

## **The Helms Quintuplets Turn 30**

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Package / Natsnd Package with Sound Bites (TRT 2:50)

### **Anchor Lead:**

GIVING BIRTH TO QUINTUPLETS IS A RARITY. MEDICAL ADVANCES...INCLUDING THE DEVELOPMENT OF SURFACTANT TO HELP THE DEVELOPMENT OF PREMATURE LUNGS HAVE IMPROVED SURVIVAL RATES. THE BIRTH OF THE HELMS QUINTUPLETS IN PEORIA, ILLINOIS ON MARCH 2, 1987 DREW QUITE A BIT OF ATTENTION. PARENTS RON AND ROZ HELMS LOOK BACK ON THE PAST 30 YEARS WITH SOME TEARS OF JOY... AND PLENTY OF LAUGHTER. SHELLI DANKOFF HAS THE STORY.

### **SOT/CG: Roz Helms – Mother of Quintuplets**

"We were the 13<sup>th</sup> surviving set in 1987. For the longest time our kids were the smallest set of surviving quints in the world that we knew of." [:12]

### **VO (B-roll historical photos)**

SHANNON, BEN, SAMANTHA, BEVIN, AND MEREDITH HELMS WERE BORN– IN THAT ORDER - BY EMERGENCY C-SECTION...12 AND A-HALF WEEKS EARLY. THEY RANGED IN WEIGHT FROM ONE POUND 12-OUNCES TO TWO POUNDS 3-OUNCES.

### **SOT/CG: Ron Helms – Father of Quintuplets**

"It was just within 3 minutes it was here's one...here's one...here's one... and all of a sudden all these people just dashed away. They would say girl boy girl girl girl as they were pulling them out so I knew what they were." [:16]

### **VO (B-roll historical photos)**

SHANNON AND BEN WERE THE FIRST TO COME HOME FOUR MONTHS AFTER THEY WERE BORN. IT WAS A DAY BEFORE THE QUINTS FIRST BIRTHDAY BEFORE THEY WERE ALL FINALLY HOME. THERE WERE PLENTY OF HEALTH SCARES AND DIFFICULTIES THE FIRST FEW YEARS – REQUIRING IN-HOME NURSING CARE FOR THE FIRST 3 YEARS. AFTER CLEARING THOSE EARLY HURDLES, THE FIVE HAVE GONE ON TO LIVE RELATIVELY NORMAL, ACTIVE LIVES... EVERYTHING FROM BAND, DANCE, AND SCHOLASTIC BOWL TO BASKETBALL AND SWIM TEAM.

THERE MAY HAVE BEEN SOME TEARS ALONG THE WAY... BUT THERE WAS ALSO PLENTY OF LAUGHTER.

### **SOT/CG: Roz Helms**

"You had to keep your sense of humor and that has always been our forte. People may think we're foolish but we laughed a lot!" [:07]

### **VO (B-roll historical photos)**

WHILE LIFE IS DIFFERENT NOW FOR RON AND ROZ IT'S STILL BUSY WITH BEN AND SAMANTHA STILL LIVING WITH THEM. BEN HAS A T-V PRODUCTION DEGREE AND IS WORKING ON ANOTHER WHILE ALSO WORKING AT BEST BUY. SAMANTHA HAS AN ASSOCIATES DEGREE AND WORKS AT STEAK 'N SHAKE WHILE DECIDING ON HER NEXT CAREER MOVE. MEREDITH – MIMI AS SHE IS KNOWN - IS THE FIRST TO BE MARRIED 3½ YEARS AGO. SHANNON AND BEVIN ARE LIVING IN DALLAS, TEXAS. SHANNON WORKS FOR A COMPANY THAT DOES I-T HEADHUNTING AND PLACEMENTS...WHILE BEVIN IN AN O-B NURSE AT MCKINNEY HOSPITAL NORTH OF DALLAS.

BEVIN'S LIFE CAME FULL CIRCLE WHEN SHE GOT HER NURSING DEGREE FROM THE SAINT FRANCIS COLLEGE OF NURSING AND WORKED FOR A YEAR IN THE NEONATAL INTENSIVE CARE UNIT AT CHILDREN'S HOSPITAL OF

ILLINOIS... THE PLACE SHE CALLED HOME FOR NEARLY THE FIRST SIX MONTHS OF HER LIFE.

**SOT/CG: Ron Helms**

"That was the cool thing Bevin working in NICU a couple years ago - she was able to say 'I'm one of these babies.' That was really cool." [:06]

**VO (B-roll)**

EVEN AFTER 30 YEARS, RON AND ROZ HELMS STILL GET EMOTIONAL TALKING ABOUT THE NICU STAFF WHICH BECAME LIKE FAMILY TO THEM.

**SOT/CG: Ron Helms**

"If it wasn't for them and it wasn't for St. Francis we wouldn't be parents. We're very, very blessed and can never repay that debt...never." [:15]

**VO (Broll pics)**

FOR THE OSF HEALTHCARE NEWS NETWORK, I'M SHELLI DANKOFF