

Mother to Mother Biweekly Newsletter 8-27-2010

Linda Meyer, Executive Director

I hope you all have had an enjoyable summer. It is time for the kids to go back to school, depending on your situation, it can be relaxing by having time to yourself or hectic, because there are more school and sport related activities to attend, leaving less down time. If you have some extra time on your hands, I strongly encourage you to consider volunteering some time with Mother to Mother. For those of you that already give so much time, we can't thank you enough. I have listed below two areas where volunteers are greatly needed. I think you will be happy you decided to volunteer, not only will it be personally fulfilling, but you will be instrumental in our growth!

MtM Newsletter

This newsletter gets to you via Liz Craft, a Mother to Mother volunteer who puts information together from various people within the organization. We are in URGENT need of someone to take over current newsletter duties from Liz because she will be having a baby soon and will need to relinquish this task. What's involved? Email a reminder at the beginning of the newsletter week to a group of contributors reminding them to send any information for the newsletter by Thursday of that week. When everyone has sent that information, that person will put the newsletter together and email it to all of our recipients on Friday. It may take all of 20 minutes once every other week and you can do it from home! Occasionally, that person will also forward messages from me or other fundraising chairs concerning an event. It's that simple and is very important to keep the newsletter coming! Can you please help us out??? Please email Angela arbstaples@gmail.com if you can spare some time.

Fundraising Committee

The Board of Directors have started forming committees to accomplish various task of the organization. Most of the committees are set with a good amount of volunteers with the exception of the fundraising committee, we need your help! We rely on funds for the organization to function, the funding helps us to buy brochures, postage, copies, etc. to help get the word out about MtM as well as support other functions of the organization. Kelly Caul and Geralyn are the chairs, but they need more members to help them with fundraising. This committee will plan our major fundraising events such as the Mother's Day Luncheon, Trivia Night and The Walk, as well as smaller fundraisers such as escrip, greenraising, etc. and create new fundraising ideas. Meeting times would be during the week days, but we would be willing to have people join the committee even if they can't physically make those meetings, they could be involved via email, phone calls, or tasks to be completed. Let us know if you are interested by emailing Angela arbstaples@gmail.com

Trivia Night

Details are coming together for our 4th Annual Trivia Night! We will be putting baskets together at Geralyn's this Saturday and we have created a time line for the events of the night. We have sold 16 tables, but we need to sell more! If you go to the MtM website, you can download th flyer and reservation form, write a check payable to MtM and mail to the office at the address below. Thanks for your support!

Facebook

We now have a button on our website that links to our Facebook page, you don't have to be registered on Facebook to view the page. We currently have 87 members. Thanks to those of you that have recruited folks to our site, we hope to reach 100 members soon! Be sure to check it out!

PPAD Survivors

Recently, I visited various postpartum related websites and noticed that they have posted pictures of PPD survivors and their families, I would like to do the same on our site. I wish to create a wall of recovered moms for those struggling moms to see, it will give them hope that they will soon be well. Please help me create this wall by sending me pictures of you and your families and we can make this happen, it doesn't matter how old your kids are either. I just need a first name and last initial and what type of prenatal or postpartum adjustment disorder that you suffered from, ie, Postpartum Depression, Postpartum OCD, Postpartum Anxiety, or Psychosis. I would also like to know what year you suffered and how many births. Please email the pictures and info to linda@mothertomothersupport.org

British Study

Here is a link to a British study that shows the importance of supporting new mothers <http://www.bbc.co.uk/news/health-10997753>

Angela Borisch Staples, Director of Volunteers

Thank You!

* A huge thanks to Geralyn, Diane, Meredith and Linda for manning our booth during The Walk. Thank you for promoting the work of the organization with other like-minded members of our community!

* Cameelah Freeman for a recent prenatal presentation! If you're interested in presenting at a prenatal class please let me know when you're ready to jump in. You will be given a bullet-point "script" to follow during the 10-15 minute presentation.

Volunteer Opportunities:

- * 9/4/10 ~ 3:15p ~ St. Anthony's Hospital prenatal presentation
- * 9/10/10 ~ 12-3p, 6-11p ~ Trivia Night at Kirkwood Community Center
- * 9/16/10 ~ 10a-1p ~ St. Louis Christian College (North County) volunteer fair
- * 9/23/10 ~ 1:45p ~ Barnes Hospital prenatal presentation

Long Term Volunteer Opportunities:

* Promote the eScrip program and raise money for MtM! This is perfect for someone with creative ways to encourage use of these cards while shopping at Schnucks. Estimated Time = half an hour each month

* Send the Biweekly Newsletter. Help us keep everybody in touch with the happenings of MtM by assembling and emailing the newsletter. Liz assures me that it isn't as difficult as one might believe - if you can email you can do this job! Estimated time = one hour each month.

Angela ~ 636.220.9669 ~ ARBStaples@gmail.com

e-Scrip

Please don't forget to use your e-scrip card with all of your purchases. Thank you!

Trivia Night!

Come one! Come all! Support Mother to Mother at the grooviest of all Trivia Nights on **Friday, September 10, 2010** (6:45 p.m.-10:30 p.m.). Copy and paste the address below into your browser for the Mother to Mother web site to obtain the flyer and reservation form: <http://www.mothertomothersupport.org/>. We have also attached the flyer to this newsletter. We hope to see you there.

Trivia Night Liquor Raffle

The Trivia Night Committee is in need of liquor donations! They are willing to pick up any and all products and will take gift cards to buy liquor. To donate or help out in anyway, please call Shelley at (636) 391-8780 or (314) 313-6490. Thank you!

Have a great week!

Stephanie and Linda

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