

Mother to Mother Newsletter

January 2012

Linda Meyer, Executive Director

I hope you all are enjoying the New Year! One of my favorite quotes was made by Oprah Winfrey~Cheers to a New Year and another chance for us to get it right. We hope to get it right this year by trying some new things and improving on the old things like what we do best... raising awareness and supporting moms and families!

Board President

We ended 2011 saying goodbye to our outgoing president, Stephanie Morgan who will be dearly missed, but will stay on as an advisory board member and continue to help us in other ways such as grant writing and fundraising events. At the end of 2011 we sent out a list of successes, many of those successes were possible because of Stephanie's role as president. We appreciate all that she has created and supported as board president, we are thankful for all that she has brought to Mother to Mother.

As sad as we are to see Stephanie move on, we are excited to welcome our incoming president, Kelly Caul. Kelly is a therapist in her own private practice www.kellycaul.com. She came to Mother to Mother in 2009 and immediately took on the role of chair for our Mother's Day luncheon. Kelly joined the board and has been involved in many aspects of fundraising and support of Mother to Mother since then. Welcome Kelly! We look forward to working with you in your new role!

Our next board meeting will be Monday January 9, at 7pm, the location will be the MtM office.

Charity Art Show/Cocktail Party to Support Mother To Mother

Date: Sunday, January 22

Time: 4-7pm

Location: Schon-#30 The Boulevard, St. Louis 63117 across from the Galleria

Schon is an eclectic boutique offering an array of premium hair care products, high-end costume jewelry from noted designers Amrita Singh and Kavia and original artwork from more than 70 local artists.

A \$15 minimum suggested donation upon arrival, you can always donate more if you choose! Your donation will include food, drinks, and desserts all evening. Schon will have some of their talented local St. Louis artists on site with extra pieces of their work available for purchase. Come eat, drink, mingle with each other and the artists and shop all evening while supporting a good cause! To ensure we get a good head count, anyone who RSVP's to Schon saying they're coming before the night of the event will receive a gift bag valued at \$50.00 from Schon and Mitchell James Salon before they leave that evening. RSVP by either calling Schon at 314-726-6909 or e-mailing them at schonbymj@gmail.com

"Celebrating Motherhood" Benefit Luncheon and Silent Auction! Save the Date!

Saturday, April 28, 2012 11am-1pm Cost: \$50 per person Location: Sqwires, Historic Lafayette Square, 1415 South 18th St. St. Louis 63104 Details and registration coming soon!

Thanks to Our Donors!

The donations continue to come in and we thank you again for all of your generosity, thanks to you we have received over \$2000! Thanks to volunteers Kellie Flacke and GERALYN Oldham for their help in getting out thank you letters to our donors.

Thanks to our Clinical Advisor, Diane Sanford and Women's Healthcare Partnership for their generous donation to Mother to Mother in honor of over 60 physicians!

Thanks to all of our board members for their generous pledges!

Katherine Stone's Postpartum Progress Blog:

I knew I was getting better when... <http://postpartumprogress.com/60-postpartum-depression-survivors-i-knew-i-was-getting-better-when>

Six Things That Can Affect How Quickly You'll Recover from Postpartum Depression

<http://postpartumprogress.com/six-things-that-can-affect-how-quickly-youll-recover-from-postpartum-depression>

Postpartum Support International-Chat with the Experts

For more information visit <http://postpartum.net/Get-Help/PSI-Chat-with-an-Expert.aspx#Schedule>

Wed, Jan 11, 12pm Eastern, Facilitated by Birdie Meyer, RN, MA, CLC

Wed, Jan 18, 9pm Eastern, Facilitated by Ann Smith, CNM

Wed, Jan 25, 12pm Eastern, Facilitated by Ann Dunnewold, PhD

Angela Borisch Staples, Director of Volunteers

Thank You to all of our volunteers that helped throughout 2011. Mother to Mother simply wouldn't be the organization it is without your unwavering support. Everything you do matters - from prenatal presentations to being a phone volunteer to helping us stuff envelopes! It's all so important. Add to that the women and men that help on our board of directors and advisory board and those of you that help with our fundraising events. We have so much in store for 2012 and we are hoping YOU will join in the fun. There literally is a volunteer opportunity for everyone!

Volunteer Opportunities:

The prenatal courses have begun and it's time to let the pregnant women in our community know of our services! We are hopeful to add a new hospital to our prenatal rotation so more help is needed.

- * 1/3/2012 - 3p - St. Anthony's Hospital
- * 1/28/12 - 11a - Progress West Hospital
- * 2/4/12 - 3p - St. Anthony's Hospital

As mentioned earlier, our annual Mother's Day Luncheon will be taking place on Saturday, April 28, 2012. Will you help? Volunteers will be needed the day of the event to set-up/break-down, assist with registration, help with the auction, etc. Additionally, we're looking for a few brave souls to join the committee - believe me when I say it's not as scary as it sounds. If you have ideas and opinions in making this the best luncheon yet we would love to hear them. Join us!
Angela Borisch Staples ~ ARBStaples@gmail.com ~ 636.220.9669 (home)

Kellie Flacke, E-scrip

The holidays may be over, but you can still help Mother to Mother by using your E-scrip card at participating merchants. If you would like more information on how to obtain an E-scrip card please contact Kellie Flacke at kelliel777@yahoo.com. Thank you for your support.

Jillian Ray, Facebook

Don't forget about our Facebook Page: <http://www.facebook.com/MotherToMother> Share it with your friends and spread the word about Mother to Mother!

Thank you all for your continued support! See you next month!

Linda and Kelly

Mother to Mother

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