

# MOTHER-TO-MOTHER

January 2012 Newsletter



## New M2M Baby

A son, **Carson Brantley**, was born to **Emily Clinton** on November 24.

## Speaking of Mothers . . .

- “Cleaning your house while your children are still growing is like shoveling the sidewalk before it stops snowing, but I just keep shoveling.” **Phyllis Diller**, American comedian

## Thank you! Thank you! Thank you,

- But where do we start? We at Mother-to-Mother appreciate the generous support that we receive from organizations and individuals throughout the year, but during the holiday season, we feel especially blessed by the donations so many of you send our way. During the coming months, we hope to acknowledge each of these contributions in our newsletter, but in the meantime, we will borrow these words to express our gratitude: “An act of kindness turns what we have into more. It can turn a meal into a feast, a house into a home, a stranger into a friend.” Thanks for being a friend to Mother-to-Mother.

## M2M Headline News

- It’s official! **Brooke Bader** has finished the coursework required for a high school diploma and is looking forward to the Bloomfield High School graduation ceremony in May of 2012. In the meantime, she has already found a job with Specialty Products. We congratulate **Brooke** for these achievements.
- **Mollie and Jason Fields** have recently rented a house in Bloomfield. We wish this young couple much happiness in their first home of their own. In thinking of **Mollie and Jason**, this quote comes to mind: “A house is built of boards and beams; a home is built with love and dreams.”
- **Alicia and Gentry Jackson** and their children, **Kaden** and **Zach**, just returned from a trip to Florida with **Alicia’s** parents. We can’t wait to hear all about the fun they had in the warm Florida sun!
- Two of our M2Mers performed in holiday madrigal productions. **Tate Midkiff** performed with the Dexter High School Choir, and **Shelle Killian** sang with the Three Rivers Community College musical group..

## Listen Up!

- It’s not too late for **flu shots**. See your doctor or contact the Stoddard County Health Center at 568-4593.
- **BIRTH CONTROL** pills and the Nuva Ring, PAP smears, and a variety of health services are available at an **AFFORDABLE COST** through **TWO SOURCES**: the Stoddard County Health Center in Bloomfield at 568- 4593 and DAEOC Women’s Clinic in Malden. The DAEOC Clinic is **NOW** located behind the Delta News Office at #1 Town Square in **MALDEN**. DAEOC Clinic hours are 8 a.m. to 4:30 p.m. on Mondays and Tuesdays and from 8 a.m. until 9 p.m. on Wednesdays. Call 276-6090 OR 276-2754 for an appointment at the DAEOC Clinic in Malden.
- **Save those TABS!** Mother-to-Mother continues to deposit all tabs that we collect in the bin at McDonald’s to support **Ronald McDonald Houses** throughout the country.
- **REMEMBER** that taking antibiotics may diminish the pill’s effectiveness and that an alternative method of birth control should be used. If you miss taking a birth control pill for two days in a row you should talk with your doctor or health unit immediately for further instructions. The strength of each birth control pill is formulated to prevent conception for only 24 hours, so it is **ABSOLUTELY NECESSARY THAT YOU TAKE YOUR PILL AT THE SAME TIME EACH DAY.**

## **Proper Use of Over-the-Counter Pain Relievers**

- **Be certain to read and follow instructions exactly, including**
  - Talking to your doctor before using infants' Tylenol (acetaminophen) in children under 2 years of age
  - Giving the proper amount of medicines to children, even in smaller doses
  - Understanding how often the dose can be given
  - Understanding the maximum number of doses your child can take within a 24-hour time period
- **NEVER give adult-formula medicines to children, NOT EVEN in smaller doses.**
- **IF your child is taking more than one medicine, check the active ingredients labels on each to make sure they don't contain any of the same ingredients.**
  - Acetaminophen, often abbreviated APAP, is the active ingredient in Children's Tylenol.
  - Ibuprofen is the active ingredient in Children's Motrin.
- **ALWAYS use the dosing device that comes packaged with the medicine.**
- **KEEP all medicines OUT of the reach of children—lock medicines away so children can't get to them.**

## **A Recipe for a Happy New Year**

Take twelve whole months.

Clean them thoroughly of all bitterness, hate, and jealousy.

Make them just as fresh and clean as possible.

Now cut each month into 28, 30, or 31 parts, but don't make up the whole batch at one time.

Instead, you should prepare it one day at a time out of these ingredients.

Mix well into each day

- one part of faith,
- one part of patience,
- one part of courage,
- one part of work.

Add to each day

- one part of hope,
- one part of faithfulness,
- one part of generosity,
- one part of kindness.

Blend with

- one part prayer,
- one part meditation,
- one good deed.

Season the mixture with a dash of good spirits, a pinch of playfulness, and a cupful of good humor.

Pour all this into a vessel of love and cook thoroughly over radiant joy. Sprinkle with lots of fun and garnish with a smiley face. Serve along with simple side dishes of peace and quiet, generosity, and good cheer.

Your HAPPY NEW YEAR is best shared with those you love.

**ENJOY!**

## **Dates to Remember**

- **Tuesday, January 3:** It's "Rhyme Time" at our first Playgroup of the new year. Mother Goose will make an appearance and bring along some familiar folks from the pages of your favorite nursery rhymes. Please join Little Jack Horner and the gang at Cox Corner. That's at six. o'clock. Hickory, dickory, dock!

- **Tuesday, January 10:** Cheryl Boggess and Tracy Gant will present *Let It Snow, Let It Snow, Let It Snow!* at Keller Public Library's Story Hour at 10:15 a.m.
- **Tuesday, January 17:** Kids who attend Keller Library's Story Hour will learn about a time when strange creatures roamed the earth as John William Ringer reads from a book called *Watch Out for Dinosaurs!* The journey begins at 10:15 a.m.
- **Saturday, January 21:** M2Mers will travel to Malden, where they will spend the morning at the Bootheel Youth Museum. We plan to arrive at the museum at 10 a.m. M2M will pay all admission costs for M2M parents, mentors, and children. If you do not have your own transportation to Malden, please contact an M2M staff member, and she will arrange a ride for you. Meet at the M2M office by 9:30 a.m. to catch a ride or carpool. Lunch will be provided at the museum. Mentors and their children or grandchildren are encouraged to attend, but no mentor meeting is planned.
- **Tuesday, January 24:** Children will enjoy story hour at Keller Public Library at 10:15 a.m. when Belinda Worley reads a book called *Pinkalicious*.
- **Tuesday, January 31:** Shirley Crow Stephens will present a program built around a book called *Groundhog Day Adventures* at Keller Public Library at 10:15 a.m.

### **Start Smart in 2012:**

**Do you know someone who wants to earn a GED? We offer GED classes completely free of charge to Stoddard County parents aged 30 or younger. If you know a young person who lacks a high school diploma, please urge HIM or HER to contact an M2M staff person for more info about our GED program. Your encouragement can change a life in 2012!**

### **What do you want to be when you grow up? Whatever it is, you can start right here in Dexter!**

All the basic beginning college classes, plus training programs for diesel mechanics and medical coding will begin January 16, 2012, at the TRCC Center RIGHT HERE in Dexter on Market Street! For more info, call TRC/Dexter at 614-1081, or Linda Dowdy at 614-9140, or go to TRCC.edu. As always, classes are also available at TRCC centers throughout the Bootheel, as well as on the main campus in Poplar Bluff.

### **Wanna be a nurse? You can do it!**

Both Sikeston and Poplar Bluff have programs that can prepare you to become a licensed practical nurse in eleven months. There is still time to begin the application process. Financial aid is available. See or call Linda at the M2M office or call her at 614-9140.

### **Not sure what you wanna be but sure you wanna be SOMETHING more than you are right now?**

Visit [www.trcc.edu](http://www.trcc.edu) Click on *Future Students* to learn more about what YOU CAN BECOME! SEMO has what you need at their centers in Malden and Sikeston, but you must register soon! Visit their website at [www.semo.edu](http://www.semo.edu) and click on *Future Students*.

### **Resolve to Be a Better You This Year!**

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M2M GED