

Foundation, Inc.

Pettaway Pursuit Foundation (PPF) is a non-profit, educational and community outreach organization. PPF was established to provide non-medical support, peer-to-peer mentoring and home visitation along with specialized services to women who are at-risk or diagnosed with high risk pregnancies. The women we serve may have a history of preterm births, behavioral health needs, be restricted to bed rest, lack family support or be adversely affected by their socioeconomic status. The strength of our organization is providing direct support to our members and their families.

Programs Offered:

Doula By My Side Program

What we provide:

- Non-medical support
- Non-judgmental emotional support and counseling
- Companionship during her bed-rest stay
- Assistance with household organization
- Strategic planning for stress relief
- Attend doctor appointments when needed
- Education on evidence based practices
- Education on prenatal preparation
- Education on term delivery and health
- Education on postpartum recovery
- Education on breastfeeding
- Education on infant care
- Coaching on self-care
- Community support
- Additional services for doula managers for
- Minimum 10 hours

Pettaway Pursuit Foundation



www.pettawaypursuitfoundation.org



Monthly Newsletter



June 2021 Issue | Created By Brigid Kelly | Edited by Beige McNeal

Announcements



Support us by joining our Raffle Ticket Fundraiser and Virtual Fun Run!



Call 610-553-5479 to schedule formula pick-up!



PPF Monthly Newsletters are back! To receive a copy, email info@theppf.org

Inside This Issue



Page 2

Supporting the Community!



Page 3

Meet the Community



Page 4

Featured Doula/CLC: Markita



Page 5 - 8

PPF Services



Page 9 - 10

20th Anniversary Fundraisers

Supporting the Community

NEED FORMULA?

For a limited time, Pettaway Pursuit Foundation will be giving away free formula for babies and toddlers! Don't miss out! Call us at (610) 553-5479 and schedule a pickup time at our headquarters!

INFANT FORMULA GIVEAWAY!

Pettaway Pursuit Foundation is giving away Baby Formulas!
To check availability and schedule a pickup, please call 610-553-5483.



Pick Up Location: 11 Owen Avenue, Lansdowne, PA 19050

Toddler Formula Giveaway!

Pettaway Pursuit Foundation is giving away Toddler Formulas and Nutritional Drink!
To schedule a pickup, please call 610-553-5483.

LIMITED TIME OFFER!



Nutramigen Toddler
For Food allergies including cow's milk allergy
NET WT 12.6 OZ (357 g)



PediaSure Starter Kit
Grow & Gain To Help Kids Gain Weight
NET WT Two 8 oz bottles



Enfagrow Premium Toddler
Nutritional Drink
NET WT 10 OZ



Enfagrow NeuroPro Toddler
Nutritional Drink
NET WT 10 OZ



Similac Go and Grow
NET WT 198 g



Nestle Nutren Junior
GoNutritionally Complete Formula with Fiber
NET WT 250 mL

Pick Up Location: 11 Owen Avenue, Lansdowne, PA 19050



PPF DIAPER & FORMULA DRIVE!

This month, Pettaway Pursuit Foundation and their team held another "Pampering Parents" giveaway to support expectant mothers and families during these difficult times. Everyone in the community was welcomed. They received free formula, diapers, and other baby, kid and mom essentials!



Meet the Community!

Here are just a few of the moms and dads that have taken advantage of our free formula giveaway!



Markita Glenn, CLC, Doula



WHO IS MARKITA GLENN?

Markita is a trained birth and postpartum doula, as well as a Certified Lactation Counselor. Markita has been working in the maternal wellness field for almost five years, and she claims that it is the best career choice for her up to date. Her journey in this field came about when she delivered her daughter back in 2015, and she realized she needed additional help and support. Markita wanted to breastfeed, and it was one of the hardest things she ever had to do. Now, she can be the help she needed to the amazing community that she now serves.

MARKITA'S SERVICES REVIEW

"When I tell u caring at first sight! She automatically made me feel comfortable I was as high risk and she was sooooo much help even on the phone. She became a friend I know I can call anytime I feel."

~ T. Pitter



"PPD hit me hard after I gave birth and she said something that stuck with me forever, "be gentle with yourself". Now whenever I'm having a rough time, that's all I say to myself. Ms.Kita is phenomenal."

~ H. Turay



PPF Services

MOTHER'S MILK BANK DEPOT REOPENS AT PPF!

Mothers' Milk Bank Northeast, a nonprofit community milk bank accredited by the Human Milk Banking Association of North America (HMBANA), provides donated, pasteurized human milk to babies in fragile health throughout the Northeastern United States. Pettaway Pursuit Foundation partnered with MMBNE to be the first human milk depot site in Eastern Delaware County. PPF officially opened the milk bank depot on August 2, 2019. It was postponed during the pandemic. If you would like to be a human milk donor, please contact the Mother's Milk Bank Northeast at 617-527-6263.

All costs are covered by the milk bank, including the lab test for eligibility, storage bags for pumping, and all shipping costs.



PPPF HARVEST FOOD DRIVE

PPF will be continuing its NDS meal distribution every Monday morning until the end of August. We will be distributing fresh produce every 2nd and 4th Monday of the month until December 31st!

A promotional poster for a food drive. The background is a vibrant collage of fresh fruits and vegetables, including yellow squash, green tomatoes, orange bell peppers, strawberries, and carrots. In the top left corner is the logo for the Pettaway Pursuit Foundation, which includes a stylized figure of a person with a baby. Below the logo, the text reads: "PETTAWAY PURSUIT FOUNDATION" and "Visit our website at <https://pettawaypursuitfoundation.org> 11 Owen Ave, Lansdowne, PA 19050". On the right side, the text says: "Food Drive", "80 boxes of fresh produce (vegetables and fruits) every 2nd and 4th Monday of the month.", "First Come first served.", "10:30 am until supplies last", and "May 24, 2021".

PPF Services



TREASURE CHEST!

The "Treasure Chest" initiative is an extension of our Pal for Parents Program which provides maternity, newborn care and special items for families in exchange for their attendance at our PPF classes. This exchange allows for us to continue our overall goal of equipping new families with the resources and education needed for proper infant care. Sign up for our FREE classes and start earning points to shop today! Email info@theppf.org for class details.

ON-SITE PASSENGER SAFETY TECHNICIAN

Protecting children when they ride in vehicles is the responsibility of all community members. Pettaway Pursuit Foundation offers Child Passenger Safety education for the following reasons:

- ✓ About 90 people died each day in vehicle crashes (NHTSA, 2010).
- ✓ Vehicle crash are leading cause of death for children in the United States (NHTSA, 2012)
- ✓ Child restrains, or car seats, reduce the risk of injury by 71 to 82% and reduce risk of death by 28% in comparison to children in seat belts alone. Booster seats reduce the risk of nonfatal injuries by 45% among 4 to 8 years old (AAA, 2012).



PPF offers FREE on-site assistance with car seat installation!

Please call 610-553-5479 or E-mail info@theppf.org to schedule your installation appointment!

June Pal for Parents Classes!



June 2021

FREE Virtual Classes



To register, please go to this link: <https://forms.office.com/r/LTPHTgcZLy>

What You May Expect with Postpartum Mood Disorders

Tuesday 6/1/21, 6:00-7:00pm

Newborn Care at the Hospital

Wednesday 6/2/21, 6:00-7:00pm

How to Land Your Perfect Job

Thursday 6/3/21, 1:00-2:00pm

Vinyasa Yoga

Thursday 6/3/21, 6:00-7:00pm

Lactation Station Breastfeeding Group

Friday 6/4/21, 1:00-2:00pm

Taking Care of Your Emotional Health

Monday 6/7/21, 6:00 – 7:00 pm

Safe and Healthy Birth Practices

Tuesday 6/8/21, 1:00 – 2:00 pm

Vinyasa Yoga

Tuesday 6/8/21, 6:00-7:00 pm

Newborn Care at Home

Wednesday 6/9/21, 6:00 – 7:00 pm

Birth Workers Circle

Thursday 6/10/21, 12:00-1:30pm

Mommy-to-Mommy Support Group

Thursday 6/10/21, 6:00-7:00 pm

Your Body After Childbirth

Tuesday 6/15/21, 1:00-2:00pm

Vinyasa Yoga

Tuesday 6/15/21, 6:00-7:00pm

Co-Parenting

Wednesday 6/16/21, 6:00 – 7:00 pm

Vinyasa Yoga

Thursday 6/17/21, 6:00-7:00pm

Lactation Station Breastfeeding Group

Friday 6/18/21, 1:00-2:00pm

Vinyasa Yoga

Tuesday 6/22/21, 6:00-7:00pm

Parenting School-Aged Children

Wednesday 6/23/21, 6:00 – 7:00 pm

Birth Workers Circle

Thursday 6/24/21, 12:00-1:30pm

Daddy University

Thursday 6/24/21, 6:00-7:00pm

What to Expect with a NICU Experience

Monday 6/28/21, 1:00-2:00pm

Activities to do with Doula Clients

Tuesday 6/29/21, 1:00-2:00pm

Vinyasa Yoga

Tuesday 6/29/21, 6:00-7:00pm

Postpartum Support Group

Wednesday 6/30/21, 6:00-7:00pm

Treasure Chest Shopping Days: June 9th and 23rd

10:30 am, 11:00 am, 11:30 am EST

Step 1: Take one or more Pal for Parents class(es).

Step 2: Earn points. The more classes you attend, the more points you earn!

Step 3: Use points to shop in our Treasure Chest!

Visit our website at <https://pettagwaypursuitfoundation.org>



Pals for Parents Class Spotlight: PPF Board Member Secretary Janie Woodard teaches a class!



CONTACT

Janine Woodard

610-553-5479

info@theppf.org



Philadelphia, PA

PROFESSIONAL EXPERIENCE

SCHOOL DISTRICT OF PHILADELPHIA
Human Resources

TEMPLE UNIVERSITY (HEALTH SYSTEM)
Human Resources 20 plus years

HOW TO LAND A PERFECT JOB??

JOIN US & LEARN WHAT YOU NEED TO KNOW

OBJECTIVE

To provide interview skills & etiquette training for in person, phone & online interviews.

EVENT DETAILS

When: June 3rd, 2021 @ 6PM

Where: Via Zoom

(Register with PPF via email: info@theppf.org)

TOPICS

- *How to write a Resume?*
- *How to dress professionally?*
- *How to prepare for an interview?*

Not all PPF classes are strictly about maternity alone. Anything that can benefit the progress of a family is something we find important to talk about. From money management, to landing a job, we talk about it all!

20th Anniversary Fundraisers

This upcoming July, PPF and its members will be celebrating their 20th year anniversary. In order to raise funds for the upcoming events, they are holding a raffle ticket and fun run fundraisers!

\$5 Raffle Ticket Fundraiser

**Draw Date: July 23, 2021
12:00 pm on Facebook Live!**

Purchase Date: June 4, 2021 - July 22, 2021

CashApp: \$PettawayPursuit Venmo: @PPFdonations

PayPal: tpettaway@theppf.org Debit/Credit Card: Call 610-553-5483.

10 Chances of Winning!

**One \$500
Two \$250
Three \$100
Four \$50**

To purchase:

- ✓ Send payment to one of the 3 payment options listed.
- ✓ Email info@theppf.org with your name, cell number, email address and transaction #.
- ✓ Once payment is confirmed, a photo of your ticket(s) with your information will be texted to you!



www.pettawaypursuitfoundation.org



Virtual Fun Run

#PPFMilesForMoms

Our Virtual Fun Run has been extended to the end of October! Register today!

Registration Form: <https://forms.office.com/r/jZV5sitiq6g>

You can join the fun run from any location you choose. You can run, jog, or walk on a trail, road, or treadmill at your own pace.

	\$15 entry donation to get a PPF Water Bottle!		\$20 entry donation to get PPF Earphones!
	\$25 entry donation to get a #PPFMilesforMoms T-shirt!		\$35 minimum entry donation to get all three items!

CashApp: \$PettawayPursuit Venmo: @PPFdonations
PayPal: tpettaway@theppf.org Debit/Credit Card: Call 610-553-5483.

To join, choose one of the entry donations.

Send payment to PPF (choose 1 of the 3 methods of payments).

Complete your run, jog, walk, or bike!

Post a selfie on your social media with #PPFMilesforMoms and tag Pettaway Pursuit Foundation!



www.pettawaypursuitfoundation.org



Stay tuned for next month...

*Pettaway Pursuit
Foundation*

*20th Anniversary
a week-long event...*



PETTAWAY PURSUIT[®]
FOUNDATION

11 Owen Avenue, Lansdowne, PA 19050

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