



# Monthly Newsletter



March 2021 Issue | Created By Stacy Ramirez | Edited by Rebecca Kuypers

## Announcements



We are hiring doulas and CLCs! Send your inquiries to [lpietrowski@thepff.org](mailto:lpietrowski@thepff.org)



PPF Monthly Newsletter are back! To receive a copy, email [info@thepff.org](mailto:info@thepff.org)

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# Supporting the Community



**PPF Diaper & Formula Drive**  
**FIRST COME, FIRST SERVED!**  
*We're giving away diapers, formulas, clothing, bags, socks, toys, books, and more!*

**March 29, 2021**  
**9:00 am – 11:00 am**

11 Owen Avenue, Lansdowne, PA 19050  
For more information, call 610-553-5483

The following are required:  
Masks  
Social Distancing  
Identification Card (ID)

**PETTAWAY PURSUIT**  
FOUNDATION



PPF's mission is to impact lives, one family at a time by empowering expectant mothers with education and support throughout their perinatal period along with enhancing healthy child development, encourage father and partner involvement, increasing food security, access to baby essentials, and other resources.

Contact Us:  
Local: (610) 553-5479  
Toll Free: (844) PPF-DBMS  
Fax: (610) 553-5482  
Email: [info@theppf.org](mailto:info@theppf.org)

## PPF Diaper and Formula Drive!

On Monday, March 29 Pettaway Pursuit Foundation and their team held a donation drive to support expectant mothers and mothers during this exciting moment of their lives.



# Need Milk?

For a limited time, Pettaway Pursuit Foundation will be giving away free formula for babies and toddlers! Don't think about it twice! Reach out to us

## INFANT FORMULA GIVEAWAY!

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

<b>Similac Pro-Sensitive</b> For Delicate Tumies NET WT 215 g	<b>Similac Pro-Total Comfort</b> For Delicate Tumies NET WT 215 g	<b>Similac Pro-Advance Liquid</b> NET WT 236 mL	<b>Similac Advance Complete Nutrition</b> NET WT 352 g
<b>Similac Alimentum</b> Hypoallergenic For Food Allergies and Colic NET WT 358 g	<b>Similac Alimentum Hypoallergenic</b> For Food Allergies and Colic NET WT 946 mL	<b>Similac Neosure</b> For Babies Born Prematurely NET WT 371 g	<b>Similac For Spit-up</b> NET WT 198 g
<b>Gerber Good Start</b> Everyday Probiotics For complete nutrition and advanced comfort NET WT 360 g	<b>Enfamil NeuroPro</b> Milk-based powder with iron NET WT 204 g	<b>Enfamil NeuroPro EnfCare</b> For Babies Born Prematurely Transitioning to Home NET WT 204 g	<b>Enfamil NeuroPro Sensitive</b> For Sensitive Tumies NET WT 204 g
<b>Enfamil Neuropro Gentlease</b> For Gaining Gas, Fussiness & Crying NET WT 204 g	<b>Enfamil A.R.</b> Reduces Frequent Spit-Up NET WT 204 g	<b>Enfamil Reguline</b> For Promoting Soft Stools NET WT 204 g	<b>Enfamil SOY Probiotic</b> Soy for Sensitive Tummy NET WT 227 g
<b>Enfamil SOY</b> Sof for sensitive Tummy NET WT 946 mL	<b>Enfamil Has Lactoferrin</b> NET WT 204 g	<b>Nutramigen Hypoallergenic</b> NET WT 227 g	<b>Nutramigen Hypoallergenic</b> Bottle: NET WT 946 mL
<b>Similac Sensitive</b> For Fussiness & Gas due to Lactose Sensitivity NET WT 354 g	<b>PurAmino DHA &amp; ARA</b> Hypoallergenic NET WT 400 g		

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

# Want to learn more?

Join us every Tuesday on Facebook live! Come and learn about Pettaway Pursuit Foundation and what we do! You won't regret it!

## DOULA CHAT

JOIN US LIVE ON FACEBOOK!

Every Tuesday in March  
at 4:00 PM EST

LEARN ABOUT PETTAWAY PURSUIT  
FOUNDATION,  
WHAT OUR DOULAS DO, AND MORE!

## Toddler Formula Giveaway!



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



**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**

# Monday Meals

Every Monday PPF will be giving away free meals for you and your family from 10 am until supplies last! Families from the community are encouraged to pick up a meal! \*We ask that families follow state guide-lines and bring a Mask prior to pickup\*

## NDS EMERGENCY GRAB-N-GO MEALS

### 1 BOX + 1 BAG PER CHILD

Example: If you have 3 children, you will get 3 boxes + 3 bags.

Remember to wear your masks and socially distance!

Every MONDAY

From 10:00am until supplies last!

11 Owen Ave, Lansdowne, PA 19050

Pettaway Pursuit Foundation www.pettawaypursuitfoundation.org 610-553-5481



# Pal for Parents Classes

## PPF is STILL offering virtual classes!

We are super excited to announce that we are still offering free virtual classes! Come on and join us as you embark on your new parenthood journey! We are here to help. Topics vary from day to day. A few of our topics include:

- ▶ Newborn care at the hospital
- ▶ Co-parenting
- ▶ Postpartum depression
- ▶ Childbirth Education
- ▶ Yoga
- ▶ Support Groups
- ▶ & Much More!



### March 2021 FREE Virtual Classes

To register, please go to this link: <https://cutt.ly/SkNLR6U>

<b>Taking Care of Our Emotional Health</b> Monday 3/1/21, 6:00-7:00pm	<b>Mommy to Mommy Support Group</b> Monday 3/15/21, 6:00-7:00pm
<b>Labor Positions and Movement</b> Tuesday 3/2/21, 1:00 – 2:00 pm	<b>Safe &amp; Healthy Birth Practices</b> Tuesday 3/16/21, 1:00-2:00pm
<b>Newborn Care at the Hospital</b> Wednesday 3/3/21, 6:00-7:00pm	<b>Co-Parenting</b> Wednesday 3/17/21, 6:00 – 7:00 pm
<b>Vinyasa Yoga</b> Thursday 3/4/21, 6:00-7:00pm	<b>Making Informed Decisions Around Maternal Health</b> Thursday 3/18/21, 6:00-7:00pm
<b>What to Expect If Your Baby Goes to the NICU</b> Monday 3/8/21, 1:00-2:00 pm	<b>Mindfulness &amp; Childbirth</b> Monday 3/22/21, 6:00-7:00pm
<b>Informed Choice</b> Monday 3/8/21, 6:00-7:00pm	<b>Choosing Quality Childcare</b> Tuesday 3/23/21, 1:00 – 2:00 pm
<b>Warning Signs for Mom &amp; Baby</b> Tuesday 3/9/21, 6:00-7:00pm	<b>Parenting School-Aged Children</b> Wednesday 3/24/21, 6:00-7:00pm
<b>Newborn Care at Home</b> Wednesday 3/10/21, 6:00-7:00pm	<b>Vinyasa Yoga</b> Thursday 3/25/21, 6:00-7:00 pm
<b>Birth Worker Support Circle (for Birth Workers Only)</b> Thursday 3/11/21, 12:00-1:30pm	<b>Lactation Station</b> Friday 3/26/21, 1:00-2:00pm
<b>Could This Be Labor &amp; What Can I Expect</b> Tuesday 3/11/21, 6:00-7:00pm	<b>Creating a Birth Plan</b> Monday 3/29/21, 6:00-7:00pm
<b>Lactation Station Breastfeeding Group</b> Friday 3/12/21, 1:00-2:00pm	<b>Benefits of Babywearing</b> Tuesday 3/30/21, 1:00-2:00 pm
	<b>Postpartum Depression</b> Wednesday 3/31/21, 6:00-7:00pm

**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://pettawaypursuitfoundation.org>



## TESTIMONY

“My name is Tariq Khan, I have two twin daughters. My twin daughters are nine months old. When my daughters were born, I was facing many financial difficulties; from heavy debt to low income. Pettaway Pursuit Foundation has been very helpful with providing the essential needs for my twin daughters in the last 9 months. They have given us a good supply of diapers, baby formula, and other essential necessities. We are very thankful and grateful to PPF for their continuous support and providing assistance to our family. Without a doubt, PPF is a wonderful asset for our community”.

- Tariq Khan



# Welcome to the Team!

This month Pettaway Pursuit Foundation welcomed two new members to their administrative staff.



**Lauren Pietrowski, CD(DONA), CCCE, PES, MA, CPT** ←

Lauren is a certified birth doula, childbirth educator, and placenta encapsulation specialist. She holds an Associates degree in Healthcare Management from Ashworth University. She is a certified phlebotomy technician and medical assistant with a background in Obstetrics & Gynecology and Family Medicine. Lauren is passionate about the care of expectant families and improving the world of Women's Health. In her free time, she enjoys spending time with family and friends, cooking and traveling.

**Brigid Kelly, MSW** →

Brigid is a graduate of Rider and Rutgers University. She has worked in the social services field since 2011. She has served the foster care, nursing home, substance abuse, and psychiatric populations. She is more than happy to add maternal health to her repertoire with the Pettaway Pursuit Foundation. In her free time, Brigid enjoys playing guitar, going to the lake, reading, movies, and spending time with her loved ones. She is a proud Dog Mom.

