



Photo Credit: Katy Lichtenstein, The Foundation for Delaware County

Quarterly Newsletter



Volume II | Issue 1 | Pettaway Pursuit Foundation, Inc. | Created by Chanise Davis

Announcements

 If you would like to become a facilitator for any classes offered, please email info@theppf.org or call 610-553-5479

 PPF New Email Directory:

↳ Executive Director: tpettaway@theppf.org

↳ Program Manager: kpeterson@theppf.org

↳ General Inquiries: info@theppf.org

Inside This Issue

PG. 2

→ PAL for Parents Relaunch

PG. 3

→ PAL for Parents Relaunch (cont.)

PG. 4

→ PPF Thanksgiving & Christmas Drive

PG. 5-6

→ The Doula Division

The Foundation for Delaware County Grants PPF's Wish

With the launch of its brand-new headquarters, Pettaway Pursuit Foundation (PPF) wanted to ensure the location be a hub for its surrounding communities. To set that initiative in motion, the Lansdowne-based organization began to offer free parenting classes to keep their community engaged.

Always advocates of maternal health first, PPF are experts in identifying how to best serve the mother and infant. Its pioneer doula program, Doula By My Side (DBMS), allows mothers to experience a doula-supported pregnancy from both well-experienced and certified professionals at the expense of their healthcare provider.

However, this program is insurance-provider specific and cannot service all mothers, lessening PPF's overall outreach efforts of bettering maternal health education to improve birth outcomes.

PPF recognized there was still efforts to be made and acted on how to service these mothers who were not their members. After extensive research, it was found that, The Foundation for Delaware County, reported in their "Perinatal Periods of Risk Study & Community Action Plan" that "Stress and mental health problems have significant effects on health and birth outcomes where "Sources of stress include...unmet basic needs, anxiety and depression, low income, and lacking support during pregnancy."

Always providing opportunities for the community to get involved, The Foundation for Delaware County launched its 2018 Grant Cycle for organizations like PPF to improve areas they found were lacking support. It became clear to PPF's Administrative Team that the free classes they had been offering previously could be a solution to the ongoing problems identified within Delaware County via this grant opportunity.

As Delaware County is one of PPF's largest served demographics, reducing stress is imperative during pregnancy which is why resources such as doula service are always important to consider. Thus, the PAL for Parents Program was born, offering weekly classes any local parent could enjoy.

PAL for Parents Mantra:

Provide evidence-based classes and trainings for parents

Alleviate stress for parents during this overwhelming phase of their lives

Learning together to further enhance wellness in our community



Above/Below (left to right): Amy Martin of Nurse-Family Partnership; Rhoda Burrell, Vice Chair of PPF Board of Directors; Theresa Pettaway, Founder and Executive Director of PPF at The Foundation for Delaware County's Inaugural Grant Reception
Photo Credit: Katy Lichtenstein, The Foundation for Delaware County

The Foundation for Delaware County awarded Pettaway Pursuit Foundation with a \$50,000 grant towards the relaunching of the PAL for Parents Program for a 2-year period. Each year will have \$25,000 in funds to aid in expanding PPF's new initiative. The Foundation for Delaware County also held its Inaugural Grant Reception where PPF and other recipients of the grant were able to present their respective programs to others and create new organizational relationships across Delaware County. Founder and Executive Director Theresa Pettaway, Vice Chair of PPF's Board, Rhoda Burrell, and PPF's Administrative Assistant, Chanise Davis, were all in attendance to share in the momentous occasion.

PAL for Parents classes resume in February 2019. Classes offered through the program include, but are not limited to, the following:

- Prenatal Yoga
- Nutrition Class
- Breastfeeding Support Group
- Newborn Care Class
- Mommy Support Group
- NICU Support Group
- Childbirth Education
- Life Skills

To read more detailed information on what each class includes, [click here](#). For the current class schedule, [click here](#).



PPF Delivers Bundles of Joy for Thanksgiving and Christmas

For this year's holiday season, Pettaway Pursuit Foundation (PPF) set out to serve its members beyond maternal health education and awareness. PPF were able to provide four Thanksgiving meal baskets to its members in Pennsylvania this year. Items included canned goods, boxed stuffing, assorted juices, and a gift card for families to purchase other items as needed.

For Christmas, members in both Pennsylvania and Massachusetts received donations. In Pennsylvania, five families received Christmas Miracle Baskets filled with toys of the families' choosing along with \$50 gift cards for additional shopping. Four Massachusetts families received \$25 gift cards to aid in their Christmas shopping needs as well.

These efforts were made possible thanks to the Wawa Community Care Team, Costco Wholesale Warehouse, Stop & Shop, and the Upper Darby District Police Force just to name a few. PPF hopes to continue these annual events and increase the number of families supported in the years to come.

Please stay tuned for ways you can become involved in our next event. Want to help now? Donations can be made year-round by [clicking here](#).



The Doula Division

This section of the newsletter is exclusive to all things doula-related. Whether it be a personally-submitted story from a PPF doula, fun facts, or a PPF member highlight, it will be featured here.

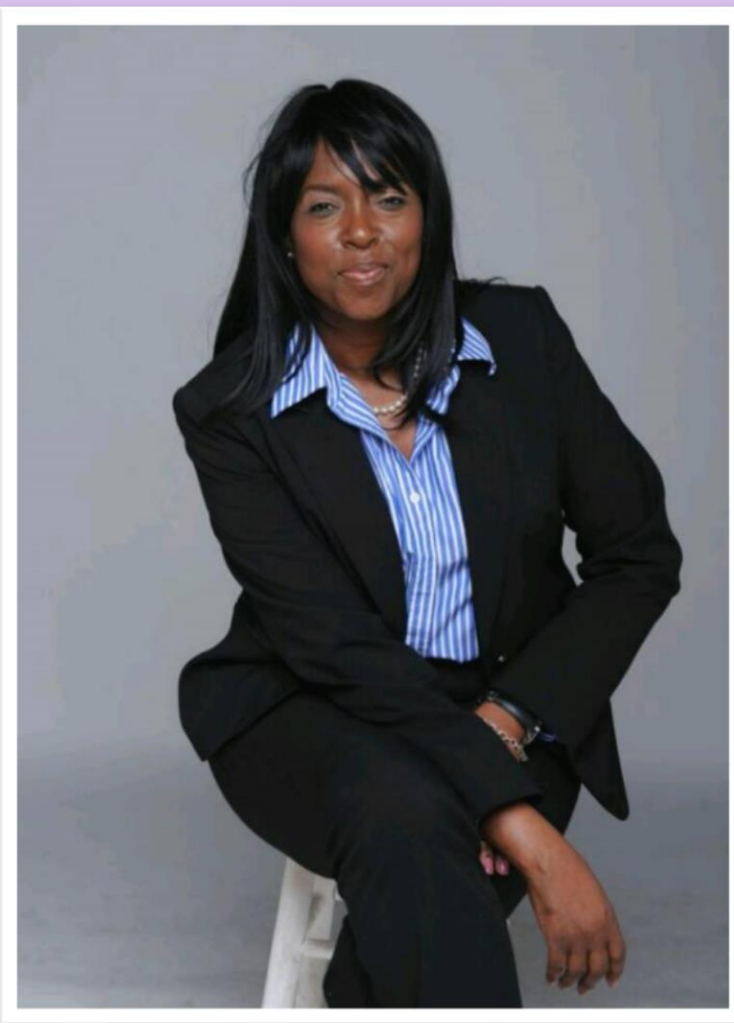
Get with the Program: PPF Welcomes New PAL for Parents Program Manager-Consultant

As with any new program, the rollout and execution are always designed and forecasted to be seamless. For this to be a reality for PAL for Parents, it was apparent to Pettaway Pursuit Foundation (PPF) that an individual with the same level of intellect and advocacy for maternal health needed to oversee the new project. Appropriately, PPF recruited in-house and welcomed its former Lead Doula for their Pennsylvania sector, Karen Peterson-Guillory, as the Program Manager-Consultant for its PAL for Parents Program.

Involved in community-centered work for over two decades, Peterson-Guillory has made it her mission within and outside of PPF to maximize all efforts made regarding maternal health support. Her experience as administrative support, a Program Case Manager for pregnant teen moms, a CAPPA certified postpartum doula, a DONA trained birthing doula, Founder and Executive Director of her own nonprofit, Women of Harmony, Inc. and being PPF's PA Lead Doula for 5 years are just the core-level of the skills she will be bringing to the administrative side of PPF. She has already gone to work, having scheduled February classes to start the year¹.

PPF are excited to propel PAL for Parents towards success with a familiar face.

¹Pictured left



Above: Pettaway Pursuit Foundation's new Program Manager-Consultant, Karen Peterson-Guillory

February 2019



13 **Breastfeeding Support Group**
Facilitator: Diane Lawley, RN, CLC
Time: Wednesday, 2:30 pm — 3:30 pm

16 **Prenatal Yoga Class**
Facilitator: Danielle Jernigan, MS, E-RYT
Time: Saturday, 1:15 pm — 2:15 pm

16 **Breastfeeding Support Group**
Facilitator: Karen Peterson, BSED, CPD CAPPA
Time: Saturday, 2:30 pm — 3:30 pm

Classes are FREE!

Register now and receive a giveaway!

Call us 610-553-5479 or email us at info@theppf.org.

Class Location: 11 Owen Avenue, Lansdowne, PA 19050



Doula-Member Highlight

Pettaway Pursuit Foundation had the pleasure of speaking with one of our Keystone First members, Caltiena Ancrum about her doula-supported pregnancy experience. Now a mother of 3, Ancrum expressed her satisfaction with her doula, Karen Peterson-Guillory, and the entire Doula By My Side Program. A sufferer of anxiety and depression, she describes Karen as "...an ear to talk to" that would "listen to [her problems] and "give [her] little slogans" to help her make it through her pregnancy. Ancrum notes "Sentences [Karen] would say...would stick with me for the week.

Ancrum had never had a doula before when she was pregnant with her now 6-year-old daughter. However, now that she would be having twins, she felt additional support would be needed. "This time around I was really urging [to push during delivery]," she explained. Although new to doula support, the level of continuity of care Karen displayed allowed for Ancrum to trust her throughout the pregnancy. When asked if she would use our service again or refer a friend, Ancrum exclaimed "110%."



11 Owen Ave., Lansdowne, PA 19050



PH: 610-553-5479

Fax: 610-553-5482

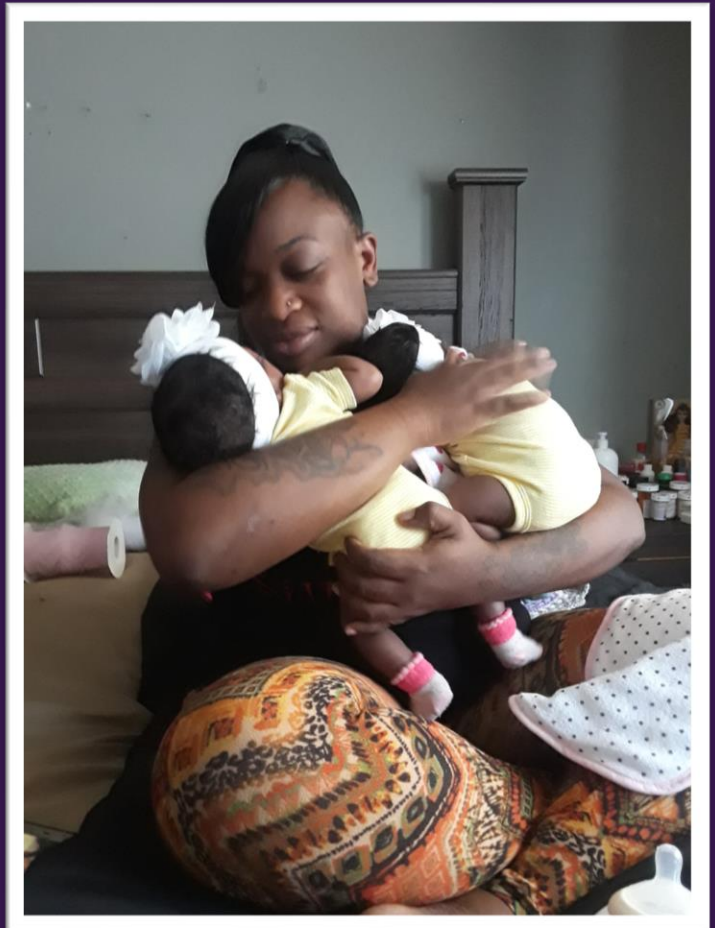


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"Ms. Karen was very very supportive...It's been so much of a help. I really appreciate her...She's been a tremendous help."



This PPF Mom will also be starting a blog soon at the suggestion of her doula. She is very excited to get started and connect with the maternity community online. Stay tuned for an update from us on her blog once it has gone live.