



Elizabeth Ann Seton Program Newsletter

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Visit the Elizabeth Ann Seton Program Website

elizabethannsetonprogram.org
What's new at EAS?

Our Mission Statement

To embrace the sanctity and dignity of life by nurturing pregnant and parenting women.

Contact Us

Sheila Page, Executive Director
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Did You Know?

The Elizabeth Ann Seton Program (EAS) Program works with the Illinois Coalition for Immigrant and Refugee Rights (ICIRR) through a grant with the Illinois Department of Human Services. We provide outreach and interpretation services to the Latino community to make them aware of social services for which they may be eligible. Among the services are WIC, the Special Supplemental Nutrition Program for Women, Infants and Children and the Illinois Department of Public Health. The grant operates in the Beardstown area and employs one person to coordinate the program.

From the Executive Director

Areté

I am taking a Humanities course at the local college, and in my reading about the ancient Greeks, I came across a word that I thought described the Elizabeth Ann Seton Program well. That word was ARETÉ (pronounced (ah-RAY-tay)). Wikipedia has it defined as "the act of living up to one's full potential". Areté in ancient Greek culture was courage and strength in the face of adversity and it was to what all people aspired. In my textbook it is defined as "being the best you can be" or "reaching your highest human potential. As soon as I heard this definition, I thought to myself, "That is what the Elizabeth Ann Seton Program works toward, wishes and believes in for the women in our program; that they will reach their highest human potential." It is often hard to remember that the goals we have set for ourselves (i.e., college, career, & home in the suburbs) may not be the same goals that others may have. Many of the women we assist are so overwhelmed with the circumstances in their lives (poverty, children, abuse, lack of employment, health issues) that looking toward & believing in the future is unthinkable; their goals are figuring out with how to feed their families, find a job, and keep the lights on TODAY.

However, when these women are given direction, shown love, and worked with to achieve these smaller goals, it helps them to believe in themselves and that the possibility of a larger goal might be possible. Through the assistance that the Elizabeth Ann Seton Program provides – mentoring, educational classes, employment and educational guidance and parenting classes (along with emergency food, clothing, diapers and personal care items) we help our mothers to grow and to see that they are worthy and capable of having dreams, goals and reaching their highest human potential...their areté.

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Call EAS Headquarters

757-6025

Spotlight on the Teen Parent Program

EAS is continuing to reach out to pregnant and parenting women in central Illinois. Each month, Teen Educators Karen Bedell and Dawn Morris go to four local high schools to teach pregnant and parenting teens how to become better parents and assist them to become more self-reliant. A grant from the San Damiano Outreach Program funds this effort in Beardstown, Virden, Girard and Gillespie. The young mothers are involved in the meeting planning, and the topics address and educate them in a non-threatening way on possible problems they may experience as young mothers.

The success of the grant is determined by the number of participants who:

1. graduate with a high school diploma or GED
2. the number who delay additional pregnancies until finished with secondary education
3. the number who attend monthly educational meetings
4. the number who report having an increased knowledge and confidence level
5. the information Teen Educators report regarding class participant and comments

Volunteer Spotlight

The EAS Board of Directors is made up of people who believe in the mission of our program. Without these volunteers, EAS would not be able to exist. The leadership and guidance from the board is vital to maintaining the organization.

One of the newest members of the board is Shawnetta Henderson. She is also a participant in our program. Shawnetta enrolled in our program because she was interested in going to school and needed assistance with her financial aid forms. Since that time, she has been very active in the program, attending the monthly meetings, assisting with refreshments, helping with the Illinois State Fair Parade float, and contributing her knowledge of cooking to the program participants. Just the other day, Shawnetta brought a neighbor into the office so she could enroll in the program. Shawnetta is also very active in other community programs.

We are very fortunate to have all of our board members, and especially Shawnetta, our participant board member!

Want to Be a Volunteer?

It takes many hands to make the Elizabeth Ann Seton Program a success. Much of the work is accomplished by our staff: Executive Director Sheila Page, Area Coordinators Karen Bedell, Teresa dela Cruz, Dawn Morris and Carolyn Werner. With five different communities and hundreds of women enrolled, we just can't do it all by ourselves.

Each month the five different areas hold monthly meetings that include an educational program, babysitting for the children and refreshments. Volunteers are needed to help with these meetings. A brief two hours a month will fulfill this important need for EAS. You may help with any portion of the meeting: helping to set up the meeting area, providing

refreshments to the moms and their children, babysitting the children or interacting with the moms.

Perhaps the most important thing you can do if you attend the monthly meetings is to interact with the moms. Because you are there, you can visit with the moms and let them know there are others who care about them and their children.

How easy is that? Please consider volunteering at the monthly meetings in your area. To volunteer, contact the EAS office in Springfield at 757-6025 or one of the area coordinators:

Chatham and Jacksonville: Karen Bedell, 801-2030

Beardstown: Teresa De la Cruz, 425-8038

Litchfield: Dawn Morris, 324-3270

Springfield: Carolyn Werner 757-6025

You may also want to volunteer in other areas. We always need one-on-one Mentors, Teacher for resource lessons and Fundraising Volunteers. Go to the [EAS website](#) to learn more about our volunteers.

Won't you consider investing your time and talents in the future of our community by becoming a volunteer or mentor for EAS?

“Moments Make Memories” a Success!

The “Moments Make Memories” series was completed in the Springfield area on May 10. Four sessions were held at the monthly meetings from beginning in February and ending at our last program. The series teaches parents that it doesn't take money or a lot of “stuff” to make memories with your children. At the “Back to Basics” session, moms learned to

play no-cost, low-cost games to play with their children, from *This Little Piggy* to *Peek-a-Boo* to *Honey Do You Love Me* to *Sardines* (a reverse Hide and Seek game). At the second session, “Ants on a Log”, the moms learned about nutritious snacks and everyone made *Fish in a Pond*, a snack using celery, fish crackers and cream cheese. During the “Read with Me” session, moms learned why reading to and with their children is important, were given tips on how to extend stories and books and picked out books to take home that were age appropriate. The last session, “All About Me”, taught moms how to improve their children's self-esteem and how the ‘all about me’ project gives them the opportunity to find out more about their children's likes, dislikes, and dreams. A small photo album was given to each child, and the moms helped them to place pictures and drawings in the pages.

These hands-on, fun, and educational programs teach parents how to expand on basic principles to create bonds with their children that will carry through their childhood and adolescence.



Moms Tracey and Chenoa discuss why reading to their children is important



Mom and son make Johnny's “All About Me” book



Children and moms make a nutritious snack together



How you can help

Here are three ways you can help the EAS program and its participants:

- From time to time, participants are in need of larger or more specific items that are not usually in our storeroom of donated articles. When we have requests, we will include them with this newsletter. If you are able to donate the item(s), please contact our office so we can get them to the family in need. Items needed now:
 - ❖ Computer (laptop or desktop) for woman who is taking online classes
 - ❖ Baby bed (must meet safety requirements)

It would be very helpful if you are able to transport the larger items to their new homes, too!

- If you are in the workforce, you can talk to your employer about:
 - hosting a Jeans Friday for the Elizabeth Ann Seton Program. Each employee who donates \$5.00 to EAS gets the privilege of wearing jeans to work on Friday
 - your company can making a corporate donation to EAS
 - allowing you to have an in-office donation bucket so your co-workers can throw in their spare change for a set period of time.
- Don't forget that you can donate to the Elizabeth Ann Seton Program when you shop and search online through GoodSearch and GoodShop. It is a safe and completely secure site that will generate money for EAS every time you use their search engine and shop on their site. Here is a link that tells more about the website:
<http://www.goodsearch.com/about.aspx>


YOU SEARCH WE GIVE™

Donate while you shop and
search online!

Support Elizabeth Ann Seton Program

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It's easy and safe. Go to
www.elizabethannsetonprogram.org and click on
"DONATE ONLINE NOW"

