

BIRTHRIGHT NEWS

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The First 1000 Days

Roger Thurow's latest book, *The First 1,000 Days: A Crucial Time for Mothers and Children—and the World* presents information that is key to helping babies get a good start in life. The first 1,000 days extend from pregnancy to approximately age two.

Thurow takes a global view, but his research has an impact on the United States as well. He follows the pregnancies, births and the first two years for families in Uganda, India and Guatemala, but he also includes Chicago. Survival rates have been growing for infants around the world, but he points out there is a significant difference between surviving and thriving.

His concern for American mothers matches his concern for moms around the world—affording and providing nutritious food is something moms everywhere worry about.

He identifies the challenges a mother faces who may seek to build a better future for her children. She may struggle with living in a community that is severely limited by poverty or violence. It also is apparent that gains made in the first few years can be easily lost in subsequent years.

We at Birthright have made a real effort to think in terms of “the first 1000 days” by providing clothing and diapers in larger sizes. We have no shortage of toddler clothing, but are limited in having enough volunteers to distribute items to the number of people who would likely come to us.

When possible, we would like to nourish little minds as well as bodies. Thanks to a donation from Nativity Church, we will be giving books as Christmas gifts for the children we serve during December, recognizing that books should be in the hands of young children as soon as possible.

Brooke Edwards, who reviewed Thurow's book for *World Ark*, Heifer International's publication, shared her personal response: “It's easy to read a book like *The First 1,000 Days* and be overcome with worry. I'm worried for the mothers, for their children, for their communities, for humanity. I think it's important to remember that the antidote to worry can often be action.”



One of our little ones.



Giving Hearts Day

← FEBRUARY 8TH 2018 →



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Birthright provides free and
confidential help to anyone
regardless of age, race, creed,
marital status.

Birthright of Fargo-Moorhead
is a 501 C (3) organization; all
contributions are tax
deductible.

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Why Our Volunteers Do What They Do

Reflections from those who directly assist clients

“Every Monday I am grateful for what I have been given in life. I see a different side of Fargo-Moorhead as I meet people who struggle to make ends meet but love their children and want the best for them.”

“A lady whose husband kicked her out, two children, one who is blind and she left with nothing. How happy she was when we were able to help her and get other organizations involved.”

“I am impressed with the number of fathers who came in and are so grateful for whatever we can provide. Sometimes all they say is “Can you just help me with some diapers?”

“Without the donations, supporters and volunteers, we wouldn’t be able to help the families, especially children.”

“I didn't realize how many people in poverty who really do need help.”

“Regardless of the circumstances of conception, I believe every baby has a right to be born, and know that because of circumstances, many parents, single or couples, find themselves in situations out of their control and the find themselves needing to ask for help. I am reminded how blessed I am every day at Birthright.”

“A special moment—a mom (new) was grateful to tears when we provided her with a layette of baby things for her new baby.”

What the Numbers Are Telling Us

- Office Visits through October—989. We continue to increase the numbers we serve.
- WIC Referrals through October—483. With expected budget cuts on the national level, we may be called upon to help more families.
- Requests for Diapers — 932. This is a definite need throughout our community. Other non-profits are working to add diapers to the services they provide.
- Referrals from Social Services and Other Agencies— 96 for each. More agencies know us and know how we can help. We are also made more aware of groups and agencies that may be of service to our clients.

Office Needs



Winter hats, mittens, scarfs
for babies and toddlers.

Special Thanks To...

Our Northport Hornbachers' Grillers:

Judy Vanyo
Marilyn Prouix
Bobbie McGarvey
Carol Grindberg
Helaine Arnold
Ron Landman

Louie Daniels
Ray Simon
Pat Webb
Margaret Bitz
George Greenwood
LaVerne Seefeld

Taylor & Dylan
Erholz
Jerry Jernberg
Don Lippert
Autumn & Shawn
Kotrba
Cathy Schwinden

We reached a record high on the “keep the change” directives and the donations we received at Northport last summer. We think it was because of the Holy Spirit K.C.'s, who helped us out and were especially charming!

Nativity Church

for their donation of children's books for a special Christmas gift to our families. Encouraging reading for the youngest little ones is another way to make sure they get a good start in life.

The Forum and Minnesota Birthright

who respectively helped prepare our ad for “The Season of Giving” insert in the newspaper and helped pay for it through a grant for advertising.

Birthright Volunteer Job Description

Volunteer working with clients

Duties and Responsibilities

- Complete Volunteer Training Program
- Be present during office hours
- Provide emotional and practical support
- Distribute maternity and infant clothing
- Distribute diapers, formula and other baby items
- Make appropriate community referral
- Maintain confidential records
- Follow up on client where necessary
- Provide support and a “listening ear”
- Attend inservice/volunteer meetings for ongoing education

Qualifications

- A positive, non-judgmental attitude
- Commitment to the spirit of nurturing life
- Ability to listen
- Dedication to the belief that women are important
- Willingness to share talents through a definite time commitment
- A belief in the Birthright philosophy

Time Commitment

- Working with a partner, presence in the office from once a month to once a week

Our Guiding Principle

Birthright is an emergency pregnancy service, founded in 1968 in Toronto, Canada, by Mrs. Louis Summerhill, whose personal response to the despair of a pregnant woman led to the establishment of Birthright.

“It is the right of every pregnant woman to give birth, and the right of every child to be born.”

Mailing Preference

If you would like to receive our newsletter by email, or prefer to be removed from our mailing list, please contact our office.

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MOORHEAD, MN 56560
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“It is the right of every pregnant woman to give birth. . . and the right of every child to be born.”



*It is not how much you do
but how much love you put into the doing
and sharing with others that is important.*

Mother Teresa



In Loving Memory

In Memoriam: Donated by:

..Deacon Stephen Nemeth

By... Sharon Anderson; Mary & William Johnson;
Dcn John & Loree Bruggeman; Mrs Peggy
Heazlett; Bob & Barb Pohl; Bob, Diane, & Bobby
Reichel; Craig & MaryJo Larson; Dave & Donna
Retterath; Frank & LaVonne Gross; Dcn Bill &
Sandy Beutler; Paul & Colleen Marquart; The
Dahl Family; Romayne Rishel; Dcn Gary & Mary
Hager; Linda Borgen; Kenneth & JoAnn
Campbell; Donna Chloupek; Audrey Oliver;
Darrell & Shirley Belka; Rob & Karen Thom;
Gerald & Sue Zimmel; Mike, Paulette, & Audrey
Stalboerger; The Poehls Family; James & Julie
Nash & Sons; Jim & Leslie McCollum; Sheri
Hanson; Dick & Sue Legg; Linda, Monica, Fedora,
& Ken Hamme; George May; Paul Svir & Family;
Rev Msgr Donald Krebs; Mr & Mrs Ray Wade;
Steve & Tami Hauf; Mr & Mrs Joseph Slebodnick
John, Melanie, Ethan, & Evan Rasset; Linda
Thomer

..Ruby M. Thompson-Callin; Ann Murphy.....
By: Valery Hudson

..David Stetz; Milt Opatril; Adrian Stetz.....
By: Judeen & Patricia Kvidt

..David Stetz; Paul Neumann; Bob Brenny;
Evelyn Audette; David Roesch; .
By: Don & Joyce Biewer

..Mel Fredenburg; Fr. Francis Wehri; Rita
Gravalin; Donna Quiggle....
By: Jim & Micky Schneider

..Florence Wilson; Mary Johnson; Eli Johnson..
By: George & Marian Greenwood

..Audrey Krupich; Dorothy "Dot" Torok...
By: Mert Engelhardt

..Rita Gravalin.....By: Don & Ann Mertes

..Richard Groven.....By: Ann & Ralph Schellack

..Ann Murphy.....By: David & Gloria Lee

.. Lyle Schultz.....By: Don & Liz Gilbertson

..Mary Racek Johnson; Eli Johnson; Linda
Rieniets; Lorraine Gilbertson.....
By: Jim & Phil Nelson

..Hank Leintz.....By: Ed & Sandy Tupa

..David Roesch: Maurice Schindler.....
By: Roger & Janna Cayler

..David Roesch; Allan Wold....
By: Roger & Shirley Adrian

..Catherine Grandbois...By: Dan & Barb Sinner

..David Eblen.....By: Bob & Rose Gifford

..Catherine Grandbois...By: Marie Bellerud

..Natalie Johnson.....By: Donna Young

..Howard Smedshammer...By: Karen Vosika

(Continued)

..Beatrice Ulmer; Mary Elizabeth Schultz....
By: Clem Nemeth

..Arthur Erickson.....By: Gwen Erickson

..Dorothy "Dot" Torok.. By: Janet Iverson

..Dorothy "Dot" Torok.....
By: Thomas & Patricia Hutchings

Group Donations

Nativity Catholic Church
Franciscan Sisters of Dillingen
Hornbachers Northport

Cash Donations

Shirley LaBine
Mark Kasson
Jim & Micky Schneider
Scott & Cindy Hutchins
Don & Joyce Biewer
Mike & Mona Thorstad
Sharon Richards

Honors/Memorials/Tributes

A tribute toDebbie & Jeff Schaff (in Memory of
Benjamin Schaff).....
By: Marian & George Greenwood

In Memory of "Our Grandparents"
By: Peter & Kathy Erickson

In Memory of "Our Grandpatents".....
By: Loren & Yvonne Lee

Special Occasions

65th Anniversary George & Marian Greenwood..
By: Loren & Yvonne Lee
By: Ralph & Ann Schellack

40th Anniversary Val & Tim Ritland.....
By: Ralph & Ann Schellack
By: Marian & George Greenwood

In-Kind Donations

Items given are many and varied and beautiful. Too numerous to mention; including any item and baby needs. New and gently used Items are used for our layettes and clients who visit us for supplies.

We are most appreciative and thankful.

Jack & Edie Kritzberger
Numerous Anonymous Donors
Linus Project
Myrna Rivard
Jon & Erin Strand & Children
Cindy & Scott Hutchins
LaVerne Seefeld
Julia Sullivan
Zakaria Amin & Rozhgar Rasool
Nezira Nasim
Rosemary Thomas
St Mary's Altar Society
David & Becky Anderson
Chris Steffan
Mark & Karla Spitzer
Robin Christianson
Willie & Linda Lies
Mary Jane Langseth
Helen Grommesh, Jordana & Vi Helmer
Margaret Briske (Berg Family Quilters)
Teri Jore & Mary Payne
Jess Grillo
Jill Graveline
Harka Monger
Emma Schmidt
Theresa Lothspeich
Kathy Richards

Reports of August, September & October , 2017