



News from the Cradle

Facing the Tough Economic Times

Watching the news has never been fun for me. Disasters, violence, and overall chaos seems to permeate our culture. It seems like every time you turn on the radio or watch the news, the top story is news about the economy and how it keeps on getting worse. I'll admit that I never had to take an economics class in college, so a lot of what is being reported seems foreign to me, but I know that as the economy downturns, all social service agencies are affected. I worked in Chicago in 2002, following the September 11th terrorist attacks. The homeless drop-in center where I worked experienced a huge decrease in donations; it was a scary time for all of us. There was talk of cutting everyone's salary, laying off one of the workers, and eliminating my youth program. While all this was happening, there was an increase need for our food pantry due to gentrification in the neighborhood, and we had to learn to ration to meet the need.

We're doing okay here right now; our shelves are full, but we are keeping a close watch on the news because as prices for everything increases and less jobs are being created, there is less money for everyday needs. We have been seeing more and more married couples where one or both spouses have lost their jobs.

For many of our families, this economic downturn has become even more hurtful. The lack of jobs, affordable childcare, and the rising price of food and fuel has hit them extremely hard and we hear their stories every day. The agencies where we refer our families are also experiencing an increase in volume, and their supplies are running low.

For a woman facing an unplanned pregnancy, this pricey cost of living may be a reason for her to choose abortion. It costs about \$10,000/year for a middle income family to raise a child during the first year. She may feel that it is just too costly to

bring the pregnancy to term.

Our new counselors have been kept very busy with clients, and we are seeing an overall increase in services provided. We are glad that so many people are looking to us for assistance and feel that Catholic Charities can help them in their time of need.

Thank you to everyone who has continued to support our program. Especially in these hard economic times, the support we receive through donations is humbling and overwhelming.

Let us pray that things start to look up sooner rather than later. Until that day, we will continue to provide services and do what we need to do to help our families.

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Special points of interest:

- ♦ *Adopt a Family Time is Here*
- ♦ *Start Your Holiday Shopping Early*
- ♦ *Car Seat Safety Tips*

It's Adopt a Family Time Again

Holiday Adopt-a-Family is an event that we do every year for the holiday season. This gift-giving program helps needy families in our program.

Donors are needed to be sponsors for the program. As a sponsor, you will be given a wish list for a family in need. You may choose the size of family or budget involved. A wish list for each family member will be created and sent to



you. Items placed on the wish list would include household items for the family, toys for the children, and baby supplies. Large items (such as refrigerators, beds, etc...are not included on the list.) Gifts would need to be re-

turned to our office by the week before Christmas where

they will be distributed to the family. The wish list is meant to be a guide for our sponsors, and sponsors are not required to purchase everything on the list.

If you are feeling called to help a family this holiday season, please contact our office at 843-7986 x 229 to get signed up. We already have several families in consideration for the program. Last year, we had 12 sponsors and 14 families were assisted.

Thank You!

The "Thank You" Column for this newsletter is going to be much bigger. We have been so blessed in the last few months through monetary donations, baby item assistance, and overall support from the community.

A special thank-you goes out to the York District Council of Catholic Women. This group of talented seamstresses and quilters have been making us baby blankets for years. Every few months, they drop off more, and we just love putting them out for the moms.

Our "Plea" recipients deserve a HUGE thank you. About two months ago, we were running low on certain baby items. We sent out an email to just a few people, and through the magic of email forwards, we received an abundance of baby items and monetary donations. Every time we walked in the building, there was an other donation. We had to get very creative in where to store everything.

Another thank-you to the St. Rose of Lima Columbiettes. These women

received our plea for baby items and just went crazy. They went shopping for the program and really helped us with a great donation. We heard that they had a lot of fun shopping for the baby items and we're so glad that we could give them a reason to hit the baby department.

Our counselor volunteers, Peggy and Laurie, were counseling machines during September. Their schedules were always full, and they are doing so well. We are so thankful for them, and it sounds like they're having a great time meeting with the families, too. These ladies are a great fit for the program and truly love our moms and babies. We always seeing them holding the babies.

We would also like to thank Shiloh Homemakers for sponsoring a donation for us, too. This group heard about our program and wanted to help. They hosted a baby item drive during one of their monthly meetings.

Another new group to learn about our program was St. Joseph's Holy Name

Society. They wanted to help us out with infant formula, and bought a lot to help with the new formula change that WIC has enacted starting in October. This was a big help for us, and we're so excited to have them on board.

St. Joseph Pro-Life Ministry (York) also hosted a baby shower for us in October in honor of Respect Life Month. The ministry had cookies and punch after all of the Masses. In conjunction with the religious education program, lots of donations were collected.

We are awed, humbled, and so grateful to everyone who donates, prays, and wishes well for our program. Our pantry shelves are looking very full, and we are ready for whatever the economy brings us. In uncertain economic times, it is so wonderful to see so many people caring about our moms and babies.

Thank you.

Car Seat Safety

Did you know that 4 out of 5 car seats are installed incorrectly in the United States?

Here are a few car seat tips to help keep your little one safe in the car.

1. Always check the weight and height limits on your car seat to make sure that they fit your child properly.
2. Straps should be tight on your child. If you can pinch the slack in the straps, it is too loose.
3. Infants need to be rear facing until they are at least 1 year old and 20 lbs. With some seats, you can keep them rear-facing even

longer.

4. Be wary of buying a used car seat at a yard sale. If the car seat has been in an accident, it may have internal damage that can cause it to fail.
5. Always check the expiration date of a car seat. The expiration date should be located on the seat, and you should not use a seat that is older than 6 years.
6. Children should ride in the back seat until they are at least 12 years old. Airbags are designed for adults, not children.
7. When installing a car seat, the

seat should not move more than an inch in any direction.

8. Follow your car seat instructions and vehicle's owner manual for proper installation.

If you are unsure about your car seat being properly installed, call 1-888-232-SAFE to set up an appointment with Safe Kids York County or to find a car seat check up site near you. Trained car seat technicians will make sure that your seat is properly installed and your child remains safe.

Happy Traveling during this busy holiday season!

Get Started on your Holiday Shopping and Support the Program

If you love jewelry and Mary Kay products, we have a great party for you. On Sunday, November 23rd, we are hosting a Cookie Lee and Mary Kay party. We are very lucky to have a Cookie Lee and Mary Kay consultant working in our office, and she has offered to host a fundraiser for us. Get started on your holiday shopping early and help support our program. For each purchase, 30% of the purchase will be donated to our

program. If you love the products and would love to host a show, \$10 is given to the program for every show booked.

There are no sales pitches, just tons of jewelry and make-up to look at. Stop in any time between 6 and 8. The event will take place at 3867 Kings Arms Lane in Stonybrook in York. We have enclosed a flier for you. Feel free to bring a friend to the

event; the more the merrier and remember, each purchase is helping us to help others. Any questions, call our office.

If you would like to see the products, visit their respective websites at:

<http://www.cookielee.com>

<http://www.marykay.com>

We hope to see you there!

Quick Bits

- ◆ We are training one more counselor volunteer. This will raise our counselor volunteers to three, and this has been a huge help for us!
- ◆ September and October brought 9 new babies to us; 5 boys and 4 girls. We rejoice with their mothers and love doting on the new babies.
- ◆ In conjunction with Catholic Char-

ties Adoption Services, an adoption plan has been created for one of our families. We support this mother completely in her choice to develop the adoption plan.

- ◆ No one has volunteered to be a part of our croquet fundraising effort. Because of this, we cannot do a large scale event at this

time. We are still considering doing a large event, but again, help is needed for us to make it work.

- ◆ The Woman, Infants and Children Program (WIC) has changed their formula help from Similac brand formulas to Nestle Good Start formulas. Please note the change on our wish list.

Catholic Charities

Pregnancy Resource Center
26 East College Avenue
York, PA 17401

Phone: 717-843-7986x229

Fax: 717-699-0020

E-mail:

emickley@hbgdiocese.org

[http://www.hbgdiocese.org/
yorkprc](http://www.hbgdiocese.org/yorkprc)

The Catholic Charities Pregnancy Resource Center is a non-profit program established by the Commonwealth of Pennsylvania's Real Alternatives Program and housed in the Catholic Charities Intensive Family Services Office. We provide services to women and their partners who are pregnant, possibly pregnant, or biological parents of a child under the age of 12 months. Our program offers life-affirming alternatives to abortion for women, their partners, and their families who are encountering an unplanned pregnancy. We provide parenting education, adoption information, free pregnancy testing, and referrals to community resources as well as maternity and infant assistance. All services are free, regardless of income.

Our Wish List

Our Wish List helps us to keep our emergency baby and maternity item pantry shelves full.

- * New cribs or donations for new cribs
- * New and gently used infant (preemie to 2T) and maternity clothing
- * Baby care supplies (wash, lotion, diaper rash cream, powder, and shampoo—travel and full sizes)
- * New infant car seats
- * Diapers (preemie to size 5, especially size 2, 3, and 5)
- * Baby wipes (travel and full size tubs)
- * Nestle Good Start formula, Nes-

tle Good Start Soy formula, Similac Alimentum formula, Enfamil Enficare formula

- * Stage 1, 2, and 3 baby food
- * Bottles, nipples, pacifiers, breast milk storage bags, bottle brushes
- * Department store, grocery store, or discount store gift cards
- * Monetary donations payable to: Catholic Charities Pregnancy Resource Center
- * Emergency supplies of non-perishable food items (soups, pasta and sauce, canned goods), toiletries, and toilet paper
- * Baby and toiletry item coupons

All donations are tax-deductible.

Eight women are due in the winter months, and we are trying to get ready.

Volunteer Opportunities

- * Crisis pregnancy specialist
- * Fundraiser/Donation drive coordinator

For more information on sponsoring a donation drive, making a donation, or volunteering with our program, please call our office at 843-7986 x 229.