

# Spring

With record-breaking snow accumulation this year, we are ready to welcome Spring! Time for the snow to melt ~ not fast enough ~ and flowers to begin to bloom. As we notice the sound of birds chirping and kids playing outside, we can be thankful that we live in New England where we can experience the four great seasons. Although some of us may wish we never had to see another inch of snow, we seem to have a greater appreciation for Spring once it arrives!

Noticeably, people are far more cheerful as they enjoy clear roads and sunny skies. They are shopping for seeds to plant, enjoying outdoor sports and the Red Sox will be home again!!!



Open the windows and let the fresh air in. Replace the snow boots and mittens with running shoes and sweaters. Put up the skis and sleds and get out the bikes. **SPRING IS HERE!!!**



PROJECT BREAD'S  
**WALK  
FOR HUNGER**  
MAY 3, 2015



Join us on Sunday, May 3, 2015

Since 1969, The Walk for Hunger has been a tradition in Massachusetts. Today, the Walk has become the country's oldest continual pledge walk and the largest one-day fundraiser focused on alleviating hunger. On the first Sunday in May each year, more than 40,000 Walkers and 2,000 Volunteers join together to make a difference in the lives of our neighbors.

The 20-mile Walk for Hunger begins on the Boston Common, and winds through Boston, Brookline, Newton, Watertown, and Cambridge.

There is a rolling start on May 3rd at the Boston Common between 7:00 A.M. and 9:00 a.m. You can start there, or at *any point along the route* and register at any checkpoint. If you want to return early, there are free buses available from each checkpoint to shuttle you back to the Boston Common finish line.

Raise as much as you can!

Funds received from Project Bread's Walk for Hunger help the Coalition to purchase food from the Greater Boston Food Bank to assist us in providing healthy meals to the approximately 800 households currently registered with our food pantry program. Plymouth Area Coalition staff members directly participate in the Walk for Hunger by providing volunteer services, a walking team, and raising funds.

We value every contribution from every Walker so we don't set a fundraising minimum. Yet every dollar counts - and can make a difference for a child, a family, an older person. We rely on you, your friends, and your family to raise as much as you can. And if you need help or ideas, we are here at Project Bread to talk to you and give you practical answers.

Give Project Bread a call at 617-723-5000 or email us at: [walk@projectbread.org](mailto:walk@projectbread.org)

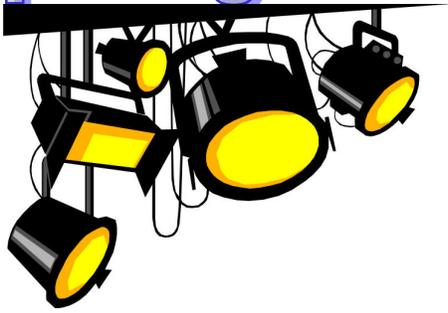
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**TAKE A WALK TO HELP STAMP OUT HUNGER!!!**

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# Spotlight on Board Member



**Vivian Brock**

**Board Member of  
Plymouth Area Coalition**

**As a Board member of the Plymouth Area Coalition what made you decide to choose the Coalition as the non-profit organization for which you want to be involved?**

I chose the Coalition because of its mission: "It is our mission to educate, empower, strengthen, nurture and assist individuals and families who seek shelter, food and other basic necessities so they may build on their strengths and experience their own potential as independent members of society."

The multi-faceted program we offer to the homeless families we temporarily house is impressive: Classes that teach time management, budgeting and independent living skills, and programs in parenting, health education and nutrition. Simply put: we help people to help themselves.

**How long have you been involved with the Coalition?**

About 19 years ago I was introduced to the Coalition by Dottie Birdsall, a dedicated and long-serving Board member. I began volunteering as a member of the Board committee tasked with recruiting trustees. After about a year, I became a Board member and I am currently in my 18<sup>th</sup> year.

**What is your expertise that you hope to share with the Coalition?**

Dedication and perseverance, and not shying away from tackling difficult situations when it becomes necessary. Commitment to regularly attending Board meetings and actively supporting our fundraisers. Enthusiasm. Experience and wisdom gleaned from many years of involvement with the Coalition. A willingness to volunteer at the Shelter in a variety of ways as needed.

**Where did you grow up? Would you like to give us a glimpse of your life? Family, married, children, where do you reside?**

I grew up in Gig Harbor, Washington. I was raised in a family that participated in the foster care program. Thus I was a temporary sister to children whose lives were upended. Undoubtedly that fueled my resolve to make a difference in the lives of children, especially children and families in transition.

*Thank You*

# Treat Mom This Mother's Day

*Laugh*

*Laugh*

*Laugh*

May 9, 2015, at 7:00 p.m. at the Kingston Knights of Columbus, The Plymouth Area Coalition is hosting a Comedy Fund Raiser starring local comedians Christine Hurley and John Turco. A fun night of comedy. Bring your date, bring you friends, bring your Mom! Leave the kids home with a sitter while you sit back and enjoy an evening of laughter....which IS the BEST medicine!!!

All proceeds to benefit Plymouth Area Coalition: food, shelter and other needs to low-income families in our community. Knights of Columbus is located at 91 South Street, Kingston, MA. For tickets please contact: Ariel Martinez at the Coalition.

**CHRISTINE HURLEY** ♥ Christine Hurley is married to her high school sweetheart, Jimmy Hurley and mother to five children. Her stories of motherhood, and marriage to Jimmy are exactly what everyone is living through! People get it and love it! Christine finds on most nights, the men in the audience are laughing harder than the women.



**JOHN TURCO** ♥ John Turco is one of the most versatile comedians working clubs in New England. He is also one of the most animated, punctuating his smart, sarcastic, satirical material, expressive faces and dead-on impressions. Perhaps you've seen John around at the Caped Cod Melody Tent or South Shore Music Circus as well as many colleges. He will keep you laughing!!

**MOTHER'S DAY IS SUNDAY, MAY 10TH, 2015**

**\$35 per Ticket ~ \$25  
for Two or More.**



# Turn Off the Technology



Spring is the perfect time to get the kids moving. They've been stuck in the house for months with too much snow and/or extremely cold weather!! Shut off the computer games, turn off your laptop, say goodbye to emails and social networking while you put your cell phone in your purse or pocket. The t.v. and the movies can wait until "movie night". That call or that text can wait until later!!



Spend some quality, non-tech time with your kids. Get them outside for some fresh air and exercise!!! Working parents are so busy that they often feel they just don't have the time. Many of us bring our work home with us ~ thanks to technology. How many times have you told your child; "one more email, one more text and I will be done" only to find it becomes 8 p.m. and you still haven't taken that walk with your child or practiced catching the ball with them?

You can always run around the yard and play kick ball or at the local park or even down the beach. It may not be swimming weather yet but the ocean air is so healthy for the kids. Free, quality, healthy time with the family. If you are a family of two (your child and you) or a family of seven, you can enjoy the out of doors every day. Just one half hour makes a difference in so many ways. Walking trails are in every town. Explore nature with your children. Shoot some hoops, bat the ball around. Go to the playground and *run with them*...not just sit and watch!

Simple walks can increase metabolism, get the endorphins going and distract your child from the constant need to text or play that "one more level" in the game! Gee, where did they hear that before??



# Go Out and Play

# Spring Sports



## Puddle Jumping



Ahhh...The much-anticipated rain that rids us of all the frozen snow. In Massachusetts we will (almost) never go from snow to glorious sunshine without some rain showers. Every generation of kids has loved jumping in puddles! Pull on those fashionable puddle boots and join your child...or just do some puddle jumping alone♥



## And Fishing



The trout have been stocked and the fishing aficionados are casting their lures for herring and trout and a few bass have been snagged! With the severely cold weather we have had, many species may be late in showing their fins this year! Locals hope to see the great stripers by the second week in May. Make THIS the year you teach your child to fish!! Yes, even in the rain!



For many, fishing began when we were very young and not just for boys and men! Many little girls and their grandmas know how to bait that line and cast it out!



enjoy

**CRISIS**

# Voice in the Night



The Coalition maintains a free resource and referral service, 24 hours a day, seven days a week, three hundred sixty-five days a year.

Collect calls are accepted. We believe when someone is in crisis there is no substitute for a sympathetic human voice. Call (781) 582-2010.



**I need to talk to someone!!  
NOW!!**



**24/7/365 there is  
someone to assist  
you in your time  
of need.**

**Call (781) 582-2010.**

**Collect calls are accepted.**



**I need to talk to someone!!  
NOW!!!**



**CRISIS**

**NEWS**  
*Flash!*



Plymouth Area Coalition's **Food Pantry** will soon be **Healthy Plymouth's** next **Healthy Market**. **Healthy Plymouth** is a collaboration between towns, school systems, and **Beth Israel Deaconess Hospital-Plymouth (BID-P)**.

With great anticipation, the Coalition is excited and honored to work with **Healthy Plymouth** to continue to serve our friends in need of healthy food choices. We will continue to provide healthy food choices for you and your family. A few things you can look forward to after the official launch: **recipes, food tastings, nutrition education, "healthy option" tags identifying the best choice, and promoting locally grown fruits and vegetables.**

**Healthy Plymouth's** goal is to enrich the quality of our lives through better health and the **Healthy Market Program** helps make the best choice the easy choice.

Please check out the **Healthy Plymouth** web site. You will find it a great "go to" source with lists of places to enjoy trails and walkways, where there are some local farmers markets, and some excellent health tips. [www.healthyplymouth.org](http://www.healthyplymouth.org)



**Locally  
Grown**

# F.A.I.R. Program

**OPEN TO THE PUBLIC**

The Plymouth Area Coalition's Family And Individual Resource program provides gently used clothing, household goods, and furniture at a minimal cost. the program is open to the public from 10:30 a.m. to 12:30 p.m Tuesdays and Fridays.

Most items are only a \$1.

**EVERY FRIDAY IS NOW \$5 per bag  
DAY!! Clothing and shoes are \$5.00 per  
13 gallon bag.**



Donations from the community are the sole source of support.

Items in good condition are welcomed. For more information on items we need and can accept as well as how you can donate, please call the Coalition at 781-582-2010.

Located at Plymouth Area Coalition, 149 Bishops Highway (Rt. 80),  
Kingston, MA.





# *A Moment Please*



**As creator of the Plymouth Area Coalition's newsletters ~ my favorite non-profit organization ~ I have taken the liberty to dedicate a section in this issue to Mother's Day.**

**Whether you gave birth to your child, chose your child through adoption or are a sister, a grandmother or aunt raising a child/children in the absence of their mother, I want to thank each of you for the dedication to your child.**

**As a mother it has been my experience that every day is actually Mother's Day. Each day gives us a glimpse of joy, love and laughter from our children. But some days also present us with many challenges that we may often feel are more than we can bear. If you believe nothing else, you must believe that you ARE the major force in your child's life. Sure, there are times you wish that was not your responsibility...but more often you are so honored that it is.**

**Thank you to all for never giving up. Thank you for many, many days of unselfish deeds and many sacrifices. There is no more important role than that of parenting....a mother sincerely is very special.**

**If you had a fabulous relationship with your own mother, be sure you let her know how she helped mold your life in the most positive of ways. Or, if your relationship with your mother was one that was far less from warm and loving.....find someone you know who is a good mother and tell her she is doing an outstanding job! For mothers a few kind, loving and gracious words are truly the most precious gift.**

**~ Thank You ~**

**Brenda Everson~Shaw**

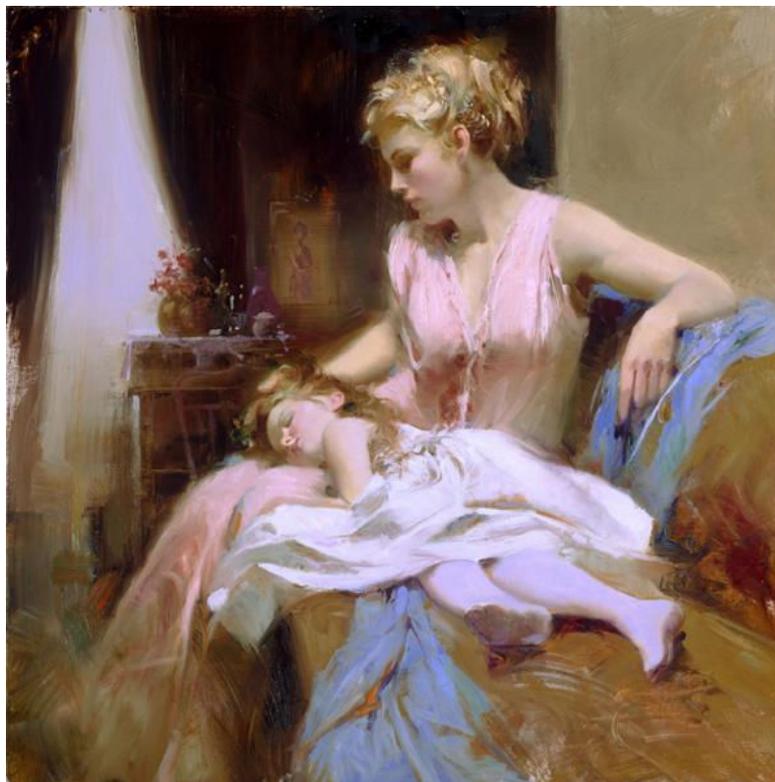
**Freelance Writer**



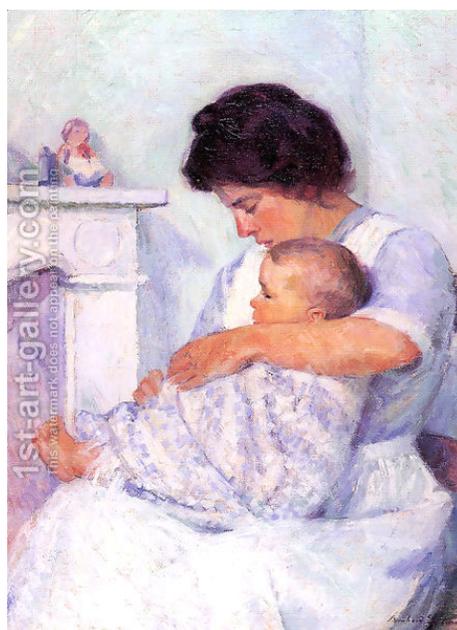
# Happy Mother's Day



love 



love 



# A Mother Shares



So This Is Love...

My five year old daughter loves sleepovers at her grandparents' house, but she struggles a bit at bedtime because she is still quite attached to Mama. She always calls me to say goodnight, and I look forward to that call. After all, I am still quite attached to her as well. The call she made the last time she stayed over particularly pulled at my heart strings. "Mama, I love you so, so, so-ooo bad!" she proclaimed. Oh. My. Goodness. How unbelievably sweet and adorable.

The desperation in her voice was so innocent, so endearing, and so perfectly reflective of my feelings for her. When you are five years old, your mother is your world. Your love for her is intense. I have a memory from when I was that age. I was home with my father and two older brothers, who were doing their best to console me because my mother was not home. I don't remember where she had gone; I just know she was not with me and her absence consumed me. The love we share with our mothers is a special love. It is our first love. It is profound.

Not until I met my husband did I feel another love close to that magnitude. Of course, romantic love is different. It is new and exciting, and you think that no feeling in this world could ever top it. Then you become a mother. And you are absolutely amazed at the love you feel for your child. It is immense, overwhelming, and indescribable. Really, it is difficult to find words to describe this love you feel. Mere words do not seem enough once you become a mother. You love this little being so much that it literally hurts at times. Just looking at your child can move you to tears. I thought it was just the postpartum hormones at first, but no...this still happens to me, and my children are fourteen, ten, and five years old.

My oldest child is now taller than me, and although it has taken fourteen years for this to occur, it still seems sudden to me. When he was little, I felt like his teen years were so distant. Recently it occurred to me that we may have only four years remaining with him living under this roof with us. The next few years will be defined by the many changes in his life. His first job, his first car, his first love. Thankfully, I can easily recall the time when he was four years old, and I bent down to tie his shoe. He put his hands on my shoulders, looked into my eyes, and said, "Mommy, you are my best girl." This precious memory is imprinted on my heart forever.

Watching our children grow is bittersweet, because we know this precious time with them will one day come to an end as they begin to need us less and less. But it is this reality that helps a mother to not take the little things for granted. Rather than getting annoyed with my ten year old for asking me to play catch with him when I am trying to get the house clean (a battle I never seem to win), I smile and grab my baseball glove. I know that soon enough he will be less interested in spending time with his mom and more interested in hanging out with his friends. Looking at my oldest and realizing that he looks more like a man than a child--this is what provides me perspective.

Being a mother is a blessing. When other aspects of life put me in a foul mood, all it takes is an afternoon with my kids to make that stress disappear. For instance, when I tell my ten year old "I love you," and he smiles and says, "I love you more." Or when my fourteen year old shares with me all the details of his new video game or the new Marvel movie being made. Or when my five year old says, "Mommy, I'm pretty sure I'm going to be president someday." Little things such as these, that I am lucky enough to be a part of, that seem so insignificant today, will become the memories etched into my heart tomorrow. And when my children are grown up, no longer by my side, and no longer in my home, I will be able to return to these times any time I feel like it, to the place where there is love that no words can convey.

~ S.L.P ~



*I asked a very dear friend of mine to put into words what Motherhood means to her. I am certain many mothers who read this are shaking their heads in agreement....thinking...""Yes, precisely!"*



# *Before I Was a Mom*



**Before I was a Mom...I made and ate hot meals. I had unstained clothing. I had quiet conversations on the phone.**

**Before I was a Mom... I slept as late as I wanted and never worried about how late I got into bed. I brushed my hair and my teeth everyday.**

**Before I was a Mom... I cleaned my house each day. I never tripped over toys or forgot words to lullabies.**

**Before I was a Mom... I didn't worry whether or not my plants were poisonous. I never thought about Immunizations.**

**Before I was a Mom... I had never been puked on, pooped on, spit on, chewed on, peed on or pinched by tiny fingers. I had complete control of my mind, my thoughts, and my body. I slept all night.**

**Before I was a Mom... I never held down a screaming child so that doctors could do tests or give shots. I never looked into teary eyes and cried. I never got gloriously happy over a simple grin. I never sat up late hours at night watching a baby sleep.**

**Before I was a Mom... I never held a sleeping baby just because I didn't want to put it down. I never felt my heart break into a million pieces when I couldn't stop the hurt. I never knew that something so small could affect my life so much. I never knew that I could love someone so much. I never knew I would love being a Mom.**

**Before I was a Mom... I didn't know the feeling of having my heart outside my body. I didn't know how special it could feel to feed a hungry baby. I didn't know that bond between a mother and her child. I didn't know that something so small could make me feel so important.**

**Before I was a Mom... I had never gotten up in the middle of the night every 10 minutes to make sure all was okay. I had never known the warmth, the joy, the love, the heartache, the wonderment, or the satisfaction of being a Mom. I didn't know I was capable of feeling so much before I was a Mom.**

**~Author Unknown ~**



# Happy Mother's Day

There's a reason some people think they can do anything; they listened to their Mom.

If you bungle raising your children, I don't think whatever else you do well matters very much

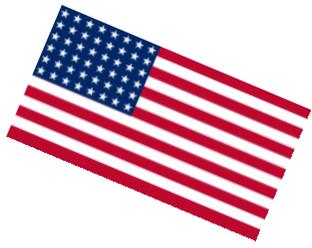
A mother understands what a child does not say.

Most mothers are instinctive philosophers.

Adopting one child won't change the world, but for that child, the world will change!!

The best thing that I can ever be, is me. But the best gift that I will ever have, is being a mother.





# *Memorial Day*



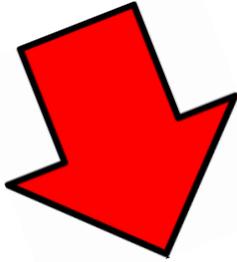
**May 25, 2015 is Memorial Day. Please be sure to thank a soldier, remember our troops, pray for the families of those who serve, who must be apart and those heroes who made the ultimate sacrifice.**



*We must not forget!*



# Volunteer With Your Kids



## INTERESTED IN VOLUNTEERING?

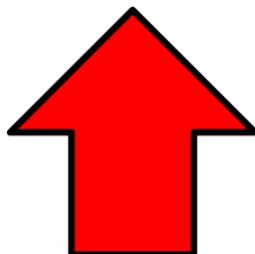
Volunteers come in all shapes, sizes and ages! How can you help the Plymouth Area Coalition and/or Pilgrims Hope? There are countless ways to get involved: assist with fundraising activities, help out in our food pantry, run a childcare program in our shelter, package toys during the holidays, sort donations in our F.A.I.R. program, tutor a child...the needs are ongoing and endless!!

Consider volunteering as a family. Little children can work along side of you cleaning up the local beach or playground. If you are handy with a hammer and nails your children could easily assist or help with painting a fence, raking a yard of leaves and planting some flowers.

How about taking your children to help at a local food bank or soup kitchen? Imagine the learning experience you can provide and they will have.

If we cannot use your skills immediately we have a great network of organizations that depend whole-heartedly on their team of volunteers.

Please....call the Coalition at 781-582-2010.



# You Can Make A Difference