Mother to Mother
of Shawnee Co., Inc

627 SW Topeka
Topeka, KS 66603
(785) 233-7007
Fax (785) 232-6627
Email address:
mother2mothers@aol.com
Web site:
www.moms2moms.org

Executive Director:
Lorraine Rissky, R.N.

Social Worker:
Annett Bynum, LMSW

Volunteer Coordinator:
Dianna Burton, LBSW

Grant Writer:
Andrea Palmer

Board of Directors:
Nadine Barnhill, MSW
Glenda Cafer, J.D.
Patsy Congrove
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Dawn Dennis
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Martin Maldonado, M.D.
Elaine Patton
Ben Scott
Amy White
Sherri Workman

September 30, 2002

To Whom It May Concern:
Re: Testimonial for Shawnee County FNP and EFNEP program

I am the director of Mother to Mother to Mother of Shawnee Co., Inc., a non profit agency that works with approximately 400 women every year. Many of these women are low income, single mothers that struggle to maintain a healthy and fulfilling life for their families. We refer many to EFNEP for the nutrition assistants to work with them on a one to one basis. We use EFNEP materials on a regular basis to answer our client's questions or provide them with appropriate materials. They also finished a project on a month of food menus using foods they would receive in a food bank order. We have provided these to several of our clients. I particularly like how they work with our clients on how to get their food allowance to last all month. We had clients that would run out of food by the 25th each month and have nothing to eat until the 1st of the month. EFNEP has provided so much assistance to our clients and I will be forever grateful to them.

As a mother of three daughters, EFNEP has provided different classes to them at their schools. My daughter Nicole's, favorite class is the "Wash Away Glo Germs". I have been a nurse for 22 years and always had trouble getting my children to wash their hands correctly. One class from the EFNEP assistant and they wash their hands better than they ever had before. Nicole always hopes Mrs. Stover will come back again and bring her black light. In first grade Mrs. Stover taught her class "There's a Pyramid in my Lunch". Nicole took everything to heart because she did not want to go to bed that night because she hadn't had enough green vegetables. These classes are so important to children. I believe at this age if you can start good eating and health habits they will continue to do so throughout their lives.

It is not often where I can comment on a program that has helped me both professionally and personally, but I do so proudly.

Thank you,

Lorraine Rissky, R.N.

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