View this email in your browser

June 2025 - Volume 38, Number 2

Welcome, <<First Name>> <<Last Name>>!

Keep Up With Us

Facebook

Website

In This Issue

- Letter from the President
- Mini-Grants Application Extension
- Deciding to Move from Your House
- Moving - My Story
- Keep Your Membership Active
- You Might Like to Read...
- We Remember
- New Board Treasurer, Penny Piercy
- Fiscal Year 2024-25 Financial Reports
- Pins Celebrate Leaders
- Tributes
- A Mother's Day Gift
- Thank You to Our Donors
- *Continuum* Needs You!

Friends of La Leche League Board:

- Carroll Beckham
- Jo-Anne Elder-Gomes
- Lupe Forsang
- Anne Hutton
- Randee Kaitcer
- Penny Piercy
- Evy Simon
- Susan Mocsny Thomas

Letter from the President

And here we are in summer! For those of us without young children, the season sneaks up on us sometimes. The kids' school, sports, hobbies, and organizations kept the rhythm of the year. When you no longer have young children, there are fewer rituals to clue you into the changes.

For those of you with kids, happy summer vacation! I remember those days fondly with my kids. Pools, parks, beach days, picnics, sleeping as late as they would sleep . . . ah, sweet

memories!

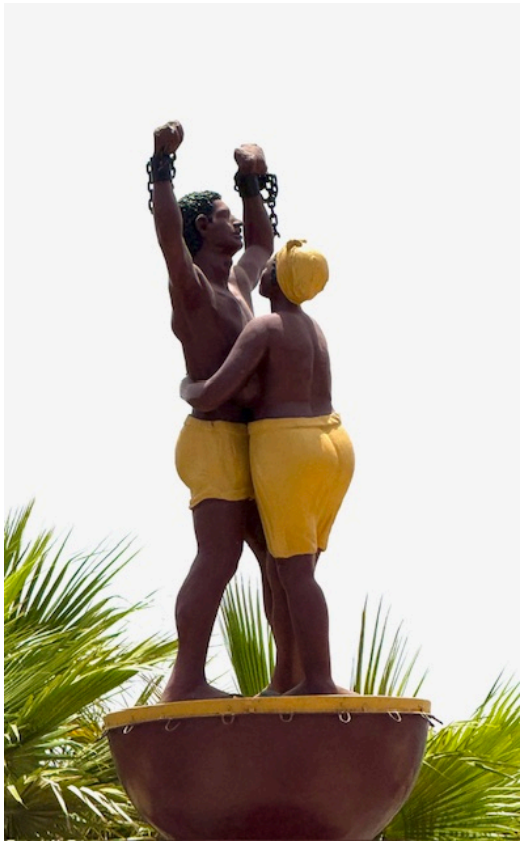
Brian and I started our vacation a bit early. We left May 10 for South Africa and were gone until June 4. We spent a few days in Cape Town, then boarded the NCL Sky for a cruise up the West Coast of Africa. We saw Namibia, Angola, Saõ Tomé, Cote D'Ivoire (Ivory Coast), and Senegal. Then we visited three of the Canary Islands (Las Canarías): Tenerife, Gran Canaria, and Lanzarote. We had stops in Motríl and Alicante in Spain before ending our cruise in Barcelona.

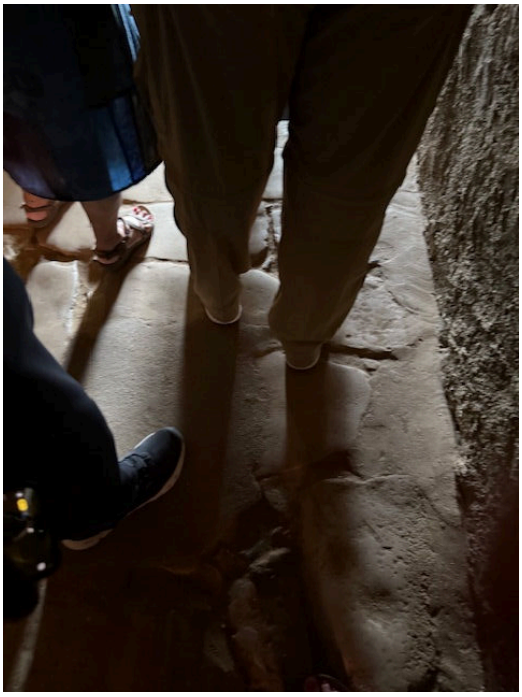
It was an amazing trip, especially to learn a little about the cultures of the African countries and groups. Everywhere there were beautiful mothers and babies, of course. And the babies were always carried or worn in wraps.

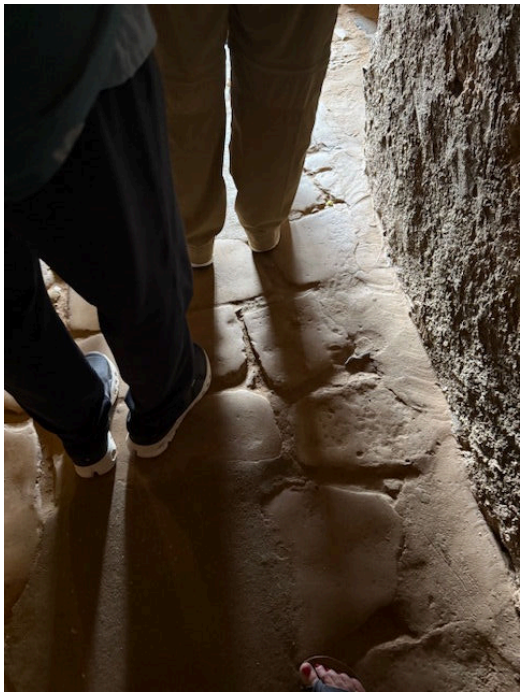
One of the most meaningful things we did was to visit Goree Island, just off the coast of Dakar, Senegal. This is one of the places to which enslaved Africans were forcibly brought and then shipped off to the Caribbean or other parts of the Americas. I felt an incredible sadness to walk down the basement tunnel to where the waiting ships would be, and they would walk through the "Porte du Voyage Sans Retour" (or port of the voyage without return). The English translation "Door of No Return" doesn't fully translate it fo me. It seemed I could hear the voices of separated families crying out for each other. Everyone trod in the paths of those who were taken from this place, almost in silence. It was very reverential. Across the hall, there was a room for reflection and meditation. Outside in the plaza, there is a large statue of a man and woman. The man is holding his manacled hands apart in victory, with the chain between them broken. The woman is embracing him.

Below are some of our photos from the trip to go along with my narration.
Have a wonderful rest of your summer!

-- Susan







Great News!
Up to $20,000 Available for Mini-Grants
Apply Now

by Lupe Forsang

Great news! We understand how important it is for everyone to have the opportunity to apply for the 2025 Friends of LLL Mini-Grants, and we're pleased to share that the application deadline has been extended to July 1, 2025. This decision was made to ensure that our international Friends can participate as well. We truly want everyone to have a chance to apply. We encourage LLL Leaders to check local LLL publications or announcements in your country for more information. And you can find the application, along with all the necessary instructions, guidelines, and requirements, on our **Mini-Grants webpage**. Thanks to generous donations from our members, Friends of LLL is planning to award up to $20,000 in awards this year, so please share this information with anyone who may be interested in funding an innovative project that furthers our mission. We are here to support you!

Deciding to Move from Your House

by Barbara Parker

I asked a group of retirement community dwellers how they decided when it was time to move out of their houses into a different kind of living situation. (In this case it was to a retirement community, but the same questions and examples would be relevant if you wanted to move to a smaller place, or to another region, or with your adult children, etc.)

The reasons for deciding to move fell into several categories:

Increasing physical difficulty related to your house
Some people found it increasingly hard to manage stairs (second floor, basement, etc.) and worried about falling while attempting to do so. One woman fell when walking downstairs to her basement laundry and broke her wrist catching herself.
Often yard work became physically demanding, causing pain or exhaustion doing things that previously were not difficult. My mother-in-law was sad to give up her beautiful garden, but when she had to deal with hours of pain after weeding and planting, she knew it was time to change her circumstances.
Basic house maintenance may become difficult. Doing things in and to the house like painting, changing light bulbs, retrieving things from the attic, or minor plumbing repairs can become challenging. My husband's light bulb moment came when he decided that cleaning the gutters was not something he wanted to do anymore.

Increasing difficulty with social needs
Previously easy social interactions may become increasingly difficult, maybe due to increased traffic, or friends moving further away, or friends' changing circumstances. One friend decided to move to a co-housing situation with her daughter's family after the town she lived in had grown beyond the community she recognized.
For a single person, social needs and safety/security are perhaps more important than for a couple, so moving to a place where those issues would no longer be a concern might be important. One retired nurse, a widow with several acres of property, became concerned about her isolation and made the choice to move to a retirement community.
Some find that maintaining regular activities like grocery shopping, pharmacy and medical visits, replenishing supplies, concerts, etc., that used to be routine now require planning. An older woman, who was having difficulty coordinating her various medical needs and was

having trouble balancing her checkbook, decided to move near family who could help her with those tasks.
A friend or family member may notice that you are struggling and may make the suggestion that you should move. One retired nurse began to consider moving after her friends noticed that she was isolated and lonely.

Increasing financial needs
If you need money, selling your house and moving for financial security is an option to consider. A couple realized their house, in which they had raised six children, was too big for them as empty nesters, and the upkeep and taxes were straining their budget, so they sold and moved into a smaller house near one of their children.

Increasing health concerns
If your health issues are multiplying, they may make independent living challenging and require help to address. A retired professor developed a visual problem -- double vision -- that meant he could no longer read ordinary printed material, severely challenging his ability to live independently.
Your spouse's health needs may be increasing and can no longer be met in independent living. A retired chemist accommodated his wife's increasing physical needs at home for several years before she developed dementia and her wandering made it dangerous to live independently.
Those with a family history of severe arthritis or macular degeneration -- or another health condition with genetic implication -- may find it behooves them to move from their house before the condition becomes worse. One woman with vision challenges made the decision to move from her house after her husband died and there was no longer someone who could help her with visual needs.
When downsizing or deciding that independent living no longer makes sense, many people choose to move to a Continuing Care Retirement Community (CCRC). These communities offer different levels of care -- supported living in independent units, nursing and rehabilitative support, and full care for community members with disability or memory-loss. While many find this flexible support comforting, many are concerned about the costs of CCRC living. I came across an article from a financial planner that explores the pros and cons of this style of retirement living, and have included a **link here**.

While many (most?) of us would prefer to stay in the homes we know and love, failing physical robustness and maybe failing finances can make that challenging in many circumstances. It is wise to consider how to meet the challenges of aging before you are forced to by circumstances beyond your control. Giving thought to your physical, social, and financial needs can help you make a timely decision about when to move from your home.

Moving -- My Story

by Kay Hoover, LLL Leader 1971 to 2023, Northborough, Massachusetts, USA

There comes a time in our lives where we might decide that it makes sense to move closer to our children. On the other hand, some children are not welcoming of that idea.

At a college reunion I asked many of my classmates where they were currently living. Some were in the home they had raised their family in, some made modifications to their homes so they could age in place, some had downsized in their own communities, some had a place in the south to go for the cold winter months, along with their house in the north, and some had moved close to their children. One shared with me her concerns about moving because she and her husband did not want to leave their friends, and then they discovered over the next few years that their friends either moved or died, so choosing to move closer to their children was not as hard to do as they had thought it would be. Many years have gone by since then, and now several of those friends have moved into retirement communities where they will be cared for, for the rest of their lives.

In another conversation with a friend who had taken care of several family members in their later years, she said that it is important to be within 15 minutes of the person who would be taking care for you. She said 20 minutes is too far away.

Three years ago I moved from the suburbs of Philadelphia to rural Massachusetts, just outside of Boston, where I am five minutes from one son and twelve minutes from another son. The third son is less than three hours away, whereas before the move he was over five hours away. It feels good having our three sons closer.

My plan was to find an apartment, because then we would not need to worry about taking care of anything. However, our youngest son found us a house. He said he would maintain the house for us. He has made it a low maintenance property. There is very little grass to mow and a small garden. I am still amazed at all the time he has to spend on keeping things going. We are lucky to have a son who is willing to spend much of his time caring for us.

Each time I have moved, I have contacted LLL in the area. That was always helpful. For this move, my ACL in Pennsylvania contacted the ACL in Massachusetts, where they welcomed me with open arms.

My new home is in an over-55 community. There is a community center where the residents get together monthly for a morning coffee, a book club, and a movie night; dinners every other month; and weekly games, exercise, puzzle making, and anything else we want to start. I had been receiving the monthly newsletter from the community for the four months before I moved in. Each month there was a request for someone to take over the newsletter, because the editor was moving away. When I arrived, I asked if they had found an editor yet, and immediately they asked me to be co-editor with another new resident. The two of us have been having fun these past three years pulling together the monthly news. I have learned how to make a word search. It has been fun. And a good way

to meet people.

When I arrived, the community center in our neighborhood had just opened up after COVID. The chair of the social committee had been volunteering for nine years and was ready to put her volunteering time into another group. I offered to take the lead. Someone asked what my qualifications were for taking on the chair of the social committee. I responded that I was a conference planner. All those years of planning Area Conferences gave me lots of experience. Later, I thought I should have said my qualifications were in planning birthday parties for our three sons.

Before I moved to Massachusetts, I had heard about the town Senior Center. I think it was my second day that I drove over to check out the Northborough Senior Center. I walked up to the desk and asked them how much it would cost to join, and they handed me a membership card at no cost. It just so happened that all the exercise classes were free that month, so I attended at least one of every exercise class they had. After trying them all, I settled on the Line-dancing Class. After a while, I decided that was not for me, and now I exercise for free with my neighbors in our community center three times a week to a DVD exercise video recording.

The Northborough Senior Center also has a monthly movie and a monthly speaker. There are games going on all the time, knitting, bingo, pool, and lots more. My favorites are the weekly walk and ping-pong. Tuesday mornings at 10:00 we meet at the Senior Center, and one of the members decides each week on a place close by that we will go for a walk. I have gotten to know the area better because of these spring and fall walks. (Winter is too cold, and summer is too hot. Spring and fall are just right.) We walk for about an hour. I am also fortunate that there are lots of hiking trails in our town and in neighboring towns.

A friend from my church in Pennsylvania told me about the church her son attends in the big city near me. I spent a year going to church there. It is a very nice church, but the drive on the busy highway where I had to get across three lanes in a short distance and the fact that it was 20 minutes away, led me to search for another church. So during the summer and fall I tried many churches until I found the one closest to me that felt like home. I feel like I am in the right place, and it is only a mile, so even when my son tells me I have to stop driving, I can walk to church.

At this church I joined the choir and stared something new I had never done before: I joined the handbell choir. The church also has a Thrift Shop, and I decided to volunteer there to get to better know more of the people in the church. And like most churches, there are plenty of fun activities throughout the year to keep me busy.

At this very friendly church I met a member who suggested that I might like to check out the Northborough Women's Club, which I did over the next year, and then I joined the club in January a year and a half ago. As a member I was required to join a committee, and I am having fun with my committee and planning events to improve our town. Our club meets monthly during the school year. There is always some event going on to help various groups in our community. All of our committees have projects that we can get involved in. Through

one of the projects, I met women from another organization in town, and I have fun getting together with that group to work on projects to help our environment.

I taught a six-week workshop at the Senior Center about decluttering. A group of my neighbors play cards every Friday night. I just started tutoring a woman who recently moved to our town from another country. Being retired offers many opportunities. I have tried various activities that slowly died out or just were not meeting my needs, so I moved on to other things. For a while I was playing pickle ball, but now I am enjoying three hours of ping-pong every week. My big concern is to not get too busy.

And now I am close enough to go to the grandchildren's concerts, graduations, etc. and attend birthday parties, etc.

My over-55 community is very walkable, and I am always seeing neighbors out walking. I can walk from our neighborhood, down a town path that takes me to a beautiful river. The running water has a calming effect. I am so very lucky.

I just thought of an interesting phenomenon I noticed. My son was visiting me in Pennsylvania. I suggested that he go to church while he was there. There are several of the members who were his Sunday school teachers and parents of his friends at church. He said it was depressing to go to that church. I asked him why and guessed that one of the reasons might be that it was hard to see his teachers old and not as spry as he remembers them. He said that was part of it, but also that the church just did not look the same since the pews, podiums, and the altar have been removed so the large room can be used as a multipurpose room for community groups. The only way for the church to stay alive was to rent its spaces.

But it occurred to me that I was having trouble visiting my friends because they are getting older, like me, and they are no longer the vibrant women I remember. Whereas, the women I have met at my new church and community, I met as older women, like myself, and I do not have that memory of them being young, so it is much easier to be around them. I did not expect that as an advantage of moving in my old age.

I am 80. I am glad I made the move and am very happy in my new location. I feel very fortunate.

Keep Your Membership Active!

This is your membership information:

<<First Name>> <<Last Name>>, membership expiration date <<Expiration Date>>.

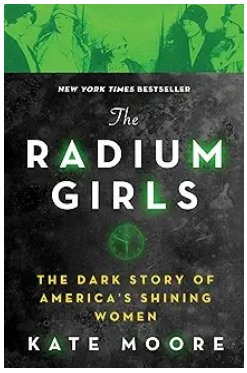
To renew your membership online, sign in **HERE** with your email address as the

"Username or email" and your password. (If you don't remember your password, click the button to reset it.)

You Might Like to Read...

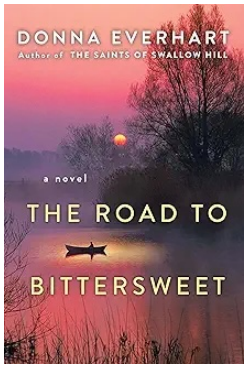
by Carroll Beckham

The Radium Girls: The Dark Story of America's Shining Women, 2018, by Kate Moore



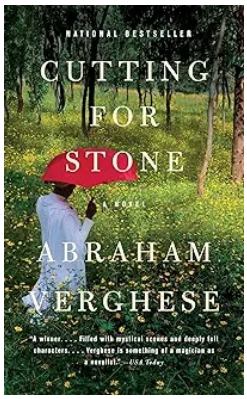
This is a true story about the teenaged girls who painted radium dials in many American factories during World War I. The glittering chemical covered their bodies; they lit up the night like fireflies. With such coveted jobs, these "shining girls" thought they were lucky, until they began to get sick. They faced devastating health effects and then fought a groundbreaking battle for workers' rights against companies covering up radiation poisoning. With meticulous research, the author delves into the lives of these remarkable individuals, capturing their resilience, strength, and unwavering determination. Through their stories, she exposes the shocking neligience and corporate cover-ups that plagued the radium industry, ultimately sparking a revolution in workplace safety.

The Road to Bittersweet, 2017, by Donna Everhart



I began reading this book as I watched Hurricane Helene devastate the North Carolina mountains last fall. It was easy to see how this story -- about a young girl and her family who must leave their home in the Appalachian Mountains and travel to South Carolina after a river bursts its banks in the 1940's -- could have happened. The family endures crisis after crisis, including joining a traveling circus as a musical group. This is a story of survival, showing the importance of family, hard work, and hope.

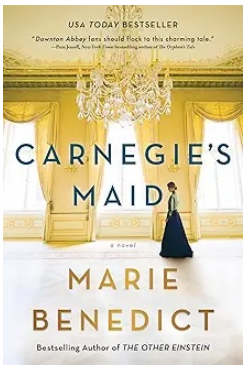
Cutting for Stone, 2010, by Abraham Verghese



This book is set in Ethiopia in the 1950s and '60s. The story begins with a surprise birth -- a nun who works at the mission hospital has gone into labor, despite the fact that no one knew she was pregnant. Identical twin boys, Shiva and Marion, are born as their mother dies and their father, a doctor, flees. The boys are raised in the hospital by two doctors. Illness and healing shape their lives in every way. The story spans years of the twins' lives, as well as mapping out a crucial and tumultuous period of Ethiopian history. In 1979, one brother flees

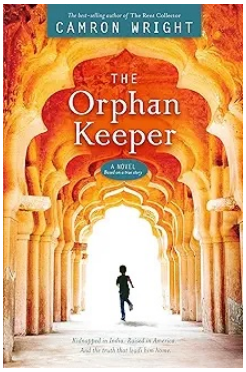
to Nairobi and finally to New York, where he qualifies as a surgeon. The other brother also goes into medicine, specializing in vaginal fistula.

Carnegie's Maid, 2018, by Marie Benedict



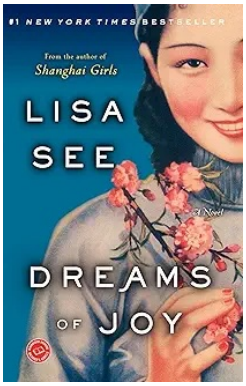
This book of fascinating 19th century historical fiction tells the story of one brilliant woman who may have spurred Andrew Carnegie's transformation from ruthless industrialist to the world's first true philanthropist. Clara Kelley is not who they think she is. She's not the experienced Irish maid who was hired to work in one of Pittsburgh's grandest households. She is a poor farmer's daughter with nowhere to go. But the woman who shares her name has vanished, and assuming her identity just might get Clara some money to send back home. Clara must rely on resolve as strong as the steel Pittsburgh is becoming famous for and on an uncanny understanding of business, attributes that quickly gain her Carnegie's trust. But she still can't let her guard down, not even when Andrew becomes more than an employer. Revealing her past might ruin her future.

The Orphan Keeper, 2017, by Cameron Wright



This book is based on a true story of a seven-year-old who is kidnapped from his village in Southern India and sold to the Lincoln Home for Homeless Children. His family is desperate to find him, and he tells the orphanage that he is not an orphan. But he is soon adopted by a loving American family and finds himself in another country speaking another language. Years later, he meets an Indian family who help him unveil the secrets of the past. He is determined to return to India and begin the quest to find his birth family. This is an inspiring story of determination and the unbreakable family bonds that connect us forever.

Dreams of Joy, 2012, by Lisa See



This is a heartwarming story of heroic love between a mother and daughter and aunt and daughter. Both women had a part in making Joy return to China in 1957 to find her birth father, a renowned artist, and both come to her rescue. Dazzled by her father and blinded by idealism and defiance, Joy throws herself into the New Society of Red China, heedless of the dangers of the Communist regime. Devastated by Joy's flight and terrified for her safety, her mother is determined to save her daughter. The mother confronts old demons as she follows Joy, hoping for reconciliation.

We Remember: A Friends of La Leche League Tradition

"So as we live, they too shall live, for they are now a part of us, as we remember them."

"We Remember" is a tradition started by the Friends of La Leche League in 2001, paying tribute to Leaders who have died. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

Leaders' names are recorded in calligraphy in the "We Remember" album by Susan Mocsny Thomas and posted on the **Friends of LLL We Remember page.** We also have a special event at each Friends of LLL trip. If a deceased Leader's name is missing from this list, please **send us the information** here or email these details to **WeRemember@friendsoflll.org.** When possible, include an obituary link.

These are the names of Leaders we have been informed of since June 2024. Names in blue are linked to their obituaries.

Phala Altman ~ South Carolina, United States
Margaret Bennet-Adler ~ Canada
Rosetta Bartels ~ Kansas, United States
Jill Burns ~ New Zealand
Chris Caldwell ~ North Carolina, United States
Connie Chiavario ~ Illinois, United States
Catherine Anne Devereux ~ New Zealand
Elizabeth Hormann ~ Germany
Christine Jones ~ New Jersey, United States
Catherine "Cathy" Kivisild ~ New York, United States
Angie Lundstrum ~ Illinois, United States
Jennifer Matthews ~ Connecticut, United States
Jerry McManus ~ South Carolina, United States
Joan Carolyn Meyer ~ Arizona, United States
Sue Mundell ~ Texas, United States
Marie Nielsen ~ New Jersey, United States
Helen Henning Palmer ~ Washington, United States
Brenda Penn ~ New Zealand
Rita Saltarelli ~ Michigan, United States
Margaret Mary Singleton ~ Massachusetts, United States
Naomi Stadlen ~ Great Britain
Roseanne Steitz ~ Pennsylvania, United States
Melanie Kilgore Tuggle ~ North Carolina, United States
Nancy "Nan" Vollette ~ Virginia, United States
Keitha Whitaker ~ Mississippi, United States

Dorothy Masie Wilkinson ~ New Zealand
Mary Michael "Mickey" Winn ~ Oklahoma, United States

Introducing New Friends Board Treasurer, Penny Piercy

At our April Friends of La Leche League Board meeting, former Membership Coordinator Penny Piercy was elected to the Friends Board and to the position of Board Treasurer. Please join the Board in welcoming Penny in this new role serving the organization.

Hello Friends! I may have communicated with some of you in the past as Friends of La Leche League's Membership Coordinator. I am happy now to continue my involvement by serving as the organization's next Treasurer. Please allow me to introduce myself to you.

I have four breastfed children: three grown and a 17-year-old who keeps me busy and up to date with the latest memes. I am employed at the University of Houston teaching technical communication to technology students. Although I studied English in graduate school, my LLL experiences are what best prepared me both as an instructor and as a technical writer.

I became an LLL member in Bloomington, Indiana, USA, in May 1993 when my oldest child was a month old, and subsequently served as a Leader from 1995 to 2010 in Indiana and Texas. For most of those years, in addition to my Group work, I was a member of the Leader Accreditation Department in a variety of roles. When family and employment demands led me to retire from active leadership with fond memories, I was glad to be able to maintain my LLL connections and continue supporting breastfeeding families as a member of Friends of La Leche League. I see the Treasurer role as the latest continuation of this 32-year-long journey.

Lastly, I'd like to thank Anne Hutton for her invaluable mentoring and ongoing support!

-- Penny Piercy, Texas, USA

Friends of La Leche League Fiscal Year 2024-25 Financial Reporting

Friends of La Leche League completed its 2024-25 fiscal year on March 31, 2025. In accordance with our commitment to financial transparency, our financial statements for the year are published below.

As we hosted a trip in the fall, we had higher revenues and expenses than in non-trip years. We did experience a small loss on the trip, with lower than expected registrations. But overall, Friends of LLL revenues exceeded our expenses, with receipt of $10,020 of donations to be used for our 2025 Mini-Grants program.

Friends of La Leche League is in a strong financial position to fund our activities in support of the organization's mission. Anyone with questions about our finances can post inquiries to **Treasurer@FriendsofLLL.org**.

Friends of La Leche League
Statement of Financial Position
As of March 31, 2025

Cash Assets:				
Cash - Chase Bank	$	44,347.86		
Less Checks Payable	$	-		
Cash - PayPal	$	1,583.93		
Total Cash Assets:			**$**	**45,931.79**
Saleable Pin Inventory:				
831 pins @ $4.00*	$	3,324.00		
Total Assets:			**$**	**49,255.79**

* Pins sell for a minimum of $4.00 up to $6.00 each

Friends of La Leche League
Statement of Cash Flows
Fiscal Year 2024-2025 -- April 1, 2024 to March 31, 2025

Cash Assets April 1, 2024	$	41,665.98		
Fiscal Year Change in Financial Position	$	4,265.81		
Cash Assets March 31, 2024			**$**	**45,931.79**

Friends of La Leche League
Statement of Activities with Notes
Fiscal Year 2024-2025 -- April 1, 2024 to March 31, 2025

Revenues:				
Memberships		$ 3,030.00		
Tributes		$ 225.00		
Donations				
Restricted - Marian Tompson	$ 620.00		(a)	
Restricted - Mini-Grants	$ 10,020.00		(b)	
Less Release from Restrictions	$ (620.00)		(c)	
Unrestricted	$ 861.50			
Total Donations		$ 10,881.50		
Donated Goods & Services		$ 110.64		
Pin Sales				
Pin Sales Revenues	$ 2,478.15			
Less Cost of Goods Sold	$ -			
Net Pin Sales		$ 2,478.15		
Friends of LLL Chicago Trip Registrations		$ 17,927.00		
Other Income		$ 208.00	(d)	
Total Revenues:				**$ 34,860.29**
Expenses:				
Mini-Grants		$ -		
Website		$ 1,100.33		
Social Media/Communications/Continuum		$ 85.23		
Friends of LLL Chicago Trip Expenses		$ 21,740.96		
Board Meeting		$ 6,336.36	(e)	
Supplies and Mailing		$ 393.46		
Financial Fees				
PayPal Fees	$ 633.84			
Other Financial Fees	$ 85.01			
Total Financial Fees		$ 718.85		
Other Expenses		$ 219.29	(f)	
Total Expenses:				**$ 30,594.48**
Net Change in Financial Position:				**$ 4,265.81**

Notes:

(a) Donations received to fund Marian Tompson's participation in the Friends of LLL trip to Chicago.
(b) Donations received to fund Friends of LLL 2025 Mini-Grants to be disbursed in FY 2025-26.
(c) $570 of Restricted - Marian Tompson funds used to fund Marian Tompson's participation at the Friends of LLL trip to Chicago; $50 issued as a donation to the Marian Tompson Breastfeeding Support in Emergencies Fund in Marian's honor, as indicated in our Donations information.
(d) Chicago trip raffle proceeds
(e) Represents 1/2 of Zoom fees; the other 1/2 are charged to Social Media/Communications.
(f) Other expenses include tributes and thank yous.

Pins Celebrate Leaders

Friends of La Leche League is proud to offer Leader Recognition pins, which honor new Leaders and highlight years of service to La Leche League. Individuals and LLL Groups can purchase Leader recognition pins via our website store to be shipped. Pins are $6 each for quantities below 10, $5 each for 10-25 pins, and $4 each for 26 or more, plus shipping cost. You can mix different pins and quantities in a single order. To order pins, visit our **website pins page**.

Tributes Honor Those Who Inspire Us

We are honored to list the following current tributes to Leaders and friends of La Leche League. If you wish to honor someone who has inspired you, please use these **instructions and form** to submit your Tribute.

Tributes January through June 2026

In memory of **Connie Chiavario**, Sandwich, Illinois USA
"Connie (8/8/58 – 6/7/25), a tireless advocate for mothers and babies, served as a La Leche Leader for nearly 40 years. In 2000, she earned her certification as an International Board Certified Lactation Consultant and began her professional career at Rush Copley Medical Center for the next 23 years. Her deep passion for holistic care, for mothers and babies, left a lasting impact on countless families. Connie's legacy will live on through her friends and family, and she will be dearly missed."
From **Rush Copley Medical Center**, Aurora, Illinois USA
June 21 2025 – June 21 2026

In memory of **Carolyn Joan Meyer**, Tucson, Arizona USA
"In memory of Carolyn Joan Meyer — long time LLL Leader and Friend of LLL from

Tributes July through December 2025

Honoring **La Leche League Leaders**, Anywhere, Everywhere
"My tribute extends to all La Leche League Leaders, both past and present. La Leche League encompasses a unique sisterhood of service, enriching those giving as much as those receiving, with both the giver and the receiver often continuing to reap the benefits in unexpected moments decades later. Thank you."
From **Carol Bollin**, Bowen, Illinois USA
November 26 2024 – November 26 2025

Honoring **Anne Hutton**, Houston, Texas USA
"Anne, your skills, attention to detail, expertise, and dedication never fail to impress me. Thank you for all you do."
From **Evy Simon**, Philadelphia, Pennsylvania USA
November 13 2024 – November 13 2025

Honoring **Nancy Stanton**, Coral Springs, Florida USA

Tucson; a very dear friend of mine and many other League women."
From **Judie Ellison**, Heltonville, Indiana USA and **Jean Blackmore**, McFarland, Wisconsin USA
May 3 2025 – May 3 2026

"My life has been deeply influenced by LLL. My mom, Nancy Stanton, was the first LLL Leader in the state of Florida and served on the LLLI Board. Her example lives in me today, and I honor her incredible example of mothering through breastfeeding."
From **Leah Aldridge**, Atlanta, Georgia USA
November 11 2024 – November 11 2025

Honoring **Nancy Thompsen Sherwood**, Aldie, Virginia USA
"For her kind and generous heart."
From **Randee Kaitcer**, Fort Worth, Texas USA
July 24 2024 – July 24 2025

A Mother's Day Gift

by Jo-Anne Elder

At our Friends of La Leche League Happy Hour Chat on Monday, May 12, 2025, we honored our mothers and grandmothers. Over twenty people who attended told us stories about their mothers and grandmothers. We heard about their volunteer and military service, their quirky expressions or advice, their hardships and their strength, their relationships with their family and friends. Before the Chat, participants were invited to send or bring photos of their mothers to show us. When I sent the slideshow made from the photos, Evy Simon suggested that I share it with our Friends of LLL members. I have put it in a Google folder where you can view it. You can even upload your own photos to the **Member Activity Folder.** Below are some photos and the link to the Mother's Day slide show, with my deep gratitude to all who offered the beautiful gifts of photos and stories.

View the Mother's Day Slideshow

Thank You for Our Donors

Friends of La Leche League programs and activities are primarily funded by memberships and donations. We gratefully acknowledge those who have contributed to our organization. If your name has been omitted, misspelled or listed incorrectly, please accept our sincerest apology and inform us by contacting Treasurer Penny Piercy at Treasurer@FriendsofLLL.org.

Unrestricted Donations from April 2025 to Present:

Judie Ellison
Joan Blackmore
Mary Gisch
Judith Gubala
Rush Copley Medical Center

In-Kind Donations from April 2025 to Present:

Penny Piercy

Restricted Donations for 2025 Mini-Grants Program:

Carroll Beckham
Judie Ellison
Rebecca Keepers

Restricted Donations to Fund Marian Tompson Chicago Trip Participation:

Carroll Beckham
Carol Bollin
Ann Calandro
Joan Crothers
Suzy Graham

Unrestricted Donations from April 2024 to March 2025:

Leah Aldridge
Victoria Anzalone
Jane Atkin
Jo-Anne Elder
Jacque Gates
Mary Gisch
Suzy Graham
Anne Hutton
Rebecca Keepers
Edna Kelly
Nancy Heezen
Rebecca Keepers
Edna Kelly
Ellen Goodrich King
Katy Lebbing
Barbara Mullins
Susan Oldrieve
Patricia Spanjer
Ann-Marie White

All monies collected for this restricted fund were distributed for Marian Tompson's participation and as a donation to the Marian Tompson Breastfeeding Support in Emergencies Fund.

Donate Now

Continuum Needs You!

We hope the articles and news in this issue of *Continuum* have brightened your day. We are always looking for contributions for this newsletter. We look forward to sharing something from you -- an article, a photo, a poem or creative work, or something else that would appeal to Friends members. Contributions can be long, short, or in between. We would like to see articles about various stages of parenting, all the way through the years, memories of special Leaders and friends, notices of books by former Leaders, recipes, updates on breastfeeding advocacy, and photos of friends enjoying life. News of Friends gatherings -- online or in person -- are always appreciated. We thank everyone who contributed to this issue.

Friends of La Leche League could also use help with the production of *Continuum* and with all our website and social media communications. If you have an interest in writing, editing, or content creation and formatting of any kind, please let us know. Volunteering with Friends of La Leche League is a wonderful way to connect more deeply with the organization, strengthen relationships with Friends, and contribute to our mission. If you would like to submit something for inclusion in *Continuum* or volunteer to assist with our publications, please reach out to us at **publications@friendsoflll.org**.

Friends of La Leche League
Mission Statement

The mission of the Friends of La Leche League is to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

Copyright © 2025 Friends of La Leche League, All rights reserved.
You are receiving this newsletter as a benefit of your membership. Thank you for your support of Friends of La Leche League.

Our mailing address is:
Friends of La Leche League
1871 County Road 140
Cameron, TX 76520-5183

Add us to your address book

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.