



Altrusa International of Lexington, KY, Inc.

Mighty Moms 2019

Nomination and Application Forms

Altrusa International of Lexington, KY, Inc. is seeking nominees for **Mighty Moms 2019**. Mighty Moms is a special project that offers moms and caregivers of children with severe developmental or physical disabilities a weekend for themselves for fun, relaxation and activities with other Mighty Moms. ***Our 2019 event begins in Lexington on Saturday morning, March 2nd, and ends on Sunday morning, March 3rd.***

Moms and caregivers are eligible if they care for a child with a disability in their home, they live within the 17 county Bluegrass Area * and are able to arrange for their child's care while they are away for Mighty Moms weekend.

To nominate a mom or caregiver for our Mighty Moms Weekend, send

- **A Nomination Form.** *Nominations may be submitted by agencies, health care providers, family or friends.*
- **An Application** completed by the Mom/Caregiver.

Send forms by email to vgksmith@aol.com or kdc616@gmail.com or by mail to Virginia Smith, 3411 Thistleton Drive, Lexington, Kentucky 40502.

Completed Nomination and Application forms must be received by December 27, 2018. Moms who are selected are notified approximately 6 weeks prior to the event. For more information regarding Mighty Moms, call Ginny Smith at 859-552-2611.

- * **Bluegrass Area includes:** • Anderson • Bourbon • Boyle • Clark • Estill • Fayette • Franklin • Garrard • Harrison • Jessamine • Lincoln • Madison • Mercer • Nicholas • Powell • Scott • Woodford

Mighty Moms Background

Altrusa International of Lexington, KY, Inc. learned about this project from a sister-club in Auckland, New Zealand. The New Zealand club gives moms of children with a disability a weekend away from their responsibilities and showers them with relaxation and pampering.

Our Lexington club started its Mighty Moms weekend in 2007 with MOMS who are the primary caregivers in their families. Many have never spent a night away from their child with a disability, and many care for more than one child. It was our pleasure to honor them and Mighty Moms is now a cherished annual Club project.

See www.altrusalexky.com for additional Mighty Moms information and general information about our Lexington Club.
See www.altrusa.org for an overview of the Altrusa International organization.

MIGHTY MOMS Nomination Form
To be completed by Nominator - agency, provider, family, friend

Mom or Caregiver's Name: _____

Age (Month and Year): _____

Phone: _____ E-mail: _____

Address: _____

Child's Name: _____ Age _____

Disability: _____

Tell Us Why You Recommend This Mom/Caregiver for Mighty Moms

Your name (printed) _____:

Your Organization (if applicable): _____

Phone: _____ E-mail address: _____

What is your relationship to this mom?

Nominator's Signature _____ Date _____

Email to: Vgksmith@aol.com and kdc616@gmail.com or Mail to: Virginia Smith, 3411 Thistleton Drive, Lexington, KY 40515 by December 27, 2018. Questions? Call Ginny Smith at 859-552-2611.

MIGHTY MOMS Application (page 1)
(To be completed by Mom/Caregiver)

Tell us about your child:

Briefly describe your child's disability and what you do to assist your child. What are your struggles as a parent of a child with a disability?

The care of your child in your absence is your responsibility.

Do you have a qualified individual to care for your child in your absence? Who is that person?

Whom should we contact In Case of an Emergency?

Name: _____ Phone _____

Your relationship to this person: _____

Your personal information is reviewed only by our Recruitment & Selection Team and remains confidential.

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MIGHTY MOMS Application (P.2)
(To be completed by Mom/Caregiver)

Our goal is to help you leave the world behind for just one day. We've planned a fabulous weekend of fun and relaxation for you. This is ***your special day***, and we hope you will enjoy the events we have planned for you.

Do you have any special dietary needs?

Do you have any special need for accessibility accommodations?

If you had a pampering wish list, please rank the following 1-5 (1 being highest importance to you and 5 being the lowest).

Massage_____

Haircut_____

Manicure_____

Pedicure_____

Other (please explain) _____

Additional Comments or Requests:

Mom's

Signature _____ **Date** _____

Email to: Vgksmith@aol.com and kdc616@gmail.com or Mail to: Virginia Smith, 3411 Thistleton Drive, Lexington, KY 40515 by December 27, 2018. Questions? Call Ginny Smith at 859-552-2611.

MOMS – Please keep this page as a reference

DATE: Saturday and Sunday Morning, March 2nd and March 3rd

PLACE: Lexington, KY - Embassy Suites by Hilton Lexington, 245 Lexington Green Circle

COST: All activities, meals and overnight accommodations are at no cost to the Moms.

Mighty Moms is sponsored by Altrusa International of Lexington, KY, Inc. with the support of Lexington businesses and individuals who contribute in so many ways to make this weekend possible. Fifteen moms/caregivers of children with disabilities are selected for our Mighty Moms event.

The Moms are celebrated and appreciated for their selfless giving and dedication with a weekend of relaxation, fun activities and outings with other Moms who share similar day to day challenges. Lasting friendships have been formed during prior Mighty Mom weekends, and moms have gained valuable lessons and shared resources.

The fifteen selected nominees will be notified approximately six weeks prior to the Mighty Moms weekend event. When considering application, make sure your calendar is free on March 2nd and 3rd. Please keep in mind that arrangement for the care of your child in your absence is your responsibility.

What can I expect?

Saturday – March 2nd Moms meet at the hotel Saturday at 8:30. Dress casually and wear comfortable shoes. Following breakfast and meeting the other moms and Altrusans, the Moms will go on an excursion followed by lunch. In the afternoon, we'll enjoy another group activity and/or some pampering and relaxation. Dinner follows, so bring evening casual attire. After dinner, a fluffy pillow awaits you upon return to the hotel.

Sunday – March 3rd On Sunday morning we'll meet for breakfast and a group picture at 9:00 am. We hope that you'll leave us feeling pampered, appreciated and renewed.

Questions:

Email Ginny Smith at Vgksmith@aol.com or call 859-552-2611.