**October 18, 2016**

**Dear Family, Friends & Colleagues:**

Your generosity in previous years has meant so much to the families and children served in the Grow Clinic. This has encouraged us to reach out to you again for help as we start preparing for the coming holiday season. For most families, along with the holiday season comes the first snowfall, wrapping presents and visiting with family and friends. We hope that you can enjoy these things. Unfortunately, children served by the Grow Clinic and their families are not always able to enjoy the same holiday joys as their neighbors. Presents for children on holidays add to the burden for family budgets that can barely cover basic necessities needed to live, like heating, food and shelter. Quite often children in these families simply do not receive presents. We hope you can help take some of the strain off of these families during this season of giving and help us collect new toys, crafts and books for children who otherwise would have so little.

With your help we can make this season truly joyful for our Grow Clinic families. Similar to previous years, we are holding a Toy and Supplies drive to help the children and families of the Grow Clinic that may not be able to afford gifts. Our goal this year is to provide presents not only for the children served by the Grow Clinic, but also for their siblings so that whole families can enjoy and celebrate the holidays. We hope that you will help us to support our clinic families and create a wonderful holiday environment for their children. It would be so helpful if you could drop off donations before Friday, December 8th to the Grow Clinic administrative offices so that we can prepare in time for the children’s holiday party on December 16th at 3 pm here at the Boston Medical Center, our party them this year is Disney Moana.

Everyone at the Grow Clinic truly appreciates your support and incredible generosity all year. Donations have an extra special meaning during this holiday time. We know that all of the families feel supported and that the children have smiles on their faces when they open your presents. Please review the suggested donations list for more information. The whole Grow Clinic team cannot thank you enough. Questions please email LaKeisha M. Gandy, Administrative Associate Director of the Grow Clinic at [lakeisha.gandy@bmc.org](mailto:lakeisha.gandy@bmc.org) or call 617-414-5251. We have included a toy suggestion list, supply suggestion list as well as drop off directions.

Thank you for helping to make a difference,



**Deborah A. Frank, M.D.**

**Director, Grow Clinic**

**Boston Medical Center**

**Professor of Child Health and Well-Being**

**Boston University School of Medicine**

**Hearts starve as well as bodies; give us bread, but give us roses.**

**~James Oppenheim (Heart, Giving, Rose, Body, Bread, Wells.)**

**Toy Drive Gift Suggestion List**

It would be helpful to have unwrapped toy donations delivered by Thursday, **December 8th, 2016.** We have included toy drop off directions to the Grow Clinic Administrative offices, however BMC is still under construction due to campus redesign so please call the front desk for the most up to date delivery instructions. 617-414-5251. Please do not donate guns or toys that encourage violent behavior.

**For Younger Children (unbreakable and non-toxic please)**

* Interactive Flipbooks that teach Phonetics to young children (i.e. Leap Frog)
* Educational preschool toys (i.e. sing along, numbers, alphabet and shapes)
* Wooden puzzles/puzzles marked with appropriate age groups (including educational puzzles dealing with counting, shapes, animals, and the alphabet)
* Crayons/Coloring Books
* Craft Materials: Paper pads, sketchpads, Washable paints, etc.
* Building Blocks, Matchbox Cars
* Plastic Food Toys, Toy Medical Kits
* Toy Telephones, Train Sets
* Push and Pull Toys
* Plastic Tea Sets
* Sturdy Trucks: Tonka Junior for toddlers, Fisher Price toy trucks, buses and cars
* Stacking Toys
* Baby Dolls (multicultural, if possible)
* Playskool Toys
* Mega Blocks for Young Children
* Soft, Bouncing Balls
* Toys for “Little Tikes”
* Duplos or Legos for Little Ones
* Gift Cards for Toys R Us, Babies R Us
* Gift Cards for Walmart, Target

**For Older Children**

* Arts/Crafts Materials and Activity sets: Beads, Ceramics, Sand art and Jewelry making kits
* Phone Clock Radios
* Sports Related: Hats, Sweatshirts (Only Boston teams please), Footballs, and Basketballs
* Jewelry
* School Organizer Sets
* Watches
* Nail polish/Lip Gloss sets
* Legos Designed for 8 + (for girls and boys).
* Portable Speakers , Head Phones
* Movie Theater Gift Certificates
* Diaries
* Jewelry Boxes
* Puzzles
* Calculators
* Board Games
* Etch-a-Sketch/Magna Doodle
* Game Stop
* Target Gift Card
* Clare’s Fashion Accessories Gift Card

Questions please email LaKeisha M. Gandy, Administrative Associate Director of the Grow Clinic at, [lakeisha.gandy@bmc.org](mailto:lakeisha.gandy@bmc.org) or call 617-414-5251.

**“No one ever forgets a toy that made him or her supremely happy as a child, even if that toy is replaced by one like it that is much nicer.” ~ Stephen King**

**Supply Donation Suggestion List**

Supply donations are welcomed year round. Call us anytime for more information.

* Dr. Brown’s Bottles, All Sizes
* Thermos, Straw Bottles, 12 OZ, Foogo – Target
* Strollers (NEW)
* Rain Covers for Strollers- Walmart, Target, Toys R Us
* 16 and 32 OZ Calibrated Plastic Bottles with Cap
* Baby Bottles with Nipples Avent, Breast Flow, Dr. Brown’s
* BPA Free Sippy cups- Non spill - All ages
* BPA Free Sippy cups – Soft top
* Cups with Straws Attached
* Spoons for Babies, Spoons and Forks for Toddlers
* Toddler Plates, Suctioned
* Blenders
* Gerber Graduate Meals
* Stage 3 and 4 Baby foods
* Flintstones Complete Chewable Vitamins with Iiron and Zinc
* Poly-vi-sol with Iron- Liquid
* Tri-vi-sol with Iron- Liquid
* Diapers, Sizes 2 & 3 in “Greatest Demand”, All Size Diapers Welcome.
* Pull Up - All Sizes
* Wipes
* Cereal Bars, No Nuts
* Cook Books for Kids
* Capeverdian, Haitian Creole, Portuguese, Spanish, Vietnamese Books for Babies and Toddlers
* Board Books, Picture Books – Multicultural helpful
* Boppy Pillows (for neck support during breastfeeding)
* Swaddling Blankets, Play Therapy or Yoga Mats
* Pack and Plays

(**NEW, these are very important – many infants have no place to sleep)**

* Quiet Noise Music and Sound Machines
* Measuring Spoons, Baby Feeding Bowls
* Winter Coats Age 0-12 years old, Clothing Age 0-12 years old, Shoes, Sneakers, Boots Age 0-12 years old (NEW or Gently Used)

Questions please email LaKeisha M. Gandy, Administrative Associate Director at [lakeisha.gandy@bmc.org](mailto:lakeisha.gandy@bmc.org) or call 617-414-5251.

**“There is no finer investment for any community than putting milk into babies.”**

**~Winston Churchill**

**Direction to Drop Off to Grow Clinic Administrative Offices**

Please feel free to call our main office number at 617-414-5251 at any point if you are lost or have any questions. We are also happy to meet in the lobby and walk you over. Our office is located in the Dowling Building, Ground Floor, 771 Albany Street Suite G532 Boston, MA 02108. But you enter through 840 Harrison Avenue the main building Menino Pavillion Building Entrance/Menino Lobby.

**Below are directions from the Menino Lobby to our office door:**

1. Take a right at the revolving doors and follow the signs to the Yawkey Elevators
2. Take a left at the Yawkey elevators and follow the corridor, you will see a vending machine straight ahead.
3. Continue to walk straight past the vending machine, you will come upon Dowling north elevators.
4. Keep walking straight past the Dowling North elevators. Our office is located at the very end of the corridor and has a sign labeled “Grow Clinic Administrative Offices”.
5. To gain entrance into our office, ring the buzzer on the right-hand side of the door, state your business & someone will let you in.

**Driving directions to Boston Medical Center – Menino Pavillion Building Entrance**

The Menino Pavilion is located at 840 Harrison Avenue Boston, MA 02118 which intersects with Massachusetts Avenue.



From the North

1. Follow Route 1 (Via Mystic/Tobin Bridge) to Route 93 South.
2. Take Exit 18 (Mass Ave.)
3. At traffic light, take right onto access road; stay in the right lane.
4. At the end of the access road, turn right onto Massachusetts Ave.
5. For directions to your BUMC/BMC destination, please follow signs

From the South

Take Expressway North Route 93/3

Take Exit 18 (Mass Ave.)

At the traffic light, take a left onto access road; stay in right lane

1. At the end of the access road, turn right onto Massachusetts Ave.
2. For directions to your BUMC/BMC destination, please follow signs

From Logan Airport

Go through Sumner Tunnel ( Route 1A South) to Expressway South

1. Take Exit 18 (Mass Ave.)
2. At the traffic light, take right onto access road. Stay in right lane
3. At the end of the access road, turn right onto Massachusetts Ave.
4. For directions to your BUMC/BMC destination, please follow signs

From the West

Take the Massachusetts turnpike (Route 90) East to end.

1. Take Expressway South (Route 93)
2. Take Exit 18 (Mass Ave)
3. At the traffic light, take right onto access road; stay in right lane.
4. For directions to your BUMC/BMC destination, please follow signs

Questions please email LaKeisha M. Gandy, Administrative Associate Director at [lakeisha.gandy@bmc.org](mailto:lakeisha.gandy@bmc.org) or call 617-414-5251.

**“Every sunrise is an invitation for us to arise and brighten someone's day.” ~ Richelle E. Goodrich**