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For Immediate Release

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Adapting to the U.S. and Motherhood, A First-Time Mom Manages It All
Goodwill to honor Nurse-Family Partnership participant

INDIANAPOLIS, Ind. — Goodwill of Central & Southern Indiana will honor Mansa Samlafo, a graduate of Goodwill's Nurse-Family Partnership®, a program for first-time, low-income moms, with its 2018 Health Achievement Award.

Samlafo was a permanent resident of the United States for nearly three years when she traveled to her home country of Ghana to marry her longtime fiancé. Upon returning to the U.S., she learned she was pregnant. Realizing her husband wouldn't be there to support her through her pregnancy left Samlafo feeling vulnerable and alone.

"In Ghana, your mother comes to live with you and shows you how to hold, feed and bathe your baby. She helps you cook and manage other responsibilities for a few months," Samlafo said. "My mother could not come to the U.S. at the time, so I did not have that support."

She enrolled in Goodwill's Nurse-Family Partnership and was paired with a registered nurse who visited frequently, usually by phone to accommodate Samlafo's busy work schedule. The nurse answered questions she had about her pregnancy and helped her prepare for delivery and beyond.

"Indiana ranks 44th in infant mortality — one of the worst rates in the nation," said Kent A. Kramer, President and CEO of Goodwill of Central & Southern Indiana. "Nurses teach moms how to competently care for their children by educating them on proper nutrition, breastfeeding, smoking cessation, important developmental milestones and more."

Samlafo's nurse also connected her with affordable, high-quality child care, a higher-paying job at Goodwill, and Habitat for Humanity, which is helping her become a first-time homeowner.

"Being from Ghana, I wouldn't have known any of these resources were available to me without Nurse-Family Partnership," Samlafo said.

Goodwill will recognize Samlafo at its upcoming Awards Breakfast, an annual event that celebrates the achievements of its employees, students, families and partners. The Annual Awards Breakfast is Friday, May 11, at 8 a.m. at the JW Marriott in downtown Indianapolis. All

media are invited to attend. Please contact Cindy Graham at cgraham@goodwillindy.org if you would like to arrange an interview with Mansa Samlafo.

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About Goodwill of Central & Southern Indiana

Goodwill of Central & Southern Indiana changes lives every day by empowering people to increase their independence and reach their potential through education, health and employment. The organization serves 39 Indiana counties and operates more than 70 retail locations, as well as charter schools for adults and youth, a maternal-child health program, a child care center and more.