

## Nominate a Mom Submission

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Throughout my life, my mother has been a tremendous support for our family, community, and friends. She is without a doubt the most giving person I have ever met. Growing up, my friends would always ask her if she could be their mom too. As an adult, I admire my mother even more, as I now have some understanding of the difficulties she faced and concurred. I have listed below some of the highlights of my mother's accomplishments and character.

My family lived in a small low-income neighborhood in South Florida. We had a modest house and modest possessions. We were financially limited when it came to vacations, camps, clubs, and activities. So my mother became creative. She organized neighborhood baseball games in the back yard, family bike rides and races, playing music, dancing, arts and crafts, reading, and outdoor adventures. She maintained an open-door policy for all of the neighborhood kids, making our house the central hub for all of the families. In the mid-90s, crime rates became extremely high and our low-income neighborhood sunk into a very dangerous period. So my mother banded together with others to create a crime watch group and community beautification grant program. Over several years, these groups lowered crime, created a community park behind the library, implemented traffic calming throughout the neighborhood, and started a landscaping program which supported low water consumption and the use of native plants. Simultaneously, my mother devoted herself to our education by homeschooling my brother and I, as the schools had become dangerous as well. And, she did all of this while working three jobs. As an adult, I now know that my mother had more of an impact than I knew growing up. Many of the children who came over our house for my mother's group and free activities were children in abusive and neglectful households. Even now, I will run into someone from our neighborhood, and they will tell me of how my mom's efforts made their lives better, and it still utterly amazes me.

In more recent years, my mother's focus has shifted. In 2010, my mother was officially diagnosed with Parkinson's disease after working with a neurologist since 2007. Although my mother has lived a gluten-free, organic, non-toxic life for over 15 years, it has been the last two that she has been treating her Parkinson's with an extreme non-toxic lifestyle. Her Parkinson's is now advanced enough that she is unable to work. Although our family feels very fortunate she was awarded Social Security Disability, it is financially limiting for supporting a natural life style. As mentioned before though, my mother is very good with a tight budget. She spends countless hours researching nutrition and environmental toxins. When she discovers new information or good products, she immediately shares the information with others. She is now the health resource for our family and friends and her Parkinson's support group. During her visit in Colorado, my mom and I discovered MyChelle products. It was very exciting for her to find a natural skin line, as Parkinson's disease causes extreme skin sensitivities and disorders.

My uncle always says, "no one can hold a candle to your mother; she is the best of all of us." No matter how little she has, she will always make donations to the local church and to organizations with good causes. When a friend is in need, she will actively help them whether it's something small like mowing the grass for a neighbor after they were injured in a car accident or something bigger like buying groceries for someone who just cannot afford a meal. My mother has had the same furniture my entire life, and if you ask her about having some nicer looking stuff, she will tell you there are more important things to spend your money on. My mother doesn't just advocate charity, she just is charitable. And she doesn't support Green living because it's part of the new social agenda; she has always supported protecting the environment, mostly because she feels untouched nature is the most enjoyable thing in this world, but you can't enjoy it without your health.

With this information, I do hope you will consider my mother for your give-a-way.