

She Speaks: A Volunteer's Perspective

By Lindsay Williams, chair, Marketing Committee



Lindsay Williams

Last year I was on the United Way's HelpClick website, searching for a volunteer opportunity that fits my interests and supports a mission that I felt connected to. I emailed various local charities offering marketing, public relations and/or tutoring positions. Some didn't email back, but one particular charity was rather persistent in pursuing me.

Chris Palmerton from Women Blessing Women immediately answered my request by both email and phone, and within a few weeks I was helping with the Chili Cook-off Committee. I was invited to run an empowerment workshop for the participants, and shortly after, I was honored to be asked to chair the Marketing Committee.

Chris and the WBW staff set a wonderful example of the job skills they teach. They are accountable, proactive, timely, responsible and most of all, they genuinely care for their work. They definitely walk their talk as far as the statement "our women are engaged in our program on day one." I know I was engaged the moment I walked in the door.

While I am unable to regularly help out during the day due to my work schedule, the participants of this program manage, without even seeing me, to motivate me every single day. They make me realize how fortunate I am to have graduated college and hold a full-time job. They make me want to give back. I have always believed that women are the future, but never to the extent that this organization has shown me.

WBW has given me invaluable experience and exposure in the communications field. I am challenged by my work for the organization, and it teaches me something new all the time. As Marketing Committee Chair, my personal mission is to get the word about WBW out there and to inspire our community to give. I owe these women the resources to achieve the level of education and career success that they work so hard for. I owe this to Women Blessing Women, because volunteering for them has given me a feeling of success.

She Speaks:

A Participant's Perspective

by Dianne Dixon

I was introduced to Women Blessing Women in April 2008 by Kimberly. She told me about the services offered. I had the opportunity to tour and meet all the staff. Then I realized that this is the place for me; this is a safe establishment.

I encourage other women considering getting their GED and a job to come here. WBW is the place to go; they treat you with dignity, you never have to feel ashamed about coming to WBW.

WBW has affected my life in a way that I can't describe. I am a 39-year-old woman. I realize now I can't get a good job without a high school or GED education. Going into the workplace, you must be able to read and fill out an application. Without your diploma or GED, you can't accomplish anything in life. Young or old, we all need education.

There are so many wonderful teachers that are willing to go that extra mile to help you. For example, Pat Tansey is a volunteer who teaches Algebra and Geometry. They offer typing classes, teach you how to fill out resumes, and offer workshops that empower women to achieve their dreams.

Mrs. Frances Long is an amazing volunteer, who is always encouraging us to not give up. "You can do it; you have to believe in yourself." At that moment I feel a sense of worth, that I can achieve anything that I put my mind to. She helps me to believe in myself when everyone else gives up on me.

In conclusion, I thank God for WBW; it makes such a difference in so many women's lives. Since I have been going here, I've seen women graduate, enroll in college, get jobs and begin their careers. Being here has brought so much joy to my life. Thank You!

Women Blessing Women Mission

To serve, bless, and empower women to achieve their potential, obtain living wage jobs, and break the cycle of poverty.



Women Blessing Women

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We're Proud of Our Participants!



Fnote Ellison



Gloria Toyer



Renata Tatum



Tameisha Price



Tiffany Griswold



Terryann Goodridge-Dunlap



Maria Landaverde

Speakers Available

A representative from Women Blessing Women would be glad to give a presentation to your service group, church group or club on our Empowerment Program that addresses the root causes of poverty. Allow a minimum of 15 minutes. If you wish to arrange a speaker for your group, call Chris at 419-241-9789 or e-mail Lynn Langel at momof3ll@sbcglobal.net.

WBW a BBB

Accredited Charity

Women Blessing Women was recently evaluated by the Better Business Bureau for compliance with its comprehensive accountability standards. WBW met all BBB standards for 2009. The next review is scheduled for the summer of 2009. Visit www.bbb.org/charity to view the BBB charity ratings in the 2008 Charity Giving Guide serving NW Ohio and SE Michigan.



Congratulations to the Following Women:

Earned GED May-Aug., 2008

Vanessa Allen
Precious Braswell
Shirley Broomfield
Fnote Ellison
Tiffany Griswold
Tameisha Price
Rosanna Rodriguez
Renata Tatum
Cindy Thompson
Gloria Toyer
Beth Zika

Obtained Employment May-Aug., 2008

Marisha Austin
Brandy Dodds
Terryann Goodridge-Dunlap
Christa Henderson
Qua'Shyra Jones
Maria Landaverde
Ashley Leavell

Volunteer Help Wanted

Administrative Assistant

Tasks include general clerical and administrative detail for projects and special events, prepare general correspondence and final reports, back-up data as needed. Good MS Office skills are needed. Hours are flexible. For more information, contact Chris, 419-241-9789.

Job Coaches

To encourage and motivate students to obtain employment. Tasks include assisting students with identifying and reaching job goals and how to job search. Teach basic job readiness skills. Help needed Mon.-Fri.,

10 am to 4 pm. For more information, contact Glenda, job coordinator, 419-241-9789.

Welcome New Volunteers

Alisha Boyd
Anita Brooks-Jones
Sr. Ann Cross, OSU
Whitney Gamble
Sharon Koss-Marimoto
Sr. Gervase Lochotski, OSF/S
Shawn Mahone
Judy Masters
Linda Miller
Trang Nguyen
Vanessa Nyland
Marquitta Rogers
Lou Sheppard
Dennasia Smith
Alishee Sutton
Linda Templeton
Hayley Woak

A Volunteer's Perspective



Volunteer math teacher Pat Tansey shown at right with his Monday Algebra class: left to right, Larece Knox, Nicole Sherman and Dianne Dixon.

Monday Morning Math *by Pat Tansey*

My wife Rita and I are retired from various careers including raising a family, and now we're content to watch our grandchildren grow up. We both had teaching experience; she has a degree and taught in "real" school. I taught in apprentice programs during my career at a local utility company.

We volunteered at various charity events and agencies in an attempt to pay back to the community for the great life experiences we have had. Rita found an agency called Women Blessing Women which needed teachers, something she could do well. She started teaching English, her specialty, and for about a year shared her experiences with me. She was truly happy for the opportunity to share something she loved with others.

In the fall of 2007, WBW needed more help teaching math. Rita volunteered, even though it was not her favorite subject. The staff asked if anyone could teach an Algebra or Geometry class. No one seemed interested. Rita said, "My husband can do that."

Thus began my volunteer career teaching Algebra and Geometry on Monday mornings at WBW. I was concerned at first about my ability to communicate with the women. I now look forward to each Monday morning and wait for my class to gather. The women are all trying very hard to learn so that they can earn their GED and improve their lives. The positive attitude of the class is rewarding. The support of the WBW staff and administration makes this an enjoyable experience.

One recent Monday in class, I spent more than an hour trying several different ways to explain some of the rules for addition and multiplication of signed numbers. I thought that I had failed when one of the women said, "I GET IT NOW!" She then started to explain it to the other women. I left with a warm feeling of success. I am now a strong supporter of the WBW program.

Good Deeds Can be Good for You

From www.actsofkindness.com

People who perform Random Acts of Kindness generally agree that doing a kind deed for someone else makes them "feel good." But apart from sheer niceness, why should people be encouraged to commit acts of kindness? Are there any other concrete benefits that would motivate more people to become kinder?

The answer is an overwhelming "yes!" A number of scientific studies show that Acts of Kindness result in significant health benefits, both physical and mental, for those who perform them.

One of the most compelling studies of altruism was performed by Allan Luks in his 1991 book, *The Healing Power of Doing Good: The Health and Spiritual Benefits of Helping Others*. Luks' study involved more than 3,000 volunteers of all ages at more than 20 organizations. Luks saw a clear cause-and-effect relationship between helping and good health. In a nutshell, Luks concluded, "Helping contributes to the maintenance of good health, and it can diminish the effect of diseases and disorders both serious and minor, psychological and physical."

Luks' survey also found that out of the 95 percent of respondents who reported the sensations of helpers' high, nine out of ten rated their health as better than others their age. Says Luks, "This feeling of well-being is critically important. Studies have documented the fact that raising a person's perceived health status leads to reductions in stress that can create actual health improvements."

Staff Updates

Welcome New Staff

Aireal Clinton is Women Blessing Women's new part-time job developer. Aireal is a graduate of Lourdes College with a BA in Psychology. Her past experience includes: volunteer and tutor at WBW; study receptionist at the Lourdes WIN Center and working at George Phillips Academy and Toledo Public Schools.



Aireal Clinton

Barbara Stager was hired as a part-time bookkeeper. She has a BBA from the University of Toledo. Barbara has 14 years experience as an accountant and finance and operations director at the Alzheimer's Association, NW Ohio Chapter. Barbara will continue to work at the Alzheimer's Association while working part-time for WBW.



Barbara Stager

Upcoming Events

Sat., Nov. 8, 2008
Coupon Day at Elder
Beerman, Woodville Mall

Sat., Dec. 6, 2008
honey im home

5200 Monroe Street
Toledo, Ohio 43623

10 percent of all sales will be
donated to WBW.

Search and Raise dollars for WBW

It takes just a few
seconds to search the
Internet using www.GoodSearch.com. Enter Women
Blessing Women as
your favorite charity, and
we will receive a penny
every time you search.

GoodSearch.com also
has a link to GoodShop,
its sister site. Shop online
at over 700 stores and
WBW can receive up to
37 percent of your online
purchases.

Board of Trustees

Honorary Board Members

Hon. Macy Kaptur
Judge Judith Ann Lanzinger

Ex-Officio Board Member

Sr. Nancy Mathias, OSU, Vicar of
Religious

Elected Officers

Laurie Neary, Chair
Lynn Langel, Vice Chair
Michael Bercher, Treasurer
Sr. Annette Langenderfer, OSFT,
Secretary

Elected Members

Sr. Carol Gregory, SND
Mary Lindquist
Linda Miller
Pat O'Shea-Remley
Lou Ann Sheppard
Sr. Dorothy Thum, RSM

Staff

Chris Palmerton, Director




The Ladies of Harmony

An Original Play by Ron Hill
Directed by John DuVall
Cast: Anne Cross, Gloria Mouloupoulos, Carol
Ann Erford, Barbara Barkan, Pat Rudes and
Shirley Williams
to benefit



Women Blessing Women
Collingwood Arts Center

September 28, 2008
4:00 p.m.
Tickets: \$25.00



Tickets and information can be obtained on line at
www.collingwoodartscenter.org or by calling
the Box Office at 1-800-838-3006



WOMEN BLESSING WOMEN ASKS YOU TO
SAVE THE DATE
FOR THEIR 3rd ANNUAL CHILI & SOUP FEST



"Chili for Change, Soup for Success"
11/2/08 12-4PM - ST. URSULA ACADEMY CAFETERIA

United Way Designated Donation

Consider designating your United Way donation
to Women Blessing Women during the annual United
Way campaign, even though WBW is not a United Way
agency. Any donation designated to WBW will be sent to
us. Your designated United Way donation to WBW will
help our unique employment and education program to
break the cycle of poverty for women/mothers.

Make a Difference: Recycle

Recycling used
printer cartridges and
cell phones can
make a difference
for the Earth and
Women Blessing
Women. We've
started a new recycling
program—collecting used
inkjet, laser printer car-
tridges and cell phones to
earn cash or technology
for WBW. Turn in used
printer cartridges and
cell phones at the WBW
center.



Spring Blessings raised \$4,762

Women Blessing Women's
third annual Spring
Blessings Luncheon, held
on June 7 at Lourdes Col-
lege, was a great success
with some 200 guests at-
tending. The luncheon
honored the founders of
WBW, since 2008 is our
10th anniversary.

Thanks to volun-
teers: Sr. Gretchen Fae-
ber, SF/S, and Janette
Robertson, co-chairs; Sr.
Karen Zielinski, SF/S,
for piano music; John
Zielinski and Ellen Wil-
liams for photography;
Lindsay Williams, pro-
gram design. Fashions
were provided by Fash-
ion Bug. Models were
participants Desirae,
Carla, Holly, Irene and
Vicki. Thanks to Out-
back Steakhouse, the
lunch sponsor, for pro-
viding a delicious meal.
See a photo slideshow at
womenblessingwomen.org