

Womankind

MATERNAL AND PRENATAL CARE CENTER

www.womankindcleveland.com

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Womankind's Prenatal Care: A Labor of Love

By Cheryl Hawkins, RN, Womankind Clinical Director



As clinical director and a nurse at Womankind, I have met with the many women and families who have come through our doors. I initially may be interacting with a woman after she has been given a pregnancy test result and she may have medical questions, concerns, and a need for someone to listen while she expresses her feelings about her test result (whether positive or negative) to help her decrease her anxiety and uncertainty with whatever her situation is at that time.

If the test result is positive and she would like to start prenatal care, we will set up an appointment with a nurse for a medical history assessment before her first clinic appointment. This is an important time to meet with the client for many reasons. For some, this can be a time when she is challenged with the symptoms of pregnancy – nausea and vomiting, fatigue, emotional/hormonal changes, and this may be a time when she needs much support and education. It may be that she is having mixed emotions about being pregnant which can be normal whether the pregnancy was planned or unplanned. Exploring the need for a positive support system and letting her know that working through this time in a healthy way is a process. Obtaining information regarding her medical/family history, past pregnancy history, genetic questions and identifying psychosocial problems are also part of the assessment.

see A LABOR OF LOVE, page 4

Alma Mater Honors *Womankind* Executive Director

The Ursuline College~St. John College Alumnae Association honored Womankind Executive Director Eileen Murray '71 with the 2011 Amadeus Rappe Award. Established by the Alumnae Association in 1971, the Amadeus Rappe Award is presented to an outstanding graduate of Ursuline or St. John College who has made significant contributions to their religion, profession, home and community.

Since 1993 she has been the executive director of Womankind Maternal and Prenatal Center. During her tenure, Womankind has grown in number of clients served, staff members employed and space occupied.

see ALMA MATER, page 2





A "Grade A" Project for *Womankind*

Andrew DiSanto, a freshman at Kenston High School, had a dilemma. He needed a service project for his life skills class, but participating in three sports (wrestling, football, and lacrosse) left him little time. What to do...make fleece-tied blankets for Womankind clients! Andrew purchased the materials himself and made five blankets, perfect for a chilly day in the stroller or to cover up the car seat. When Andrew got connected to Womankind through the Church of the Holy Angels, Womankind volunteer Dottie Zanetti answered the phone. Andrew was up against a deadline, but Dottie came to his rescue. Turns out Dottie lives in Andrew's neck of the woods and arranged for him to drop off the blankets at her house to complete his project, for which he received an "A."

ALMA MATER, from page 1

"I am honored to be chosen as a recipient of the Amadeus Rappe Award. My four years at Ursuline College provided me with a first-class education that has served me well in every aspect of my personal life and along my varied career path. While at Ursuline, I was challenged to expand my own viewpoint by looking at life from many different perspectives. That continues to this day," said Murray.

The award was presented at an alumnae reunion and dinner on Saturday, June 18th at Executive Caterers at Landerhaven. Congratulations, Eileen!

From the Director



Ah summer! This year we went from the wettest spring on record to high heat. In March, while visiting my sister Pat in Colorado, I fell and shattered my knee cap. It was one of those unmistakable reminders that we are not in charge and that life can change in an instant. I spent nearly 7 weeks with my sister Peggy and her husband Chuck. Thankfully, pain has not been an issue, but mobility was and still is.

This accident meant that I was away from Womankind longer than I had anticipated when I planned my trip out west. So here I was experiencing firsthand the willingness of everyone at Womankind to step up to the plate and do what absolutely had to be done until I returned. As always, they have gone above and beyond to not only take care of the day-to-day operations and the needs of clients, but also to take care of me and each other.

We have amazing people at Womankind. No job is too big or too small for anyone. The willingness of every staff member and volunteer to answer the telephones, schedule a medical history, direct a client to JoAnn, transfer a call to Cheryl or Pat, have Sister Mary Peter transfer a medical record, check to see if we have the size diapers needed, or listen to a young woman as she struggles with a monumental decision, is inspiring. It is because of this commitment and willingness to "do-what-it-takes," that we can do so much with so little.

As the temperatures continue to rise and I continue my recovery, Womankind continues to "do what it takes" to meet the needs of the many women who rely on us for compassionate care and support.

Eileen M. Murray, MA
Executive Director

15th Annual Golf Outing: Who'll Stop the Rain?

Despite periods of heavy rain that saturated Acacia Country Club, Womankind's 15th Annual Golf Outing and Dinner provided an opportunity to renew friendships and make new ones. Though most of the golfers finished only one hole before the deluge, many participants played cards or talked on the patio to pass the time until dinner.

Once again, Bob Hale from Benefit Auction Services provided an entertaining live auction to help Womankind raise funds for its prenatal care and support services. We are so grateful for everyone's patience, good humor and understanding and look forward to better weather for next year's event.

WOMANKIND 2010 ANNUAL REPORT IS NOW AVAILABLE!

Our 2010 Annual Report is available on our website at <http://www.womankindcleveland.com/annual-report.html>. If you prefer a hard copy, please call Bernadette Boguski, Development Director, at 216-662-5700 and she will be happy to send you one.

A FOND FAREWELL FOR MICHELE

While Michele Rogers, Womankind's co-founder and long-time staff nurse began enjoying retirement, Womankind thought it only fitting to give friends and "family" the opportunity to say thanks and wish her well in the next chapter of her life.

Faces old and new gathered at Womankind on Saturday, April 9th for a reception of food, friendship and fun to honor this woman who accomplished so much for so many in the last 35 years. She has entrusted Womankind to us, and we will continue to carry on her legacy of love, caring and support.



KeyBank "Neighbors Make A Difference" Day

Womankind is so grateful for our relationship with KeyBank, particularly for their support and assistance with our Baby Bottle Project and getting all that coin counted. But staffers of the local KeyBank branch exchanged their business clothes for t-shirts and spent the afternoon of May 24th working at Womankind as part of KeyBank's "Neighbors Make A Difference Day." Bank employees made thank you calls to donors, helped with sorting, and folding baby clothes, changed light bulbs and even cleaned our walls of mirrors. It also gave them a glimpse into what goes on at Womankind on a daily basis and why the baby bottle money is so important to our ongoing services. We are so grateful to Darlene, Jackie, Brian, Oleg, Heather, and Candace for spending the afternoon with us.



Hitting the 'Bottle' for Womankind

Yes, we're hitting the bottle – the baby bottle, that is. Womankind is in its 5th year of distributing baby bottles to willing organizations, businesses and churches to help us raise friends and funds. And the results are amazing. Since it began in 2006, the program has generated over \$200,000 in revenue. In addition, we have added over 750 new names to our mailing list. This year, we are roughly halfway toward making our goal and can use your help. Please contact us if you can help us get bottles distributed in your church, business, or organization. We will make it so easy for you by delivering the bottles, picking them up once they are collected, counting the change (courtesy of KeyBank), and providing you with a total raised at the end of the project.



Bequests: A lasting legacy for *Womankind*

Bequests are immensely important to the future of Womankind. They are a way to ensure that your generosity will live on for future generations of women and families who come to Womankind.

A bequest is simple to create as part of your will or living trust and can easily be added as a codicil to an existing will or as an amendment to a living trust. The following language is an example of how you might word a bequest for Womankind: "I, _____ (your name), hereby give, devise, and bequeath (___% of my estate) or (___% of the remainder of my estate) or (the sum of \$ _____) to Womankind a not-for-profit organization incorporated in the State of Ohio, its principal office being located at 5400 Transportation Boulevard, Suite 10, Garfield Heights, Ohio 44105."

Although creating the bequest is easy, which portion of your estate to donate through your bequest may best be determined in a discussion with your advisor(s).

If you have any questions about creating a bequest for Womankind or other types of planned gifts, please contact Bernadette Boguski, Development Director at development@womankindcleveland.com or 216.662.5700. If you have already named Womankind in a bequest, please let us know so we may properly acknowledge your commitment, or simply complete a Declaration of Intent (found on our website) and send it to us.

A LABOR OF LOVE, from page 1

Teaching is done on nutrition, changes during pregnancy, maintaining a healthy lifestyle and most importantly, stressing ways for her to take better care of herself physically and emotionally. It is also important to teach each client at her level.

Preparing her for her first clinic visit encompasses several areas to help her also to feel that we know her and want to provide the guidance for her to receive the quality care that is essential for an expectant mom and the future of her child.

The clinic visit involves meeting with the nurse, the phlebotomist (for blood work) and either an obstetrician, certified nurse practitioner or certified nurse midwife for her physical examination. The client also will see a social support person at each visit. Additional screening tests may be done with the routine quad screen, glucose screening and if an ultrasound is indicated, the client will be referred to one of the facilities that provide the service for Womankind clients at a reduced rate.

We also provide 24/7 "nurse on call" access for any medical concerns. There may be times when a patient is experiencing a problem with her pregnancy and may need guidance and reassurance as to how to deal with her situation.

A woman may be pregnant and undecided about whether she plans to follow through with the pregnancy. We will do a confirmation exam to confirm the pregnancy and assess approximately how far along the pregnancy is. We will listen to her, offer the services we are able to provide and support her in the best way we can.

We may be seeing someone with a threatened miscarriage who has been referred by a hospital emergency room and with no insurance to see a private physician. This woman will receive follow-up care and emotional support.

The care at Womankind is unique. The staff and volunteers I have been privileged to work with are truly special, caring and compassionate in going the extra step or doing whatever it may be to provide what a patient needs but would not get elsewhere. No matter how difficult or challenging a situation may appear, there is always the hope and possibility for us to provide what we can and to give each patient the dignity to take responsibility for their own choices and decisions for the continuation of their care and for the birth of the precious child coming into the world.

"For there is a time...for every purpose and for every work." – Ecclesiastes

OUR HEARTS AND HANDS GO TO...

- All those who made Michele Rogers' retirement reception a wonderful day to remember
 - Jean Keller, Jean Gruber and Julie Keller for providing the elegant finger foods
 - Michael Angelo's Bakery in Broadview Heights for donating the cake
 - Cheri Slattery, Diane Suhy and Dottie Zanetti for their help in setting up, serving and cleaning up
 - Fr. Walt Jenne for joining us to give Michele a special blessing
- Dave Harris for his work on capturing Michele's vision for Womankind in a video and upcoming book.
- The volunteers from the various organizations and churches who distributed and collected baby bottles for Womankind this spring.

SPEAKING OF *Womankind*...

We are always looking for opportunities to tell the Womankind story. Recent speaking engagements include:

St. Albert the Great

St. Charles

St. Matthias

St. Vincent Charity Hospital

In addition, Womankind Clinical Director Cheryl Hawkins assisted students at **Saint Martin de Porres High School** with a project on prenatal care for the school's annual health fair. Development Director Bernadette Boguski answered questions at the Womankind booth on the day of the fair, to which the entire community was invited.

Are you a member of a group or organization that invites outside speakers to your meetings? We will be happy to prepare a presentation just for you! Contact Eileen or Bernadette at 216-662-5700.

CHILDBIRTH EDUCATORS NEEDED

We are in need of qualified childbirth educators to help us with our childbirth classes. Sessions are held for three consecutive Wednesday evenings every other month (January, March, May, July, September and November). If you would be interested in teaching one or more sessions, please contact Mary Ann Sefcik at 216-662-5700.

Gifts from the Heart

January 5, 2011 through June 10, 2011

IN HONOR OF:

Justin Castle
Michelle Weiss

Julie Leahy
Michael and Cheryl Leahy

Michele Rogers
Thomas and Katy Belden
Liz and Craig Belec
Dr. and Mrs. John Bertschler
John and Isabelle Boland
Tom and Joan Bonfich
Mary Bookman
Louise Borgione
Jeff and Joan Bryden

Mary Carney
Jim and Fran Clark
Jean Cleary-Burns
Mr. and Mrs. Andrew J. Elish
Jackie Fabian

Dan and Marge Ferrazza
Miss Josephine Gigliotti
John and Patricia Graves
Miss Rosemary Harrison
Mrs. Eleanor J. Hawkins

James R. Jones
Mrs. Joseph Keller
Mr. and Mrs. Krebs
Barbara Latini
Dr. Stephen Luczek

Joseph and Patricia Mawby
Mr. and Mrs. McGinnis
Nancy Naujoks
Joan R. Nelson
Samuel and Suzanne Nigro

Ms. Diane Obringer
Mary L. Ogrinc
Mrs. Lucille C. Patrick
Willard and Lois Payne
Marie Piller

James and Margaret Rallo
Marilyn Reichert
Kevin and Mary Rogers
Mrs. Carmella Rosati
Thomas and Dolores
Shannon

Mr. and Mrs. Donald
Shumay
Sisters Peter and Liguori
Slawinski

Carol Stegmaier
Donald and Joan Strenio
William P. and Phyllis Tobbe
Camille Toman
Patricia M. Tomcho
Robert and Dorothy Valerian
Myta Weisberg
Mr and Mrs Albert Zanetti

Mary Beth Skapek (Birthday)
Gus and Frances Skapek

IN MEMORY OF:

Agnes Bednar
A friend of Womankind
Francis and Anne Kovalik

Charlotte M. Corrao
Robert and Kathleen
Moravick

Patricia Campbell
Patricia A. Young

**Mary Catherine "Cookie"
Cunin**
Marilyn Cunin

Joann Dales
Patricia A. Young

Pat DiSantis
Ann Marie Chontos

Johanna Feitl
Lore Castrigano

Sally J. Furlich
Mr. Edward J. Furlich

Mary Green
A friend of Womankind

Geraldine Grochowski
Robert and Christine
Grochowski

Carol Harrison
Miss Rosemary Harrison

William T. Hawkins
Mrs. Eleanor J. Hawkins

Pauline Henderson
John Henderson

Ivan Jakomin
Robert and Kathleen
Moravick

Elsie Janke
Edward and Doris Sovich

Dr. and Mrs. Edward Keefe
John P. Keefe, MD

Tom and Ruth Keenan*
Martin Keenan

John G. Kelly
Mr. and Mrs. Gerald
Schweickert

Mike Klacik
Ken and Lorie Zychowski

Josephine Martin
Robert and Kathleen
Moravick

Fr. John McCarthy
A friend of Womankind

Donna Modic*
Martin Keenan

Jeanne Niesek
Kate and Mike Olivier

Sr. Elaine Nimberger
Dennis and Janet Bryant

Mary Novak
Richard and Helene Novak

Nancy H. O'Connor*
Mr. Patrick J. O'Connor

Cristina Pikul
Nicholas and Catherine
Matuch

Sheila Posch
Edward and Rita O'Connor
Tim and Gretta Ryan

Ron Rogers
A friend of Womankind
Doug Becker
Joanne Buchanan
Lauren and Robert Delgado
John and Patricia Graves
Beth Jones
Mr. and Mrs. Krebs
Glenn and Susan Leonard
Trina Miller
Pediatric Cardiology Assoc.
Thomas and Diane Reese
Rice Elementary School
Mr. and Mrs. Gerald
Schweickert
Rich and Mary Ann Sefcik
Louis and Carole Takacs
Karen and Kenneth Urbancic
Martin and Elaine Zabiegala

Dorothy Sako
Albert Sako

Jane Schlecht
Mr. James F. Schlecht

Mary Shott
Richard and Helene Novak

Barbara Szczesiul
Mr. and Mrs. Richard
Boguski
Eileen Murray
Michele Rogers
Sisters of St. Joseph, Third
Order of St. Francis
Sisters Peter and Liguori
Slawinski
Dan and Dianna Ulatowski

Freddy Tszchanz
Mrs. Fred Tszchanz

"Gifts from the Heart" to Womankind may be made for any occasion and we are happy to send an acknowledgement to let the honoree or families of the deceased know of your thoughtfulness. No mention is ever made of the gift amount. Gifts can be sent by mail or you may make a gift over the phone via credit card using MasterCard or VISA. For further information, please contact Bernadette Boguski, Development Director, at 216-662-5700.

**denotes multiple donations in honor/memory of the named person*

Womankind is an eligible recipient of designations through United Way.

The Legacy of Womankind

Following an inspiring face-to-face conversation with Womankind's co-founder Michele Rogers, board member Diane Bergeron suggested we capture as closely as possible the essence of Womankind's perspective. In response to this suggestion and with the help of several generous donors, we contracted with Dave Harris of Tec4Life to accomplish this goal. After months and months of working closely with Dave, we will have a hardcover book *Love Without Limits: The Legacy of Womankind* documenting the project. The book will be featured as a portion of the tribute to Michele at our October 2, 2011 luncheon. The books will be available for purchase at \$80 per copy plus sales tax, shipping and handling.

Because of the depth of the project, Dave got to know us inside and out and has become a member of our family. As a result, Tec4Life will give Womankind 20% from each book sold.

Books can be pre-ordered from: **Tec4Life**
9200 River Styx Rd
Wadsworth, Ohio 44281
1-330-239-8760 • info@tec4life.com

In addition, Dave has produced a video that will be displayed on YouTube.

Please check Womankind's website soon for further information.

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WISH LIST

- Financial donations
- Office Max gift cards
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- Giant Eagle gift cards

SAVE THE DATE!

Womankind

16th Annual Hearts and Hands Luncheon

Sunday, October 2, 2011

InterContinental Hotel

Special tribute to Womankind co-founder Michele Rogers

- Silent Auction • Raffle • Valet Parking •

For more information, contact Bernadette,
Development Director, at 216-662-5700