

Womankind

MATERNAL AND PRENATAL CARE CENTER

www.womankindcleveland.com

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CONTACT

Womankind
5400 Transportation Blvd.
Suite 10
Garfield Heights, OH 44125
P: 216.662.5700
F: 216.662.2701
www.womankindcleveland.com

Kristi's Story

(Kristi is a pseudonym)

(When I first came to Womankind) I was only 16 years old and very scared. I had no (health) insurance and I was still in high school. My experience was great!

Even though I was a teenage mom and very afraid, they were very comforting and informative. I had a support system at home but I felt like I had a support system here, too. The prenatal checkups were great. The doctors and nurses treated me with respect, even though I was an unwed teenage mom. They also helped me with a crib, which I otherwise would not have been able to afford. It was also great to be able to buy the prenatal vitamins at a discount. I truly do not know what I would have done without all of their help. They helped me with all of my appointments and getting insurance, too. They also gave me information about taking care of a baby.

The doctors, nurses and all the staff were very respectful and loving. I just can't say enough great things about them! The staff treats everyone with respect and dignity.

Now, I have a very healthy, smart, respectful, athletic 14-year-old son. He is a very good teenager. I just gave birth to my second son. He is also very healthy and off to a great start. I am breastfeeding this time with the support of the staff at Womankind. He is doing very well. I am with a supportive man and I am very happy.

Again, I feel like the reason that both my sons and I are so healthy is because of the wonderful care we received at Womankind. I just can't say enough about what a great experience I have had here.

Thank you! Thank You! Thank You! May God bless all of you!

Womankind named 'Organization of the Year' by Garfield Heights Chamber of Commerce

For the second time, Womankind has been named "Organization of the Year" by the Garfield Heights Chamber of Commerce. Womankind also received the award in 2007.

"We are so honored that the Garfield Heights Chamber has once again recognized the value that Womankind brings to the women and families of Northeast Ohio," said Eileen M. Murray, Executive Director.

see CHAMBER, page 2

Michele Rogers Retires

As this issue went to press, our co-founder and former clinical director, Michele Rogers, has chosen to retire from the day-to-day operations of Womankind.

Womankind will acknowledge this occasion shortly. Want to share a special Michele Rogers story? Please send it to us at development@womankindcleveland.com or to Womankind, Attention: Bernadette, 5400 Transportation Blvd. #10, Garfield Heights, OH 44125.



Womankind Welcomes New Board Members

Womankind wishes a warm welcome to our new trustees, **Susanne Caraffa** and **Marianne O'Connell**.



Susanne Caraffa is a Hub Manager at Continental Airlines and has been with Continental for 15 years, working in many different cities. She currently serves on the

Board of Directors for Continental's WeCare, a fund formed by employees that helps co-workers in need. She also is the Cleveland Ambassador for Stop Child Trafficking Now. Susanne enjoys traveling, sports, and spending time with her family. Susanne and her husband JR reside in Parma and have three boys.



Marianne O'Connell is a regulatory and compliance manager for Life Line Screening. She grew up in the northwest suburbs of Chicago and arrived in

Cleveland via St. Louis, Detroit and South Bend, IN. She and her husband Michael have been married for 29 years and have four children: Matt, Molly, Andrew and Nora. Marianne loves to read and crochet. She earned her BS from the University of Illinois and an MBA from Indiana University.

Womankind also welcomes back Cheri Slattery to the board of trustees after a one-year hiatus.

CHAMBER, from page 1

Womankind was selected by members of the chamber who voted for nominees in six categories.

The awards will be presented at the Annual Awards Dinner on Saturday, February 19, 2011, at the Knights of Columbus Hall in Garfield Heights. Tickets are \$50 and can be purchased by calling the Chamber at 216-475-7775.

Assignment *Womankind:* A Continuing Education



After years of supporting Womankind, I thought I knew what the agency was "all about." I couldn't have been more wrong.

This fall, I had the opportunity to experience Womankind while completing a clinical component for my RN to BSN education at Notre Dame College. The professor allowed us to choose any agency we wanted to work with for the semester; naturally, I thought of Womankind.

I believed in Womankind's mission, and my husband and I, in one way or another, have supported the organization for the twenty-five years we have been married. What I didn't realize was Womankind, through Divine intervention, chose me for this clinical experience.

From the moment I entered the front door of the clinic, I felt welcomed by all. The staff and volunteers acted as if I had been there every Monday. The clients welcomed me into their personal, pregnancy experiences so willingly. I was excited to be part of such a precious time in their lives, made all the more precious because of the support they receive from Womankind.

The clinic is a busy place, with scheduled appointments providing constant movement. However, within this place is a great sense of calm. There is a peace for the clients in the support and care they receive. There is a sense of peace for the volunteers and care-providers knowing they have helped another life in Cleveland. In the sometimes chaotic busyness, I found my peace as well. I fell in love with Womankind and everything they do for these women. That "everything" encompasses all aspects of their lives, not just prenatal, medical visits.

For years I have said, "When I am not so busy, I will volunteer at Womankind." My experience had me wanting and wishing for more time with the clients, staff and volunteers than what my clinical training allowed. I left the clinic a few weeks ago with my assignment completed, again wanting more.

Womankind changes lives. I have always known that at some level. What I never realized was that the lives changed are not only those of the clients. I have been molded permanently by Womankind and the people who give so much to so many. I want to be part of this organization forever, and in fact, have signed up for my first "official" volunteer shift in the clinic in early 2011.

That shift can't come fast enough.

(Bridget O'Callahan has been a registered nurse for twenty-five years. She teaches at Central School of Practical Nursing, including clinicals at MetroHealth. She will complete her BSN from Notre Dame College in May 2011. She and her husband Tim have three sons and reside on the eastside).

From the Director



Clearly the last six months of 2010 were consumed with our 35th anniversary gala and the glitz and fun and celebration of “PUTTIN’ ON THE RITZ” — the planning, the actual event and the resolution afterward. It was a huge success in multiple ways. There were many newcomers who not only had a wonderful evening but hopefully

learned much about the work of Womankind and the philosophy that shines through everything we do. The event raised \$100,000 for us, nearly one fifth of our annual budget.

But the event is behind us and, as of November 8th, we were back to the less glamorous but much more important vital work of addressing the needs of women who walk through our doors. One of the many things that we strive for is to help a woman’s experience of pregnancy be a positive one. There are many factors that can impact how a woman feels about being pregnant. The timing may not be the best. She may have just started a new job or school year; her husband may be out of work, she may already have another young child. Finances may be an issue, further complicated by a lack of health insurance. Relationships with her family and the father of her baby may be strained. This may be her first pregnancy and the thought of being a parent terrifies her.

How does Womankind help? Our philosophy is grounded in and filled with the awe, wonder and miracle of a pregnancy. Our staff and volunteers can see what she cannot — obstacles can be overcome with love, time and assistance. The road ahead is not all roses but it is smoother and a little easier to navigate with the helping hands of Womankind.

Likewise, the road ahead for Womankind is made easier by your steadfast support. In 2011, we will continue to welcome new board members who can help us raise awareness of Womankind and increase our base of support. We will work to expand the Baby Bottle campaign to additional churches, organizations, and businesses. We also will begin the process of evaluating our facility needs in anticipation of the renewal/end of our lease in January 2013. We know we cannot do it without your many gifts of time, talent and treasure. Thank you for everything you have done and continue to do to make the work of Womankind possible.

The past year was a great opportunity to celebrate all the good we have done in our first 35 years. The holidays are over, and now it’s back to work!

A handwritten signature in cursive script, appearing to read "Eileen".

Eileen M. Murray, MA
Executive Director

OUR HEARTS AND HANDS GO TO...

- ...**Lil John Rinaldi, Big Chuck**, and our friends at **Ghoulardifest** for making Womankind this year’s beneficiary of a portion of the proceeds of the event.
- ...the **Parma Hospital Health Care Foundation** for their grant of \$10,128 toward prenatal care for clients residing in the Parma Community General Hospital service area.
- ...**The Reinberger Foundation** for a \$15,000 grant toward our prenatal care services
- ...**Ronald McDonald House Charities of Northeastern Ohio, Inc.** for an \$8,000 grant to purchase diapers when we run low on donations and for our prenatal care services
- ...the many churches, businesses and organizations who distributed our baby bottles, made us part of their holiday giving and/or brought us vans full of diapers, wipes and other items for use at Womankind and by our moms!!!



VOLUNTEER NEEDED FOR BABY BOTTLE FUNDRAISER

We’re looking for an enthusiastic volunteer who can spare an hour or two per week to make follow-up calls to churches, schools, organizations and businesses regarding our baby bottle fundraiser project. We will provide a script and all the necessary materials. If you are willing and able, contact Bernadette Boguski, Development Director, at 216-662-5700.

A STITCH IN TIME

by JoAnn Henderson, LISW

SIMPLE JOYS.....One of the most successful and enjoyable activities happening at Womankind is KNITTING! Each week volunteers from the Yarnworks Ministry at the Church of the Resurrection grace Womankind, not only with their time and talent, but also with #13 knitting needles and skeins and skeins of yarn.

Womankind clients, as well as their husbands, boyfriends, moms and children, have participated in the knitting program – most learning to knit for the first time. It would not be unusual to see a large, bearded, tattooed dad practicing the fine art of “knit one – pearl two.”

Knitting has been a great way to help clients utilize their time while waiting to see the practitioner, nurse or social worker. It has also created the opportunity for a spontaneous support group as clients share stories and trade information. It is calming. It is soothing. It is a gentle moment in an otherwise very chaotic day. They are excited by the sense of accomplishment they feel as they learn the skills and the art of knitting and the joy of wearing a scarf they created on their own. Everyone is invited to take home their needles and yarn to continue working on their project and bring it back for more instruction and more fun during their clinic visit.

Clients are not the only ones to benefit from this great new project. It has been surprisingly gratifying for the volunteers who teach the knitting. Linda, Arlene and Elaine, three of the volunteers who have been coming to teach the clients, said one young woman particularly came to mind. “We asked her, ‘Did you finish your scarf?’ She said, ‘Yes, and I made 6 more.’” The young woman also went on to make Christmas gifts for her entire family. She was so grateful to the volunteers, that she brought them a big box of chocolates and knitted them two small drawstring purses. “I couldn’t have made that,” said Linda, who joined the knitting group two years ago when her neighbor and friend invited her to join after she retired. “It’s fun to share something we’ve learned. It’s not difficult, you just need someone to show you,” said Arlene.

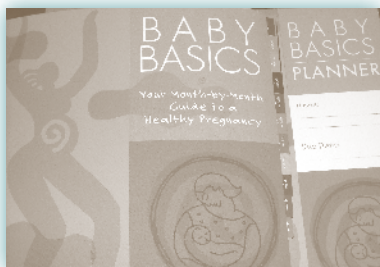


Kathy Goldman teaches an expectant father the art of knitting.



Monday evening clinic clients pass the time by learning how to knit.

NEEDED: #13 KNITTING NEEDLES If you can donate sets of #13 knitting needles, we can use them! Please contact JoAnn Henderson at 216-662-5700.



“BABY BASICS” By JoAnn Henderson, LISW

The greater Cleveland community has recognized Womankind as one of the ideal prenatal centers to implement and evaluate an innovative program known as BABY BASICS. As part of their commitment to improving health literacy, The Sisters of Charity Foundation awarded a grant to the Moms First program of the Cleveland Department of Public Health to implement the Baby Basics program in local selected agencies and clinics. Womankind was chosen as one of the sites. This program is also funded by federal, local and other charitable dollars.

According to the RESTART Program of Chattanooga, Tenn., “Baby Basics is a health literacy program designed by the What To Expect Foundation (New York) for the purposes of empowering pregnant women to access, act upon and understand healthcare information; have a healthier pregnancy outcome; and be better able to provide a healthy future for themselves and their children.”

The one-year life span of this grant enables Womankind to distribute 100 Baby Basic books designed to provide a comprehensive month-by-month pregnancy guide, an interactive planning book that facilitates communication between client and health provider, and participation in Mom’s Club classes to enhance support and education.

Womankind is also gathering data from the clients to assist in the research being conducted by Case Western Reserve University as they evaluate the program and measure its outcomes.

Pregnancy is an ideal time to introduce a woman to a health literacy program since it may be the first time she is receiving consistent care at the same location over time. The more informed and involved a woman is in her pregnancy the more likely the health of her children and family will remain a priority. This program gives underserved women the tools needed to increase confidence, knowledge and skills to successfully access the healthcare system and utilize the services available to her.

Baby Basics is a great program that enhances Womankind’s ability to educate, support and encourage pregnant women and teens. It is especially helpful to the fragile, marginalized client who can be intimidated by complex health care systems. When they leave the gentler atmosphere of Womankind, they are better prepared to successfully navigate the world of health care.

(JoAnn Henderson, LISW, is Womankind’s Director of Counseling and Social Services)

“Puttin’ On the Ritz”

Oh, What a Night!

We are so very grateful for the wonderful celebration that took place on Friday, November 5th at the Ritz-Carlton, Cleveland, to mark 35 years of providing hope and help to thousands of women and families who have benefited from the services of Womankind. The evening offered music, live and silent auctions, a raffle, dinner, and a “heads/tails” game that won’t soon be forgotten.

KeyBank received the “Hearts and Hands Leadership Recognition Award” for their help in counting the thousands of coins collected through Womankind’s Baby Bottle Fundraiser, which has raised nearly \$200,000 since its inception in 2006.

The ballroom was filled to capacity with 360 familiar and new faces who listened to Executive Director Eileen M. Murray describe the essence of Womankind, followed by the reading of a letter from one of Womankind’s first babies, now an adult, who stated, “I feel even more richly blessed by the knowledge that I have been loved not just by my mother, but by you!” In addition to garnering bids for the live auction items, auctioneer Bob Hale led the room to raise an additional \$30,000 to support the work of Womankind.

The entire event netted \$100,000, the amount equal to about nine weeks of operating expenses. Special thanks go to co-chairs Sue Corsaro and Jennifer Kurtz Misso, who, with their hard-working committee, made it a night to remember.



Clinic volunteers **Kim Kraus, MD,** (left) with **Kathy Grady** CNP.



Womankind trustee **Kim Lobe** (left) with co-chair **Sue Corsaro.**



Womankind co-founder **Michele Rogers** (center) with daughter **Maura Rogers** (left) and corporate board member **Doris Sovich.**



(L-R) **Larry and Barb Herb** with front desk volunteer **Sandra Hoeffler.**



Rich Boguski, co-chair **Jennifer Kurtz Misso,** and Executive Director **Eileen Murray.**

Gala Event Sponsors

GOLD

Peter and Rita Carfagna
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Jack and Mary Jane Breen
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Cleveland Women’s Journal
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Tony and Molly Musca
Nacy Panzica
The Reid Foundation
The Ritz-Carlton, Cleveland
The Sherwin-Williams Company
University Hospitals Health System

Womankind offers "Boot Camp" for Dads

Starting November of 2010, Womankind added "Boot Camp for New Dads" as part of its bi-monthly childbirth classes.

Mary Ann Sefcik, Client Support Coordinator who oversees the childbirth classes offered by Womankind, approached Marymount Hospital to see what they offered as part of their childbirth education. She learned of the classes, a part of the Cuyahoga County Fatherhood Initiative, and worked to get them started at Womankind.

The three-hour course includes handouts and a textbook, and each participating father-to-be receives a camouflage t-shirt for themselves and for their newborn. The Womankind dads learn the best ways to hold, feed and cuddle their new baby from a "veteran" dad, and have the opportunity to ask questions and interact with real babies.

"I wasn't allowed in the class, it's only for the dads and it's all confidential," said Sefcik. "But the dads were all very happy when they came out, and at least two of them expressed an interest in being a 'veteran dad' for future classes."

MetroHealth Medical Center provided the veteran dads for the initial class, and Marymount Hospital contributed snacks and is collecting feedback from the participants. The next class will be taught as part of the January childbirth classes provided by Womankind.

For further information, contact Mary Ann Sefcik at 216-662-5700.



ATTENTION MONTHLY DONORS:

We can now offer automatic credit card processing of your monthly gifts. If you would like to save the paper and postage and make your gift through a monthly credit card donation, please contact Bernadette in the Development office 216-662-5700.

SAVE THE DATES!

15th Annual Golf Outing and Dinner

Thursday, June 23, 2011
Acacia Country Club, Lyndhurst, OH

16th Annual Hearts and Hands Luncheon

Sunday, October 2, 2011
InterContinental Hotel and Conference Center,
Cleveland, OH

Join in the planning!

Committees are working on both events. If you are interested in lending your talents to either the golf outing or luncheon committees, please contact Bernadette or Eileen at 216-662-5700 or send an e-mail to development@womankindcleveland.com. We'd love to have you!

Gifts from the Heart June 1, 2010 through January 4, 2011

IN HONOR OF:

"all the unborn who have been denied life"
Dennis and Carolyn Kraynak

George Bertschler
Dr. and Mrs. John Bertschler

Joe and Ann Breig's 50th Anniversary
Mary and Jim Breig
Donald and Regina Kupecky
Elizabeth Smith

Jaxson Carbone
Rick and Debby Carbone

Alena Fisk
Mary Ann Fetchik

Colleen Glass
Thomas and Maureen Barrett

"God's gift of being a Mom to four wonderful children and the blessing of 12 grandchildren"
A friend of Womankind

"The good people at Womankind"
Dr. and Mrs. Joseph Kelly

Linda Horter
Mary Bookman

Susi Kawolics
Mario and Hanna Cicconi

Jean Keller
Friends of Womankind

Daniel Lobb Family
Friends of Womankind

Pat Mawby
Mike and Anne Mawby

Grace McLeod
Dr. and Mrs. John Bertschler

Marie Ogrinc
Mary Ogrinc

Mike Quinn
Joe and Cheri Slattery

Carol Radachy's retirement
Robert and Kathleen Moravick

Olive Reitz
Peter and Sharon Wilson

Michele Rogers
John and Isabelle Boland
Dr. and Mrs. Robert J. McEvoy
Loretta Porter

Mr. and Mrs. Dan Rowinski and family
Kathleen and Gregory Rowinski

Bob Satula's Birthday
Robert and Mary Fleck

The Scholla Family
Jodie Bender

Bev Schweickert
Jodie Bender

Sr. Barbara Jean Sever, OSU
Gus and Frances Skapek

Hallie Sinko
Paul J. Soska III

Kathy Skapek
Gus and Frances Skapek

Margaret Skapek's birthday
Gus and Frances Skapek

Doris Sovich
Mr. and Mrs. Thomas Sovich

John and Ellen Stevenson
Tim and Lori Bodziony

Fr. John Sullivan
Friends of Womankind

Maria Urbanic
Joseph and Maria Urbanic

Lylah Wilson
Peter and Sharon Wilson

Earl and Barbara Youmell
Dan and Sue O'Neil

Dr. and Mrs. Adolph Znidarsic 50th Anniversary
Marie Ogrinc

IN MEMORY OF:

Carol Bandsuh
Alice and Don Ferfolia

Gerhard and Frances Bertschler
Dr. and Mrs. John Bertschler

Mary E. Brooks
Robert Brooks

Edward and Roxanne Cappelli
Peter and LaVerne Cappelli

Carmen Carbone
Mario and Lida Urbaz

R. Leonard Castelli
Mrs. Leonard Castelli

Robert J. Corlett
Mary Ann Corlett

Monica Foley
Patricia Cannon

Tommie Foley
Patricia Cannon

Frances Ganzer
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Patricia Cannon

Peg Hill
Patricia Cannon

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Martin Keenan*

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Richard and Carolee Zentkovich*

Ruth Koesel
Marie Coffey

Betty, Bob and Bobby Koprivica
Paula and Terry Dunford

Andrew P. Kovach
Virginia Kovach

Dennis Latini
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Edward and Mary Ellen Smith

Evelyn Lester
Deborah White

Robert Mallinak
Geri Mallinak

Arthur Marx
Mrs. Arthur Marx

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Sharon McGee

Bill McLeod
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Donna Modic
Ethel Hallisy
Martin Keenan*

Anita Montowski
Louis and Elizabeth Shainker

Floy Morton
Mr. and Mrs. Charles A. Rini, Sr.

Sr. Elaine Nimberger, CSA
Dennis and Jane Bryant
Michele Rogers

B. J. O'Connell
Michael and Marianne O'Connell

Lawrence B. Ogrinc, MD
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Martha Gene Olson
Paul and Jennifer Wilczewski

Kathie Otto
Mr. Ivan Otto

Celia Picone
Rosemary Picone

Sr. M. Regina
Mary Ann Fetchik

Gordon Rosencrans
Char and Chuck Fowler

Mary Ellen Ryan
Kellie Steyns

Mr. and Mrs. Bob Rybicki
Ray and Monica Stadnik

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Lori Watson

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Nancy Schlosser
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Rick and Debby Carbone

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A Friend of Womankind

Julie Soska
Paul J. Soska III

Julie Hope Spackman
Barbara Latini
Eileen M. Murray

Amanda Suso
Katherine Kelly

Marie Trentanelli
Carol R. Strater

"Unborn children who never had a chance at life"
Dr. and Mrs. Joseph Kelly

U. J. Vigneux
Penny Roberts

Sadie White
Deborah White

William Winslow
Irene Toma
Irene Winslow

Don Zimmer
Rick and Debby Carbone

"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 made of the gift amount. For further information, please contact Bernadette Boguski, Development Director, at 216-662-5700.

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

Womankind

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SAVE THE DATE:

Womankind 15TH ANNUAL
GOLF EVENT AND DINNER

Thursday, June 23, 2011

Acacia Country Club
Lyndhurst, Ohio

To reserve a foursome or for sponsorship opportunities and further information,
contact Bernadette Boguski, Development Director, at 216-662-5700

LAST YEAR'S EVENT SOLD OUT — DON'T WAIT!

WISH LIST

- Financial donations
- Sam's Club, Office Max and Giant Eagle Gift Cards
- Similac Advance with Iron (this type of formula only)
- **Special giving opportunities**
 - o \$1,800 for 1,650 *Womankind folders* (we are running low)
 - o \$2,250 for 1,000 *breastfeeding books* (or \$1,250 for 500)

Contact Bernadette or Eileen at 216-662-5700 on these and other special gifts