

The Women's Center News

Summer 2011

Check out the Women's Center at: <http://www.louisville.edu/womenscenter>

Volume 18, Issue 4

Looking Back.....

From the Women Center News Archives, Summer 2003

A Message from Women's Center Director Mary Karen Powers

On the evening of March 11, during her remarks for the Women's Center tenth anniversary dinner, Professor Brenda Hart said, "The poet Alice Walker once observed that justice and hope are twinned. So justice doesn't bloom without hope; and hope can't bloom without some experience of justice. Tonight we are honoring a legacy through which seeds of justice and seeds of hope have been planted at the University of Louisville." Professor Hart then introduced the first of three speakers who outlined the work which has been done over the

past ten years by the President's Commission on the Status of Women, the Women's Studies Program, and the Women's Center. During the speakers' remarks, individual women whose work has significantly contributed to gender equality at the University of Louisville were recognized. These women are: Linda Shapiro and Barbara Lewis, who co-chaired the 1994 UofL Task Force on the Status of Women, Lucy Freibert, who taught the first UofL women's studies class, and Ann Allen and Nancy Theriot, who have provided leadership to the Women's Studies Program during the past ten years. The final speaker recognized the founding Director of the Women's Center, Judi Jennings. Each woman received a sterling silver pin representing the "dancing lady" on Dr. Mary Craik's wall hanging, "Reaching for the Stars," which was a gift to the Center on the occasion of our tenth anniversary. The pins were created especially for the Women's Center by goldsmith and jewelry designer Joe Kremer. The following morning, I was stopped by several women who had attended the dinner. One said, "That was a lovely event. I felt really proud to be a woman." Obviously, then, seeds of justice and hope have created pride in ourselves – which is a wonderful way to celebrate ten years at the University of Louisville.

The Women's Center will celebrate its 20th Anniversary in 2012. (See the Director's statement on page 2.) Look for more details in future issues of the newsletter.



Dr. Mary Craik, an educator and fiber artist, presented a wall hanging, "Reaching for the Stars" to the Women's Center on the occasion of their 10th anniversary. The art work is on display in the office.

Women 4 Women Distributes Kentucky Basic Economic Security Tables

The *Basic Economic Security Tables™ (BEST) for Kentucky* was released June 14 by Women 4 Women and Wider Opportunities for Women (WOW). The report includes the comprehensive BEST Index, which calculates the monthly income necessary for families to cover their basic expenses, including childcare, housing, health care, transportation, savings and retirement.

According to the report, single workers in Kentucky need to earn \$23,988 a year, or more than \$11 an hour – almost 60% higher than the annual minimum wage of \$15,312 – just to cover basic expenses. Single parents require twice that income (\$47,316 a year, or more than \$22 an hour) to support themselves and two children, while dual-income households with two children require \$57,048 a year.

For more details, visit the web sites of the Women 4 Women, <http://women-4-women.org/> and the Wider Opportunities for Women (WOW), <http://wowonline.org>

Director's Message

Since the sudden death of my sister-in-law in March 2010, my brother has begun repeating a phrase from his father-in-law whenever a family milestone occurs: "It's the blink of an eye... *the blink of an eye!*" It means that life unfolds so quickly sometimes that we're startled to find ourselves standing at a new place in history, almost without time to notice what's happening.

In the Women's Center, *it's the blink of an eye* since Verena Schmidt – the German Fulbright Scholar who interned with us this year – came to join the staff as an entering MSW student struggling with culture shock and a language barrier. Now she has successfully completed her degree and will begin the Kent School PhD program in the fall.

It's the blink of an eye since Gabby Maxedon was elected president of the Women4Women (W4W) student chapter in April 2010. Now she is graduating with an undergraduate degree from the School of Justice Administration and has accepted a full-time job as director of the UofL Phonathon.

It's the blink of an eye since Phyllis Webb began to build the Modern Outlook on Motherhood (MOM's) group at the university. Now the group has received designation as a "Recognized Student Organization." Thus, activities sponsored by the group can apply for competitive student government funding.



Mary Karen Powers
Director, Women's Center

It's the blink of an eye since Valerie Casey was named Staff Advisor for the W4W student group in fall 2009. This year she was recognized by the Office of Student Life as the "2010 Advisor of the Year."

And most of all – *it's the blink of an eye* since former U of L President Donald Swain approved creation of the UofL Women's Center in 1992, with Judi Jennings as the first director. Thus, the Center will celebrate its 20th Anniversary in 2012! In recognition of this significant milestone, I asked the Vice-Provost for Diversity and International Affairs to convene a working group to review the Center's significant accomplishments during our first 20 years and provide direction for our third decade. I'm happy to report that Dr. Mordean Taylor-Archer agreed to convene such a group and they will begin their work in May. Look for an update in the Women's Center News during the coming year. "*It's the blink of an eye...*"

2011 Kentucky Women Book Festival

by Phyllis M. Webb
Women's Center

The Kentucky Women's Book Festival held on May 21st featured nationally acclaimed authors with Kentucky ties: author and filmmaker Tania James; journalist and biographer Alanna Nash; and author and a Spalding University writer-in-residence Sena Jeter Naslund. Attendees also enjoyed various sessions on the nuts and bolts of writing and publishing. In addition, participants seized opportunities for informal networking and book signings. Carridder "Rita" Jones, the founder of the KWBF and Women Who Write, Inc., (a non-profit organization for women writers in the Louisville area) gave the opening remarks at the festival. She was recognized by both KWBF and Women Who Write, Inc., with words of gratitude and plaques of appreciation, one of which will be prominently displayed in the Ekstrom Library.

The purpose of the book festival is to bring together Kentucky women writers and their readers to meet, discuss, and share their love and appreciation of the written word. The festival showcases the outstanding accomplishments of women writers in and from the Kentucky area, expands the readership of women's works, encourages those engaged in creative writing and inspires a rising generation of readers and writers as an extension of UofL's community-wide focus on literacy.

The festival was co-sponsored by the University of Louisville Women's Center, University Libraries, Commission on Diversity & Racial Equality (CODRE), Commission on the Status



Author and filmmaker,
Tania James gives her talk
at the luncheon.

of Women (COSW), Class Act Federal Credit Union, and Women Who Write, Inc. The next festival is scheduled for May 19, 2012.

"I'm really proud and happy that the Kentucky Women's Book Festival has become an annual event," said Festival Chair and Women's Center Director Mary Karen Powers. "None of us who were involved in the first Festival in 2006 were sure what the future would bring. Today writers and readers look forward to the 3rd Saturday each May because it brings the opportunity to network with women authors who are writing and publishing in Kentucky. It's a refreshing and exciting experience for everyone who is involved."

(See the KBWF web site, <http://www.louisville.edu/womenscenter/kwbf>; Facebook, Twitter and Flickr for additional photos on this year's festival.)



Ms. Carridder "Rita" Jones, founder of the Kentucky Women's Book Festival, gives opening remarks at the 2011 Festival.
KWBF photos by Virginia Smith, U of L Libraries.

SPOTLIGHT —

Nancy Hanaford and Amy Hanaford Purcell

by Robin R. Harris, Law Library

When Nancy Hanaford and her family moved from southwest Michigan to Louisville in 1973, she planned to settle into the St. Matthews house she still calls home, apply for work at the University of Louisville, and continue her education. She could not have imagined how perfectly things would come together for her in the years ahead. U of L's library would promptly offer her a cataloging job, allowing her to use the tuition remission benefit to complete her B.A. in theatre arts. The Louisville Ballet would offer her a part-time job as a costumer, setting the stage for her to work with Mikhail Baryshnikov, Helen Starr, and other luminaries. She would eventually serve in the vital dual role of staff representative and secretary of the Library Building Committee, the group that planned the Ekstrom Library. She would earn a Master's degree in Library Science from the University of Kentucky, and after retiring as a costumer for the Kentucky Opera Association, she would serve as the director of KOA's Plumb Boyer Library, perfectly blending her love of the arts and libraries.

After the family's move to Louisville, Nancy's husband, Bill, offered support and encouragement as she took on the challenges of work and school, as did her three teenage daughters—Kathryn, Amy and Sarah. When the time came for choosing a



Nancy Hanaford and Amy Hanaford Purcell, 2008
(Courtesy, family photo file)

college, Amy decided to follow in her mother's footsteps: she attended U of L, worked in the library, and took advantage of the tuition remission benefit to earn her B.A. in philosophy. She left Louisville for a few years, but returned to the city and to the university libraries, gaining valuable experience working in several positions on both campuses. In 1998, she landed her "dream job" as Associate Curator for Special Collections at Ekstrom Library, a job that incorporates her library skills and experience.

Like her mother before her, Amy takes an active role on library committees, as well as on university-wide groups. She chairs the Ekstrom Exhibits Committee, co-edits the libraries newsletter, serves on the Kentucky Women's Book Festival Committee, and recently worked with Janene Zaccone of Communications and Marketing on the university's popular *Open Walls Faculty/Staff Art Exhibit* in the Photographic Archives.

Nancy Hanaford's extraordinary influence on her daughter is clear to all who know them. Amy's dedication to her work, her cooperative and generous nature, her sharp wit, and her love of the university all mirror her mother.

"I really appreciate all the benefits of working at U of L. I'm lucky that I'm here . . . Thanks, Mom!"

(Photos courtesy of the University of Louisville Libraries)



Ekstrom Library Groundbreaking, 1978 – Nancy Hanaford is on the far left, seated. On the right is University Librarian John Demos. (Photo courtesy of U of L Photo Archives)

U of L's Women 4 Women Student Chapter Plans a Host of Events for the Upcoming Academic Year

The Women 4 Women Student Chapter is gearing up for the 2011 fall semester with several activities of interest which will include a Finance 4 U Workshop series and an ice cream social in August. Other events throughout the semester will include an etiquette speaker session, a "Roll on to Leadership" discussion in September; a speaker and film series on Cyber Security in October; and a "Make Cards for the Elderly Day" in November. In the spring of 2012, the group will host a Human Trafficking Conference in January and is currently planning (along with the Women's Center, Office of Civic Engagement, Leadership and Service and others) a Statewide Leadership Conference, May 31-June 2. A Derby Soap Campaign will be sponsored in April, and student chapter meetings will be held throughout the semester.

A listing of event details and updates will be available on the Women 4 Women web page, <http://louisville.edu/rso/women->



Ashley Wimsett,
President of the W4W
Student chapter.

4women, and soon on their Facebook page. For other details, e-mail Valerie M. Casey, advisor, at vmcase01@louisville.edu.

Officers include Mary Molony, vice-president; Cody Singleton, secretary, and Emma Chapman, treasurer. Student committee chairpersons are: Madeline Adkins, program coordinator; Cheyenne Jones and Karly Speakman, webmasters; Lauren Sanders, public relations; Maria Condendo, fundraising; Melissa Bagley, membership/mentor; Jessica Ronald, campus activities; Sierra Jackson, finance 4 U; Karly Speakman, human trafficking; and Karly Speakman, cyber security.

A New Recognized Student Organization on the Scene: Student-Parent Association (SPA)

by Phyllis M. Webb
Women's Center

The Student-Parent Association (SPA), a new recognized student organization at U of L, has been organized to help meet the needs of the student-parent population at the university. Approved this past April with RSO status, the purpose of the group is to help promote the academic success of the university's student-parents; offer a support service and resources to student-parents who are pursuing a college degree, and help student-parents learn to balance their personal, social, academic and professional lives.

The MOM (Modern Outlook on Motherhood) Support Group/SPA is gearing up for the fall semester with its annual



Child Identification Program, Clothing Exchange Project and meeting dates. (Specific dates and times to be announced in the fall Women's Center News as well as on the Women's Center web site, <http://www.louisville.edu/womenscenter>.)

As a student-parent your input is important. If you would like to become involved in this group and/or offer suggestions, e-mail Phyllis M. Webb, advisor, at phyllis.webb@louisville.edu.

Upcoming event: Mark your calendar

On July 19, 2011, the MOMS Support Group/SPA will sponsor a fundraising event at Brendan O'Shea's restaurant, 3921 Shelbyville Road, and the community is invited to help support the group in its efforts. To get a percentage of the proceeds, guests are to bring coupons with them to the restaurant for both on-site and take-out orders. They can be downloaded at <http://louisville.edu/womenscenter/support-the-womens-center/moms-support-group-fundraiser.html>. To view a menu visit <http://www.osheaslouisville.net>.

New Female Coaches Add to Louisville's All-Star Cast

by Amy Seng, Director of Student-Athlete Development
U of L Athletics

As the 2010-2011 year comes to a close, Louisville Athletics begins to look ahead toward the fall line-up with excitement. Men's soccer is coming off a run to the national championship game, returning National Coach of the Year Ken Lolla and ten of their eleven starters. Big East Coach of the Year Charlie Strong continues to gain momentum and build a program sure to deliver. Women's soccer returns Big East Rookie of the Year Christine Exeter along with a strong core of returners. Finally, field hockey and volleyball each have new head coaches, bringing renewed passion, energy, and expectations to each program.

Justine Sowry comes to Louisville Field Hockey after spending four years at the University of Massachusetts where she led the Minutemen to three NCAA tournament appearances and three Atlantic-10 conference championships. Also, twice she earned the National Field Hockey Coaches' Association's Northeast Coach of the Year honor during her time at UMass. Sowry actually began her coaching career at Louisville in 1998 and spent five years serving as an assistant coach. "After eight years away, I am thrilled to return to where my collegiate coaching career began with the chance to lead this amazing program," commented Sowry upon her hire. Sowry brings a wealth of knowledge and recruiting connections to the Cardinals, tapping into her coaching experience with USA Field Hockey as well as her international playing experience.



Justine Sowry, Field Hockey Head Coach



Anne Kordes, Volleyball Head Coach

The second new addition to the athletics family is Louisville native and former Cardinal Anne Kordes who is the new head coach for volleyball. Kordes comes to Louisville after spending seven years leading the Bilikens of St. Louis. During her tenure she led the program to unparalleled success, vaulting them to the national scene with three NCAA appearances. She is a three-time Atlantic-10 Coach of the Year as well as CVU.com National Coach of the Year. Kordes is also known on the national volleyball scene where she is

currently president-elect for the American Volleyball Coaches Association. She serves as a coach for USA Volleyball summer programs and has coached a number of youth national teams.

During her time as a setter for the Cardinals, she led the team to a conference championship and NCAA Sweet 16 appearance. Prior to her time at UofL she was a standout at Assumption High School. "The fact that my dream job is in my hometown is just icing on the cake, because we have top notch facilities and great administrative leadership located in a vibrant volleyball community that is incredibly supportive of our team," Kordes remarked when asked about returning to Louisville.

See both coaches in action this fall. Visit www.uoflsports.com for complete schedules.

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Elder Care, a Myriad of Definitions and Types of Care

by Brenda D. Gunn, Women's Center Editorial Board

When you think of the words "elder care," does it bring thoughts of caring only for an elderly parent? The care, however, is not limited to parents. It can extend to uncles, aunts, sisters and brothers, and even neighbors of caring individuals.

Elder care is sometimes referred to as long-term care and includes a wide range of services. Most depend on the particular care the person needs. Services are provided over an extended period of time to those who require assistance to perform their daily activities for various reasons.

Types of Services

Elder care can include rehabilitative therapies, skilled nursing care, palliative care, and social services, as well as supervision and a wide range of supportive personal care provided by family caregivers and/or home health care agencies. It can be provided at the individual's home, a relative's home, or in various types of facilities, including assisted living facilities and nursing homes.

Elder care may also include training to help older people adjust to or overcome many of the limitations that often come with aging.

Cultural and Geographic Differences

The form of elder care provided varies greatly and is changing rapidly. Even within the same country, for example, regional differences exist with respect to the care for the elderly.

Traditionally, elder care was the responsibility of family members and was provided within the extended family home. Increasingly in modern societies, elder care is now being provided by state or charitable institutions. The reasons for this change include decreasing family size, the greater life expectancy of elderly people, the geographical dispersion of families, and the tendency for women to work outside the home.

The majority of family caregivers are women. "Many studies have looked at the role of women and family caregiving. Although not all have addressed gender issues and caregiving specifically, the results are still generalizable [sic] to women because they are the majority of informal care providers in this country. [Family Caregiver Alliance (FCA), a national nonprofit caregiver support organization]

A wonderful and cost effective alternative to live-in care is adult daycare. This method offers a safe environment for adults during daytime hours to participate in planned programs such as social activities and nursing and rehabilitation services.

One relatively new service that can help keep the elderly in their homes longer is "respite care". This type of care allows

caregivers the opportunity to take breaks and know that their elder has good quality temporary care.

Here are a few questions when considering long term care.

How do nursing homes get paid?

What is Medicaid planning? What part of nursing home care does Medicare cover?

When should I start Medicaid planning?

Will Medicaid take all our money? Our home?

Source: www.senioroutlook.com

Assessing Needs

Where does one begin when determining if elder care is necessary? Does the individual need help with grooming, bathing, or dressing? Does he or she need help with housekeeping, shopping, or yard work? Preparing meals? There is much to consider, certainly much more than dispensing medicine and seeing that the person is fed regularly.

Is the individual unable to drive or get around on public transportation alone? Does your parent need help managing finances and paying bills? Making legal and other important decisions? What about hoarding, a problem clearly associated with the elderly when they live alone.

According to Sharon Bowland, MSW, LCSW, PhD, University of Louisville Kent School of Social Work, "hoarding is a form of self-neglect and it gets worse over time."

Further, she says there are different kinds of hoarders. They include scavengers, pack rats, collectors, and obsessive-compulsive personality disorder. Collections include newspapers and magazines, used containers, and clothes.

Making it Work

Whoever you are (daughter, son, etc.), your primary responsibilities may sometimes take a backseat to the care needed by your loved one. Women's Center staffer Phyllis Webb travels about 90 miles one way to visit her mother two or three times a month -- depending on circumstances. Others may take turns doing work before and/or after work, or on the weekend.

Nancy Baker in the Law Library lives with her 92 year-old mother, along with her son and his family. She says "We have five generations living in our household at this time." She works two jobs so she can help her mother, so during the day her sons take care of their grandmother. To some, it may appear like a third job. For example, Baker keeps up with her mother's schedule to make sure she has transportation to and from her doctor appointments. Baker admits she is "very blessed to have a dependable support system in my sons, because without their dedication and love for their grandmother, life would be a lot more difficult for me."

Taking Care of Yourself

It is crucial to recognize when you are mentally and physically exhausted and need a break. Make use of support groups, family, and other caregivers in your situation, take regular breaks to do something enjoyable for yourself, and don't forget to regularly schedule breaks with respite workers, family, or other individuals.



Elder Care Workshops

The University of Louisville is continuing a series of monthly Elder Care Workshops which are designed for employees who are facing difficult choices supporting, encouraging, or caring for an elderly parent, friend or relative. The workshops are held on Tuesdays at 12 p.m. in the Ekstrom Library (Chao Auditorium). Various topics, such as "Medication Misuse: The #1 Aging Issue" set for July 19, will be discussed. Please note: The workshop topics are subject to change. Visit: <http://louisville.edu/hr/gethealthynow/community/eldercare-workshops> for more details.

The workshops are sponsored by the U of L Commission on the Status of Women (COSW) and hosted by the Get Healthy Now office.

The Magic of Smoketown

by Kay T. Roberts, Professor Emerita & Executive Director
Harambee Health Center

Magic! This is how many describe Smoketown, a place of rich culture and history. It is Louisville's oldest African American neighborhood, located near the UofL Health Sciences Center. Muhammad Ali trained for boxing in Smoketown and, in his youth, former Mayor Jerry Abramson delivered groceries here. Some residents achieve fame and economic success. Most continue to live in poverty, fail to obtain a high school degree, and have limited opportunities for business and economic success. They experience greater health disparities than most Jefferson County residents. Sheppard Square (SS), located in Smoketown, consists of 36 residential buildings with 326 publicly subsidized apartments that are currently occupied by some of Louisville's most vulnerable residents.



In May 2011, the city announced the award of a \$22million HOPE VI federal grant to demolish and rebuild SS into a mixed income development. Although this will improve future living arrangements for many, it will be a time of great personal stress. Current residents will be moved elsewhere while the 16.5 acre area is razed and rebuilt. City leaders of the HOPE VI project are working diligently to offer support services, but the need will be great. Because of this, the Harambee Health Center (Harambee) and the Presbyterian Community Center (PCC) are stepping up to help. U of L staff is well known and trusted, and residents already visit our programs. We have experience in working with resident displacement/ relocations, as many Clarksdale residents were placed in SS during the Liberty Green project.

PCC has provided services in Smoketown for 112 years, as well as Shelby Park and surrounding areas. It has invested \$5.5 million in its community center and added a new state of the art childcare center. PCC offers a broad range of services, such as education, nutrition, job preparation and special services to 65 Somali Bantu (SB) families. In 2002, Harambee was created to increase residents' access to primary health care, preventive health services, and ongoing education to help residents practice healthy behaviors.



In (top photo), a family visits the center; (middle photo), nurses collaborate inside the health room and (photo above), a young boy heads home from school. (Photos courtesy of the Harambee Health Center/Presbyterian Community Center).

Harambee has its own story of struggle and survival. Until 2009, the program grew steadily and provided primary health care to 1700 underserved residents. Wellness programs included hypertension, diabetes, cholesterol, mammogram, prostate, and HIV screening, nutrition classes, exercise programs, annual health fair, and school and sports physicals for underserved youth and others. Funded by the Foundation for a Healthy Kentucky, Harambee developed and evaluated a successful integration of mental health practitioners in the clinic. Exploratory research related to diabetes-related health disparities, childhood obesity, physical exercise and parenting programs outcomes were completed. The American Academy of Nursing honored Harambee for the innovative programs that improved health. Despite many successes, economic depression and other factors led to severe downsizing and closure of the full range primary care clinic.

The community's commitment to Harambee never ceased, so slowly but steadily, Harambee rebuilds. Harambee now operates a weekly Wellness Clinic where residents can come for information or receive care for acute and chronic health problems. Three major health promotion initiatives are underway to: (1) prepare community residents to prevent injury, give competent first aid and perform CPR; (2) develop and implement a community engaged health literacy program, and (3) integrate



health within the PCC summer education program for youth. With the assistance of Spalding University nursing students and Virginia Bradford with KY African Americans Against Cancer, an intensive education outreach to the SB

women regarding early detection of breast cancer was recently completed. James Graham Brown Cancer Center continues to provide annual on-site mammogram screening. University Hospital, a founding member, offers several support services to Harambee. In the HOPE VI proposal, Harambee agreed to collaborate with leaders of the project to provide health services in the new development.

Harambee nurses are mentoring the "first" Women4Women student member. This has been a great experience that hopefully will continue. The Good Samaritan Foundation recently awarded \$8,131 to Harambee to reduce unnecessary deaths and trauma by enhancing the knowledge and skills of CPR, prevention of injuries and first aid. Humana Foundation, Inc., donated a computer/printer and provides guidance in developing the emerging health literacy program. Kimball, Inc., donated file cabinets. The Second Presbyterian Church recently provided \$500. Information about other donors can be found at <http://harambeehealthcenter.org>. Consider joining the nurses to strengthen the Harambee/PCC programs and ease the burden of those who are served. The magic of Smoketown (and surrounding areas) lies amidst the story of struggle and survival that is woven through the streets, homes and lives of residents. Your choice to help change the outcomes of the struggle provides the third piece of the magic, the opportunity to be benevolent; to be a hero or heroine. Creative, committed volunteers from a variety of backgrounds are needed. To learn more, please contact Kay Roberts at kay.roberts@louisville.edu or call PCC at (502) 584-0201.

Women's Center events involved staff, faculty, students and the community

The month of April was a busy month for the University of Louisville Women's Center as they sponsored and co-sponsored a number of events: the annual **Equal Pay Day** and **Transformation Tea**, both on April 12, and the **Take Our Sons and Daughters to Work** day on April 28. (See the article on the Transformation Tea in this issue.)

April 12 symbolized how far into 2011 women must work to earn what men earned in 2010. According to the Center for American Progress, over a 40-year career, Kentucky women earn an average of \$400,000 less than their male counterparts. Mary Karen Powers, director, and Codi Singleton, student worker, were on hand in the Student Activities Center to answer questions about **Equal Pay Day** and to distribute "Equal Pay" buttons, pay equity information and free PayDay candy bars.

Designed to be more than a career day, the **Take Our**

Daughters And Sons To Work® program (recommended ages 8-18) goes beyond the average "shadowing" of an adult. Exposing girls and boys to what a parent or mentor in their lives does during the work day is important. But showing them the value of their education, helping them discover the power and possibilities associated with a balanced work and family life, and providing them an opportunity to share how they envision the future and begin steps toward their end goals (in a hands-on and interactive environment) is key to their achieving success. This year's theme was "Invent the Future." The Women's Center staff (director Mary Karen Powers and student Codi Singleton) were also on hand in the SAC to provide souvenirs, snacks and educational material to children who accompanied employees to work. Material was also available at the Health Sciences Kornhauser Library.

Transformation Tea Provides Wealth of Information on Healthy Relationships

by Phyllis M. Webb, Women's Center

This past April, the 13th annual Transformation Tea provided a dose of healthy relationship information to about 70 U of L staff, faculty, students and community guests in the Ekstrom Library's Chao Auditorium.

The motivational presentation was given by Ms. Paula McCraney. Informational material was distributed by the U of L Women's Center, Brown Cancer Center, Campus Health Services and PEACC (Prevention, Education & Advocacy on Campus & in the Community). The Unsung Shero Award was also presented as well as Unsung Shero certificates of appreciation to two U of L staff members. Door prizes, networking, and a reception afterward added to the program's agenda.

McCraney, CEO of P Mc & Associates (Professional Management Consultants) and a skilled workshop facilitator, offered some tips on the tea's topic, "Today's Woman: Building Healthy Relationships." She defined healthy relationships and their importance. "Strong, healthy relationships are important at work, at home, and at play with friends and acquaintances. Good relationships strengthen your health, your mind and your connections with others."

McCraney also discussed factors that create toxic and healthy relationships and listed six steps in dealing with the toxic ones. 1) The first step in dealing with a toxic relationship is to recognize you are in one; 2) talk with the person to get some type of understanding of the situation and to set boundaries; 3) if that doesn't work, the third step is to get distance. And if you feel the relationship is salvageable, seek professional help/professional intervention; 4) the fourth step is to work on YOU by improving your mindset and emotional stability. Try focusing



Ms. Paula McCraney, a motivational speaker, addresses the audience at the Transformation Tea this past April at the University of Louisville. She spoke on "Healthy Relationships."

your attention on the more pleasant parts of your life instead of the toxic relationship that you are re-examining; 5) the fifth step is to end the relationship; and 6) the final step is forgiveness. She concluded her talk by saying that "life is simply too short to waste on toxic relationships." Additional "tidbits" of her talk may be obtained by contacting the Women's Center or from McCraney at paulamccraney@att.net.

The 2011 Unsung Shero Award was presented to Yolanda Buford Demaree, Assistant to the Dean for Staff Personnel, College of Arts & Sciences. Recipients of the certificates of appreciation were Barbara Ayers Thompson, Director of Student Records, School of Law, and Diana Whitlock, Assistant to the Vice President for Diversity, Office of the Vice Provost for Diversity & International Affairs.

The Women's Center has served as co-sponsor of the Tea and member of the planning committee since 1998. It began as an open forum for the diverse population of women and their allies to have an opportunity to share concerns, issues and positive suggestions. The 2011 Tea was chaired by Susan Rhodes, Office of Community Engagement, and included committee members representing the Commissions Office, Women's Center, School of Law, Human Resources, PEACC Program, School of Education, and Information Technology. Sponsors included the U of L Commission on Diversity & Racial Equality (CODRE); Commission on the Status of Women (COSW), Office of the President, Women's Center, Office of Community Engagement,

Office of Vice-Provost for Diversity and International Affairs, PEACC and the Kent School of Social Work.

Yolanda Buford Demaree, the 2011 Unsung Shero recipient is congratulated by Ms. Kathryn Doaty, a member of the Transformation Tea committee.



Transformation Tea photos by Virginia Smith, University Libraries

Nichols Award

The Nichols Award is named in honor of Margaret Celeste Johnson Nichols (1951-1996), the first African American to receive a Ph.D. from U of L's English Department. Last year, the University of Louisville Women's Center recognized three graduate and professional students with the award. In the commentaries below, Jean S. Edward and Elizabeth D. Lush, two of the 2010 recipients, discuss their research and how the award helped them in their academic and professional enrichment.

U of L graduate and professional students interested in applying for the 2011 Dr. M. Celeste Nichols Award should check the Women's Center web site in August for updated application procedures (<http://www.louisville.edu>).

Dr. M. Celeste Nichols Award

by Jean Edward

In February of this year I was given the wonderful opportunity to attend and present at the South Nursing Research Conference (SNRS) in Jacksonville, Fla., as a recipient of the 2010 Dr. M. Celeste Nichols Award. I honor Dr. Nichols' memory and thank the Women's Center at the University of Louisville for supporting my academic and professional enrichment.

The annual SNRS conference was a wonderful learning opportunity for me because I was introduced to many new ideas, concepts, instruments, and methods that advance the science of nursing. A plethora of poster presentations and symposiums enabled me to increase my knowledge about nursing research and what it means to be a nurse scientist. As a novice nurse scientist it was intriguing to see the works of successful nurses all over the nation and to meet key people we only read about in books. I had the opportunity to present my poster titled "Understanding the Effects of Inner Strength on Health Outcomes in Relation to Race." Presenting my poster helped strengthen my skills in conducting professional presentations and having lively discussions with fellow nurses helped expand my thinking. Each unique idea represented at the conference contributed to the advancement of nursing science and helped me explore new avenues in my research trajectory.

Attending the SNRS conference also made me feel part of a unified, nursing society working toward the mutual goal of improving the health and well-being of our community. I felt accepted and welcomed by all those who attended. Most importantly, I had the wonderful opportunity to bond with mentors, my colleagues, and faculty members from the School of Nursing. Once again, I would like to thank the Women's Center for providing me with the opportunity to have this truly rewarding experience.



Jean Edward



The Nichols Award: My Experience at an Annual Scientific Meeting

by Elizabeth D. Lush

The generous funding provided by the Celeste M. Nichols award has served as a catapult for my professional development. I received the award to fund presentation of my dissertation findings at the American Psychosomatic Society's 69th Annual Scientific Meeting in San Antonio, Texas, earlier this year. My dissertation focuses on how women who are newly diagnosed with breast cancer perceive their social support, and how this perception influences their biological functioning. Titled *Social Support and Immune Function in Breast Cancer: Potential for Circadian Mediation*, this dissertation represents the culmination of my graduate career at the University of Louisville. This research has allowed me to fulfill my deep-seated desires to not only expand my clinical acumen, but to apply what I have learned in clinical services to women of the community.



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The purpose of presenting at this national conference was twofold. First, it allowed for rapid dissemination of clinical science, a significant personal goal as I study to be both a scientist and practitioner. Second, these data speak to the potential benefits that women suffering from breast cancer may gain when they feel supported by their social environment. The findings from this study support continued study to improve psychological intervention aimed at improving social support. Social interventions with patients may provide inexpensive and efficient ways of improving not only a patient's well being, but also their ability to fight disease.

As I disseminated this research at the national conference, I was able to meet and engage in discussion with recognized leaders in my area of research. I feel this opportunity was invaluable for me at this point in my graduate school career. As I consider post-doctoral fellowships, future career opportunities and potential research collaborators, having established relationships with leaders in the field allows me to more quickly realize my long-term career goals. I am grateful to the Celeste M. Nichols Award committee for helping me achieve these fantastic accomplishments.

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