

ONYA

Ontario Yates Fund for Women and Girls
21 Years of helping local women and girls
find their voices.

Save the Date
2021 Bud to Bloom
Saturday, June 5th

2021 Grants
Approved!

Interested in getting
involved with ONYA?

See page 9

or

Visit our website:

www.onya-ny.org

Don't forget to like us on
Facebook:

**ONYA Ontario/Yates Fund
for Women and Girls**

ONYA Board Members:

Cheryl Angelidis

Martha Herbik

Allison Hildebrandt

Diane Olivet

Amy Pauley

Sue Raymond

Sarah Whiffen

IN THIS ISSUE:

2021 Bud to Bloom	2
Congratulations to our 2021 Grantees!	2
Pandemic Update on our 2020 Grantees	3-4
We Couldn't Do It Without You!	5-6
Woman in History	6
COVID-19	7
Estate Planning	7
Farewell Board Members	8
March 8, 2021	8
Have you heard?	9
Get Involved!	9
In Her Own Words	10
Enclosure Donation Envelope	

Bud to Bloom



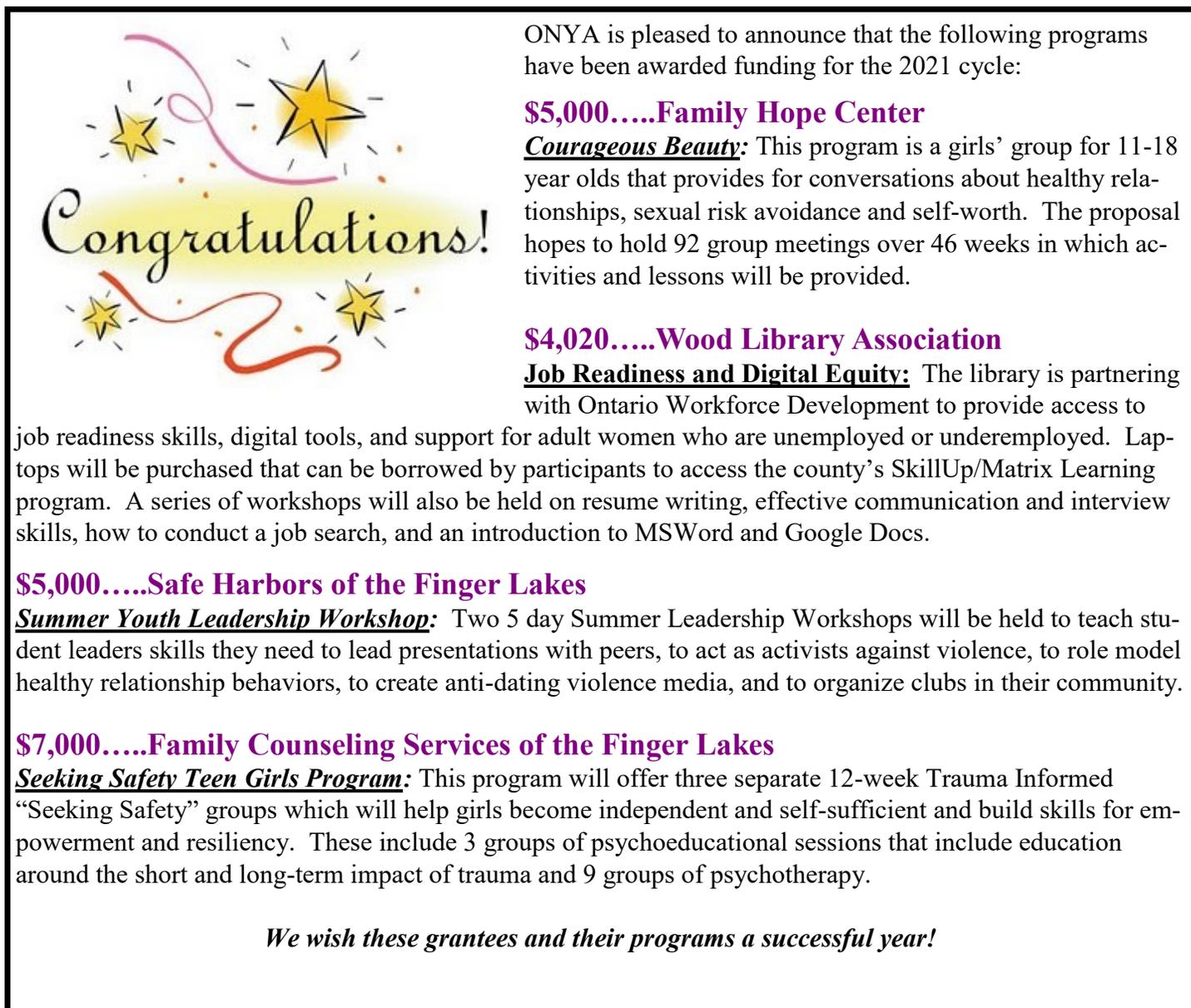
We are planning to hold the 2021 Bud to Bloom Luncheon at the Canandaigua Country Club.

Due to COVID 19 restrictions (at this writing), we can only seat 100 people so RSVP early if you wish to attend the luncheon in person.

Since some people may not feel comfortable dining with 99 other people, we are offering a take-out option. You can

- pick up your meal at the Country Club Clubhouse
- take part in another pick-up location (to be determined).
- have it delivered to your home (details to be determined).

A Silent Auction and a 50-25-25 raffle will be offered on site.



ONYA is pleased to announce that the following programs have been awarded funding for the 2021 cycle:

\$5,000.....Family Hope Center

Courageous Beauty: This program is a girls' group for 11-18 year olds that provides for conversations about healthy relationships, sexual risk avoidance and self-worth. The proposal hopes to hold 92 group meetings over 46 weeks in which activities and lessons will be provided.

\$4,020.....Wood Library Association

Job Readiness and Digital Equity: The library is partnering with Ontario Workforce Development to provide access to job readiness skills, digital tools, and support for adult women who are unemployed or underemployed. Laptops will be purchased that can be borrowed by participants to access the county's SkillUp/Matrix Learning program. A series of workshops will also be held on resume writing, effective communication and interview skills, how to conduct a job search, and an introduction to MSWord and Google Docs.

\$5,000.....Safe Harbors of the Finger Lakes

Summer Youth Leadership Workshop: Two 5 day Summer Leadership Workshops will be held to teach student leaders skills they need to lead presentations with peers, to act as activists against violence, to role model healthy relationship behaviors, to create anti-dating violence media, and to organize clubs in their community.

\$7,000.....Family Counseling Services of the Finger Lakes

Seeking Safety Teen Girls Program: This program will offer three separate 12-week Trauma Informed "Seeking Safety" groups which will help girls become independent and self-sufficient and build skills for empowerment and resiliency. These include 3 groups of psychoeducational sessions that include education around the short and long-term impact of trauma and 9 groups of psychotherapy.

We wish these grantees and their programs a successful year!

2020 Grantees Update:

This has been a difficult time for grantees to accomplish their stated goals due to COVID 19. Here's what has and has not been happening with two of our grantees.

Child and Family Resources' **Family Resiliency Project** provides trauma-based parenting classes to incarcerated mothers and mothers-to-be and supports grandmothers taking care of the children.

Dawn Waite-Dinehart, the Parent Services Coordinator of Child and Family Resources, shared the following:

I am the facilitator of the Jail Parenting Group. My Last Support Group averaged 4-7 female inmates. We were able to provide 7 out of the 8 Sessions before COVID-19. We had 4 mothers that participated regularly. Attendance can be a challenge, but this is my second year working with the female inmates and once we get them engaged they seem to enjoy the class. Release dates, getting into trouble, other commitments or mental health can be some of the barriers to attendance. At this time we have not been given a time frame to return to the jail.



Our last group session for Grandmothers was held 4/2019. We had 2 grandmothers attending the 6 sessions. Both attended 5 out of 6 sessions. Since then Terri has tried additional outreach attempts to engage additional grandmothers.

The **Family Resiliency Project** uses two research based programs, **Building Your Bounce** and **Flip It:**

Building Your Bounce

Research confirms the critical connection between the health and well-being of children and the adults caring for them. Because of this important link, it is essential that adults take care of themselves so that they are able to provide high-quality care to the children in their lives. The program is designed to meet adults where they are and take them to a place of greater strength and determination.

FLIP IT® is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior. **FLIP IT** is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable.



1. Feelings: Gently talk with the child about her/his feelings. Tell her/him what you see and hear as a result of her/his emotions. Help her/him to identify the root feelings causing the behavior.



2. Limits: Remind the child of the positive limits and expectation you have for her/his behavior. Loving and simple limits help surround children with a sense of consistency, safety and trust.



3. Inquires: Encourage the child to think about solutions to her/his challenges. Ask questions that promote problem-solving and healthy coping skills. Inquiries invite children to think, learn, and gain self-control.



4. Prompts: Provide creative cues, clues, and suggestions for the child who is having difficulty. Enthusiastic, bright ideas can lead the way to better problem-solving skills.

The Living Well provided **Back to School Hygiene Backpacks** to girls in the Penn Yan and Dundee school districts. Age appropriate items were distributed to students from Pre-K/Headstart to High School: shampoo, toothpaste, toothbrushes, body wash, deodorant, light-day pads, tampons, hair brushes, lip balm, chapstick, hair accessories, etc.



The school counselors and/or social worker from each district picked up the backpacks from the Living Well for the girls in their school. 75 students in each school and 22 pre-school students began the school year with brand-new items. The Living Well's mission of the project is to ensure that students are shown respect and dignity.

Check out this grantee's website (www.livingwellmission.org) and their Facebook page.

They are a busy program which provides many vital services in Yates County!

We Couldn't Do It Without You!



Many thanks to our 2020 Supporters (as of December 1, 2020)

Kathie Affleck	Donna Cotter	Lottie Fox	Susan Juda
Kim Alpert	Deidre Crofton	Linda Frachione Hawks	Amy Kane
Anonymous	Sally Crosair	Elaine Frank	Kathy Kardesh
Lynn Anania	Deborah Culeton	Betty Freese	Jodi Kaufman
Cheryl Angelidis	Julie Cummins	Barb Fuge	Anne Kennedy
Maggie Atkins	Amalia Dannenbrink	Tracey Fuller	Kristy Kenyon
Donna Baird	Marlana Davis	Joan Gage	Margaret Kerlan
Jane Baker	Teri Davis	Marianne Gallagher	Gretchen Kessel
Sue Bauer	Sharlene Deisenroth	Catherine Gallouet	Valerie Knoblauch
Jeanne Beck	Caroline Delavan	Edythe Gansz	Joan Kurtz
Martha Logan Bicknell	Marjorie Demaille	Lorena Garmezy	Andra Lacey
Laurie Bittner	Susan DeVito	Joan Geise	Anne Lambert
Kelly Bradley	Bobbie Dillon	Sue Gillett	Cathy Laneri
Mary/Brendan Brady	Kathleen Dusenrick	MaryBeth Goodwin	Dianne Lazenby
Maggie Bringewatt	Linda Eames	Anna Gorbald	Kim Lehman
Joanne Budynas	Laura Lee Edwards	Sally Gulvin	Pat Lewis-Keefe
Sue Butler	Ruth Ely	Tally Gwynn	Janet Mamula
Elizabeth Campbell	Cynthia Fackler	Judy Hadeed	Dawn Santiago Marullo
Canandaigua National Bank	Mary Faulk	Ellen Hemming	Sandy McGavern
Catherine Cantwell	Mary Maida Felton	Kathleen Hendrix	Sandy McGovern
Tricia Reddick Carey	Nancy Mills Finkle	Martha Herbik	Judith McKinney
Jan Case	Marie Fischette	Kathleen Mulin Hoar	Marylou Mees
Judi Cermak	Elizabeth Fladd	Jody Hock	Kay Meisch
Sally Clancy	Gail Flugel	David Jacobs	Barbara Miller
Linda Collins	Elizabeth Fowler	Ann Johnson	Donna Miller

Many THANKS to our 2020 Supporters (CONTINUED)

Patti Miskell	Pat Perrin	Janet Richmond	Paula Thompson
Kathanne Mitchell	Anita Pietropaolo	Barbara Risser	Sarah Utter
Catherine Moore	Anna Polimeni	Sandie Roberts	Nancy Walters
Karen Mount	Ellen Polimeni	Linda Rogers	Jody Werner Farnsworth
Sally Mueller	Kathy Postma	Alice Russell	Heather Whiting
Judith Nadal	Deborah Price	Monica Schenk	Deborah Wilbur
Patricia Neprud Mehls	Mary Prince	Sylvia Schepisi	Aleta Williamson
Kathy Nevin	Tamara Prull	Linda Schnitzler	Suzanne Winslow
Adrienne O'Brien	Jean Randall	Anne Schuhle	Julie Winter
Freida O'Hanlon	Kathy Rayburn	Heidi Schwartz	Joanne Wisor
Diane Olivet	Sue Raymond	Marion Schwartz	Nancy Yacci
Susan Onze	Sue Rea	Martha Schwartz	Valyrie Yourch
Kathryn Page	Margaret Reed	Sally Seeber	Elyse Zanghi
Nancy Parsons	Nancy Reed	Candi Smith	Patti Zimmer
Amy Pauley	Susan Reh	Jody Stolt	Caroline Zimmerman
Judy Pauley	Kim Reisch	Ellie Syverud	

*Many thanks to the Henderberg Foundation for its support
in the printing of this January 2021 newsletter!*



A WOMAN IN HISTORY — Amelia Earhart (1897-1937)

She never reached her fortieth birthday, but in her brief life, Amelia Earhart became a record-breaking female aviator whose international fame improved public acceptance of aviation and paved the way for other women in commercial flight.

Amelia was born on July 24, 1897 in Atchison, Kansas. With her first plane ride in 1920, she realized her true passion and began flying lessons with female aviator Neta Snook.

On June 1, 1937, she left Miami with navigator Fred Noonan, seeking to become the first woman to fly around the world. With 7,000 miles remaining, the plane lost radio contact near the Howland Islands. It was never found, despite an extensive search that continued for decades.

For more information about Amelia Earhart and other women in history, go (as we did) to

<https://www.womenshistory.org/>

A renowned leader in **women's history** education, the National **Women's History** Museum brings to life the countless untold stories of women throughout history and serves as a space for all to inspire, experience, collaborate, and amplify women's impact.



Women, Caregiving, and COVID-19

Two out of every three caregivers in the United States are women, meaning they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities. Women who are caregivers have a greater risk for poor physical and mental health, including depression and anxiety. The COVID-19 pandemic can add even more stressors to caregiving. Here are some tips to help you manage caring for yourself and others:

As a caregiver, taking care of yourself and getting the help you need are important. Taking care includes maintaining healthy behaviors, managing stress, and seeking extra support, especially during COVID-19.

Take steps to protect yourself and others against COVID-19

- Take deep breaths, stretch, or meditate
- Eat foods that are safe and healthy.
- Drink lots of water to stay hydrated.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol and substance use.
- Take breaks from watching, listening or reading news stories or social media postings about COVID-19.
- Make time to unwind. Take a walk or do an activity you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

You are not alone.

for more information go to Centers for Disease Control
<https://www.cdc.gov/>

Please consider making ONYA part of your estate plan.

Naming us as a beneficiary of a specific amount from your estate is easy:

I bequeath to the Ontario/Yates Fund for Women and Girls/Finger Lakes Area Community Endowment, a nonprofit corporation located in Canandaigua, NY, the sum of \$ _____ to be used where it determines the need is greatest (*or* for the support of a specific fund or program).



ONYA bids a farewell to the following Board Members as they complete their terms:

Pat Lewis-Keefe, President

*We welcome **Sue Raymond** as new President*

Maggie Atkins, Communications, Webmaster

Maggie has agreed to help us with the Website as a volunteer.

Mary Beth Goodwin, Communications and Marketing Chair

*We welcome **Allison Hildebrandt** as new Communications and Marketing Chair.*

MARK YOUR CALENDAR United Nations Women announces the theme for International Women’s Day, 8 March 2021 as, **“Women in leadership: Achieving an equal future in a COVID-19 world.”**



A profound shock to our societies and economies, the COVID-19 pandemic underscores society’s reliance on women both on the front line and at home, while simultaneously exposing structural inequalities across every sphere, from health to the economy, security to social protection. In times of crisis, when resources are strained and institutional capacity is limited, women and girls face disproportionate impacts with far reaching consequences that are only further amplified in contexts of fragility, conflict, and emergencies.

-UN Women

Have you heard?



I attribute my success to this: I never gave or took any excuse.

Florence Nightingale



You must never be fearful about what you are doing when it is right.

-Rosa Parks



"THERE IS NO LIMIT TO WHAT WE, AS WOMEN, CAN ACCOMPLISH."

-MICHELLE OBAMA



—

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

— Anne Frank

—



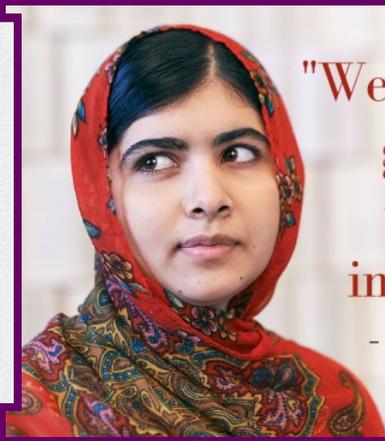
"Fight for the things that you care about, but do it in a way that will lead others to join you."

Justice Ruth Bader Ginsburg



"No one can make you feel inferior without your consent."

Eleanor Roosevelt, longest-serving First Lady of the U. S.



"We must tell girls their voices are important"

- Malala Yousafzai

You can support ONYA by donating with the enclosed Donation Envelope

You can also support ONYA by joining a committee:

Donations and Fundraising: meets monthly, Committee members: Diane Olivet (chair), Sue Raymond, Tally Gwynn, Martha Herbig

Communications and Marketing: meets every 3 months, Committee members: Allison Hildebrandt (chair) Diane Olivet, Marlana Davis, Maggie Atkins

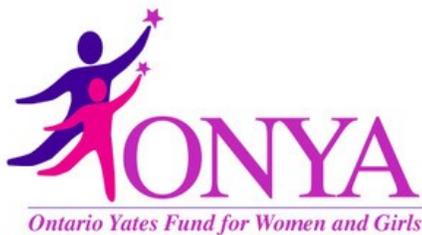
Grant Committee: Meets 3 times a year, Committee members: Sue Raymond (chair), Martha Herbig, Jenny Goodemote, Candace Ryan, Sarah Wiffen

ONYA

P.O. Box 31
Canandaigua, New York
14424

ONYA 14424@gmail.com
585-733-2216

www.ONYA-NY.org



PRESORT STD
US POSTAGE PAID
CANANDAIGUA, NY
PERMIT 31

ADDRESS SERVICE REQUEST

In Her Own Words — Former ONYA Board Member

What attracted me to ONYA?

ONYA helps women and young girls in ways that are often underfunded and overlooked by many of the Ontario/Yates County nonprofit service organizations. There are simply not enough programs that foster self esteem and economic growth among women and young girls. Additionally, volunteers to oversee and manage non-profit organizations were in short supply before COVID and now the need is even more urgent.

Why does it resonate with me personally?

Having a blended family of six daughters, I have witnessed first hand the positive lasting impact that organizations like ONYA make on a young woman's life. I would like to reciprocate my time and efforts to all those groups that were there for my girls during the good and bad times while they were growing up.

-Kelly A. Bradley, Former ONYA Board Member

"Be a good ancestor.

Stand for something bigger than yourself. Add value to the Earth during your sojourn."

~Marian Wright