

46 South Main Street Concord, NH 03301  
603/226-3355 • www.wfnh.org

## MISSION

The Women's Fund of New Hampshire is a statewide foundation dedicated to encouraging philanthropy among women and girls, improving the lives of women and girls through social change grantmaking, and educating the community about the potential of women and girls.

## CORPORATIONS MAKING A DIFFERENCE

Thank you to the following businesses for their early corporate support of the Women's Fund this year:

Fidelity INVESTMENTS

Quality CARE PARTNERS

If you are interested in becoming a corporate sponsor, please contact Director of Development Jeanine Tousignant at 603-226-3355 or [jeaninewfnh@ttlc.net](mailto:jeaninewfnh@ttlc.net).

Women's needs matter.  
Women's money counts.

# WOMAN SENSE

The Newsletter of The Women's Fund of New Hampshire

Spring 2004

## WOMEN IN LEADERSHIP MAKING A DIFFERENCE

Many of us know Marie Wilson perhaps more by the names of her nationally recognized projects than by her own name. She has been president of the Ms. Foundation since 1984; she helped create the widely-popular, Take Our Daughters to Work<sup>®</sup> Day; and co-founded the White House Project, a national initiative to increase the number of women elected to public office. The White House Project has as its primary goal: to elect a woman to the office of President of the United States.

As a result of innovative research and extensive data collected by the White House Project and others, Ms. Wilson has just released the book: *Closing the Leadership Gap: Why Women Can and Must Help Run the World*. The book is Ms. Wilson's call to action. In a lively and engaging style, weaving personal anecdotes together with a rich array of historical facts and figures, Ms. Wilson makes the case for why women matter to the world when it comes to leadership.

"So many feisty potential presidents have passed our way: Sojourner Truth, Susan B. Anthony, Shirley Chisholm, Barbara Jordan, Eleanor Roosevelt, and for my money, Abigail Adams. Even now, beyond the women currently serving in high office, there are thousands of local women, names unfamiliar, ready to serve, filled with resources of courage and vision, eager to transform their communities and their country," Wilson writes.

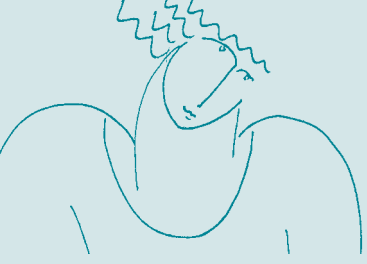
Ms. Wilson notes that women, more often than men, need to be *asked* to run for public office, and now is the time to invite and encourage women to take that step. *Vote, Run, Lead* is the support network Ms. Wilson has spun off from this book to facilitate that effort. *Vote, Run, Lead* is a national, nonpartisan, initiative to encourage women not only to run for office, but also to vote, and for the millions of women in the country not registered to vote, to facilitate voter registration nationwide.

Ms. Wilson's book and this national initiative make a compelling case for why women in leadership can make a difference. For more information on this book, visit [www.closingtheleadershipgap.com](http://www.closingtheleadershipgap.com). \*

See Inside for Announcement  
of 2004 Grantee Partners.



Janet and Celina, matched by *Big Brothers Big Sisters of Greater Nashua*, spend the afternoon together cooking up a storm!



# 2004 GRANTEE PARTNERS

The Grantee Partners selected in 2004 are those organizations that demonstrated most successfully their commitment to social change. The Women's Fund received grant applications requesting nearly \$250,000 in support from 57 organizations across the state. We are pleased to announce the following awards totaling \$45,000 to 18 organizations. The programs and expertise of these nonprofits will truly effect social change in New Hampshire and further the goal of enabling all women and girls to reach their full potential.



VNA Manchester offers vital educational support and assistance to women preparing for their G.E.D. test.



## ECONOMIC SELF-SUFFICIENCY

### Child and Family Services - \$1,500 MANCHESTER

To provide access to a range of career opportunities in the North country; including job coaching, training in developing a resume, job interview skills, and presentation skills.

## EDUCATION

### Visiting Nurse Association (VNA) Manchester - \$4,000 MANCHESTER

To provide G.E.D. classes and family support programs for young mothers and their children.

### Voices Against Violence - \$2,500 PLYMOUTH

To support "You The Man", a theatrical program that addresses relationship violence. The program is targeted towards high school and college students.

### Womankind Counseling Center - \$2,500 CONCORD

To provide start-up funds for a project that provides needed education and skills training aimed at reducing the negative impact of trauma on women and girls.

## GIRLS DEVELOPMENT

### Artists In Residence - \$1,500 DOVER

To enable economically disadvantaged girls to attend an intensive six-week summer arts program in a safe environment that offers caring companionship, creative opportunities, and life-building skills.

Odyssey House programs for parents ensure a healthy and happy future for both Mom and baby.

### Big Brothers Big Sisters of Greater Nashua - \$1,000 NASHUA

To support a Mentor Program in collaboration with Girls' Inc. - Nashua, that will match elementary and middle school girls with high school Big Sisters.

### Girls on the Run - \$3,000 NEWFIELDS

To assist with replicating this model program in Claremont, Charlestown, and Laconia. This program uses athletic training as a tool to help prepare girls for a lifetime of self-respect and healthy living.

### The Moving Company Dance Center - \$3,000 KEENE

To provide tuition assistance for low-income girls to attend a multi-arts program exploring different art forms, developing technical skills and vocabulary, and building on these experiences to create their own personal vision.

### Sandwich Community School - \$2,500 SOUTH TAMWORTH

To support programs involving girls in a study of the culture and history of women and girls in northern New Hampshire.

### YWCA Manchester - \$3,000 MANCHESTER

To support a summer leadership development program for girls entering the 7th, 8th, and 9th grades.

## HEALTH

### Bridges - \$1,500 NASHUA

To provide a support group for young women who are currently experiencing or who have experienced domestic and/or sexual violence.



At the *Moving Company Dance Center* in Keene, girls participate in multi-arts summer programs that build self-esteem and help develop important life skills.

**FAMILIES FIRST HEALTH AND SUPPORT CENTER - \$4,000 PORTSMOUTH**

To support a home-visiting program that provides support and parenting education to low-income women and teens during pregnancy and the first year of their baby's life.

**GOOD BEGINNINGS OF SOUTHERN CARROLL COUNTY - \$4,000 WOLFEBORO**

To support the work of trained volunteer home visitors who provide help and guidance to new mothers and their families.

**ODYSSEY HOUSE - \$2,000 DOVER**

To provide treatment programs for women suffering from substance abuse, assisting them on their way back to self-sufficiency.

**PLYMOUTH STATE UNIVERSITY - \$2,500 PLYMOUTH**

To support a comprehensive program that includes a traveling theater program, workshops, and curricula,

to increase awareness of and knowledge about eating disorders.

**RIVERBEND PARENT-CHILD CENTER - \$1,000 CONCORD**

To support a home mentoring program that enhances parent-child relationships and helps promote the healthy development of the family.

**SAFETY**

**CASA of NH - \$2,500 MANCHESTER**

To support efforts to recruit, screen, and train volunteers to act as Court Appointed Special Advocates for abused and neglected children.

**NEW BEGINNINGS: A WOMEN'S CRISIS CENTER - \$3,000 LACONIA**

To support an educational theater program with accompanying classroom curricula for children in grades 1-6, to address issues concerning the development of healthy relationships. \*

**INNOVATIVE WAYS TO GIVE**

**Making a Difference Together**

Did you know only 5% of New Hampshire's dentists are women? Although this is a staggering statistic, women dentists from throughout the state have formed a professional kinship with one another through the New Hampshire Association of Women Dentists (NHAWD). In addition to providing the highest level of dentistry and service to their clients, the NHAWD also strives to have a positive impact on communities.

In the fall of 2003, the Association invited WFNH Executive Director Marianne Jones to speak to their group about the work of the Women's Fund. After the presentation, members of NHAWD pooled their resources and gave a group gift of nearly \$1,500 to WFNH!

We extend our sincere appreciation not only to the members of NHAWD, but also to Dr. Marilyn Steinert and Dr. Patricia Timmeny, for spearheading these philanthropic efforts!

**Leave Your Legacy to NH's Women and Girls**

In order to insure resources for our state's women and girls are available in perpetuity, several individuals have chosen to make a planned gift to the Women's Fund. A planned gift is an effective vehicle to make a long-term, significant investment in the future of the Women's Fund, and may also provide considerable tax savings in your estate. Although there are many types of planned gifts, bequests remain the cornerstone of our planned giving program.

A bequest is a gift that can be made through your Will. The most common type of bequest, a Simple Bequest, specifies gifting a specific dollar or percentage of one's estate to an organization. If you are interested in creating a Simple Bequest to benefit the Women's Fund, here is sample wording for your Will.

"I hereby give, bequeath and devise to The Women's Fund of New Hampshire of Concord, New Hampshire, a qualified 501(c)3, the sum of \$\_\_\_\_\_ (or \_\_\_% of my estate) to be used for its general purposes."

*If you would like to discuss making a planned gift or giving a group gift to the Women's Fund, please contact Marianne or Jeanine at 603-226-3355.*

**UPCOMING EVENTS**

Details about these and other community events are available online at the WFNH *Every Woman Resource Center* on our website.

- May 14** 2004 New Hampshire Women and Money Conference – Light Your Way to Financial Confidence
- May 15** Stonyfield Farm Strong Women™ Saturday with Dr. Miriam Nelson
- September 30** WFNH Wine and Chocolate Fundraiser
- November** Regional Grant Writing Workshops. To learn more visit our website.

[www.wfnh.org](http://www.wfnh.org)

# STONYFIELD FARM STRONG WOMEN™ SATURDAY WITH DR. MIRIAM NELSON

Saturday, May 15, 2004

8 am - 4 pm

Southern New Hampshire University

*In partnership with the  
Women's Fund of New Hampshire*



Come celebrate your strength at the First Annual *Stonyfield Farm Strong Women™ Saturday with Dr. Miriam Nelson*. Experience powerful and uplifting speakers including the Siren of Stress Loretta LaRoche. Learn new ways to contribute to your overall wellness. Through overall fitness programs, proper nutrition, including calcium-rich foods, and a balance of work and home life,

you can learn to better cope with everyday stress and become a strong, positive activist for change in your life and your community. Early bird registration - \$75 per person on or before May 1; \$100 per person after May 1. For more information or to register, visit:

**www.stonyfield.com and click on Strong Women™**

## THE WOMEN'S FUND WELCOMES NEW BOARD MEMBERS

**Beverly Decker Reed** moved from Massachusetts to Grantham, New Hampshire in 2002. Over the last forty years, she has held senior positions at leading non-profits in the fields of education, environment, and health. Most recently, Bev was employed as Vice President for Resource Development at Pathfinder International.

**Pamela Diamantis**, of Greenland, is a Senior Vice President and Regional Director of US Trust. Pamela started her career in investment management in early 1987 with Amoskeag Bank in

Manchester, NH. Pamela specializes in managing assets for high net worth individuals focusing on entrepreneurs and highly compensated professionals.

**Perry Forbes Williamson** is one of the forty original Founders of WFNH, and currently lives in Hanover. For many years she has volunteered and held professional positions in development. She most recently retired from her position as Director of Development of Sterling College in Craftsbury Common, Vermont. \*

VISIT OUR NEW WEBSITE AT  
[www.wfnh.org](http://www.wfnh.org)

## THANK YOU!!

On behalf of the Board, staff and supporters of the Women's Fund of New Hampshire, we extend a heartfelt thank you to the following women who completed their tenure as members of the Women's Fund Board of Directors in 2003. **Thank you to:**

Jocelyn Gutchess  
Jazmin Miranda-Smith  
Molly Potter Scheu  
Ruth Zax  
Barbara Zeckhausen

### Board of Directors

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*Nashua*

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*Director of Development*

Sarah Chaisson Warner  
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## Model Programs Make a Difference: Good Beginnings

At the Women's Fund, it is always gratifying to watch our grant recipients grow, prosper and bring positive change to the lives of individuals in their communities. One such grant recipient, *Good Beginnings of the Upper Valley*, is encouraging the replication of their program throughout the state.

The Good Beginnings program provides free home visits from volunteers to help families with newborn babies. Good Beginnings aims to give every family a healthy start by providing parents with hands-on services at this critical juncture. This approach has been proven to reduce post-partum depression and many risk factors associated with the maltreatment of children.

The original Good Beginnings was launched in 1986 by an active volunteer and mother of six children who saw the need for a support system for young families in the Upper Valley. Since that time, several satellite programs have been created in other regions of the state. Today, *Good Beginnings of the Upper Valley* offers a "start-up" kit to guide individuals to launch Good Beginnings programs in their own community. This kit includes a Getting Started Guide, Training Volunteers Manual and a sample Resource Binder for Volunteers. If you would like to investigate starting Good Beginnings in your community, contact Pat Martin at *Good Beginnings of the Upper Valley* at 603-448-1597 or visit their website at [www.goodbeginnings.net](http://www.goodbeginnings.net).

## REACHING OUT TO MAKE A DIFFERENCE

by Jill G. Schiffman

A famous quote from Helen Keller truly encompasses the collaborative and community-based philosophy of the Women's Fund of New Hampshire... "Alone we can do so little. Together, we can do so much." At the Women's Fund, we build partnerships among donors, businesses, and nonprofit organizations to direct resources towards the achievement of a common goal – building stronger communities by enabling New Hampshire's women and girls to reach their full potential.

### Grantee Partner Gives Back to Make a Difference

As a result of our donors' generosity, we are able to provide grants and resources to those organizations in the state that activate social change for New Hampshire's women and girls. For some organizations, social change extends beyond the services they provide to their clients to enabling their employees to become stakeholders in the company. Such is the case with Quality Care Partners (QCP), a former WFNH grant recipient that provides paraprofessional home care services to clients who are elderly, chronically ill, or living with physical disabilities. QCP is also committed to creating quality jobs for their caregivers, which includes employee involvement in company decisions and the opportunity for worker ownership. A true success story, QCP was founded in 1999 with a goal of becoming a leading provider of home care services. Today, this organization is a corporate sponsor of the Women's Fund.



Jill G. Schiffman Chair, Board of Directors

### Measuring the Impact Makes a Difference

Recently, the Women's Fund of New Hampshire was awarded \$5,000 by the W.K. Kellogg Foundation and the Women's Funding Network to provide comprehensive training to local nonprofit professionals to measure the impact of their programming. The Women's Funding Network is in the process of developing and testing its new Social Change Measurement Tool designed to give nonprofits better techniques for measuring outcomes and reporting program successes. Twelve nonprofits from throughout the state participated in our training.

### Community Partnerships Make a Difference

The Women's Fund is proud to partner with a New Hampshire corporation that believes in and contributes to the strength of women. **Stonyfield Farm**, in partnership with the Women's Fund, will present *Strong Women™ Saturday* with Dr. Miriam Nelson on May 15. (See page 4 for details.) In conjunction with WFNH, grantee partners *Girls on the Run* and *Families First* will conduct workshops on how to initiate positive change in your community.

The Women's Fund of New Hampshire is committed to making a difference for New Hampshire's women and girls. By working together with key groups, WFNH aims to be a catalyst for positive social change throughout our New Hampshire communities. \*

## Your Gift Makes a Difference!

You can make a critical difference in the lives of our state's women and girls and in the larger New Hampshire community by giving a gift to the Women's Fund. Please respond generously through the appeal envelope enclosed in this newsletter. Thank You!

## WOMEN'S FUND MOTHER'S DAY E-CARDS AVAILABLE

Celebrate the important women in your life with a unique and special gift this Mother's Day. Send an E-Card – a personalized greeting card sent through electronic mail.

To send a Mother's Day E-Card, make a donation to the Women's Fund on our secure website with a credit card. The virtual art for these E-Cards has been donated to the Women's Fund by New Hampshire artists Annie E.S. Hager, Virginia Slayton, Laura Tarbell, and Teresa Troy.

Show her you care and give back to your community by honoring the special woman in your life in this fun and unique way.

GO TO [WWW.WFNH.ORG/MOTHERSDAY.HTM](http://www.wfnh.org/mothersday.htm)  
TO SEND A MOTHER'S DAY E-CARD!

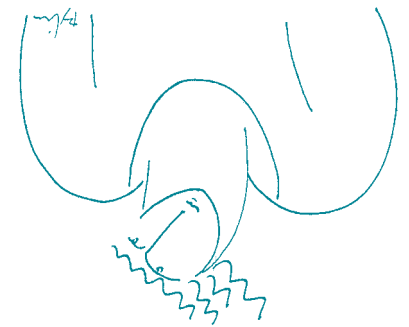
## SAVE THE DATE!

*Join the Women's Fund  
of New Hampshire  
for an evening of fine wine,  
decadent chocolate and  
fun with friends!*

Thursday, September 30, 2004  
Concord, NH

Event information will be available soon.

If you would like to volunteer for this fundraiser, please contact the Women's Fund Office at 226-3355 or send us an email at [wfnh@ttlc.net](mailto:wfnh@ttlc.net).



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