



TOGETHER

WE CAN MAKE A DIFFERENCE.

SPRING/SUMMER 2006

*A component fund
of the Madison
Community Foundation*

"To keep a lamp burning, we have to put oil in it."
– Mother Teresa

Why is it so difficult to ask for money, even to support the most worthwhile cause?

I suspect it's because we view asking for money as asking a tremendous favor. We are anxious that we are taking something from our potential donor. What if, instead, we considered that we were giving someone an opportunity for happiness?

Think of the times that you've given time or money to a cause about which you were passionate. Did you walk away with a lighter step and a happier heart? People who experience the power and pleasure of giving discover a wonderful secret: it is uplifting, not painful, to give to causes we care about.

As you consider your support of A Fund For Women this year, remember that you are giving a gift not only to the wonderful programs for women and girls that AFFW supports, but you're also giving a gift to yourself. Share that gift with a friend so that they can also experience the joy of women helping women. As we bring light to the lives of other women and girls, we are also putting oil in our own lamp of life.

We will be talking with you this year about long-term commitments to A Fund For Women as we aim toward a two million dollar endowment that will produce \$100,000 per year for our grant programs. Let's keep the lamps burning, for the programs that help women and girls, and in our own hearts!

With warmest regards,

Jan Gietzel
AFFW Executive Director

2006 AFFW EXECUTIVE COMMITTEE

Cheryl Rosen Weston, Chair
Linda Bochert
Joyce Boggess
Susan Troller Cosgrove
Judy Fox
Doris Hanson
Marcia MacKenzie
Margo Melli
Jennifer Sereno
Lynn Stathas
Martha Taylor
Jennifer Winiger
Nancy Fulton Young

AFFW EXECUTIVE DIRECTOR

Janet Amundsen Gietzel

Million Dollar Friends for a Million Dollar Fund



Gary and Judy Fox

It's no surprise to anyone who has ever worked with Judy Fox or Holly Cremer Berkenstadt that these are million dollar women. Not only are they smart, savvy and super-competent, they have hearts of gold. Both are also current or former executive committee members of A Fund For Women and are long-time friends of the organization.

On April 18, at the annual donor recognition event, they put their mark on the organization's history and future forever by helping put AFFW's endowment fund over a million dollars.

Cremer Berkenstadt generously hosted the annual cocktail and hors d'oeuvres gathering at Maple Bluff Country Club. When executive director Jan Gietzel told the assembled guests that AFFW's endowment fund was just a couple of thousand dollars short of the million dollar mark, Fox was quick to step up to the plate. She made the donation through Building Systems Group, a Madison construction firm that she and her husband, Gary, built together. Judy notes that Gary, too, is a dedicated supporter of A Fund For Women.



Holly Cremer Berkenstadt



Old friends and new enjoyed each others' company at the annual AFFW donor recognition event in April. Pictured above are Anne Arnesen and executive committee members Lynn Stathas and Marcia Mackenzie.

Shelter - Food - Friendship

The Heart and Soul of A Fund For Women Can Be Found Within Our Grants Program

Every two years our grantmaking committee meets to determine a focus area based on extensive study and research into community challenges and issues that have an impact on women and girls. In 2005, and continuing into 2006, AFFW chose to concentrate on projects that help women overcome barriers to self-sufficiency.

Keep the Light On

Porchlight's Housing First

Housing First is an innovative pilot program that provides homeless women with housing before addressing their needs for other services. Porchlight, the sponsoring organization, believes that meeting the immediate need for housing will help to stabilize individuals and improve their chances of responding to treatment.



Currently, AFFW is funding housing and services for two women, ages forty-six and fifty, who both suffer from mental illness. When they entered the Housing First program, one of the women had no income and was living in her vehicle; the other was facing discharge from short term transitional housing back into the streets. Both women are making progress in the program; "Mary's" story is particularly dramatic.

After living in her vehicle and leaving medical problems unaddressed, Mary had no prospects of finding housing, and therefore was in danger of becoming chronically homeless. Instead, she entered the Housing First program. At first, she was reluctant to even take an offered apartment. After living in a secure environment for two months Mary began to leave her room and interact with staff and other residents. Staff has since been able to help her address her medical needs, and recently, she was accepted into CDA housing, which will provide her a permanent subsidy. We hope Mary will never be homeless again.

Food For Thought

Jewish Social Services

Eighty-six year old "Lucy" lives alone in her own home. She can no longer drive, and has no local family. A visitor noticed that Lucy was losing weight – a signal that medical and psychosocial assessments were needed, so Lucy's family consulted with a JSS social worker (along with the family physician) about their concerns.



JSS took a number of actions, including providing transportation to Lechayim, the JSS weekly senior luncheon, where Lucy could socialize and eat a nutritious meal. JSS also arranged for Meals on Wheels to be delivered and provided a volunteer to pick up fresh groceries weekly and put them in small, easily used containers. Finally, JSS suggested that Lucy's daughter call her mother daily and gently remind her to eat dinner.

The personal relationships that JSS provides can make a critical difference – Lucy and a JSS volunteer put out a pretty placemat and favorite dishes to make Lucy's mealtimes more pleasant. With these changes, Lucy is gaining some weight, eating more regular meals, and enjoy a wider variety of foods. These actions, funded by AFFW's grant, help Lucy to continue to live happily, and independently.

If WISHes Were Houses...

Wisconsin Initiatives in Sustainable Housing

This pilot project funded by AFFW is designed to help women with disabilities

who own their own homes and who would like to be able to remain in those homes throughout their lifetimes.

Take the example of "Margery." A single woman in her 70s with a life-long disability, Margery feared the future. She wondered how she could continue to get around in her small home as she grew older, and what her housing options would be with a very limited income.

Thanks to Wisconsin Initiatives in Sustainable Housing and a grant from A Fund For Women, Margery is looking forward to growing older in her own home, within the neighborhood she knows and loves.

AFFW's grant is helping W.I.S.H. provide services, counseling and adaptations to Margery's home for accessibility that will help keep her safely independent in her familiar environment. There is no cost to Margery, but when she dies, her home, with its new improvements, will be left as a legacy for someone else who needs a secure, accessible place to live, increasing the stock of affordable housing in Madison for people



with disabilities.

*All names in these short articles have been

Aid for Abuse Victims

Domestic Abuse Intervention Services

From January through March 2006, AFFW's grant to DAIS (Domestic Abuse Intervention Services) has helped over fifty women, through both direct aid disbursements and other assistance. The grant served women aged eighteen to sixty from various ethnic groups, the majority of whom had children in their care.

Direct aid from the grant has been used to help families in crisis because of domestic violence. Help has included lock changes, temporary housing, transportation, medical needs and legal documents, including restraining orders.

For example, "Betty" was fleeing an abusive situation with her children and came to DAIS hoping to obtain temporary shelter. DAIS personnel determined from interviewing Betty that, if she could obtain a restraining order and change the locks on her apartment, she could remain in her own home and her family would not suffer the disruption of shelter life. This was accomplished with direct aid provided by the AFFW grant.

DAIS has experienced a significant increase in crisis response needs such as Betty's, and is grateful for AFFW's help.

Shelter From the Storm

Interfaith Hospitality Network

The homeless are always vulnerable, but women with young children have uniquely fearsome challenges when they do not have a safe, secure place to call home. Thanks to A Fund For Women's grant to Second Chance Housing, a collaborative project of the Interfaith Hospitality Network and the YWCA, "Doris" and her young daughter have a secure place to live for the next two years.

According to Lisa Subeck, coordinator for the project, Doris is getting support and mentoring from both the Y and IHN in a variety of areas, from budget management to employment training. Subeck said that the resources of the two organizations provide a wonderful combination of complementary services that will help Doris, and others who are homeless, become self-sufficient.

Furry Friends

Wisconsin Academy for Graduate Service Dogs (WAGS)

Since the beginning of the year, the puppies being trained at W.A.G.S. have grown from wiggly, enthusiastic furballs to good canine citizens with several months of training under their collars. The dogs, including one who is sponsored through an AFFW grant, are preparing to become loving, capable companions for people with disabilities.

The young dogs currently in training with W.A.G.S. include several golden retrievers and several yellow labrador retrievers. Their intelligence, kind hearts, trainability and general willingness to pick up dropped objects, carry the groceries or help open a door make



Sarah Hartwig of WAGS works with Bamboo, a young golden retriever, training him to become a skilled service dog.

them ideal helpers for someone in a wheelchair, or who has trouble getting around. The dogs also are eager to provide unlimited kisses.

An AFFW grant is being used to help support the rigorous training program for a dog that will be placed with a woman who needs a service animal to help maintain her independence. Later this year, when the dogs complete their training, a match will be made, based on the owner's needs and the right canine personality to fill the job.



Chair's Remarks

Dear Friends of A Fund for Women,

In April we achieved a long sought-after milestone: due to your generous support our endowment reached One Million Dollars! On behalf of the women and girls living in our area, we thank you.

It is important to us that you are confident these funds are well spent. As you know, we work in two year cycles. In alternate years we study the needs of women and girls in our community to redetermine areas of emphasis. We identify the most pressing obstacles faced by women, both young and old, to focus our efforts. At the conclusion of the needs identification process, we solicit proposals and evaluate them for potential impact. Last year, we concluded that problems of homelessness, domestic violence, and obstacles to independence for elderly and disabled women would be the targets of our 2005 and 2006 grants.

Our hope is that all women and girls in our community may lead satisfying lives, and realize their unique potential. Achieving a measure of self-sufficiency is fundamental in reaching these larger goals. Our 2005 grantees offer highly diverse programming in pursuit of this objective.

As I write this letter our requests for proposals for year two are being issued. I am confident we will again receive high quality grant applications. We will be gratified at the opportunity to help women help themselves. And we will be frustrated that our financial assistance will be insufficient to meet the need.

So while we celebrate our success, a great deal remains to be done! We count on your continuing support in the current year and the years to come. Please join us on October 17, 2006 when this year's grant recipients are announced. We hope to lighten your pocket books while filling your hearts.

Cheryl Rosen Weston
Chair

A Perfect Match

For Peggy Parfitt, partnering with A Fund For Women simply made sense. "I was struck by the similarities in our mission," Parfitt said as she explained the reasoning behind a generous \$60,000 matching gift to AFFW. It begins this year with a \$10,000 gift to AFFW, celebrating the Parfitt Surgery Center and Aesthetica Skin Health Center's 10th anniversary, and continues through 2010 with an increase of \$1,000 each year.

"At its heart, our business is aimed at giving our patients, many of whom have suffered some kind of trauma, the confidence they need to take on challenges and realize their potential. When I learned about AFFW's focus on helping women succeed by encouraging fresh opportunities and eliminating barriers to self-sufficiency, I knew this was something Rick and I could enthusiastically support. For us, it seems like a perfect fit," Parfitt said.

She noted that the Parfitt surgery and skin care centers had helped victims of domestic abuse, patients who had been scarred in accidents, or women and girls who wanted to remove tattoos, in some cases as part of an effort to move away from a gang affiliation.

Parfitt said that the philosophy behind the Parfitt Surgery Center is about recovering, or enhancing, a patient's appearance, not about transformation.



Peggy Parfitt

"If someone comes in with a picture of a celebrity's nose, for example, and says, 'That's what I want, that's who I want to be,' we will say, 'You're in the wrong clinic,'" she said. "We counsel our patients and encourage a lot of soul searching. We want them to have the procedure for reasons that are right for them."

In addition to celebrating the Surgery Center's 10th anniversary in 2006, Peggy and her husband and business partner, Dr. Rick Parfitt, are also celebrating the completion of a new facility, located in the Discovery Springs development in Middleton next to the Aniu Spa and Salon. The projected completion date is October 1st of this year.

A Thank You to AFFW

Recently A Fund For Women received this thank you note from our friends at Freedom, Inc.:
My name is Kabzuag Vaj, I am the Executive Director at Freedom Inc. I am writing this letter to let you and your staff know that about 3 years ago, Freedom, Inc. received a grant from AFFW to start our Nkauj Hmoob (Hmong girls) group. I am writing to update you all on our progress.

Since 2003, Freedom, Inc. has served more than 200 Hmong girls. Your contribution 3 years ago has had a profound impact on the Hmong community in Dane County. We just wanted to thank you for your support. (From Kabzuag Vaj, staff at Nkauj Hmoob and the Freedom, Inc. board members)

ANNUAL FUND-RAISING EVENT

October 17, 2006
Monona Terrace Convention Center

5:15 pm Social Hour
6:00 pm Buffet Dinner

\$75 per person/Corporate tables available



*A component fund
of the Madison
Community Foundation*

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