

Fall 2016

Newsletter

Idaho Women's Charitable Foundation

iwcf
IDAHO WOMEN'S CHARITABLE FOUNDATION

2016 Fall Symposium - Our Mental Health: Critical Issues Facing Families and Communities

"Close your eyes. Inhale. Exhale. Inhale. Exhale....Now, keep them closed and think of the person you're most grateful for in the world....I hope the person you're thinking of is you." With that, Mariel Hemingway launched into her story.

It's a story of growing up in a family with a long history of mental illness: Seven suicides. Schizophrenia. Bipolar disorder. An extremely gifted grandfather - a world famous author - who was also plagued by severe bouts of depression and ultimately committed suicide. Parents, fighting their own demons and self-medicating with alcohol.

Mariel was the youngest of three girls. One suffered from schizophrenia, one committed suicide, and Mariel tried to control her environment and "fix" everything.

At age 16, she was engaged in the movie industry and living on her own in New York City. At that point, she began her journey of looking for solutions to what she feared would be her own mental health fate: in multiple diets; in intense exercise programs; in lifestyle choices.

Mariel spared no details in her presentation to IWCF, trying to not gloss over her difficulties and her own role in the ultimate demise of her marriage.

Then, she was included in an audience with the Dalai Lama. Ms. Hemingway described being in a very humble room in India, one of 10 people. When the Dalai Lama walked in, he ended up seated beside her. Others asked serious questions - about how to create peace in the Middle East and others equally weighty. She, afraid, said nothing. At the end, before getting up, His Holiness turned to her, put his hand on hers, looked into her eyes and said, "Mariel, you're okay."

At that point, she felt a weight lifted and realized that she WAS okay, and that what she had been searching for had been within her all along. She just needed to trust herself and connect with others to help herself and them.

Her mission then became to help begin discussions of mental health issues in our society, to help erase the stigma and open a path toward treating mental health as just one other health issue. We all have issues as life hands us challenges. We've all had or observed experiences of severe mental health issues, either personally or among those close to us.

Mariel urged us to connect with others. Connecting helps us, as we tell our stories; it helps others, as we listen - really listen - to theirs. We all need help, from time to time, and what each of us needs is unique to us.

She closed by saying that we have within ourselves the power to find what we need to heal ourselves and to say, "I hope you find what you need. I've found mine."



Mariel Hemingway



Positive change through thoughtful giving

From the

President

Keep Philanthropy Growing

Soon you will be invited to participate in growing our endowment. Here is some background information:

- Our endowment began in 2009 with a generous \$150,000 starter gift.
- Our endowment is for the support of IWCF operations; it funds a portion of our annual budget.
- Our endowment is now worth \$500,000+.

You may say, “Wow that’s a lot of money! Why do we need more?” Inside this newsletter you will learn why.

But money isn’t what I want to talk about here. I want to talk about the philosophy of growing the pie vs. spending the pie.

This topic was discussed by Marc Koenig in *nonprofit hub*. Referring to a TED talk by Dan Pallotta, “The Way We Think About Charity is Dead Wrong”, Marc summarized the talk by defining two opposing camps of thought in philanthropy. He labeled them Pie Growers and Pie Givers.

Camp #1: Pie Growers

Pie Growers think the solution is growing the pie: investing in programs that allow the nonprofit to increase its long-term monetary resources and thereby its ability to help more people.

Growers think the reason more nonprofits don’t achieve remarkable results is because they don’t invest in themselves the way that for-profit businesses do.

Camp #2: Pie Givers

Pie Givers think nonprofits need to give away more of the pie: be focused on making the maximum impact for their cause right now.

Givers argue that when nonprofit organizations spend too much of their resources on organizational growth, they aren’t spending that money on their cause—the people they exist to serve.

For IWCF, both these camps can be happy and work together.
(continued on page 7)

Thank you!

Christine Avey	Judy Nicola
Jeanne Barker	Linda Perez
Pam Bernard	Jan Riener
Jill Carissimi	Amy Rustad
Carolyn Collins	Deanna Schmidt
Laurie Corrick	Kathy Scott
Margaret Gorrissen	Jan Scripps
Debbie Johnson	Gerry Soule
Tami Joplin	Maryann Wilson
Tricia Kennedy	Jannus
Lois Lenzi	Salvation Army
Sonya Lenzi	Terry Reilly Health Svcs.
Suzanne Lierz	Usful Glass
Ginny Miller	Women’s and Children’s Alliance
LeAnn Mohr	
Robin Navert	

Welcome New Members

Since June 2016

Gerti Arnold	Jill Perl
Gina Centioli	Karen Peterson
Lani Denniston	Brooke Ramstad
Barbara Derby	Bron Roberts
Heather Dermott	Melinda Rose
Marney Ellis	Joy Schweitzer
Sydney Fidler	Linda Shoebridge
Doniel Hayes	Mary Beth Staben
Mary Hoey	Christina Ward
Karen Morrison	Heather Webster
Debbra Palmer	

Watch for Endowment Information



by Susan Smith and Debbie Johnson

A new campaign to raise an additional \$200,000 for the Susan Smith IWCF Endowment is underway. Our endowment was started to ensure the long-term sustainability of IWCF and provide an ongoing source of funds to supplement IWCF administration.

The initial campaign in 2009 generated more than \$150,000 from members who matched a generous \$150,000 grant. These \$300,000+ funds were invested and now total \$500,000. Our near-term goal is to reach \$700,000 endowed. And you can be part of this effort.

A group of Matchmakers (IWCF Board and Decade Members) have pledged nearly \$70,000 to match new contributions and pledges identified with your IWCF membership renewal.

So, just think—your commitment to this campaign can count double!

Endowment Q&A

Q: Can I specify my Individual Grant Designation (IGD) to the Susan Smith IWCF Endowment?

A: Yes, absolutely. We are a 501(c)3 tax-exempt organization, and we will accept your IGD designation for this campaign or at any time in the future for the Endowment, or for additional pooled-funded grants, or for general IWCF operations.

Q: Doesn't my \$100 membership renewal portion for administration cover IWCF operations?

A: No. IWCF is run very efficiently, but our administrative costs exceed \$150 per member.

Q: So the Endowment helps to subsidize IWCF administration?

A: Yes. We want our membership dollars to be primarily directed to grants, both IGD and pooled-fund. More than 90 percent (\$1,000) of the \$1,100 annual membership fee is granted to organizations to meet community needs.

Q: What is included in IWCF administration?

A: IWCF relies heavily on member volunteers and is very prudent in funding our operations.

- We educate ourselves and non-members through symposiums and educational events.

- We employ a rigorous process for soliciting, reviewing, and selecting grants.

- We use the latest communication technology to fully inform our members and allow maximum democratic participation, and our lean office staff does a wonderful job in supporting our volunteer efforts.

Q: Are we now using Endowment earnings for IWCF operations?

A: We have intentionally allowed the Endowment to grow without withdrawing funds. However, the current fiscal year 2016-2017 operations budget anticipates withdrawing approximately \$14,000.

Q: I want IWCF to continue growing in membership and influence for philanthropy well into the future. What is the best way to ensure IWCF is here for my children and grandchildren?

A: Endowment funds are invested and expected to generate reasonable financial returns. These returns can then be withdrawn annually to support operations while keeping the original investment fully intact. An endowment is the best means to ensure sustainability and continuation of our organization well into the future.

Thanks to so many of you who already have generously given to the Susan Smith Endowment.

Why Women get the Blues: Depression in ID

Symposium Presenter: Dr. Mary Pritchard, PhD, INHC, BSU

by Molly Harder

Depression affects approximately 25 million Americans. While the most common traits associated with depression are sadness and suicidal thoughts, many people don't experience these symptoms and don't seek treatment.

To receive a depression diagnosis, one must experience five of the following symptoms for a period of at least two weeks: depressed or irritable mood; decreased pleasure in activities; changes in weight or appetite; changes in sleep; changes in activity level; fatigue or loss of energy; feelings of guilt or worthlessness; decreased ability to think or concentrate; or suicidal thoughts. Depression has been linked to high social media use both in print and online/TV.

Idaho ranks ninth in the nation in depression and suicide rates. Depression is the second most common chronic health

problem for women in Idaho. Researchers have determined two major causes: geography and weather.

Idaho is considered a rural frontier state due to its areas of low population, which result in poor access to care and undiagnosed mental illness and treatment, as well as limited social support systems. Our weather, with a significant number of overcast days and inversions, is also a factor in a form of depression called Seasonal Affective Disorder.

Women are more at risk than men due to our hormones. During menarche, perimenopause and menopause, estrogen becomes dominant over our calming hormone, progesterone. Age 40 is the average age of both the beginning of perimenopause and of depression diagnoses in women.

Genetics play a factor, so knowing their family medical history can help women recognize if they are experiencing symptoms of depression. Other things to keep in mind: Limit social media, strengthen personal relationships, and take time to take care of yourself.



Don't Worry, Be Happy: The Importance of Remaining Optimistic Regardless of Circumstance

by Julie Robinson

Dr. Kimberly Hardy, assistant professor of Psychological Sciences at Boise State University, presented on "optimism" - the expectation that good things will happen when negative factors are present. The operational definition of optimism is "Sponge Bob," who always finds a silver lining. Optimism is a personality trait. Only about 25 percent of the population is born ranking high on this trait.

The good news is that we can learn to be more optimistic. Academic research demonstrates that people who are optimistic actually are more likely to have improved life outcomes. Optimists report they experience better health,

find life more satisfying, are more successful at handling major life transitions, have more positive personal relationships, and experience fewer negative problems at work.

Developing optimism requires viewing negative experiences as "challenges," not problems. A negative can be transformed mentally into the opportunity to succeed. Improved optimism is achieved by realistically assessing current circumstances, then visualizing overcoming the challenge and the feeling of success. One other important strategy for increasing optimism is to draw upon past successes and apply them to the current challenge.

Optimism reinforces success by allowing the individual to help envision how future success looks and feels. Optimism also encourages collaboration and improved relationships because those around you know they can trust you to help work out challenges rather than focus on the negative.

Youth Suicide: Facts and Prevention in Idaho

Symposium Co-Presenters: W. Stuart Wilder, president, and Kaitlin Carpenter, director, LiveWilder Foundation

by Jo Anne Minnick



Three years ago, Stuart Wilder formed the nonprofit organization LiveWilder after his teenage son, Cameron, committed suicide. The goal of LiveWilder is to advance to zero suicide. Wilder shared information with us from personal experience and knowledge.

Facts emphasizing the magnitude of the problem of youth suicide in Idaho:

- Idaho is rated #10 in deaths by suicide in the USA.
- Since 2010, 320 lives were lost to suicide, including 96 youths. Of those youths, 20 were under the age of 14.
- Suicide is the second-2nd leading cause of death for youth in Idaho, after accidental death.
- 8 percent of high school students have made at least one attempt to commit suicide;
- 18% percent have considered suicide.
- Each death to suicide deeply affects many others, especially family, and friends and other loved ones.
- For each actual suicide, there have been 25 attempts.

- Access to mental health care is a major concern in Idaho. It is estimated that 120 psychiatrists are needed statewide as well as auxiliary health care workers.

In Wilder's words, "If the deaths [from suicide] were caused by mosquitoes, it would be called an epidemic."

On the positive side:

- The Idaho Legislature has identified suicide prevention as a top priority.
 - \$1,000,000 has been allocated for funding as a line item.
 - A state office has been created especially for suicide prevention and youth awareness.
- The Suicide Hotline is now an Idaho hotline with all well-trained personnel answering the phones.

Kaitlin Carpenter still suffers from Major Depressive Disorder. As a teenager, she came very close to committing suicide. She has found that she is able to talk with young people because she has "been there." She currently counsels students at Timberline High School when needed.

Carpenter explained that "teenagers talk to each other." The problem is that parents usually don't know the situation. "Kids think they are getting help if they talk to other friends, but they are not," she said. "They need doctors and their parents."

When asked how to tell the difference between what is normal (bad days, etc.) and depression, she said, "It may be depression if your teenager's or another's life is impeded in any of the following areas:

Live
Laugh
Learn
Love.



Resiliency and Mental Health: Genetic Brain Function or a Learned Skill?

Symposium Co-Presenters: Lorn Adkins, MEd, LCPC, LMFT and Sara Adkins, MPH

by Carolyn Casey



Not everyone is naturally resilient. The good news is resilience is something you do, not something you have. Resiliency is a popular topic, one with many misconceptions. What is important to know is resiliency is a skill that can be learned and that becomes better with practice. We are encouraged to think of resiliency as something that is an ordinary way of living, not an extraordinary event for a select few.

What does one do to strengthen resilience? There are three areas of life to focus on:

- 1) keeping your mind and body physically fit (i.e. eating a healthy diet that uniquely suits your body and exercising to elevate your heart rate) so you are primed for resiliency, thus developing a positive association with a raised heart rate instead of associating it with anxiety or the “fight or flight” response;
- 2) keeping interpersonally fit through humor, acts of kindness, gratitude practices, accepting help and having healthy relationships; and
- 3) keeping cognitively and emotionally fit by doing one thing to move toward a goal, visualizing positive outcomes vs. “awfulizing,” accepting change as a part of life and flowing with it, nurturing a positive attitude about yourself, and avoiding seeing problems as insurmountable.

The mantra “I am a resilient person!” is one our presenters had us practice and encouraged us to embrace. Relax—there is no

Thank you to our Symposium Sponsors/Committee

Educator

St. Lukes Health System
The Laura Moore
Cunningham Foundation

Debbie Johnson
Dana Kehr
Vicki Kriemeyer
Treacy Liebich
Kim Liebich

Reception Host

DA Davidson

Martha Lane & Susan May
Jillian Huang
Suzanne Groff Lierz
Sherry Bithell, Bithell Law
Tricia Kennedy
Joanne Minnick
Patricia Northrop
Erin Nuxoll
Kim Fall

Impact

Gardner Company
Daly & Vachek
Headwaters Wealth
Management

Community

Heather Jauregui,
PrimeLending
Saint Alphonsus Health
System

In Kind Support Ochos

Symposium Committee

Ahrens DeAngeli Law Group
Micron Foundation
Aspen Capital Management
Berkeley, Inc.
Wells Fargo
Optum Idaho
Norco
Brandy Stemmler,
PrimeLending
Regence BlueShield of Idaho

Heather Jauregui, Chair
Cyndi Friend Kay
Raleigh Vachek
Brandi Benson
Sherry Bithell
Carolyn Casey
Molly Harder
Jillian Huang
Vicki Kreimeyer
Jo Anne Minnick
Julie Robinson
Laura Simic
Eileen Barber
Kim Liebich
Tena Lokken
LeAnn Mohr
Susan Smith
Dana Kehr
Kristin Hoff Sinclair

IWCF Table Captains

Laura Simic
Tena Lokken
Kristin Hoff Sinclair
Terry Anderson
Christine Avey
Susan Smith

one path to resilience. We were assured, “You can become highly resilient by continuously learning your best way of being yourself in your circumstances.”

Wonder how resilient you already are? You can take the resiliency test developed by Dr. Siebert, the primary expert in resiliency research, at <http://www.resiliencyquiz.com/index.shtml>. Even better, have someone who knows you well take the test on your behalf, so you will get a true reading.

Grants Committee Begins Year 16 of Weighing Requests for IWCF Ballot

by Susan May, Grants Committee Chair



The 2016/2017 grants cycle was launched Oct. 25 during a meeting at Crane Creek Country Club, when 50 members gathered to learn about our granting process in preparation for the coming season.

In a departure from previous kick-off meetings, Shawna Walz, executive

director of Idaho Diaper Bank, began the meeting with an overview of how her organization is using its 2016 IWCF award of \$30,000. Shawna spoke about the expansion of the Diaper Bank's services outside of Boise into more rural communities, and the importance of the dollars awarded in helping to develop a more sophisticated and user-friendly website.

Grants Committee Chair Susan May continued the focus of why grants are important to IWCF and to

southwestern Idaho by providing a 15-year overview of the diversity of populations served and the breadth of services and activities funded by our grants.

The remainder of the meeting was devoted to discussing the criteria we use to evaluate each request and the timing of this year's process. All attendees had an opportunity to sign up for a specific "interest area" grants committee.

Thanks to all members of the Grants Steering Committee, this year's Interest Area Leads, and all who attended for helping get this year's grants process moving forward!



September 20, 2016 - Insights into Grants

This informative meeting for potential grant applicants was attended by more than 40 people outside of IWCF.

(photos courtesy of Kim Liebich)

(continued from page 1)

We are fortunate to have an endowment to strengthen operations and we have annual renewable income from members in the form of \$1,000 each to send right back out to the community as collective and individual grants.

I believe investing in our organization now means we will have more to invest in our community down the

road. A stronger organization, continually attracting new members and expanding its annual giving capacity, means we can "have our pie and eat it too!"

'Tis the season to be Thankful. Won't you invest in growing our IWCF pie?

Suzanne Groff Lierz
President, IWCF

Membership Renewals

by Susan Smith, Membership Committee Chair

It is that time of year when we initiate our renewal process. This coincides with the launch of our pooled-fund grants process, which should be a very compelling reason to maintain your IWCF membership.

Renew Now!

The Membership committee has the challenging but rewarding task of

encouraging all our members to RENEW. IWCF thrives thanks to new and renewing members.

Since 2016 marked our 15th year of collective and educated giving, we thought that we all would be motivated and inspired by hearing the rationale of a few of our 15-YEAR MEMBERS!!!

Ann Sandven: Founding Member

As I read a post about our Above and Beyond Collaboration grant award on Facebook, I was reminded of why Dorothy and her friends were off to see the Wizard: "Because of the wonderful things he does." The wonderful things IWCF does—every year for 15 years—are truly why I continue as a member (plus wonderful women and great food!).

Vera Rasmussen: Founding Member

I love the fact that I am a part of something larger than my individual philanthropic financial donation to this community... and have been for 15 years! I am very proud of IWCF and every grant we have funded.

Amy Rustad: Founding Member

My 15 years as a member of IWCF are like a micro version of the organization itself. A single year of membership is great, but the power is in the consistent, cumulative investment in the organization, our community, and ultimately ourselves. There is no down side to IWCF. It boasts great people, a thoughtful process, and lasting results that you see reverberating in the community years after grants are made. By now my annual membership is not a question—it is a gift I give myself each year!

Patricia Forbes: Founding Member

Over the past 15 years, I have met remarkable individuals through IWCF whom I would not have met otherwise. At the core of this highly diverse group of women is the shared and very real desire to make our communities stronger and more

equitable. I always walk away from this group with a little bit more knowledge and feeling far more compassionate.

Terry Anderson: Founding Member

I belong because from the very first year it allowed me to meet amazing people in this valley who selflessly work on behalf of others, and our IWCF dollars help them meet their mission. I belong because our organization gives me the opportunity to meet other women in our community who are interested in knowledge-based giving. I belong because it is worthwhile, fun and a great community of women.

Please follow the lead of our 15-year members, keep your commitment to IWCF, and get the most out of this collective giving experience that is possible for you.



(photo courtesy of Ginny Miller)

15-Year Members

Mary Adcox
Terry Anderson
Patricia Fabbri Forbes
Barbara Frizzell
Alice Hennessey
Deb Holleran
Elizabeth Pursley
Vera Rasmussen
Amy Rustad
Ann Sandven
Susan Smith
Donna Wetherley
Jacquelyn Wilson

Above and Beyond Collaboration Pilot Grant

by Dana Kehr and Kim Liebich



As our IWCF membership has grown, we've gradually increased our ability to give more than just one grant in each of our five interest areas, which include cultural arts, education, environment, financial stability, and health. In some years, with funds that remained, we've been able to give a 6th, 7th, or even 8th grant.

A year ago, after spending six months connecting with our membership to explore other options for granting those remaining funds, we came up with an idea and asked the membership to vote – "Should we keep doing the same thing, or should we try something different?" The membership chose to try something different and said yes to piloting the Above and Beyond Collaboration Grant.

A group of your peers volunteered to participate on a task force to study our five interest areas to assess the most critical needs in our community. As a result of their research, including hearing from subject-matter experts, they recommended some key criteria for the grant. Proposals should

- address critical needs, specifically for people with very-low and extremely-low income living in Boise and Ada County, with
- eligibility predicated on the grantee being able to use funds to qualify for and/or match additional funds to make a larger impact.

We then put another vote to our members, asking you to narrow down the categories for applications. The membership
(continued on page 10)

Decade Members

Mary Abercrombie
Cathryn Alexander
Ann Allyn
Desh Anderson
Marilyn Beck
Barbara Bender
Janet Benoit
Susan Berry
Laura MacGregor Bettis
Carolyn Casey
Gayle Chalfant
Susan Chaloupka
Dawn Christensen
Vicky Coelho
Lisa Cooper
Laurie Corrick
Elaine Daniel
Viki Dater
Gena Delucchi
Lisa Derig
Marilyn Dorman
Kathy Durbin
Claire Dwyer
Shelley Smith Eichmann
Frances Ellsworth
Shannon Erstad
Theresa Fox
Randa Giles
Margaret Gorrissen
Linda Gossett
Jackie Groves
Kay Hardy
Ali Hayden
Margaret Henbest
Margaret Hepworth
Mary Jane Hill
Linda Hurlbutt
Heather Jauregui
Debbie Johnson
Diane Kushlan

Nicole Lagace' Toeldte
Eileen Langan Barber
Christine LaRocco
Marcia Liebich
Treacy Liebich
Kim Liebich
Yvonne Lierz
Kim Lynch
Bernadine Marconi
MarilynMcAllister
Celeste Miller
Selena Morgan
Diane Myklegard
Lauren Necochea
Esther Oppenheimer
Annette Park
Susie Parrish
Linda Perez
Kathy Pidjeon
Holly Ponath
Marci Price-Miller
Georgiann Raimondi
Carol Reagan
Marjorie Reedy
Diane Ronayne
Suzy Ryder
Deanna Schmidt
Marian Shaw
Marilyn Shuler
Cathy Silak
Kristin Hoff Sinclair
Caroline Sobota
Bonnie Thorpe
Jena Vasconcellos
Dee Warner
Paula Warren
Nancy Werdel
Gini Woolley
Shawn Del Ysursa
Driek Zirinsky

(continued from page 9)

chose to look at proposals related to Transportation and Housing and Support Services.

After putting out a Request for Proposals, we ran the applications through our proven grants process in a compressed time frame. We narrowed the applications to two, and the membership voted again. Valley Regional Transit was selected to receive the first Above and Beyond grant, in the amount of \$40,000. Our funds will help provide approximately 4,000 round trips and more flexible transportation to work for people with very-low or extremely-low income. Equally important, our funds will free up resources for Valley Transit to further develop its Mobile Village Concept.

We are grateful to those who were able to serve on this committee in its various stages. It WAS a great collaboration,

as well as a rewarding educational experience.

You will have an opportunity to share feedback about the pilot so we can determine next steps. This will most likely happen in Spring 2017.



Save the Dates!

Holiday Social

Wednesday, December 14, 2016

5:30 p.m. - 8:30 p.m., Beside Bardenay

Philanthropy: Gender and Generation - Does it Make a Difference?

Tuesday, January 10, 2017

11:30 a.m. - 1:00 p.m., BSU Alumni and Friends Center

Deadline for Full Proposal Grant Submissions

Thursday, January 12, 2017, 12 noon

Grants Meeting - RFP Review, Education and Discussion

Wednesday, January 18, 2017

11:30 a.m. - 1:00 p.m., Crane Creek Country Club

Winter Membership Recruitment

Thursday, January 26, 2017

5:30 p.m. - 7:30 p.m., Headwaters Wealth Management

Please Note:



Did you know we are part of AmazonSmile? The AmazonSmile Foundation donates 0.5% of eligible purchases to IWCF. Simply bookmark <https://smile.amazon.com> and choose Idaho Womens Charitable Foundation. Each time you make a purchase, you must begin from this website.

IWCF Office Will be Closed:

Thanksgiving - *November 21 - 25, 2016*

Christmas - *December 21, 2016 - January 3, 2017*

Symposium Photos - *courtesy of Ginny Miller*

Comments or Questions:

Office@IdahoWomensCharitableFoundation.org or
(208) 343-4923



Join our Facebook page:

www.facebook.com/IdahoWomensCharitableFoundation