

she

Shines™

SPECIAL 2010 ● FREE

celebrating the aspirations and accomplishments of women

WOMEN OF ACHIEVEMENT

Mia Ackerman

Stephanie L. Federico

Barbara Fields

Amanda Marie Hannon

Therese-Tsetse Lavallee

Ardena Lee-Fleming

Kim Michalik

Maria Montanaro

Jennifer Stanley

Kimberly D. Trusty

Vinnie Velazquez

Mary Zahm

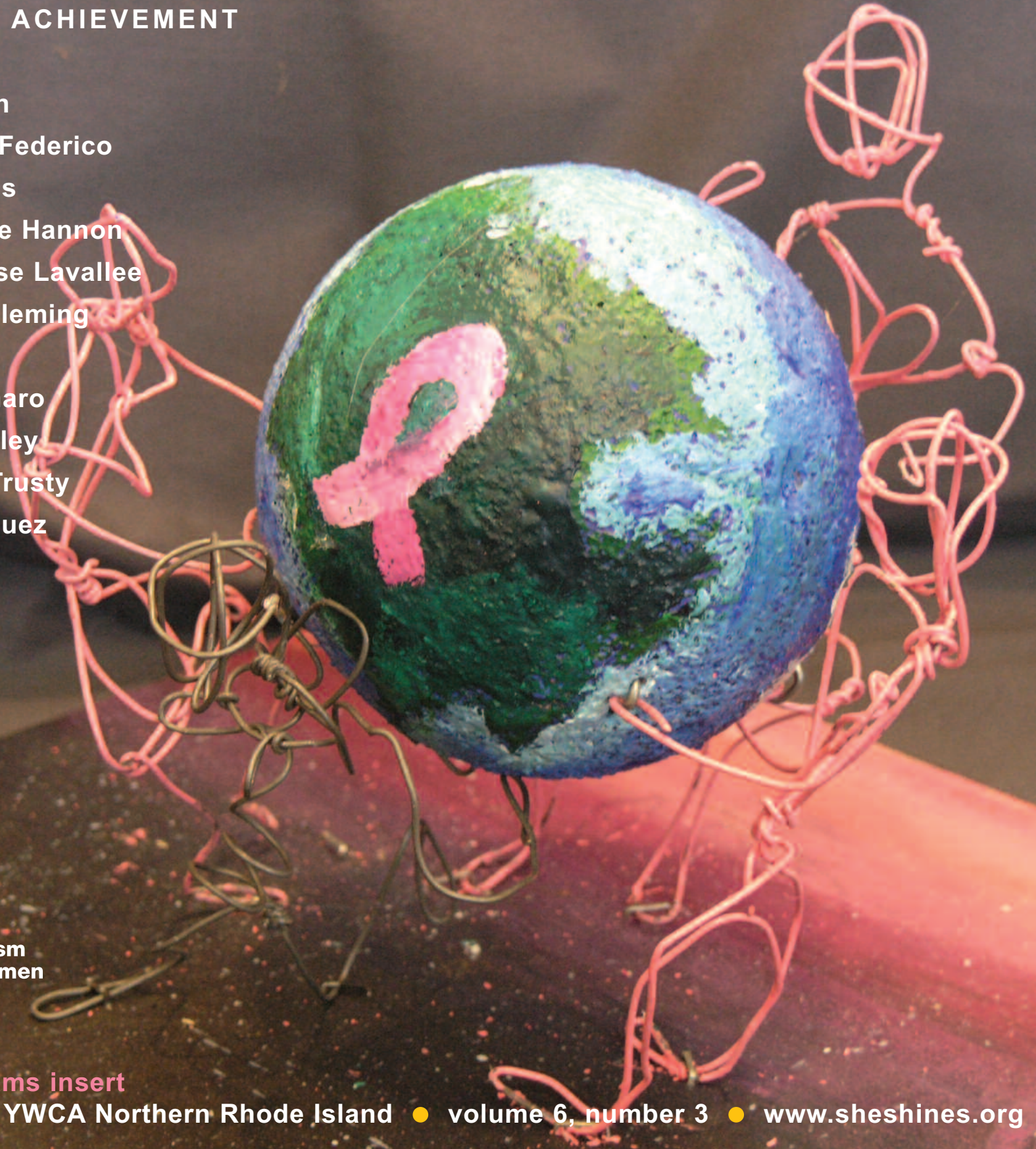
share it  
trust it  
smile

eliminating racism  
empowering women

ywca

winter programs insert

published by YWCA Northern Rhode Island ● volume 6, number 3 ● [www.sheshines.org](http://www.sheshines.org)



# honoring women of achievement

YWCA Northern Rhode Island recognizes philanthropic women for their kindness, charitable concern, and generosity toward other people in an effort to impact their community

**T**welve philanthropic women were recognized for their kindness, charitable concern, and generosity toward other people in an effort to impact their community at the 6th Annual Tools of the Trade Luncheon, held October 20 at Kirkbrae Country Club in Lincoln. Deb Ruggiero served as the event emcee.

Congratulations to the 2010 award winners. YWCA Northern Rhode Island appreciates the underwriters and attendees celebrating the following Women of Achievement: Mia Ackerman, Stephanie L. Federico, Barbara Fields, Amanda Marie Hannon, Therese-Tsetse Lavallee, Ardena Lee-Fleming, Kim Michalik, Maria Montanaro, Jennifer Stanley, Kimberly D. Trusty, Vinnie Velazquez, and Mary Zahm. For additional information, visit [www.womenofachievementri.org](http://www.womenofachievementri.org).



## EVENT UNDERWRITERS

### silver

**HeatSmart/Northwest Woolen Mills**

### sincere

**BayView Academy**

**CVS Caremark**

**Susan Gershkoff**, Counsellor at Law

**Mount St. Rita**

**Nation Wide Construction**

**Neighborhood Health Plan of Rhode Island**

### sister

**Opportunities Unlimited, Inc.**

**M. Teresa Paiva Weed**, president of RI Senate

### sharing

**Community College of Rhode Island**

**Polly Eddy**, board chair of THC

**EpiVax**

**The Gloria Gemma Foundation**

**Local Initiatives Support Corporation**

**RI Umbilical Cord Blood Bank**

**The University of Rhode Island**

**Woonsocket Prevention Coalition**

### in kind

**CROWN TROPHY of Smithfield**, plaques

**Park Square Florist, Inc.**, corsages

**Deb Ruggiero**, emcee

**Swarovski**, gifts

## smile

**Citizens of Cumberland:** Councilwoman Mia Ackerman is a tireless advocate for Cumberland and northern Rhode Island. She is a dynamo with the ability to resolve problems before they become issues. It is obvious how people feel about her, as she is unopposed this election. Mia is devoted to her family and her extended family, the Cumberland senior citizens. She sponsors sporting teams for the children of the town, and is a hands on director of the Historic Franklin Farm. The citizens of Cumberland are excited that she is being honored as a Woman of Achievement.

**RI Crisis Assistance Center:** The RI Crisis Assistance Center takes pride in honoring one of their board members, Ms. Jennifer Stanley. Jennifer's unwavering commitment to the health and well-being of women in our state is unparalleled and we are proud to honor her life's work of making Rhode Island a safe place for women and girls every day.

**RI Small Business Development Center:** The RI Small Business Development Center at Johnson & Wales University congratulates our regional director, Ardena Lee-Fleming, the 2010 Mentor for Young Women as one of the YWCA Northern Rhode Island Women of Achievement Award winners.

**The TSETSE Gallery:** Congratulations to Carissa J. Johnson for being the feature cover artist for this special edition of *She Shines* magazine. See page 6 and 11.

**Thundermist Health Center (THC):** On behalf of the board of directors and staff of Thundermist Health Center, congratulations to Maria Montanaro for the impact she has made in community health care!

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**publisher**  
Deborah L. Perry



**editor**  
Lisa Piscatelli



**website administrator**  
Meaghan Lamarre

**contributors:**  
*photographer*  
Agapao Productions

*cover artist*  
Carissa J. Johnson

*She Shines*  
514 Blackstone Street  
Woonsocket, RI 02895

p 401 769 7450, f 401 769 7454  
sheshines.org, info@sheshines.org

**how to:**

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the *She Shines* theme. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

**advertise.** Visit sheshines.org to view the advertising media kit. *She Shines* reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

**receive the magazine.** *She Shines* is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, send in the subscription form - available online at sheshines.org. The magazine is also available at YWCA Northern Rhode Island and at various special events.

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**T**he YWCA recognizes, celebrates and honors 12 women who have shown extraordinary kindness and generosity toward others.

In the words of Anne Frank, "How wonderful it is that nobody need wait a single moment for starting to improve the world."

Thank you Women of Achievement . . . for you are changing the world.

Very truly yours,

*Deborah*

Deborah L. Perry  
Executive Director  
YWCA Northern Rhode Island

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Jennifer Stanley  
Kimberly D. Trusty  
Vinnie Velazquez  
Mary Zahm

**insert**  
YWCA Northern Rhode Island  
winter programs

**Can Your Community Afford Not to Be HeatSmart?**

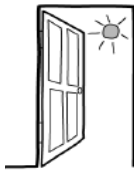
The price of heating a home continues to skyrocket. The money to help families in need remains inadequate. The only answer is to encourage greater efficiency, a goal the HeatSmart Campaign makes realistic through simple, low cost programs that have helped thousands of families around the country.

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M. Teresa Paiva Weed  
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*Paid for by Paiva Weed for Senate Committee*

The University of Rhode Island  
and the URI Alumni Association  
congratulate distinguished URI alumna  
Mary Zahm, Ph.D. '83,  
recipient of the  
YWCA Women of Achievement Award.

THE UNIVERSITY OF RHODE ISLAND

artist canvas

*world on  
her shoulders*



This edition of *She Shines*, features a sculpture by Carissa J. Johnson. She is a junior at URI. Johnson has a double major of journalism and art, and is active in many organizations including Habitat for Humanity, URI S.A.V.E.S. and the school marching band. She started studying art at

The TSETSE Gallery at 11 years old. Now 20, she serves as vice president of The TSETSE Gallery's Youth Advisory Board. She has received scholarships from the Providence Performing Arts Center to attend art camp, and has sold several of her paintings and sculptures to local collectors. The cover art was conceptualized through a Round Table Discussion about breast cancer at The TSETSE Gallery. Cancer survivors sat with Rhode Island youth. As a result, Johnson conceptualized and created *World on Her Shoulders*. It symbolizing that with group support, you do not have to carry the world on your shoulders alone.

Congratulations to Barbara Fields  
and all of the 2010 Women of Achievement.

*We never know how high we are  
Till we are called to rise;  
And then, if we are true to plan,  
Our statures touch the skies.  
~ Emily Dickinson*




Rhode Island LISC  
Andrea, Ann, Carrie, Maria, Nancy, Nati


Thundermist Health Center is immensely proud of Maria Montanaro. As a leader in the health care field, she has provided direction and taken Thundermist to levels we thought we could only dream of. Maria's creativity has provided Thundermist with such exciting new ideas as the Honduras Project and our soon to be new building in West Warwick.

Congratulations, Maria.

Polly Eddy  
Chair of the Board of Thundermist Health Center



congratulates Amanda Hannon  
for her outstanding leadership!



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Congratulations and thank you  
to Maria Montanaro  
(chairwoman of Neighborhood's  
board of directors) and all the other  
2010 Women of Achievement!



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## enriching, protecting, preserving

Mia Ackerman is a voice for her community

In her fourth year as a councilwoman, Mia Ackerman tirelessly gives of her time and energy despite running a business and raising her school-aged children. With a portion of the stipend that she receives as a councilwoman, Ackerman sponsors a girl's soccer team.

Public service has been a focal point in her life. As a youth she recalls collecting money for UNICEF and working in student government. Ackerman graduated with honors from the State University of New York at Binghamton with a BA in sociology/political economics. She now enjoys getting youth excited about public service.

As the official liaison to the Cumberland Youth Commission, Ackerman attends nearly every meeting and event held by the group of young leaders. She leads by example, and many of the young women in the Youth Commission now aspire to a position in public office, largely due to Ackerman's influence.

Neil O. Anderson, director of North Providence Youth

Commission, says, "I cannot underscore the importance of this fact enough, because for too long, youth everywhere have been disengaged from public life. They feel that politicians do not hear or listen to them and that their voices do not matter. When they meet Mia, they cannot help but notice that nothing could be further from the truth."

Ackerman is also the senior advocate for the Town of Cumberland. Her efforts led to the re-accreditation of the Senior Center.

For the last three years, Ackerman has been very active in the historic Metcalf-Franklin Farm Preservation Association, and now she serves on its board of directors. This project raised over 20,000 pounds of fresh, organic produce for the Rhode Island Community Food Bank in 2010.

"If it is worthwhile or needs to get done, then do it." That is the philosophy of Cumberland councilwoman, Ackerman. ❖❖❖

## public servant, community leader

Stephanie L. Federico is committed to making Providence a safer place to live and work



**F**or Stephanie L. Federico, Esq., being a servant leader is not a nine-to-five job. In addition to her current position as chief of staff to the superintendent of the Providence Public School Department, Federico serves on the advisory boards of City Year RI and Youth Build, volunteers as a trial team coach at Tiverton High School, co-chairs the Building Futures Committee and participates with the Providence After School Alliance's HUB high school initiative.

As an assistant city solicitor with the City of Providence, Federico drafted legislation related to unfunded mandates, weapon reform, tax abatements and prostitution. In the 2009 General Assembly session, the House and Senate passed legislation prohibiting prostitution in Rhode Island and much of the original language that Federico drafted survived in the final version of the bill.

While deputy chief of staff to Providence Mayor David Cicilline, Federico worked on a fair education funding formula (a version of this legislation passed in the 2010 General Assembly). She also served as the mayor's liaison on a number of commissions and boards, including the Urban Area Security Initiative Task Force, the Downtown Improvement District Board, Mayor's Substance Abuse Prevention Council and the Human Relations Commission.

Female mentors – like her mother and grandmother – have had a profound impact on Federico's life. They influenced her desire to make a difference in her community. "The concept of servant leadership has helped guide my commitment to making Providence a safer place to live and work. It has also been a foundation for many of the educational initiatives that I have worked to implement, which ultimately serves to nurture and guide our most precious of assets – our children," Federico says. ❖❖❖



## social justice advocate

Barbara Fields creates opportunities for neighborhoods to thrive



**A**s a tireless advocate for housing and neighborhood revitalization, Barbara Fields is constantly looking for ways to create better communities. As executive director of Local Initiatives Support Corporation (LISC), Fields has developed a comprehensive approach to community revitalization, expanding LISC's reach beyond housing into child-care, public safety and leadership development.

Under her tenure, LISC financing and technical assistance has enabled the production of 6,500 affordable homes and apartments, 750,000 square feet of commercial and community spaces, and child care space for more than 5,000 children in some of Rhode Island's most economically deprived areas.

Working closely with Providence Mayor Cicilline and Police Chief Dean Esserman, Fields built an innovative partnership between the police department and community groups that has won national awards from MetLife in 2006, 2007, 2008 and 2010.

"What inspires my work . . . [is] the Jewish Philosophy of tikkun olam (repair of the world) – our responsibility to make the world a better place and work for social justice", Fields says.

In addition to her work at LISC, Fields is chairperson of the Attorney General's Advisory Commission on Lead Paint, vice chair of the Providence Housing Authority's Board of Commissioners, chairperson of Creative Providence: Cultural Plan for the Creative Sector, and is on the boards of HousingWorksRI, Grow Smart RI and the Jewish Community Day School.

Under Fields leadership, LISC has grown significantly and become recognized as a great place to work. The office recently relocated to a new location in Providence, enhancing the environment for internal and external collaboration, and placing LISC in a more prominent role as a community convener.

In the community development field, Fields has overseen the growth of the Rhode Island Community Development Corporation (CDC) industry by managing investments to ensure that CDCs have become financially and programmatically sound community businesses that have attracted and maintained outstanding local leaders.

"Barbara is a role model for women and girls – through her work, her life and her faith, she has demonstrated that women can be the change we desire for our communities," New Commons, principal, Michelle Gonzalez, says. ❖❖❖

## harmony in the classroom

Amanda Marie Hannon combats bullying, creating safer conditions for the future of Rhode Island



**A**manda Marie Hannon is impressive. Only 18 years old, Hannon is the founder and director of Stop Bullying Now! RI, an organization that educates both students and adults about bullying through workshops and community events. Hannon believes in the project so much, she used her own money to start the organization. A victim of bullying in elementary and high school, Hannon says, "I want to do anything possible to eliminate bullying from happening."

Hannon has taken Stop Bullying Now workshops to various schools and daycares, providing no cost lessons to students. Lessons include information on the effects of bullying, how to stop it from occurring and ways to prevent future bullying.

Hannon strives to eliminate racism through her work with Stop Bullying Now! RI. She believes that racism is a big part of bullying and the free workshops she offers for students cover discussions about equality, helping to prevent racism and promoting better understanding between individuals and groups.

In addition to her work at Stop Bullying Now! RI, Hannon volunteers for various organizations, including, Special Olympics, Making Strides Against Breast Cancer and the Diabetes Association of New England.

As vice president of leadership for Phi Theta Kappa Honor Society, Hannon organizes fundraising events to help the community. She is currently developing an Adopt-A-Family event for the honor society, where members will adopt a needy family and provide them with gifts for the holidays. And she is organizing a Walk for Hunger and Heat, to raise money for the homeless of Rhode Island.

While Miss Teen Rhode Island International 2009, she dedicated her reign to raising money for A Wish Came True, Inc., an organization that provides wishes to children with serious illnesses.

Hannon's advice to others? "Get involved in the community, make a difference. One small act of kindness can go a long way." ❄️❄️❄️

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## REGISTRATION BEGINS 11/15

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## YOUTH ENRICHMENT

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### SERVICES FOR FAMILIES

We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 6-15 when school is cancelled due to inclement weather and during school vacation. In order to participate, you must register your child in advance, 769-7450.

### APPLE YOUTH ENRICHMENT

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. Mon.-Fri., 2-6:30pm (3 day minimum), \$17/day. Before school option available beginning at 6:30am. Children are bussed to/from YWCA and their schools, enjoy a free afternoon snack, participate in fun activities, offered homework help, and special events. Builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. Computer lab and library available.

### BEFORE / AFTER KINDERGARTEN CARE

Transportation provided. Before and After Kindergarten Care offered for the academic year 2010-11. New flexible hours. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Morning: gross motor play in gymnasium, creative play, stories, music, movement, free choice play, table games, and time to eat (breakfast brought from home). Afternoon: sports classes, gym-

nastics, homework time, youth enrichment activities, and cooking classes with lunch provided. Licensed by Rhode Island Department of Children, Youth and Families.

### BEFORE / AFTER SCHOOL AGE CARE

Transportation provided. The APPLE curriculum includes Academics, Physical education/recreation, Prevention, Leadership and Empowerment. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. Program focuses on a youth's individual needs. We provide a safe, nurturing and enriching program, which parents can rely upon throughout the year, especially after school, school vacations and during the summer. Program encourages healthy social, emotional, physical and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

## EARLY CHILDHOOD LEARNING CENTER

Now open for child care at 6:30am. For details on child care, pre-preschool or pre-school call Mary Anne Deslauriers, Director of Early Childhood Education, at 769-7450.

### CHILD CARE

#### INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical and cognitive development. Licensed by the Rhode Island Department of Children, Youth and Families.

### PRE-PRESCHOOL

#### LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity and toilet training. Daily schedule includes circle time, songs, storytime, snack, play and creative projects. 9am-noon. Two, three or five day

options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon.

### PRESCHOOL

#### PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful and enriching. Two, three and five-day programs with morning, afternoon or full day options available. Licensed by the Rhode Island Department of Education and by the Rhode Island Department of Children, Youth and Families.

### STEPPING STONES

Unique transitional program for children whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively and physically. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education and by the Rhode Island Department of Children, Youth and Families.

### EXTENDED DAY PROGRAMS

The YWCA offers extended day programs to help accommodate a parent or guardians' schedule.

### EARLY BIRDS

Children enjoy morning activities in a classroom environment from 6:30-9am, then are escorted to respective classrooms. \$6/hour/day

### LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities from noon-1pm. Lunches are brought from home. \$6/day

### AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm. \$6/hour/day.

## VACATION CAMPS

### DOODLE BUGS

For children 2 1/2 to 3 1/2 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: *Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow Bears*. December 27, 28, 29, 30, 31. 9am-1pm, \$20/day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

### BUSY BEE

For children 3 to 5 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: *Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow Bears*. December 27, 28, 29, 30, 31. 9am-1pm, 12noon-4pm, \$15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

### ADVENTURE

For children 6 to 12 years of age with groups divided by age. Junior Leadership option available for children 13 and over. Free snack, games, contests, prizes, keyboards, movie making, cooking, sports, arts/crafts, face painting, and more. December 27, 28, 29, 30, 31. 6:30am-6pm, \$29/day. Half days available, \$15 for a 4 hour day. Accredited by the American Camp Association.

## ART STUDIO

### ART CLASSES

New and returning students welcome. Every session, new artists and projects are covered.

#### 5 to 10 years old

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*Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee.*

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Fri. 5-6:30pm \$45/5wks

#### 11 and 12 years old

##### ART FOR TWEENS

*Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.*

#### 13+ years old

##### ART FOR TEENS

*Appropriate for a range of experience levels. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee.*

Missie St. Sauveur  
Mon. 5:15-6:45pm \$54/6wks

#### Adults and Teens

##### FEARLESS ART FOR ADULT BEGINNERS

*Have you always itched to try painting, sketching or sculpting? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. Come have fun. You may be surprised by what you create. Art material fee included in session fee. Note: Teens welcome if attending with adult.*

Missie St. Sauveur  
Mon. 7-8:30pm \$54/6wks

## PHYSICAL ACTIVITIES

### GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

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##### BIRTHDAY PARTIES DURING THE WEEK

*Let Debbie Fay set up and run a party for*

*your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.*

#### Walking to 3 years old

##### JUMPING BEANS

*Gymnastics play with parent.*  
Tues. 9-10am \$36/6wks  
Thurs. 10-11am \$36/6wks

##### JUMPING BEANS GETS MESSY

*One hour of gymnastics play with parent then 1/2 hour of messy activity - crafts or cooking.*  
Fri. 9-10:30am \$45/5wks

#### 2 1/2 to 3 1/2 years old

*Independent classes for your child (do not have to be toilet trained).*

##### IDDY BIDDY SNACK ATTACKERS

*Come run, have a snack, make a craft and run some more.*  
Mon. 9-noon \$81/6wks

##### SMALL WORLD I, II, III

*Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime, and snack.*

##### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$18/6wks

##### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$36/6wks

##### SMALL WORLD III

Deb Nault  
Fri. 9am-noon \$45/5wks

#### 3 years old

##### CLUB 3

*One hour of action packed gym time followed by a light snack prepared by the children.*  
Wed. 9-10:30pm \$54/6wks

#### 3 to 5 years old

##### PRIMO

**CHEERLEADING WITH POM POMS**  
*Learn some cheers and pom pom skills used in cheerleading with an introduction to tumbling. Give me a Y, give me a W, give me a C and give me an A.*  
Mon. 3:30-4:30pm \$36/6wks

##### SPORTS SPECTACULAR

*Children will be introduced to four popular sports - basketball, hockey, soccer, and t-ball.*  
Mon. 4-5pm \$36/6wks

#### 4 to 5 years old

##### SPORTSTASTIC

*A new sport every week, socialization and lunch making for your child.*  
Mon. noon-2pm \$60/6wks  
Wed. noon-2pm \$60/6wks



##### TUMBLING CRAFTY COOKS

*Beginner gymnastics skills training combined with cooking and eating.*  
Tues. noon-2pm \$60/6wks  
Thurs. noon-2pm \$60/6wks

##### GYMNASTIC FANTASTIC

*Fantastic activity packed class. An hour of gymnastics followed by lunch, craft and playtime.*  
Fri. noon-2:30pm \$63/5wks

#### 6 to 12 years old

##### CHEERLEADING AND TUMBLING

*Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C and give me an A.*  
Mon. 4:30-5:30pm \$36/6wks

## GYMNASTICS ACADEMY

### GYMNASTICS - BASIC

#### 3 1/2 to 5 years old

##### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

*A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.*  
Fri. 3:30-4:30pm \$30/5wks  
Sat. 10:30-11:30am \$24/4wks

#### 4 to 7 years old

##### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

*A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.*  
Thurs. 4:30-5:30pm \$36/6wks

#### 5 to 12 years old

##### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

*A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.*  
Fri. 4:30-5:30pm \$30/5wks  
Sat. 9-10:15am \$30/4wks

### GYMNASTICS - CONTINUING

All classes listed below require permission from instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450.

#### 4 to 7 years old

##### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3:30-4:30pm \$36/6wks

#### 5 to 12 years old

##### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$45/6wks

##### PRE TEAM

Sat. 11:30am-1pm \$36/4wks

##### COMPETITIVE TEAM

Monthly fee for all competitive teams:  
One day a week \$44/month  
Two days a week \$86/month  
Three days a week \$100/month

Jennie Graham, Head Coach  
Breonna Gentes, Assistant Coach

##### HOT SHOTS 4 to 9 years old

Sat. 9-11am

##### TEAM A 8 to 16 years old

Sat. 11am-1pm

##### TEAM B 8 to 16 years old

Sat. 11am-1pm

##### TEAM C 8 to 16 years old

Thurs. 4:15-6:30pm  
Sat. 3-5pm

##### TEAM D 9 to 18 years old

Tues. 3:45-6:30pm  
Fri. 4:15-6:30pm  
Sat. 1:30-4pm



## WELLNESS PROGRAMS

### EXERCISE

16+ years old

#### AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20.

Colette Doura

Mon./Wed., 7:15-8:15pm

\$60/9wks

#### BELLY DANCING I

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.

Aimee Renaud

Tues., 6:30-7:30pm \$36/6wks

#### BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!

Aimee Renaud

Tues., 7:30-8:30pm \$36/6wks

#### ZUMBA FITNESS

Zumba is a high-energy class. It incorporates several dance styles and motivating music. With fast and slow rhythms, the class offers cardio intervals and resistance training. It is both fun and easy to learn. Zumba is the latest rage in fitness classes.

Gabriela Flores

Thurs., 6:30-7:30pm \$36/6wks

#### PICNIC VOLLEYBALL

Inside volleyball games for adults who want to play for fun, friendship, and fitness. No refs. No rules (well maybe a couple for safe-

ty). Lots of laughs! After the games, come share some free appetizers at Box Seats. Thurs., 6:30-7:30pm \$36/6wk

#### VINYASA YOGA

All levels class will focus on flowing yoga postures linked with the breath. Get a great workout and reduce stress: finishing restorative poses, breathwork and seated meditation.

Samantha Sipura

Sat., 9:00-10:15am \$30/4wks

### EXERCISE FACILITY

17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 769-7450.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450. Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers of players interested. Night and time will be decided by players availability. \$5 each week you play.

#### INTERMEDIATE MIXED CO-ED

Sundays

Organizational night will be held November 7, from 6-8pm. League play will begin November 14. Bring in your own teams. If you don't have a team, we will help you get on one. \$112/20 wks & playoffs/plus membership fee May pay in two installments.

#### POWER CO-ED

JOHN PIETROPAOLI LEAGUE

Tuesdays

Advanced players. Organizational night is 1/4/10. League play begins 1/11/10.

\$56/10 wks & playoffs/plus membership fee

#### INTERMEDIATE CO-ED

Wednesdays

Intermediate or above players.

Organizational night is 1/5/10. League play begins 1/12/10.

\$56/10 wks & playoffs/plus membership fee

### HEALTH

#### BREAST CANCER INFORMATION

The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at [www.armyofwomen.org](http://www.armyofwomen.org).

#### CHRONIC DISEASE

#### SELF-MANAGEMENT WORKSHOP

#### LIVING WELL RHODE ISLAND

If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to communicate effectively with your doctor, how to lessen your frustration, how to fight fatigue, how to make daily tasks easier and how to get more out of life. The workshop is for anyone who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend with you. Call for more information, Lisa Piscatelli at 769-7450.

#### DIABETES

#### SELF-MANAGEMENT WORKSHOP

#### LIVING WELL RHODE ISLAND

If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: overview of diabetes and self management, healthy eating, preventing or delaying complications, physical activity, dealing with difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. A friend, caregiver or relative is welcome to attend with you. Call for more information, Lisa Piscatelli at 769-7450.

#### ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers support during diagnosis and treatment.

If you are over age 40 and have no health insurance or your insurance does not cover breast and cervical screenings every year, you may qualify for FREE services. The Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, pap smear, mammogram and follow-up services (a repeat mammogram, pap smear, breast ultrasound, colposcopy and biopsy).

For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

#### MINORITY HEALTH PROMOTION CENTER

YWCA Northern Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations.

Call the YWCA Health Office for more information, 769-7450.

#### SMOKING CESSATION

Supportive/educational one hour meeting weekly for 8 weeks held in northern Rhode Island area. Call the YWCA Health Office for more information or to register, 769-7450.

#### YOUTH ANTI-TOBACCO ADVOCACY GROUP (YATAG)

Youth Anti-Tobacco Advocacy Group trains youth as effective, articulate anti-tobacco advocates. To sign-up or for questions, contact Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

### WOMEN'S CLUBS

#### APRES-MIDI

The Apres-Midi Club provides opportunities for women to share activities, information, and gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons and demonstrations. Membership is open to women 30 years of age and over. Meetings held on alternate Thursdays at 1:30pm from September through June.

Call YWCA for details, 769-7450.

#### WALKING CLUB

The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Bev on Tues., Wed, and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

## PARENTING PROGRAM

For details, call Deb Smith, RN and Parenting in Progress Site Coordinator, at 769-7450.

### PARENTING

16 to 21 years old

#### PARENTING IN PROGRESS (PIP)

An alternative education, life skills and job training program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, Young Voices and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

#### PIP YOUNG VOICES

In conjunction with Young Voices, this is a six month leadership transformation academy where youth learn advanced research, public speaking, and debating skills.

## CONTACT US

514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
F: 401-769-7454  
www.ywcanri.org

## ANNUAL MEMBERSHIP

6 to 16 years \$12.00  
17 to 64 years \$22.00  
65 and over \$17.00

*Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.*

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. Men and boys are welcome as associates. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in the oldest, largest women's movement in the nation

## HOURS

Monday to Thursday, 9am-9pm  
Friday 9am-6:30pm, Saturday 9am-4:30pm  
*Monday to Friday, open for child care at 6:30am for ages 5 and under.*

## TOURS

Are you new to YWCA? Call for more information or to schedule a tour, 769-7450.

## SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

## ROOM RENTALS

Room rentals are available for events. Contact YWCA for details, 769-7450.

## STORM POLICY

For YWCA cancellations and closing announcements, listen to radio stations WOON 1240AM & WNRI 1380AM or watch Channel 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

## EVENTS

*Reserve a spot in vacation camp - December 27, 28, 29, 30, 31. Register at the front desk.*

## ● VACATION DOODLE BUGS CAMP

*For children 2 1/2 to 3 1/2 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow*

*Bears. December 27, 28, 29, 30, 31. 9am-1pm, \$20/day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.*

## ● VACATION BUSY BEE CAMP

*For children 3 to 5 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow Bears. December 27, 28, 29, 30, 31. 9am-1pm, 12noon-4pm, \$15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.*

## ● VACATION ADVENTURE CAMP

*For children 6 to 12 years of age with groups divided by age. Junior Leadership option available for children 13 and over. Free snack, games, contests, prizes, keyboards, movie making, cooking, sports, arts/crafts, face painting, and more. December 27, 28, 29, 30, 31. 6:30am-6pm, \$29/day. Half days available, \$15 for a 4 hour day. Accredited by the American Camp Association.*

## BOARD OF DIRECTORS

Kim Garneau, President  
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## NOTABLE

American Camp Association Accredited.  
Member of the RI Afterschool Plus Alliance.  
Member of the National Alliance for Partnerships in Equity.

## SHE SHINES™

*2009 Metcalf Award for Diversity in the Media*  
[www.sheshines.org](http://www.sheshines.org)

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. To receive a free subscription, submit content, or reserve advertising space, contact Lisa Piscatelli at 769-7450.



A member agency of The Fund for Community Progress, an alliance with a common mission: to guarantee fairness and opportunity for all Rhode Islanders.

## ADVOCACY

# race AGAINST racism

a road race to be held on Saturday,  
April 9, 2011 in Woonsocket

a community effort to provide programs  
and services which combat racism

Partners include:

YWCA Northern Rhode Island  
Landmark Medical Center  
NeighborWorks Blackstone River Valley  
Northern Rhode Island Area Health Education Center  
RiverzEdge Arts Project  
Thundermist Health Center

To participate or for more information, email [raceagainstracism@ywcanri.org](mailto:raceagainstracism@ywcanri.org).



## YWCA MISSION

**YWCA Northern Rhode Island is dedicated to  
eliminating racism, empowering women and  
promoting peace, justice, freedom and dignity for all.**

**WINTER SESSION 2010**

## painting a brighter community

Therese-Tsetse Lavallee uses art to bridge understanding



**S**ince 1995, Therese-Tsetse Lavallee has been founder and president of The TSETSE Gallery. Now in its fifteenth year, The TSETSE Gallery is one of the longest operating, highly visited galleries in Rhode Island.

Lavallee began the gallery with a belief that art can lift the voices of the unheard, provide a pathway to cultural understanding and promote healing and peace of mind for those in need. Art is both a lens for the examination of societal ills and the canvas on which the solutions can be found. Lavallee is committed to providing culturally artistic space for all ages, ethnicities and abilities with the expectation to further the community's understanding and compassion towards social integrity. The TSETSE Gallery mission of building community through art is primarily achieved through teaching, exhibitions and interactions with the community.

One of the unique programs Lavallee has created is the Round Table Art Project, in which Lavallee facilitates a conversation with people of varying conditions and disabilities. Through this project, disabled individuals share their conditions and experiences with the able-bodied, and discuss as a group how they can translate, appreciate and advocate for others. After the discussion, Lavallee then works with teen and professional artists to make artwork reflective of ideas learned in the discussion.

One youth who participated in a Round Table Art Project on the subject of Autism says, "I am now more aware of how to identify Autism and how to help, as opposed to isolating kids with Autism because they are different . . . I hope there will be more programs like this one so that many teens can learn to overcome their own prejudices about teens that are different." ❖❖❖

woman of achievement  
mentor for young women

## an extraordinary mentor

Ardena Lee-Fleming inspires girls to become strong, successful women



**A**rdena Lee-Fleming has been a member of the National Coalition of 100 Black Women – Rhode Island Chapter since its inception in 2001. Currently, she serves as the first vice-president and chair of the membership committee. She also serves as the middle school curriculum coordinator and as a mentor for the Leadership Education and Development Mentoring Program (LEAD).

LEAD is an after-school program for African-American females in grades 6 through 12. The program was developed by National Coalition of 100 Black Women – Rhode Island and its purpose is to provide guidance and instruction to adolescent girls by assisting them socially, emotionally, intellectually and culturally to become strong, successful women. Lee-Fleming's contributions to this program over the years have been countless. From assisting in the program development to its full implementation, she worked tirelessly to advocate for the girls and is an effective role model and teacher.

Lee-Fleming is the regional director for Johnson & Wales University's RI Small Business Development Center. She works as a business counselor and trainer for Johnson & Wales University's RI Small Business Development Center for entrepreneurs and small businesses throughout Rhode Island. Her unique ability to inspire and help others solve their own problems, and think outside the box, has continuously propelled her in the direction of leadership.

In addition to her job and work with National Coalition of 100 Black Women – Rhode Island, Lee-Fleming is a member of the advisory committee for the Rhode Island Mentoring Partnership and a board member and Secretary for the Rhode Island Culture and Educational Enrichment Program. She also serves as an advisory committee member for the Dress for Success Rhode Island Program.

"I am always willing to serve as an agent for positive change, especially for women and girls in Rhode Island," Lee-Fleming says. ❖❖❖



## a coach approach

Kim Michalik creates environments for individuals to grow



**“**If everyone gave a little of their time, our society would be a much better place,” Kim Michalik says. And she ought to know since she has given more than a little of her time.

For fourteen years, Michalik has volunteered as a Girl Scout troop leader. Currently she is the service unit manager for the Yankee B Unit, serving Foster, Gloucester and Burrillville. “As the service unit manager, Michalik has brought a team of volunteers together to create an environment for girls in Yankee B to grow in confidence, character and courage,” states Jeanne M. Rogers, field director of Girl Scouts of Rhode Island. Michalik works with girls on their higher awards, beginning with the Bronze Award as Junior Girl Scouts, to the Silver Award for Cadettes and has had one girl earn the highest and most challenging award, the Gold Award.

During her tenure, Michalik created a career day, bringing women professionals to one location where hundreds of older Girl Scouts were able to meet and interview them, gaining valuable information for their futures. Additionally, she also trains other volunteers and group leaders.

Michalik has volunteered with Big Sisters of Rhode Island, Circle K (college branch of the Kiwanis), has coached sports and served on her town school committee.

Michalik began her career in a non-traditional position for women – as a chemist. She was superintendent and technical director of Pease & Curren, Inc. from 2001 - 2008, and was promoted to company president in 2008.

“Whether work or my volunteer positions, I lead through coaching. I have 35 employees that work for me and each have a role in improving our company in safety, efficiency, quality or overall happiness . . . I encourage each of my employees to work on reaching goals they didn't think they could do . . . In Girl Scouts, school committee or other roles, I have tried to do the same,” Michalik says. ❖❖❖



## a trailblazer in community health

Maria Montanaro empowers the impoverished

**W**hile working as a teacher, Maria Montanaro took a social service trip with some students to Mexico. There she had her first experience of working in poverty relief programs. She saw the need for community health to serve as a way to galvanize those in poverty.

Years later, as president and CEO of Thundermist Health Center, Montanaro is credited with developing the company into a statewide organization. Thundermist Health Center is a non-profit community health center that serves some of Rhode Island's neediest communities. Approximately 25% of Thundermist Health Center's patients have no insurance and 80% live at, or below, 200% of poverty. Thanks to Montanaro's leadership, Thundermist Health Center is seen as a national leader in community health, community health advocacy and global health.

When Montanaro arrived in 1997, Thundermist Health Center employed 75 staff members with a budget of \$5 million and was the primary care and dental home to almost 8,000 patients in Woonsocket. Through her vision, strategic planning

and leadership, Thundermist Health Center is now a statewide organization, with 250 employees, an annual budget of \$21 million and serves over 26,000 patients in Woonsocket, West Warwick and South Kingstown. As a result of Montanaro's efforts in advocating for affordable healthcare, over 14,000 additional patients receive primary medical care.

According to Thundermist Foundation executive director, Linda Reilly, "Maria became involved with Shoulder-to-Shoulder International, a national non-profit serving the poor in Honduras. Within two years of involvement, Thundermist Health Center partnered with Virginia Commonwealth University and opened a clinic in Pinares, Honduras, making a difference in a town of abject poverty."

Montanaro is active on many boards including RI Public Expenditure Council, RI Community Health Center Association, The Molar Express, and as chairwoman of Neighborhood Health Plan of Rhode Island. ❖❖❖

## supporter of global women's issues

Jennifer Stanley makes invaluable contributions to the world



**A**s director of the Women's Center at Roger Williams University, Jennifer Stanley educates and empowers young women and men. Stanley has worked with national and statewide organizations to expose students to the issues of relationship violence, women's empowerment and issues of social justice.

Stanley started a chapter of the Silent Witness Initiative on the campus of Roger Williams University. The Silent Witness Initiative is a traveling memorial that represents the lives of a person tragically murdered at the hands of someone they once loved and trusted. A golden shield displayed on the front of the red life-size silhouette briefly tells of the life and death of the person it honors. Stanley has been instrumental in helping start Silent Witness Initiatives at the University of Rhode Island, Providence College, Rhode Island College, Salve Regina University and Johnson & Wales University. She is currently the Silent Witness Initiative international coordinator for college campuses and has helped to create chapters in more than 23 countries.

Stanley's work is not just limited to the empowerment of students. She organized a national mentoring program known as the "Panel of Listeners" for women working with college students. The program partners senior student affairs professionals with new professionals.

Additionally, Stanley is a coordinator of the Rhode Island Clothesline Project, a team leader for RI Making Strides Breast Cancer Walk, organizes fundraising efforts for Walk a Mile in HER Shoes and the annual Take Back the Night March.

Stanley supports global women's issues, and has brought international speakers to her campus, sponsored by the Women's Center. She has sponsored a book signing by Rana Husseini, a Reebok Humanitarian Award winning journalist from Jordan (for her work with women and honor killings); a presentation by Comfort Women (women from Korea who were kidnapped by the Japanese Army and used as sex slaves during World War II); and several theatrical productions of "The Vagina Monologues".

When asked about her philosophy, Stanley says, "We need to believe that every one of us has an invaluable contribution to the world and we need to encourage ourselves and those around us to shine." ❖❖❖



## teaching the world to sing

Kimberly D. Trusty advances the arts through music and instruction

**K**imberly D. Trusty is an accomplished professional vocalist, songwriter, guitarist and actress. She is the founder of the Kim Trusty Band. Trusty has helped start a school for the performing arts, served as a role model for youth, and started a scholarship fund for a gifted student.

Trusty says, "As an advocate for arts education, I want to make sure there is a pathway for women and people of any economic status or ethnicity to hear a resounding voice."

To that end, Trusty served on the education steering committee for Trinity Academy for Performing Arts and on the board of directors of Trinity Restoration, worked with Ocean State Learning (a summer camp to expose youth to jazz music), started a scholarship fund at the University of Rhode Island Jazz Department and conducted an all women's chorus to commemorate women's suffrage.

Trusty is a music instructor at the Highlander Charter School. In addition to music classes, she integrates music into

other subjects, such as language arts and history, enriching the learning experiences.

Additionally, Trusty volunteers with the Powerhouse Church and Community Choir, teaching the basics of piano, organ, drums and guitar. "Although mentoring preteens and teens is challenging, she has the skills in-group management . . . she is very energetic and professional in her presentation and inspires the youth with her musical genius," Reverend Joshua Jenkins says.

Robb Dimmick, co-founder and artistic director of Jazz is a Rainbow says, "Ms. Trusty shows by her magnificent example that real change can occur in this world by simply being yourself, by answering the call to raise your voice and by leaving ego and pettiness at the doorstep. That she accomplishes all she does with a remarkably low profile, in an unassuming manner, and with no strings attached, makes her an extraordinary woman who is making a real difference in the Rhode Island landscape." ❖❖❖



## defender of the downtrodden

Vinnie Velazquez provides hope for those seeking wellness

**V**innie Velazquez has been working in the human services field for the past twenty-three years with a focus on addiction, HIV and preventive health with high-risk minority populations. She is the program director of MAP Alcohol & Drug Rehab and is the part-time supervisor of Clinica Esperanza/Hope Clinic innovative program "Vida Sana". Her work supports children and adults residing in Rhode Island who don't have health insurance or can't otherwise afford it, by providing free medical and preventive health services. Additionally, Velazquez is the wellness director/consultant at Progreso Latino, Inc.

When she was much younger, Velazquez was homeless for a short period, "This experience allowed me to see first-hand how the destitute and downtrodden are ignored by those who are supposed to help them." She later returned home, completed her education and became a health advocate. Today

she is a doctoral candidate at Cambridge College.

Velazquez is a strong advocate for educating people and providing resources for testing and early detection of HIV. She has brought together various agencies that provide HIV/AIDS services to work together to fight existing and persisting stigmas – the myths, fears, misunderstandings and false information frequently shared on the topic. Her strategy for HIV/AIDS work involves investing in and partnering with corporate, media, faith-based entities and others, Velazquez says.

Velazquez believes it is vital to fight the stigmas regarding HIV/AIDS in the Hispanic community. "Every time I think about the people who have passed from this life as well as those that are struggling for survival, I'm inspired to dig deep inside of me to continue my life's work," Velazquez says. ❖❖❖

## teaching by example

Mary Zahm inspires women to follow their dreams



**M**ary Zahm, Ph.D., is a professor of psychology at Bristol Community College and an adjunct instructor at the University of Rhode Island. For more than 30 years, Zahm has immersed herself in social psychology, gender and violence – even while working full time as a research scientist at Raytheon for twelve years. Zahm has written two books, both with a focus on women, and has authored chapters on teaching psychology from a multicultural and feminist perspective. She regularly presents at national conference on topics related to women's achievement. Additionally, Zahm is co-coordinator of the local chapter of the Association for Women in Psychology and co-coordinator of national conferences for the Association for Women in Psychology.

As a non-traditional student herself, Zahm understands the challenges facing many of her students. She enrolled in college at the age of 32, after her children started school. Zahm received her undergraduate degree from Roger Williams University, her Master's Degree from Rhode Island College and her Doctorate from the University of Rhode Island.

Working with older and nontraditional women students, Zahm not only developed and adapted curriculum to their needs, she also pursued a better understanding of nontraditional learning and instruction, presenting papers and publishing well-received chapters on this topic. She draws inspiration from her students, who have overcome daunting challenges on their path to becoming successful professional women.

As director of civic engagement at Bristol Community College, Zahm has created a comprehensive program which involves 400 students engaged in thousands of hours of service to the community.

When asked what advice she has for others, Zahm says, "Empower girls and women by overcoming challenges to pursue your passions and, thereby, inspiring others to do the same by your example." ❖❖❖



## The Rhode Island Department of Health is hosting a **FREE, We Can®! Regional Training**

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- ✓ **Training in Spark PE, Media-Smart Youth, and Catch Kids Club**

### Who is the training for?

Anyone working with kids 8-13 years of age such as school nurse teachers, PE teachers, after-school program coordinators, Boys and Girls Club staff, etc.

To learn more about We Can®!  
communities, partners, and resources,  
visit <http://wecan.nhlbi.nih.gov>



To register contact Katy Heneghan at 401-222-2107, email; [kathleen.heneghan@health.ri.gov](mailto:kathleen.heneghan@health.ri.gov)

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