



Kindervelt

"Together We Can Make A Difference"

KV PEACe

Kindervelt Psychiatric Emergency Assessment Center

VOLUME 20 ISSUE 7

April 2020



From the President

"I am not alone in my tiredness or sickness or fears, but at one with millions of others from many centuries, and it is all part of life."

-Etty Hillesum

It is spring 2020. The daffodils in my yard are in full bloom along with magnolias and other colorful blossoms. The days are getting longer and warmer. We all look forward to this season of beauty and new beginnings after the darkness of winter.

Yet, we find ourselves with a rising sense of panic and fear as we encounter a virus pandemic like no other experienced in our lifetime. We are isolated in our houses, worried about the effects of such isolation, especially on our frail elderly, coping with children no longer in school, and worried about the loss of income and the future of our businesses.

Etty Hillesum (1914-1943), a young, Dutch, Jewish woman who died in Auschwitz, wrote the words above while living through one of the darkest times in our modern history.

Her words, "I am not alone," are my gift of hope. We are not alone, and we are buoyed by the belief as it gives rise to the very best of our human nature. I am so touched by, and grateful for, the generosity of the Kindervelt board, presidents, volunteers and donors whose dedication and generosity have assured the continued support of KV PEACe.

As the everyday distractions and busyness are stripped away, we seem to be reaching out in new ways to one another. Since so many of our events are on hold right now, one way we can help (if you are able) is to promote the two raffles that are going on. Email them to your neighbors and friends.

If you are trying to keep your hands busy, take this time and make a Kraft for our Kraft show in the fall. Even if your group isn't planning to sell your Krafts, they will take your one-of-a-kind Kraft and sell it for you.

Most of ALL take care of yourselves! Be safe! Please know that I feel so blessed to have met each and every one of you. The Kindervelt board and I are here for you if you need ANYTHING! We are not alone. "Together We Can Make A Difference"

Stay safe,

Bonnie Hueneman
Kindervelt President

2019 - 2020 KV Board of Trustees

President Bonnie Hueneman #68
kvpresident@kindervelt.org

President Elect Katrina Smith #78
kvpresidentelect@kindervelt.org

Vice President Kathy Olberding #68
kvvicepresident@kindervelt.org

Secretary Susan Deye #68
kvcsecretary@kindervelt.org

Treasurer Debbie Linneman #56
kvtreasurer@kindervelt.org

Financial Advisor Claudia Potter #76
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Membership Lindsey Dye #08
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Communications Bonnie Finn #22
kvnewsletter@kindervelt.org

Donor Relations Bebe Raupe #57
KVdonorrelations@kindervelt.org

Nominating Valerie Taylor #03
kvnomchair@kindervelt.org

Projects Pat Wahl #68
kvprojects@kindervelt.org

Publicity Niki Meiners #22
kvdigitalmedia@kindervelt.org
kvpublicity@kindervelt.org

Technology Mary Beth Young #78
kvtechnology@kindervelt.org

Region Leaders:

North Region Kathy Sherlock #12
kvNorthRegion@kindervelt.org

East Region Jackie Baumgartner #03
kvEastRegion@kindervelt.org

South Region Libby Baker #56
kvSouthRegion@kindervelt.org

West Region Linda Deters #16
kvWestRegion@kindervelt.org

Citywide Project Chairs:

Kindervelt Halloween Party Tracy Smith #57
kvhalloween@kindervelt.org

Kindervelt Krafts Diana Peters #68
kvkraftschair@kindervelt.org

Let the Good Times Bowl
Kristine Spencer & Jean Strasser #3
kvbowling@kindervelt.org

CCHMC Department of Development
Keith Henize Director Auxiliary Relations
keith.henize@cchmc.org
Kelly Bollinger Administrative Assistant
kelly.bollinger@cchmc.org



Please Read

THE KINDERVELT BARBARA FITCH AWARD

Dear Members,

In 2005, the Kindervelt Board of Trustees was looking for a way to recognize individuals who **exhibit an enthusiasm and positive attitude toward the goals of the organization**. Thus, the Kindervelt Barbara Fitch Award was created. This annual award was named for one of our founding members who has since become a prominent supporter of Kindervelt and the needs of Cincinnati Children's Hospital Medical Center.

The Kindervelt Barbara Fitch Award committee is responsible for the selection of the recipient. This committee is comprised of five Kindervelt members including; the citywide Vice President who serves as Chair, the Immediate Past President or President Elect, the Annual Meeting Chair, and two at-large members appointed by the citywide President. After all qualified nominations are reviewed and a decision made, the nominator will be contacted to ensure the recipient, along with friends and family, attend the Kindervelt Annual Meeting where the award is presented.

The committee is looking for an exemplary individual to honor, so please consider for nomination, any current Kindervelt member in good-standing with at least 5 years service. This person should be **dedicated and committed**; one who is **an ambassador for Kindervelt in the community**, who is **an active contributor to her local group**, and who **gladly gives her time, talents and energy** to promote our cause. The nominee should **represent the true spirit of charity** as well as **embody the mantra "others before self"**.

If you know of an outstanding Kindervelt member who personifies these characteristics, please submit the 2020 Barbara Fitch Nomination Form - found on the Kindervelt website - no later than April 20, 2020. In order to give a complete understanding of your nominee's qualifications, I encourage you to be explicit and submit feedback from multiple members to support your nomination. And as a reminder, this is a confidential process and the announcement of the winner is kept a surprise.

Thank you,

Kathy Olberding
Citywide Vice President

THE BARBARA FITCH AWARD NOMINATION FORM

Name of Nominee: _____

Nominee's KV Group: _____ Year Joined: _____

Your Name: _____ Phone: _____

Please answer all questions thoroughly, using additional space as needed. Remember that all nominees for consideration MUST:

- Be a current member of Kindervelt with at least 5 years of active service
- Have held at least 1 leadership position within Kindervelt (citywide BOT, group officer or project chair)

List all positions held by the nominee:

Describing how the nominee exemplifies the characteristics defined in the cover letter, please use specific examples and explain: (1) How does the nominee exhibit an enthusiasm and positive attitude toward the goals of Kindervelt?

(2) How has the nominee demonstrated her dedication and commitment to Kindervelt, as well as her generosity, helpfulness and giving of herself?

(3) How has the nominee been an ambassador for Kindervelt in the community, shown goodwill toward humanity and put others before herself?

ALL NOMINATIONS MUST BE RECEIVED BY APRIL 20, 2020

SEND OR EMAIL FORM TO:

**Kathy Olberding • 2265 Beechcroft Ct • Cincinnati, OH 45233
Kato2265@cinci.rr.com**



Managing Your Child's Stress in the Midst of a Pandemic

Kyle Caldwell, M.Ed, LPCC



Due to COVID-19 virtually all of us have experienced recent change in our lives, including our children. Much of what they know as normal has been turned upside down, and with that comes stress. Here are some ways that you can help your child to manage stress at this time:

- **Aim to preserve a sense of routine as best as you can.** Children thrive on routine and structure, and when things are out of place they are affected. Right now you may not have a lot that have control over, instead focus on what you can control (e.g. maintaining consistent dinner times, bed times, and other family rituals).
- **Be mindful of what you say and how you say it.** Your child's ability to regulate their emotions will be affected by your own. If you appear stressed so will they. Make sure you are taking care yourself. Staying connected to your friends and family will be vital for this. If you're in need of professional help then I recommend using www.psychologytoday.com as it is a helpful aid in searching for an appropriate therapist.
- **Make sure to let you child know that you are going to keep them safe.** Your child's sense of safety is incredibly important. Let them know you have everything under control and that it is your job to take care of them. Spend time with your child and plan activities in order to engage and be present with them.

KINDERVELT West Region Card Deck Raffle
52 Gift Cards from Great Restaurants & Places to Shop!!

DRAWING 5/4/20

Purchase tickets 1 for \$5/5 for \$20 and enjoy the following:

\$50 - EDDIE MERLOT'S / \$50-TJ MAXX / \$50-MITCHELL'S / \$50-MONTGOMERY INN

\$25-BRAVO'S / \$25-KOHL'S / \$25-MARSHALL'S / \$25-STARBUCKS
\$25-LOWE'S / \$25-SEPHORA / \$25-PANERA / \$25-O'CHARLEY'S
\$25-AMC MOVIE THEATER / \$25-SUR LA TABLE / \$25-CHIPOTLE

PLUS \$5-\$20 TO: HOBBY LOBBY, TRADER JOE'S, TARGET, UDF, BUSKEN, LaROSA'S, CHICK-FIL-A, DAIRY QUEEN, KROGER, GRAETER'S, WYOMING PASTRY, SUBWAY, UBER
STARBUCKS, WENDY'S, CHEDDAR'S

See the link below or contact Linda Deters (ldeters@huff.com) for tickets
<http://events.constantcontact.com/register/event?llr=s4jukynab&oeidk=a07egxueatv8737496c>

Kroger Community Rewards

Kroger Community Rewards	# 16	info: Cece at 591.2907 or cckohlman@aol.com
Kroger Community Rewards	# 19	info: Christine Decker, 513-317-3550 or cdecker5@cinci.rr.com
Kroger Community Rewards	# 55	info: Tammy Booth 859-7763 or boothpcfs@aol.com Account # GF148
Kroger Community Rewards	# 56	info:Linda Lunceford, 859-512-0595 or linda@kylunceford.com
Kroger Community Rewards	# 78	info: Wendy Holschuh 513-624-9112 or jholschuh@cinci.rr.com

<http://events.constantcontact.com/register/event?>



KV NEWS

KV #3 wishes to thank Muffy for hosting their March meeting in her beautiful home. The **scones** and homemade **strawberry jam** were a huge hit as always. Stay healthy and safe everyone.

KV #30 regrets we were unable to host our Annual Bunco Party on March 21st. We were looking forward to seeing you. A special thank you to those who donated their reservation to our group. Please know that we are working to reschedule the Bunco Party in the future. We look forward to seeing everyone later.



KV #77 wishes to inform you that their Annual Fashion Show & Luncheon has moved to Saturday, June 6th. Please save the new date and we hope you and your friends can join us!

Welcome!

KV #16 welcomes Diane Baer and Kim Gryniewski as new members to our group. We are so fortunate to have so many new members join us to "have fun while raising funds" for Cincinnati Children's Hospital - we now have 26 members! Great job everyone for recruiting new members, ideas and money for CCHMC!

KV KRAFTS 2020

GOOD DAY, LADIES

Hope you are all well and safe as we continue to follow the appropriate guidelines of spending time at home and finding things to occupy our time. One "Krafty" suggestion might be to get your virtual shopping bag in hand and head to Pinterest for new, fun ideas for Krafts 2020 sales.

Seriously, can't wait to see your smiling faces soon.

Remember to stay safe.

Sincerely, Diana Peters

Hello, Kindervelt Community,

Given the Covid-19 health crisis, we have decided to postpone Kindervelt's "Lunch at the Links" from April 25 until sometime in the future. We expect the "Stay at Home" guidance to continue for some time and we don't want anyone to be put at risk. We are also sensitive to the financial impact this unprecedented shutdown is having on individuals and businesses. We hope that postponing our event until the Fall (or whenever is appropriate), will allow us to celebrate together and continue to support the important Kindervelt Psychiatric Emergency Assessment Center (KV PEACe) at Cincinnati Children's Hospital.

Our thoughts are with you and your families at this difficult time.

The Members of Kindervelt 19

KV #49

We continue to have great success at our Blanket/Bake Sales held at Children's Hospital. We have brought in on average \$650 each time! Way to go #49 Ladies!

Member Barb Knox is engaged to be married later this year! Congratulations to Barb & Peter!



Member Nancy Sanchez & husband Joe welcomed their first grandchild, Aliza Anne.



Annie's Homemade Sweets

When you make a purchase at Annie's, in-person or online, mention Kindervelt and 30% of your purchase will be donated to KV #57.

Annie ships nationwide.

This is an on-going partnership between Annie's and KV 57, inspired by this small business's belief in Kindervelt's mission.

Giveback donations apply to all candy purchases, not just those made for Easter.

Check out Annie's candy online at <https://www.annieshomemadesweets.com/>

For more information call, text or email Annie at 513-899-3651 or AnniesHomemadeSweets@gmail.com



All small businesses are struggling at this time. In spite of that, Annie, owner of **Annie's Homemade Sweets**, will still donate 30% of your purchase to KV #57.

EXPLORE CINCINNATI RAFFLE - CINCINNATI STAYCATION!

This Staycation package currently includes the following items, more to come!

\$75 Family Membership to Cincinnati Art Museum
\$100 Playhouse in the Park gift card
4 Tickets to the Newport Aquarium
Coopers Hawk Luxe wine tasting for 4
Let's Roam Scavenger Hunt for 4 people
Private tour for 8 at Rhinegeist, includes merchandise bag
Family 4 pack for a day at the Cincinnati Zoo, includes parking & rides
Tour and tasting for a party of 10 at March First Brewery
\$120 gift card for the Cincinnati Brew Bus
2 adult combo tickets for Ark Encounter/Creation Museum
4 Field Box seats to a Cincinnati Reds Game \$220 value
4 tickets to the Hall of Fame Museum
Big Ash Brewing "Bucket of Cheer"

2-night stay at The Golden Lamb
\$50 Prime Cincinnati gift card
\$100 Playhouse in the Park gift card
4 Tickets to the Newport Aquarium
Coopers Hawk Luxe wine tasting for 4
\$120 gift card for the Cincinnati Brew Bus
2 adult one-day passes to the Museum Center
Family Admission Pass to Cincinnati Nature Center
4 tickets to Krohn's Butterfly Show
\$25 Coffee Emporium gift card
\$15 Uber Gift Card
2 bottles of wine & wine glasses
Manicure at Mitchell's

Tickets are on sale for \$10 each, or 3 for \$25. Click Here to Purchase Cincy Staycation Raffle Tickets. You can also purchase in person at the Membership and Leadership meetings, or you can contact East Region Leader Jackie Baumgartner at kveastregion@kindervelt.org for tickets or additional information. The winning ticket will be drawn at the May Leadership Meeting on May 4th.



Also can scan this QR code

<http://events.constantcontact.com/register/event?llr=s4jukynab&oeidk=a07egqc7d8x17519c61>



Evergreen Retirement Community is looking for volunteers to work in the Kindervelt Gift Shop. The shop is open 11:30-1:30 Monday through Thursday. Fridays 11:30 to 3:30. The funds from the shop's Kindervelt so if you can help call Carrie Laube 513-655-2232 or email

CLaube@seniorlifestyle.com

KV #22

is doing their darnedest to follow the 'STAY HOME' and keep ourselves and others safe. Here's what we're up to with all the social distancing.

Mom and her kids staying home and cooking, doing crafts and supporting the online schooling.

New home means new furniture or refinish what you have on hand! 'Honey Do' lists mean painting, repairs and many other chores the guys were going to 'get around to' when there was enough time.



Time is what we have PLENTY of for the foreseeable future. Working from home takes patience as we work new systems. One member is photographing cells through her microscope for the study of repairing nerves!



We agree that our furry friends are family. Lots of dog walking and seeing neighbors you never knew you had! Being the adult, trying to workout, creative cooking, reading and binge-watching TV programs. It's a challenge being in close quarters but we are doing our best to flatten the curve! Stay well!

Exercise is essential for calming the mind/body.

Do you track your steps? Calories? Are you walking, using home equipment or doing online classes? What do you recommend?



Please Note

The Cincinnati Children's Hospital tour sponsored by the Division of Child and Adolescent Psychiatry scheduled for Monday, April 27, 2020 at the College Hill facility has been cancelled.



Bake Sales

May 4	Bake Sale #16	CCHMC 9am-3pm	Info Cindy Burger 218-5370 or cmburger@gmail.com
May 29	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or dbrownemom@yahoo.com
Jun 16	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or dbrownemom@yahoo.com
Jul 21	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or dbrownemom@yahoo.com
Aug 3	Bake Sale #16	CCHMC 9am-3pm	Info Cindy Burger 218-5370 or cmburger@gmail.com
Aug 28	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or dbrownemom@yahoo.com
Sept 14	Bake Sale #16	CCHMC 9am-3pm	Info Cindy Burger 218-5370 or cmburger@gmail.com
Sept 18	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or dbrownemom@yahoo.com

Dear KV Members,

The 2019/2020 nominating committee is thrilled to announce that this year's slate for the Kindervelt Board of Trustees includes members from nine groups plus citywide. When we add the events chairs and chairs-elect and the incoming nominating committee, the leadership team for 2020/2021 includes 13 groups plus citywide. Nominees include members from 3, 8, 11, 12, 16, 22, 29, 45, 50, 56, 57, 65, 68, 78, and citywide. Thank you all for stepping up for Cincinnati Children's Hospital Medical Center!

Valerie Taylor
Nominating Chair

Board of Trustees 2020-2021 Slate

- Immediate Past President: Bonnie Hueneman 68
- President: Katrina Smith 78
- Vice President: Bonnie Finn 22
- Secretary: Stacy Durr-Stainton 65
- Treasurer: Debbie Linneman 56
- Annual Dinner Chair: Amy Rosenberg 22
- Communications Chair: Mary Beth Young 78
- Donor Relations Chair: Kim Tepe 12
- Financial Advisor: Char McBrayer 8/22
- Membership Chair: Linda Deters 16
- Nominating Chair: Ginny Myer 8
- Projects Chair: Pat Wahl 68
- Publicity Chair: Karen Tepe Citywide Im 3/10
- Technology Chair: Tracy Smith 57
- East Region Liaison: Lisa Robison 78
- North Region Liaison: Sue Crosby 22
- South Region Liaison: Nancy Groves Van Buskirk 29
- West Region Liaison: Diana Peters 68

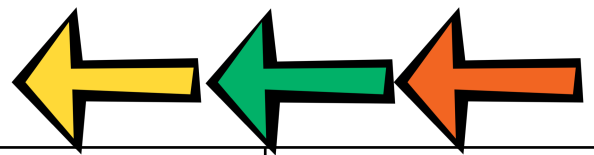
Events chairs

- Kindervelt Krafts Chair (2020): Diana Peters 68
- Fall Event Chair (2020): Tracy Smith 57
- Let the Good Times Bowl Chair (2021): Andi Mapes 3
- Kindervelt Krafts Chair-elect (2021): Sue Hammel 56
- Fall Event Chair-elect (2021): Mary Beth Young 78
- Let the Good Times Bowl Chair-elect (2022): **open**

Nominating Committee 2020-2021

- Nominating Chair: Ginny Myer 8
- President: Katrina Smith 78
- Immediate Past President: Bonnie Hueneman 68
- Immediate Past Nominating Chair: Valerie Taylor 3/22
- Fall Event Chair-elect: Mary Beth Young 78
- KV Krafts Chair-elect: Sue Hammel 56
- Let the Good Times Bowl Chair-elect: Andi Mapes 3 (until elect is identified)
- Past BoT member: Libby Baker 56
- North Region Representative: Shirley Morand 11
- East Region Representative: Lori Eddleman 50
- South Region Representative: Caroline Cox 3
- West Region Representative: Sherry Weckenbrock 8/45

Ongoing Projects



Annie's Homemade Sweets Candy Sale	#57	www.Annieshomemadesweets@gmail.com to see all the goodness that can be found. Just mention KV57 when purchasing online or in the store.	Info: Bebe Raupe 513-677-2870 or braupe@yahoo.com
This n That Consignment	#19	This n That Consignments 3501,600 Reading Rd. #A Mason OH 45040 *Drop off any item for sale (especially home furnishings) and tell them the proceeds go to KV #19. 50% of the sale price goes to KV.	Info: Maria Pagano 619-370-0983 or mpagaon72@gmail.com *Open to the public.
Sock It Two Me	#45	Put your change in a sock! Save it for Kindervelt.	Info: Melanie Gallagher at 513-604-3447 or mstauderg@gmail.com
KV Snap and Bracelet Jewelry Sale	#56	Going on now! Different locations and Events.	Info: Libby Baker 859-640-8834 or libaker1020@aol.com
Sterling Silver KV Kids Pendant	#56	Price to be determined.	Info: Linda Lunceford 859-512-0595
KV logo pins	#11	KV logo pins	Info: Shirley at 513-677-2592 or semorand@yahoo.com
Kindervelt notecards by Jackie Bendure	#12	Note cards available	Info: Cathy at 932.3218 or chasteen.cathy@gmail.com
The Vacationeer - Travel Fundraiser	#78	Schedule your vacation with The Vacationeer & Kindervelt get 25%	Info: Amanda Gibson, 513-207-4850 or amanda@thevacationeer.com. Amanda is a Travel Agent at The Vacationeer and also a KV member. When you book with her 25% of the net commission will go back to Kindervelt.
American girl doll clothing	#16	Doll clothes range form \$2-\$30. That includes sewn skirts, pants, dresses, hand knit sweaters, dresses , hats, outfits etc. Occasional special orders are filled as available. Such as sport team colors, matching outfits, etc.	Info: Cece at 591.2907 or cckohlman@aol.com
Shop with Scrip	#30	Go to ShopWithScrip.com, register and buy gift cards to use at hundreds of retailers and restaurants. 3%-16% goes to KV.	Info: Suzanne at 513-827-6534 or pavlakis@sbcglobal.net
Cork Trivets	#45	They are \$15 for a single and \$25 for a double	Info: Kathy Enos, 513-231-5073 or kbenos626@yahoo.com.
Thank you plaques	#45	5x7 wood and gold plaques. Reads "In Appreciation for Your Generous Support of our Fundraising Efforts for Cincinnati Children's Hospital Medical Center" - \$15 plus tax	Info: Mary Anne Stenger 513-874-9931 or mstern11844@aol.com
Granite Cheese Boards	#45	They are \$10 for medium, \$15 for a large and \$20 for extra large.	Info: Kathy Enos, 513-405-3545 or kbenos626@yahoo.com
Felt Wall Hangings	#45	There is a Turkey and a Snowman for \$30 and a Birthday Banner for \$20.	Info: Chris Toth, 716-523-3696 or ctoth622@hotmail.com
Bread mixes	#49	\$5. Choice of tuscan, cinnamon raisin, dill, french herb, and white	Info: Gretchen at 530.0776 or jahmit@aol.com
Fleece blankets	#49	\$20-\$25. Hand-tied reversible fleece blankets. In-stock or custom orders.	Info: Joan at 513-479-9378 or joanpcody@hotmail.com
Bean soup mix	#57	\$6 - Available at retail locations around town and at President's council.	Info: Nancy at 513-476-9340 or e_n_gerstner@fuse.net
Pop-tab recycling	#65	Bring Your Pop Tabs For Recycling To The Leadership Meeting Or The Membership Meeting And Give Them To Stacy Durr-Stainton	Info: Stacy 513-686-0988 or stacydurrstainton@yahoo.com
Pay it forward at Hoxworth	#76	Every Hoxworth blood donation can be credited to KV. When the intake cleark asks you "which group" say Kindervelt and write Kindervelt on your form. Or sign up as a premier donor and in the donor store, select KV as your organization.	Info: Susie at susankelleyjd@yahoo.com
Personalized Embroidery Gifts	#78	Custom embroidered baby burp cloths (\$6), bibs (\$10), burp cloth & bib sets (\$15); blankets, bear cuddle blankets, golf towels (\$10) and computer bags.	Info: Mary Beth at 236-6891 or meyoung@fuse.net
Koins For Kids Boxes	#8	KV 8 Donations for Kindervelt in Koin Boxes	Info: Cathy Moore at Cathymore@outlook.com or Jill Prendergast at jill.prendergast@gmial.com *Currently in Wyoming Pastry, Wyoming Meat Market
Evergreen Gift Shop Volunteers	City-wide	Volunteer work at the gift shop. Various days each month. Mon-Thurs (11:30-1:30) and Fridays (11:30-3:30)	Evergreen retirement Center - 230 W. Galbraith - 45215. Info: Jenny Meyer. egact@hotmail.com or 948-2316 ext. 1230