



# Kindervelt

**The Division of Critical Care  
Medicine and the Pediatric Intensive  
Care Unit at Cincinnati Children’s**

December 2020 Newsletter  
Volume 21, Issue 5

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## From the President



It’s been an unforgettable year, but as we move toward the holiday season, I take pride knowing that our membership continues to work hard to make a difference despite the restrictions due to the pandemic.

Last month I had the chance to participate in my first ever Road Rally thanks to Kindervelt #08. What a great idea. I spent a few hours one afternoon with my parents helping me navigate and look for observation clues. We enjoyed a few laughs, especially when we realized we were a bit “off course” for a short while. It was a very enjoyable way to spend some time with family while fundraising for our cause.

KV Krafts is winding down for the year with their final shows coming up at Findlay Market on Dec. 5 and 6. Sincere thanks to Diana Peters, her committee, the group Krafts Reps and all that participated in making so many items to sell at all the shows. Special thanks to Tracy Smith for creating an online store for the CCHMC employees to shop our crafts since we were not able to hold our events there this year. Thanks also to Keith Henize who is distributing the sold items for us at the hospital.

Alas, Andi Mapes, Chair for “Let the Good Times Bowl,” had to make the tough decision to postpone the event in February of 2021. Good news though, she has agreed to chair the event for 2022 and it will be back, big as ever! That’s the spirit Andi!

I’m so sorry that we won’t be able to gather for group holiday meetings/parties this month as it’s so important for us to celebrate together, but please continue to spread the Kindervelt love throughout the holiday season. There are many opportunities to support group events and sales happening now, so please check out all the news in this edition!!

Enjoy the holidays and I wish you a very Happy New Year; a year that marks our 50<sup>th</sup> year of making a difference! We will celebrate BIG! 🎉

Katrina

Katrina Smith

#GIVING  
TUESDAY

Donate Now!

## Giving Tuesday

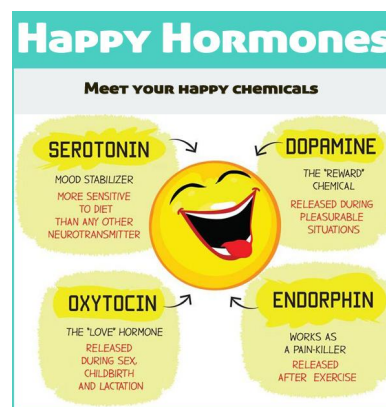
#GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. It is now a global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

By donating to Kindervelt, you help the many children of Cincinnati Children's Pediatric Intensive Care Unit.

## Happiness Hormone Hacks

By Regina Vogt-Purdon, LISW-S

"I can't wait for 2020 to be over." It's a sentence we've been hearing more and more now that this challenging year is coming to and end. People are cautiously hopeful that 2021 will bring about a shift for the better. While we don't have complete control over what will occur in 2021, we do have the ability to increase our overall sense of joy by boosting our "happiness hormones." The hormones responsible for happiness are dopamine, oxytocin, serotonin, and endorphins. Here are some simple ways to boost these hormone levels:



- Sunlight – Open your windows to let the sun in. Spend time outside in the sun. If you're not able to get sun the natural way, consider purchasing in a UV lamp.
- Exercise – Find physical activity that you enjoy. The more you enjoy it, the more likely you are to make it a regular part of your life. Be careful to avoid associating exercise with weight loss, as you may begin fixating on things you want to change about yourself.
- Laughing – Watch a funny show. Share funny stories with friends and family.
- Time with loved ones – Spend time with people you love. If you have a romantic partner, plan a date night.
- Listen to music – Music has the power to improve someone's mood in an instant. Create a playlist of songs that make you feel good and listen to the playlist regularly.
- Cuddle your pet – Our pets are therapeutic for us!
- Make sleep a priority – People underestimate the importance of sleep. Adequate sleep is necessary for mood regulation.
- Massage – Schedule a massage for yourself. If visiting a licensed massage therapist isn't in your budget, find a loved one to do the favor.
- Gratitude – Take time each day to think of things for which you are thankful. Write those things down in a place where you can read over them regularly.
- Setting small goals and completing them – Feeling accomplished releases happiness hormones.
- Doing acts of kindness – Pay for the person behind you in the fast food drive-thru line. Give a stranger a compliment. Make dinner for a friend.
- Eat food you love – And do so without distractions so that you can really savor your food.
- Play – Playing isn't just for children! Go to the playground and swing. Play board games. Spend time with children, who will help keep you lighthearted.

## Message from our Nominating Committee

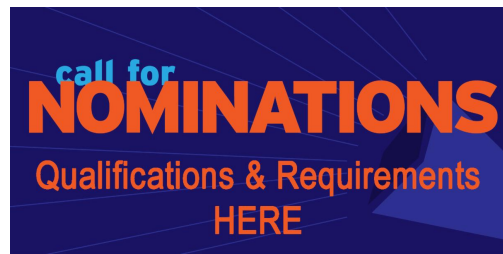
The Nominating Committee will soon be working to fill the Board of Trustees positions for the fiscal year 2021-2022. Please take a few minutes to look at the Qualities & Requirements by clicking on the image below, for a Board position. Would you be interested in talking with me about one of these positions? Or maybe you know someone that is a member of your group or city member that would be



a good fit. If so, please contact Ginny Myer at [kvnomchair@kindervelt.org](mailto:kvnomchair@kindervelt.org).

I am looking forward to hearing from YOU!

Thank you,  
Ginny Myer  
Nominating Committee Chair 2020-2021



## Upcoming Events

### Holiday Cakes by Marie & Tina

Marie Tsacalis & Tina Kasidonis of Kindervelt #30 are offering to help with your holiday baking. Combined they have many years of baking experience and their creations are highly sought after at bake sales.

Great selections to choose from, only \$20 each. Pick up in Blue Ash or deliver for an additional \$5.

**All orders must be made December 1st through December 8th by phone with Marie at 513-984-0408**

Click on Image for Flyer!



### Kindervelt Krafts Findlay Market Volunteer Signup

**Volunteers are needed December 5th & 6th**

Here's how it works in 3 easy steps:

1. Click this link to see our SignUp on [SignUp.com](https://signup.com/go/dyWitzG): <https://signup.com/go/dyWitzG>
2. Review the options listed and choose the spot(s) you like.
3. Sign up! It's Easy - you will NOT need to register an account or keep a password on [SignUp.com](https://signup.com).

Note: [SignUp.com](https://signup.com) does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.



If you have any questions, please contact me,  
Diana Peters at [dianaqk@fuse.net](mailto:dianaqk@fuse.net) or 513-451-1750 H or 513-368-3031 C

### KV #8 Annual Christmas Tree Sale

**December 5th, 9am - 4pm**

**December 6th, 12pm - 4pm**

Wyoming High School Tennis Courts  
1052 Springfield Pike near Fleming Rd.  
Sunday delivery within 20 miles, only \$10  
Click on image for flyer.



Questions, contact [kv8trees@gmail.com](mailto:kv8trees@gmail.com)

## Kindervelt #50 Seeking Household Donations!

KV #50, Indian Hill, is seeking any household items for an online auction February 2021 with Everything But the House.

Everything But The House has a newer venture that is "EBTH Cares". Selected charitable causes are able to receive 100% of proceeds from their sale instead of the normal percentage so 100% of sales benefit Kindervelt. Kindervelt 50 was chosen to be the February EBTH Cares auction!

Drop off items at Armstrong Chapel, 5125 Drake Rd., Dec. 5 and Jan. 9th between 10am and 12pm. Or arrange for pickup, contact Melissa at [kv50donate@gmail.com](mailto:kv50donate@gmail.com)



More info and flyer [HERE](#).

Antique dealers from around the world watch almost every sale like a hawk to find those rare pieces that in traditional estate sales might have been unrecognized and sold for pennies or lost to the junk heap forever.

## Join KV 29 to "Get Cultured with The Rhined" Virtual Social

Welcome the New Year with something Fun & Tasty! Learn how to create a charcuterie board in the comfort of your own home, with instruction via Zoom by a Certified Cheese Professional.

**January 14, 2021 from 5:30 - 6:30**

Charcuterie kits are \$21 each and include 2 cheeses, a meat, pickled vegetables, dried fruit and signature accompaniments. Wine is also available for purchase.

Charcuterie kits & wine must be ordered by January 7, 2021.

Pre-ordered kits and wine will be available for pick up at The Rhined, 1737 Elm Street (across from Findlay Market) from 10 am-8 pm on January 13th or 14th.



**Order Here.**

Questions? Call Nancy Van Buskirk at 513-403-5260 or Barb Dahl at 513-476-9707

## Raffles

### KV #56 Sterling Silver Logo Pendant

Still time to get your chances for this beautiful Kindervelt Logo pendant.

Tickets: \$2 each or 3 for \$5

Winner will be drawn December 6, 2020  
at Findlay Market Holiday Market





**Purchase Raffle Tickets**

## Christmas Shopping Anyone?

### Jewelry

Logo pins  
Snap Bracelets  
Silver Logo Pendant

### Other Logo Items

Logo Masks  
Logo Pens

### Food

Bread Mixes  
Jumbo Gourmet Jelly Beans  
Bean Soup Mix  
Anne's Homemade Sweets



### Something for Anyone

American Girl Doll clothing  
Notecards  
Cork Trivits  
Granite Cheese Boards  
Fleece Blankets  
Personalized Embroidered Gifts

All these and more on our Ongoing Project page on our website!

**[Check it out HERE.](#)**

## KV # 3 Logo Masks

Kindervelt Logo masks, only \$5 each. Contact Val, [listval@cinci.rr.com](mailto:listval@cinci.rr.com) Click [HERE](#) for flyer



## KV #3 Kindervelt Logo Pens

The various hospital units always need pens. As KV #3's annual gift, they are offering 20 pens for \$20 to donate to the hospital units or purchase for your own use. Contact Val, [listval@cinci.rr.com](mailto:listval@cinci.rr.com). [More info and Flyer HERE.](#)



## Applause, Applause



## Virtual Halloween Party

The Virtual Halloween Party was a huge success raising \$48,406 ! Thank you everyone who was a part of this fun event. Thanks also to Tracy Smith and her committee for a job well done!

## Kindervelt Krafts 2020

I must say, Kindervelt Krafts has had many challenges this year, BUT, the ladies of Kindervelt stepped up to the plate. We met at "OUR" spot at Pier1 in Rookwood. We loaded up our krafts,

tables and tents and traveled to St Simon Church on the west side, Burger Farm on the east side and back to the west side for Seton High School. I applaud and thank you all for your extra effort this year, 2020 !!!

As we missed our sales at the hospital, we offered the hospital employees the opportunity to shop online via CenterLink and GiveSmart. For this I would like to thank Tracy Smith for the many hours she spent putting the sale online.

### Findlay Market

This coming weekend, Dec 5th & 6<sup>th</sup> will be our final road trip. Volunteers are needed see info above.

We will be putting a KV Krafts Sale online for the Kindervelt members. Watch your Kindervelt email for more information.

Any questions, [dianaqk@fuse.net](mailto:dianaqk@fuse.net)  
Diana Peters, KV Krafts



**KV #22** is hosting their annual 'Candles 4 Kids' event on Sunday, December 13th from 5pm-9:30pm. Neighbors in the Swaim Field neighborhood (located in Montgomery-off ZigZag Rd. near Cooper Rd.) line their yards with our luminaria. KV22 has been doing this project for over 20 years under the guidance of member Sarah Bell. KV22 members are street captains who organize sales and candle placement. It's a lovely way to usher in the winter holidays. Feel free to bring your families and drive through the neighborhood. Donations welcome! Please contact Kim Lucken, KV22 president at (513)708-1932 [wlucken1@cinci.rr.com](mailto:wlucken1@cinci.rr.com) for more details.

### KV #78 Member Spotlight and Thanks

We will miss our longtime KV 78 member, Wendy Holschuh who is moving to South Carolina later this month. She currently is our group president and in true Kindervelt spirit, has agreed to continue to be president as long as the Leadership meetings continue to be held virtually. What dedication!! Wendy has served many times on the board and has been a dependable member to our group. We love Wendy and will miss seeing her in person at events, but hope she visits often! Thank you Wendy for all you have done for Kindervelt and your wonderful friendship!



*Thanks*

**KV #8** thanks Charlotte McBrayer and Kristen Gettins for their work on the Road Rally for Kids event and to Kelly Anderson for managing our annual Christmas Wreath and Tree Sale. We appreciate all their hard work and dedication.

**KV #16** sending many thanks to Cece, Sandy K, Cindy and Karla for setting up and working the Seton HS Kraft Event. A special

*With Sympathy*

**KV #16** would like to express their sincere sympathy to member Jan Beiersdorfer whose mother, Marian Schwartz, recently passed away at the age of 98! Marian was always supporting our KV events and loved our Bunco Night where she either had one of the top Bunco scores or she won one of our famous Raffle Baskets. We will miss her smiling face and will continue to pray for



thanks to all that crafted items to sell and for all the bakery items that were a huge hit also. We'll be sharing all this and more when we have our next Zoom meeting on Monday, Dec. 14th - looking forward to wishing everyone Happy Holidays!

**KV #16** would like to thank all those who purchased their discount cards.

**KV#56** would like to thank their crafters for making such wonderful items that sold so well at all our craft events this fall. Also, Libby Baker who worked the shows at St. Simon, Burger Farm and Seton High School, and Sue Hammel who worked at Burger Farm and Seton. Special thanks to our bakers who pulled out the stops for the bake tables at Kindervelt Krafts. Linda L. and her mom, Mrs. Lambert, Libby, Sheila, Debbie L., Terri, Sue, Nancy and Carolyn all sent great treats to sell.

**KV#68** wants to send a BIG THANK YOU to Diana Peters on the successful Kraft shows this year and most recently our main one at Seton High School. A special thank you to all the members of KV 68 that stepped up to help set up on Friday for the Kraft show and worked on Saturday. Way to get behind Diana!

**KV #77** thanks Karen for hosting their November meeting.

**KV #78** sends a huge THANK YOU to the Tina & Candace Burton Team at Sibcy Cline Realtors, for donating their realtors bags for our luminary project. They were kind enough to donate enough for all 3 neighborhoods we are covering and we so appreciate their support.

**KV #78** sends a hearty Thank You to Mary Beth Young and Nancy Morton for lending their garages and guidance to our crafting sessions.

**KV #78** sends thanks to Katrina Smith for coordinating the assembly of annual holiday Luminary kits, now expanded to 3 east side neighborhoods.

her family and friends.

**KV# 68** would like to express their sympathy to Janet Bretnitz on the recent death of her mother, Alberta Bretnitz.

## Tidbits

**KV #16** We are sooo excited to welcome another new member, Mary Volker! That takes our membership to 27 members! Keep up the good work KV #16 ladies! The more members we have "Together We Can Make A Difference" in the lives of children here and around the world!

**KV #45** Made a donation in honor of Otto Beiting, brother of members Lin, Cece and Betty.

**KV #56** sends blessings to all during this holiday season.

**KV#68** would like to welcome two new members to 68. They are Barbara Sullivan and Mary Sullivan. We are happy to have them.

**KV #77** is sending prayers for Janice Curran who is currently battling health issues.



Happy belated birthday wishes to Eva Nakos on November 1st and Suzanne Pavlakis on November 20th from KV #30.  
December 4th - Elaine Snyder #30  
December 7th - Karen Mandel #30  
December 19th - Marie Tsacalis #30

*Congratulations!*

**KV #68** would like to Congratulate Susan and Dave Deye on their son Andrew's recent marriage. We would also like to Congratulate Cindy and Jim Metz on their daughter Andrea's recent marriage.

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[Website](#)

