



# Kindervelt

*"Together We Can Make A Difference"*

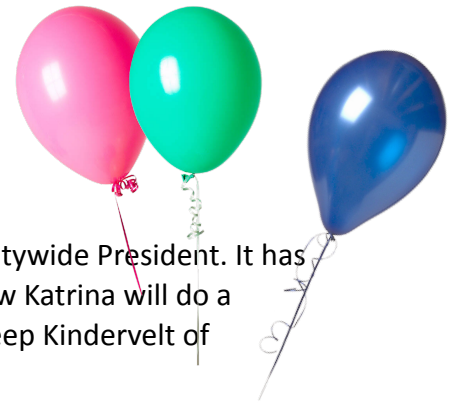
**KV PEACe**

**Kindervelt Psychiatric Emergency Assessment Center**

VOLUME 20 ISSUE 8  
May 2020



## From the President



I can't believe its May of 2020! These are my final days as Kindervelt's Citywide President. It has been a most rewarding two years for me serving as President, and I know Katrina will do a fantastic job as our incoming leader. I will support her in her quest to keep Kindervelt of Cincinnati Children's the powerhouse nonprofit that it is.

Sue Crosby and her committee have been actively planning our Annual Meeting. Things are going to be different this year since we are following the Governor's stay-at-home rules. Some of the agenda (voting on new board) will be done through Constant Contacts. The check presentation and announcing the new division are being planned right now. As soon as we get the hospital's approval and Dr. Sorters' availability, we will let you know. The presentation of the Barbara Fitch Award and the recognition of our 10-, 20-, 30- & 40-year members will take place at a later time. Please trust me that these fabulous women will get the honor they deserve!

Thank you **ALL** so much for the support you have shown to me throughout my term as President. I truly could not have done this without the guidance and encouragement of the Board of Trustees, Keith, Kelly, the Development office, and the members of Kindervelt. A special thank you to my family and my group #68 for their love and support which has been engraved on my heart!

In closing, I would like to quote Helen Keller: ***"Alone we can do so little: together we can do so much."*** Thank you for being a part of Kindervelt and working together through this difficult time. Our motto, ***"Together We Can Make a Difference,"*** shines brightly through **ALL** of you! We have made a difference with our support of KV PEACe.

Stay Safe & Much Love,

*Bonnie*

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  
kvsecretary@kindervelt.org

Treasurer Debbie Linneman #56  
kvtreasurer@kindervelt.org

Financial Advisor Claudia Potter #76  
kvadvisor@kindervelt.org

Annual Meeting Sue Crosby #22  
kvameeting@kindervelt.org

Membership Lindsey Dye #08  
kvmembership@kindervelt.org

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

# Mental Health



## Mental Health Awareness Tara Dale, LISW-S

May is Mental Health Awareness Month which makes this the perfect time to talk about mental wellness and self-care as the COVID-19 pandemic has created the necessity of social distancing guidelines. Caregivers and students across the state of Ohio recently received news that schools will remain closed for in-person learning for the remainder of the academic year. The prolonged social distancing guidelines are a prudent measure for the safety of Ohio residents although may heighten stress, anxiety and sadness for many kids and teens. For many, this will feel like a tremendous loss with many academic, social, and athletic events cancelled that kids and teens often look forward to. To help your child cope with their grief over these losses, it is important to first recognize the signs and symptoms that they may be struggling. Anxiety and depression can present in a variety of ways although some common ways include: major changes in sleep and appetite, increased feelings of worry or dread, thoughts of hopelessness, loss of energy or motivation to complete tasks or engage in activities, increased agitation or feeling jumpy, increased heart rate or shortness of breath. If you recognize significant changes in your child's emotional and behavioral well-being, you can begin to provide support yourself.

### **Talk to them about their feelings and yours. Help your child maintain positive peer connects and balance socialization with personal responsibilities.**

It is important to acknowledge the tremendous loss of daily peer interaction and support. Talk with your child about how to maintain positive peer supports and balancing those interactions with life at home. Encourage social interaction utilizing a variety of methods (phone calls, video chat, email and possibly sending letters through the mail). Talk about daily expectations and help them to identify time requirements and limits for academic work and social interactions so they can better plan their day.

### **Help your child identify their strengths and interests to develop healthy coping skills. Brainstorm ideas for future activities or events to give them something to look forward to.**

Students have lost many outlets for social support and physical activity. Help them to reconnect to previous interests and help them identify new hobbies. Encourage them to consider their strengths and how those can be used for new activities in and around the home. Sunlight and fresh air help promote overall well-being including emotional health. Physical activity helps reduce feelings of anxiety and depression and should be encouraged daily. Weather permitting, encourage outdoor activity such as reading a book outside, going for walks and hikes, going for a jog, riding a bike, creating sidewalk art or planting a garden. Indoor activities can include puzzles, card or board games with family, baking, writing, dancing and creating art. Also, talk to your child about their future hopes and plans. Where is the first place they want to visit when social distancing measures are lifted? Have them create a collage of pictures to visualize their future goals.

### **Maintain healthy habits and seek help when needed.**

It is also important to help them maintain healthy overall eating habits (snacking is easy to do when home all day) and hydration. Help them to identify a variety of nutritious foods and snacks to help maintain energy and focus during the day. Encourage them to keep a water bottle with them to stay hydrated throughout the day. Quality sleep is a priority for maintaining overall health so encourage regular sleep schedules.

Lastly, if you have any concerns about your child or teen's mental health or safety, you can contact Cincinnati Children's Psychiatric Intake Response Center at (513)636-4121, call 911 or go to your nearest ER. For more information about mental health, you can visit The National Alliance on Mental Illness's website at [nami.org](https://www.nami.org).



## THANK YOU, BONNIE!

**KV #68** would like to extend a great big THANK YOU to Bonnie Hueneman for stepping up to be the Citywide President for the past two years. Things have not always been easy, especially these past couple of months, but Bonnie has always persevered in a very positive way. She's always trying to keep everything positive and encouraging and thanking everyone for all they do for Kindervelt. Bonnie has done a fantastic job! We are proud to have Bonnie in KV 68!

# Tidbits

**KV #68** sends "stay healthy" wishes to members: Gail, Mary and Elaine as they wait for pending surgeries at this time.

**KV #68** held the Princess Party on Sunday afternoon, March 1. The event was fabulous thanks to all who planned the party and others who attended. All the princesses had so much fun again this year. Their moms, aunts & grandmas championed our fund raising for Mental Health with their generosity. \$4,000 will go to KV PEACE because "together we can make a difference."



Rylee Hilton



Regan Wahl and mom Holly Wahl

**KV#56** would like to thank all our members who continue to support Kindervelt from home. Thank you to Libby Baker who has stepped in as President, Linda Lunceford and Ruth Wiley as Co-Vice Presidents and Projects Chair, Debbie Linneman as Treasurer and Membership, Nancy Bassarab as Secretary, Sheila Horan as Publicity, Carolyn Riehle as Krafts Rep, Terri Mitsch as Sunshine, and Debbie Linneman, Sheila Horan and Terri Mitsch for our Fall Event. We want to thank Sue Hammel for her past role as President and wish her well as she takes on the new job as Kindervelt Krafts Chair. Thank you also to our faithful members: Debbie Mitsch, Jane Auge, Joy Rich, and Catherine Smith Fessel. With all events cancelling, please remember to remit checks for any amount to your group's Treasurer for our final donation to CCHMC.

**Kindervelt #16** would like to send words of encouragement and love to all our fellow Kindervelt members at this time! Please Stay Safe and Healthy!

Condolences from your friends in **KV#45** to the family of Marcia Pardekooper on the passing of her mother, Ruth Hayden. Also, our condolences to Jane Auge and family of Gigi Caskey on her passing. Gigi was a dedicated Kindervelt member for many years.



**KV #78** wishes a very Happy Birthday to **Anne Von Moll** on May 4, and to **Ree Pebler** on May 27!





## 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](mailto: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.

# KV Pickleball



It's a craze, and whether you know what it is or not, we could use your help!

We are looking for some Kindervelt members to work together to investigate the possibility of Kindervelt holding a big Pickleball Event.

During this "stay at home" time we can meet through a Zoom meeting and send some email and make some calls to get the planning of the project underway.

What could it look like? Who knows? A tournament with various levels? Learn to Play Pickleball Seminar? Both? Held in one location? Held in various locations throughout town? Run as a citywide project? Region project? Group Project? Held in the summer of 2021? Fall? Winter? Indoor/outdoor? Sponsors?

Lots of questions to get us started. Would love to hear your input. Even if you don't know anything about Pickleball we can use your help to call facilities to ask them the answers to the questions we don't know and learn along with us!

If you are willing to help in anyway, please let Katrina Smith know by emailing her at [nsmith1@cinci.rr.com](mailto:nsmith1@cinci.rr.com) or calling 513-505-3243. **Please respond by May 13<sup>th</sup>**. The tentative date for the zoom conference will be May 18<sup>th</sup>



# KV News

## 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 Luncford, 859-512-0595 or linda@kyluncford.com
Kroger Community Rewards	# 78	info: Wendy Holschuh 513-624-9112 or jholschuh@cinci.rr.com

## KV KRAFTS 2020

GOOD DAY, LADIES

*Just letting you know we are still on track  
for our Krafts dates for 2020.*

**October 9th @ Hospital**

**November 7th @ Seton High School**

**November 16th @ Hospital.**

**Findlay Market To be announced**

Hopefully, this time at home has given  
you the opportunity to find and make  
some new Krafts for the Sales this fall.

Looking forward to seeing you all very soon.

For now stay Well & Safe!

Diana Peters

Kindervelt Krafts 2020

SAVE THE DATE

For This Fun Event



GROUP #30 BUNCO

SATURDAY, SEPTEMBER 12TH

11:00 AM

CINCINNATI WOMEN'S CLUB

MORE DETAILS TO FOLLOW

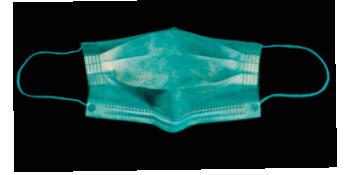
**Kindervelt #19** has postponed our event, The Heritage Regatta, *Lunch at the Links*, until it is safe for our community to gather. We hope you can still join us when the time is safe. In the meantime, we would appreciate your support by taking a look and buying tickets for our luxury raffle. This year we are raffling a beautiful David Yurman Cushion Link Bracelet with Blue Sapphires and a pair of Sterling Silver Crossover Collection earrings. Retail Value \$900. It was generously donated by James Free Jewelers. Raffle tickets are only \$20.00. You can contact Jeanne Reisinger at [reisinger.jr@gmail.com](mailto:reisinger.jr@gmail.com) if you are interested.



## New Request for Masks for Cincinnati, Children's Hospital Patients

The Doctors have requested masks for their patients they are discharging. They are in need of masks for the children and their caregivers. If you can help make masks please contact Bonnie

Hueneman at [kyvpresident@kindervelt.org](mailto:kyvpresident@kindervelt.org) or 513-235-1122.




### Thank You



A **BIG SHOUT OUT** to Tracy Smith, Cindy Metz, Kathy Raabe, Karen Geeves, Karen Griffith, Tammy Booth, Sue Hammel, Kathy Sherlock, Glenda DeJesus, Gail Courtney-Shaw and Kathy Raabe for making masks for the community of Children's Hospital. The Doctors had asked Kindervelt to help keep their neighbors safe, Kindervelt members and friends did just that. Within a week they had spent over 150 hours sewing and delivered over 250 masks to Children's. Thank you ladies. You're **AWESOME!**

# Bake Sale



 Jun 16	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or <a href="mailto:dbrownemom@yahoo.com">dbrownemom@yahoo.com</a>
Jul 21	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or <a href="mailto:dbrownemom@yahoo.com">dbrownemom@yahoo.com</a>
Aug 3	Bake Sale #16	CCHMC 9am-3pm	Info Cindy Burger 218-5370 or <a href="mailto:cmburger@gmail.com">cmburger@gmail.com</a>
Aug 28	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or <a href="mailto:dbrownemom@yahoo.com">dbrownemom@yahoo.com</a>
Sept 14	Bake Sale #16	CCHMC 9am-3pm	Info Cindy Burger 218-5370 or <a href="mailto:cmburger@gmail.com">cmburger@gmail.com</a>
Sept 18	Bake Sale #11	CCHMC 10am-2pm	Info: Debbie Browne, Info:513-382-6330 or <a href="mailto:dbrownemom@yahoo.com">dbrownemom@yahoo.com</a>



# Barbara Fitch Award

Kathy Olberding's committee are finalizing the **Barbara Fitch Award** winner. Thanks to everyone for sending in their nominations. It has been quite a task choosing this year's winner due to all the nominations worthy of this award.

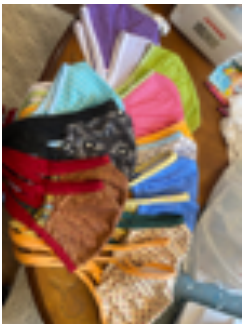
**...and the winners are:**

**East Region Staycation Raffle - Carolyn Ryan**

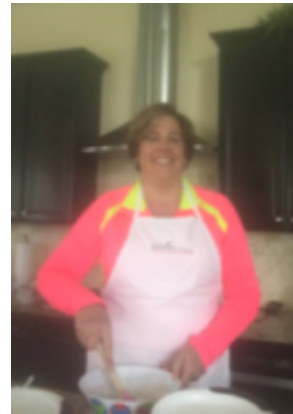
**West Region "Deck of Cards" Raffle - Diane Deiller**

A special thank you to all the members who made these raffles possible.

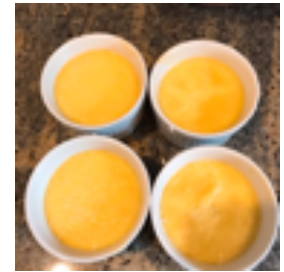
**KV #22** wishes you and yours good health, numerous phone calls or letters to keep your spirits up! Keeping COVID-19 out of homes is critical. Keeping in touch helps keep us sane!



COVID-19 is bringing out the sewing machines for a member of KV22. She is making mask for those in need. Kudos! You know who you are and we are grateful for your generosity!



Our own treasurer, Stephanie Janseen, is occupying her days making/delivering vegan banana bread!



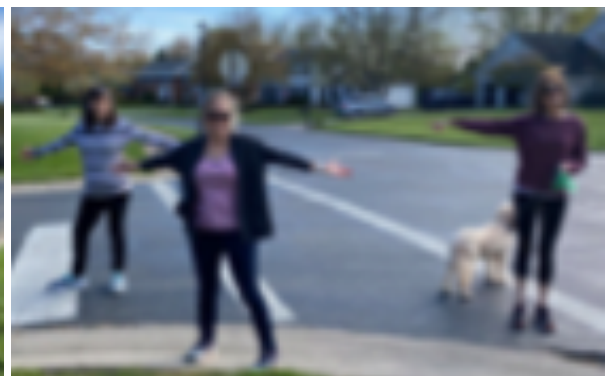
Kristin Rose and family recently celebrated her son's birthday with creme brûlée. She created a spa day for her daughter with a face mask and a blow out hair treatment! Kristin is a chef so she has been cooking and sharing recipes. The family has been playing lots of board games and card games. Her husband, an avid bicyclist, is outside every chance he can get! Check out Kristin's link for a recipe!

<https://myplateyourplate.com/2020/04/09/lentil-salad/>

Neighbors and friends in KV22 walking in the Swaim neighborhood, keeping their distance and saying 'hello'! Jackie Kirkpatrick and Paula Livingston. Yes, you just need to go outside and you'll see people you've never seen before!



Many thanks to the Citywide Newsletter editor, Bonnie Finn. Hope you are well and that your dog is keeping you sane and occupied!





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

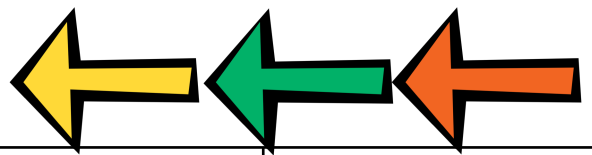
#### Events chairs

- 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 from \$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 clerk 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 Cathyemoore@outlook.com or Jill Prendergast at jill.prendergast@gmail.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