



Kindervelt

"HAVING FUN WHILE RAISING FUNDS"

KV PEACe

Kindervelt Psychiatric Emergency Assessment Center

VOLUME 19 ISSUE 2

October 2018

October and Reflections on Mental Health

October 2018

Yellow, red and golden colored leaves falling to the ground. Cooling temperatures and Halloween decorations (*next to the Christmas decorations*) are the things October brings. But did you know that since 1990, the U.S. has recognized the first full week of October as Mental Illness Awareness Week? October is also Depression Awareness Month. According to the National Screening for Mental Health Organization:

- Depression is the leading cause of disability in the United States for ages 15-44
- Depression affects more than 15 million American adults in a given year, while only half of those diagnosed with a major depressive disorder receive treatment
- Up to 80% who receive treatment for depression show an improvement in symptoms

Depression is common during the teenage years, affecting about 20% of adolescents by the time they reach adulthood. It can be difficult for a parent to determine if their child is depressed or just going through the angst of being a teenager. If a teen is struggling with depression, below are a few signs of what a parent may see:

- Crying more often or more easily
- More irritability or hostility than usual
- Eating changes, changes in sleeping patterns, or weight change significantly, or the teen fails to gain weight appropriately for their age
- Unexplained physical complaints (for example, headaches or abdominal pain)
- Spending more time alone, withdrawal from friends and family
- Becoming more "clingy" and more dependent on certain relationships (This is less common than social withdrawal.)
- Overly pessimistic or exhibits excessive guilt or feelings of worthlessness
- Expresses thoughts about hurting him or herself or exhibits reckless or other harmful behavior

2018 -2019 KV Board of Trustees

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kvpresident@kindervelt.org

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East Region Wendy Holschuh #78
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Beth Cuprill #57
kvgalachair@kindervelt.org

Kindervelt Krafts Diana Peters #68
kvkraftschair@kindervelt.org

Let the Good Times Bowl
kvbowling@kindervelt.org

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



From the President

The autumn leaves are turning, and we're starting to smell the briskness in the air. I love this time of the year! Most of us have had our first Kindervelt meeting, reacquainting with our friends we haven't seen all summer. Hopefully your group has befriended some new members. I encourage you to invite a friend or two to your meetings. New faces and fresh ideas can be invigorating to our groups.

Our first Leadership meeting has taken place. Thank you to all the group Leaders that came to gather information and share ideas with us.

Our Membership meeting is Tuesday, October 9th from 6:00 PM to 8:30 PM at the Red Cross Building (2111 Dana Avenue). Our speaker, Jim Papp, Director of External Reporting of the Anderson Center for Health Excellence at Cincinnati Children's Hospital, and Alesa Hamilton will tell us how Cincinnati Children's became #2 in the nation. Please invite a friend to the Members' meeting. It is the perfect way to introduce our City-Wide Membership.

The Kindervelt "Let the Mask Fall" Ball is Friday, October 26, 2018. It will be held in the Riverside Room at the Newport Aquarium. The committee has done a wonderful job planning a fun evening so be sure to attend and invite your friends to have a great time!

We also have Kindervelt Krafts coming up. The big event, open to the public, will be held November 10th at Princeton High School's Viking Village. There will also be two additional shows at the hospital for employees and patients' families. The Kraft committee has added extra shows at Findlay Market this year which will be held on the following Saturdays: November 24th, December 1st and December 8th. This will bring a much-needed awareness of Kindervelt to a whole new crowd! If you have any questions, contact Diana Peters at kvkraftchair@kindervelt.org.

I'm looking forward to a very busy and successful fall with all of you. Thank you so much for all you do!

TOGETHER,

WE CAN MAKE A DIFFERENCE.

Bonnie Hueneman
City President

"Act as if what you do makes a difference. It does." -William

Let's Meet Pat Wahl

Pat has been a long time member of KV #68, West Side, since 1986. She learned of Kindervelt from many neighbors who asked her to join their area group. Getting involved was easy because Pat was aware of the great things that Kindervelt was doing for Children's Hospital.

She jumped right in and took on all the positions in her group except treasurer. She has served as President several times along with being a market chair for KinderKrafts, and a volunteer with that group. She has been involved in bake sales at the hospital, is currently krafts rep working with Diana Peters on Kindervelt Krafts and has held several positions for past Gala events. She has been busy as a liaison for the Westside area on the City Wide Board and has offered to help Bonnie Hueneman during her term as president of board. Currently, Pat has stepped forward as chair of our annual meeting.

An avid golfer, Pat plays in leagues for Woodland. She enjoys such pastimes as reading and volunteering outside of Kindervelt. For instance, she volunteers weekly with the Parkinson's Foundation and helps with their annual golf outing in conjunction with University Hospital. She stays very busy!

Pat grew up in the Queen City and has been married to Kent, her husband of 44 years. They have two sons and two grandchildren, who all live in the area. Her inspirational quote is "It is better to give than to receive." Thank you, Pat, for all your many gifts: time, talent and treasures given to Kindervelt.

She wants you to mark your calendars for the Kindervelt Annual Meeting to be held May 15 at the Cincinnati Woman's Club.



Kindervelt Members' Meeting

Tuesday, October 9, 2018

Red Cross Building 2111 Dana Avenue, Cincinnati Ohio 45207



6:00 Social Hour: Complimentary beer, wine, soda, water and appetizers

7:00 Welcome and guest speakers: Jim Papp, the Director of External Reporting of our Anderson Center for Health Excellence at Cincinnati Children's Hospital,
and Alesa Hamilton

7:30 Announcements

8:00 Door Prizes and recognitions

8:30 Meeting adjourned

Please contact Bonnie Hueneman with any questions or concerns.

kypresident@kindervelt.org 513-225-1122



CINCINNATI CHILDREN'S THE DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY HOSPITAL TOURS

COLLEGE HILL FACILITY TOUR

Thursday, October 11, 2018
Spring, 2019

9:30 am - 11:00 am
TBD

DIVISION OVERVIEW and KV PEACE (Kindervelt Psychiatric Emergency Assessment Center)

Monday, November 5, 2018
Spring, 2019

1:00 pm - 2:00 pm
TBD

- Each tour has a maximum of **10 people** and names will be taken on a first come, first serve basis. Reservation requests should be sent via email including names and email addresses.
- All main campus tours will meet in the prefunction space across from the main cafeteria **10 minutes prior** to the time of tour.
- The College Hill facility is located at 5642 Hamilton Avenue, 45224. Park in the visitor area and check in at the main entrance desk at least **10 minutes prior** to the time of the tour.
- If a tour is not reserved FOUR DAYS in advance of the date, it will be cancelled to allow the hospital staff to free up that time on their schedule.
- Please note that the November 5th tour is also the date of the KV Leadership Meeting for that month.
- All tours must be scheduled through the Kindervelt citywide Vice President at:

kvvicepresident@kindervelt.org

Tammy Booth

859.384.7763

Kindervelt #16

BUNCO PARTY

Benefits

Cincinnati Children's Hospital Medical Center

Psychiatric Emergency Assessment Center



Friday, October 12th

Doors open at 7:00 pm

Games begin at 7:45 pm

Lakeridge Hall - 7210 Pippin Rd. at Banning Rd.

\$20 per person - space is limited

Light Appetizers

Desserts

Drinks

Door Prizes

Split-the-Pot

Basket Raffle



Information/Reservations: Marsha - 513.300.5352

Terri - 513.923.3995

Get ready for.....



Kindervelt's **Let the Mask Fall** *Ball*

October 26, 2018

7:00 to 10:30 P.M.

**The Riverside Room
at The Newport Aquarium**

Grand Raffle



Priceless !

**Pappy VanWinkle
12 Year Old
Bourbon**






Chances

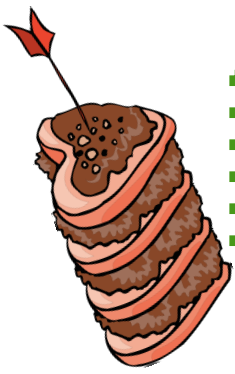
**\$25 for 1
\$115 for 5 (\$23 ea.)
\$200 for 10 (\$20 ea.)**

Grand Raffle tickets will be available at kindervelt.org and at the event

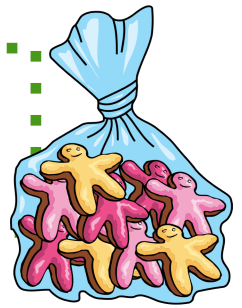
Ongoing & Future Events



Continuing until February 3	NFL Survivor Football #08		info: Bill McBrayer bill.mcbrayeriii@gmail.com or 513-702-9630 *Open to the public. See flyer in Newsletter
Now until October 19	Cashew Sale #78		Info: Nancy Riedel at purplemom1@aol.com *Open to the public \$6.50 per 7 oz bag
Saturday October 6 8:00am-5:00pm	Wyoming Fall Festival #8	Wyoming Fall Festival Wyoming, OH	Info:info: Laurie Gorby 513-821-4580 or lagorb@one.net Promoting Kindervelt to the community and recruiting new members.
Monday October 8 6:00pm-9:00pm	Bunko #56		Wilder City Building 520 Licking Pike Wilder KY 41071
Tuesday October 9 6:00pm-9:00pm	Membership Meeting *Citywide	Red Cross Building 2111 Dana Ave Cincinnati, OH 45207	See flyer in Newsletter for more details
Friday October 12 7:00pm-9:30 pm	Bunko #16		Lakeridge Hall 7210 Pippin Rd Cincinnati, OH 45239
Friday October 26 7:00pm-10:30pm	Kindervelt Fall Ball *Citywide	Riverside Room Newport Aquarium	See flyer in Newsletter
November 1-May 2019	Wine and Dine Raffle *East Region		Info: Wendy Holschuh jholschuh@cinci.rr.com or 513-624-9112 More information coming
Thursday November 8	Make it Bake it Fake it #3	JoAnn Hagoplan 1009 Catawba Valley Cincinnati, OH	JoAnn Hagoplan jhagoplan@fuse.net or 513-871-8025 *Open to members and
Saturday/Sunday Dec 1 - 9:00am-5:00pm Dec 2 - 12:00-5:00pm	Evergreen Tree Sale #8	Wyoming Tennis Courts Springfield Pike Wyoming, OH	Info: Kelly Mahle & Jackie Smith jzsm46@gmail.com or 513-948-9972
Saturday December 8 10:00am-3:00pm	Krohn Conservatory Craft Room Project	Krohn Conservatory 1501 Eden Park Dr Cincinnati, OH 45202	Info: Terri Dahlem terri.dahlem@gmail.com or 513-503-4395 *Open to the public Craft project for kids/family to create - \$5.00 minimum



Kraft & Baking Events



Tuesday October 2 10:00am-3:00pm	Mini Kraft Sale *Citywide	CCHMC Atrium 1 and Foyer	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 Set up 9:30
Friday November 9 9:30am-4:00pm	Kraft Set-Up Date	Viking Village @ Princeston High School	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 Drop off basket goods & Krafts
Saturday November 10 10:00am-3:00pm	Kindervelt Kraft Sale *Citywide	Viking Village @ Princeston High School	Info: Diana Peters Dianaqk@fuse.net *Open to the public. Sales of Handcrafted items and Homemade Bake Goods!
Monday November 12 10:00am-2:30pm	Kindervelt Kraft Sale *Citywide	CCHMC Atrium	After Krafts sale of Leftover baked goods. Call Diane Peters with information 513-451-1750
Saturday November 24 8:00am-6:00pm	Kindervelt Krafts @ Findlay Market	Findlay Market 1801 Race Street Cincinnati, OH 45202	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 **Set up 7:45am Krafts only
Wednesday November 28 10:30am-3:30pm	After Kraft Mini Sale *Citywide	CCHMC Atrium 1-2 Prefunction Area & Auditorium	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 Set up 9:30
Saturday December 1 8:00am-6:00pm	Kindervelt Krafts @ Findlay Market	Findlay Market 1801 Race Street Cincinnati, OH 45202	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 **Set up 7:45am Krafts only
Saturday December 8 8:00am-6:00pm	Kindervelt Krafts @ Findlay Market	Findlay Market 1801 Race Street Cincinnati, OH 45202	Info: Diana Peters Dianaqk@fuse.net 513-451-1750 **Set up 7:45am





More News



Volunteers Needed

Volunteers are needed to work at the Evergreen Kindervelt Gift Shop. **No experience necessary.** It's easy and fun! You can volunteer as little as 2 hours/month, or do more if you wish. The shop is open Monday-Thursday 11:30 a.m.-1:30 p.m. and on Fridays from 11:30 a.m.-3:30 p.m. You pick dates that work for you. Several Kindervelt ladies work there and really enjoy it.

Call Carrie at Evergreen for more information, 948-2316, extension 1137.

KV #19 kicked off the new year by greeting 6 new members. We are pleased to add their energy and enthusiasm to our dedicated group. Welcome Cynthia, Amy, Kelly, Gale, Ingrid, and Tracy!

Mark your calendars now for our annual Lunch at the Links fundraiser: April 27, 2019, the Heritage Club.



KV #30 extends condolences to Ann Jonson who lost her sister recently.



Sadly **KV #78** also sends thoughts and prayers to Jill Guenther, whose brother died suddenly on September 24th. Jill, our hearts ache for you and your family. Please know you can call on us for support during this most difficult time.



Kindervelt 50 would like to welcome our new President, Macy Hansen, along with 16 new members for the 2018-2019 session. We are looking forward to another wonderful year supporting KVPEACe!



...and more

KV #56 would like to send out a huge thanks to all our members who made our Christmas in July BUNCO a huge success. Thank you to all who cooked, helped set up, prepare food, worked the Bunco, clean up, close up, pick up items, gather gift cards and prizes. \$2, 500.00 is our most successful Bunco to date. Great Job, KV ladies!

APPLAUSE, APPLAUSE

KV #68 would like to congratulate Bonnie Hueneman for stepping up and becoming the city wide president. Don't know where or how you find the time or energy to do all that you do. Everyone in KV 68 appreciates all that you do for Kindervelt.



KV #68's TUB of CHEER to be raffled at Fall Ball
Tickets available at October 9, Member Meeting
Raffle Tickets are 1 for \$5.00, 3 for \$12.00 and 6 for \$20.00
Need NOT be present to win
Contact Diana Peters - dianaqk@fuse.net - 513-368-3031

KV #68's WAGON of TOYS

Raffle Tickets are 1 for \$5.00, 3 for \$12.00 and 6 for \$20.00
Need NOT be present to win
Contact Diana Peters - dianaqk@fuse.net - 513-368-3031



KV # 68 sends "Get Well Wishes" to Pat Wahl's husband, Kent, as he recovers from knee replacement surgery.

Warm Kindervelt Welcome to our newest member, Mary George.

KV #77 offers a warm Kindervelt welcome to Alex Nolte. We are thrilled to have you join our group!

Also, we thank you, as owner of The Goddard School, West Chester, for your **donation of \$200** to KV from your Back To School Carnival's split-the-pot! So generous and thoughtful!!!

KV #77 applauding an inspiring idea and way to make a sad moment a happy one! Karen and Mark Geeves has decided that whenever a friend of their passes away they will make a donation to KV.





Kindervelt #56

Cincinnati Children's Hospital

Medical Center

Boo Bunco Party

Monday October 8, 2018

6:00pm

Wilder City Bldg



Bake Sales at CCHMC



Oct 1	#16	CCHMC - 9:00-3:00	info: cmberger2@gmail.com	513-218-5370
Oct 15	#49	CCHMC - 10:00-2:00	info: jahmit@aol.com	513-678-2139
Oct 22	#56	CCHMC - 11:00-2:00	info: cmberger2@gmail.com	513-218-5370
Oct 23	#56	CCHMC - 10:00-2:00	info: ruthw@zoomtown.com	513-535-8875
Nov 9	#49	CCHMC - 10:00-2:00	info: jahmit@aol.com	513-678-2139
Nov 12	#16	CCHMC - 9:00-3:00	info: cmberger2@gmail.com	513-218-5370
Dec 3	#16	CCHMC - 9:00-3:00	info: cmberger2@gmail.com	513-218-5370
Dec 10	#56	CCHMC - 10:00-2:00	info: ruthw@zoomtown.com	513-535-8875
Dec 5	#68	CCHMC - 9:30-2:00	info: plwahl113@yahoo.com	513-608-1257

SIGNS FOR EVENTS



Some of you may not be aware of the signs available for your event. You can use this beautiful sign from our last annual dinner. Each Leadership leader has small green Kindervelt Kids. There is also a larger Kindervelt kids and a new sign has been made for the Fall Ball. You will see it there. Pictures to come in the next issue of the Newsletter.

bfinn104@gmail.com.

KINDERVELT



KRAFTS

November 10, 2018

10:00 AM - 3:00 PM

**PRINCETON HIGH
SCHOOL'S
VIKING VILLAGE**

150 Viking Way
Cincinnati, 45246

**Hand-Crafted Items
and
Homemade Goodies**



Let The Good Times Bowl

Saturday February 23, 2019
3:00pm-5:00pm

Stone Lanes
3746 Montgomery Rd
Norwood OH 45212

More information to come.



This event is so much fun! We need you to chair it in 2020.
Please contact Sue Crosby (skcrosby1@gmail.com)



KV #30 Announcing

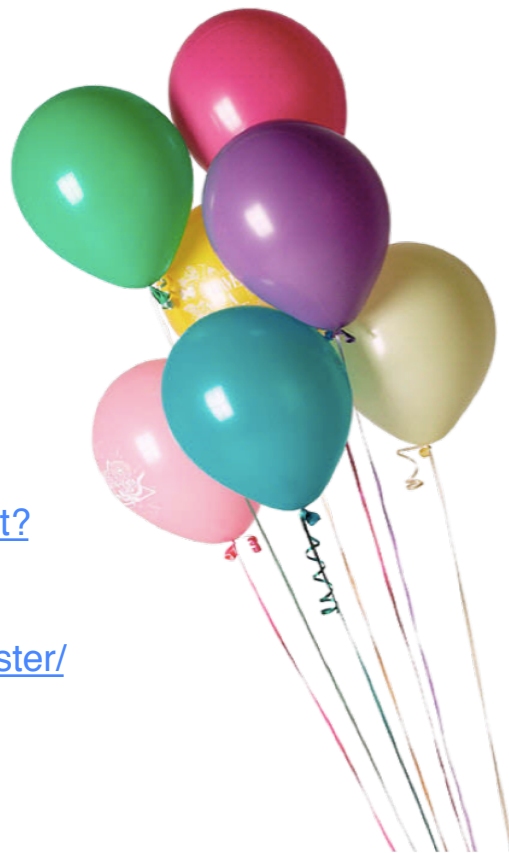
Saturday, March 30th
BUNKO at the Cincinnati Woman's Club;
lunch, games and raffle prizes

Links to events:

Fall Ball- <http://events.constantcontact.com/register/event?llr=s4jukynab&oeidk=a07efowb9hn091b24ab>

Member Meeting- <http://events.constantcontact.com/register/event?llr=s4jukynab&oeidk=a07efpi7woja4216726>

Grand Raffle- <http://events.constantcontact.com/register/event?llr=s4jukynab&oeidk=a07efowlx9gb21e85b5>



Save the Dates

New Fundraiser



A new fundraiser, **the Save Around Coupon Book**, gives 50% directly back to Kindervelt. The book is full of great discounts at all sorts of local restaurants, stores, theaters, retail and more. A sampling of the savings for the N KY area (for the Cincinnati area- there are many, many more) include discounts for Carrabba's; Panda Express; Sub Station II; Famous Dave's; DQ Grill and Chill; Bruster's; TGI Friday's; Dave and Buster's; Donato's; Rally's; Qdoba; White Castle; Subway; Culver's; Quaker Steak & Lube; Penn Station; Captain D's; SONIC; Cici's; Papa John's; Fazoli's; Orange Leaf; Danbarry Cinemas; Florence Fundome; World of Golf (buy 1 round get 1 free); Dick's Sporting Goods; Barnes & Noble; Chuck E. Cheese's; Sam's Club; Macy's; Michael's; H & M; Famous Footwear; Shoe Carnival; Claire's; Yankee Candle; and Harbor Freight. The book costs only \$25.00 and all discounts are valid through 12/31/19. There are numerous other U.S. cities that offer discounts for their area, so if you are traveling or have friends and family in other cities – this is a great gift or way to save. You can view the actual books and discounts online @ <http://www.supportourgrouops.com/GN/213863>

For the book for the N KY area - see the Cincinnati book under Ohio. For every book that is sold, **\$12.50 will go directly to** Kindervelt.

You can view the entire book on-line to see what discounts are being offered @ https://issuu.com/savearound/docs/cincinnati_oh?e=18348958/14978884

You can also purchase the books online – which will be shipped to you or whoever you designate from Group 55 Triple Crown

<http://www.supportourgrouops.com/GN/213863>

**2018 Kindervelt's Let the Mask Fall Ball
Program Ad Order Form
(Please use a separate form for each ad)**

**THERE IS NO CHARGE FOR KINDERVELT
GROUPS TO PLACE ADS THAT ARE KINDERVELT
RELATED**

<u>Ad size (please circle one)</u>	<u>Cost</u>
Full page	\$100
Half page	\$65
Third page/Business card	\$35
One-liners	\$5

(150 characters max, including spaces)

Name of Business/Event

Contact's name

Contact's email

Contact's phone () KV
Group #

KV Contact's name

Please email or mail a scanner-ready ad printed with a laser-quality printer on white paper, business card or event information (I will make up an ad) to:

Tracy Smith
5410 Roachester Osceola Rd.
Morrow, OH 45152
tsmith1961@gmail.com
513-314-4345

Make checks payable to Kindervelt

PLEASE NOTE: This form must be submitted **with payment** before an ad will be included in the program. Please contact Tracy if you wish to simply use the same ad that was placed in last year's program.

Kindervelt "Let the Mask Fall Ball" Group Donation Checklist



KV Group # _____ Contact Name: _____

Phone: _____ Email: _____

Together let's make the Fall Ball a big success! Here is how your group can help make it happen. Please see checklist below for Kindervelt group donation guidelines. Your group will receive paper credit for all of your donations to this important citywide event.

Checklist:

- ☐ 3-5 Silent Auction items valued at \$50 each or greater
- ☐ Two \$25 Gift Cards (or other combination of gift cards worth \$50)
- ☐ 1 bottle of red wine total value of \$20 or more (Actual retail value for paper credit = \$_____)
- ☐ 1 bottle of white wine total value of \$20 or more (Actual retail value for paper credit = \$_____)
- ☐ Live Auction Item Possibility: _____

(Please include contact information for follow up.)

- ☐ Interested in sponsorship opportunities? Please contact Tracy Smith (513-314-4345) or Beth Cuprill (513-623-0311)

Please return this sheet and donations to Stacy Durr-Stainton, Fall Ball Silent Auction Chair (513-686-0988) at the Leadership Meeting in September, the Membership Meeting in October, or deliver to 6218 Orchard Lane, Cincinnati, OH 45213.



KINDERVELT

OF CINCINNATI CHILDREN'S

Dear Neighborhood Partner,

When a child's health is threatened, we all want to help.

This natural impulse is the reason Kindervelt exists. An all-volunteer organization, Kindervelt raises critical funds for innovative care at Cincinnati Children's Hospital Medical Center.

Though the hospital is internationally known for excellence, some divisions need a little extra help. That's where Kindervelt comes in. To do this, Kindervelt stages a variety of fund-raising events throughout the year. Every dollar collected through these events goes directly into care.

This year's major fundraiser will be the Kindervelt Let The Mask Fall Ball hosted October 26, 2018 at the Newport Aquarium Riverside Room. For the third consecutive year, Fall Ball monies will support the Kindervelt Psychiatric Emergency Assessment Center (KV PEACe), a pioneering triage facility for treating children with mental illness.

You can help support Kindervelt's mission by donating a product, service, or gift certificate to the Fall Ball's silent auction. All donations must be received by October 1, 2018.

In addition to the Fall Ball attendees, auction bidding is also open online, sharing your company's generosity with thousands of bidders. Donors will also be acknowledged in the Fall Ball program and on Kindervelt's website.

To arrange pick up of your donation, please contact me at the number below.

With your donation, you can support the Kindervelt mission. Together, we can make a difference. To learn more about Kindervelt and our mission, please visit www.kindervelt.org.

Sincerely,

Kindervelt Member

Phone