

Womankind

MATERNAL AND PRENATAL CARE CENTER

womankind-cleveland.org



Womankind Mission Statement: To provide hope, help, and possibility to any pregnant woman by offering comprehensive integrative care in a loving, nonjudgmental environment.

FALL 2022

Truly An Angel of Mercy



The Womankind family lost a treasured member and dedicated nurse on the 5th of October with the passing of our Director of Nursing, Nancy Pavlik. Nancy served Womankind to the very end, despite battling cancer.

Nancy's close friend and Womankind volunteer Dianne Suhy put it best: "Nancy just went above and beyond for every woman and baby that came to Womankind." Nancy's empathy was a quality that made her a quintessential nurse who really understood clients, and she was deeply devoted to helping them, Dianne said.

Nancy served at Marymount Hospital for over 30 years, first as an LPN and then as an RN in the Labor and Delivery department. She was named Womankind's Director of Nursing in July 2016.

Longtime Womankind Medical Director, Dr. Marc Snelson, reflected on Nancy's devotion

to Womankind and its clients. "I met Nancy when I started practicing in 1993 at Marymount Hospital. She always treated everyone like family—patients, fellow nurses, staff, and doctors. All are fellow human beings who deserved her kindness and respect. She had the kindest, biggest heart and there was room for all," he said. "She will be remembered and missed by many, including all of us here at Womankind." *Continued on Page 2*



The "Why" of Support Services at Womankind...

by Chemarra Bryant, MACC, LPC

As the Director of Counseling and Support Services at Womankind Maternal and Prenatal Care Center, I can tell you firsthand that our clients need more than medical care alone when they become pregnant. The majority of the clients we serve are uninsured or under-insured, which weighs heavily on their mental health when it comes to the cost of labor and delivery. Therefore, it is a huge relief for clients when they learn of the support services Womankind has to offer. These services cover a broad array of non-medical resources and support including:

- Mental and emotional support during each prenatal visit
- Professional counseling for prenatal clients
- Assistance with applying for Medicaid and SNAP

- Emergency baby items
- Referrals to appropriate community resources

We learn first-hand from our clients just how vital these support services are to them...

"Support services has helped me throughout my pregnancy. I was able to get the assistance I needed like insurance, food, and advice."

"They were able to get me in immediately when I lost my insurance and helped me figure out what my best options were."

"It's helpful because it makes me feel not alone and that someone will be there to help me. If I'm worried about something, I have someone to talk to and help me in any way they can. Everyone is very nice and comforting, I love it!"

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OUR SERVICES

All of Womankind's services are confidential, nonjudgmental and provided at no cost to our clients.

These include:

- Pregnancy testing
- Comprehensive and integrative prenatal care through 28 weeks of pregnancy
- Assistance with transfer plans
- Professional counseling for prenatal clients
- Breastfeeding information
- Options consultation
- Assistance with Medicaid, SNAP and WIC applications
- Baby items (as available)
- Referrals for:
 - Parenting classes
 - Adoption
 - Housing

If you need help, or know someone who does, please call us at 216-662-5700.

Meet Our New Director



As of this writing, I have been Womankind's Executive Director for just over two months. My relationship with Womankind started almost 20 years ago when I donated all of my baby items to Womankind after my 3rd, and I thought last, child. Not long after, God surprised me with #4. I knew then how important this organization is for our Greater Cleveland community.

What I didn't fully grasp until I started here is the profound impact Womankind makes on every woman who walks through our doors, from the nervous young lady who comes for a pregnancy test to the overwhelmed mom in need of diapers

and formula to everyone in between. The kindness, compassion, care and love shown by Womankind's team of incredible staff members and volunteers is unmatched. As one of our volunteer nurse practitioners said to me, "there is no place else like Womankind."

I have been blessed to be supported in my position by the aforementioned staff and volunteers, as well as a committed Board of Trustees, and most especially by Maggie Lallo, my predecessor as Executive Director.

"Womankind will always hold a place in my heart and I will stay involved, as it is such a rare and beautiful organization. I am amazed at the impact we have had in our community through our services. Women may come into Womankind with fear and sadness, but they leave with hope and love in their hearts."

Maggie Lallo

As I share my love and gratitude for our staff, I would be remiss not to mention the sadness in our hearts at the loss of our dear friend and Director of Nursing, Nancy Pavlik. Nancy loved Womankind with every fiber of her being. She was compassionate, gentle, generous and tireless. Rest in peace, Nancy. Womankind won't be the same without you.

Lastly, I need to express my heartfelt gratitude to every one of you who support us in our mission. As I like to say, we can't do what we do without you!

Mary Ann Meitin, Executive Director

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Nancy's skills were not limited to her repertoire with patients; she also was a gifted phlebotomist, putting even the most nervous and squeamish patient at ease in her care. Her commitment to Womankind's delivery of high-quality medical care even drove her to come in on Sundays to ensure the clinic was in tip-top shape for our Monday clinics!

Womankind Board of Trustees Chair, Robert Tayek, said Nancy epitomized Womankind's mission and worked with the same spirit Mother Teresa was known for: she was non-judgmental, she lived to serve those most in need who had no support, she loved all who came to her. Womankind will greatly miss Nancy's presence, but we will continue on using her high standards and loving example as our model.

The Impact: 2022 Numbers To Date

580+ prenatal medical and non-medical visits

450+ requests for essential material items

100+ new clients (prenatal medical and non-medical)

1300+ hours provided by prenatal medical and non-medical volunteers

The Cost: Womankind spends an average of \$1,400 to cover the cost of medical care for one client. In addition, Womankind covers/incurs an average expense of \$1,500 per prenatal client to provide essential non-medical support services, including a thorough intake assessment, prenatal support, and professional counseling visits.

Pint Size Philanthropists

Womankind recently welcomed a new generation of donors stepping up to provide community support so that the organization can continue providing services at no cost to its clients. When 6-year-old Natalie and her mother, Rena, from Highland Heights stopped in at Womankind to drop off diapers and baby clothes, Rena explained that her daughter uses her birthday and Christmas money to “Save, Give & Spend,” with her charity of choice being Womankind. The youngster designed the three-fold approach when she was just three-and-one-half years old! Rena explains that Natalie hopes other children will do the same. Natalie’s motivating mission to support Womankind is summed up in her words: “I really want to help mommies keep their babies.”

Mira and Lennox of Shaker Heights are also philanthropists in the making. For nearly all of Lennox’s 6 years, and for all of 4-year-old Mira’s life, instead of wishing for toys for their birthdays, they ask family and friends for donations of diapers to give to Womankind. The two youngsters hauled in boxes of diapers, with Lennox proudly showing his muscles, after Mira’s September birthday. Lennox acknowledged they would be back in December after his birthday. Mom, Danielle, is proud of her kids’ unselfish generosity, and the three celebrated with a picnic lunch.



Volunteer Spotlight

Clients who come for our Monday evening clinic are warmly greeted by Womankind’s volunteer receptionist Cindy Shuck. Her infectious smile quickly puts even the most nervous mom-to-be at ease.

Cindy has been a Womankind volunteer for 2 years, having started back in the clinic at the medical desk, where her primary responsibilities included scheduling upcoming visits and making copies for the volunteer OB/GYNs. After a couple months, she was moved up front to serve as evening clinic receptionist, where she checks in each client, maintains



the flow of the appointment schedule and, as Cindy puts it, “makes sure everyone’s needs are met,” especially confirming that those ladies who have their blood drawn don’t leave without water and a snack.

Cindy’s favorite part is simply being able to help and show the women who come to Womankind that we care. She realizes that so many of them have no other support system. She said that she hears all the time how grateful our clients are and that it is obvious we truly care about them.

Cindy’s kindness touches each and every client. One story that exemplifies this is of a former client who displayed a tough exterior when she walked in, but would soften up when she saw Cindy at the desk. Cindy was away from the desk when the client arrived for her last visit, and she looked around just to see Cindy’s face. The woman said she would not leave until she was able to give Cindy a hug. Cindy happily and lovingly obliged. Cindy is a gift to Womankind and to our prenatal clients and we are grateful for her.

SUPPORT OUR MISSION

Womankind relies solely on the generosity of individuals, organizations, foundations and corporations for funding. Below are various giving options:

- **Gifts of Cash**
- **Qualified Charitable Distributions (QCD)**
- **Gifts of Appreciated Assets**

- **Employer Matching Gift Program**
- **Named Beneficiary of Retirement Accounts, Trusts, Wills, and Life Insurance**
- **Corporate Support**

Visit womankind-cleveland.org or Call Mary Ann Meitin at 216-662-5700 for more information on how you can support the important work being done by Womankind.

Roe v. Wade is Overturned...Now What?

As many celebrated the overturning of Roe on June 24, 2022, two sentiments were frequently heard: Organizations like Womankind and other pregnancy resource centers will be more in demand than ever, and those same organizations will need to boost their security in the wake of mounting violence by those opposing the Supreme Court’s decision.

Here at Womankind, we prepared for both, by planning for an

increase in the need for our prenatal care services and protecting the staff and clients by upgrading our security system. This important investment in Womankind’s safety was made possible by donations from several generous benefactors, including one who was an original “Womankind Warrior” back in the 1970s. We are grateful for the outpouring of support and concern.

Womankind provides free prenatal care and a full range of support services to women and families in need.



We are in need of volunteer OB/GYNs, certified nurse midwives, nurse practitioners, RNs and licensed phlebotomists who specialize in women's health to assist us at our Monday night clinics.

If you or someone you know meets the above qualifications and would like more information, please call us at 216-662-5700.



Wish LIST

Please look at the list below and see how you might be able to help us provide for the basic needs of our moms and their babies!

- Newborn Boys and Girls Clothing (especially onsies)
- 12–24 Month Boys and Girls Fall/Winter Clothing
- Size 4, 5, and 6 Diapers
- Baby Wipes
- Baby Socks, Towels and Receiving Blankets
- Formula

Call Womankind at 216-662-5700 to schedule a donation drop-off.

After a 2-year hiatus, Womankind held our Annual Golf Outing and Dinner on June 20, 2022 at Mayfield Country Club.

We are so grateful to the following individuals and businesses who sponsored our Golf Outing and helped make it a great success:

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