

# Womankind

## Maternal & 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 2023

## First-time Parents Say Womankind was the Best Possible First Step

It is Oct. 25, 2022, and nervous Caleb Moyer “pops the question” to his bride-to-be, Luciana. She joyfully accepts his proposal, only to have a surprise of her own to share with Caleb...She’s going to have a baby! The couple retells this story now, knowing it has a happy ending. But, as reality started to set in, Luciana had to consider that she just started a new job and didn’t have insurance, and Caleb’s income was not sufficient to support a family. Caleb started exploring resource options online—and discovered Womankind.

Luciana recalls thinking, “I’m a first-time mom. I have no idea what to do!” After she saw the image of her “little blueberry” on the screen during her first ultrasound at ICU Mobile, she knew she wanted to learn everything about how to have a healthy



pregnancy. She’s grateful Womankind was patient and took time to educate her about what to expect every step of the way, including maintaining a proper diet.

Life wasn’t easy for the young couple during the early months of Luciana’s pregnancy. Luciana had recently completed school for dental assisting and had just started a position

at a busy dental office. It was a “catty” work environment, as she described it, and the workdays were unusually long, requiring her to be on her feet for many hours at a time. They even had to

reschedule Luciana’s first appointment with Womankind because her job wouldn’t give her the time off. In addition, they were living in an unsafe neighborhood, and Caleb’s job was financially unsustainable.

Determined to do whatever was best for their budding family, they relocated to Streetsboro, Caleb found a better paying opportunity driving a truck locally, and Luciana quit her job in favor of being a stay-at-home mom.

The latter was a decision they both felt strongly about, as Caleb shared one of his favorite quotes by C.S. Lewis: “The Homemaker has the ultimate career. All other careers exist for one purpose only and that is to support the ultimate career.”

Baby Ari, whose name means “rising,” came into this world on July 4, 2023, after mom enjoyed a healthy pregnancy and an uncomplicated delivery with the assistance of a doula recommended by Chemarra Bryant, Womankind’s Director of Counseling and Support Services. The couple’s protective dog T-Rex kept Luciana company while she was in labor.

Now she can’t imagine life without her beautiful baby boy, who the couple agrees looks like his dad. Luciana said Ari opened the doors to life for her, adding that motherhood has changed her in ways she could never have expected. She credits the wonderful team at Womankind for giving her the resources and confidence she needed to enjoy a healthy pregnancy, especially as a first-time mom. Caleb proudly exclaimed, “Womankind was the best possible first step. And, for us, it was the only step we had to take!”



## 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](http://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.

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**Elizabeth Mattioli, RN**

Staff Nurse

**Terri Zola**

Executive Assistant

## 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, and housing

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

## On Being Grateful

### A Message from Our Director



In today's increasingly materialistic society, I think it's no mistake that the year-end holiday season kicks off with Thanksgiving. Perhaps we all need a reminder to give thanks for the many blessings we are fortunate to enjoy in our lives. For many years now, I have been keeping a nightly gratitude journal. Regardless of how rough the day may have been, I take the time to jot down at least three things I'm grateful for. As you might imagine, some days it's harder than others! No matter what, I am thankful for the gift of life.

One thing I am humbled and grateful for is the opportunity to lead such an incredible organization as Womankind. A huge note of gratitude goes out to the following folks who are the heart and soul of Womankind:

- Our staff whose commitment to the Womankind mission keeps this agency thriving
- The medical professionals who donate their time to care for our prenatal patients with love and compassion
- Dedicated volunteers who use their skills to serve as administrative support, baby item organizers, lab couriers, bookkeepers, Baby Bottle Fundraiser coordinators and special event committee members
- Our Board of Trustees who bear the fiduciary and governance responsibilities of Womankind
- Community partners who recommend clients to us and provide additional resources to help families in need
- Generous donors who are the financial lifeline of Womankind

And perhaps most of all...

- Our prenatal patients and support services clients who entrust us with their care when they are most vulnerable and dealing with life's challenges. They—and their babies—are why we do what we do!

Thank you again for partnering with us in our life-affirming mission. May God give you and your families plenty of reasons to be grateful this holiday season!



Mary Ann Meitin, Executive Director

## Womankind Partners with Christ Child Society

Most social service organizations know that, to provide maximum help for their clients, collaboration with one another is key. It takes a village, as they say. To that end, Womankind has recently partnered with the Christ Child Society of Cleveland to provide infant layettes to our prenatal patients and baby item clients with newborns.

The layette program has richly enhanced our ability to give expectant families clothing and related items for their new additions. The layettes generally include fleece and receiving blankets, bibs, hooded towels, sleep sacks, onesies, and books. Our clients have been thrilled to receive these bags of goodies since we kicked off the partnership this past summer.

Established more than 130 years ago and now operating with 45 chapters in 22 states, the Christ Child Society is dedicated to making a difference in the lives of children in need. The 105-year-old Greater Cleveland Chapter has over 80 affiliates in the community ranging from social service agencies to healthcare facilities. In addition to its signature Layette Program, Christ Child Society offers a variety of other services that include "My Stuff" bags, preschool reading enrichment, winter coats and portable cribs.

Womankind looks forward to a lasting partnership with the Christ Child Society and shares the sentiment of Christ Child's foundress who said, "Nothing is ever too much to do for a child." We personally thank Carla Calevich for her assistance and support with the layette program.



# Volunteer Nurse Midwife is Passionate About Womankind

Forty-eight years ago, two forward-thinking friends had a dream to start a clinic to provide quality prenatal care to pregnant women at no charge. They rounded up doctors who volunteered their time caring for patients during the first 28 weeks of their pregnancies. That dream became Womankind, where—still to this day—volunteer medical professionals mostly staff our free prenatal clinic, consisting of OB/GYNs, nurse midwives, nurse practitioners, RNs, and phlebotomists.

Certified nurse midwife Susan Krieger is one of our compassionate Monday evening clinic providers. Sue has been volunteering at Womankind for about two years, recommended to us by her collaborating physician Dr. Kimberly Kraus, OB/GYN, who serves as Womankind's volunteer medical director.

Sue's responsibilities include providing prenatal care to our patients, assessing them, and making sure they and their babies stay healthy. She enjoys teaching patients what to expect, how to take care of themselves during pregnancy, and how to prepare for birth.

When asked why she volunteers at Womankind, she said, "I have a passion for nurturing and empowering women. Providing practical support is important. I hope to help women choose life by providing free medical care. No women should forego prenatal care because they cannot afford it."

Outside of Womankind, Sue has her own practice called Empowering Eve Midwifery in Middleburg Heights and tends births at Southwest General Hospital. She says she absolutely loves helping women as they birth their babies, exclaiming, "It's such an honor to be present during this precious moment!"

Sue is the proud mom of six children—four that she birthed and two who were adopted—and grandmother to three grandbabies. She is of Croatian descent, speaks fluent Croatian and loves to visit her family there. She boasts of being a pretty good cook and loves to sing in her spare time.



# Newest Staffer Loves Womankind's Mission



Over the years, Terri Zola has regularly donated to Womankind beautiful baby blankets she lovingly hand-crocheted, knowing they would provide warmth and comfort for a tiny baby cuddled up in her grateful mother's arms. She also supported Womankind by participating in the annual Baby Bottle Drive at her parish, St. Leo the Great. A longtime believer in Womankind's mission, she was thrilled several months ago when presented the opportunity to join the staff as Executive Assistant.

While Terri's responsibilities are varied and include data entry and front desk support, she chidingly says her main job is to keep the executive director out of trouble and on task. The addition of an executive assistant to our small but mighty staff has freed up Executive Director Mary Ann to focus on projects, fundraising and new initiatives that

will enable Womankind to thrive and grow.

Terri brings high-level administrative experience to Womankind, having served as a secretary with the U.S. Postal Service for more than 20 years. She is an organized multi-tasker who meets challenges with a calm demeanor and a healthy sense of humor.

Since Terri joined the team, she has had several moving experiences working with our clients. One occurred when a client told Terri it was her last time coming in for help. After the woman said she resumed her schooling and would be starting a full-time job, she thanked Terri for all the organization did for her and her daughter and proceeded to donate baby clothes to help other moms in need.

When asked what she likes best about working at Womankind, Terri enthusiastically replied, "The staff and volunteers! I love how everyone pulls together to further the mission."

In her spare time, Terri enjoys aquatic HIIT classes, crocheting, cooking, baking, and gardening. She and her husband are proud parents of three married children, three grandchildren, a grandcat and a grandpuppy.

Chemarra Bryant, Director of Counseling and Support Services, represented Womankind at Community Baby Showers at the Neighborhood Leadership Institute on Sept. 16, 2023, and UnityLV in partnership with Anthem and MetroHealth on Oct. 7, 2023. Community Baby Showers are hosted by healthcare centers, social service and community-based agencies and supply expectant parents and families with items like car seats, portable cribs and diapers as well as access to a variety of support organizations.



# Womankind

Maternal & Prenatal Care Center

5350 Transportation Boulevard, Suite 18  
Garfield Heights, Ohio 44125  
womankind-cleveland.org

Address Service Requested

JOIN US! 

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



## Wish List

Please consider donating items listed below 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 newborn, preemie, 3, 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.

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## Golf Event and Oktoberfest Both Successes Thanks To Our Sponsors!

In 2023, Womankind hosted two large-scale fundraisers in support of its mission to provide hope, help and possibility to pregnant women and families in need. The 25th Annual Charity Golf Event was held on June 19th at Mayfield Country Club and Oktoberfest, which returned after a four-year hiatus, took place on October 13th at the Society of the Donauschwaben/German-American Cultural Center in Olmsted Township.

We are grateful to our sponsors, whose generosity helped to ensure the success of both events.



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