

**“I LEARNED THAT DOING THE BEST THING FOR ME IS THE BEST CHOICE.**

I would like to thank you for coming to help us girls. You did not have to come and put up with our attitudes. I really like the fact that you all let us talk and be active. I also like that we talked about peer pressure. This helps because a lot of girls don't know how to say "no" or stop what's happening. I learned that being and doing the best thing for me is the best choice. Saying no when I need or want to will help me in my lifetime. Another thing I learned is that attitude is everything!"

– Sydnae, 7th grade

**“THANK YOU FOR SUCH A GREAT 10 WEEKS!**

I was in a very dark place when I was invited to join the Women's Health Advocacy Program (WHAP) offered by The Women's Fund for Health Education and Resiliency. Sometimes I felt like I didn't know whether I was coming or going. After going through this 10-week class, I was able to put certain issues in perspective. Learning a decision making process as well as how to set goals helped me resolve the issues that were weighing me down. I hope that more girls are given this opportunity because I know it benefits not only them, but their families as well. Thank you for such a great 10 weeks."

– Ruth, 8th grade

**DEAR FRIENDS,**

Thank you for your continued support of our mission of providing Houston area women and girls the tools they need to be advocates for their health. Our classes and publications are making a difference locally thanks to our generous donors and volunteers who tirelessly advocate for our cause.

We are happy to report that in 2015 we more than tripled our 2014 outreach results by reaching more than 5,400 women and girls through our programs and distributing close to 15,000 of our publications. All at no cost to our community partners.

As we close 2015 we have so much to be thankful for, however we have much work left to do in our community. Statistics show that Houston area women and girls are in dire need of health services. With your help we will break new records and reach even more women and girls in 2016. Please help us in making a difference in our community.

WITH GRATITUDE, 

Paulina McGrath, President, Board of Trustees

**P.S. OUR FIRST \$10,000 IN DONATIONS WILL BE MATCHED BY A GENEROUS DONOR!**

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The Women's Fund is a 501(c)3 nonprofit organization. In compliance with the United States International Revenue Code, your contribution is tax-deductable to the extent allowed by law.



## WHY WE ARE NEEDED

### THE STATE OF HEALTH OF HOUSTON AREA WOMEN OF ALL AGES IS IN DIRE NEED OF ATTENTION. DID YOU KNOW?

- Only 3 in 10 women in the state of Texas, in need of care, receives care.
- More than one million Texas women need supportive preventive care.
- The Greater Houston Area has the highest rate of uninsured persons in the nation.
- Texas enrollment in Medicaid/CHIP is 17% of our state population.
- Harris County has the highest CHIP enrollment in a state.
- The teen birth rate in Harris County is 50% higher than the national rate, the state of Texas leads the nation in teen pregnancy.
- 64.6% of adults and 34.2% of high school students are overweight or obese.\*

That's why The Women's Fund steps in to fill the gap. Most of the populations we target lack adequate health information or resources. By teaching adolescent girls and women resiliency skills and focusing on preventing disease and illness along with emotional and mental health we create healthier homes, workplaces, schools, and communities so that people can live long and productive lives and reduce healthcare costs.

## HOW WE DO IT

We educate Houston-area women, girls and families about health through focused curriculum-based classes, Smart lunches, webinars and publications. The populations we target lack adequate health information or resources and struggle to maintain their basic health needs. Our classes and publications include:

### CLASSES

**WHAT ABOUT ME?** – 10 week curriculum for Girls ages 4th through 12th grade

**WOMEN'S HEALTH ADVOCACY PROGRAM** – 6 to 10 week curriculum for women.

**SMART LUNCHES** – 1 hour educational session for women held in corporate or organization location.

**WEBINARS** – 1 hour educational session with health expert.

### PUBLICATIONS

**WHAT ABOUT ME?** A girls' guide to health.

**WHAT ARE THE FACTS?** Information to help women take control of their health.

**WHICH WEIGH?** A roadmap to a healthy lifestyle for you and your family.

**HOW'S MY HEALTH?** A personal health record.

### WORKSHOPS

**GIRL + 1** – half day health program for girls and their female care giver.

**WHICH WEIGH?** – half day health program for families focusing on nutrition and fitness.

\* Information gathered from Harris County Health Care Alliance, University of Texas Health Science Center at Houston, U.S. Office of Adolescent Health and United States Census Bureau

## YES, I/WE WANT TO HELP!

### \$10,000 - **TRANSLATOR**

Provides funding for the Spanish translation and printing of up to 3,500 of either our **Which weigh?** or **How's my health?** publications.

### \$5,000 - **GIRL + 1**

Provides funding for up to 100 girls and their adult female caregivers to participate in our half day interactive workshop. **Girl + 1 Healthy Living Workshop** is designed to cover the 7 dimensions of Health and Wellness and provides essential information to promote a healthy lifestyle. Each workshop includes breakfast, lunch, breakout sessions, t-shirts and giveaways for all participants.

### \$3,500 - **WHAT ABOUT ME?**

Provides publications, activity sheets, journals, reusable class totes, healthy snacks, facilitator training and materials for up to (10) ten week educational class sessions for one semester reaching approximately 250 adolescent girls grades 4th through 9th and up to 20 volunteer facilitators. Our educational classes help build resilience and promote healthy behaviors.

### \$2,500 - **WHICH WEIGH?**

Provides funding for up to 25 families of four for our **Which weigh?** A four hour family workshop focusing on healthy eating and physical fitness. Our workshop provides hands on tools to make small, specific behavior changes to prevent obesity and help families maintain a healthy weight.

### \$1,500 - **PUBLICATIONS**

Provides funding to print and distribute up to 500 copies any of our six publications: **What about me?, What are the facts?, Which weigh? A roadmap to a healthy lifestyle for you and your family, How's my health?, Qué hay de mi, Cuáles son los hechos.**

### \$1,000 - **WOMEN'S HEALTH ADVOCACY PROGRAMS**

Provides publications, presentations, guest facilitators and healthy snacks for up to 50 women in our ten week **Women's Health Advocacy** classes. Participants learn about proactively taking care of their health. They also learn about resiliency and making choices about how to live a healthy life for themselves and their family.

### \$500 - **SMART LUNCH PROGRAM**

Provides publications, presentations, guest facilitators and healthy snacks for (5) **SMART Lunch** presentations reaching on average 100 women. Smart Lunches are one-hour lunch presentations that provide women with the opportunity to learn about a variety of health topics, including heart disease, women's cancers, emotional health, resiliency, and much more.

### \$250 - **TRAIN THE TRAINER**

Provides training and materials for 10 volunteer facilitators for our **What about me?** educational classes.

## PLEDGE INFORMATION

### PLEASE REMOVE THIS PANEL AND MAIL BACK IN ENCLOSED ENVELOPE.

NAME \_\_\_\_\_  
(as you would like it to appear in our print materials and the website)

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

### PAYMENT OPTIONS

I/We would like to support The Women's Fund at the following level:

- \$10,000 **TRANSLATOR**       \$2,500 **WHICH WEIGH?**       \$500 **SMART LUNCH**  
 \$7,500 **GIRL + 1**       \$1,500 **PUBLICATIONS**       \$250 **TRAIN THE TRAINER**  
 \$5,000 **WHAT ABOUT ME?**       \$1,000 **WOMEN'S HEALTH**

I/We would like to like to make a one-time donation of \$ \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_ made payable to The Women's Fund.

I/We would like to pledge a total of \$ \_\_\_\_\_ with  4 Quarterly OR  12 Monthly payments of \$ \_\_\_\_\_ beginning on \_\_\_\_\_.

Please use the following credit card:  American Express     Discover     MasterCard     Visa

Card No. \_\_\_\_\_ Exp. \_\_\_\_\_ CVV \_\_\_\_\_

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Cut Here

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