

emPower

A FAMILY SCHOLAR HOUSE MAGAZINE



FAMILY SCHOLAR
HOUSE

CHANGING LIVES, FAMILIES & COMMUNITIES THROUGH EDUCATION





PRESIDENT'S PERSPECTIVE

Happy Birthday to You

Over the next 365 days, everyone reading this will have a special day to acknowledge and celebrate his or her birth. So, **let me be the first to wish you a very happy birthday in 2014.**

A birthday is **one's own personal holiday**. It is a time of reflection on years past and anticipation of times to come captured together in a present moment of celebration. Many of us celebrate our birthdays with our parents, friends, spouses, partners, coworkers and children or a wonderful combination of people that we think of as our family. Together we celebrate.

Whether with or without the ice cream that is part of children's celebrations, most of us commemorate the occasion with a big sheet cake from the bakery, a homemade layer cake or cupcakes. And, of course, there are candles to be blown out, wishes to be made and the singing of the Happy Birthday song.

I'll bet that right now you can think of a special birthday you had as a child. While you may not remember the presents you received, it is **likely that you remember who celebrated with you and the way it felt** to have everyone sing to you on your special day. As much as I enjoy my birthday now (always better than the alternative of NOT having a birthday), I am convinced that **children get a special pleasure out of their birthdays.**

At Family Scholar House we have 215 single parents with **324 children** living with us at our four Louisville campuses. As you can imagine, that is a **whole lot of birthdays and a thousands of birthday candles**. Yet, **every one of these birthdays is special**. And each deserves recognition.

Our parent scholars have come from poverty, homelessness/unstable housing and, in 95% of cases, domestic violence. **With resiliency and determination, they are creating a better life for themselves and their children through education**. Each and every parent tells us what a blessing her/his children are to her/him and many credit the birth of a child for turning their lives around to help them focus on what matters most. So, as you can imagine, we like birthdays and consider it important to celebrate them. We have a commitment to our FSH parents to help them honor their role as parents and **celebrate the anniversary of the day they welcomed their children into their lives.**

This year, I **invite you to celebrate our children's birthdays with us** by making their special days a bit more festive. For parents in poverty stretching food subsidies and income from part-time jobs to cover the basics that their families most need, the ingredients for the simplest birthday celebration can be out of reach. So, here is where you can help: **Whether for your birthday or that of a loved one, we invite you to celebrate by being a birthday benefactor for one of our special children.**

For each birthday, we need a **cake mix, icing, candles and a \$10 gift card** so Mom can buy a card and small toy or game for her child. If you prefer for us to do the shopping, \$25 covers everything needed; but, for the birthday child and his mother, **the joy you will be bringing is priceless!**

Again, happy birthday and best wishes for many more to come.

Cathe Dykstra
Chief Possibility Officer
President & CEO



FSH participant LaTonya Holloway, with son Destin (age 10), graduated from the University of Louisville with a B.S. in Justice Administration in December 2013. Her daughter, Elon'te, is a freshman at Kentucky State University. Photo courtesy of Kevin Talley

AROUND TOWN

SAVE THE DATE

17TH ANNUAL LUNCHEON

TUESDAY,
OCTOBER 21, 2014 –
LOUISVILLE MARRIOTT
DOWNTOWN

After a wonderfully successful 16th Annual Luncheon on October 22nd (read more on page 5), the event returns to the Marriott in 2014. Mark your calendars now to join Family Scholar House's participants, staff, Board of Directors, community service partners and supporters for this special annual event.

MARCH



THURSDAY,
MARCH 6, 2014 –
THE HENRY CLAY
6:00 TO 9:30 P.M.

Family Scholar House is pleased to present a signature new event – Wine, Women & Shoes! The evening will feature wine and bourbon tastings, live and silent auctions, a fashion marketplace – sponsored by Saks Fifth Avenue – and a fashion show for women who enjoy fine wine, great style and female camaraderie – all to support Family Scholar House! Special thanks to our presenting sponsors Brown Jordan and B.You Fitness and our media partner WLKY-TV. Read more about the event on page 9.

APRIL

GIVE A DAY - MAYOR'S WEEK OF SERVICE

APRIL 12-20, 2014

As a Compassionate Louisville partner, Family Scholar House is excited to participate in the 3rd Annual Give a Day - Mayor's Week of Service. Each year, FSH and dozens of other community service organizations partner with thousands of volunteers to complete service projects and perform acts of compassion. If you or your family, office or church group would like to learn about volunteer opportunities at FSH, please contact Community Integration Coordinator Kate Brackett at (502) 584-8090 or kbrackett@familyscholarhouse.org. You can learn more about Give a Day at <http://www.mygiveaday.com>.

MAY

MOTHER'S DAY

SUNDAY, MAY 11, 2014

With more than 200 hard-working single mothers in residence, Mother's Day is a very special day at FSH. Be on the lookout for opportunities to support our student parents on our website, on Facebook and in the mail! You can also support FSH when you order flowers or gifts from Nanz and Kraft Florists. Through the Helping Hands program, you can select Family Scholar House to receive \$2 for each order you place.



Cover Photo Family Scholar House resident and nursing major at the University of Louisville, with her son Emanuel, age 3. Photo by Ruth Aina



FSH residents and KaBOOM! volunteers, Karli Kerr (with daughters Kylei, age 3, and Kaylei, age 5) and Courtney Rasche (with daughter Annabelle, age 2).



More than 200 volunteers began working before sunrise on Saturday, November 2nd, building the playground, benches and a stage and completing art projects such as mosaics and murals.



On Thursday, October 31st, volunteers braved cold, rainy weather for Prep Day, to get the site and supplies ready for Build Day two days later

SCHOOL LESSONS

KABOOM! PLAYGROUND BUILD

As you will recall from elementary algebra, any number multiplied by one equals itself.

$1 \times 1 = 1$, $Y \times 1 = Y$, anything $\times 1 =$ anything

The fancy name for this is the “multiplicative identity property”, meaning that any number multiplied by one keeps its identity. And, this is a fine rule for mathematics.

Yet, at Family Scholar House - outside of the world of math - we have identified a different sort of rule. At FSH, we witness what could be called the “multiplicative inspiration property”. The power of one inspired person to affect exponential change through a progressive succession of interactions that yield a result far more significant than one.

The power of one = ∞

Last month, our community came together to build a Kaboom! Playground for the youngest scholars at our Stoddard Johnston Scholar House campus. For a small staff of 11, the task of recruiting 200 volunteers to join us on a Saturday in November to build a playground was daunting. But, we did not need to get 200 volunteers - we needed only to get a few and

watch as they each recruited friends, family and coworkers. And from one or two, we ended up with over 240 volunteers in one day to provide a place for our little ones to safely play outside. The power of one = ∞

Some of these core volunteers were FSH residents who took the lead in making this project a huge success. Some had young children on the campus who would benefit from the new playground, and some just wanted to lend a hand to improve the campus environment for their fellow participant families. They participated in hours of brainstorming and planning meetings, recruited friends and family to volunteer and lend tools, got to work building the playground and side projects - and one student parent even produced a short video commemorating Build Day!

Thank you to these participants, the PNC Foundation and the more than 200 volunteers who made our KaBOOM! playground come to fruition and for giving our youngest scholars a safe place to play and grow. Sometimes people feel that the little bit they can do on their own couldn't really make a difference. After seeing the power of individuals to tackle major projects like building a playground in one day, we know that it does - because the power of one = ∞ .



Keynote speaker Debbie Phelps with FSH participant Channing Banks, a student at Simmons College and father of three girls, who gave the invocation.



Mistress of Ceremonies Vicki Dortch, Cathe Dykstra and Debbie Phelps.



Mayor Fischer presents proclamation to FSH graduate Elizabeth Scott.

ANNUAL LUNCHEON

By Anna Walton, FSH Intern

On October 22, 2013, Family Scholar House hosted our Sixteenth Annual Luncheon at the Louisville Marriott Downtown, with Mistress of Ceremonies Vicki Dortch. This event was another huge success, with over 700 in attendance.

The Annual Luncheon is a wonderful opportunity for Family Scholar House to show its gratitude for all of the dedicated individuals who support us each year and to let our supporters know about the year's successes and exciting new developments. Following a special tribute to Dr. Lucy M. Freibert, SCN, one of Family Scholar House's earliest and most vocal supports, by Board Member Charlie Freibert, we presented the 2013 Lucy Awards. Each year we present Corporate and Individual Lucy Awards to recognize community members who share Dr. Freibert's commitment to gender equality and post-secondary education. This year's Corporate recipient was the O'Shea's Family of Pubs (presented by Dr. V. Faye Jones, MD, FSH Board Member), and the Individual recipient was Martha Neal Cooke (presented by David Brennan, FSH Board Member). We were also delighted to have Louisville Mayor Greg Fischer join us to present Family Scholar House graduate and Speaker's Bureau member Elizabeth Scott with a special proclamation in honor of her outstanding work as a single mother, successful student and social worker, as well as her outstanding philanthropic work for Louisville and for Family Scholar House (more about Elizabeth on page 8).

The biggest “WOW”-factor from this year's luncheon was our speaker, Deborah Phelps, educator, author and mother of Michael Phelps, winner of 22 Olympic medals for swimming.

Debbie delighted the crowd with her witty humor, engaging stories of being a working single mother and challenging words of wisdom. Her spunky, gregarious attitude had Mayor Fischer on his feet and attendees on the edge of their seats. Debbie talked about the fact that life goes through many seasons and there are happy times, sad times, as well as in-between times, but that the key to success is being able to find a way to persevere in the midst of the changes in seasons. This not only encouraged our participants to continue on their path to success through education, but also rallied supporters to persevere in our efforts to make Louisville a better community by helping single parents get an education.

Several of the FSH participants in attendance commented afterward about how they felt encouraged after meeting a woman who has been a shining example of how to be successful in motherhood and in her career while raising successful, empowered and motivated children as a single mom. We feel believe our work at Family Scholar House echoes the efforts of women like Debbie, who has committed her life to the education of children - both her own and those of others - and allows us to dare to dream that not only will the student parents we serve reach their goals, with support, their children will reach higher than they can even imagine.

This year's Annual Luncheon made attendees laugh and cry and invited them to take a fresh look at how together we are changing lives, families and our community. We invite you to consider the role you might play and join us in improving the quality of life for our entire community.



Saturday – FSH young scholars pose on the red carpet at IIDA's Product Runway.



Sunday – FSH resident Miyakayla Thomas and her two year-old twins, Marcus and Miyaira, visit Mrs. Claus at the Holiday Party.

NEIGHBORHOOD NEWS

MONDAY

Learning how to cook fresh, nutritious meals is critical to our families taking control of their health and well-being and prevents chronic health issues. That is why we are so grateful for the support of enthusiastic supporters of our Family Nutrition and Wellness programming, such as the Junior League of Louisville. The Junior League not only volunteers their time to teach our families, they applied for and received a grant from Target to provide the food and cooking supplies and utensils for these classes. In December, local Target staff members presented a grant to the Junior League and FSH participants and staff.



TUESDAY

In addition to eating healthy, we hope to encourage our families to develop active lifestyles and positive stress-management skills. We also want them to know that exercise can be fun! This fall, a volunteer began offering zumba classes at our Stoddard Johnston Scholar House campus. These have quickly become some of the most popular workshops. If you would like to share your exercise-related skill and talents, please let us know - we'd love to offer more classes for our families!



WEDNESDAY

At the October 2nd Pyramid Awards of Excellence Luncheon, Cathe received the Art of Leadership Award from the Center for Non-Profit Excellence (CNPE). The award, sponsored by Republic Bank, was presented by Bud Simmons (l), vice president and business banking officer at Republic Bank, and Angelo Stekardis (r), CNPE Board Chair. This award honors an individual who has demonstrated the: capacity to make decisions consistent with the mission and values of the organization; capacity to rally people; ability to maximize the potential of staff and volunteers; and ability to achieve mission-consistent results.



THURSDAY

Thank you to the many volunteers who made it possible for all our children to Trick-or-Treat safely this year! Because so many of our families have experienced domestic violence – and many of our parents with both very young and older kids do not have childcare – we rely upon volunteers to bring the fun of Trick-or-Treating to them! Our University of Louisville Honors students really got into the spirit!



FRIDAY

Our families are so fortunate for the generosity of GE Appliances! Not only have they donated 215 washer/dryer sets so that each residential family can have them in their home, they always seek new ways to support our student parents and their children. This fall, GE volunteers purchased and assembled tricycles for some of our youngest scholars who now have a safe place to ride and play.



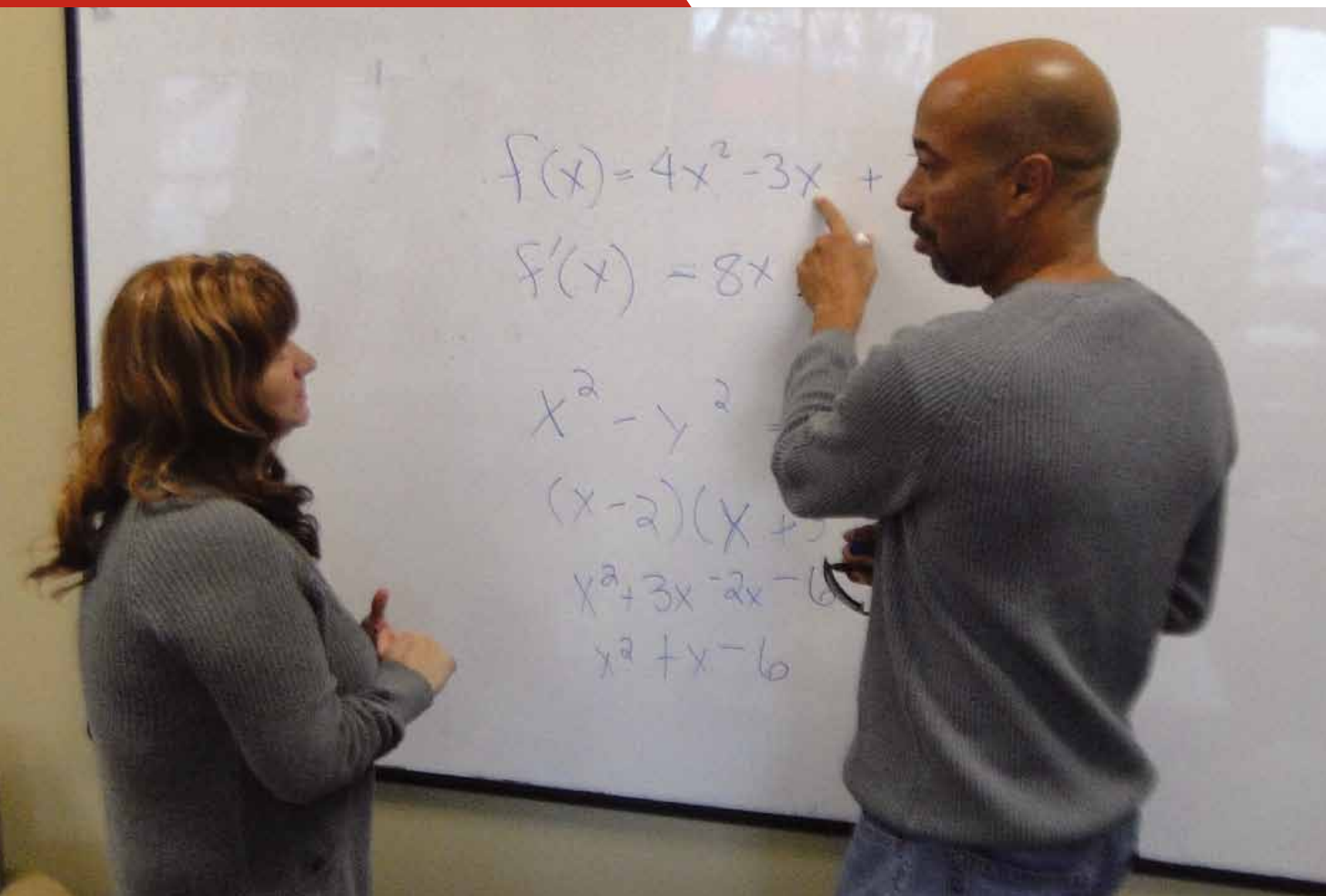
SATURDAY

Several of FSH's young scholars enjoyed the opportunity to participate in International Interior Design Association (IIDA) Louisville / Lexington City Center's Product Runway fashion show in October. The kids modeled clothing from JC Penny's before the professionals took to the catwalk to model costumes made entirely out of interior design fabrics and materials. This year's theme was "Magic Carpet Ride," and a portion of the funds raised were donated to FSH.

SUNDAY

With Santa Claus hard at work in his toy shop during the holidays, Mrs. Claus joins FSH each December to celebrate with our families. She brings pajamas and a bedtime storybook for each child and asks children what they want for Christmas, so she can let Santa know. This year, children were also able to "shop" in our Santa Shop, with items donated by members of the community, for gifts for mom or dad. Children understand generosity and gratitude so much better when they have the opportunity to give gifts themselves.

VOLUNTEER SPOTLIGHT



Paul tutoring FSH resident Renae Case.

PAUL YAUNCEY

At Family Scholar House, we are so thankful for the volunteers that give of their time and talents to make our organization successful. We hope to make each volunteer experience not only an opportunity to make a real difference in the lives of our families, but also an opportunity for the personal growth of the volunteer. To maximize volunteers' talents, we match the need of the agency with the particular interest of the volunteer.

Family Scholar House participants are focused on creating a better future for not only themselves but also their children. Paul Yauncey is just one of the many valued volunteers that give of their time and talent to contribute to the academic success of our participants. Paul received a B.S. in Electrical Engineering from Georgia Tech and started tutoring the participants of Family Scholar House in math after retiring from NASA.

Paul takes the time to get to know the students on an individual basis and assess where they are and then empowers them to

reach their full potential. He has dedicated hundreds of hours, often working around the busy schedules that often accompany our single parent college students. After a few months of tutoring one on one, he developed and implemented a workshop that met every week this past summer. This workshop was designed for those students that needed additional help during the summer months to ensure they would be ready for classes when they resumed in the fall.

We are so grateful for Paul's dedication to our student parents and their children. These students have gained not only the knowledge to excel in math but also a new level of confidence in their abilities to problem-solve and reach their goals.

If you are interested in joining our volunteer team, please contact our Community Integration Specialist, Kate Brackett, at (502) 813-3082 or kbrackett@familyscholarhouse.org.


SPRING 2014



wine women & shoes®

By Rashna Carmicle and Alicia Johnson,
Wine, Women & Shoes Committee members

Coming Spring 2014, Family Scholar House presents the 1st Annual Wine, Women and Shoes sponsored by none other than Saks Fifth Avenue. Promising to be one of Louisville's most exclusive events, WW&S will feature world class wines and bourbons and a live auction that will include lavish trips, experiences and much more.



The night continues on with a high-end fashion show featuring the marketplace where you can check out the hottest fashion trends showcasing glamorous collections of shoes, handbags, hats, accessories and more!

While there, don't miss the opportunity to check out our "Shoe Guys" who will be working the crowd and showing off the hottest footwear of the season, all on silver platters, of course.

We promise Wine, Women and Shoes will be an event you won't soon forget and we hope you make plans to join us. Don't wait as tickets won't last fast. For more information and ticket sales, please visit: <http://www.winewomenandshoes.com/louisville>.

NEW FACE OF PHILANTHROPY

ELIZABETH SCOTT

Congratulations to Family Scholar House graduate Elizabeth Scott for being named one of 2013's New Faces of Philanthropy by NFocus Magazine and the Community Foundation of Louisville!

Many in the FSH community will know Elizabeth because she is an active FSH volunteer and member of the Speakers Bureau, speaking on behalf of the program and the positive outcomes for families served. She is also on the Board of Directors of House of Ruth and is a member of the Younger Woman's Club of Louisville, where she is Co-Chair of the 2014 Annual Charity Ball.

Elizabeth has earned both bachelor's and Master's degrees from the University of Louisville Kent School of Social Work. While pursuing her undergraduate degree, she studied abroad in Uganda, Africa, working in the child welfare system for an entire summer. After graduation, she completed FSH's homeownership program and bought her first home in 2012. Elizabeth is currently a Certified Social Worker employed by WellCare of Kentucky, serving low-income children and families. She has co-authored three women's empowerment books, the first of which was dedicated to FSH, titled *The Front of the Class: The Power of Education*. Her fourth book will be released in 2014, with her chapter entitled, "Choosing your Path: A Journey to Success". Elizabeth is the mother of two equally-ambitious children, Nevaeh, age 10, and Isaiah, age 8.

Elizabeth with her children, Nevaeh and Isaiah.



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KINDERGARTEN READY!

At Family Scholar House, we are committed to ensuring all the children we serve have the best start in education and in life. We always have plenty of educational games on hand to keep our kids occupied and learning – many that we can make ourselves using inexpensive materials! We want to share some of these with you to use at home!

THE EGG FLIP Site Words Matching Game

What you need:

- White and yellow construction paper or cardstock
- Scissors
- Glue
- Marker
- Spatula
- Gallon-sized zip-lock bag (for storage)

How to play:

1. Cut white paper into shape of egg white (sunny-side up) – 24.
2. Cut yellow paper into shape of the egg yolk – 24.

3. Write a site word, number, color or feeling word on each yolk, and paste yolks onto whites.
4. To play, lay eggs face up on flat surface. Child will be “Flipper” (with spatula to develop motor skills), and adult will be “Caller”. The Caller reads one of the sight words out loud, and the flipper turns over the matching sight word egg. Continue until all the eggs have been flipped.



MISSION STATEMENT

To end the cycle of poverty by giving single-parent students the support they need to earn a four-year college degree.

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