

Women's VU

Margaret
Cunningim
Women's Center

V A N D E R B I L T U N I V E R S I T Y

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THE MARGARET CUNINGGIM WOMEN'S CENTER ANNOUNCES AWARD WINNERS



The Mary Jane Werthan Award, given in honor of the first woman member of the Vanderbilt Board of Trust, is presented annually to an individual who has contributed significantly to the advancement of women at Vanderbilt University. It recognizes those individuals who have had the vision to see how things ought to be, the courage to persist in their hopes over time, and the skills necessary to bring new attitudes and practices into being.

The recipient of this year's award is **Ronnie J. Steinberg**, Professor of Sociology and Director of the Women's Studies Program. Dr. Steinberg is nationally and internationally known as a scholar and an innovator in the design of gender-neutral compensation practices. Since coming to Vanderbilt in January of 1997, Dr. Steinberg has worked tirelessly to promote the

Women's Studies program. As a result of her leadership, the program now offers both a major and a Graduate Certificate in Women's Studies. Over 700 students take women's studies courses each semester and there are over 60 majors and minors. Dr. Steinberg is committed to undergraduate education and to making Women's Studies a vital and welcoming place.

She is also the creator and Executive Director of the Women's Social Policy and Research Center. The Center, in addition to involving graduate and undergraduate students in research, also benefits the entire state by informing the state legislature and local governments on issues affecting women, publishing a scholarship directory, and distributing a directory of resources for women state-wide.

Clearly, Dr. Steinberg's impact extends beyond Vanderbilt. She was the first Chair of the Tennessee Economic Council on Women and is a fierce advocate for women's eco-

nomics independence. In recognition of her many contributions, in 2001 she received the Athena Award, given by a consortium of women's organizations in the Nashville area to celebrate "the achievements of women, supported by the past, involved in the present and prepared for the future." Our sincerest congratulations to Dr. Steinberg.

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The Margaret Cuninggim Women's Center is pleased to announce that **Alison Piepmeier** is this year's recipient of our **Mentoring Award**. Piepmeier is a Senior Lecturer in the Women's Studies program and inspires her

students both in and out of the classroom. The Mentoring Award was established in 1996 to honor staff and faculty in the Vanderbilt community who have been exceptional mentors to women on campus.

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visit us at
www.vanderbilt.edu/womenscenter

Parish Nursing: The Cutting Edge of Wholistic Health Care

by Sharon Adkins, MSN, RN

The doctor had just given her the diagnosis and the return appointment was scheduled for the next month. She had so many questions, she didn't know where to start...she hadn't even formulated them in her mind until she was in the car driving home. Concerns about the treatment, fears about the future, questions about "why me?" all churned inside as she passed by the church. With whom could she speak? Who would understand and help her find some answers? She pulled into the parking lot, entered the church and knocked at the door of the parish nurse.

Kudos to...

Sarah Walton for her empowering leadership in the Women's Consciousness Raising Group.

We often welcome volunteers to assist us with programming, flyer design, receptions and bulk mailings. If you are interested in volunteering your time at the Women's Center, please call 322-4843.

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Parish nursing is a unique and growing movement within communities of faith. For centuries churches have been involved in the delivery of healthcare; however, recent history has identified a trend toward separation of faith as the work of the church and healing as the work of healthcare institutions. The concept of parish nursing, developed by Granger Westburg in the mid 80s is a way to reverse that trend. Churches are the focus of communities and neighborhoods and touch the lives of large numbers of people. What better place to influence people to become more effective partners in the management of their personal health? Nursing has always understood the relationship between body, mind and spirit in wholistic health care, so who better to work with congregations and communities than the parish nurse?

Parish nursing is a specialized practice of professional nursing that operates within the framework of whole person health, holding the spiritual dimension as central to practice. Comprehensive health/wellness requires the integration of the physical, psychological, social and spiritual aspects of an individual, the weaving together of each thread into the tapestry of the whole being. A parish nurse is a registered professional nurse who, as a member of the ministerial team (of any faith community), provides preventive and restorative care with a focus on health promotion and spiritual care.

Parish nurses function in a variety of roles. As *health counselor*, they provide expertise and a listening ear, serving as "translator" between the faith and health-care communities. With knowledge in both areas, the parish nurse can clarify issues and reinforce the strong tie between faith and health. In the role of *health educator*, parish nurses provide educational programs and health screening opportunities for the congregation. They function as *advocate* and *referral*

agent, helping individuals navigate the healthcare system and finding community resources and support services to improve quality of life.

Working with volunteers and developing support groups are also roles of the parish nurse. When a parish nurse visits an individual in the hospital, home or nursing home, it is as a representative of the congregation that cares for that person, not as a "hands-on" care provider. They do not replace or compete with home health or public health nurses, but work with them in collaborative relationships for the benefit of the individual and community well-being.

Though every parish nurse practice is different, based on the needs of the individual congregation, some of the services may include: health fairs, blood pressure screening, healthy lifestyle programs, living will information, grief support, care giver support, newsletters, exercise programs, youth and seniors programs, and women's health issues. All programs are designed to involve individuals, families and congregations as active partners in their personal health. Parish nurses build on the strengths of the individual and help them understand the relationship between their faith and their health.

Vanderbilt University Medical Center and McKendree Village, Inc. jointly support the Center for Parish Nursing and Health Ministries located in VUMC. The Center works in partnership with religious communities of all faiths to develop congregation-based health ministries to provide wholistic care to the congregation and the community. Activities of the Center include working with congregations to recruit and hire, providing comprehensive parish nurse training, offering ongoing continuing education and support to parish nurses and health ministers, evaluating programs and providing access to educational resources for use in their congregations.

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Parish Nursing

Continued from page 2

Since its development in 1997, the Center has trained 97 parish nurses who practice in numerous settings, both within the congregation and without. Nurses who choose this path are experienced nurses who have been longing to practice their profession in a way that values the whole person. The opportunity to develop long-term relationships, the ability to combine spiritual beliefs with care, the focus on healing, even when cure is not possible, all contribute to the joy of parish nursing.

Approximately 50 middle Tennessee faith communities are involved at some level, from established parish nurse programs to the planning/development stage. Though a fairly "young" practice, parish nursing is growing and will continue to do so. In the words of Rev. Gerald Nelson, Illinois pastor, "the parish nurse program can move any congrega-








tion to a higher intensity of caregiving, for it helps to bridge the gap between concept and mission. Concept says we care. Mission is caring."

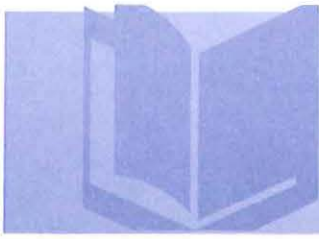
Though the parish nurse concept may sound a bit "old fashioned," it is really "cutting edge" in the promotion of healthy lifestyle choices, health counseling, education and illness prevention. Parish nurses have the ability to impact positively on the spiritual and physical well-being of the congregation and community.

For more information about parish nursing please contact Sharon Adkins, MSN, RN at The Center for Parish Nursing and Health Ministries, S-2435 MCN, Vanderbilt University Medical Center, Nashville, TN 37232-2505, 615-343-2019, Sharon.Adkins@vanderbilt.edu.

If you are interested in Parish Nursing as a career choice, the Center for Parish Nursing and Health ministries will be offering a training program Sept. 29th-Oct. 3, 2003. The week-long program, "Foundations for parish nursing," provides nurses with the tools to begin a parish nurse ministry and the opportunity to develop support networks. Content includes ethics and values, spiritual assessment, spirituality and the nursing process, role as a counselor, role as a teacher, working with volunteers, legal issues, documentation, and working on a ministerial team. The program is held at the Scarritt Bennett Conference Center and is approved for 42 contact hours of nursing continuing education. Anyone interested in learning more about the concept of parish nursing/health ministries or who would like a presentation on the topic, can contact Ms. Adkins.



<p>ADD GLAMOUR + PROTECTION</p>  <p>A HAT!</p>	<p>YES, A TAN LOOKS GREAT, BUT YOU CAN DO IT WITHOUT EXPOSURE. TRY THE NEW</p> 	<p>SUNLESS TANNING LOTIONS. RUB ON, WAIT 20 MINS. VOILA!</p>	<p>80% SKIN'S LIFETIME DAMAGE OCCURS BY AGE 2!!</p>	<p>YOUR SKIN REMEMBERS EVERY BURN YOU'VE EVER HAD.</p> 	<p>MELANOMA, (DEADLIEST), CAN START AS A TINY MOLE.</p>
<p>CLOUDS LET 80% OF SUN'S RAYS THROUGH</p>	<p>YOU CAN DIE! FROM SKIN CANCER → EVEN IN YOUR TWENTIES. <i>Early detection can SAVE your LIFE!</i></p>				<p>SUSPECT MOLES THAT CHANGE SIZE, COLOR, SHAPE, OR THAT ITCH, BURN, OR BLEED.</p>
<p>BE COOL</p>  <p>WEAR WRAPAROUNDS</p>					<p>LIMIT EXPOSURE BETWEEN 10AM-4PM</p> 
<p>ALWAYS USE SUNSCREEN</p> 					<p>TANNING LAMPS AND BEDS WITHER THE SKIN. do you want</p>
<p>START by protecting yourself from too much SUN</p>	<p>LET'S MAKE "PROTECT YOUR SKIN" as familiar as "BUCKLE UP" or "NO SMOKING!!!"</p>	<p>CERTAIN MEDICINES INCREASE EFFECT OF SUNLIGHT: antihistamines antibiotics ibuprofen naproxen</p>	<p>TANNING DOES NOT IMPROVE ACNE</p> 	<p>the PRUNE LOOK?</p> 	



IN THE LIBRARY

BARBARA CLARKE
Women's Center librarian



Feminist scholars Johnnetta Betsch Cole and Beverly

Guy-Sheftall have collaborated on an important new volume, *Gender Talk: The Struggle for Women's Equality in African American Communities* (One World/Ballantine, 2003). Both researchers worked for many years at Spelman College, where Cole became president in 1987. She is currently the president of Bennett College while Guy-Sheftall is the director of the Women's Research and Resource Center at Spelman.

Many African Americans are more concerned with race loyalty than with gender equality and feel that black women should not complain publicly about their treatment by black men. Many black women feel that racism has been emphasized over the years at the expense of sexism and violence against women within their communities. Cole and Guy-Sheftall analyze the intersection of race and gender, discuss many sex-specific issues, and share their personal experiences of gender relations. They include short narratives relating the experiences of dozens of African American women and men, including Marcia Gillespie, bell hooks, Cornel West and Faye Wattleton. The writers also "provide a vision of what community transformation might look like if gender were more central to analytical frameworks. We also suggest specific strategies for the creation of progressive Black communities."

THREE NEW BOOKS EXAMINE GENDER EQUITY

While many women participated in the black power movements of the 1960s, the civil rights leadership was male-dominated and women were relegated to subservient positions. Black churches have been generally controlled by men who preach conservative ideas about gender roles and who do not allow females to hold leadership positions. The writers also discuss homophobia and machismo in the black community, and illustrate the prejudice and hostility shown toward lesbians and gay men. Chapters also focus on sexism and gender politics in hip-hop and rap music and on how black women and men might become partners in a new egalitarian community.

The American Woman, 2003-2004 is the ninth edition in the series that has been published for the Women's Research and Education Institute since 1987. The latest edition, entitled *Daughters of a Revolution — Young Women Today* (Palgrave Macmillan, 2003), is edited by Cynthia B. Costello, Vanessa R. Wight and Anne J. Stone, all of the WREI.

The first section consists of contributions analyzing the lives of today's young women, whose experiences are so different from those of previous generations. The articles focus on education, employment, health, economic issues, politics, and integrating work into women's lives. Young women with little education face a challenging future and have not benefited as much as others from the feminist revolution. Costello and Wight suggest policies that they consider would benefit all young women in

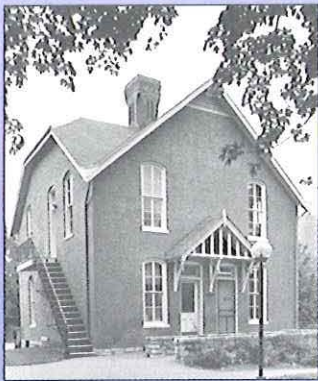
areas ranging from breaking through the glass ceiling to retirement security.

About half of the volume contains current statistical data on American women, and provides demographic, health, educational, employment, economic and income figures from government sources, particularly the Census Bureau and the Bureau of Labor Statistics. The concluding section is devoted to women in Congress, and includes photographs and biographical information on the women in the 107th Congress.

"Everybody's Paid But the Teacher": The Teaching Profession and the Women's Movement (Teachers College Press, 2002) is an engrossing contribution to women's history by Patricia A. Carter, who concentrates on American teachers in the 20th century. The title is taken from a 1906 poem reflecting the plight of the poorly-paid, hard-working teachers of the era.

The teaching profession has long been dominated by women, but only in the sense that the majority of teachers have been female. Carter shows how female teachers have espoused feminist ideologies and strategies over the years as they fought for equality in salaries, for better working conditions, for promotions, and for the right to continue teaching after they married or became pregnant. Many women teachers were active in the suffrage movement, realizing that the female vote was desirable at all levels, from local school boards to federal elections.





Margaret Cuninggim Women's Center

Calendar of Events May 2003

PLEASE SAVE AND POST.

Unless otherwise stated, all programs are held at the Cuninggim Center, Franklin Building, 316 West Side Row and are open to newcomers at any time. For more information on the events listed, call 322-4843.

W.E.B.S. (Women Empowered by Sports)

When: Wednesdays, May 14, 21, 28 from 5:00 - 6:00 pm at the VU Tennis Center outdoor courts (next to the Student Rec. Center)

Who: Co-sponsored by the Athletic Department and the Wellness Center, WEBS is open to women of all ages, shapes and sizes from the Vanderbilt community as well as the community-at-large. YOU DO NOT HAVE TO BE A MEMBER OF THE TENNIS CENTER TO PARTICIPATE.

What: This month's sport is tennis. This is a basic skill level teaching and learn-by-doing experience that is non-competitive and in a safe/fun environment. For more information contact Jennifer.Hackett@vanderbilt.edu, or 322-6518.

WOMEN'S CONSCIOUSNESS RAISING GROUP

When: Monday, May 5 will be an informal gathering to celebrate the end of the semester, congratulate Sarah Walton on a job well done, and do some planning for the future. (The group meets the 1st Monday of every month, 6:30-8:30 pm).

Who: A progressive women's discussion group open to all women.

What: This group offers an opportunity to express your views in a supportive community and take part in a monthly activism experience if you so choose. Monthly topics are chosen by consensus and could include: Feminism, war, poverty, hunger, sexuality, etc. Bring \$3 for pizza, snacks and drinks. Contact Sarah Walton at sarah.a.walton@vanderbilt.edu for more information.

CREATIVE LIFE PLANNING GROUP

When: Tuesday May 6, 13, 20, 27 at 12:00 noon - 1:00 pm (Meets every Tuesday).

Who/What: A group for all dedicated to living life intentionally and creatively. Open to everyone in the community and is usually attended by women between 40 and 90 years of age. Call 322-4843 for more details!

****New Group Forming!****

VANDY MOMS

When: Thursday, May 8th, 11:30 am to 12:30 pm. (Meets the 2nd and 4th Thursdays of the month.)

Who: Open to all working moms of the Vanderbilt campus, partnered or single.

What: Its objective is to provide a support network and advocacy for working moms in the Vanderbilt community, as well as programming to inform, empower and enrich. To RSVP, contact misa.culley@vanderbilt.edu or call 343-4367.

BOOK GROUP

When: Monday May, 12 @ 5:15-6:15 pm (Meets the 2nd Monday).

Who: This is a group for anyone of any age who loves to read.

What: This month the group will be reading *Persuasion* by Jane Austen and the group will be facilitated by Laura McCullar. For more information, contact Goleski@LIBRARY.Vanderbilt.edu.

Look on our website for upcoming books under the book group at www.vanderbilt.edu/WomensCenter/bookclub.html

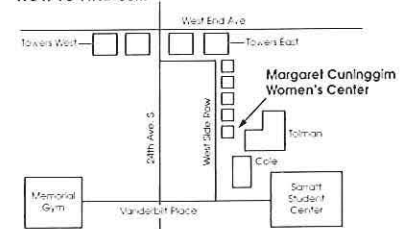
WOMEN, SPIRIT AND POETRY

The group will break for the summer and reconvene in the fall to discuss the the future of the group. For more information, please contact 322-4843.

*****Unless otherwise indicated, all groups are open to all people and are held at the Margaret Cuninggim Women's Center at 316 West Side Row on Vanderbilt University's Campus.

How to find us . . .

HOW TO FIND US...



The Cuninggim Center is located in the Franklin Building at 316 West Side Row.



women's HEALTH MATTERS

May 18th is HIV Vaccine Awareness Day

From a crack in the autopsy suite door, I could see a faded blue sheet covering the silhouette of a woman of color lying on the stainless steel autopsy bier. Hovering over her were large steel operating lights. Next to the table were knives, scissors and forceps neatly arranged in rows on stainless steel trays. While pulling on gloves, I open the heavy door for a quick look at the latest casualty in the war on AIDS.

Cautiously, I lift the sheet. A broad-shouldered woman lay staring at the ceiling. Although her face was etched by years of sun, she bore few outward signs of disease, perhaps a bit pale, a little anemic, but little else. Her eyes, big black holes, half covered by drooping eyelids, were frozen in an upward gaze—the stare of a body just abandoned.

There is something unnerving about autopsying a thirty-year-old woman clawed to her death by an unseen virus she, until last week, never knew she had. She endured occasional aches, a bad chest cold, but had never seen a doctor, probably never mentioned the heaviness in her chest. Like so many with poverty as their only birthright, she learned long ago to quietly forebear. And she never knew her husband was infected.

To some, her final, shallow breath probably seemed peaceful. But if you'd stood by her bed in silence, you might have heard the muted voices of a tragic chorus, bewailing the scourge of an epidemic unheeded. The Centers for Disease Control (CDC) suggest the woman's fate is now common. In the U.S. as of 2000, women represent 30% of new cases of HIV-1 infection, largely through heterosexual transmission. Seventy-eight percent are African American or Hispanic. AIDS is now the 5th leading cause of death in women 25-44 years old, the 3rd leading cause of death of African American women in this age group.

But these statistics don't tell the tales of trauma in these women's lives that contribute to their risk for HIV infection: their desperate use of unprotected sex to lessen the psychological and physical


abuse they endure to appease the demands of those who intimidate them.

An HIV vaccine wouldn't have protected her from the beatings, but it would have protected her life and given her a chance to escape the other horrors. Perhaps she would have lived to raise her children, continued formal education, and found satisfying ways to contribute to society, if those were things she desired. But there isn't an effective vaccine—at least not yet.

"Most of these women live in countries where not only is there no access to medications to treat HIV infection, but the cost of one day's antiviral therapy exceeds the annual per capita income."

On HIV Vaccine Awareness Day, May 18th, it's worth remembering that HIV/AIDS infection has killed more souls than all of the world wars combined and many of those who died were women. More than 45 million people have been infected. Over 50% of all new HIV infections occur in women, primarily infected via heterosexual intercourse. Most of these women live in countries where not only is there no access to medications to treat HIV infection, but the cost of one day's antiviral therapy exceeds the annual per capita income.

While prevention of new infections is central to curbing this scourge on womankind, only a vaccine may truly save them. Fortunately, with the help of many women volunteers from the Nashville area, efforts to perfect a vaccine are well underway at the Vanderbilt HIV Vaccine Program. HIV vaccine research in Nashville is noted for the numbers of vaccine volunteers who are women; that is not the case with most vaccine research sites in the United States. These volunteers give much of themselves—blood, commitment and time—to an effort that just may save the world. While the vaccines they take pose no risk of HIV transmission, the discomfort of injections and blood collections is real.

By nightfall on HIV Vaccine Awareness Day, another 14,000 bodies ravaged by HIV will fall and swell our burdened earth. As we fall to that same earth in prayer, maybe we should thank those who, through their efforts, will prevent these deaths tomorrow. 

Submitted by Mahlon Johnson, MD, PhD

DANGER! ADVERTISING CAN BE DANGEROUS TO YOUR HEALTH!

For several years, I have led programs empowering girls about their bodies while revealing the unrealistic body image in the media. While doing my internship at the Margaret Cuninggim Women's Center, I asked myself the question, "Why don't we start working with the other half of the population? Why don't we start educating men?" So I created a curriculum/program focused toward the fraternities at Vanderbilt University. The objectives of the program were:

1. To develop an understanding of the societal and individual standards by which we judge our bodies and recognize that the images of our lives affects our lives;
2. To see beyond the physical attributes of women by offering education to men so they can support and recognize women's talents and character;
3. To interact and discuss women's images in advertising and the video by Jean Kilbourne, "Killing Us Softly 3;"
4. To recognize manipulation and the subliminal messages in the media and to be able to critically analyze publicity and marketing.

I sent information to several fraternities and the Sigma Chi fraternity was the first (and only) one to respond. I was very impressed with their involvement. Here is a sample of some of their responses to the program:

- "It's unfortunate that women feel like a perfect body is the only thing that is acceptable."
- "I learned how overt the sexual exploitation of women in ads really is..."
- "The most powerful thing I learned was the racial undertones in the ads."
- "I was able to put myself in the position of a girl (being) judged by her looks."
- "I learned about the incredible heterosexism in these ads."
- "I found that the ads that implied that sexual abuse of women was okay, very disturbing. I never realized how many ads depicted this..."

Members of Sigma Chi fraternity asked insightful questions with intelligence and wit. I sincerely believe they are concerned about negative consequences advertising has on the women in their lives.

WHY EVEN CARE ABOUT THIS?

The ability to decode advertisements and critically analyze publicity and marketing of any kind is essential to



our ability to withstand manipulation by the media.

ADVERTISING SELLS MORE THAN PRODUCTS! Advertising sells values, images and concepts of love, sexuality, romance and success. It tells us what we're not and who we should be.

WHAT DOES ADVERTISING TELL WOMEN TODAY? Advertising tells women the most important thing is how you look. With technologically enhanced photos, women often think perfection is possible and attainable, if only we try hard enough (and buy their product).

ADVERTISING MAY SEEM TRIVIAL, BUT ITS CONSEQUENCES ARE NOT. The image of women in advertising directly relates to the objectification and sexual harassment of women, violence against women, low self-esteem and eating disorders.

If you have questions and/or are interested having this program for your group, please contact Tricia K. Gardner at 354-5609 or at patricia.k.gardner@vanderbilt.edu.

Piepmeyer awarded Mentoring Award, *continued from page 1*

Piepmeyer was selected by the staff of the Women's Center for her absolute dedication to women in our community. She was among the first in the Women's Studies program to implement service-learning projects and activism projects into her classroom curriculum. In doing so, she has helped to train students to become effective activists around gender issues, especially violence against women. Additionally, Piepmeyer has volunteered her time to help train the Hand in Hand volunteers during the 16-hour training sessions sponsored by Project Safe. She has helped to promote the Race for a Cure Breast Cancer walk, participated in promoting and mounting the V-Day production of *The Vagina Monologues*, and organized last semester's rape protest. She provides an inspiring role model for the young feminists on campus and continues to nurture our community of women. Congratulations, Alison!

A N N O U N C E M E N T S

The Women's Center will be launching a new support group for Vanderbilt's working mothers. This group is open to all working moms, single and partnered, within the Vanderbilt community. We will meet the 2nd and 4th Thursdays of the month at the Women's Center's lounge at 11:30 a.m. to 12:30 p.m. The new group will host its first meeting on May 8th. If you are interested in attending, please RSVP to Misa Culley at the Women's Center, 343-4367 or at misa.culley@vanderbilt.edu.

The National Women's Studies Association will hold its 24th Annual Conference in New Orleans, LA, June 19-22, 2003. Hosted by the New Orleans Women's Studies Consortium, the conference will feature several plenary discussions on the impact and contributions that Southern women have made to the feminist movement. For more information, please refer to www.nwsa.org/nwsa2003/

Volunteer Opportunity Listing

The Rape and Sexual Abuse Center provides highly specialized counseling services for victims and their families throughout Middle Tennessee. Volunteers interested in performing general office duties such as making phone calls, typing/editing text, mailings, etc., related to our Safe At Last (formerly Smart Kids Safe Kids) personal safety program are needed. Volunteers interested in community outreach and education efforts are also desired, as well as individuals interested in being trained to answer our Crisis/Support Line from their own homes, during shifts they choose. A broad variety of opportunities is available—some short-term projects and some “virtual” opportunities. For more information call Leetah at 259-9055 ext. 240 or write lstanley@rasac.org.



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