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# Women's VU

The monthly newsletter of the Margaret Cuninggim Women's Center

 VANDERBILT UNIVERSITY

December 2006, Volume 29, Issue 5

## Preventing Family Disaster: Caring for Caregivers

by Margie Gale, R.N., Nurse Wellness specialist, Work Life Connections-EAP

In light of the recent disaster unpreparedness such as Hurricane Katrina, families and providers are examining strategies to prevent poor outcomes in other similar situational and developmental crises. Promoting early response to both urgent and ongoing needs within their community is the ultimate goal. Caregiver stress and strain prompt increasing numbers of VU staff to seek guidance and resources from Vanderbilt's Work Life Connections-EAP office. Individualized help has been available for many years now and this year the issue of caring for the caregiver received unusual intense focus by the WLC staff. Earlier this year three WLC staff who had been ongoing caregivers lost their mothers within a brief ten-day period. While the WLC office busily attended expertly to the collective needs of their own staff, a bond from this common experience provided the group a fresh lens through which to "re-view" what they know at the brain level and

what they experience at the heart level about the caregiver role in America today.

Though most often we think of caregiving in the arena of eldercare, the scope of this role is growing rapidly as hospital care and home health care evolve and rapidly expands. Dramatic medical advances have saved the lives of many infants, children, and young adults as well as older adults who both rehabilitate and enjoy their lives at home rather than a healthcare facility. It may be rare, but not unheard of, for a family member to return home on a ventilator and/or continuous or frequent intermittent intravenous medications and treatments that require constant or nearly 24-hour caregiver assistance. Most often this care will be rendered by a family\* member rather than a licensed nurse (\*friends may be family, though relatives are not always family.) The principles, suggestions, and examples outlined in the remainder of this article are applicable to all of the caregiver situations described here. If you or someone you know is a caregiver,

here are some **warning signs** you might expect and **action plans** to prevent or reduce caregiver strain and eventual fatigue:

**CAREGIVER FATIGUE TIMELINE**  
(adapted from Northwest Regional Council Family Caregiver Support Project)

### Months 1-18

You are anxious to provide the best possible care for your loved one, to manage their illness or condition. You are optimistic, caring and supportive as you "keep up appearances" for your home and yourself personally. You operate as superwoman/superman.

Ellen Clark, counselor with WLC, suggests **accepting help early on**: "If your family member is terminal, even if it is estimated that they may have one year to eighteen months, hospice resources can be brought in and paid for by Medicare (if person qualifies.) This could include professional care from nursing, social work, chaplain, bath aid – plus hospice will pay for many medications. The book *Share the Care* gives advice on this." Also be sure to complete your Health Risk Assessment annually.

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## Service/Donation Opportunities that Benefit Women

by Stacy Nunnally, director, Gender Matters programming

During the month of December many people celebrate and observe Winter Solstice, Hanukkah, Christmas, Kwanzaa and others. It is also often a time when individuals, families and companies reach out to the community with donations and service. We at the Women's Center wanted to take time to give you some options for service and donations that go to benefit women and girls in the Nashville area. On page 7 you will find a listing of some agencies and organizations that could use your help and support. These agencies serve women and girls directly or have programs that benefit women and girls. This is only a small sampling of agencies that could use your support through donations or volunteer hours. If you are looking for other opportuni-

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For more info, please see our website:  
[www.vanderbilt.edu/WomensCenter](http://www.vanderbilt.edu/WomensCenter)

## STAFF NEWS

We are proud to announce that Vanderbilt Senior and student extraordinaire **Emily Baunach** will be teaching with "Teach for America" next year in South Dakota. "Teach for America" is an organization that works to "enlist our nation's most promising future leaders in the movement to eliminate educational inequality" ([www.teachforamerica.org](http://www.teachforamerica.org)). Although Emily will be greatly missed next year both at the Women's Center and Vanderbilt, we are so proud of her and can't wait to hear her stories from South Dakota. Congratulations, Emily!



**Jeff Benedict**, Project Safe's MPAS coordinator, has been selected as one of 18 national finalists for the George Mitchell Scholarship, which awards a year of all-expense-paid graduate study at any university in Ireland. Twelve people across the nation receive this award, making it one of the most competitive in existence. If chosen, he will be the first student from Vanderbilt ever to receive this fellowship and hopes to work towards either an M.Litt or M.A. degree in historical musicology, specializing in the intersection of Irish military history with Irish music history. Jeff is a senior from Gahanna, OH majoring in european studies and minoring in music literature and History. Besides being co-director of MPAS, he's also second-in-command in Army ROTC, the captain of the Army ROTC fitness team, and active in the Reformed University Fellowship. He's currently working on his Honors thesis. His hobbies include playing the piano, cello, bluegrass fiddle, mandolin and guitar, weight lifting, running and reading science fiction/fantasy books. Congratulations, Jeff!

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**Deadline for newsletter:** Submissions are due on the 1st of the month preceding publication.

## Upcoming conferences and lectures

**WoMcNet (Women: Mentoring and Networking)  
First Annual Conference, Tennessee Technological  
University; January 19-20, 2007**

**A Call for Roundtables, Panels, and Papers: Due Dec. 1st**

The goal of WoMcNet is to build a coalition of faculty, students, and staff throughout Tennessee who are involved in women's history, women's studies, women's centers, female-led student groups, the Commission on the Status of Women, anyone interested in women's issues, and WHET. Proposals for roundtables, panels, or individual papers are welcomed from independent and interdisciplinary faculty and scholars, graduate students, staff, and undergraduates. Topics may include, but are not limited to: new approaches to women's history; building networks; blogs for women; women and technology; pay issues; family leave; women and the job market; women and politics; safety; classroom issues. **Due Date for Proposals is Friday, December 1st, 2006.** Please send a proposal of no more than 500 words, along with a short CV to Dr. Paula K. Hinton at [phinton@nttech.edu](mailto:phinton@nttech.edu). To register for the conference, or for more information, see our website at [www.ttuwomensnet.com](http://www.ttuwomensnet.com)

**Women in Science: Why so Few?**

featuring speaker Meg Urry, Yale University

**Thursday, December 7, 2006; 4-5:00pm in Stevenson Center  
4327; Reception at 3:30 pm in SC 6333**

Recent years have seen much discussion about why there are so few women in science, particularly in the academy. Despite steady increases in the number of women in science, the attrition of women at every level of advancement remains higher than that of men. Some have suggested this is because women lack the intrinsic aptitude of men for science and technology, but abundant research by sociologists and psychologists indicates cultural and societal factors are the dominant reason. Hear about the research!

## Project Safe Grateful for Support

Project Safe would like to extend a heartfelt thanks to all the volunteers, who made this year's Take Back the Night Rally possible. Special thanks to the following offices and organizations for their generous co-sponsorship of Take Back the Night: Office of Dean of Students, Sally Graham, VUPD, Metro Public Health Department, Residential Life Office, Opportunity & Development Center, Zeta Phi Beta, Terrance & Christina Jones, International Student and Scholars' Services, Peer Educators of Project Safe, RAD-VUPD, NPHC, Office of Religious Life. Highlights of this year's Rally included an invocation by Kenneth Robinson, songs by Vandy's own Swingin' Dore's, and a keynote address by Byron Hurt. Over 350 people attended Take Back the Night, raising their voices in against violence against women in this country and around the world.



TBTN keynote speaker, Brian Hurt, join Women's Center director, Linda Manning, and associate director of Project Safe, Kacy Silverstein, for the Take Back the Night rally and march.

On Tuesday, October 24th filmmaker and activist Byron Hurt previewed his film *Beyond Beats and Rhymes* in front of an audience of almost 200 Vanderbilt and Nashville community members. Byron's film examines and critiques hip-hop culture and its connection to masculinity, sexism, homophobia, and racism. This award-winning and electrifying documentary will be available for sale in January 2007. Check out [www.bhurt.com](http://www.bhurt.com) for more information.

# Preventing Family Disaster: Caring for Caregivers

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## At 21 months

You may begin to take medication, usually for sleep/headaches as it becomes harder and harder to stay on top of things. Some help from other family is still available to you.

**“Take a break,”** urges Jim Kendall, organizational manager of WLC adding, “It is not selfish because you stay fresh for the folks who depend on you. Like the airplane example of affixing your oxygen mask first so that you can assist those who cannot...women are generally the caretakers of others.” While family is still involved he reminds caregivers it *takes a village* to get this job done. Specifically he recommends the primary caregiver come up with a specific task list for family members and have them **choose from a list of ways to help you**. If you haven’t already tried this, **splurge on yourself** from time to time. A monthly massage can do wonders to induce sleep and restore physiological balance. Yoga and tai chi are gentle movement classes offered regularly through Health Plus on campus or at your local YMCA or county recreation center.

## At 24-32 months

Your emotional and physical resources could become drained as you have less and less contact with personal doctor, dentist, minister and friends who attend to your needs. You might experience feelings of powerlessness, and caregiving could consume the whole day and possibly the night, too. Your outside help dwindles away.

**Finding support** includes finding professional counselors and organized groups (such as the monthly meeting at Brentwood United Methodist) is often a crucial ingredient according to Ellen Clark. Taking her own advice Clark reminds, **“Don’t forget to laugh,”** as this helps to create some much needed distance from the challenges of caregiving and physically releases all those stress-reducing hormones.

## At 32 months

Stress becomes harder to conceal and you may begin taking medication for stress and/or depression. Medication for musculoskeletal pain is common and sleep can be continually disturbed which may lead to an increase in your irritability. You have less and less contact with others.

**Consider a companion** including a paid person who can provide relief time for the caregiver to get away. Margie Gale, nurse wellness specialist with the Nurse Wellness Program in WLC-EAP, recalls intense phone calls to insure pre-authorization for skilled nursing home health visits for her spouse during her absence, first to attend an out-of-state family wedding and two months later to present a paper at a national conference. Both trips had been planned over a year in advance and provided much needed socialization and professional regeneration. **Cultivating beauty** is inherently stress relieving and may also be a more accessible portal to initiate physical activity than mere exercise. Going for a very brief walk to see the autumn leaves in the sunshine, the golden daffodils of spring, or children sledding in the snow will add to the caregiver’s quality of life with a minimum of effort. Five minutes outside on the Vandy campus can save the day if you have remembered to bring good walking shoes!

## By 38 months

You might feel unhealthy and may not have kept up with routine health checkups. You may never feel “rested” and routinely find it hard to get up. With symptoms of chronic fatigue you lose the will to take care of yourself and are now unable to manage the household. As a result you rarely socialize and begin to feel helpless, guilty and a failure.

Occasionally caregiving this long requires serious changes involving aspects of **getting a new life**. This could involve developing or rejuvenating a hobby, particularly a creative one such as painting or writing or even music appreciation, rather than one oriented toward being too purposeful or productive. Ellen Trice, clinical director of WLC-EAP, shared she has seen a number of women walk away from a marriage in the midst of this distress and they have given up everything. She reminds women they should **seek legal counsel in making the serious decisions** of this phase to retain the material resources they will need to secure their children’s and their own future.

## After 50 months

You are in a state of fatigue and “unwellness.” You are unable to ask for help and become quite isolated. You find yourself unable to access resources for information or help.

Heralding the long view of caregiving, Jim Kendall likens it to a marathon/triathlon which requires pacing yourself, including hydration and putting in the sustenance needed for the journey. **“Remember your health,”** Kendall cautions as “caregivers are at risk for depression and burnout. Its okay to have fun along the way...you may have to miss a night of caregiving to rest and recharge. Don’t rule out assisted living and nursing homes since there are some nice facilities available now. Allowing the nursing home staff to provide daily care can free you to enjoy the company of your loved one.” Services such as Vanderbilt WLC-EAP can provide you with options you never considered or even knew existed.

Remember help is available and as close as a click or phone call away!

*Margie Gale, R.N., is a Nurse Wellness specialist in Vanderbilt University’s Work Life Connections-EAP office. She would like to thank Jim Kendall, Ellen Clark, and Ellen Trice for their contributions to this article.*

## READING AND RESOURCES

Caregiver Kit: Support for those who care for others. Northwest Regional Council /Area Agency on Aging; [www.nwrcwa.org/caregiving.pdf](http://www.nwrcwa.org/caregiving.pdf)

“Care for the Caregiver.” Ohio State University Senior Series. [ohioline.edu/ss-fact/0118.html](http://ohioline.edu/ss-fact/0118.html)

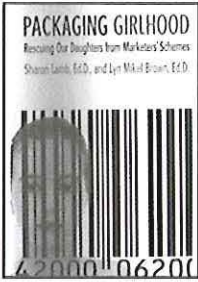
“Caring for the Caregiver Often Neglected” [www.caregiver.on.ca/cgcmeeon.html](http://www.caregiver.on.ca/cgcmeeon.html)

“Caring for Caregivers” in *Better Homes and Gardens* September 2005; [www.bhg.com](http://www.bhg.com)

Work Life Connections of Vanderbilt  
[www.vanderbilt.edu/HRS/wellness/wlc.html](http://www.vanderbilt.edu/HRS/wellness/wlc.html)



## Packaging Girlhood: Rescuing our Daughters from Marketers' Schemes and Perfect Motherhood: Science and Childrearing



The media are bombarding girls with increasingly narrow impressions and images of what it means to be a girl in today's world. *Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes* (St. Martin's, 2006) is an engrossing new volume by Sharon Lamb and Lyn Mikel Brown, both well-known researchers in the field of girl-

hood studies. In this volume they are writing as concerned women, mothers, teachers and consumers rather than as academics. Both writers are developmental psychologists who have been studying girls for over twenty years and they aim this book at parents and others who work with girls aged from about four to eighteen.

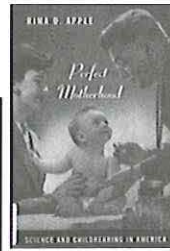
Lamb and Brown discuss the stereotypical, sexualized and often alarming images of girlhood being fed to girls by the mass media. The researchers illustrate how "it's a world designed by media and marketing executives that targets children as consumers, channels girls' desires, and entices them into predictable types: 'pretty pink dolls,' 'cute little shoppers,' and 'hott teens.'" While marketers and the media may mention girl power and insist that girls today have the freedom to be whatever they choose, in reality children are presented on all sides with stereotyped ideals of how girls and boys should behave and dress. Girls are encouraged to grow up too fast, to be competitive with other girls and to be obsessed with boys. Even small girls are given the impression that they should be both feminine and sexy, and suggestive and revealing clothing is available in tiny sizes for girls as young as four. The media also portray the youngest girls as being feminine little angels or princesses who presumably are very fond of pink and purple, while girls of seven and eight are encouraged to behave and dress like small teenagers. Girls also are swamped with strong messages that shopping, looking cute and sexy, and attracting boys are of prime importance in their lives. Rock stars and other sexy entertainers are presented as role models.

Discouraging girls from watching television will not accomplish much. The writers illustrate how girls cannot avoid the messages and images they receive from their peers and from music, movies, books, magazines and the Internet. Parents have to confront these widespread stereotypes and images and "raise daughters who can resist what they are being sold."

Throughout the book the writers suggest how adults can encourage the girls in their lives to be themselves and to become strong and independent. The final chapter is devoted to practical advice on how adults can help girls fight consumerism and resist the forces that are attempting to constrict their world and to channel them into narrow fields.

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In *Perfect Motherhood: Science and Childrearing in America* (Rutgers University Press, 2006) Rima D. Apple traces



the history of motherhood and how mothers have been influenced by medical and scientific advice since the mid-nineteenth century. For centuries it was assumed that mothers

instinctively knew how to care for their infants and children but beginning in about the 1850s "this pattern was overthrown altogether. Instinct and tradition in childrearing were replaced by all-important medical and scientific advice. Parents, particularly mothers, clearly required the knowledge of experts in order to raise their families healthfully and appropriately, in order to be good mothers."

By the middle of the nineteenth century motherhood was becoming medicalized, the importance of doctors in American society was increasing and women were seeking information from outside their families on the best child care practices. Many mothers, particularly those of the literate middle class, relied on the growing numbers of books and pamphlets of advice, which were mostly written by male physicians. Mothers were believed to need help from such experts. By the 1880s popular magazines, such as *Babyhood*, also provided mothers with advice about caring for their children.

Perhaps the influence of the medical profession was at its strongest in the mid-twentieth century, when women were expected to be passive patients. In many hospitals at this time newborns were whisked away from their mothers and cared for in the hospital nursery by white-uniformed nurses in face masks. Mothers were taught how to feed and bathe their babies by trained nurses and only saw their infants when it was time to feed them. When they left the hospital after the usual stay of one to two weeks, the new mothers went home with little strangers.

Apple, a professor of human ecology and women's studies at the University of Wisconsin, discusses the great influence of Dr. Spock and other writers of popular books on child care from the mid-twentieth century onward. The relationship between mothers and physicians was gradually evolving and doctors became more likely to listen to the wishes of their female patients, especially after the advent of the women's movement.

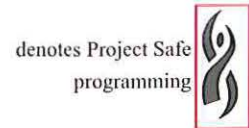
Currently more books and magazines than ever on childrearing are available. With today's small and very mobile families, many first-time mothers live far from their relatives and have no experience in raising children. They rely on the information they receive from the media as well as on advice from their healthcare providers. Today's physicians are generally less authoritative and recognize that many mothers are well-educated, are not passive or willing to be subservient, and intend to be partners in their own healthcare and that of their children.

*In the Library*



Barbara Clarke  
Women's Center

# December 2006



| Sunday                           | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                         | Saturday                     |
|----------------------------------|---|---|--|--|--------------------------------|------------------------------|
|                                  |   |   |  |  | 1<br><i>AIDS Awareness Day</i> | 2                            |
| 3                                | 4<br>MPAS<br>8pm, Sarratt 114   | 5<br>Creative Life Planning Group,<br>11:30am-1:00pm<br><br>Peer Ed, 7pm  | 6<br>Sistahs Reading Sistahs<br>12:30pm-1:30pm<br><br>Vandy Fems,<br>5-6pm   | 7<br>Vandy Moms: Holiday party!<br>11:30am-12:30pm<br><br>IMAGE group<br>4pm-5:30pm<br><br>Making Connections<br>5:45pm-6:45pm | 8                              | 9                            |
| 10<br><i>Human Rights Day</i>    | 11<br>Book Group,<br>5:15pm-6:15pm<br>Meeting off-campus,<br>call for details | 12<br>Creative Life Planning Group,<br>11:30am-1:00pm<br><br>Peer Ed, 7pm | 13<br>Vandy Fems,<br>5-6pm   | 14<br>Making Connections<br>5:45pm-6:45pm  | 15                             | 16<br><i>Hanukkah begins</i> |
| 17<br><i>Winter Break begins</i> | 18  | 19<br>Creative Life Planning Group,<br>11:30am-1:00pm                     | 20   | 21   | 22<br><i>Winter Solstice</i>   | 23                           |
| 24                               | 25  | 26  | 27   | 28   | 29                             | 30                           |
| <i>Have a great holiday!</i>     |   |   |  |  |                                |                              |
| 31<br><i>New Year's Eve</i>      | <i>Christmas Day</i>  | <i>Kwanzaa begins</i>   | For details and descriptions of each group, please refer to page 6. Unless otherwise indicated, all groups and events are open to the public and are held at the Margaret Cuninggim Women's Center at 316 West Side Row on Vanderbilt University's campus. |  |                                |                              |

## SAVE THE DATES!

### Martin Luther King Jr. Commemorative Series Begins January 15th

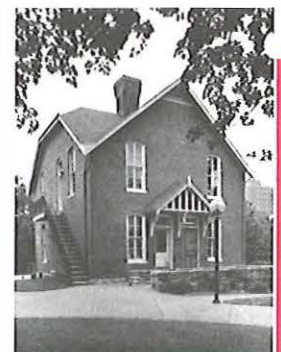
The Women's Center is a proud sponsor of the MLK series. For more information, please see [www.vanderbilt.edu/mlk](http://www.vanderbilt.edu/mlk) or call the Office of Religious Life at (615) 322-2457. Please check our website in the upcoming weeks for more details. Events will take place throughout January and may include lectures, art exhibitions, performances, service projects, discussions and more.

### Roe v. Wade 34th Anniversary, January 22, 2007

On January 22, we will observe the 34th Anniversary of *Roe v. Wade*, the landmark Supreme Court ruling which recognized a woman's right to privacy in deciding whether to terminate a pregnancy. Please look for more information about campus and community events on our website in mid-December and in our January newsletter.

### Vagina Monologues, February 13 & 14, 2007

For more information, please contact [vicky.basra@vanderbilt.edu](mailto:vicky.basra@vanderbilt.edu) or [kacy.silverstein@vanderbilt.edu](mailto:kacy.silverstein@vanderbilt.edu)



# December 2006 Calendar of Events

## REGULAR GROUPS/MEETINGS

(groups listed alphabetically)

### Book Group

**December 11, 5:15pm–6:15pm**

**What/Who:** The book group is open to new members at all times and is for anyone who loves to read. Book selection for coming months will be made at this December meeting.

**Where:** TBA

**For more information,** please contact Jane Du Bose at [jdubose@bellsouth.net](mailto:jdubose@bellsouth.net) or Carmen Gherman at [cggherman@yahoo.com](mailto:cggherman@yahoo.com)

### Creative Life Planning Group

**Tuesdays, December 5, 12 and 19; 11:30am–1:00pm (Meets every Tuesday).**

**What/Who:** A group for all dedicated to living life intentionally and creatively. Free and open to everyone and is usually attended by women between 40 and 90 years of age.

**Where:** The Gallery at the Margaret Cuninggim Women's Center

**For more information,** call 322-4843.

### Dissertation Writers Group

Will resume meeting once a week in January.

**Who/What:** This support group meets every week to provide women Ph.D. candidates with objective reactions and fresh perspectives, as well as a place to unwind during the dissertation writing process.

**For more information** contact [rorly.dicker@vanderbilt.edu](mailto:rorly.dicker@vanderbilt.edu)

### IMAGE Group

**December 7, 4:00–5:30pm (Meets every other Thursday. No mtg. on 21st–Winter break)**

**Who:** Free and open to any students interested in these issues.

**What:** IMAGE is an organization dedicated to supporting positive body and self-image issues in the Vanderbilt community. It provides a forum for interested community members to advocate for the adoption of healthy body-image concepts and the reduction of eating disorders.

**Where:** Sarratt 110

**For more information** contact [reagan.m.bush@vanderbilt.edu](mailto:reagan.m.bush@vanderbilt.edu)

### Making Connections

**December 7 and 14; 5:45–6:45 pm (Meets every Thursday. No Mtgs. on 21st or 28th–Winter break)**

**Who:** Free and open to anyone with an interest in these issues.

**What:** A discussion group to learn about making closer connections with others, your body, and most importantly, yourself. Topics may include body image, intimate relationships, self confidence, managing anxiety and stress and many others. The group is facilitated by Dr. Fishel-Ingram and is completely confidential.

**Where:** The Gallery at the Margaret Cuninggim Women's Center  
**For more information** contact [pamela.ingram@vanderbilt.edu](mailto:pamela.ingram@vanderbilt.edu) or 615-343-3561.

### Men Promoting a Solution



**December 4; 8pm, (Meets every other Monday. No mtg. on 18th–Winter break)**

**Who/What:** A group of men dedicated to creating awareness about violent crimes against women and eliminating those crimes

through social change.

**Where:** Sarratt 114

**For more information,** contact Tim Lonergan ([t.c.lonergan@vanderbilt.edu](mailto:t.c.lonergan@vanderbilt.edu)).

### Peer Educators of Project Safe



**December 5 and 12; 7 p.m. (Meets every Tuesday. No Mtg. on 19th or 26th–Winter break)**

**Who/What:** Peer Educators are students trained to facilitate workshops that promote discussion and encourage understanding of violence against women.

**Where:** The Gallery at the Margaret Cuninggim Women's Center

**For more information,** contact [reagan.m.bush@vanderbilt.edu](mailto:reagan.m.bush@vanderbilt.edu)

### Sistahs Reading Sistahs

**Wednesday, December 6; 12:30pm–1:30pm (Meets the 1st Wednesday)**

**What:** A book group for everyone interested in reading African-American women authors. The group is currently recruiting members for the group and needs one or two women to coordinate the group.

**Who:** This group is free and open to everyone!

**Where:** The Gallery at the Margaret Cuninggim Women's Center

**For more information,** please contact [stacy.nunnally@vanderbilt.edu](mailto:stacy.nunnally@vanderbilt.edu)

### Support Group



**What/Who:** A support group for women who are survivors of domestic/dating violence, sexual assault and stalking. This group meets weekly at a confidential time and location; all information shared is kept confidential. For more information, please contact [kacy.silverstein@vanderbilt.edu](mailto:kacy.silverstein@vanderbilt.edu) or 322-3774.

### Vanderbilt Feminists (Vandy Fems)

**Wednesdays, December 6 and 13; 5–6pm (Meets every Wednesday–No Mtgs. on 20th or 27th–Winter break)**

**Who:** Open to all students of any gender.

**What:** A student group concerned about women's issues on campus, and promoting equality between genders.

**Where:** The Gallery at the Margaret Cuninggim Women's Center

**For more information,** contact [sarah.c.dean@vanderbilt.edu](mailto:sarah.c.dean@vanderbilt.edu) or [taylor.l.davis@vanderbilt.edu](mailto:taylor.l.davis@vanderbilt.edu).

### Vandy Moms

**December 14; 11:30am–12:30pm (Meets the 2nd and 4th Thursday of each month, No Mtg. on 26th–Winter break)**

**What/Who:** Open to all mothers of any age, partnered or single. This is a fun support network that provides advocacy for moms in the Vanderbilt and larger communities. It also provides programming to inform, empower and enrich. Join us December 14th for our annual holiday potluck party!

**Where:** The Gallery at the Margaret Cuninggim Women's Center  
**For more information,** contact [misa.culley@vanderbilt.edu](mailto:misa.culley@vanderbilt.edu) or call 343-4367.



## Service/Donation Opportunities that Benefit Women

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ties, please visit the Hands on Nashville (HON) website at [www.hon.org](http://www.hon.org). This website is a great resource for all volunteer opportunities throughout Middle Tennessee. And the HON website allows you to search with criteria such as service to women.

Also if you are looking for great holiday gifts, think about shopping with Thistle Farms or Ten Thousand Villages. Thistle Farms is a project of the Magdalene House. The products include health and beauty items made by the residents and volunteers. The money from sales goes back to the Magdalene House program. To find out where to shop for Thistle Farms products, go to their website: [www.thistlefarms.org](http://www.thistlefarms.org). Ten Thousand Villages sells fairly traded crafts from artisans around the world. They work with diverse group of unemployed or underemployed artisans by providing 50% production costs ahead of time to the artisan. The remaining 50% is paid when the order is shipped. Ten Thousand Villages sells these items at cost and is a non-profit organization. You can view products or learn more by going to [www.tenthousandvillages.com](http://www.tenthousandvillages.com) or by visiting the local store located in the Green Hills area.

| Organization/ Agency and Contact Information   | Mission/ Description   |
|--|--|
| <p>Conexión América<br/>800 18th Ave. S., Suite A<br/>Nashville, TN 37203<br/>(615) 320-5152<br/><a href="http://www.conamericas.com">www.conamericas.com</a></p>  | <p>Mission: To help Hispanic families realize their aspirations for social and economic advancement by promoting their integration into the local community. Conexión América provides direct service to Latino families and also provides assistance to the community at large in understanding and interaction with local Latino communities.</p>  |
| <p>Eating Disorder Coalition of TN (EDCT)<br/>(615) 831-9838<br/><a href="http://www.edct.net">www.edct.net</a></p>  | <p>Eating Disorders Coalition of Tennessee is a not-for-profit organization founded by health professionals and community members who believe that all those affected by disordered eating should have hope, help and support.</p>   |
| <p>NOW (National Organization for Women)<br/>(615) 269-7141<br/><a href="http://www.now.org">www.now.org</a></p>   | <p>The National Organization for Women (NOW) is the largest organization of feminist activists in the United States. Since its founding in 1966, NOW's goal has been to take action to bring about equality for all women. There is a chapter of NOW in Nashville. Please contact them for ways to get involved.</p>   |
| <p>Planned Parenthood of Middle and East Tennessee (PPMET)<br/><a href="http://www.plannedparenthood.org/mid-east-tennessee/index.htm">www.plannedparenthood.org/mid-east-tennessee/index.htm</a><br/>Health center: (615) 321-7216<br/>Administrative/education offices:<br/>(615) 345-0952</p> | <p>PPMET is a recognized and respected leader in providing reproductive, sexual and complementary healthcare and comprehensive sexuality education to women, men and teens regardless of race, age, income status, religion or sexual orientation. We believe that the self-determined pursuit of sexual health is important for everyone's well-being and quality of life.</p>  |
| <p>Rape and Sexual Abuse Center<br/>25 Lindsley Avenue<br/>Nashville, TN 37210<br/>(615) 259-9055<br/><a href="http://www.rasac.org">www.rasac.org</a></p>   | <p>Mission: "Helping people heal from the effects of rape and sexual abuse and reducing risk through community education." RASAC provides counseling to children and adults who are the victims/ survivors of sexual assault (regardless of ability to pay). It also provides community and in-school programs to create awareness and provide training on the issues of sexual abuse and violence.</p>  |
| <p>NCCJ.MT (National Coalition on Community and Justice of Middle Tennessee)<br/>(615) 327.1755; <a href="http://www.nccjmt.org">www.nccjmt.org</a><br/><a href="mailto:jlavery@nccjmt.org">jlavery@nccjmt.org</a></p>   | <p>The National Conference for Community and Justice (NCCJ) of Middle Tennessee is a human relations organization dedicated to fighting bias, bigotry and racism in America.</p>   |
| <p>Sudanese Community Center<br/>3221 Nolensville Pike<br/>Nashville, TN 37211<br/>(615) 315-9681</p>  | <p>This center works to help acclimate refugees who have been forced to flee their own country. Most of the refugees are from Sudan, but refugees from other African nations depend on this center as well. This center supports refugees by offering English classes, helping them with job applications, prepping them for everyday life in the U.S., etc.<br/><i>*STAND (Students Taking Action Now: Darfur) is a student group on campus that works with the center to provide service. You can email <a href="mailto:jonathan.m.white@vanderbilt.edu">jonathan.m.white@vanderbilt.edu</a> for more information.</i></p>   |
| <p>TN Coalition Against Domestic and Sexual Violence (TCADSV)<br/>(615) 386-9406<br/><a href="http://www.teadvs.org">www.teadvs.org</a></p>  | <p>The mission of the Coalition is to end domestic and sexual violence in the lives of Tennesseans and to change societal attitudes and institutions that promote and condone violence, through public policy advocacy, education and activities that increase the capacity of programs and communities to address such violence.</p>  |
| <p>The YWCA<br/>1608 Woodmont Blvd.<br/>Nashville, TN 37215<br/>Donation Line: (615) 242-1070, ext. 105<br/>Main Phone: (615) 269-9922<br/><a href="http://www.theyw.com">www.theyw.com</a></p>  | <p>The Young Women's Christian Association of the United States of America is a women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision: <i>Peace, justice, freedom and dignity for all people</i>. The association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary. They offer programs and services in the areas of job readiness, domestic violence shelter and services and youth advantages.</p> |

# ANNOUNCEMENTS

**NASHVILLE NOW (NATIONAL ORGANIZATION FOR WOMEN)** meets the 4th Monday of the month at the Nashville Peace and Justice Center behind Scarritt Bennett at 7pm. This meeting is open to members, friends and those seeking more information. For more information, contact [CynthiaNashNOW@aol.com](mailto:CynthiaNashNOW@aol.com) or 269-7141. Due to the holidays, there is NO December meeting, but will resume meeting in January.

**NASHVILLE CABLE**

The next networking luncheon meeting will be held at the Wildhorse Saloon (downtown on 2nd Ave. No.) on Wednesday, December 13, at 11:30am. For more info, contact [nashvillecable.org](http://nashvillecable.org)

**FLU SEASON IS UPON US! GET YOUR FLU SHOT!**

The Occupational Health Clinic is ready for an exciting flu vaccine season this year, with a simpler onsite schedule and many convenient flu vaccine events. Flu vaccine will be available through January. For the full schedule of onsites and more in-depth information, visit the OHC website: [www.vanderbilt.edu/HRS/wellness/OHC/ohc2006flucalendar.pdf](http://www.vanderbilt.edu/HRS/wellness/OHC/ohc2006flucalendar.pdf)

**SPONSOR A CHILD THIS HOLIDAY SEASON!**

The Davidson County Department of Children's Services Christmas Committee is pleased to announce the annual Foster Child Christmas Program. DCS provides wish lists from foster children and you may sponsor as many children as you wish. DCH asks for items that are new, unwrapped and marked with the child's information. Giftcards make wonderful gifts, too, especially for teens. It is important to note that 100% of your

donations go directly to the children. Donations can be dropped off at designated donation centers. For more information on how you can make a foster child's Christmas a very special one, please contact Ann Brooks, Christmas Coordinator, at (615) 445-2669 or fax your request to (615) 331-2203.

**ADOPT-A-FAMILY THIS HOLIDAY SEASON!**

The Work /Life Connections – EAP and the Faculty Staff Hardship Fund Committee are once again providing the opportunity for your department to spread the joy of the holidays to those most in need, by sponsoring a Vanderbilt family. Each Vanderbilt family has been pre-screened by one of the WLC-EAP counselors and has sought assistance from the Faculty Staff Hardship Fund.

The Adopt-A-Family program brightens the lives of hundreds of Vanderbilt children each year who otherwise would have no gifts to open during the holidays. Last year the program, thanks to the generosity of 42 Vanderbilt departments, was able to assist 38 families, including 185 children. Those families placed in the care of our Adopt-a-Family program are in desperate need of basics such as food, clothing and household items. Each family creates a wish list of items and is matched with a sponsoring department which generously meets the family's needs and instills hope in those who have little. The Adopt-A-Family program is a purely volunteer-driven program and is a testament to the generosity and caring of the Vanderbilt community. Should you wish further information on sponsoring a family, please contact Susan C Lescher, Work/Life Connections–EAP/ NWP/ FPWP, (615) 936-3461; Fax: 615-936-3678



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- Other

*Mail to the Women's Center, Vanderbilt University, Box 351513 Station B, Nashville, TN 37235*

**Margaret Cuninggim Women's Center**

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 2301 Vanderbilt Place  
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