25TH ANNIVERSARY

WOMEN helping WOMEN

FRIDAY, MAY 19, 2023 | 11:30 AM – 1 PM
EMBASSY SUITES, DES MOINES, IOWA
Celebrating 25 years and more than $2 million dollars raised to provide counseling, education, trainings and other services for women, children and families who are underinsured or from low-income households.

Please share your photos from today’s event on social media using #WHW25YEARS.

To make a donation visit www.mindspiritcenter.org/donate.
2023 HONOREE
CONNIE ISAACSON

Connie exemplifies a deep passion for nonprofit organizations and their important work to make our world a better place. After many years of working and volunteering in the not-for-profit sector, she founded Isaacson Consulting (now Isaacson//Syverson Consulting), to assist nonprofit organizations throughout Central Iowa, including the Center. Connie has the distinction of having served on the first Women Helping Women committee 25 years ago when she was a member of the Center's Board of Directors and served for countless years thereafter. She also played a significant role in helping the Center raise more than $35 million to build the current facility. Connie has been recognized as one of the Des Moines Business Record's Women of Influence and received the Junior League's Lifetime Achievement award. She has authored a book on fundraising, served on a number of non-profit boards and as an elected official on the Urbandale School Board. Her loving spirit is also reflected in one of her proudest achievements: her family. For over 50 years she has been married to her supportive husband, Dick. She is the proud mother of five adult children and Nana to 18 grandchildren she adores and affectionately calls Team Grand! Recently retired, she is looking forward to what the next chapter in her life encompasses.

2023 SPEAKER
JANN FREED, PhD

Jann Freed is an author, speaker, coach and leadership development and change management consultant — a true renaissance woman with her own Wikipedia page! After a 30-year career at Central College, Jann earned professor emerita of business management status before embarking on her current consulting work. She has authored several books and articles about continuous improvement in leadership. As a certified Sage-ing Leader through Sage-International, Jann shares her wisdom and graciousness with elders exploring new ways of aging. She is actively engaged in the Des Moines Community including serving in leadership roles for several nonprofit organizations.

Jann has been married for 40 years, is proud of raising three self-sufficient adult sons and relishes her role as grandma, or “Pippatutu” to Lottie Barrett Fisher.

For a quarter-century, we have been uplifted and encouraged by keynote speakers and honorees at Women Helping Women. As we celebrate our 25th Anniversary, we recognize and remember all the tremendous past speakers and honorees who have contributed to our community in countless ways.

2023 Jann Freed, PhD | Connie Isaacson
2022 Jacquie Easley McGhee | Sharon Goldford
2021 Tiffany Johnson | Angela Connolly
2020 Jackie Servellon | Mary M. Riche
2019 Gina Skinner-Thebo | Susan Voss
2018 Connie Wimer | Joy Corning, in memoriam
2017 Tilly Woodward | Pamela Bass-Bookey
2016 Marti Sivi | Marsha Ternus
2015 Roxanne Conlin / Linda Railsback
2014 Sandy Hatfield Clubb | Connie Wimer
2013 Judy A. Bradshaw | Sally J. Pederson*
2012 Bonnie Campbell | Elizabeth Kruidenier, in memoriam
2011 Deborah Turner
2010 Franci Phelan
2009 Kali VanBaale
2008 Lesley Jane Seymour
2007 Rekha Basu
2006 Barbara Robinette Moss
2005 Carmen Lampe Zeitler
2004 Rekha Basu
2003 Sue Roberts
2002 Rebecca Kemble | Sarah Grant-Hutchison
2001 Susan Ackelson | Mary Kay Shanley
2000 Sara Swansen and Grace Percival
  Lt. Governor Sally Pederson, special guest
1999 Eileen Burtle

*First year of Women Helping Women honoree
Dear WHW Community,

At one time or another, we have all pondered the meaning of life. What makes life worth living? How can we find fulfillment as individuals and as a community?

As we gather for the 25th Anniversary of our annual Women Helping Women event, we might not have the full answer, but we have a commonality that exudes within the walls of this room: purposeful connection.

We are entwined by our desire to help women, children and families receive valuable mental health support despite their ability to pay. We are linked by a deep commitment to Mind & Spirit Counseling Center and its devotion to walk beside those in need as they find hope and healing.

For 25 years, women have bonded together in our community to celebrate those making impactful differences and championed a cause that affects many of us personally.

As we celebrate today, please keep in mind all of the incredible women who came before us to make this event an ongoing success and the women in the future who will continue to guide the path of connection and camaraderie. It really does take a village.

Contemplate your purpose and the intrinsic connection we share by being here today. Go and live your life with meaning.

Thank you for your contribution and support to Mind & Spirit Counseling Center and Women Helping Women.

With gratitude,

Anne Kelly
Susan Voss

CO-CHAIRS
Anne Kelly
Susan Voss

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Thank you... Your attendance and generous gifts will provide essential mental health services to women, children, and families who are uninsured, underinsured, or from low-income households.

**Upcoming Center Programs**

**26TH ANNUAL WOMEN HELPING WOMEN EVENT**

Save the date | May 17, 2024

**PrairieFire**

Do you desire a more meaningful life, new ways of building and contributing to community, or living authentically in an increasingly challenging and unpredictable world? Consider applying for PrairieFire, the Center’s two-year program of spiritual formation and renewal. Program begins September 2023. Application deadline is June 15. Visit mindspiritcenter.org/prairiefire for more information.

**TABLE HOSTS**

Nancy Bone and Tracy Wheeler
L.U.N.A hosted by Sharon Goldford
Oakridge Neighborhood hosted by Sharon Goldford
Mary Gottschalk
Knapp Properties
Katie Patton
Stephanie Pearl
WesleyLife Foundation

**DONATIONS**

Anonymous (4)
Peg Armstrong-Gustafson
Mary Brooks
Diane Child
Eva Christiansen
Angela Connolly
Judy Deutch in honor of Sharon Goldford
& Connie Isaacson
Marge Doyle
Michael Engel
Jennifer Ellis
in honor of Connie Isaacson
Priscilla Gilbert
Sharon Goldford, chocolates in honor of Connie Isaacson
Diane Hedden
Karen Henderson
Laura Jacobsen
Diann and Roger Jones
Dr. Jim and Mary Ellen Kimball
Kaye Lozier
Colleen MacRae
Kate Massop
Robyn Mills
Lisa Minear
Rev. Rachel Thorson Mithelman
Greg Nichols
Sally Pederson
Allison Peet

**MEDIA SPONSOR**

**Business Record**

**IN-KIND SUPPORT**

Chocolate Storybook
Connie Wilson Design
Embassy Suites by Hilton Des Moines Downtown
Integrity Printing
Laura Palmer

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**WOMEN HELPING WOMEN CHANGES LIVES**

Carrie Galles
Kathy Giles
Diane Glass and Jeff Means
Linda Goeldner
Mary Gordon
Mary Helen Grace and David Grace
Kimberly Graham
Courtney Greene
Dennis Groenenboom
Mary Gross
Jami Haberl
Cheryl Hamilton
Ginny Hancock
Jan Hardin
Lynd Heigen
Barbara L. Heim
Jane Hemminger
Susan Hemminger
Christine Hensley
Victoria L. Herrings
Jim and Judy Heseman
Martha Hill
Jennifer Hilmes
Dixie Hoekman
in memory of Lois Kriebs and Jill Schreiber
Michelle Hogan
Linda Jennings
Dr. Darren Jirs, D.D.S.
in honor of Susan Voss
Joanne Johnson
Sandy Benson Johnson/Benson Family Foundation
Beth Stelle Jones
Maureen Keehnle
Mary Kelly
in memory of Connie Isaacson
Lola Kenworthy
Karen Kenyon
Paula Kerman
Connie Klug
Jenna Knox
Mary Kramer
Diane and Keith Krell
Mary F. Kunkel
Jenni LeGates

Christine Lewis
Sheila Starkovich Lingwall
Marian Lyddon
Deb Madison-Levi
Sharon and Sue Malheiro
Sandy McClelland
Andy McGuire
Cathy McMullen
Susan Vujnovich McRoberts
Kate Mead
Reo Menning
Ann Michelson
Joan Middleton
Tracy Mullen
Anna nalean
Liz Neumann
Charlotte Noble
Mary O’Brien
Leigh O’Tool
Jo Oldson
Katie Gibson Overby
Nina Socarras Pack
Marilyn Parsons
Katie Patton
Gail J. Pearl
Diann M. Peyton
Nancy Neufeld Price
Judy Quick
Rasmussen Group
Wilma Richards
Dawn Roberts
in honor of Susan Voss

Susy Robinette
Helen Robinson
Katie Roth
Dr. David Sagula
Laura Sands and Dave Busiek
Priscilla D. Sayeed
Susan Schartner
Pam Schoffner
Kim Shadour
Chris Sidwell
Jacqueline Stoken, D.O.
Ellen Strachota
Matt and Erin Strawn
Mary Stuart
Gail Stubbs
Sarah Susanin
Karen Novak Swalwell
Cheryl Sypal
Joyce and Harold Templeman
Marsha Ternus
Karen Unrau
Teresa VanVleet-Danos
Terri Vaughan
Sheri and Dick Vohs
Marilyn Warling
Dee Willemsen
Jean Williams
Emily Williams-Bouska
Janie Wine
Barb Yankey
Robert Yoder
Eleanor Zeff

**YOUNG LEADERS $125**

Anonymous
Julianne Hilmes Bartlett
Rachel Bruns
Paige Franzluebbers
Christine Hilbert
Sara Hopkins
Emily Kessinger
All Makris
Kathleen McGuire
Dani Musselman
Katie Patterson
Anne Roth
Erica Shannon
Ann-Charlotte Wade
Emily Webb
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**FRIENDS OF THE CENTER SUPPORT**

Susan Armstrong-Gustafson
Mary Brooks
Eva Christiansen
Angela Connolly
Judy Deutch in honor of Sharon Goldford
& Connie Isaacson
Marge Doyle
Michael Engel
Jennifer Ellis
in honor of Connie Isaacson
Priscilla Gilbert
Sharon Goldford, chocolates in honor of Connie Isaacson
Diane Hedden
Karen Henderson
Laura Jacobsen
Diann and Roger Jones
Dr. Jim and Mary Ellen Kimball
Kaye Lozier
Colleen MacRae
Kate Massop
Robyn Mills
Lisa Minear
Rev. Rachel Thorson Mithelman
Greg Nichols
Sally Pederson
Allison Peet

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Thank you... Your attendance and generous gifts will provide essential mental health services to women, children, and families who are uninsured, underinsured, or from low-income households.
Mind & Spirit Counseling Center, formerly known as Des Moines Pastoral Counseling Center, is a nonprofit organization with a mission to walk with people through counseling and education to find hope and healing, and to live a fulfilling life. The Center is one of few providers in Central Iowa who offer mental health services to children, teens and adults from all walks of life including those who are uninsured, underinsured, or from low-income households.

For over 50 years the Center has provided transformative services that integrate mind, body and spirit. The Center serves more than 2,300 children, teens and adults annually through a multidisciplinary team of 30+ licensed clinicians. Key services include:

- Individual, couples and family counseling
- Psychological testing and assessment
- Psychiatry
- Children Overcoming Obstacles of Life (C.O.O.L.), a specialized program for children and adolescents
- Training for clinical professionals
- Spiritual direction
- PrairieFire, a two-year renewal program
- Clergy and congregational development opportunities

TO MAKE AN APPOINTMENT
call 515.274.4006 or visit mindspiritcenter.org

TO MAKE A DONATION
call 515.564.5122 or visit mindspiritcenter.org/donate