



**MIND & SPIRIT
COUNSELING CENTER**

26TH ANNUAL

WOMEN
helping
WOMEN

FRIDAY, MAY 17, 2024 | 11:30 AM – 1 PM

MEADOWS EVENTS CENTER

AT PRAIRIE MEADOWS, ALTOONA, IOWA



FOSTERING HOPE & HEALING:

The ripple effect
of mental health
in our community



MIND & SPIRIT
COUNSELING CENTER

WOMEN *helping* WOMEN

FRIDAY, MAY 17, 2024 | 11:30 AM – 1 PM

WELCOME

Shirley Poertner

Co-chair | 2024 Women Helping Women

OUR IMPACT ON THE COMMUNITY

Jim Hayes

Executive Director | Mind & Spirit Counseling Center

LUNCH

MOMENT OF GRATITUDE

Leigh OTool

Co-chair | 2024 Women Helping Women

TRIBUTE TO CAROL BODENSTEINER

Leigh OTool

Co-chair | 2024 Women Helping Women

HONOREE RESPONSE

Carol Bodensteiner

Honoree | 2024 Women Helping Women

INTRODUCTION OF SPEAKER

Shirley Poertner

Co-chair | 2024 Women Helping Women

KEYNOTE ADDRESS

Dear Clients. Thank you!

50-years of client courage, resiliency, and mental health

Teri Hughes-Paulline

Speaker | 2024 Women Helping Women

THANK YOU

Laurie Betts Sloterdijk | Heather Stuyvesant

Directors of Development | Mind & Spirit Counseling Center

CLOSING

UNEARTH THE FUTURE

Diane Glass

Poet and Author, Founding Member of Poetry Palooza



2024 HONOREE

CAROL BODENSTEINER

Carol Bodensteiner is a public relations professional with over two decades of experience in the marketing industry. After leaving agency life, Carol embarked on a successful writing career. She's authored several books, including a memoir and novels depicting life in Iowa. She is a long-time supporter of the Center. She has served on the Women Helping Women committee for several years, including as a co-chair, helping raise funds for women, children, and families needing mental health services.

Along with her rewarding career, Carol is passionate about helping others succeed through initiatives supporting literacy and language by serving as an adult ELL teacher for Oakridge Neighborhood and reading to children through the United Way Book Buddy Program. An advocate of life-long learning, Carol is always seeking out new opportunities. In her free time, she participates in two book clubs and savors time on her acreage with her husband, David, and her son's family, who visit often.



2024 SPEAKER

TERI HUGHES-PAULLINE, LISW

Teri Hughes-Paulline, LISW, is a Licensed Independent Social Worker celebrating 50 years as a mental health provider. She has been a Mind and Spirit Counseling Center therapist since 2020. Teri earned her undergraduate degree from UNI and a graduate degree from the University of Iowa. She has worked in the public and private mental health sectors in Davenport and Des Moines. As a therapist, Teri provides care for those experiencing mood disorders, anxiety, change of life and family issues, as well as those who experience chronic mental health issues, trauma, and loss. Teri has been an active volunteer in her private life across various organizations. She is a wife, mother, and grandmother who cheers for the people and things she believes in. She values community, volunteerism, faith, and friendship.

For over a quarter-century, attendees have been inspired and encouraged by keynote speakers and honorees at Women Helping Women. As we celebrate our 26th annual luncheon, it is with deep gratitude that we recognize and remember our past speakers and honorees who have contributed to our community in countless ways.

- 2024 Teri Hughes-Paulline, LISW | Carol Bodensteiner
- 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

Welcome

Special Thanks TO OUR LEADERSHIP

Dear WHW Community,

As co-chairs of the 2024 Women Helping Women luncheon, we are honored to welcome you to this year's event, where we gather not only to celebrate the strength and resilience of women but to shine a spotlight on a topic that touches each one of us: mental health.

As we gather today, we embark on a journey of understanding, empathy, and support. Mental health knows no bounds; it affects individuals regardless of age, gender, race, or socioeconomic status. Its impact reverberates through our communities, touching the lives of our loved ones, colleagues, and neighbors. Yet, too often, it remains shrouded in stigma and silence.

For 26 years now, we have gathered to break that silence. We come together to amplify voices, share stories, and foster a culture of compassion and acceptance. For it is in our collective strength that we find power to create real change.

Through our commitment to supporting one another, we not only uplift individuals but also nurture the fabric of our communities. We recognize that mental health is not just an individual struggle but a communal responsibility. By extending a helping hand, offering a listening ear, and providing resources, we can create a safety net of support that uplifts those in need and fosters a culture of wellness for all.

As we celebrate today, let us remember that our actions today have the power to shape a brighter tomorrow. Let us embrace the opportunity to make a difference, not only in the lives of those around us, but in our greater community.

We extend our deepest gratitude to each one of you for your unwavering support, dedication, and commitment to Women Helping Women. Your generous support provides women, children and families mental health care at Mind & Spirit Counseling Center, regardless of their financial resources. Together, we can create a world where mental health is not a barrier but a bridge to connection, understanding, and healing.

Thank you for joining us today. Your presence is a testament to the power of women helping women, and together, we will continue to make a profound impact on our communities and beyond.

With gratitude,



Leigh OTool



Shirley Poertner

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CO-CHAIRS

Leigh OTool
Shirley Poertner

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Save the Date

**27TH ANNUAL WOMEN
HELPING WOMEN EVENT
FRIDAY, MAY 16, 2025**

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Thank you TO OUR GENEROUS DONORS

WOMEN *helping* WOMEN 2024

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Carol Bodensteiner
Elizabeth Coonan
Ebony and Ivory Book Club
hosted by Carol Bodensteiner
Sharon Goldford
Mary Gottschalk
L.U.N.A. hosted by
Sharon Goldford
Oakridge Neighborhood
hosted by
Carol Bodensteiner
Shirley Poertner

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.

Thanks to the generosity of a special donor, all new and increased gifts from today's event will be matched up to \$20,000.



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AS OF MAY 5, 2024

Please share your photos from today's event
on social media using #WHW2024.

ABOUT THE CENTER

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 2,000 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**

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call 515.274.4006 or visit mindspiritcenter.org

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