



MIND & SPIRIT  
COUNSELING CENTER

27TH ANNUAL

WOMEN  
*helping*  
WOMEN

FRIDAY, MAY 2, 2025

11 AM – 1 PM

MEADOWS EVENTS CENTER  
AT PRAIRIE MEADOWS, ALTOONA, IOWA



MIND & SPIRIT  
COUNSELING CENTER

## WOMEN *helping* WOMEN

FRIDAY, MAY 2, 2025 | 11:30 AM – 1 PM

**Lunch** | Pre-set at your table and ready for you to enjoy!

### INTRODUCTION VIDEO

**Produced by Waukee APEX Students**

### WELCOME & ACKNOWLEDGEMENTS

**Heather Stuyvesant**

Director of Development | Mind & Spirit Counseling Center

### MISSION MOMENT

**Jim Hayes**

Executive Director | Mind & Spirit Counseling Center

### TRIBUTE VIDEO: HONORING MARY GOTTSCHALK

**Produced by Waukee APEX Students**

### LIVING ONLINE: YOUTH PERSPECTIVES

### ON SOCIAL MEDIA VIDEO

**Produced by Waukee APEX Students**

### INTRODUCTION OF PANELISTS

**Jackie Schmillen**

Moderator | 2025 Women Helping Women

### PANELIST DISCUSSION:

### THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

**Panelists | 2025 Women Helping Women**

Dr. Heidi Bowden, DSW, LISW

Gabby Guerra

Hannah Koch

Rob Randazzo

### THANK YOU & CLOSING

**Reo Menning**

Board President | Mind & Spirit Counseling Center

## BEYOND THE LIKES

# Social Media's Role in Mental Health, Self-Image and Social Connection

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

### Dear guests,

Welcome to the 27th Annual Women Helping Women Luncheon — a gathering grounded in compassion, connection, and the belief that together, we can create lasting change.

This year, we turn our focus to a topic that touches us all: the impact of social media on mental health. Social media connects us, gives voice to the unheard, and builds communities — but it can also amplify isolation, anxiety, and comparison, especially for women and young people.

We're not here to dismiss this reality, but to explore it. To understand how we can use these platforms for good — as tools for advocacy, empathy, and healing.

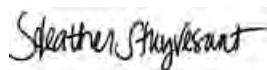
That's the spirit of Women Helping Women: breaking stigma, fostering connection, and creating access to mental health care for those who need it most. For 27 years, this event has helped Mind & Spirit Counseling Center provide compassionate, affordable care to women, children, and families — thanks to your continued support.

Today, you have the opportunity to double your impact: an anonymous donor is matching all new and improved gifts up to \$20,000. Your generosity does more than fund therapy — it opens doors, changes stories, and plants seeds of healing across our community.

As we gather — in person, in spirit, and even online — let's ask ourselves: how can we use our voices and presence to uplift, support, and heal in the digital spaces we occupy?

We are deeply grateful for your time, your support, and your belief in this mission. Thank you for being part of this movement. Together, we're building a world where mental health is seen, supported, and celebrated — both online and off.

With gratitude,



Heather Stuyvesant  
DIRECTOR OF DEVELOPMENT

### PLANNING COMMITTEE

Stephanie Asklof  
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Kinzy Gillespie  
Maggie Glisan  
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Susannah Lautensleger  
Leigh OTool  
Nina Pack  
Shirley Poertner  
Kelly Sparks  
Connie Wilson  
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Shayla From  
Sharon Goldford  
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SAVE THE DATE

FRIDAY, MAY 15, 2026

28th annual Women Helping Women





2025 HONOREE  
**MARY GOTTSCHALK**

From her early years in banking, to her global financial consulting to multinational corporations and the treasuries of New Zealand, Mexico, and Australia, Mary Gottschalk's dedication to financial stewardship and philanthropy has shaped both corporate, government, and nonprofit landscapes for more than 40 years. A champion for mental healthcare, she has played a role in nonprofit initiatives in major cities, including housing and support for mental illness in New York City, before bringing her expertise to Des Moines. At The Center, Mary has played a pivotal role in strengthening financial sustainability and spearheading the Retirement Match Endowment fund to support employees' long-term well-being. As a current Board member, two-term President, and major donor, her leadership and generosity continue to leave a profound legacy.

**IN LOVING MEMORY OF KENT ZIMMERMAN**

AUGUST 26, 1941 – APRIL 8, 2025

Beloved husband of our 2025 Women Helping Women honoree Mary Gottschalk, Kent Zimmerman will be remembered for his warmth, generosity, and quiet strength. Through his and Mary's visionary support, including the establishment of a retirement match for staff at Mind & Spirit Counseling Center, Kent's legacy of care and commitment lives on — uplifting those who dedicate their lives to helping others.

**CONSIDER A CONTRIBUTION  
TO THE RETIREMENT MATCH FUND**

in honor of Mary Gottschalk and in memoriam  
of her husband, Kent Zimmerman.



PANELIST  
**DR. HEIDI BOWDEN, DSW, LISW**

Dr. Heidi Bowden (she/her) is a Licensed Independent Social Worker (LISW), clinically trained in EMDR, and specializes in working with adults navigating emotional and relational challenges. With a collaborative, client-centered approach, she helps individuals cultivate hope, healing, and alignment with their personal goals. Heidi began her clinical career as a substance abuse counselor in rural Iowa and has since worked across correctional facilities and community mental health settings. She joined the Center in 2018 and now serves as Clinical Training Director. In August 2024, she earned her Doctorate of Social Work from Simmons University, where she focused on social justice, equity, and inclusive clinical leadership—principles she now weaves into training and practice every day.



PANELIST  
**GABBY GUERRA**

Gabby Guerra, a proud immigrant from Santa Ana, El Salvador, moved to Iowa with her family in 2002 due to violence and poverty. She grew up in Des Moines, graduating from North High School and the University of Iowa. Gabby's career began at Al Éxito, where she quickly rose to Assistant Director. She later served as Director of Youth Engagement and Interim Executive Director at Please Pass the Love, advancing school mental health support. Returning to Al Éxito in 2023, she continues serving Latino families and growing Al Éxito's impact. She is a board member for Iowa Safe Schools and recently completed the Health Connect Fellowship with the Mid-Iowa Health Foundation. Gabby is a 2023 Forty Under 40 Honoree, the 2021 Passport for Prosperity Awardee, and the 2021 Governor's Volunteer Awardee. She is passionate about amplifying youth voices and creating a more inclusive and supportive community in Iowa for BIPOC, the LGBTQIA+ community, and immigrants.





**PANELIST**  
**HANNAH KOCH**

Hannah Koch is a student at Urbandale High School who has spent her entire life in the Des Moines area. She is a social and friendly individual who enjoys spending time with her friends and family. While social media plays a role in her daily life, as is common in her generation, she prioritizes her education and personal relationships over her online presence.



**PANELIST**  
**ROB RANDAZZO**

Rob Randazzo has worked in education for 25 years. He has spent the majority of this time as a middle and high school math teacher. In 2023, Rob made the switch to administration and is now an associate principal at Hoover High School. Whether in the classroom or in administration, Rob wants to be the kindest leader with the highest expectations. This school year, he has had the honor of leading the Hoover High School Mental Health Movement, a school-wide effort to address concerns and provide greater support for the health and well-being of their students. It reflects a national discussion about the mental health of young people, including the impact of social media and the addiction to cell phones.



**MODERATOR**  
**JACKIE SCHMILLEN**

Jackie Schmillen is a seasoned communicator with nearly two decades of experience as a broadcast journalist. Now serving as the Director of Public Affairs for the Iowa National Guard—the first civilian to hold this role—she brings her passion for storytelling and community engagement to a new level. Deeply connected to central Iowa, Jackie loves performing, volunteering, and championing the incredible people and events that make the region thrive.

For over a quarter-century, attendees have been inspired and encouraged by keynote speakers and honorees at Women Helping Women. As we celebrate our 27th 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.

- 2025** Dr. Heidi Bowden, Gabby Guerra, Hannah Koch, Rob Randazzo | Mary Gottschalk\*\*
- 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 \*\*First panelist discussion

*Thank you* TO OUR GENEROUS SPONSORS

*Thank you* TO OUR GENEROUS DONORS

## WOMEN *helping* WOMEN 2025

PRESENTING SPONSOR \$10,000

**Sally Wallace, in honor of Mary Gottschalk**

VISIONARY SPONSOR \$7,500

**Carol Bodensteiner, in honor of Mary Gottschalk**

EXCLUSIVE AND LEADERSHIP SPONSORS \$5,000

ANDERSEN

HyVee



wellabe

SUPPORTING SPONSORS \$2,500

**Pamela Bass-Bookey**

**Cultivating Compassion: The Dr. Richard Deming Foundation**

**Jann Freed and John Fisher | Foster Group**

**Fredrikson & Byron, P.A. | Gateway Market & Cafe**

**Mary Gottschalk | Virginia Lauridsen in honor of Mary Gottschalk**

**Shirley Poertner | Polk County Board of Supervisors**

**Prairie Meadows | Linda Rullan | Rachel Stauffer**

**Stivers Ford Lincoln | Susan and Carl Voss in honor of Jim Hayes**

**Marti Wade in honor of Mary Gottschalk and Jim Hayes**

**West Bank | Michele and Steve Whitty**

**Willis Automotive | Sally Wood**

MEDIA SPONSOR

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TABLE HOSTS \$1,500

Barbara Beatty  
Patricia Boddy  
and Laura Sands  
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in honor of  
Mary Gottschalk  
Dental Professionals  
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Rachel Hardin  
and Anne Roth  
Judy Akre Heseman  
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Debbie Hubbell  
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Jennifer Lock Oman  
Claudette and  
P.J. McDonald  
D.J. Newlin  
Mary M. Riche  
Priscilla D. Sayeed  
Nan Stubbs in memory  
of Lola Tollakson  
Karen Stuyvesant  
Wells Fargo Advisors  
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SPECIAL FRIEND \$1,000

Amega Garage Door  
Connie Beasley  
Joan Betts  
Shayla From  
Anonymous  
Starr Hinrichs  
Ann and Tom Holme  
Joanie Houston  
Andrea James  
Martha James  
Jewish Federation  
of Greater Des Moines  
Nancy Main  
The Middleton Family  
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Barb and Andy Nish  
Jill Oman  
Lynsey Oster  
Leigh OTool in memory  
of Terri Henkels  
Katie Patton  
Kay Riley  
Jackie Saunders  
Susan Moritz Scharnberg  
Karen Shaff and Steve Jayne  
Rebecca Shaw in honor  
of Vonnie Linnevold  
Diana Sickles  
in honor of  
Teri Hughes-Paulline  
Laurie Betts Sloterdyk  
in honor of  
Mary Gottschalk  
Barbara Stennes

Heather Stuyvesant  
in honor of Mary Gottschalk  
Sarah Sullivan  
and Nicholas Bigelow  
in honor of Mary Gottschalk  
ChildServe  
Zanzibar's Coffee Adventure

LEADER PLUS \$500

Susan Ackelson  
Beverly Apel  
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Bank of America  
Margo and Don Blumenthal  
Suzan Kelsey Brooks  
Phyllis Cacciatore  
in honor of Ellery Duke  
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in honor of Mary Gottschalk  
Rachel Degen,  
Explore Self & Soul  
Peggy Fisher  
Jane Fogg  
Diane Glass and Jeff Means  
in honor of Mary Gottschalk  
Sharon Goldford  
in honor of Mary Gottschalk  
GuideOne Foundation  
Susan Hansen

## Thank you TO OUR GENEROUS DONORS

### LEADER PLUS CONTINUES

Sarah Hayes, M.D.  
Leslie Heimbach  
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Fritz Wehrenberg  
and Jennie LeGates  
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and Thomas E. Press  
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Kendra Simmons  
Terri Mork Speirs  
Joan Stark  
Mary Stuart  
Elaine Van Dyck  
Char Vukovich  
Judy Winkpleck

**LEADER \$250**  
Nancy Adrianse  
Jacque Andrew  
in honor of Carol Leech  
Becky Anthony  
Mary K Bartine  
Mary Ann Beard  
Brooke A. Benschoter  
in honor of Mary Gottschalk  
and Roberta Yoder  
Sandy Benson Johnson  
Benson Family Foundation  
in memory of  
Evelyn Adams Benson

## Thank you TO OUR GENEROUS DONORS

Cathy Besh  
Connie Boesen  
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of Paula Duncan  
Loy and Ellie Brooks  
in honor of  
Mary Gottschalk  
Sue Caley  
Marilyn Carroll in memory  
of Diann Peyton  
LaNae Ceryanec  
Diane Child  
Rhonda Clark-Leyda  
in memory of  
Kent Zimmerman  
Holly Craiger  
Teresa Dayton  
Suzanna de Baca

Cheri Doane  
Ardene Downing in honor  
of Connie Isaacson  
Kelly Edmister  
Jamie Fitzgerald  
Allison and Jim Fleming  
Robin Fortney  
in memory of Sister Lisa  
Woodson Boughman  
Linda Goeldner  
Bonnie Green  
Jan Hardin  
Norma Hirsch  
Dixie Hoekman  
Teri and Greg Paulline  
Jody Ingersoll  
Linda Jennings  
Joanne Johnson

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Maureen Keehnle  
Connie Klug  
Mary F. Kunkel  
Christine Lewis  
Cyril Mandelbaum  
in honor of  
Mary Gottschalk  
Sandy McClelland  
Cathy McMullen  
and Don Worrell  
Xan McNelly  
in memory of  
Kent Zimmerman  
Anne Merschman  
Kurt and Melissa Ness  
in memory of John Mease

### VISIONARY SPONSOR

SUPPORTER SINCE 2003

## Carol Bodensteiner

IN HONOR OF MARY GOTTSCHALK

"Congratulations to Mary Gottschalk, this year's honoree and my very good friend!"

Carol Bodensteiner left a successful career in public relations to write. She's authored several books, including a memoir and novels depicting life in Iowa. She's 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.

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. In her free time, Carol reads, writes poetry, and gardens, savoring time on her acreage with her husband, David, and her son's family, who visit often. Her granddaughter, Hannah, is participating on this year's Women Helping Women panel.

### LEADERSHIP SPONSOR

SUPPORTER SINCE 2010

**HyVee**  
EMPLOYEE OWNED

"We've been really motivated by the intent and the purpose of Women Helping Women, as well as the organization. There's so much that aligns with what we do at Hy-Vee, it just makes for a good fit. They've been great partners for the past 15 years!"

TINA POTTHOFF | SENIOR VICE PRESIDENT OF COMMUNICATIONS

We want to extend a heartfelt "Thank You" to Hy-Vee for supporting Women Helping Women 2025 as a Leadership Sponsor! We cannot pursue our mission without these kinds of partnerships. We are grateful!



# Thank you TO OUR GENEROUS DONORS

## LEADER CONTINUES

Greg Nichols and  
Dawn Connet  
Charlotte Noble  
Laura Nydam in honor  
of Mary Gottschalk  
and the late  
Kent Zimmerman  
Noreen O'Shea  
Marilyn Parsons  
Sally Pederson  
Susan Pogge  
Judge Artis Reis  
Wilma Richards  
Susy Robinette  
Helen Robinson  
Katherine Safris  
Nicky Schissel  
in memory of  
Kent Zimmerman

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Chris Sidwell  
Sheila Starkovich Lingwall  
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Joyce and Harold  
Templeman  
Karen Unrau  
Ann Victor  
Sheri and Dick Vohs  
Susan Vujnovich McRoberts  
Marilyn Warling  
Linda Weidmaier  
Dee Willemsen  
Jean Williams  
Jane Wine  
Roberta Yoder

## YOUNG LEADER \$125

Aura Baquero Cassab  
Rachel Bruns  
Maggie Glisan  
Anonymous in honor of  
Carol Bodensteiner  
Ali Makris  
Ann-Charlotte Meyer  
Anna Nalean  
Emily and Maeve Webb

## IN-KIND

Integrity Printing  
Amy Putney Koenig  
Connie Wilson

AS OF 4.24.2025

## EXCLUSIVE SPONSOR

SUPPORTER SINCE 2025

The Andersen logo features the word "ANDERSEN" in a serif font, with a stylized leaf or feather graphic above the letter "S".

Andersen provides a wide range of tax, valuation, financial advisory and related consulting services to individual and commercial clients.

Thank you to Andersen for their generous support for Women Helping Women 2025 as an Exclusive Sponsor of our EMDR Interactive Booth!

## LEADERSHIP SPONSOR

SUPPORTER SINCE 2018



"Silver Fox is all about lifting women up — regardless of circumstances — helping them look and feel their best. We continue to contribute to this cause because it truly helps women who need and want help. It's a bright light in today's world."

MARY LANGEN | OWNER

## 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.**



To make a donation  
visit [mindspiritcenter.org/whw](https://mindspiritcenter.org/whw),  
scan this code, or use the  
donation card on your table.



*Thank you* TO OUR AUCTION ARTIST

## SILENT AUCTION

### CUSTOM ART BY AMY PUTNEY KOENIG

Bid on a one-of-a-kind Women Helping Women art piece, plus Amy's oracle card deck and signed book.

[Scan the QR code to place your bid.](#)

Bidding ends at 11 am, Saturday, May 3.



Pictured on right: Artist Amy Putney Koenig with her inspired piece up for auction today!

Pictured above: Amy's oracle card deck and signed book, *Shapeshifter*.



*Thank you* TO WAUKEE APEX STUDENTS



HOURS SPENT PLANNING, SHOOTING, REVIEWING, EDITING,  
COLLABORATING AND CREATING WHAT YOU SEE TODAY!

## THANK YOU!!

We extend our special heartfelt thanks to the talented Waukee APEX students whose video production work helped bring the spirit of Women Helping Women 2025 to life.

With gratitude, we recognize:

**Marley Hill**

**Carson Kearns**

**Shaylee Miller**

**Trinity Perry**

**Beverly Zheng**

Best of luck to each of you in the next phase of your journey—you inspire us!



BEHIND THE SCENES INTERVIEWING  
AT THE CENTER



FILMING AT THE  
CENTER IN A THERAPY ROOM



## 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 over 3,600 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 and medication management**
- **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](https://mindspiritcenter.org)

**PrairieFire** is currently taking applications for the 2025–2027 cohort. Apply today at [mindspiritcenter.org/prairiefire](https://mindspiritcenter.org/prairiefire)



**MIND & SPIRIT  
COUNSELING CENTER**

8553 URBANDALE AVENUE URBANDALE, IOWA 50322

515.274.4006 [MINDSPIRITCENTER.ORG](https://MINDSPIRITCENTER.ORG)