



# ESA . . . AMAZE YOURSELF

## HAPPY SPRING ESA OHIO MEMBERS,

I say Happy Spring even though Mother Nature seems to be confused this year . . . one day snow, one day rain, BUT I see buds on the trees and flowers coming up. SO I know it is the time for ESA OHIO to celebrate. Look around at what we see at our state meetings . . . new faces, new ideas, smiles and dedicated members. It is wonderful to share ideas and to make new friendships and to celebrate seeing members try new things and experiment with new projects.

Convention is right around the corner, a special time where we look both back at a very successful year and look forward to new leadership and another year of success and creativity. Already the St. Jude Dream Home campaigns are underway. The CF walks and galas are planned. Easterseals is looking for volunteers. So many ways to give and ESA members ready to serve.

As I look back at my ESA life, I smile at the goofy things I have done, the costumes I have worn, the skits I have been in, the many, speeches I have given. I remember the times when speakers didn't show up and the laughs we had to fill in the time. Remember the MARC speaker . . . enough said. Remember when I couldn't pronounce a word in the IC Bylaws and I was the IC Parliamentarian. Remember when I was installed as OHIO President the first time and balloons filled the room. Remember when Ohio did our first St. Jude Bike Ride and we thought there were only going to be a few participants and we turned around to see hundreds of bikes. Remember when OHIO hosted the IC Convention in 1982 and the fire alarm went off in the hotel. I could go on and on as you know.

You all can bring up these memories filled with laughter and mistakes and challenges and fun. The ESA journey is different for each

member. HOWEVER, the ESA journey is the same for all of us in some ways. Beginning with a ceremony of candles and special words and a commitment to ESA and continuing with projects and group dynamics and so much success. AND with the best friends you could ever ask for. My mother used to say Birds of a Feather Flock together . . . and assorted other sayings . . . ha. I am proud to have spent my adult life with you all, women who exemplify commitment, empathy, caring and yes loveliness. Thank you all for adding so much to my life.

"You've taught me so much  
I've watched how you live  
How you chase after life  
You inspire me to greater things"

Peace and love,  
*Judi King*



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### Points of interest . . .

- *Social Media Hide/Snooze Posts*
- *OSC Convention Registration Form*
- *Easter Seals*
- *Youth Award Winner*
- *MARC*
- *New Website*

## VICE PRESIDENT . . . MANDY ROWLAND

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I'm not sure if its excitement or nerves but my stomach is in knots. I am so excited to be able to take this leap and move into the President roll in May. I hope I can make everyone proud and lead you all to "Reach for the Stars" with ESA. Headquarters yet again put on a great Leadership conference in Denver. I continued to learn more about myself and ways to lead you all in my year as President.

I am also very excited to have received so many bids for state meetings for the 2018-2019 year.

**September:** Gamma Kappa, Sigma Chi and PI XI

**March:** Beta Psi and PI XI

At this time I would like to introduce you to my Executive Board:

Vice President, Madeline Kurzynski  
Corresponding Secretary, Becka Llyod  
Recording Secretary, Tammy Reynolds  
Treasurer, Sue Krites  
Parliamentarian, Rose Wagner  
Editor, Judi Grefer

Junior Past President/Convention Chair, Judi King

I can't thank you all enough for trusting in me and serving on my board. I look forward to great year.

The General Board is as follows with a few positions still available:

Advisor—Brenda Meyers  
Awards —Joan Peddicord  
Chaplain —**OPEN**  
Easterseals—Janet Ivers  
Educational—Becky Karlak  
ESA Foundation —Sandy Fuller  
ESA for St. Jude Sr.—Linda Poppel  
ESA for St Jude Jr.—Melissa DiRienzo  
Marc Reps—Brenda Meyers & Shirley Krcmar  
Membership Committee—Joan Farabee and  
Diane Adams

Please consider filling any of the open spots. Thank you all for your dedication to ESA!

Who remembers their first IC Convention?? Well mine will be in JULY! Can you believe I am finally making it to my very first IC Convention! I can't wait to experience everything IC has to offer and continue to make new ESA Friends! How about a State's night out Thursday for dinner before Trivia?? AND Baseball game Friday! Who's in?? Send in your registration forms and experience IC with me!

I hope everyone will attend the Ohio State Convention in May! I sent my registration form in, did you? It's going to be a great time with lots of fun, laughs and friends! Hope to see you all there.

*Reach for the Stars* with ESA,  
Mandy



## CHAPLAIN . . . MADDY KURZINSKI

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I want to thank all of you for allowing me to be your chaplain for the last few years. It has

truly been my honor and pleasure to have this opportunity. One thing that I have learned is that prayer is a universal language that reaches all of us. We never know

when we might be in a situation where we need that power of prayer. It is definitely the only way to keep in touch with our great Lord. I thank all of you for your prayers for all of our ESA sisters and families near and far. Keep your faith and continue to put God first. I love and appreciate each of you.

Love,  
Maddy



### Social Media: Hide/Snooze Posts on Facebook

Well, you’ve just about gotten this monster of Social Media figured out until suddenly your Newsfeed on Facebook is overrun with information that only makes you angry!! If you’re anything like me, it’s usually something political in nature and it just takes away any of the fun from the experience. There is a way to hide these particular posts in order to maximize your enjoyment of all things fluffy and family!

First off, don’t do what is depicted to the right!

It’s very expensive! When you encounter such a post that is either



something that makes you angry or scares the heck out of you (I’m thinking anything like a bug!), there is a wonderful little area you can click that looks like three small dots to the right of the post. If you click on those dots, which are called an “ellipsis”, you can Save Post, Hide Post or the newest is to “Snooze” an individual/group for 30 days. By choosing to hide a post, it only hides THAT post from your newsfeed/timeline. If you expect that you are going to see more posts from that individual or group, you can “snooze” for 30 days. Neither of these two actions show to the individual and are private to you only. This is a fabulous way to see what you want and take control of your Newsfeed back from Facebook!

If you have pesky family members that you want to snooze, this is the best way and it will not hurt their

feelings because they will NEVER know! Who said plausible



deniability was a bad thing? You can always search for that person/group profile and un-snooze them at

any time! Facebook, for all its issues, is customizable but it requires work on your part to make it work for you. If you ever want to learn some other tips and tricks from the master, just get in touch and I’m more than happy to provide a “training” for setting up privacy, hiding games and notifications, or just better ways to protect your information and enhance your enjoyment!



### EDUCATIONAL . . . KATHLEEN SEEWER



word search puzzle in the January 2018 BJ? There was an overlap of letters for DESA, Friends, and St. Jude. Here are the words or phrases you should have found: Adelia, Aidos, Association, Awards, Blue, Book Club, Caring, Chapters,

How many of you solved the winter

Children, Crest, Dangles, Danny Thomas, DESA, Epsilon Sigma Alpha, ESA, First Pearl, Foundation, Friends, Gold, Jewel Pin, Jonquil, Lamp, Links, Muncie Indiana, Pallas Athene, Pledge, Points, Ritual, Service, Sharing, Sisters, and St Jude.

Thank you for allowing me serve as your Educational Director the past couple years. I am passing the baton on to a new director

for the 2018-2019 year. Only a few chapters actively participate in the chapter educational awards program. **Please attend the May Convention** to learn who has accepted the position for your next Educational chair, and which chapters participated in the awards.



At our March Council meeting we enjoyed hearing about Easterseals GC (Greater Cincinnati) through two speakers: **Lauran McHaffie**, Annual Giving Leader of Easterseals GC, and **Nathan** a constituent who benefitted from Easterseals career assistance program.

**Lauran** shared with us their programs and how they assist clients, and also presented opportunities where we/ESA Ohio can volunteer and fundraise on behalf of Easterseals. See attached files [EasterSealsInfoFlier.pdf](#) and [Eastersealsvolunteermenu.pdf](#)

**Nathan**, who won an Easterseals Upward Mobility Award 2017, shared his personal experience with the Easterseals career assistance program and his success at getting a position at Walmart and recently a promotion. Please see video links below to learn more about Nathan and Otis.

Nathan: <https://www.youtube.com/watch?v=RSPWHLdhtgQ>

Otis: <https://www.youtube.com/watch?v=VFNFzR3ljEs>

Please “like” us on Facebook at /EastersealsGC

- On Twitter we are @EastersealsGC
- On Instagram we are Easterseals Serving Greater Cincinnati (@eastersealsgc)

· Our local website is: [www.Eastersealsgc.org](http://www.Eastersealsgc.org)



## EASTERSEALS CAMP SUPPLIES

### Crafts:

Canvas bags  
Sun Catchers  
Sun Visors  
Permanent markers 1-2pk  
Washable markers  
Iron beads  
Pipe cleaner—colorful  
Pompoms—colorful  
Wiggle eyes  
Foamy stickers  
Foamy doorknob hangers  
Glue—white & sticks  
Fabric glue  
Craft paint & watercolors  
Puffy/fabric paint  
Plaster figures  
Crape paper

Tissue paper  
Magnet tape  
Beads (to sting)  
Shrink art  
Construction paper  
Chalk  
Popsicle Sticks  
Yarn/String/lanyard to make necklaces, etc.  
White Poster Board  
Old Magazines

### Other Supplies:

Snacks – cookies, crackers, fruits snacks, granola bars  
Paper Plates  
Napkins

Contacts for the Ohio Easterseals affiliates:

- ◆ Easterseals GC (**Greater Cincinnati**) - Lauran McHaffie 513-386-6811, [mchaffie@eastersealsgc.com](mailto:mchaffie@eastersealsgc.com)
- ◆ Goodwill/Easterseals **Miami Valley** - Amanda Williams 937-528-6371
- ◆ Easterseals **Central and Southeast Ohio**- Sarah Miller, 614-228-5523, [smillereasterseals-cseohio.org](mailto:smillereasterseals-cseohio.org)
- ◆ Easterseals **Northern Ohio** - Melissa Kocher, [mkocher@eastersealsnoh.com](mailto:mkocher@eastersealsnoh.com), 440-838-0990

### Reminder – bring Easterseals camp items to May OSC Convention

We'd like to continue supporting the Easterseals Northern Ohio campers in 3 camps again this year. For our convenience, Shirley Krcmar has provided a list of items needed (see attached). Please remember to bring your Easterseals camp



It is with great pleasure to announce that the Ohio State Council (OSC) presented a candidate for the Outstanding Senior Youth Award to International Council (IC) this year. The winner this year is Grace A Coakley from Greenville, Ohio. She will receive a check from the OSC in the amount of \$500.00. As of this writing it is unknown whether or not Grace will be able to attend the luncheon on Saturday May 6<sup>th</sup>.

Please read the essays that he wrote as one of the requirements for consideration by IC. Again it is my pleasure to announce that OSC has a candidate presented to IC for consideration for the Outstanding Senior Youth Award.

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11 January 2017

*Outstanding Senior High Youth Award Application 1 believe the definition of an outstanding individual is someone who not only has exceptional academics, but also someone who strives to make a difference in their community and world through hard work and standing up for the values they believe in. An outstanding individual has good moral character and is open-minded and accepting. Individuals who are outstanding are also leaders and role models among their peers and others in the community.*

*I personally meet this definition as I have always excelled in the classroom academically, and I place high importance on always doing my work on time as well as to the best of my ability. I*

*have worked extremely hard in many AP and Advanced classes to achieve a 4.06 grade point average and been accepted into the National Honors Society. As a senior I have also served as Vice President of the National Honors Society.*

*More importantly I have always been passionate about making a difference in my community, because I believe that the best way to make change globally is by starting locally. Throughout high school I have been a member of many clubs in the community which strive to make a difference. In one of these groups, called We Are The Majority, I have helped to combat the growing drug abuse problem in my community. Last year I wrote a proclamation for the Mayor dedicating the week of April 16th-22nd of 2017 as We Are The Majority Awareness Week in Greenville, Ohio. People from all ages in the community participated in a march down Main Street and the Mayor read the proclamation on the steps of the City Building. The group also gave public service announcements at the walk about things the community can do to help, such as participating in a prescription drug "take back" day. I felt that by dedicating that week to We Are The Majority Awareness I had helped in raising awareness to my community that not all teens have unhealthy lifestyles and hopefully encourage many to continue to fight against drug abuse. I have also strived to make a difference in my community as Secretary of Key Club which conducts many community service projects such as canned food drives and "Box City" night which raises money for people who are homeless.*

*Throughout my daily life I strive to be open-minded and accepting of all people and cultures. I believe that my peers have recognized my kindness and non-judgmental values, as I was voted the 2017 Homecoming Queen. After I received the award many people approached me and told me that I had won because I was kind to everyone and helped everyone to feel better about themselves. This meant so much to me*

*because kindness and acceptance is something that I strive to practice everyday and to everyone. I also am a part of Spanish Club, where I am able to be educated on different people and cultures, which helps me to remain open-minded.*

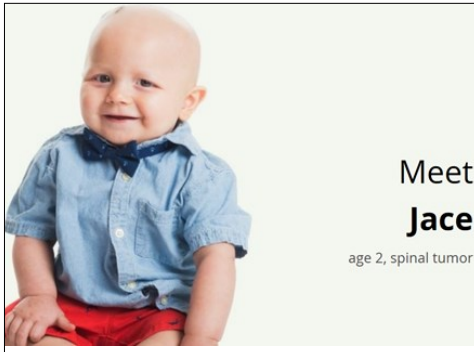
*Lastly, I believe that I have been a leader and role model in my community through the jobs and activities that I have participated in. I have been honored to be a Varsity Team Captain in cross country and track for three years, as well as the Senior Class Representative for Students Against Destructive Decisions (SADD) Club. As the senior class representative I embody the values of the SADD Club, which are positive lifestyle choices such as not doing drugs or alcohol and not driving or being a passenger to anyone while under the influence. Through my work with We Are The Majority and SADD Club I believe that I have been a positive role model in my community. This year while at a basketball game, a young girl approached me and told me that she recognized me from a drug free assembly that I had participated in at her elementary school.*

*This inspired me to continue to be a leader of positive change, because I feel that her remembering and looking up to me is a sign of the positive impact I am making as a leader.*

*Therefore, I do believe that I fit the criteria of an outstanding individual. I work my hardest to achieve academic success at all times, and strive to make a difference in my community. I hold myself to a high standard of moral character, through being accepting and open-minded at all times. I have demonstrated leadership and been a role model to the best of my ability in all my endeavors as well. I continue to work everyday to be someone who fits this definition of an outstanding individual, as certainly no one is perfect, but I feel proud of the progress I have made and will continue to make beyond high school.*



[Stjude.org](http://Stjude.org)



Meet  
**Jace**

age 2, spinal tumor

Before Jace was even 2 years old, he had earned himself a nickname that doubled as a verb. “JaceFace” came to describe both the baby’s trademark ear-to-ear grin and the ability to keep smiling through all adversity.

Jace, even at his young age, has known adversity. Jace’s problems began mounting around 6 months of age. He had severe curvature of the spine, loss of reflexes and was screaming all night in pain. Finally, after many frustrating attempts to learn the cause, Jace’s parents were told their son had a tumor in his spinal cord.

Later, after surgery at another hospital, they learned the tumor was cancerous, spanned 15 centimeters of his thoracic vertebrae and had killed the nerve impulses below it. The family obtained a referral to St. Jude Children’s Research Hospital in March 2016. St. Jude doctors made a diagnosis of

anaplastic astrocytoma. The tumor was located in the thoracic region and initiated a year of chemotherapy.

But Jace received much more than lifesaving treatment at St. Jude. He received supportive therapies, like physical, occupational and speech therapies, with an eye toward improving his outcome.

By October 2016, Jace was standing with help, “army crawling” across the floor and kicking his right leg.

“That,” said his mom, Jamie, “is a miracle of God and science.”

“We don’t think he would have made it, had we not gotten here,” said Jace’s dad, Jimmy.

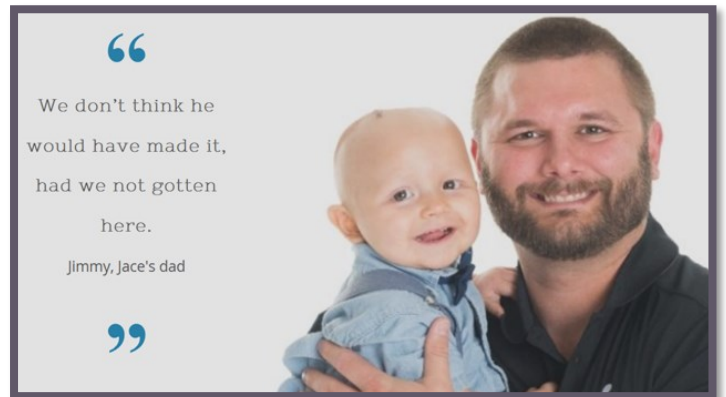
“Or if he had, he would not have had the quality of life that St. Jude has allowed him to have, during or after treatment,” Jamie added.

Jace’s family never has to worry about how to pay for Jace’s treatment. Families never receive a bill from St. Jude for



treatment, travel, housing or food — because all a family should worry about is helping their child live.

“Granted, the world runs on money, but at St. Jude, you don’t feel like a dollar sign to the hospital — you feel like a person,” said Jamie. “You know they’re caring about your kid, and they’re caring about the best thing for them, not the end-of-the-day dollar sign.”



“  
We don’t think he  
would have made it,  
had we not gotten  
here.  
Jimmy, Jace’s dad

Today, Jace remains in remission. He’s still working on regaining movement and walking with the help of a walker. He returns to St. Jude every two months for checkups and is absolutely obsessed with superheroes. And, he still has that JaceFace.

## ESA FOUNDATION . . . SANDY FULLER



EPSILON SIGMA ALPHA  
FOUNDATION

Welcome Spring! I'm pleased to announce that we have **four** new members to the Foundation! Ohio has contributed over \$2,000 this past year. One of the Foundation's strongest convictions as an organization is to provide a chance

for worthy individuals to better themselves through continuing education. The Foundation awards more than \$2 million in scholarships and grants. The season is winding down and the Foundation will be making many applicant's dreams for a brighter future come true.

I hope many of you will be attending the Ohio State Council Convention in May and want to let

you know that if you are not yet a member of the Foundation and would like to become one, I'll have forms available at the Convention. If you can't attend the Convention and would like to join, please contact me at [Sandyfromesa@yahoo.com](mailto:Sandyfromesa@yahoo.com).



## MARC . . . BETH LAAGE



Hello to all Ohio Sisters,  
I guess I should start off by apologizing for not entering an article in the recently published Re-

MARCs! We were on vacation when our articles were due, so I guess I just have to say my mind was still on "vacation Mode".

I hope you all had a chance to read the publication that was sent out by Kim and Mary, our MARC editors. If you did not get an email copy, please let me know and I would be happy to forward it to you.

South Dakota is busy preparing our next MARC conference in Sioux Falls for October 12-14 of 2018. The theme will be "Party on the Planes". Our MARC president, Celeste Webb, wants us all to know that "this is a party you will not want to miss!" Registration has been lowered, there will be no fundraisers, no baskets to raffle off, and no purses to be auctioned. The conference committee is asking each state to bring only its members!!! This is great news for all, as at the past conferences, fees paid and fundraisers have been the topic of conversation. Because the MARC treasury is in great shape, it has been suggested that costs be lowered.....it's nice to know they were listening!!

The committee is also proposing one free registration from each state. There will be a reverse raffle for a \$10.00 donation if you choose to participate. The last name in the pot will win 50% off the ticket sales. Sounds like a great deal to me....so I'm in!!!!

Our Conference chairs Tarah Elision and committee member Kim Bervan,

have planned excellent speakers, and a wonderful fun filled ESA weekend.

I am hoping that most of our Ohio sisters will be able to attend, especially since we will be hosting the 2018 convention here in our Queen City/Northern Kentucky area.

Debbie Vercellono, MARC vice president, is looking for candidates for the 2018-2019 MARC Elected Board, Appointed Board and Committees.

If you are interested in running, please let Debbie know, Her information is on the MARC website. ([ESAMARC.org](http://ESAMARC.org))

Bonnie Templeton, our MARC chaplain, is asking for each state to send her the contact information for all incoming State Chaplains. Her email address is [MARCChaplain23017@gmail.com](mailto:MARCChaplain23017@gmail.com).

Denise Hagerty, our ESA sister from Indiana, is asking all to check over the MARC Standing Rules and By-Laws to see

if any changes or additions need to be made. All changes or additions need to be to Denise by June 15, 2018. You can email her at [dahagerty@aol.com](mailto:dahagerty@aol.com). Julene Donnay, our MARC Hope for Heroes rep. is asking that everyone save their plastic grocery bags, (not regular plastic bags) and bring them with you to the conference. Sounds like she has a project that one of our speakers at the conference would like us to participate in.

There are several other projects listed in the new ReMARCS, so please be sure to read it through.

There will, as usual, be a Market Place at the conference. If you or your chapter would like to reserve a table to sell items, please contact Sandy Hongerholt ([shongerholt@yahoo.com](mailto:shongerholt@yahoo.com)) or Jill Richards ([JillRichards39@gmail.com](mailto:JillRichards39@gmail.com))

Again, I hope you are all planning on going to Sioux Falls in October! It will be a great opportunity for us to meet with our MARC sisters from North Dakota to discuss information that will be useful for our 2019 conference here in Ohio!!!

Keep the faith ladies, spring is right around the corner!! (I hope!)

Beth Laage  
MARC Rep.

## MEMBERSHIP . . . BRENDA MEYERS

“Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.” – Amy Poehler

Have you reached out to someone recently?

We all know that ESA can and does change your life!

*you will  
amaze  
yourself*

We have already welcomed two new members in 2018. Please be sure to send a note to Delta

Gamma’s new member Sarah Bistline at [sbistline1@mac.com](mailto:sbistline1@mac.com), and Gamma Kappa’s new member Debora Kirby at [Debora.kirby@ge.com](mailto:Debora.kirby@ge.com). It was great to meet them both at the March Fun meeting.

Two MAL’s have moved to Ohio this year. If you live near the Centerville, Ohio or Cincinnati zip code 45255 and would like to contact them please send me a note and I will share their contact information. We reached out in the fall but were unable to

connect. It wouldn’t hurt to give it ☺ another try.

Ohio is experiencing growth this year and it is exciting! Keep up the great work!



## TREASURER . . . SUE KRITES

Important items first:

- ⇒ OSC Chapter and Membership dues and roster information to the Treasurer no later than June 1<sup>st</sup>.
- ⇒ Submit your OSC Convention Registration ASAP but no later than April 25<sup>th</sup>.

Now that we have that out of the way, I want to thank Judi King for getting me (once again) back involved on the State level. When I left the 2016 September Council Meeting in Dayton, I figured that it would be my last State Meeting but Judi had other ideas. Over the last 40 some odd years I have been active on the State Council level I have had the opportunity of serving as Council Treasurer numerous times.

Of all my previous experiences, this year has turned out to be the most interesting and in some respects the most challenging one. The accounting process has not changed but what I learned as I worked my way through the year was in some instances educational. What I came to realize is that some of the problems that landed on my plate were due to the fact along the way we are no longer mentoring our new members who were beginning to hold offices. It seems as though we expect them to know what it has taken our long time experienced leaders to learn and these experienced leaders appear not to be sharing their knowledge in a beneficial way. One of the comments that I heard in doing investigate work on one of my problems was “I could have done a

better job if only I knew what I am just now learning.” This was what opened my eyes as to what the Council is experiencing.

Yes, I realize that individual chapters are working with their members in leadership roles, but these same new officers need to have the opportunity to learn from other experienced Council leaders outside their chapters. It is the expansion of knowledge that will help them be better and competent leaders. The bottom line is we need to re-introduce a Council wide Mentoring Program.

Now thank you for giving me my “soapbox” and I look forward to a great 2018-19 year under the leadership of Amanda.

*Sue Krites*



# CHAPTER CHATTER . . . BETA PSI

Hoppy Easter from Beta Psi! We hope you all enjoyed the March Fun Meeting! We certainly had fun hosting it and having our



YesterYear Style Show! Thank you to Dottie for being our MC! Every year I really look forward to this meeting and the last two years it has taken place ON my birthday! So thank you for helping me turn "29" again!

I'm coming to the end of my



presidency in Beta Psi and this has been an absolutely amazing year. Our chapter has done some great things

with all of our opportunities and that has continued since January! In February we had the opportunity to make Blessings

Bags and had a great time! Also at that meeting, our wonderful Educational Chair, Tammy Reynolds, had some awesome crafts from Africa and we made African Rain Sticks while the fabulous Brenda Meyers gave us some wonderful



facts on the country! Then in March, we traveled north to Ireland and made some

Clay Pot Leprechauns while I had the great luck to give some crazy facts about one of the countries that

dominates my ancestry. As you can see by our March meeting, our Mary Cox was able to join us! It was so good to see her!



Thanks to the hard work of Laura Vannoy, Beta Psi has the great opportunity to take part in a vendor show where we can raise money for Alzheimer's. If you are in the Dayton area on 29 April, please come enjoy some shopping from 10am until 3pm at Good Shepherd Lutheran Church (901 E Stroop Rd, Kettering, OH 45429). On April 7, we will be holding our next officer installation and awards at Grand Finale Restaurant in Glendale, OH. Thank you to everyone in Beta Psi for this past year! You make me proud to have such a legacy to grow within!

Becka Lloyd , President

## DELTA GAMMA

Our most exciting news is adding another new member, Denise Gumbita, which brings us up to FIVE! After struggling with such a small membership the past few years, five does seem like a great accomplishment. Denise, along with another new member, Darlene, and I attended the March Fun Meeting.

I attended the groundbreaking of our St. Jude Dream Home on January 18. Another great beginning to our St. Jude Dream Home project was the thrill of selling 20,000 tickets in one hour and seven minutes at the Sellathon on Fox Channel 8 on February 22. It makes us so proud of Cleveland and our generous and caring residents.

It was an honor and privilege to attend the St. Jude Volunteer Leadership Conference in Memphis February 8-10,

2018 as a committee member for Cleveland's St. Jude Walk/Run. It really gives you a boost of enthusiasm and ideas to promote the event and you return home inspired to work even more toward the success of it. It was fun to see



Becka Tripp and she said to say hello to everyone.



We were able to make a sizable donation to St. Jude as well as amounts to

Disaster Fund, Easterseals, and our two state projects, Alzheimers and Multiple

Sclerosis. We gave to two Foundation Scholarships, South Hills Lend-a-Hand, Regional Food Bank for the Battered Women's Shelter and helped four families with items they are unable to buy with food stamps. That month of running a "chocolate factory" sure is worthwhile!

I haven't been able to reach Lenore Burke and was saddened to learn today that her son, Terry, lost his battle with cancer on January 1. It's pretty late for sympathy cards I guess but I'm sure she would be pleased to hear you were thinking of her.

Looking forward to another great convention!

Shirley Krcmar,  
President

## DELTA CHI

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In January we spent much time making plans. We did some preliminary planning for the Marc meeting that will be hosted in Ohio in 2019. A committee was also formed to consider having another public service event following the one we did last year on "Hope After Heroin."

We also want to mention that Diane Adams came up with the idea of a monthly calendar listing our plans and commitments for the month. It has proved to be a useful tool...although none of us will admit to a failing memory.

We kept busy helping Easterseals in their local office. At the same time Mary Beth Beacher made sure that we got our Educationals lined up. In January we enjoyed a tour of Matthew 25 Ministries, an organization that provides a variety of charitable services.

This year in....in February...many of our members transformed themselves into snowbirds and headed south. That left an open gap that limited our activities. However, the hardy members left behind did not let that deter them from volunteering at the annual



Polar Plunge held at Joe's Crab Shack for the benefit of Special Olympics.

In March ...after teasing us with days of spring weather...March

came roaring back and deposited ice and snow that forced us to cancel our business meeting. We did manage to schedule an Educational. It was held in a restaurant in Greenhills, Ohio, and presented by Beth Laage. It was purposely held in Greenhills

because it was the subject of the topic. It related how Greenhills was founded during the Franklin Roosevelt era as a Greenbelt Community that presented a new idea of how homes were clustered with a great deal of green space. It provided interesting historical information about a community in our own locality. We have also started working on the St. Jude Dream House.

In April...with all hands on deck...we look forward to full speed ahead.

Written by Celia Cordero

## SIGMA CHI

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One of Sigma Chi's lesser known Philanthropic Causes is a personal cause for one of our newest members:

This is to introduce you to Myles, my first grandchild, who was born with cerebral palsy. His delivery was a very stressed birth. Forceps were used and he did not start breathing as expected. Initial tests indicated Myles had a low Apgar score. Soon after birth, he began to have seizures. A brain scan showed additional complications along with the diagnosis of cerebral palsy. He has tight muscle tone on his left side and limited use of his left

hand. Myles received years of physical therapy through United Cerebral Palsy of Cincinnati and United Cerebral Palsy of Cleveland. To help with walking, he had leg surgery. A few years later he had another surgery to strengthen his hip socket.

Cerebral palsy is the most common childhood physical disability. Recent estimates conclude that nearly 764,000 people in the US have it. Cerebral palsy is an umbrella term that refers to a group of similar disorders affecting a person's ability to move. It is due to damage to the developing brain either during

pregnancy or shortly after birth. Cerebral palsy affects people in different ways and can affect body movement, muscle coordination, muscle tone, reflexes, posture, and balance.

As a teenager, now at age 16, Myles, can walk with the help of a walker and attends public school. He has a gentle and kind personality and is loved by all who know him. He manages pretty well on his own but needs the support and assistance from family.

Thank you,  
Donna Ketterer

# GAMMA KAPPA

Gamma Kappa had a busy few months. We had a wonderful time at our CycleBar event in January. Not only did we burn a few calories and lose a couple of ounces, we earned some money for future charitable causes.

For February, we made Valentines for the veterans at our local VA hospital. It was fun to be able to thank these brave men and women for their service and to show our deep appreciation.

Gamma Kappa had a pledge ceremony for our newest member, Debora Kirby. Welcome to our group Debora.

The following members received their service awards: Kathy Solt (45 years, WOW!), Maddy Kurzynski (20 years), Rita Eigel (15 years) and Judy Harris (10 years).



That's a total of 90 years of service from 4 of our members.



Congratulations just to these very special sisters.

One special sister, Amy Hudoba, received her Fifth Degree

Pallas Athene. We are very proud of Amy and all the hours she volunteers to bring joy to others. Great job, Amy.

Maddy is recovering very well from her



second knee replacement. We are always so impressed with her positive attitude. She is an inspiration to others having similar surgeries. Elaine Harrison left our cold February weather behind by visiting her brother in Savannah and Barb Li Calzi's sixth grandchild arrived in the middle of a cold snap in Indianapolis.

Kathy has been very busy in Chicago moving her daughter to a new house.

We are planning on a busy spring, as well. Many members will be going to an Honor Flight Tristate Fundraiser held at the 20th Century Theater on Sunday, April 8th

from 1-5. All are welcomed to join us at this event. Please contact Rose Wagner for more information. We are also doing the Mary Miller Memorial 5K Walk and Run for our local food bank on April 14th. Once again, all our welcomed to walk and talk. Finally, we will be volunteering at Matthew 25 Ministries.

However, we are not "all work and no play". So we are planning an educational trip to the Taft Museum on April 28th to see the Tiffany display.

We hope to see everyone at the convention in May where we have high hopes for Maddy running for State Vice President and Rose Wagner running for State Parliamentarian.

Gamma Kappa would love our sisters to know more about one of our choices for the state's charity choice for 2018-2019, Turner's Syndrome Foundation. The following is from their website .....**"She is a daughter, a sister, a friend.** Women and

precious babies diagnosed with Turner Syndrome require a lifetime of specialized care. This site has been created for providers and consumers with open access free from membership dues. TSF operates through the generosity of individual and corporate grants and charitable donations. The complexity of this syndrome requires a greater philanthropic support to increase capacity essential to fostering healthier communities. We invite you to get involved and give generously to support this women's health initiative. With you we can advance this cause." One in 2,500 young girls or babies are born with Turner's. There is no cure for the syndrome that can cause heart, kidney, thyroid, diabetes, hearing, osteoporosis, infertility, cognitive emotional and social complications. For more information, please visit their site at

<https://turnersyndrome.org>.

Another lesser known charity for the state to consider is...A Cure Starts Now. Here is another excerpt from their website....."Giving Our Children A Voice. Since 2007, The Cure Starts Now has been one of the leaders in non-government funding of pediatric brain cancer research and a pioneer to the efforts to find the homerun cure to all cancers, starting with DIPG." 100% of tribute donations go toward research. People might remember Lauren Hill and Elena Desserich, who are on the heroes list of The Cure Starts Now.

Our other nominations included Disabled American Veterans (DAV) and Alzheimer's.

Love to all our sisters,  
Barbara Li Calzi  
President

# PI XI

PI XI has had a mild winter but ready to take 2018 by storm. With 13 members we are continuing to share ESA and grow around our community.

For Valentine's Day our members and their families made special Valentines for our friends at local nursing homes. We delivered them and shared our love from ESA.



PI XI has teamed up with a local bounce club to host a fundraiser for the Fraternal Order of Police Foundation- Ohio. Jumping for Justice is booked!

## "Jumping for Justice"



Come join *The Bounce Club* and *PI XI Chapter of Epsilon Sigma Alpha* for an afternoon of jumping to support the Fraternal Order of Police Foundation.

**Where: The Bounce Club 3967 Presidential Pkwy, Powell, Ohio 43065**

**When: April 29<sup>th</sup>, 2018 from 2-4pm**

Bring this flyer or mention you are here for the fundraiser to support the FOPF!

Contact Amanda Rowland at [rowlgirl@yahoo.com](mailto:rowlgirl@yahoo.com) or the Bounce club at 614-792-2582 for questions or details needed.

SAVE the DATE! Pi Xi's 2<sup>nd</sup> Annual Quarter/Ticket auction to benefit St



Jude Children's Research Hospital is booked for August 5<sup>th</sup> 2018 at LaScala restaurant in Dublin

Ohio. Mark your calendars now, tickets will be available soon!

Pi Xi has submitted their four choices for our philanthropic projects to be voted on by the state, and would like to share them as well as some background information as to why these were near and dear to our heart!

### Mended little Hearts

Since 2004, Mended *Little Hearts* has provided patients and families of children with congenital heart disease many services that directly improve their quality of life such as Group Programs, Education Resources, Hospital Outreach, Advocacy, Online Connections to other families, and many more. I found MLH after my daughter had spent 5 months fighting for her life in NICU. When we moved her to another hospital and were introduced to MLH. When my daughter passed away 4 months later we requested donations be made to Mended *Little Hearts* in Emma's honor. It was and still is our family's desire to see MLH reach more families

and have a larger presence in hospitals around the country.

**The Leukemia & Lymphoma Society** Friends and family have been effected by Leukemia close to members of ESA. Amanda Rowland has a dear friend whose son, who is only 4, was just diagnosed with Leukemia. Also family members have been effected as well.

### Hope for Justice

Human Trafficking and slavery is on the radar here in Ohio right now. With Ohio being targeted as one of the top states for this horrendous ring we think this is something worth being a state wise project.

### SAVE (Suicide prevention)

Amanda Rowland's son Landon has a friend whose mother recently committed suicide. Leaving three children behind, there has got to be something we as a state can do to help these lost souls.

PI XI is looking forward to many events coming up and volunteering our time this summer. Discover the Dream at the Columbus Zoo to benefit St Jude is our next event to volunteer at. We are also looking forward to continuing to be a part of the committee for the St Jude Walk/Run this year in September.

PI XI's bucket for "DIG DEEP" for the kids at St Jude is FULL!! Is yours????

Kay Buckley  
President

## 2018 OHIO STATE COUNCIL CONVENTION

### Agenda At A Glance

Friday,

May 4 7-8 PM Registration

8 PM Mixer

Saturday,

May 5 8AM Registration

9 AM First General Assembly

12:30 PM Luncheon/Awards

2:30 PM Workshop

4:00 PM PPA Cocktails

6 PM Installation/ Banquet



**AMAZING YOU**

**CONVENTION REGISTRATION**

**DEADLINE**

**APRIL 25, 2018**

**HILTON GARDEN INN-WESTCHESTER**

**9306 SCHULZ DRIVE**

**WEST CHESTER, OHIO 45069**

**513-860-3170**

**ROOM RATES \$149 DOUBLE QUEEN**

From I-75 South: Take exit 19 for Union Centre Blvd. toward Fairfield. Turn right onto Union Centre Blvd and make the first left on to Mulhauser Rd. Hilton Garden Inn is on your left.

From I-75 North: Take exit 19 for Union Centre Blvd. toward Fairfield. Turn left on to Union Centre Blvd. and make the first left on to Mulhauser Rd. Hilton Garden Inn is on your left.

CHAPTER/NAME \_\_\_\_\_ Banquet Choice-**CHICKEN/SALMON**

NAME	DELEGATE Y/N	FULL REG \$90	MIXER ONLY \$20	LUNCH ONLY \$30	BANQUET ONLY \$40 CH/SAL	TOTAL
<b>TOTALS</b>						

Make checks payable to Ohio State Council and mail to Sue Krites, 914 Center St., Sidney, Ohio 45365

**NOTE:** Fillable form is available on [www.esa-ohio.org](http://www.esa-ohio.org) on the "forms" page.

## Breaking down barriers to employment

Changing the way the world views and defines disability by making profound positive differences in people's lives every day.



**At Easterseals**, we know how hard it can be for individuals with disabilities, individuals facing disadvantages and veterans to find employment. However, we also know that with the right help, *every* individual has something unique to bring to the workforce and to the community. This is what we do. Wherever an individual is on their path to employment, we can help them reach their fullest potential. We offer skills training, work placement, career development and case management.

40  
years

9  
locations

\$18MM  
annual  
budget

8,000  
served

275  
employees

200  
volunteers

Data for 2016

### PEOPLE WITH DISABILITIES

Youth with disabilities can find post-educational and career assistance programs that open up opportunities for independence and growth.

Adults with disabilities receive a wide range of employment options, from part-time work/recreation programs to full-time supported community employment.

Adult Day Services provide enriching social recreation for adults and seniors with developmental disabilities.

Farmers with disabilities can continue working in agriculture despite challenges.

HOME Choice moves people out of institutions and into a community or home setting.

### VETERANS

Veteran Services opens doors and cuts through red tape to help returning veterans transition from military to civilian life. We offer employment support, education resources, and emergency assistance. They served our country well. Now it is our turn to serve.

### SOCIAL ENTERPRISES

We understand local business because we *are* a local business. Our social enterprises—**Building Value**, **Building Ability**, and **Easterseals Packaging and Fulfillment**—generate \$2MM in revenue for our core mission annually, while producing employees that are uniquely qualified to meet the needs of local employers.

### PEOPLE FACING DISADVANTAGES

Our programs empower economically disadvantaged adults and youth over the age of 16 to break down employment barriers such as a criminal record, chronic unemployment, or lack of education by offering industry-recognized certification, training, and valuable work experience. Many programs offer paid work experience in our own social enterprises, because there is no better way to ensure the employment readiness of the people we serve than by first employing them ourselves.



Easterseals

[www.eastersealsgc.org](http://www.eastersealsgc.org)

2901 Gilbert Avenue • Cincinnati • OH 45206 • 513-281-2316





## ESA Volunteer Menu 2018

### Events

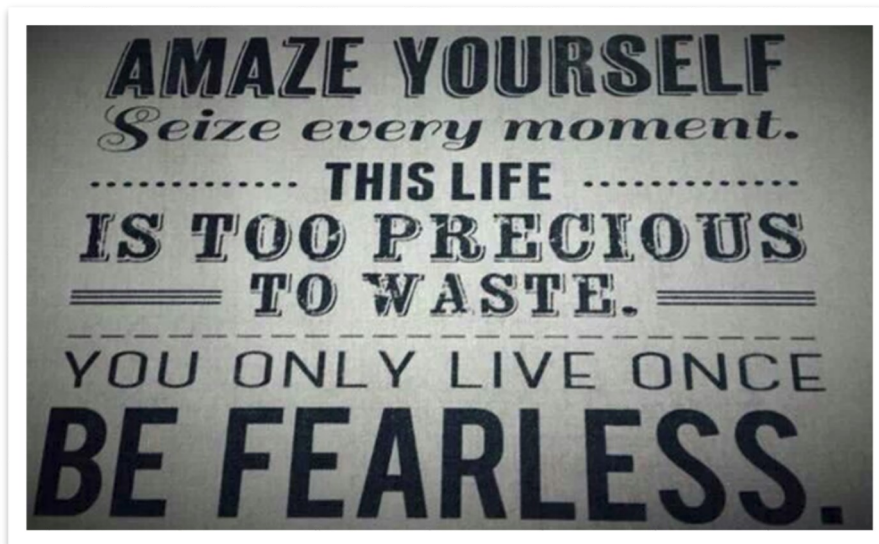
- ReUse-Apalooza May 18, Northside
  - Solicit for Silent Auction Gift Baskets
  - Design and Package Gift Baskets
  - Day of the Event
  - Follow-up Mailing, Gilbert
- OurServe, Aug. 13, Western Southern Open
  - Day of the Event
  - Follow-up Mailing, Gilbert
- Brighter Futures, Nov. 14, Jack's Casino
  - Invite Mailing
  - Day of the Event
  - Follow-up Mailing, Gilbert

### Programs

- Art Program, Blue Ash
  - 10 week obligation, 2 hours/week
  - One on one with individual
- Holiday Party Event, Blue Ash
  - Food serving
  - Obtain holiday gifts for individuals
- Production—kit assembly
  - On-site Gilbert Ave. with individuals
  - Pre-packaging, any location
- Share Your Talents
  - Cooking demo
  - Crafting
  - Music performance
  - Storytelling/Reading
  - Easy board or card games
- Veterans
  - Emergency Kits

### Admin/Development Support

- Mailings—Blue Ash location
  - April 10
  - May 7
  - June 25
  - December 3
  - New Years cards 2019
- Giving Tuesday thank you calls, Nov. 27
- Social Media Ambassador
  - Like us and share us on Facebook, Easterseals Serving Greater Cincinnati
  - Follow us on Instagram
  - Retweet us on Twitter
- Program admin as needed
  - Filing



MAKE A DIFFERENCE ▾ EDUCATION CENTER ▾ RECRUITMENT NEWSROOM ▾ CHAPTER/COUNCIL MGT.

☺ YOUTH

- Élan (Youth) Membership Application (For Anyone Age 17 Or Younger) (PDF)
- Élan Welcome Certificate (PDF)
- Élan Membership Card (PDF)



Membership is for youth who wish to participate in individual philanthropic or educational opportunities of existing or original events.

- Individual or chapter membership
- Adult sponsor, parent or mentor
- Offers volunteer hours to meet school requirements
- Community involvement
- Educational
- Target: Honor Society, Church Youth Group, Mentor programs i.e. Scouts, Big Brothers/Sisters and Family Members
- One-time fee of \$45.00 until age 18

## Legacy Membership –

*Share your experience with your family!*

Close relatives of active ESA members may join ESA through the Legacy program when sponsored by their ESA member relative.

- They can be in any community chapter – not necessarily the sponsor’s.
- Gift a membership: they can be IC Member-At-Large.
  - Receive ESA information that may excite them to join/form a chapter in their area
- This program permits close relatives to join for the first year rate of \$49.00, a significant savings off the regular \$69.00 rate.
- Beginning with their second year, Legacy members pay the regular renewal dues rate.
- Creates a Connection

# ESA

What does it take to start a collegiate chapter – guide lines are on the website under collegiate membership

<https://www.epsilonsigmaalpha.org/collegiate-membership/What-does-it-take-to-start-a-chapter?>

Also under recruitment header:

### COLLEGIATE MEMBERSHIP MATERIALS

- Brochure
- Application
- Recruitment PowerPoint Presentation
- Recruitment Tips
- Tips For Successful Tabling
- Request Printed Materials
- Make Your Own Fliers
- Recommend-A-Friend Materials
- Sign In Sheet For Your Clipboard
- Chapter Transfer And Member-At-Large Form
- PowerPoint Presentations
- Table Tent With Bit.ly For YouTube Video



## the *Inspiration* library

### Outreach Project Guidelines

- Hands-on-volunteerism, direct-service or philanthropic fundraiser
- One of ESA’s national causes, OSC state causes, or local interests
- Must both “do good” and include members of the community as participants and/or project partners
- No projects done by ESA alone!

Choose a project that Inspires YOU – then share it!

### Ohio State Council Outreach Ideas –

-  Kickball Tournament
-  Footgolf Tournament







EPSILON SIGMA ALPHA



### OHIO STATE COUNCIL

www.esa-ohio.org  
E-mail: jlgrefer@gmail.com

*ESA is a premiere leadership/service organization that offers members the programs, information and personal support needed to develop the confidence and competence to impact the world in a positive way.*

*Through a network of chapters in the US and abroad, an ESA member has the opportunity to form life-long friendships and share the power to make a difference. That difference is felt close to home and in far-reaching ways by membership participation in community service and major philanthropic projects.*

*To help you become your personal best, ESA International will provide leadership training, seminars, education programs and the challenge to develop individual strengths. All the while, your fellow ESA members will help you reach those goals.*

***Bringing good people together to do good things!***



## WEBMASTER—JUDI GREFER

I am pleased to inform you that our new website is 80% complete! I know that I will keep tweaking the site as I figure out how to do various formatting, effects, etc.

Issues of the BJ for two years are on the site as well as all the report and contest forms. I've also added a "resource page" with the Ohio Protocol Book, By-Laws and Standing Rules, as well as the ESA Ideals-book, ESA's Rituals and various Membership Applications.

As you will see, going forward, I need pictures!!!

Also, I have added a contact page for visitors to the site that are interested in ESA. Right now, the response will go to me. I would like to change that so they go to the Membership Chair, with their approval. I have set up a Google email for ESA-OHIO@gmail.com rather than have anyone's personal email address on the site.

If you have any suggestions or thoughts for the website, please let me know. I can't guarantee that it can be done, but I'll sure try.

Check out the site at: [www.esa-ohio.org](http://www.esa-ohio.org)

Thank you for your patience this year with the lack of updates to the site. I hope you think it was worth the wait . . .

Judi

