



NIKE The official publication of New York State Women, Inc.

VOL. 71 ■ ISSUE 1 ■ AUTUMN 2021

NEW YORK STATE
women, INC.

Our Mission

To connect and build women
personally, professionally,
and politically.

Our Vision

To empower women to use their
voices to create positive change.

Resources and Programs for Women in New York State



Dated Material — Deliver Promptly

Are YOU a member of NYS Women, Inc. yet?
Time to check us out at nyswomeninc.org

Also in this issue:

Jobs Don't Have a Gender **pg 6**

NYS Career Development Opportunities, Inc. Expands Programs **pg 10**

NY Grace LeGendre Endowment Fund, Inc. **pg 11**

Free Services & Training for NYS Women Business Owners **pg 13**

#NEWYORKTOUGH

NYS Women, Inc. – The State of the State

Empowering one woman at a time so she can reach her star!

-Jacquie Shellman
NYS Women, Inc. President, 2020/2021



It is an honor to serve the members of New York State Women, Inc. for a second term 2021-2022. Thank you. This past year we met the challenges of COVID-19 and continue to adapt to the “new normal.” Our updated mission and vision statements reflect our tenacity to persevere: **To connect and build powerful women personally, professionally and politically;** and **To empower women to use their voices to create positive change.** To fulfill both our mission and vision we need a robust connection between our members and those women who would benefit from our organization.

The theme of this issue is “Resources for Women.” In my humble opinion, NYS Women, Inc. is the NUMBER ONE resource for women. NYS Women, Inc. provides opportunities for women to enhance their self-confidence, thus finding their voice. NYS Women, Inc. promotes connecting women, not only in their community and workplace, but across New York State.

Our Personal Professional Development programs provide opportunities for women to develop self-esteem and public speaking skills by documenting their challenges and subsequent accomplishments and professional growth while overcoming these challenges. Perhaps you know of a woman who has a passion or a desire to serve in public office. Our Political Development Program eases this woman into activities leading to her ultimate goal. Are you aware there is a monetary award for participating in these programs? Our Athena Military Women’s Initiative is a series of workshops to help transition military women into civilian life. The program consists of six stand-alone workshops in personal, professional and political growth, offered as needed or requested by the participants. (www.nyswomeninc.org/Programs)

NYS Women, Inc. also works with two groups who offer resources for women in forms of scholarships or fellowship awards. The NYS Career Development

Opportunities Inc. (CDO) is a separate 501(c)(3) organization. They support women to achieve their full potential: empowering them by providing out-reach programs to women who would otherwise remain unemployable; supporting educational assistance for women where benefits do not exist (scholarships and grants) and sponsoring lectures, seminars and online training (nyswomeninc.org/NYSCDO). See page 10 for more details.

NY Grace LeGendre Endowment Fund, Inc. is a separate 501(c)(3). Fellowships are awarded to qualified women from New York State who attend New York institutions in pursuit of post-graduate degrees. The number of fellowships granted each year depends on the interest generated (gracelegendre.org). See page 11 for more.

I cannot overlook the resources our chapters provide to their communities. Nearly every one of our 23 local chapters offer scholarship awards for women who need a hand up. Our chapters become a resource to members by conducting programs such as targeting domestic violence; harassment; finance; maintaining health and safety; honoring local women’s accomplishments; human trafficking problem in our county, to name a few.

New York State Women, Inc. is the number one resource for women.

Each of our members has the strength within to share with those who need to know their voice matters. 📌

Be sure to mark your calendar: October 16, 2021 Fall Board Meeting (Zoom), February 5, 2022 Winter Board Meeting (Zoom), June 10-12, 2022, Annual Conference, site TBD.

Respectfully, 

Jacquie Shellman
NYS Women, Inc. President, 2020/2021

Congratulations to Governor Kathy Hochul, the first woman to serve as governor of New York State.

The members of New York State Women, Inc. advocate for safety – personal, family, and in the workplace – for women, and strongly condemn situations that devalue women. We are 300+ members determined to see those who abuse their power held accountable. Our vision is to empower women to use their voices to create positive change. Thank you to those 11 courageous women who braved the uphill climb to affect positive changes for all women.

Jacquie Shellman, President, New York State Women, Inc.

2021

MONTHLY
15 Communicator deadline

SEPT
15 NIKE submissions deadline

OCT
16 NYS Women, Inc. Fall Board Meeting (via Zoom)

2022

FEB
5 NYS Women, Inc. Winter Board Meeting (via Zoom)

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NIKE Submissions

All contributed articles must be original work; all previously published works must be accompanied by the publisher's authorization to reprint. *NIKE* reserves the right to edit contributed articles for clarity and length, and reserves the right to refuse to publish any contributed article.

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From the Editor

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Let's face it: the last year-and-a-half has been tough.



IT'S BEEN A DIFFICULT 18 MONTHS – ESPECIALLY for women. COVID has hit us all in some form or other. Women across the state have lost employment or had hours curtailed; moms have become teachers with added caregiving when their kids are schooled remotely; some families have experienced the worst outcome: losing loved ones; and all of us have discovered new responsibilities that too often go beyond our capabilities.

That's why, in this issue of *NIKE*, we've gathered together resources and programs that can help women. Everything from state-offered services (see the next page) to job training (page 6) to free services for women entrepreneurs (page 13).

And we aren't forgetting the programs our own organization offers! Check out page 10 for Linda Przepasniak's excellent article on new programming from NYS Career Development Opportunities, Inc. On page 11, you will find information on NY Grace LeGendre Endowment Fund, Inc. fellowships and special grants for 2022. Sue Bellor, advocacy chair, presents the results of roundtable discussions held at June's annual conference in her article "Advocacy: What should NYS Women, Inc. do next?" on page 9.

We also have insights from Kim Suminski, CEO of Child Care Resource Network, an Erie County-based agency serving which helps connect parents to high quality, affordable child care. CCRN believes that all children should have access to high-quality care and learning experiences, helping them to reach their full potential (page 14).

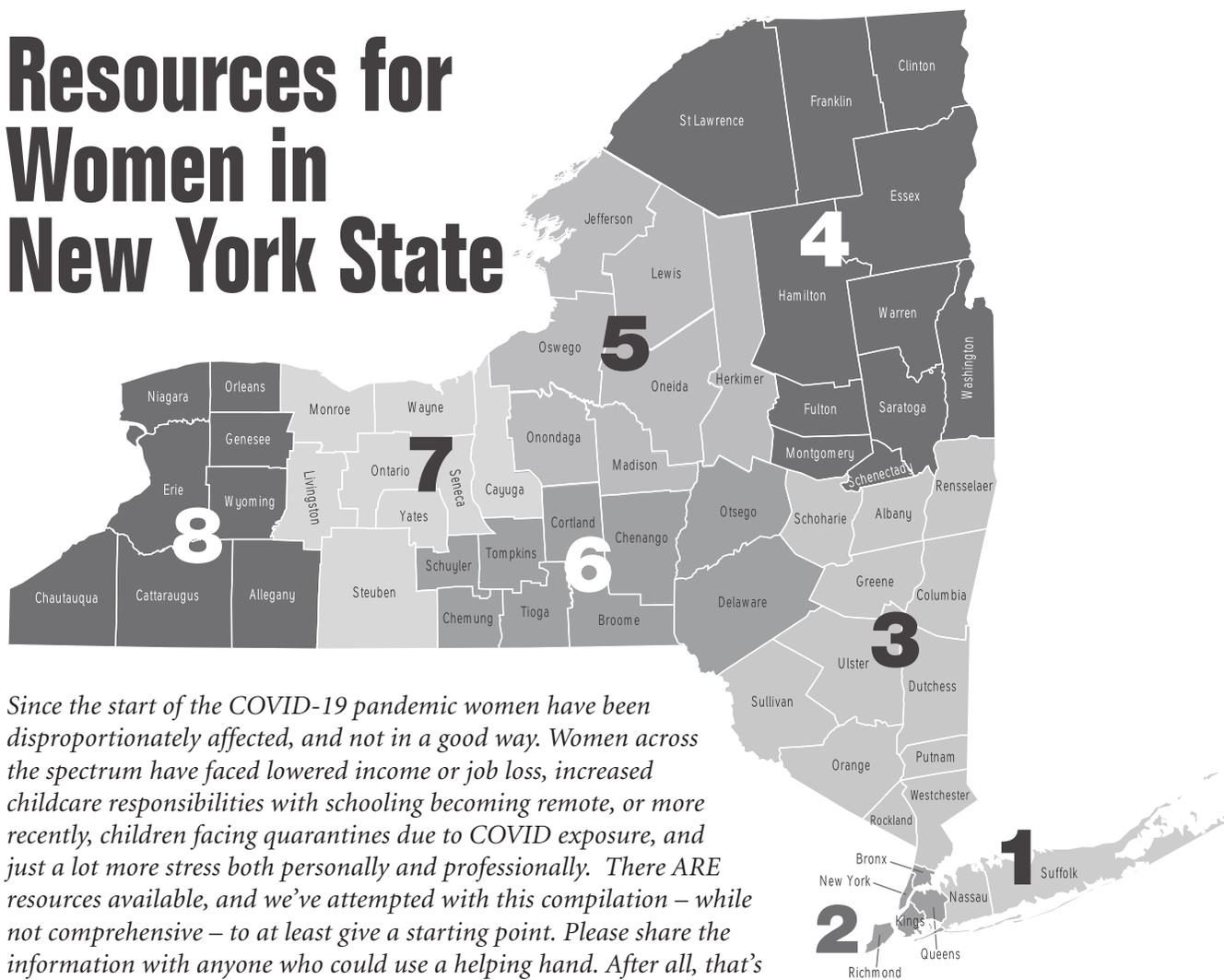
Jacque Shellman, in her President's Message, puts it best, our organization "is the NUMBER ONE resource for women. NYS Women, Inc. provides opportunities for women to enhance their self-confidence, thus finding their voice. NYS Women, Inc. promotes connecting women, not only in their community and workplace, but across New York State."

And finally, we offer heartfelt congratulations to Governor Kathy Hochul! While the circumstances that led to her becoming the first-ever woman to serve in that capacity were unconscionable, we are hopeful that this precedent will lead to more women running for, and winning, political office in New York State. 🍷

-Joyce DeLong

DECEMBER 2021 ISSUE DEADLINE: SEPT 15, 2021. Please type *NIKE* in your email subject line and send to the attention of Joyce DeLong, *NIKE* editor, at PR@NYSWomeninc.org. Previously published material must be accompanied by a letter from the publisher with permission to republish and credit line to be included with the article.

Resources for Women in New York State



Since the start of the COVID-19 pandemic women have been disproportionately affected, and not in a good way. Women across the spectrum have faced lowered income or job loss, increased childcare responsibilities with schooling becoming remote, or more recently, children facing quarantines due to COVID exposure, and just a lot more stress both personally and professionally. There ARE resources available, and we've attempted with this compilation – while not comprehensive – to at least give a starting point. Please share the information with anyone who could use a helping hand. After all, that's what NYS Women, Inc. is about: Women helping women.

RESOURCES FOR WOMEN

www.csi.cuny.edu/campus-life/student-services/bertha-harris-womens-center/staten-island-resources-women

College of Staten Island/The City University of New York website with contacts for women boosting women; LGBTQ; and domestic violence/intimate partner violence support and prevention.

HOMELESS SHELTERS

www.shelterlistings.org/city/staten_island-ny.html

This list has homeless shelters, halfway houses, affordable housing. Consists of over 3,000 listings and includes emergency shelters, homeless shelters, day shelters, transitional housing, shared housing, residential drug alcohol rehabilitation programs, permanent affordable housing.

FOOD BANKS

www.foodpantries.org/ci/ny-staten_island

Provides listings of pantries, also information on: food

closets, food banks, soup kitchens, congregate meal locations, food boxes, vouchers, etc.

EDUCATION & TRAINING

www1.nyc.gov/site/sbs/careers/access-training.page

NYC Small Business services site: Offers training programs for in-demand occupations across sectors at different locations throughout NYC.

NYS GUIDE TO MWBE CERTIFICATION

esd.ny.gov/doing-business-ny/mwbe

Diversity is a key to business success in New York State – home to the highest minority and women-owned business (MWBE) utilization rate in the country. The Division of Minority and Women-Owned Business Development has created a one-stop hub for everything you need to know about MWBE success in New York.

Information on how to: become MWBE-certified; grow your MWBE business; find top opportunities and

Continued on page 7

Feature: Programs to Help Women

“Jobs Don’t Have a Gender”

Working Solutions is the Workforce Development Board (WDB) for Herkimer, Madison, and Oneida Counties. It is part of the Public Workforce System, a network of federal, state, and local offices that support economic expansion and develop the talent of the nation’s workforce.

State and local WDBs serve as connectors between the U.S. Department of Labor and more than 2,500 local American Job Centers that deliver services to workers and employers. The WDBs’ role is to develop regional strategic plans and set funding priorities for their area.

In spring of 2021, Stephanie Heiland presented a Zoom program for NYS Women, Inc.’s Professional Women of Rome. She is the project director of the WANTO Grant that is housed at the Herkimer Madison Oneida Workforce Development Board. A million-dollar program, its focus topic is “Women in Apprenticeship and Nontraditional Occupations (WANTO).” The grant emphasizes helping women upskill in a career field that falls into a “non-traditional” category. The goal of WANTO is to recruit and train women in quality pre-apprenticeship and apprenticeship programs and increase opportunities for women in jobs such as advanced manufacturing, IT, agriculture, trades, and more.

The Workforce Development Board’s (WDB) Women in Apprenticeship and Nontraditional Occupations (WANTO) grant helps recruit, train, and retain women in quality pre-apprenticeship and apprenticeship programs, and encourages them to pursue apprenticeships and nontraditional occupations. This program is 100% funded by a United States Department of Labor \$716,676 grant administered by the

Women’s Bureau and Employment and Training Administration.

This program

offers a unique opportunity to women who are interested in any nontraditional occupation. A nontraditional occupation is any career in which women make up 25% or less of the workforce, including but not limited to: advanced manufacturing, information technology, public safety, transportation, agriculture, and the trades.

WANTO aims to upskill the female workforce by providing pre-apprenticeship programming, on-the-job training, and soft skills development courses. Participants also have the option to join a Registered Apprenticeship Program. By participating in WANTO, women can pave the way for themselves and future generations to be valuable employees in these fields.

“The North Atlantic States Regional Council of Carpenters is committed to creating a workforce of safe, well trained, progressive leaders,” says Marie Smithgall, Local 277 Council Representative and New York State co-chair of the Sisters in the Brotherhood Committee. “The Carpenters Union strives to promote diversity and inclusion while providing long-term career opportunities. Partnering with programs, like WANTO, allows a unique and direct approach to help us reach the less represented demographic within our communities. The WANTO program provides career opportunities to women that may never have considered certain jobs or careers as a viable option. After joining the Carpenters Union, these women are given a chance for a lifetime of self-sufficiency. It is our hope that with increased awareness of the Carpenters Union, through the WANTO program we can motivate and inspire the next generation of women in the workforce.”

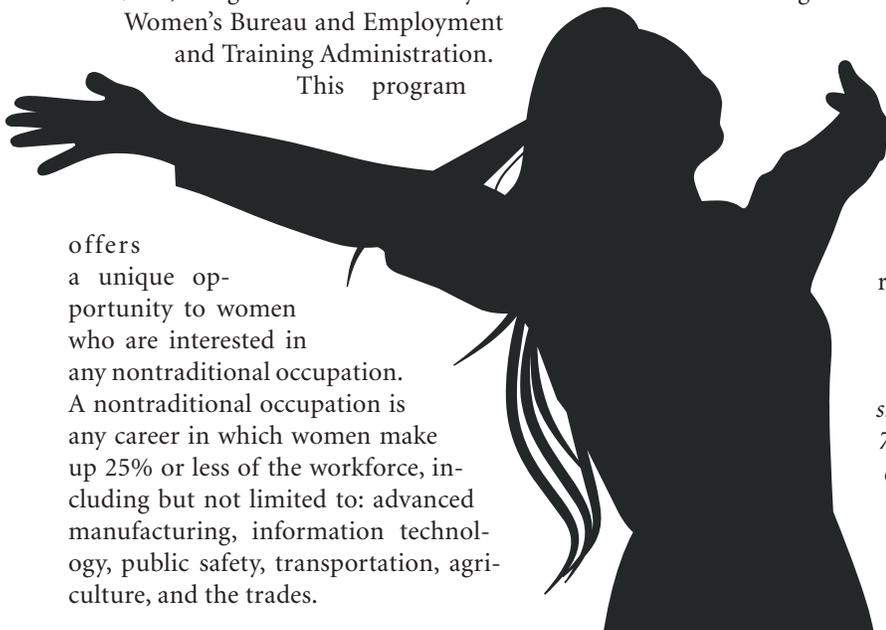
WANTO project director Stephanie Heiland says, “We want to show women that they have as much opportunity when it comes to employment as their male counterparts. By giving them the proper training they need for the workforce, we can help them build the confidence they need to be successful in these fields.”

Program serves women, ages 18+, living in Broome, Chenango, Delaware, Fulton, Hamilton, Herkimer, Jefferson, Lewis, Madison, Montgomery, Oneida, Onondaga, Otsego, Schoharie, St. Lawrence, Tioga, and Tompkins counties.

WANTO is also seeking businesses to partner with that want to upskill their workforce and make a work environment more welcoming for women. 🐾

Interested businesses and eligible women should contact Stephanie Heiland at 315-798-5908, sheiland@working-solutions.org, or on Facebook @WANTOhmo

To apply for the program go to: <https://app.smartsheet.com/b/form/f051d-138f9e44d4089a1f65977371f49>



Feature: NYS Resources for Women

contracts with NYS agencies; and find MWBE-certified businesses to help carry out your project goals.

OFFICE FOR PREVENTION OF DOMESTIC VIOLENCE

opdv.ny.gov/help/victims/moreinfo/index.html

NYS DOMESTIC AND SEXUAL VIOLENCE
HOTLINE AT 1-800-942-6906

Some of the information you'll find on the NYS website: What can I do if I am a victim of intimate partner violence, sexual assault, and/or stalking? Child Protective, Child Welfare and Foster Care System: Practical information for victims of domestic violence who interact with Child Protective Services and Foster Care Services. Computer safety. Domestic violence programs: What to expect from a domestic violence program. Financial tips. Health care system: Victims in the health care system. What to expect from the police. Documenting stalking. What to expect from a victim/witness liaison. Preparing for court: Do you need someone to go to court with you? Do you need an attorney?

RESOURCES FOR WORKING FAMILIES

otda.ny.gov/workingfamilies/

myBenefits: Online tool for NYS residents where they can check eligibility for multiple human services benefit programs and apply online for the Supplemental Nutrition Assistance Program (SNAP), the Home Energy Assistance Program (HEAP) and Temporary Assistance.

View the Local Departments of Social Services listing: Web application that provides an easy-to-use starting point for first-time users of social programs. After answering some questions, the user is provided with a ranked list of potential services to help them decide if the service is right for them and provides information on how to apply.

Food and Nutrition Programs: Nutrition programs that can help you feed your family healthy meals such as, Supplemental Nutrition Assistance Program (SNAP), School Breakfast and Lunch Programs, Summer Food Service Program, Women, Infants and Child program, Child Nutrition, Farmers' Markets Nutrition Program, and Food Banks in NYS.

Electronic Benefits Transfer System: EBT is the method by which the OTDA delivers cash and Supplemental Nutrition Assistance Program (SNAP) benefits to NYS's recipient population.

Energy Programs: Energy programs that can help you heat your home and reduce your energy costs.

Child Support: The child support program assists custodial parents in establishing paternity, and obtaining, modifying and enforcing financial and medical support obligations.

Tax Credits: Info on tax credit programs you may be eligible for, such as Earned Income Tax Credits, NYS Noncustodial Parent Earned Income Tax Credit, Child Tax

Credits and Child and Dependent Care Tax Credits.

Free Tax Preparation and Volunteer Income Tax Assistance Sites: VITA is a free, IRS-sponsored program to help low- and middle-income workers have their taxes prepared and filed electronically at no cost. VITA also ensures that workers receive all the tax credits to which they are entitled.

NYS of Health Marketplace: You and your family have many new low cost, quality health insurance options available through the Individual Marketplace. Quickly compare health plan options and apply for assistance that could lower the cost of your health coverage. You may also qualify for health care coverage from Medicaid or Child Health Plus through the Marketplace.

Social Security Disability Insurance and Supplemental Security Income Programs: Provides assistance to people with disabilities. While these two programs are different, only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

NYS Paid Family Leave: Provides New Yorkers with job-protected, paid leave to bond with a new child, care for a loved one with a serious health condition or to help relieve family pressures when someone is called to active military service abroad.

Unemployment Benefits: Temporary income for eligible workers who become unemployed through no fault of their own and who are ready, willing, able to work and have sufficient work and wages in covered employment.

Job Search Assistance: Tools to assist in training for a new job, writing a resume and finding a job.

Summer Youth Employment Program: Introduces youth to the workforce and helps them acquire skills that can be used to improve school performance and future career outcomes.

Housing: Find affordable housing; avoid foreclosure, and more helpful tips.

Paying for College: Learn about the financial aid that can help you finance your education.

Voter Registration Application: Register to vote or update the information you have on file with the Board of Elections or using your driver's license online through the NYS Department of Motor Vehicles.

Veteran's Benefits: If you ever served in the United States Armed Forces you are a veteran and you may be eligible for benefits.

Consumer Protection Information: Filing a consumer complaint, energy service companies, home heating, prevention and assistance with identity theft and much more.

NYS Kinship Navigator: Provides information and resources for caregivers who are taking care of a child who is not biologically their own child.

NY ABLE: The Stephen Beck, Jr. Achieving a Better Life Experience (ABLE) Act of 2014 allows those with disabilities to save for qualified disability expenses without the

Continued on page 13

Chapter & Region News

Chadwick Bay – 8

- submitted by **Donaldly Hover**, president

The Chadwick Bay Chapter met at Shorewood Country Club in May for the presentation of its annual scholarships. **Victoria Howell** of the Northern Chautauqua Community Foundation and scholarship committee members, **Terri Pacos** and **Joan Houck**, presented **Stephanie Buck**, **Margelly Perez**, and **Maitaland Langworthy** with this year's awards.

Stephanie Buck will be graduating in May of 2022 with a bachelor of science in social work. She plans on opening a holistic practice with childcare for women going back to work. She has two young children and has been busy with remote learning and taking care of them. Marangelly Perez will be graduating from Jamestown Community College in January 2022 with an associate's degree in human services.

Maitaland Langworthy was honored at the chapter's June dinner meeting at the Cassadaga Country Club. She will finish her master's degree in May 2022. She is currently a teacher at the Northern Chautauqua Catholic School. The school practiced COVID-19 regulations during the school year and stayed open to in-person learning. The children really enjoyed socializing with their friends. Maitaland is also the owner of the ice cream truck *Serving up Smiles* which travels throughout Fredonia, Dunkirk, Brocton, and Westfield selling ice cream cones, ice cream, and novelties. She's in Fredonia on Fridays between 5:00 and 7:00 PM at Barker Commons.

One of its 2020 winners, **Emily Clapp**, was able to finish her degree and is looking forward to teaching dental hygienist science.

This event provides members the opportunity to meet scholarship recipients and talk to them about their plans as non-traditional students. As an organization that helps women improve their lives professionally, politically, and personally, Chadwick Bay scholarships are one way to achieve that goal. Each year the chapter has applications available through the Northern Chautauqua Community Foundation beginning in January. If you are a non-traditional female student or know a non-traditional female student, Chadwick Bay invites you to apply for the scholarship.

The NYS Women, Inc. state conference was held in Waterloo this year. **Terri Pacos**, **Michele Starwalt-Woods**, and **Donnie Hover** attended and were inspired to actually see sister members in-person instead of "Zooming!" They said "the interaction was wonderful for our spirit."

After dinner Chadwick Bay 2021-22 officers were installed. **Joan Houck** installed **Donaldly Hover** as president, **Christine Storer** as first vice president, **Terri Pacos** as second vice president, and **Michele Starwalt-Woods** at secretary. The chapter held its summer picnic in August.

Central New York – 5

- submitted by **Pat Fergerson**, president

President Jacquie installed the chapter's officers on June 15th at Coleman's, Tipperary Hill in Syracuse.



Pictured, left to right: NYS Women, Inc. president **Jacquie Shellman**, and chapter officers: **Pat Fanning**, secretary; **Maureen Fogarty**, treasurer; **Karen Clark**, vice president; **Pat Fergerson**, president.



Chapter members in attendance: **Diane Walker**, **Elaine Skibitski**, **Maureen Fogarty**, **Karen Clark**, **Denise Walker** (back, left to right) **Debbie Vecchio**, **Pat Fanning** (seated, left to right) and **Pat Fergerson**.



Longevity certificates were presented to **Pat Fanning**, 45 years; **Denise Walker**, 41 years; and **Pat Fergerson**, 45 years.

Thanks go to **Karen Clark** for remembering and facilitating the presentation!

St. Lawrence County Chapter – 5

- submitted by **Sue Bellor**, secretary

The St. Lawrence County Chapter hosted speaker **Bethany Vanderwoude** at its May dinner meeting. Member **Audrey Marshall** (left) introduced Bethany who works at SUNY Potsdam as a career and academic counselor in the Educational Opportunity Program. It began in 1969 to provide support and financial aid to underprivileged students.



In June the St. Lawrence County Chapter installed its officers for 2021-22. (left to right) President **Denise Murphy**, Vice President **Erica Leonard**, Secretary **Sue Bellor**, and Treasurer **Debra Langevin**.



In August the chapter celebrated member **Patricia McGrath's** 91st birthday. Pat is a dedicated 64-year member.

Chapter & Region News



At its August meeting the chapter hosted its scholarship winner, **Molly Witkop**. A \$500 check was presented to Molly by past president and scholarship chair **Sue Bellor**. Molly will be attending Saint Mary's

College of Notre Dame, Indiana.

GLEF Challenge: The chapter held a fundraiser in August and donated the funds to the Grace LeGendre Foundation. **All chapters are challenged to hold a fundraiser for GLEF.** Any amount helps out in helping women!



The St. Lawrence County Chapter selected Massena resident **Jessica Hurlbut** as its **2021 Woman of the Year**. Jessica is a pastor and writer.

Making the presentation were Charter Member **Patricia McGrath** and Woman of the Year chair and secretary, **Sue Bellor**.



Robin Allen, Professional Development Programs chair and NYS Women, Inc. President **Jacquie Shellman** spoke at the chapter's September meeting. Robin

explained the process for the Career Recognition Program and Jacquie shared information on our organization. Photo above: left to right: **Denise Murphy, Robin Allen, Jacquie Shellman, Sue Bellor** and seated, **Pat Murphy**.

Tri County Chapter – 6

- submitted by *Patti Pollock, MBA*

The Tri-County Chapter and the Chenango County

Historical Society hosted a special evening program on August 26th in celebration of Women's Equality Day. The evening honored the legacy of Belva Lockwood and her influence on female public servants in Chenango County.

The chapter presented brief vignettes of three noteworthy local women politicians who were pioneers of their time. Meta L. Cowles (1858-1935) of Greene was the first woman practitioner in the U.S. court in their judicial district. Janet Hill Gordon (1915-1990) of Norwich became the first woman elected to the New York State Assembly. Presiding Justice Elizabeth A. Garry of South New Berlin, first appointed in 2018 as the 16th Presiding Justice of the Third Department, was the first openly gay justice to join the State Supreme Court.

At 5:30 PM a live theater presentation brought to life "Belva Ann Lockwood: A Woman Before Her Time." Lockwood armed herself with a law degree and lobbied for a congressional bill permitting women to argue before the Supreme Court, becoming the first woman to do so. Lockwood realized that while she couldn't vote, she could seek public office. The Equal Rights Party nominated her twice as its candidate for president; Lockwood received 5,000 votes from registered male voters.

An hors d'oeuvres reception was held immediately after the performance.

Region 5

- submitted by *Pat Fanning, assistant director Region 5*

Region 5 is very proud of Susan Bellor, president of the St. Lawrence Chapter, who is running for supervisor in the Massena Town Council. Susan is our NYS Women, Inc. advocacy chair. She's a Massena native, retired teacher and "dedicated to service in the community." Susan has served on local committees, including the library, museum and hospital, and as a member of the Massena Town Council since 2019.

New York State Women, Inc.

Advocacy: What should NYS Women, Inc. do next? by Sue Bellor, advocacy chair

At June's NYS Women, Inc. annual conference, the advocacy committee gave attendees an opportunity to follow up on this past year's survey "*Discriminating Against Women/Undervaluing of Women in the Workforce.*"

Roundtable participants discussed our members' experiences described in the survey. With 10 scenarios provided by members from several chapters, we reviewed what women have experienced that discriminates against them or devalues them. Scenarios were from an electrical engineer, a technical project leader, a woman making a purchase at a business, two from assistant professors, a military member, a coach trainer at a business, a town councilwoman, and a federal employee.

Some ideas that resulted: Utilize our website and social media for awareness. Find out what is available at local and state levels to build on. Contact the Better Business Bureau. Create your own checklist – possible points could include: Was it personal or did someone violate your rights? Does your business have an ethics policy? Other ideas included offering a workshop series on the power of voice and demeanor.

And, finally, to submit *this* article asking NYS Women, Inc. members for *your* opinion on "What should we do?"

Interested in serving as a member of the advocacy committee? Contact Sue Bellor at sbellor1@twcny.rr.com.

Feature: Programs to Help Women

NYS Career Development Opportunities, Inc. Observes 15th Anniversary with Expanded Programming

by Linda Przepasniak, CDO president



NYS Career Development Opportunities, Inc., otherwise known as NYS CDO, was incorporated in 2005. At that time, a group of NYS Business and Professional Women (NYS/BPW), saw the need for a not-for-profit organization to complement the mission and work of BPW with the ability to raise funds for youth programming

and provide financial and educational benefits to women lacking in resources and opportunities for gainful employment.

As NYS/BPW evolved into NYS Women, Inc., the CDO continued its support by providing funding for a Reality Store in which high school girls were introduced into “real life” situations involving career and lifestyle choices. Members of NYS Women, Inc. and the CDO served as mentors and it was an engaging experience for all. Subsequently, the CDO provided funds to NYS Women, Inc. for its annual conference speakers and presenters, as it so remains today.

NYS Career Development Opportunities, Inc. works in collaboration with, and is not affiliated with, NYS Women, Inc.

In celebration of its 15th anniversary, the CDO embarked on an ambitious plan to provide Zoom programming for the benefit of NYS Women, Inc. members and the public. This occurred during the period of the coronavirus pandemic when chapter and region meetings were cancelled. The CDO saw the need for members to remain engaged and informed. Since September 2020, the CDO sponsored seven monthly Zoom events/workshops for the benefit of CDO, NYS Women, Inc. members and the general public free of charge. The series started with life coach Nancy Rizzo challenging us to “pioneer” through the pandemic. To usher in 2021, certified professional organizer, Debra Cabral focused on goal setting and time management. Business leadership and consultant Claire Knowles gave us insights in being mindful of our surroundings and situations involving personal safety in our

daily lives. National speaker and presenter Yvonne Conte lightened our spirits with “7 Habits of Happy People.” Zoom presentations featured a wistful look at Native American basket weaving and culture from artist Ronnie Leigh Goeman and a contemplative discussion on the prevalence of “ghost guns” with law enforcement officer Hollie Silverman. Rounding out the series was Heather Beebe from Unstoppable You leading the attendees in a “vision board” hands-on activity. The CDO anticipates continuing the virtual workshops and seminars, beginning in the Fall of 2021. Look for information in the monthly NYS Women, Inc. Communicator email.

In its overall goal to support women in achieving their full potential, the CDO awarded scholarships and grants totaling \$1,000 to three women in the Central New York region to pursue their careers. The CDO Scholarship and Grant Program is funded by tax deductible donations. Plans are underway to improve and expand the program for 2021.

The CDO is a member organization with a nine-member board of directors. It held its annual member meeting via Zoom on June 21, 2021. Officers elected for a two-year term expiring 6/30/23 are: President Linda Przepasniak; Vice President Robin Bridson; Secretary Ramona Gallagher; Treasurer Susan Mager. Elected to the board of directors for a three year term ending 6/30/24 were Robin Allen, Sara Ayala, and Margherita Clemento. NYS Women, Inc. president, Jacquie Shellman, was ratified to serve on the board for 2021-2022. Continuing on the board is Helen Rico.

The need to support women in achieving their highest potential is critical. As we continue to collaborate with NYS Women, Inc., there is much work to be done. Please join the CDO effort by becoming a member (dues are \$15 per year) and/or making a tax-deductible donation.

Donations can be made by check payable to NYSCDO and mailed to Sue Mager, treasurer at 3405 McKinley Parkway, Apt. C-11, Blasdell, NY 14219. Such donations are tax deductible as the NYS CDO is a 501(c)3 organization.

You can find more information on the NYS Women, Inc. website under “Programs”. You can also email us at NYSCDO@gmail.com. Follow us on Facebook! 

FIND RESOURCES FOR WOMEN WITH NEW YORK STATE WOMEN, INC.



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info@NYSWomenInc.org

Feature: Programs to Help Women

NY Grace LeGendre Endowment Fund, Inc. (GLEF)

GLEF has fellowships available.

The NY Grace LeGendre Endowment Fund, Inc. awards fellowships to New York State women who are candidates for masters or doctoral degrees at colleges and universities throughout New York State. A total of \$6000 in fellowships was awarded in 2021.

Address for application submission

Eugenia Barnaba, chair
NY Grace LeGendre Fellowship Committee
100 Kay Street • Ithaca, NY 14850
fellowships@gracelegendre.org or emb6@cornell.edu

Application timeline - 2022 Fellowships

- Fall 2021 – application form will be made available.
- February 28, 2022 – deadline for applications and all supplemental material to be postmarked and sent to the fellowship chair.
- March 2022 – applications will be evaluated.
- April 2022 – the decision regarding successful applicants will be made in early April. Recipients of fellowships will be notified by e-mail followed by an official letter of award.

The application form for 2022 fellowships is available at: www.gracelegendre.org/Fellowships

Apply for special grants from GLEF.

The NY Grace LeGendre Endowment Fund, Inc. awards special grants to NYS Women, Inc. chapters and regions, as well as organizations which sponsor educational or research opportunities to further the advancement of working women.

Address questions about Special Grants program to:

Mary Ellen Morgan, chair
NY Grace LeGendre Special Grants Committee
901 East Lake Road • Dundee, NY 14837
grants@gracelegendre.org or dmmea@aol.com

Application timeline - 2022 Special Grant

- Fall 2021 – applications will be made available.
- February 28, 2022 – deadline for applications and all supplemental material to be postmarked and sent to the Special Grants Chair.
- March/April 2022 – applications will be evaluated.
- May 2022 – the decision regarding successful applicants will be made in early May. Recipients of Special Grants will be notified by e-mail followed by an official letter of award.

Applications are now available for the 2022 grants at: www.gracelegendre.org/Grants



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NIKE All Stars

The 2020-2021 *NIKE* All Star Campaign is in full swing and thank you to our loyal supporters who have already sent their listings in.

Members will have an opportunity to contribute at our annual conference, and chapters, regions and friends of NYS Women, Inc. can send contributions anytime to the *NIKE* Business Manager. Information on contributing can be found on our website.

Rates: Platinum Patrons: \$75 and over
Golden Givers: \$50 – \$74
Silver Supporters: \$25 – \$49
Bronze Boosters: \$5 – \$24

Make check payable to:
NYS Women, Inc. (memo: *NIKE* contribution)

Mail form and check(s) to: Sue Mager, *NIKE* Business Manager, 3406 McKinley Parkway, Apt C-11, Blasdell, NY 14219
E-mail: NIKEmgr@NYSWomeninc.org.

Publication July 15th/Sept. issue Oct. 15th/Dec. issue
Deadlines: Feb. 1st/March issue March 15th/May issue

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Region VI
Laura Reynolds
Ruthann Rocque
Mary Sarisky
Heather Sodon
Susquehana Chapter

Feature: NYS Resources for Women

risk of losing their benefits from assistance programs like SSI and Medicaid.

Affordable Lifeline Telephone Services: Program provides a monthly discount on landline or wireless phone service to eligible low-income households.

NYS HOUSING RESOURCES

www.nyhousingsearch.gov/Resources.html

NYS Office for the Aging: The mission of the NYS Office for the Aging is to help older New Yorkers to be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families, in partnership with the network of public and private organizations.

Making Your Home Accessible: Providing funds to help New Yorkers make homes and apartments accessible. These grants for low to moderate income households needing home adaptations or alterations are provided through our local partners.

State Agencies That Offer Housing: DHCR supports community efforts to preserve and expand affordable housing, home ownership and economic opportunities, by providing equal access to safe, decent and affordable housing.

NYS Office of Mental Health: Serves individuals with mental illness and works to ensure everyone with a mental illness at any stage of life has access to effective treatment and supports essential for living, working, learning, and participating fully in the community.

Disability Resources: The New York Association on Independent Living works to improve the quality of life, and safeguard the rights of people with disabilities.

Personal Assistance Program: Medicaid program provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services.

Help With Home Energy Bills; Weatherization Programs; EmPower NY: Resources to help make your home more energy efficient and reduce your heating and energy costs. [HEAP] Home Energy Assistance Program: The Low-Income (HEAP) is a federally funded program that assists eligible households in meeting their home energy needs.

So You Want to Buy a House. Local Homeownership Counseling Programs. NeighborWorks: Learn about what you need to do to purchase your first home, avoid foreclosure or apply for a reverse mortgage.

State of New York Mortgage Agency (SONYMA) programs to assist you with the purchase of a home in NYS. Featuring low interest rates, low downpayment requirements, no prepayment penalties, and the opportunity for closing cost assistance.

USDA-Rural Development Loans: Single-Family

Housing Program provides homeownership opportunities to low and moderate-income rural Americans through several loan, grant, and guarantee programs. The program also makes funding available to individuals to finance vital improvements necessary to make their homes decent, safe, and sanitary.

Tenant Tools & Links: Rental checklist. What can you afford to rent? Example of moving costs. Calculate your moving costs.

RESOURCES FOR NYS WOMEN BUSINESS OWNERS

BUSINESS OUTREACH CENTER (BOC) WOMEN'S BUSINESS CENTER

Brooklyn, Bronx, Staten Island, Upper Manhattan

bocnet.org/boc/boc_services_womens_business_ctr.asp

The BOC Women's Business Center offers business training, one-on-one counseling and financing resources to help women entrepreneurs start and grow their businesses. By educating and empowering underserved women entrepreneurs, the WBC contributes to the economic, cultural, and social vitality of our communities.

QUEENS WOMEN'S BUSINESS CENTER

www.queensny.org/qedc/business/programs/wbc/

The Women's Business Center (WBC) empowers women to fully participate in the economy by further developing their capacity to start and grow successful businesses, and by connecting them to other women business owners and business development resources in our community. WBC supports women business owners and entrepreneurs to start, build, and grow businesses through one-on-one counseling, training courses, workshops,

Continued on page 15



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Feature: Programs to Help Women

Child care matters. It is no longer a woman's issue or a parent's issue – it is truly a community issue.



Buffalo Niagara Chapter member Kimberly Suminski is the CEO of Child Care Resource Network and the chapter's January 2021 "Woman in Leadership" honoree. She spoke at BNC's October 6th meeting on how "Child Care is Community Care." We asked her to tell us more about the

importance of access to quality childcare for parents.

How does the Child Care Resource Network serve the community?

Child Care Resource Network (CCRN) is the only resource and referral agency serving Erie County. We work to promote quality, affordable, accessible care and learning for all children by supporting and empowering families, caregivers, education professionals, and employers. We believe that all children should have access to high-quality care and learning experiences, helping them to reach their full potential. Our agency is dedicated to nurturing greatness in children and the community that cares for them. Our organization is trusted by New York State and the local community, who have continuously supported Child Care Resource Network since our inception in 1987.

CCRN serves our community in a number of different ways. Our trained and certified education specialists provide continuing education, coaching, credentialing, and quality improvement projects to help the child care providers of Western New York provide the highest quality of care possible. Additionally, CCRN is the only Erie County agency authorized by the Office of Child and Family Services to provide the full range of child care, before and after school care or day camp referrals to parents. We help families create a child care plan that fits their family's needs free of charge. We do this by educating them on the child care options available to them, help them to understand what quality looks like, and educate them on options to

make child care more affordable. We also advocate for greater and more comprehensive legislation surrounding early child education. We work with local and state legislators to advocate for better supports for child care providers, and to help ease the financial burden of child care for families. Child Care Resource Network is also the registration agency for Family Child Care and School Age Child Care Programs in Erie County. We work with child care providers and programs and ensure that these programs have the proper licenses to open and operate and that they are following all NYS laws and regulations.

We also provide funding through our Child and Adult Care Food program to providers to ensure that children are receiving healthy meals and snacks while in care.

Describe a challenge/obstacle you – or the organization – has faced and how it was overcome.

One of the biggest challenges the organization faces is helping others that many not need child care understand the importance and how child care impacts the workforce as a whole. The availability of quality child care allows parents to go to work with piece of mind that their child is safe, healthy and thriving thus promoting a sustainable work force, increases child-school readiness and is a necessary component for a strong economic foundation. Child care matters. It is no longer a woman's issue or a parent's issue – it is truly a community issue. Western New York has limited access to child care.

An additional obstacle that we face in WNY is that 64% of New York is considered a child care desert. Simply put, the demand for child care exceeds the supply. Parents who are unable to find or afford child care are often forced to turn to illegal child care programs, or leave the workforce entirely. We know that children who receive high-quality care and early childhood learning opportunities are better prepared for Kindergarten. We need increased support for child care programs to better meet the needs of our community. 

64% of New York State is considered a child care desert. Simply put, the demand for child care exceeds the supply. Parents who are unable to find or afford child care are often forced to turn to illegal child care programs, or leave the workforce entirely. We know that children who receive high-quality care and early childhood learning opportunities are better prepared for Kindergarten. We need increased support for child care programs to better meet the needs of our community.

Feature: NYS Resources for Women

mentoring and business networking.

WISE WOMEN'S BUSINESS CENTER Central New York

[www.https://wisecenter.org/](https://wisecenter.org/)

WISE stands for Women Igniting the Spirit of Entrepreneurship. It's a women's business center dedicated to empowering CNY's women entrepreneurs in all stages of business.

WISE is one of 135+ women business centers across the nation. It is funded in part by the US Small Business Administration and hosted by the Whitman School of Management at Syracuse University.

WOMEN'S BUSINESS CENTER AT CANISIUS COLLEGE

Western New York

www.thewomensbusinesscenter.com/

Its mission is to empower entrepreneurs to succeed through education, connections and community. We do this by developing leaders, fostering opportunities and building collaboration.

The Women's Business Center at Canisius College is the "Home of Women Entrepreneurship" in Western New York that supports economic opportunities and business growth for women through all stages of business ownership.

It strives to remove barriers to access, and to build an inclusive community where women of all backgrounds have opportunities to learn and grow.

WOMEN'S ENTERPRISE DEVELOPMENT CENTER Westchester and the Hudson Valley

www.wedcbiz.org/

The Women's Enterprise Development Center empowers entrepreneurs to build successful businesses by providing high quality training programs, advisory services, and access to capital to generate economic growth in Westchester and the Hudson Valley.

NEW YORK SMALL BUSINESS DEVELOPMENT CENTERS (SBDC)

<https://nysbdc.org/locations.aspx>

The New York Small Business Development Center (NY SBDC) is a network of 22 campus-based centers and outreach offices across NYS. The centers provide free business advising and free and low-cost training to startups, entrepreneurs, and small business owners with goals to grow and stay competitive in NY.

The NY SBDC is part of America's SBDC, the association that represents America's nationwide network of

Small Business Development Centers (SBDCs). It is administered by the State University of New York and funded by the U.S. Small Business Administration, the State of New York, and host campuses.

The New York SBDC provides its free services to strengthen the small business community and promote economic growth throughout the state. The SBDC provides services to all small business populations, including



special emphasis groups such as women, minorities, Native Americans, 8(a) firms in all stages, veterans and service-connected disabled veterans, reservists called to active duty, people with disabilities, individuals currently and formerly receiving public assistance, individuals in low -and moderate- income urban and rural areas, and individuals located in Empowerment Zones and HUB Zones.

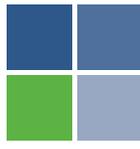
The services provided by the SBDC are free and available to all citizens on a non-discriminatory basis, and are tailored to the local community and the needs of individual clients. The SBDCs make special efforts to reach members of socially and economically disadvantaged groups, members of ethnic communities, women and the disabled. SBDC are located across the state:

University at Albany SBDC, Binghamton University SBDC, SUNY College at Brockport SBDC, Bronx - Lehman College SBDC, Brooklyn SBDC, Buffalo State College SBDC, SUNY Canton SBDC, Columbia-Harlem SBDC, Farmingdale State College SBDC, Jamestown Community College SBDC, Manhattan - Baruch College SBDC, Manhattan - Pace University SBDC, Mid-Hudson SBDC, Mohawk Valley SBDC, Niagara Community College SBDC, Onondaga SBDC, Queens - LaGuardia SBDC, Queens - York College SBDC, Rockland SBDC, Staten Island SBDC, Stony Brook University SBDC, Watertown SBDC. 📍



We connect and build women personally, professionally and politically.

NEW YORK STATE
women, INC.



www.NYSWomenInc.org

#BuildPowerfulWomen

YOU CAN JOIN
A CHAPTER
ALMOST ANYWHERE
IN NEW YORK STATE!

NYC area /Long Island

Richmond County Chapter
Staten Island Chapter

Hudson Valley/Catskills

Capital Region
Women's Network
Professional Women of
Sullivan County
Town and Country
Westchester Chapter

Central New York

Central NY Chapter
Professional Business
Women of Rome
Mohawk Valley Chapter
St. Lawrence Chapter

Central Southern Tier

Susquehanna Chapter
Greater Binghamton Chapter
Walton Chapter
Tri-County

Finger Lakes

Lake to Lake Women
Professional Women of
the Finger Lakes
Southern Finger Lakes
Women
Steuben County Women
Yates County Women

Western New York

Buffalo Niagara Chapter
716 Chapter (Clarence area)
Chadwick Bay
Lakeshore Chapter

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