

AWCA Newsletter

April 2025

PRESIDENT'S MESSAGE

Hello Ladies,

I hope you are enjoying this lovely spring. I am looking forward to the final meeting of the year and our benefit. Unfortunately, I have not been able to enjoy this year as much as the last due to so many health issues. But I hope we are able to finish the year in style and have a very fun and successful benefit.

Cherish your health and enjoy life.

Angie



MAY MEETING

Tuesday, May 6

6:45 – 9:00 p.m.

Our **final Membership Meeting** of the year will be at the home of

Stephanie Carpenter

4307 35th Street N

Arlington 22207

Mark your calendars!

AWCA Annual Benefit

A Midsummer Night's Dream

Silent Auction

Items Needed!

Please consider making a donation, large or small, to our silent auction! You can use this form [here](#) to let us know what you will be donating. AWCA relies on these auction items to raise money at our benefit. No item is too small or too big! **Think vacation home, catered dinner, themed basket/gift and more!** The Silent Auction brings in a large share of the funds for our beneficiary, The Arlington Free Clinic Women's Health Program. For more information about the Arlington Free Clinic, please see page 4.



Please donate a bottle or two of your favorite wine!

This year, we will be doing a super fun Wine Pull! Please consider donating a wine bottle (or bottles) valued at \$25 or more for a blind wine pull. Tickets will be sold at the benefit for you to "pull" a surprise wine bottle. Drop off bottles at Nicki's house at 2604 23rd Road North Arlington. You can also email Nicki for pickup nferramosca@gmail.com, or you can bring your bottle(s) to the benefit.

AWCA Annual Benefit

All the details!



Saturday, May 17, 6:30 p.m.

Jen Irvin's house – 4404 36th Street N

Please join us for an enchanted evening inspired by A Midsummer Night's Dream. **This year's beneficiary is the Women's Health Program at the Arlington Free Clinic.** Breast cancer has touched so many lives, and we want to make sure all the women in our community can get the treatment and support they need.

RSVP via the [evite](#) so we can get an accurate headcount and plan accordingly. Indicate the total number of adults who will be attending, including yourself.

Ticket Purchases: Tickets are \$125 and can be purchased on the AWCA website [here](#), or by check. **To pay by check**, please send your check to: Emily Kiggen, 4401 35th St N, Arlington, VA 22207. Please note on your check that it is for the 2025 benefit.

As a reminder, if you already purchased your ticket in February, you need to purchase a ticket only for your guest(s) at this time. Active members

are required to purchase a ticket (even if you don't attend the benefit).

Guests: If you plan to bring one or more guests, you will need to purchase a ticket for each guest.

Donations: You can further support our beneficiary with a cash donation, via our website <https://www.awcava.org/shop> or by sending a check.

Gentle Reminder

Active members are required to buy a ticket to the benefit. Sustaining members are encouraged to buy a ticket and attend if you can. Thank you for your contribution!

Thank you to everyone for helping to make this benefit a huge success! We are looking forward to another fabulous event

MAY MEETING

Donation Requests

In the spirit of Mother's Day, we have chosen to support two groups of mothers:

Teen Moms at the Arlington Career Center – Staff are currently working with a higher than typical number of teen moms to address needs such as food, clothing, and part-time work. The students and their children are in a range of housing and family circumstances.

Patients at The Arlington Free Clinic – While we work through the viability of a Care Closet (discussed at the last meeting), we are going to support The Arlington Free Clinic with items to support a "Mother's Day" gift table for their patients.

Watch your email for specific information of what you can bring to our May meeting.

BOOK GROUP

Calling All Readers!

Thursday, May 1, 7:30 p.m.



We will meet at the home of

Donetta Duncan
4451 33rd St N
Arlington

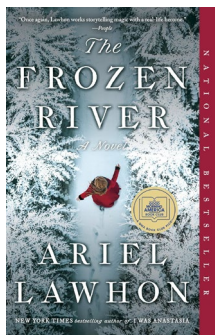
We'll discuss *The Frozen River* by Ariel Lawhon.

Frozen River is a historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th century midwife, who investigates a shocking murder in her small community. There is mystery, intrigue, and much to discuss in this gripping novel!

Everyone is welcome to join us for our always lively discussion. You can come even if you haven't read the book. We would love to see you! And it's fine to attend only one meeting a year.

Please RSVP to Amy Reif aekreif@gmail.com or Donnetta121@gmail.com so that we can have a headcount.

If you would like to be added to the book group email list for more frequent updates on dates and the books we'll be reading, please email Amy Reif: aekreif@gmail.com And If you are no longer interested in being on the Book Club mailing list, let Amy know that as well.



VOLUNTEER SERVICES

Hello from Volunteer Services! We've kicked off the year with impactful volunteer time at The **Clothesline for Arlington Kids**, where we helped change over inventory from Winter to Spring. Additionally, the group answered the call (as always!) for Arlington Free Clinic donations at our February meeting

February Meeting Donation Summary: We collected \$1,050 in Giant gift cards to help **Arlington Free Clinic** patients in the Women's Health Program. The gift cards will allow these women to purchase what they need most, which typically includes nutritious food and items from the pharmacy.

Carrie Branon and Erin Langley



Stephanie Carpenter and Carrie Branon



COMMUNITY SUPPORT

On March 31, eight members attended an evening tour of the Arlington Free Clinic, given by Beth Gorman, Director of Development. The group also had a chance to meet Leslie Daigle, CEO, and engaged in an informative question and answer session. We are excited to be supporting this wonderful organization with their women's health initiatives.

Kathleen McKenna and Sarah Trimmer

More About The Arlington Free Clinic

At our February meeting, Kenya Alvarado, Director of Clinical Services at The Arlington Free Clinic, spoke to us about the work they do and thanked us for the gift cards that our members brought to the meeting. She shared these numbers about the Clinic:

- 1500 patients served each year
- 400 volunteer clinicians, equating to \$7M to \$8M of in-kind donations
- 64% of patients last year were female
- 60 Gynecology providers volunteer at the clinic each month

Among other services, the Clinic has a Community Resource Navigator, who coordinates all the resources patients need. In addition, the AFC has translators for the three main languages that patients speak as a native language: Spanish, Mongolian, and Amharic. Translators for other languages are available as needed.

Currently, the Clinic has volunteer physicians in these specialties, among many others, all listed on the AFC website. :

- Neurology
- Endocrinology
- Rheumatology
- Radiology

AFC's website displays an information-packed infographic with additional details about the

demographics of the patients it serves. Because AFC's patients lack health insurance, they are "more likely to go untreated, miss work, or end up in the emergency room where care is most expensive, and health problems are treated but not resolved. Because they cannot afford the care they need, many patients come to AFC with multiple, long-untreated chronic illnesses." [Source: <https://arlingtonfreeclinic.org/the-need/what-it-means-to-be-uninsured/>]

Volunteering at AFC – Ms. Alvarado listed these opportunities:

- Office help
- Translators
- Gala Committee members

AFC holds a virtual Volunteer Information Session on the 4th Thursday of every month at 6:00 p.m. More information about volunteering and a link to sign up for an information session is at <https://arlingtonfreeclinic.org/get-involved/volunteer/>

AWCA WEBSITE awcava.org

Questions about the next meeting, group activity, or gala information? Wondering how or when to pay your dues or purchase benefit gala tickets? Book Club details? How to make a donation? Latest volunteer opportunities?

Check out our newly updated website!
awcava.org Password: goawca

You'll find all relevant and timely information on the landing page—no more searching through past emails. Follow the links for more details. .

Please contact MaryLynn Haase or Kathy Mimberg if you have comments or suggestions.

MaryLynn Haase marylynn.haase@gmail.com

Kathy Mimberg mimbergk@yahoo.com

2024 – 2025 OFFICERS

President: Angie Wilcox

Vice Presidents/Benefit: Stephanie Carpenter
and Erin Tripodi

Secretary: Katie Reed and Valerie Smolinski

Treasurer: Emily Kiggen

Membership: Nicki Ferramosca and
Amelia Gay

Programs: Nancy Pilchen and Ellen Sher

Community Support: Kathleen McKenna and
Sarah Trimmer

Volunteer Services: Carrie Branon and
Erin Langley

Communications

Newsletter: Maureen Caughran

News Blasts: Mary Panke, Janis Wear

Hospitality: Tammy Holleman and
Basma Paget

Website: MaryLynn Haase and
Kathy Mimberg

Parliamentarian: Peggy Richardson



THANKS

Thanks to Janis Wear for copyediting and proofreading, and to the following board members and members for their contributions to the newsletter:

Amy Reif

Basma Paget and Tammy Holleman

Carrie Branon and Erin Langley

Erin Tripodi and Stephanie Carpenter

Kathleen McKenna and Sarah Trimmer

Nicki Ferramosca and Amelia Gay

Email Blasts: Important Note

➤ Make sure your email replies count!

A reminder to all members: **Do not reply directly to the periodic AWCA email “blasts”** that announce upcoming programs, volunteer opportunities, Book Group meetings, and the like. If you hit “reply” when the sender is Arlington Women’s Civic Alliance (arlingtonWCA@gmail.com), your email will languish in an *unmonitored* AWCA account. No one will see your reply.

We use this account to *send* the email blasts, but members each use their own email addresses to *receive* email.

Instead, **reply by sending a new email to the address(es) provided** in red-highlighted text or accompanying the names of the Committee Chairs who authored the email. We don’t want anyone to misdirect and miss out!



April 18, 2025

AWCA Newsletter

Published four times a year

Editor: Maureen Caughran

Submissions:

AWCANewsletter@gmail.com

Please share your news with us, happy or sad, so that we can celebrate with you or provide support. Examples could include: a new baby, grandbaby, job change, graduation, engagement, wedding, accomplishment, award-- whatever you'd like to share

Please send your news to AWCANewsletter@gmail.com and put MEMBER NEWS in the subject line