



Florence Crittenton
Where Hope Comes to Life

FALL 2011

transitions

NEWS, EVENTS AND INFORMATION ABOUT FLORENCE CRITTENTON

www.flocrit.org



Ease Back into School

Page 3



Leave a Lasting Legacy

Page 6



Reduce Your State Taxes

It's not too early!
Page 8



DOUBLE YOUR DONATION

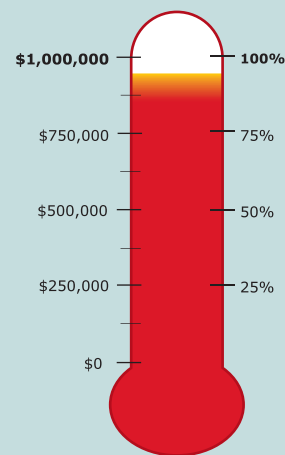
WHO DOESN'T LOVE a good challenge? Especially when that challenge is about establishing a healthy future for at-risk girls in our community!

Florence Crittenton is in the midst of an endowment campaign, highlighted by a \$1,000,000 matching grant from The Board of Visitors. To earn the million dollars, we need your help in raising \$100,000 by December 31, 2011.

The Board of Visitors Health and Wellness Endowment offers an exciting opportunity for our donors to double the impact of their donations to Florence Crittenton. The money raised will be set aside to create a health and wellness endowment, which will provide a permanent source of income for our Therapeutic Group Home.

Planning for our future now means Florence Crittenton will be here to provide individual and family counseling and educational support for girls and young women in challenged and destructive situations for years to come.

Help us meet the challenge! The Board of Visitors Health and Wellness Endowment presents an incredible chance to continue and advance our programs, as well as our mission of providing safety, hope and opportunity to every girl whose life we touch. To make a contribution, visit www.flocrit.org.



If you'd like more information or have questions, please call our Development Office at 602.288.4555.

FLORENCE CRITTENTON'S CHIEF EXECUTIVE OFFICER RETIRES



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AFTER 25 YEARS, Chief Executive Officer Linda Volhein announced her retirement from Florence Crittenton. Her announcement caps a long and distinguished career at Arizona's leading provider of single-gender services for young women. She was employed by Florence Crittenton for 25 years and served as CEO for the past 18 years.

Under Volhein's leadership, Florence Crittenton expanded its programs and achieved notable accomplishments that include: establishing the agency's 7th Ave. and Mariposa Campus through the "Building New Beginnings" capital campaign; attaining certification through the Council on Accreditation;

securing the Board of Visitors million dollar matching challenge grant to create a Health and Wellness endowment; building a new thrift store, Flo's on 7th Avenue; and creating the agency's Transitional Living Housing program for girls at risk of becoming homeless.



"Linda Volhein's strategic vision and faithful service leaves Florence Crittenton poised to expand its reach into the community."

"Linda Volhein's strategic vision and faithful service leaves Florence Crittenton poised to expand its reach into the community," said Michael J. Olsen, chair of Florence Crittenton's Board of Directors. "The opening of Florence Crittenton's newest initiative this fall, Girls Leadership Academy of Arizona, serves as a watershed

moment for the agency and for girls in our community. In addition, program expansion is planned for Transitional Living Housing and the Board is strengthening educational resources for the young women in our Therapeutic Group Home."

The Board of Directors has created a committee to conduct a national search to recruit a CEO who possesses

the sterling quality of being a visionary leader for Arizona's most productive agency serving young women. During the search process, Gayle Jackson, chief administrative officer, was named interim CEO. Jackson has been a senior administrator at Florence Crittenton for nearly five years.

FLORENCE CRITTENTON has served Arizona girls and young women for 115 years. Our mission is to give every girl whose life we touch safety, hope and opportunity.

WHAT GIRLS NEED: EASE BACK INTO SCHOOL

**By: Dawn Whittington, MA, RLPC,
Clinical Director**

AS THE FUN and relaxed routine of summer switches to the increased structure of school, it's normal that kids and even parents feel added stress. It's important to manage that stress as not only is it crucial to success academically, but also in life.

Left unmanaged, school stress can affect your daughter's mental health as well as her physical health. Sleep and eating disorders are side effects that can result from unaddressed stress. Fortunately, a little preparation and the right attitude can ease the stress of new teachers, classmates, challenges and routines for kids and parents.

Stay Positive. Kids pick up on the attitudes of those around them. By keeping a positive attitude you're sending a "we can do this" message to your kids.



Create Routines. Establish daily routines at home to include homework, snacks and free time. Depending on the age of your child, ask for her input into the schedule, which will increase her ownership and sense of responsibility.

Establish Fun Traditions. We all celebrate school's end; why not celebrate the beginning as well! Have a back to school picnic or pool party, or maybe fix a special breakfast on the first day of school. Most kids love showing off their new backpacks or shoes, so you could have a fashion show or photo session as a fun way to document the school year.

Spend Time. Some kids want to rehash every moment of their school day, while others have little to say. The important thing is to give them the opportunity to discuss their day and show that you're interested in their day.



With a little extra thought and creative planning, you can help reduce your daughter's anxieties of a new school year and make it a positive experience for everyone.

Dawn Whittington joined Florence Crittenton last May as our Clinical Director, overseeing our intake services and counseling and medical programs. She earned her Master of Arts in Clinical Psychology from Eastern Illinois University and brings more than 10 years of experience working with adolescent girls in a residential setting to our agency.

OTHER WAYS TO HELP YOUR CHILD BETTER MANAGE SCHOOL STRESS

A GOOD NIGHT'S REST - Getting enough sleep is crucial to your child's ability to focus during the day, as well as simply being able to handle day-to-day activities.

BALANCED DIET - A balanced diet is important to help your daughter

combat the daily trials of school life. In addition to three meals a day and snacks, be sure to include plenty of Vitamin B-rich foods such as whole grains, broccoli, eggs and milk, as they contribute to energy production and boost the immune system.

BODY IN MOTION - Exercise is a key component to battling stress. It doesn't have to be a cardio workout every day. As long as your daughter engages in regular activities, such as yoga or jogging, it will go a long way.



TRANSITIONAL LIVING

AMERICAN POET e.e. cummings once said, “It takes courage to grow up and become who you really are.” While this statement rings true for most, it especially strikes a chord for the young women who participate in Florence Crittenton’s Transitional Living Housing program.

Some of them simply aged out of the state’s foster care system and some have been abused or abandoned by their families, running away to escape. They all have been left alone to secure housing, employment and necessary health-care services. For them, it takes courage to overcome a history of abuse and/or neglect to achieve true independence for the first time in their lives.

Fortunately, the Transitional Living Housing program is here to help. Working with both parenting and non-parenting young women who want a better future for themselves, the program offers individualized case management services designed to assist in all areas of self-sufficiency: educational planning, job training, money management and goal setting.

Pregnant or parenting girls also receive parenting skills which includes child development, family budgeting, health and nutrition education and other skills to promote long-term independence and well-being of their children.

Currently, the Transitional Living program is seeing a higher population of younger girls, ages 17½ to 18 years. Typically these girls do not have a high school diploma, GED or work experience and require intensive case management to overcome the abuse or neglect they have experienced in their young lives. To help meet the needs of these courageous young women, the program brings in volunteers who provide financial education. Other groups such as 1 in 10, Kaity’s Way and Girl Scouts speak to the girls about diversity, respect, domestic violence, prostitution and healthy relationships.

Your support of the Transitional Living program gives young women safety, hope and opportunity. It also ensures that Florence Crittenton can continue providing a safe place for them to grow and discover who they are and their potential. Please use the enclosed reply envelope and continue your critical support. Or visit www.flocrit.org and donate online.



SHE DID IT!

ASK MIRANDA to describe Florence Crittenton's Transitional Living Housing program and she's likely to respond with two words: life changing.

She came to the Transitional Living program because she lacked a stable home environment. Engaged in unhealthy relationships and having minimal adult support, she had low self-esteem, unable to see a brighter future for herself.

"I was always sad, depressed and angry and I just didn't care about anything," says Miranda.

Miranda returned to school and graduated last May. While staying in the Living and Learning House, she found a part-time job and found friends who share similar experiences.

Despite living through a great deal of trauma, Miranda is a fierce go-getter. Today, her program staff notes that she is much more secure and confident in her abilities to tackle life's challenges and create a better life for herself. And she now has the skills to develop and maintain healthy relationships in her life.

Thanks to Florence Crittenton's Transitional Living Housing program and staff, Miranda can see her future.

"I want to be something and I want my family to say, 'Wow, look, she did this on her own.'"

GET INVOLVED!

YOU CAN make a difference in the life of an at-risk girl. Florence Crittenton is grateful for the many kind-hearted people who volunteer their time and talents, whether it's teaching financial management skills or working as a mentor. To learn more about our volunteer opportunities, visit www.flocrit.org/volunteer.



PLANNED GIVING

REMEMBERING GENE - GENE GROTH (1922-2010)

“HERE COMES GENE,” was a common phrase uttered with fondness by both the girls and staff at Florence Crittenton over the past 30 years. A permanent fixture at the agency, Gene found purpose and passion in her service to the Florence Crittenton Auxiliary. She served two terms as the Auxiliary president and spent several years as the Auxiliary’s home services chairperson.

As the home services chairperson, Gene cherished planning the Auxiliary’s activities with the girls in the Therapeutic Group Home program. She spent countless hours searching for crafts and fun things for the girls to do. She loved participating in the activities as much as the girls.

Gene always said the girls at Florence Crittenton were her family. She loved every girl she met and they all adored her. She always had a hug for them,

taking extra care to let them know how wonderful she thought they were.

According to friend and fellow Auxiliary member, Sara Carey, “Gene had such a loving, generous heart for the girls and she truly believed in Florence Crittenton’s mission. Everyone that knew her loved her.”

With fierce determination, Gene dedicated her time to Florence Crittenton for as long as she was able. Wanting to ensure that future girls at the agency would know how wonderful they are, she remembered Florence Crittenton in her estate plans, leaving behind a legacy of safety, hope and opportunity to at-risk girls.

We are grateful to Gene for her dedication and compassion for the girls at Florence Crittenton both during her life and after. Through her generosity, we can continue to bring hope to life for girls who have no one else.



LEAVE A LEGACY

FLORENCE CRITTENTON announces the creation of a Legacy Society. The *Guardians of Hope* recognizes individuals who have included Florence Crittenton in their estate plans. Members include people who believe they have a responsibility to give something back to their community and have the foresight to leave a charitable gift through provisions in their wills or trusts. We proudly recognize and celebrate members of Florence Crittenton’s *Guardians of Hope*.

If you have included Florence Crittenton in your will, insurance policy, trust or other planned gift, we would appreciate you contacting us and letting us list your name among others who have provided resources for Florence Crittenton in the future.

GUARDIANS OF HOPE

- | | |
|-------------------------------|----------------------------|
| Missy & Lyle Anderson | Carole & George McManus |
| Oonagh & John Boppart | Michael J. & Dawn M. Olsen |
| Estate of Eileen H. DeVito* | Carrie & Joe Ostroski |
| Jeanette Daley* | Karla Piecuch |
| Margaret D. Dierking* | Jeanette Schmidt |
| Marnie Dietrich | George Sheer |
| Gene Groth* | Deborah Skold |
| Cathy & Greg Hardwick | Linda & Tom Volhein |
| Estate of Phyllis Hislop* | Clara Seippel Webster* |
| Larry and Tracey Lytle | Alisa Wheeler |
| Estate of Ralph Lamar Martin* | Alan Young |
| Julie McCollum | |

**Those whose gifts have been realized*

(Continued on page 7)

EVENTS & FUNDRAISERS

THANK SHOES VERY MUCH!

THANK YOU to our amazing supporters, Valley personalities, donors and shoppers for making Flo's on 7th's **Heels for Healing** event a success. We also wish to extend special gratitude to Jessi Colter, Clear Channel Radio, Dillard's, Allison DuBois, E & J's Designer Shoe Outlet, Lisa James, Jordin Sparks and Studio No 5. Your support of Heels for Healing helped us raise nearly \$13,000, exceeding our goal.

(Continued from page 6)

LEAVING A LASTING LEGACY FOR HOPE, SAFETY AND OPPORTUNITY

A bequest, big or small, will help put a smile on the face of a girl who has been affected by violence, suffered a childhood of neglect or may be suffering from mental health issues. With a safe financial future, Florence Crittenton is better able to plan its programs and services for years to come.

One of the easiest ways to leave a lasting legacy is making a gift through a bequest. You may sign a new will or trust, add a codicil to your present will, or amend your present trust.

Advantages of a bequest include:

- Keep your assets in your control during your lifetime.
- Direct your bequest to a specific program or designate it for a specific purpose.
- Receive the satisfaction now of knowing that your bequest will support Florence Crittenton in the way you intended when you are gone.

Examples of Bequests to Florence Crittenton:

- Name Florence Crittenton in your will to receive a percentage of your estate for the young women and children living in the Transitional Living Housing program.

- Make a bequest in your will of \$10,000 to support Florence Crittenton's endowment.
- Name Florence Crittenton as the beneficiary of your IRA as an unrestricted gift.
- Designate Florence Crittenton as the beneficiary of your life insurance policy—with 50% of the policy benefitting the Therapeutic Group Home and 50% for the Residential Education program.

MAKING A BEQUEST OF YOUR RETIREMENT ASSETS

A retirement asset, such as an IRA account, is an excellent choice for a bequest. If the IRA were given to a family member, much of the value may be lost through estate and income taxes. By designating Florence Crittenton as the beneficiary of all or part of your IRA (using a beneficiary designation form provided by your custodian), the full value of the gift is transferred tax-free at your death and your estate receives an estate tax charitable deduction.

If you have already included Florence Crittenton in your estate plans, please let us know by calling our Development Office at 602.288.4555. We would enjoy the opportunity to thank you, welcome you to Guardians of Hope, and ensure your intentions are carried out properly.

Save the Date!

10TH ANNUAL TEAMING UP FOR **KIDS** LUNCHEON



LUNCHEON CO-CHAIRS:

Cathy & Mo Stein and Amy & Derrick Hall

HONORARY PAST CHAIRS:

Rebecca Ailes-Fine and Kathy Munson

MARK YOUR CALENDAR FOR

Florence Crittenton's 10th annual spring luncheon. Proceeds raised from the event supports the agency's core programs such as Transitional Living, Therapeutic Group Home and Community-Based Services.

Corporate and individual sponsorship/underwriting opportunities for the **Teaming Up For Kids Luncheon** are now available! To reserve your table or tickets, please contact Debbie Weisz, special events manager, at 602.288.4575.



Florence Crittenton

Where Hope Comes to Life

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CHANGING LIVES

Your gift matters because girls matter. How much you donate isn't as important as what your donation does. Your gift helps countless girls who have no one else. Girls like...

TIFFANY

"Florence Crittenton has helped me grow so much. I now have more trust in myself and others and understand how to keep a positive relationship with my family and friends. I can't say how much I appreciate everything you've done for me."

ZOE

"At Florence Crittenton, I learned new ways and skills that are going to help me in this world. If I didn't follow this program, I don't know where I would be. Thank you for giving me another chance."

KATIE

"With all the things I learned about myself and how to deal with life while at Florence Crittenton, I know I will succeed in life. You were there with me every step of the way and I am very thankful for the opportunity to come here."

It doesn't take a lot to change a life. Visit www.flocrit.org or call 602.288.4555 to make a gift today.

TAX CREDITS

SUPPORT THE GIRLS AND YOUNG WOMEN AT FLORENCE CRITTENTON AND REDUCE YOUR STATE TAXES!

IT'S NOT TOO EARLY to take advantage of tax credit donations, at no personal cost to you!

School Tax Credit – Make a gift to Girls Leadership Academy of Arizona and you can receive a tax credit of up to \$200 (\$400 if married filing jointly) on your Arizona state taxes. You may even qualify for a federal tax deduction.

Charitable Tax Credit – Through Arizona's Working Poor tax credit, your donation to Florence Crittenton can earn you a tax credit of up to \$200 (\$400 if married filing jointly) on your Arizona state taxes.

To learn how you can donate to Florence Crittenton, please contact Bill Schmidt, annual giving manager at 602.288.4583.

