

Helping Women Flourish & Thrive: From our CEO



I'm writing to you today with immense gratitude and pride in the impactful work we do here at LifeWise StL, particularly in how our programs directly support and uplift women in our community through all stages of their lives. With **over 80% of our adult program participants being women**, it's clear that our mission to empower and nurture economic and emotional wellness resonates deeply with them.

Our Economic Wellness Services offer personalized coaching, financial education, and essential resources, equipping women with tools to navigate financial complexities. From debt-reduction plans to accessing wealth-building products, our services foster economic empowerment.

Our Adult Emotional Wellness & Mental Health programs provide a safe space for women to heal and thrive. With evidence-based therapy and groups, we address emotional challenges, fostering resilience in the community.

Our commitment to maternal mental health is unwavering. Programs like Apoyo y Cariño and Project BEGIN support mothers in navigating motherhood with confidence.

Additionally, our Senior Companion Program and Senior Resiliency Fund offer vital support to women in later years, fostering independence, connection, and financial security.

As we continue to serve and uplift women in our community, we rely on the generosity of supporters like you to help us expand our reach and impact. **Your donation can make a real difference in the lives of women**, empowering them to thrive and flourish in all aspects of their lives. Together, let's continue to make a positive impact on the lives of women in our community. Consider how even a small monthly donation could help us in our mission!

With gratitude,



Scott E. Walker
President/CEO



SPRING BLING BRUNCH & AUCTION APRIL 13, 2024

Join us on April 13 for our annual Spring Bling Brunch & Auction at the Missouri Athletic Club. This year's theme, "Roots to Wings," embodies our mission of empowering women. Enjoy delicious food and a diverse auction featuring jewelry, gift baskets, handbags, and more.

The festivities start at 9:30 am with a silent auction and mimosas. Indulge in a brunch buffet, followed by an inspiring program where you'll hear about the resilience and empowerment of our female participants as our dedicated program coordinators share their remarkable stories on stage.

Can't join in person? Participate in our Virtual Auction from April 10 to April 13, 12:00 pm. Text LIFE to 71760 to join.

Purchase tickets by scanning the QR code and invite your friends to join the celebration. Sponsorship opportunities are available.

Don't miss this chance to make a difference! Secure your spot today.



Empowering Teenage Girls: Inside LifeWise Academy's Sister Circle

Navigating adolescence is a complex journey, especially in today's era of social media and the pressures of high school. Recognizing these challenges, our LifeWise Academy program has developed a class called Sister Circle, aimed at providing support and guidance to teenage girls. Led by a certified school counselor, Sister Circle convenes once a week, offering a safe space for girls to come together and explore various aspects of their lives.

Each Sister Circle meeting is filled with a range of activities designed to promote personal growth and meaningful connections. From goal setting and vision board creation to self-care practices and relationship-building exercises, the sessions cover a diverse array of topics. Through Sister Circle, we are equipping girls with the skills and support systems necessary to navigate adolescence and beyond with resilience and strength.



Senior Resiliency Fund: Navigating Financial Well-being Later in Life

In the heart of our community, the Senior Resiliency Fund (SRF) stands as a beacon of hope for lower-income older adults. This innovative six-month program, crafted by our dedicated team, offers more than just financial aid; it provides knowledge, self-improvement, and vital community connections. Through bi-weekly meetings, participants explore critical topics from wellness to financial security, fostering an environment where growth and learning flourish.

Our personalized approach, guided by Certified Financial Social Workers, empowers each participant to set and pursue personal savings goals while navigating fixed incomes. Collaborating with the St. Louis Area Agency on Aging ensures access to aid programs, showcasing our commitment to holistic support.

The heart of SRF lies in its unique empowerment circles, intimate gatherings where participants share their life stories, their struggles, and triumphs with money. These circles are the heart of our program, where shared stories and wisdom create transformative experiences. As Patti, one of our participants, reflected, "I didn't think I had money to save. But then I thought about how I would go out to eat and spend money. From this program, I have been taught that I can save."

As the program concludes, those who have journeyed with us through these six months and met their goals are rewarded not just with a sense of achievement but with a tangible boost to their savings, a 2 to 1 match that serves as both a reward and an incentive for future financial prudence. This culmination is not an end but a new beginning.

Congrats!





Championing Inclusion: The Enduring Impact of Mary Ellen Meyer

For over two decades, Rev. Mary Ellen Meyer has been a steadfast pillar of support for LifeWise StL, embodying the spirit of generosity and compassion. Since 1998, when she first received a call from then Director Gene Morse, Rev. Meyer has woven herself into the fabric of our organization, leaving an indelible mark on our mission and the lives of those we serve.

A teacher by profession, Rev. Meyer's dedication to education extends beyond the classroom, manifesting in her tireless efforts to uplift and empower the children of LifeWise StL. With a heart as vast as her altruism, she has made it her mission to ensure that every child in our community feels seen, valued, and represented. This commitment is perhaps most evident in her annual donation of multi-ethnic dolls, a gesture that speaks volumes about her deep understanding of the importance of diversity and inclusion.

Year after year, Rev. Meyer's generosity shines through as she donates over 20 multi-ethnic dolls and 30 coats, totaling an astonishing 400+ dolls and 500+ coats to date. Her dedication knows no bounds, even extending to her daughter in Texas, where she scouts for discounted coats to bring back to St. Louis at the end of each season. It's these small acts of kindness and thoughtfulness that make Rev. Meyer's impact truly immeasurable.

But her contributions go beyond material donations. She has tirelessly worked to connect individuals with our organization's mission, ensuring that we remain a beacon of hope and support for those in need.

Rev. Meyer, we thank you from the bottom of our hearts for your extraordinary kindness and generosity. You are truly a shining example of the difference one person can make in the lives of many.

Celebrating Black History Month

We're excited to share that we recently celebrated Black History Month on February 29th with a special event featuring St. Louis native and teen voice actor Ricco Martin Jr., known for his role as the voice of Tyler in *Drawn In*. During the event, attendees enjoyed food and activities, along with stations highlighting the remarkable achievements of African Americans in art, music, science, and more.

At our Young Scholars after-school program, where literacy is a top priority, we understand the importance of fostering a love for learning. *Drawn In* perfectly captures this idea, demonstrating how when kids enjoy learning, they become more confident readers. Additionally, the representation of diverse characters in *Drawn In* underscores the significance of seeing oneself reflected in literature.

During the event, scholars had the unique opportunity to hear first-hand about the adventures of Tyler and his friends from Ricco Martin Jr. himself. He shared his insights into the world of *Drawn In*, offering a behind-the-scenes look at the creation of this exciting series. Additionally, attendees received signed copies of the *Drawn In* comic books.

One of the highlights of *Drawn In* is 'Lady M's Magnificent Words,' a collection of essential vocabulary words woven seamlessly into the dialogue of each adventure. These words not only enrich the storytelling experience but also serve as tools for critical thinking and problem-solving.

Though the event has passed, we're grateful for the opportunity to have celebrated Black History Month, literacy, and representation with Ricco Martin Jr. and *Drawn In*!



One of Lady M's Magnificent Words!



Shop for a Purpose

Make a direct impact with your shopping by visiting LifeWise StL's Wish Lists on Amazon and Target. The lists are full of vital items we need to support our programming and our participants. Join us in this collective effort to uplift our community with each thoughtful purchase. Start shopping by scanning the codes below and be part of real change!



Scan these QR codes to see our wish lists!



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Frolic and Flow: Toddler Dance & Learning

Welcome to Frolic and Flow, where music and dance ignite the imagination of our toddlers. In this Zumba-inspired class for 2 to 3-year-olds, we blend movement with social-emotional learning, fostering holistic development.

With each session, our instructor creates a warm and welcoming environment where our little ones are encouraged to freely express themselves and joyfully engage with their friends. Through dance, they learn patience, sharing, and cooperation, planting seeds of empathy and friendship.

Beyond dance, Frolic and Flow is a journey of emotional exploration. From joyful leaps to calming moments, toddlers learn to understand and manage their emotions.

At Frolic and Flow, we empower toddlers to embrace confidence and empathy. Together, they grow as individuals, laying the foundation for future success and happiness.

all about the kids

GOLF TOURNAMENT & DINNER AUCTION
JUNE 3, 2024

Supporting youth literacy programs