

Sharing HOPE

HOPE NETWORK FOR SINGLE MOTHERS

MARCH 2021

National Single Parent Day

On March 21, National Single Parents Day honors the mothers and fathers holding down the fort with all the hard work, devotion, and sacrifices involved in single parenting. Raising children can be challenging. Doing it without a partner doubles the burden. Whether by choice or circumstance, single parents carry a heavy load. Between work, school, daycare, doctor visits, and the list goes on, one person can only do so much.

IMPACT OF COVID ON SINGLE MOTHERS

Many people need help in the pandemic, but especially single mothers. There are approximately 13.6 million single parents in the U.S., raising 22.4 million children. Eighty percent of those single parents are moms. Women have lost more jobs than men during the recession, and others are quitting their jobs in frustration from the demands of child care. However, quitting is just not an option for most single parents.

—October 26, 2020 NPR

HOW TO OBSERVE THE DAY

We all know of a family member, friend, neighbor, co-worker or someone who is a single parent. Support and appreciate them. Use #NationalSingleParentDay to post on social media. Make this day a special one for HOPE Network for Single Mothers by making a donation on our website or by mailing a check to our office.

Here is what your donation can fund:

- \$1,000 – Contribute to a grant for one mother to attend college for use with tuition or childcare.
- \$500 – Assist with a grant for one mother to attend college for use with tuition or childcare.
- \$150 – Provide all supplies needed for one infant layette and 1 case of diapers.
- \$50 – Stress Relief kit with a gift card for one mother.
- \$25 – A gift card for one mother.

Online: www.hopenetworkinc.org
Mail: Make check payable to HOPE Network, Inc.
PO Box 531, Menomonee Falls, WI 53052-0531



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Many people need help in the pandemic, but especially single mothers.



HOPE Network for Single Mothers

Community Resources



COVID-19 Financial Resources

Relief for Low-Income Households

ENERGY ASSISTANCE

The CARES Act funds the Low Income Housing Energy Assistance Program (LIHEAP) to help low-income households pay their heating and cooling bills. The Act also provides Wisconsin funds to support costs associated with home energy bills and weatherization. While several of these programs require a state funding match, we don't yet know if they will exempt the emergency supplemental funds from the match requirement. Low income folks who need help paying their energy bills should contact **the National Energy Assistance Referral (NEAR)** toll-free at 1-866-674-6327 or online, visit liheapch.acf.hhs.gov/db/index.php

EVICTION PROTECTION

For renters, the CARES Act provides additional protections from eviction. Properties with a federally backed mortgage loan may not evict or charge penalties or fees to a tenant who cannot pay rent for 120 days following this Act.



Mental Health Strategies for Parents during COVID-19

Mental Health Strategies for Parents

We have been on high alert for so long now due to the pandemic that it is natural you might feel a sense of numbness or detachment, working on autopilot. Lacy Chavis, Psy.D., of John Hopkins All Children's Hospital, specializes in pediatric psychology and shares a few tips that can help navigate this stressful time:

- 1. Make time for yourself.** We have lost small moments of time that we had to ourselves, (daily commutes, time alone in our home or a store, social connections). Be creative about carving a few minutes each day to recharge or decompress (music/movement, artwork, shower, walk around the block). If it's impossible to be solo, schedule something enjoyable with your child (virtual meal with friends, virtual lessons, art, dance break).
- 2. Set realistic expectations.** There is no script. Set small achievable goals for the day or hour. Remember to prioritize what is important to you and your kids, and be forgiving to yourself if it's not "perfect."
- 3. Be careful of friends or sources that compound the sense of "mom/dad guilt"** and be mindful of how you talk to/think about yourself. Negative internal dialogue can be detrimental to emotional health and well being.
- 4. Set boundaries.** If you have a friend or family member that is prone to worst-case scenarios, take a break. That person's anxiety will only heighten yours. Set your intentions for the day so that you can guide the day instead of it guiding you.
- 5. Celebrate success no matter how small!** We must highlight the things that have gone well.

Source: <https://www.hopkinsallchildrens.org/ACH-News/General-News/Mental-Health-Strategies-for-Parents-during-COVID>



HOPE Board of Directors News

A Fond Farewell to Nadiyah Groves

Hope Network would like to thank Nadiyah Groves for seven years of service as a member and Board of Director Chair. Her leadership and guidance were appreciated. We wish her all the best in her new career leadership role.

Meet Ally Spaight, New Chair of HOPE Board of Directors

Ally got involved with the HOPE Network in spring 2019, assisting with marketing support for HOPE Network's scholarship program. Ally joined the HOPE Network Board of Directors in May 2019, and has served as Vice President and Secretary since summer 2020. Prior to serving on the HOPE Network Board of Directors, Ally served as an Executive Board Member of the YWCA Madison and also was a part of the United Way of Dane County's Rosenberry Society Advisory Council. We now welcome Ally as our Board of Directors Chair.

Ally Spaight is currently a Digital Marketing Manager at Johnson Outdoors. In her role she manages consumer-facing digital platforms including website, social media, digital advertising, ecommerce, and search engine optimization. Prior to her time at Johnson Outdoors, Ally worked at Harley-Davidson where she was a part of the global website team, working on harley-davidson.com. Ally is a Milwaukee native and attended Menomonee Falls High School, and graduated from the University of Wisconsin-Madison in 2012 with a Bachelor of Science degree with majors in Economics and Communications, completing her MBA in 2019. Outside of working, Ally is on the Marketing Committee for the United Way of Greater Milwaukee & Waukesha County. Ally enjoys running, traveling, cooking and exploring new Milwaukee restaurants with her husband, Ben.



Ally Spaight

Jessica Janz-McKnight joins the HOPE Board

We are honored to welcome Jessica Janz-McKnight to the HOPE Board of Directors. Jessica is currently the Ethics & Compliance Specialist for North America at Molson Coors Beverage Company, as part of the global Ethics & Compliance team. In her role she manages Molson Coors' Ethics & Compliance Helpline to review and conduct investigations on reports and inquiries related to harassment, discrimination, workplace respect, retaliation, corruption, gifts and entertainment, T&E misuse, and general compliance policy inquiries for the U.S. and Canada.

Prior to her time at Molson Coors Jessica worked for Milwaukee County for nine years where she served as a Research and Policy Analyst for the Office of the Comptroller and the Milwaukee County Board of Supervisors. Jessica is a Milwaukee native, attended Rufus King International Baccalaureate High School, and graduated from the University of Wisconsin-Whitewater in 2009 with a Bachelor of Arts degree in English Literature and a minor in Communicative Sciences and Disorders.

Outside of working she is busy being a mom to her teenage son Jalen and their German Shepherd Joey. In 2020, Jessica was selected to take part in Cohort 12 of the African American Leadership Program, a branch program of the African American Leadership Alliance Milwaukee.



Jessica Janz-McKnight

Scholarship Recipient SPOTLIGHT

HOPE Network scholarships address the unique challenge of our single mother's education. Recipients use the scholarship funds for tuition or for childcare while they attend school. In this issue, we continue to share the testimonies from the ladies who received scholarships in 2020.



Leslie Moreno

**MOUNT MARY
UNIVERSITY**

Fashion Merchandising

My name is Leslie Moreno. I became a mother at 20 to my handsome baby boy named Julian. I found out I was pregnant the summer ending my first year of college. I'm the oldest and first one to go to college from my family, and finding out I was pregnant was a disappointment to myself because I thought I was done with school. I thought I could not continue school because now I had a child to take care of and I had to work to take care of him now. I couldn't imagine going to school and being able to take care of my baby. With the help and support from my family they encouraged me to continue and they were the ones that pushed me and convinced me I could do it.

I started my second year of college pregnant and it wasn't easy, but I knew it was only going to get worse when my baby arrived so I was mentally prepared. I took off the second semester of my second year of college to enjoy the time with my newborn. I spent my time with him bonding and learning how to be a mother because I was clueless in what I was getting myself into. I ended up being a semester behind from my four-year journey in college, but I was fine with that because I knew I had to push myself for my son. My son is 2 years old now and time has gone by so fast that I'm proud to say I'm almost done with my education. It's tough having a child and going to school, but it's not impossible because I could do it. I just had to push myself through it because I'm doing it all for my son because I want him to be proud of me and the things I could go through with him by my side. Thank you for this scholarship to help me continue my education at Mount Mary.

—Leslie Moreno



Education breeds confidence. Confidence breeds hope. Hope breeds peace.

—Confucius



Jayden Rajnicek

**MOUNT MARY
UNIVERSITY**

Dietetics

I am halfway through my undergraduate career at Mount Mary University, planning to become a Registered Dietitian. I am on my way to earning my Bachelor and eventually Master of Science degree in Dietetics.

As a mother, my heart goes out to parents, especially single parents, who devote all their time and energy to their children, neglecting their own health. I sympathize with this demographic because I've been in their shoes. Fact of the matter is, to raise a healthy family, nutritional change needs to be instilled in the parents first. I believe that pursuing this group of clients for my business is the first step to transitioning families into living healthier lifestyles.

Nonetheless, my holistic approach to nutrition has led me to one of my personal goals as well: I'd like to buy a house with a few acres of land so that I can raise and grow my own food. My goal is to sustain my family through home-grown/raised goods and ensure that my family will eat healthfully and naturally—which will better us physically and cognitively in the long run. While my goals may be ambitious, my end goal is to help people live healthier lives. If I can do that, then I will do my part to make a positive impact on the world.

—Jayden Rajnicek

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WE MAKE A
LIVING BY
WHAT WE GET,
BUT WE MAKE A
LIFE BY
WHAT WE GIVE.

—WINSTON CHURCHILL



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HOPE Network for Single Mothers

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Welcome Our New HOPE Office Manager

Please help us welcome our new HOPE Network office manager, Gracie Marchese. Gracie comes to us with over nine years of customer service and office management experience.

Gracie states "I'm so excited about joining the HOPE Network family. I've been told that I have a servant's heart and I'm going to put it to good use in my role." "I aspire to make the world a better place every single day. I look forward to continuing to make strides towards that goal in this new position. I can't wait to meet and connect with everyone."



Never cut a tree down in the wintertime.
Never make a negative decision
in the low time.

Never make your most important decisions
when you are in your worst moods.

Wait. Be patient.
The storm will pass.
The SPRING will come!

—Robert H. Schuller

