

Girls Ink

Inspiring all girls to be strong, smart, and bold!



www.girlsinclowell.org

Spring 2012

girls
inc.

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2012 Celebration of Today's Woman Honors Dorcas Grigg-Saito

Girls Incorporated is pleased to honor Dorcas Grigg-Saito with the "Woman of Today Award" at the 2012 Celebration of Today's Woman to be held on June 7 at the UMass Lowell Inn and Conference Center.

A graduate of the University of North Carolina and the Harvard School of Public Health, Dorcas has distinguished herself as a leader in the field of public health. She has served as Chief Executive Officer of Lowell Community Health Center since 1997, where she has gained national recognition for the agency. She has led the organization through a period of tremendous growth and expansion, increasing access to health care for low income individuals, with programs particularly targeted to meet the needs of Lowell's diverse immigrant population. The center now serves 39,000 patients, employs close to 300, and has an annual operating budget of \$22 million. Under her direction, Lowell Community Health Center has been selected as one of the "Top Five Culturally Competent Health Agencies" in the nation by the federal Department of Health and Human Services. Having successfully raised \$42 million in grants, loans, and contributions, Dorcas is now overseeing a major consolidation project which includes construction of a new 100,000 square foot facility scheduled to open in late 2012, continuing the organization's mission of providing access to health care for all.

Prior to joining Lowell Community Health Center, Dorcas held key leadership roles in a number of health departments in Caswell Refugate and Immigrant Health at the Health, South Cove Community Parenthood League of Massachusetts, Health Center. To each of these purposes, drive, and commitment to who are in need.

In addition to her professional accomplishments, Dorcas has always been an active community volunteer. She currently serves on the boards of Project Elementary School, The Health Care of All, The Learning Women Working Wonders Fund, and the Massachusetts League of Community Health Centers.

Born in Winston Salem, North Carolina, Dorcas spent most of her childhood in Raleigh, North Carolina where her father was a Baptist minister and a civil rights advocate. After earning her physical therapy degree from the University of North Carolina, she spent time working as a physical therapist in Connecticut, Massachusetts, Hawaii and Japan. In Japan she met her husband of 37 years, Yoshio Saito. Together, they have raised two daughters, Katrina, age 32, and her now deceased daughter, Emily.

Girls Incorporated is proud to salute Dorcas Grigg-Saito for her distinguished accomplishments in the field of public health, her commitment to making quality health care accessible to all people, and her tireless dedication to the community that she serves. She is truly an inspiration to our Girls Inc. members, a 'Woman of Today' making a difference in the world around her.

Please consider joining us at the 2012 Celebration of Today's Woman, as we honor Dorcas for her many contributions.



Health Center, Dorcas held key leadership roles in a number of health departments in Caswell Refugate and Immigrant Health at the Health, South Cove Community Parenthood League of Massachusetts, Health Center. To each of these purposes, drive, and commitment to who are in need.

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Massachusetts Cultural Council



United Way
of Massachusetts Bay
and Merrimack Valley



Girls Inc.'s rendition of Charles Dickens' *A Christmas Carol*



"Dickens" girls create their own set

girls inc.



Filming in the park with LTC



The Ghost of Christmas Yet To Come

What the Dickens!

The girls in the After School Program have been learning about Charles Dickens. *What the Dickens!* is a literacy based program implemented in collaboration with the city of Lowell in efforts to educate and honor the work of the timeless Charles Dickens.

Girls in the program have been engaged in many hands on activities that include reading, rehearsing, and memorizing lines from Dickens's extraordinary play, *A Christmas Carol*. The girls have transformed recyclable materials into elaborate sets and impressive props that are true to the time period. Our young cast is looking forward to filming this wonderful production for public viewing on April 19, 2012, from 6-7pm at Girls Inc. as part of the city of Lowell's dedication to a remarkable writer. The **Book Creations** class has made scrapbooks that portray women and Victorian fashion of that time period along with recipes written by Catherine Dickens that will be displayed at the Lowell Pollard Memorial Library throughout the month of March.

In **Cooking with Dickens**, the girls and staff had the pleasure of recreating some of Catherine's recipes in our kitchen. In **Manga Art**, Anime drawings of Dickens's characters were drawn on canvas and will be exhibited at Brew'd Awakenings during the upcoming summer while a Dickens's Anime exhibit will soon showcase the artwork of girls ages 7-14 at the Lowell Telecommunications Center. Girls Inc. wants to extend our gratitude to the Lowell Cultural Council and UMASS Lowell for providing grants that sponsor these extraordinary programs which empower young girls to be strong, smart, and bold and become passionate about reading.

A special thanks to Kathy and Paula from the American Textile History Museum and Rhonda Gaulpern, Outreach Coordinator at the New England Quilt Museum, for their ongoing assistance in this project. *What the Dickens!* was created by our Assistant Program Coordinator, Marlene Roman, in collaboration with Diana Archibald, English Professor at UMASS Lowell.

Teen Program Construction Begins!

The date has been set! April 2nd is the start date of the construction for the renovation of our attic space into a brand new Teen Space. We are all very excited for this important project to begin, but excitement is especially high for the teens who are in our Teen Program right now. The girls have been meeting everyday with our Teen Coordinator, Caitlyn Sawicki, in our explorer's room until the renovation is complete. In between crafty art projects, homework, healthy cooking and joining various classes, the girls have been exploring downtown Lowell while visiting businesses for different workshops. They have definitely made the most of what they can in their limited space, but it'll be a great day when we can provide them and many others a beautiful newly renovated teen space in which they can learn and grow.

PROGRAM DIRECTOR'S INSTITUTE

Program Director Jennifer Demers had the extreme honor of training at this year's National Girls Inc. Program Director's Institute at the National Resource Center in Indianapolis. With 17 participants from different Girls Inc. national and Canadian affiliates, a training team consisting of three directors of Girls Inc. programs and training services and two Program Directors from Tennessee and California, Jennifer spent a full intensive week discussing the Girls Inc. "Experience", purpose, philosophy and approach to programming, program assessment, planning, implementation and evaluation, leadership and supervision and in-service staff development and training.

This was quite a wonderful experience for Jennifer who, for 11 years, has been trained by Penn Sheppard, Associate Director of Program and Training Services and the rest of her team at Girls Inc. Region III Conferences. It was a pleasure to be surrounded by women who truly embrace and represent what it means to be Strong, Smart, and Bold!

Girls Inc. National Program Director's Institute 2012 Team ➤



Healthy You!



◀ Allison Marsh, "Healthy You" intern

For twelve years, Girls Inc. of Greater Lowell has worked in collaboration with UMass Lowell's Community Health Department to develop and conduct the "Healthy You" program.

During the fall session of the after school program, two interns from UMass Lowell's Community Health Department implement the program for two different age groups. In the winter/spring semester, a student intern in her final semester joins Girls Inc. for 32 hours a week. Allison Marsh, our current intern, is learning everything there is to know about Girls Inc., from programming to how this non-profit functions day to day. Allison will be designing her own six week session of "Healthy You" that will kick off in March! She is really excited to learn about all Girls Inc. has to offer, as well as provide our girls with habits that can improve their health for years to come.

The "Healthy You" program is a weekly one-hour long class that weaves together a physical activity with ways to improve mental wellness and provides the girls with a healthy snack. The main focus of this program is not only to get the girls moving and to make healthier choices when it comes to snacks, but also to discover better ways to manage stress. Specific activities will include intentional educational games in the Girls Inc. gym that encourage running, jumping and teamwork. Other classes will provide new ways for the girls to manage stress through art, photography, music and dance. Cooking class in the Girls Inc. kitchen will encourage snack choices including more fruits, vegetables, and whole grains.

Girls Inc. of Greater Lowell would especially like to thank Rite Aid for its grant in support of the "Healthy You" program!



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TO: |

Girls Inc. Creates Facebook Page!

Have you heard the news? Girls Inc. now has a Facebook “like” page! At 109 “likes” and climbing every week, Girls Inc. of Greater Lowell is slowly working its way onto the social media bandwagon. We started out with a bit of hesitancy, but once we got our foot through the door, we realized the many different opportunities we had!

With Facebook, we are able to show everyone exactly what it is that we do here at Girls Inc., from the different programs that we run, to the fantastic events that we hold.

We recently started hosting a Fun Kid Night event every month, to give parents an opportunity to get errands done at the end of the day and to expose the girls to themed events. The staff, along with some awesome volunteers, help to come up with different theme ideas to make the night enjoyable for everyone! We also hosted a Family Art Night and a Dickens Dinner that allowed parents to join in on the Girls Inc. fun! All of the pictures taken at these events can be viewed on our Facebook page. Make sure to keep yourself updated on what the girls and staff are doing, get to know our board members, and stay posted on our events! Head on over to Facebook and type in Girls Incorporated of Greater Lowell, find us and “like” us!



Family Art Night



Dickens Holiday Dinner