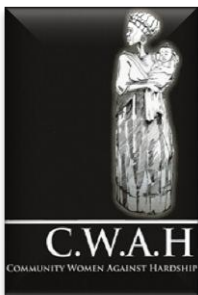
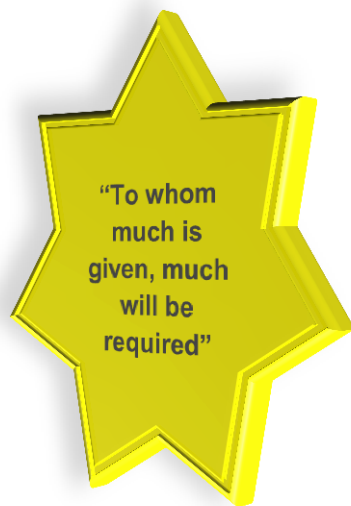


Fractals . . . A Tale of Two Sisters . . . and Hope



Candace Henderson & Crystal Henderson



PROVIDING HOPE FOR IN NEED

Chaos theory holds that in nature there exist *fractals* . . . complex, repeating and never-ending patterns in every dynamic system known to man – from trees, rivers and hurricanes to the entire human race – that speak to an underlying connectivity and order to all things. Perhaps those patterns explain the similarity in the events in the lives of these two beautiful sisters – Candace and Crystal Henderson.

In 2011 Candace was laid off from her job as a Medical Assistant in Cardiac Pulmonary when St. Louis Connect Care closed down. The mother of four was unable to find work and, instead, found herself frustrated, angry, in financial distress, and dependent on unemployment checks. Then the checks ran out.

With house and car notes, four mouths to feed and steadily mounting bills, Candace says the most difficult part of the 1½-year ordeal was the strain on her children. “Christmas was coming up, I was putting in 15-20 applications every day, getting no hits, and wondering if things would ever get better,” she said. Her greatest cheerleader was her sister, Crystal.

Crystal, a paralegal, always had words of support and encouragement for those around her, and constantly kept her eyes open for ways to help Candace. When she saw an ad in the paper requesting family referrals to CWAH, she made a phone call and submitted a letter recommending her sister as a candidate. Candace and her family were chosen and the pattern began.

A year later, Crystal lost her job of 4 years. Now she stood in her sister’s shoes. For Crystal, the timing couldn’t have been worse. She had just bought a house and had other on-going expenses, including private school for her son. “I’ve always been the one who wanted to help other people, so it was a shock for me, ‘cause I didn’t like to ask for help. I had to humble myself and temporarily work at a job I might otherwise not have taken,” she said. But the pattern continued . . .

Candace, having benefited greatly from their services, suggested CWAH to Crystal, and accompanied her sister to all the classes she had previously attended . . . Jewelry Making, Healthy Eating, Boxing Conditioning, Soup for the Soul, and a summer program that culminated in a trip to Washington, D.C. Clothing, furniture, groceries, a genuine “welcome and focus” on the client and a “feeling of family” lifted their spirits. The pattern progressed . . .

Today both sisters are gainfully employed, Crystal again as a paralegal, and Candace doing double duty at DePaul Hospital-SSM, and a soon-to-be graduate with an Associate of Science in Nursing. With the help of CWAH, Candace also won a scholarship from the Kappa Alpha Psi Fraternity, which she will use when she returns to school in August to complete her RN. They both now give back to CWAH as members of the newly formed Alumni Committee by encouraging, mentoring and motivating new prospective families.

As the pattern expands, the children of these beautiful women are blossoming as well, with students at TSU in Nashville, a sophomore at UCM – in Missouri, a senior at Eureka High School and two in elementary school. The sisters’ words of encouragement to others are to “keep the faith, encourage yourself and remember that you have to ‘go through the rain to get to the rainbow’.”

The fractal progression of the human race from an individual, to the family, a community (CWAH), a nation, and finally -- the whole human race -- all are connected. Whatever our beliefs - science, a higher power, karma or a bit of all those things – it’s clear that under the seemingly disorderly, chaotic course of the past 40,000 years of human history there exists an underlying order. The pattern has been started, CWAH continues to perpetuate the positive and we, as individuals, can do the same. **There is hope . . .**

**Community Women
Against Hardship**

**Empowering the
Community Since 1988**

**Barnes Jewish Hospital
Ameren Missouri
Richardson Endocrine Care**

Presents

**11th Annual
Walk...For...Life**

**Walk – A- Thon
&
Health Fair**



**May 16, 2015
8:00 Registration**

**Choose 1k, 3k, or 5k
Non-competitive
walk/run**

**Tower Grove Park
4256 Magnolia
Grand Entrance –
Son of Rest Shelter
For Details Call
314-289-7523**

www.cwah.org

“On site providers share why they participate”

**Saffyah O. Muhammad,
MPH - Program for the
elimination of Cancer
Disparities PECaD**

Community Women Against Hardship (CWAH) provides essential services to families experiencing economic challenges and barriers. The mission of CWAH and

the Program for the Elimination of Cancer Disparities (PECaD) are closely aligned, as PECaD strives to develop outreach and education that will foster healthy communities and environments in order to improve their health risks. This will be PECaD’s first

year attending the CWAH Walk-O-Thon & Health Fair and we are honored to be a part of their efforts.



**Dr. Denise Hooks
Anderson, St. Louis
University School of
Medicine**

Being part of local events that promote health and wellness has always been extremely important to me. I feel strongly about health professionals

giving back to their communities in more ways than just routine patient schedules. In addition, it is important for individuals to take advantage of this free information. I encourage everyone to participate so that the knowledge

learned can be extended to other family and friends.



**Dr. Evelyn Irving, ACSW-
LCSW-DCSW-EAP Family
Therapy**

CWAH walk and health fair reminds us "who we are...where we have been...and what we can accomplish when we join together in solidarity to achieve positive goals." This is our "once a year day; “a reunion of women, children and

families who work together to make a difference. This is a day of fun fellowship, peace, hope and joy, a reminder that we are not alone. This day is an opportunity for those of us who are health professionals to practice and demonstrate what we preach (i.e., daily exercise, healthy eating, regular checkups and social involvement). On

this day we reinvest in our neighbors, our neighborhoods and ourselves. We give back with our time, our talent and our resources.....and love it! **EVERYBODY IS ENTITLED TO A ONCE A YEAR DAY.** Thank you Gloria Taylor...continue leading the way.



St. Louis Civil Rights Enforcement Agency’s 9th Annual Fair

The City of St. Louis Civil Rights Enforcement Agency’s 9th Annual Fair Housing Month Kickoff Celebration requested CWAH’s Institute for the Advancement of Jazz Study and Performance students to showcase their talents, April 1, 2015 during the reception hour honoring our nations’ veterans.

This was definitely not an April Fool’s day prank.

Students were well prepared and the audience was very well receptive to their presentation.

Performing students were Ms. Gillian Blount, flute, Mr. Jaime Fields, trumpet, Mr. Justen Smith, drums, Mr. Dylan Roassel, Bass, Mr. Walter Dietzler, guitar, and Mr. Makini Morrison on piano.

Our music programs run

twice a year, January through May, and September through December. Each session ends with a recital.

If you would like to look further at this program join us for our May 2, 2015 recital @ 10:30 a.m. here at CWAH.

RSVP (314) 289-7523



University of Missouri – St. Louis College of Nursing

CWAH acts as a Clinical Agency for students from the University of Missouri St. Louis – College of Nursing under the guidance of Assistant Professor, Sheila Grisbys, MSN®, RN, APHN BC, MPH.

For three consecutive Tuesdays, graduating seniors conducted discussions with our youth and some parents

on the effects of drug use.

Week One: Joshua Collins and Andrew Scofield spoke about “What Drugs Do to the Body,” with simulation exercises and discussions, on the affect they have on your ability to function.

Week Two: KeKah Inman and Keila Nesler touched on the most pressing topic of “Peer Pressure” suggested ways of how to

overcome it and how substance abuse can easily become a part of it.

Week Three: Nigisti Kishe, Josh Durano, and Svetlana Kozensky ended the series with the “Future Consequences of Drug Use,” plenty of fun activities kept students engaged and thinking about the long lasting side effects of drugs.



University of Missouri – Clinical Mental Health Community Program

Do I want a job or a career? A question not always pondered by our families, yet one that needs to be explored.

Associate Professor Angela Coker, PhD. LPC, NCC along with Doctoral student Claire Martin through Career

Assessment and Counseling helped families explore those options.

Starting with defining career or job success, looking at barriers or obstacles seen and unforeseen that may hinder achievement of goals. What support systems do

they have and what the ideal help would look like for them.

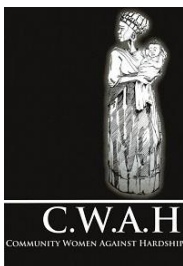
Again it is these types of partnerships that provide valuable resources for our clients and aid in their ability to become more self-sufficient.



**Community Women
Against Hardship**
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St. Louis, MO 63108

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E-mail:
cwah@sbcglobal.net

PROVIDING HOPE FOR
THOSE IN NEED.



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www.cwah.org

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CWAH Ambassador Committee

Purpose/Mission:

The purpose of CWAH Ambassadors is to provide resources appropriate to the support of the adopted families, administration and programs of the family Support Center.

For more information contact: Tina Wiley 314-740-0691

Board Participation



Dr. Christy Richardson is an endocrinologist in Bridgeton, Missouri and is affiliated with multiple hospitals in the area, including SSM DePaul Health Center and SSM St. Joseph Health Center.

She specializes in Endocrinology, Diabetes & Metabolism. Dr. Christy

Richardson diagnoses, treats, and manages endocrine disorders, or those affecting the body's secretion of hormones, such as thyroid problems or diabetes.

CWAH is privileged to have her as a member of our Board of Directors and applauds her dedication and commitment as a provider and sponsor for our 11th Annual Walk A-thon and Health Fair.

Join Us May 16, 2015

Tower Grove Park

Son of Rest Shelter



CWAH Ambassadors

Presents

7th annual

Oldies But Goodies Party

and slide/bop contest

Sunday, August 16, 2015

3:00 p.m. – 7:00 p.m.

Signature Room

Overland Plaza Shopping Center

9002-9006 Overland Plaza

St. Louis, MO 63114

\$20.00 per person

Light hor d'oeuvres will be served.

No. 031

No. 031

