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COMPLIMENTARY

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WOMEN 2 WOMEN
MICHIGAN MAGAZINE

Possibilities

A Daughter's Love

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Dear Friends,

Oh the possibilities contained in these pages! Our writers have such good things to say about stepping into new things, daring to challenge ourselves, and seizing possible adventures—and even challenges. Spring Tremaine (page 12) accepted the challenge to build a 911 dispatch center and learned a lot about herself in the process! Challenges can show us our strengths!

Outlook determines Outcome.

**If we see only the problems we will be defeated;
but if we see the possibilities in the problems, we can have victory.**

Warren Wiersbe

Deb St.Hilaire (page 22) says, “You hold every possible outcome, in the ability of recognizing what your pure potential and purpose truly are.” And Tina Nies, in her article “Believe in Your Possibilities” (page 24) says, “Not only do we have to see possibilities, we must allow them, and we must believe we can choose them!”

**Start by doing what is necessary, then what is possible,
and suddenly you are doing the impossible.**

St Francis of Assisi

In choosing the “Possibilities” theme for this issue, our staff and writers hope that you are encouraged to see your own possibilities and have the strength to choose them. May you FLY!

The Wright brothers flew right through the smoke screen of impossibility.

Charles F. Kettering

Much love, Deb and Mimi

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W2W

Women Inspiring Women for Good!

Our Mission:

Women2Women Michigan was created to connect women with women for good to encourage, support, have fun, do business and provide links for women's resources.

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Contents



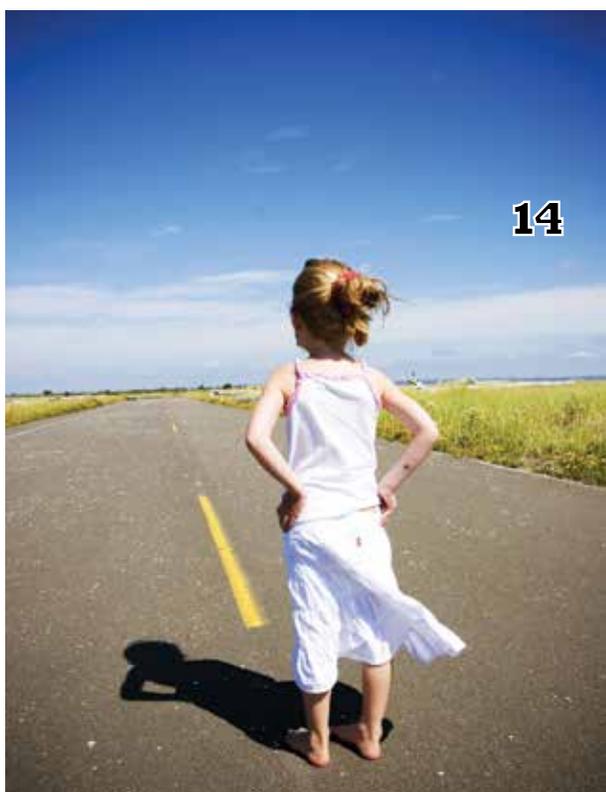
Cover >>>

8 Our cover girl this month is an author and interior designer. She has been married to her husband, Chris, for nineteen years and has two beautiful girls.

Brenda describes herself as “a hard worker who is compassionate, sensitive, and loving. I try to see the beauty in everyone I meet and treat people the way I want to be treated. I am creative and like to be unique yet not stand out so much that the focus is on me.”

Features >>>

Sure, I Can Do That!	12
Possibilities	14
A Garden Gem in our Own Backyard	16
The Woman Behind GLAD: Julia Price	20
Believe in Your Possibilities	24
Homeless But Hopeful One Woman’s Journey Out of Homelessness	31



Departments >>>

From Our Publisher and Editor	3
Shades of Faith A Daughter’s Love	10
Diva Dialogue The Potential in Possibilities	22
Law of Attraction Endless Possibilities	26
Sparkle & Shine Possibility? You’ve Got It!	28
Shift Manifestation Series Four Reasons the Law of Attraction Isn’t Working for You	29
She Means Business Sue Alderson-R.N ~ Fountain of Youth	32
Michelle Shook ~ Birch Run Premium Outlets	33
Recipe A Sweet Superfruit for Summer Meals	34

I'm open for possibilities. I'm open for choices. I always welcome new ideas. I'm always eager to learn. I'm never going to close my mind from learning.

~Cesar Millan



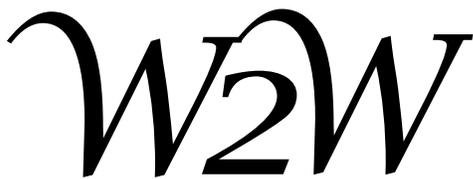


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Fear can keep you from attaining something you want.
Whether you think it's possible or not depends on the way you see yourself.
Believe that you are capable of anything and you will be.
Some days it seems that just getting through the day is impossible!
But don't you know? I make it every time, and then ta daaaa!!
It WAS possible.

Whatever hard task lies before you, take it one step at a time, and you will make it.
You can DO it!! I believe in you, because I know you have the good stuff in you. You are glorious.
Here's to moving forward.
Love and sparkle hugs, Mimi

MEET

Brenda Fitzmaurice



Our cover girl this month is an author and interior designer. She has been married to her husband, Chris, for nineteen years and has two beautiful girls.

Brenda describes herself as “a hard worker who is compassionate, sensitive, and loving. I try to see the beauty in everyone I meet and treat people the way I want to be treated. I am creative and like to be unique yet not stand out so much that the focus is on me.”

Brenda is from Turner, Michigan, a small village approximately fifty miles north of Bay City. She lived and worked on their family farm until she turned eighteen when she left for college. She now lives in Merrill, a town in Saginaw County, where she and her family live on five acres.

She works as an accounting analyst for a large accounting firm, but one day a week, along with evenings and weekends, she has the privilege of utilizing her creativity while working as an interior designer. Her focus as a designer is to help homeowners and business owners fall in love with their spaces.

“I create cozy, functional, and aesthetically-pleasing environments by implementing fresh color, new affordable pieces, and utilizing items the homeowner already owns. I also create office spaces that are inviting for clients, while ensuring the aesthetic functionality assists in the motivation of associates and improvement of overall work culture.

While I enjoy improving a space by adding color, I also assist in de-cluttering and organizing spaces as well. A beautifully organized space can help anyone feel at peace and in control of his or her life.”

Brenda designs because she has always had a passion for it. “It makes me feel confident with a sensation as if I am on a natural high. It is a good feeling to see a client’s face light up with pleasure and admiration when their project is done. Many people cannot visualize the end result, but I can picture it before we get started. Finishing a design assignment gives me happiness and fulfillment.”

Brenda tells her story like this: “I was a shy child who had a creative side and big dreams. I enjoyed decorating my bedroom and my parent’s home at any given opportunity. I have been told that I was born with ‘the eye’.

While attending middle school and into high school, I became a victim to bullying. Unfortunately, this caused me to become insecure and unable to trust people. I went from a girl who liked school to someone who

dreaded going to school and felt down every time Sunday evening came around. I had one true friend throughout school and a teacher who was always there for me. After about two and a half years, the bullying finally subsided and I was able to enjoy the last couple of years of high school.

Approximately, one month before I graduated from high school, my dad took his own life. This event changed our family forever. I had to not only adjust to college life but also be strong for my mom since I was the one she turned to.

After three years of college, I decided to move to Arizona with my boyfriend. I got my interior design degree out west and started designing kitchens and baths. After getting married and having our first baby, we decided to move back to Michigan to be near family again.

I stopped doing what I’d always been passionate about and got a job working in an office environment five days a week to help support our family and be readily available for our girls and their school events. As our girls are getting older, I feel I have more flexibility to go out on my own and pursue my passion of decorating again.”

You might think that Brenda has written a book about interior decorating, since this is her passion. But she has another passion, as you will see. She explains her reasons for writing her book:

“After still struggling with my past, I felt the need to write *Lilac Roots*, a story about my life. It is about my experience of being a victim of bullying, struggling with my dad’s suicide, and trying to find peace and healing.

Lilac Roots explains how God has his hand in everything that happens. When a person feels that the storm in their life will never end, the storm will subside. The book also shows how we meet people for a reason, even if it is only briefly. People come and go in our lives, so either you can help them or they can help you. After looking back at particular events, it is amazing to see this transpire.

I wrote my book as a healing process for myself. It was very therapeutic to write my story, my feelings and my thoughts. I wrote it to teach my daughters that if they put their mind to something, they can reach any goal. I thought about writing my book for nine years before I actually started.

I also wrote my book in hopes to help the readers who may be struggling with similar issues. I hope that any teen who is being a victim of bullying will realize that this storm in their life will pass. I would also like to let my readers know if they are struggling with suicidal thoughts to please get help. Depression is a disease and can be treated as with many diseases. Suicide is a solution that will affect your loved ones forever.

I feel people who read my book and who are struggling with an issue will realize that there is light at the end of the tunnel. The storm they are experiencing now will eventually pass. I feel that everyone can relate to my story in some way or another. They know someone who struggled with being a victim of bullying or know someone who committed suicide or even having thoughts of their own about suicide. *Lilac Roots* tells how I found peace in several storms throughout my life and kept my faith during most of that time.”

One of Brenda’s favorite scriptures is, “And we know that in all things God works for the good of those who love Him, who have been called according to His purpose,” (Romans 8:28) because she believes that God is faithful to bring beauty out of the storms of this life.

“Lilac Roots tells how I found peace in several storms throughout my life and kept my faith during most of that time.”

Brenda’s book is available on Amazon in paperback
https://www.amazon.com/Lilac-Roots-Womans-Story-finding/dp/1729584861/ref=sr_1_1?keywords=lilac+roots+book&qid=1559504795&s=gateway&sr=8-1
or on her Facebook page www.facebook.com/lilacrootsdesign shipped directly to you.
You may contact her via email at: design@lilacroots.net

A DAUGHTER'S LOVE

As I look back upon my time with Briana, I remember that she was a young woman who learned the development trade quickly and was able to make our events “pop.” Working for a non-profit in the Development Department was quite a chore because after every “win,” it was time to find the next donor and the next ask! Briana did her job well, and I began to lean on her more and more.



One afternoon she walked into my office, sat down, and bluntly told me that she needed to cut her hours from 40 to 10. When I asked her why, I was not prepared for her response. “My dad needs a liver transplant, and I need to be the one who helps him to navigate through the process.”

And so, Briana became a part-time online employee and a full-time daughter. She made appointments in the city and outside of the state to try and find the best hospital to meet his needs. She was not giving up even though the first hospital all but abandoned her dad’s quest to secure a liver.

As the months passed, Briana was able to have the best doctors in America look at her dad and perform a myriad of procedures to ensure that his body was at its best place for an eventual liver transplant.

A few weeks ago, Briana moved to Florida so that her dad could have that surgery. He remains on the waiting list and he is ready. By his side is his beautiful daughter who cares more for her dad than for her own paycheck. She is a living example of how some children put their parents first – before everything.

Father’s Day will come and go. The rack of cards will say things like “You are the best dad,” or “Fathers like you are special.” And though her dad’s name may not have made its way to the top of the transplant list by then or may not be selected for months to come, one thing is certain.

Briana doesn’t need to get her father a card, a gift, or flowers. She doesn’t need to take him out to eat to his favorite seafood restaurant or bar. The truth is that Briana is the gift that her dad needed most and no matter what happens in the future, her gift is one that will be with her dad for a lifetime.

In all my life, I have never seen a more vivid example of a daughter’s tenacity, selflessness, and love. We can all learn from her.



◀ Helen Hicks is an award-winning administrator and motivational speaker living in the Detroit area. You can reach her at helenk7306@hotmail.com.

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SURE, I CAN DO THAT!

After retiring from the police force and building two 911 dispatch centers, Spring Tremaine is now the first female director of Genesee county's 911 Communication Center. At sixteen, Spring had no idea what her career path would become. However, her sister Jennifer helped her identify it. Spring's family lived in a gated community in Flint, and while as a young teen she rode her ten-speed bike through her community she "busted" anyone who didn't belong. She'd knock on the windows of parked cars or chase those who were cruising. She didn't realize it at the time, but she was the "neighborhood watch girl".

One day while breathing heavily from chasing cars she told her sister what she'd done, and Jennifer said, "I think you are going to be a cop." A light bulb went off in Spring's head and she thought, "Oh my gosh, that is totally what I want to be!" She didn't realize she was behaving like a police officer and had a strong sense of right and wrong and security. Spring tells of a revealing photograph that shows her ten-year-old sister selling pinecones on the street corner in Flint with five-year-old Spring standing guard behind her. Her sister is a sales person to this day and Spring became an officer. At their young ages they were already acting out their abilities and desires! She says that if there is something that you really love, are enjoying, or something that you reach for, these things can give you clues as to what your career could be.

At age twenty-one, after graduating from Ferris with a criminal justice degree, Spring was hired by the Ann Arbor police department. Years later, when she was asked what her "dream" job would be, she responded that she had the luxury of being in her dream job, which she held for twenty-five years.

While in Ann Arbor, the police chief asked her to build a 911 center. Even though she had no idea what it entailed, she responded, "Sure!" He asked if she could do it and she said, "Absolutely!" During the process of planning and building, Spring discovered that she was very good at implementation. She says that when someone recognizes—and asks us to use—abilities we don't even realize we possess, it's a gift to us. This

is what happened when the police chief asked Spring to build the 911 center in Ann Arbor. She is grateful for his belief in her, because she came to know her strengths through the process.

The center, now called Washtenaw Metro Dispatch, is still being used today. A few years later, after she retired from the Ann Arbor police force, the City of Dearborn toured the facility and asked who built it. Her number was given, and she was hired to build Dearborn's 911 center, completed in 2017. As

a gorgeous, state-of-the-art facility, it is now the envy of the state. She feels it was an honor and privilege to have that job, and was told the dispatchers really love it there.

Upon completing Dearborn's center, the job as director of Genesee County's 911 communication center opened up. This dispatch center is no longer a part of the state police, but is an independent consortium funded by money paid on phone bills. These public funds cover items like salaries and technology upgrades and Spring feels she holds a great responsibility to spend wisely as she manages these funds.

As someone who mentors others, Spring stresses how important it is to know our strengths and skill set. However, while just "being who we are" we usually have never identified our skills although we can usually name our weaknesses rather easily. She encourages the use of the book *Strengths Finder 2.0* by Tom Rath as a way to identify personal strengths. The underlying concept of *Strengths Finder* is to **focus on what we do well, not on what we can't do**. This book changed how Spring saw herself and has guided how she speaks to her own daughter. She tells girls to listen to their inner voices and find a career they love to do and will have fun at, because then it's not really "work". (And use *Strengths Finder* to help you identify what you are good at.)

Genesee County is in good hands with Spring at the helm of our 911 dispatch center. However, she says that while she is the director of the center, her heart is in the room where dispatchers work the hardest and are saving lives every day. She states that she is only managing the center and they are the heroes.



TWO THINGS SPRING WANTS US TO KNOW ABOUT:

Career opportunity

One of Spring's missions is to bring the relatively unknown **occupation of dispatcher** to attention. **Dispatchers are needed** in Flint and all over the country. Applicants are trained on the job (no college required) and receive great wages, benefits, and pension plans. Many of Flint's dispatchers have made this their life-time career. Go to www.geneseecounty911.org under "careers" to learn more and fill out an application.

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POSSIBILITIES

We live in a time of Awakening. A time where there are new thoughts being thought, new ideas being pursued and new experiences to be had. As a spiritual being having a human experience, you/we come here to create and co-create with others, to learn, expand, have fun with each other, and experience life.

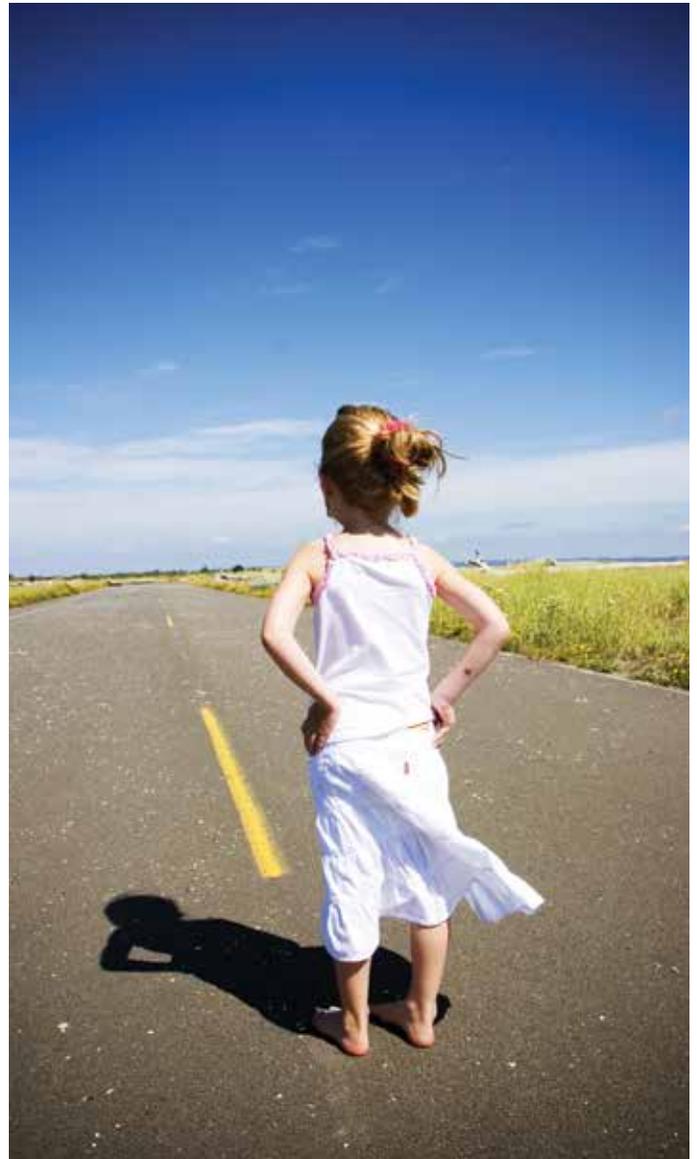
When I think of possibilities, I think of change and doing things differently. I think of letting go of what no longer serves me, or humanity as a whole, and creating new things that do serve me and all of us. When I think of possibilities, my mind becomes full of so much potential! I think of having more peace on the planet (which I know starts with having peace within myself). I think of having more love for myself and others. I think of spreading awareness toward being more eco-friendly and respecting animals, wildlife and all lifeforms we share our planet with. I think of more and more people taking charge of their own health, well-being and being well in their mind, body and spirit. I think of the possibility of kids being allowed to express themselves more at home and at school, instead of being punished for how they feel about something. I think of how we can teach our kids to be kinder to each other, putting prayer back into schools and implementing meditation instead of detention as some of our neighboring countries who are more conscious and loving towards each other do.

I think of a world of inclusion and embracing all races and cultures of people, no matter how different we are from one another.

In a world where there are so many things going on at once, I envision humanity taking responsibility for the fact that we do have choices in life, and we get to choose what we give our focus and attention to. We can choose to focus more on the good that's happening in the world versus that which is negative. As we do this I believe we will start to see more good.

I think of the possibility of people not living in fear and instead living from inspiration and trusting ourselves more. I think of the possibility that if we all seek our true life's purpose, choosing a career or business that we are passionate about, instead of working somewhere that does not feed our soul, that world would be a happier and friendlier place to live in. And if you are retired, I embrace the possibility of you doing what's best for you, even if that means pursuing a passion you've always had!

Katina Love, Author, Life Purpose Spiritual Guide and Coach.
<https://katinalove.com/>



► Katina Love is the author of the book "Awaken To Natural Wellness", she's a Self-love and Life Purpose Coach, and the creator of the "Awakening With Katina Love" talk show/podcast. Check out her website www.katinalove.com.



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A GARDEN GEM IN OUR OWN BACKYARD



Garden lovers look forward to April showers that bring May flowers each spring! For DIY projects, many dollars are invested into the purchase of garden seeds. For those not so courageous or personally inspired to create their own blooming scenery in the backyard; there are captivating gardens and farms, in surrounding communities, boasting miles of beautiful, colorful flowers and plants.

Let's not forget the magazines, strategically located near the check-out counter, featuring pages of flowers, plants, shrubs, and herbs—there to satisfy your passion for lovely, summertime foliage.

If you are fortunate to live in the Greater Flint area, W2W Michigan Magazine is pleased to make known a “**garden gem**” right here in our own backyard! Yes, one of the most beautiful, lush, and artful gardens can be discovered and appreciated in Burton, Michigan. Interior Decorator and Master Gardener (retired dean) Edith Withey is the meticulous and gifted cultivator and artist.

Edith refers to herself as a “**colorist**” due to her passion and professional use of colors. She is fortunate to possess the talent to imagine (to see) colors in the most distinct, brilliant manner--in all aspects of life. Her God-given gift in using colors to bring beauty to life can be clearly seen throughout her eclectic home and unique garden. What a true treasure!

Her gift was honed as she (along with her husband) traveled extensively across the world; visiting some of the most prominent art galleries, acquiring unique art pieces (collector of glass art), and observing exclusive uses of color. Asian/Japanese gardens (Japanese Maples) attracted her attention specifically. Edith's one-of-a-kind paintings are mostly abstract designs; representing the flow of colors and movement.

While serving as a dean, Edith filled the role of a curator—establishing a Women's Resource Center. She traveled purchasing distinctive art created by women and couples. She deems this opportunity to have been an avenue that grew her talent and taste for artistry.

*“My passion for decorating and gardening--what I regard as an art--is combined in a business I call ‘**In My Mother's Garden...but Father's House.**’ The business has been existent for 18 years, but I began decorating 30 years ago. I began gardening 35 years ago.”*

Home or garden, Edith believes it to be a place that should resemble the artistic flavor of the individual. It should be an expression of what's in the heart

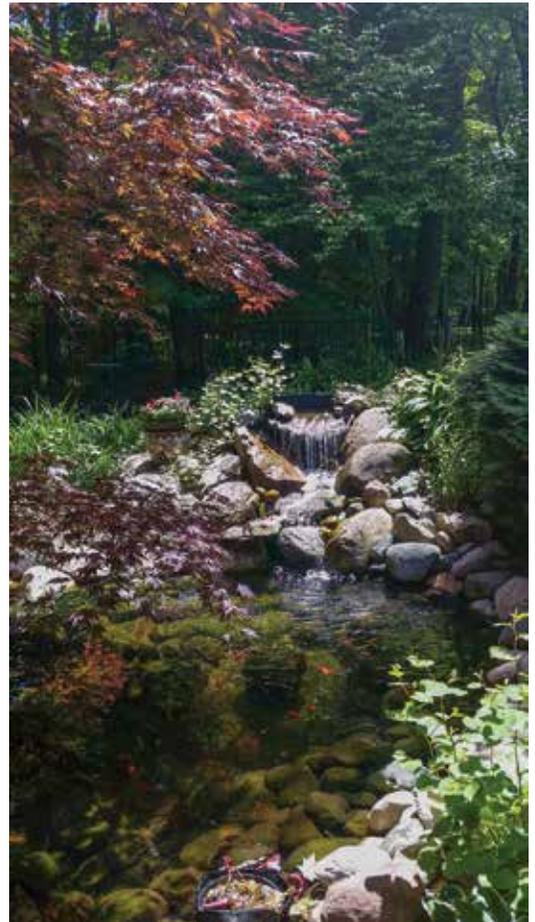


and mind. ***“Feel free to allow the greenery, flowers, and color to reflect your creativity. It’s your own art gallery!”***

Since Edith retired from her 8-5 position in corporate America, she has become a loving, committed caregiver to her husband of more than 50 years. She is still very passionate about her profession as an interior designer, master gardener, and visual artist. She welcomes the opportunity to serve as a consultant and shopper. However, she accepts and delves into projects when she absolutely trusts that her husband is in safe, secure, and responsible hands when she is away.

“You can live in a two bedroom bungalow. ..you can live in a 12 bedroom mansion. Whatever the case, it can be your mansion on earth. I cherish the opportunity to help others live with the **beauty of color** (my art) in the home and garden!”

Contact: Edithwithey@att.net



► *Burnie Nelson is an author, motivational speaker, creator of a women’s journal and leadership periodical, and founder of the women’s organization “Where Words and Heart Meet” and the women’s network “I’m Not Built to Break”.*





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THE WOMAN BEHIND GLAD:

Julia Price

My name is Julia Price, better known as Julie or Nana Julie. My passion is working with the young girls in Genesee County, targeting girls that need help with every day skills and manners no longer taught at school or learned at home.

I was raised by my Christian parents in the small town of St. Louis, Michigan. I graduated from St. Louis Michigan High School and Central Michigan University, earning a Masters in Business Administration.

When thinking about my childhood, I remember cooking, sewing, canning, and going on family trips to see educational places. Now, observing how our society and culture has changed, I have been inspired to make a positive impact with timeless skills that have been passed on for generations. I prayed for more opportunities to make a positive impact in our community and in the lives of our young girls.

About four years later, I was awakened out of my sleep four days in a row with the message, "Save my girls". After the fourth time, I realized I was hearing the voice of God. I called my prayer partner, Joyce Hayes in Sugarland, Texas. We prayed about the vision and then began to put our thoughts together. We received input from school principles, business owners, grandmothers, and school teachers. A plan was developed and presented to Pastor George Wilkinson, Word of Life Christian Church. He gave us his blessing and said we could use the building for our classes. We began with eight girls and now have 43 enrolled, ages 5-14.

We observed how society and technology have replaced the "old fashion" methods of developing girls into beautiful, God-fearing and resourceful young ladies. Our team focuses on teaching with a concentration on spiritual growth, manners, cooking skills, nutritional training, fire safety, crafts, sewing,

writing, saving money, music and other educational and fun things to do, including fund raising for field trips. We mentor girls who have experienced, or are experiencing, being bullied. We teach them how to handle those situations and how to work through it. We help them with home problems and school work to improve their academic performance

Our desire and passion is to improve the lives of girls—all races, ethnicities, and financial backgrounds—based on Proverbs 22:6, "Bring up a child in the way he should go and when he is old, he will not depart from it."

A strong foundation and lots of love will change the lives of our young girls.



Every man and woman has a chance to turn our children's lives around. We are a village and must work to improve the lives of our children. We are always looking for strong women of faith to join our team. Together I believe we can change generations through faith, love, life skills, and the ability to pass on timeless generational skills so they too can improve future generations.

If you'd like to donate to this organization to help with programs, learning materials, food, activities, transportation, and supplies, send to:

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- We counseled nearly 2,369 people in distress.

For more information on how to donate a chair
visit our website or contact Kellie Pardi on 810.232.9950 ext. 709/email kpardi@ccsgc.org.

www.CatholicCharitiesFlint.org/chairity


Catholic
Charities
of Shiawassee and
Genesee Counties

THE POTENTIAL IN POSSIBILITIES



“An infinity of forest lies dormant within the dreams on one acorn.”

— Wayne W. Dyer.

What if Einstein hadn't believed in himself enough to keep experimenting? What if Picasso had not embraced his "blue period"? What if Helen Keller had just given in to her blindness? What if an acorn couldn't see its inner "treeness"? How about if St. Francis or Mother Theresa failed to believe that their existence could make a difference? What if you refused to rise to your highest potential?

Within each of us lies "treeness". We are full of new ideas, creativity and possess infinite possibilities. But we often undervalue ourselves, belittling our dreams and aspirations because we believe we not born to greatness. We allow others to become our heroes while failing to be our own.

What, then, is greatness? It is as individual as a snowflake or a fingerprint. It is as unique as you, therefore, you must discover it, define it, then design your own version of it.

You hold every possible outcome, in the ability of recognizing what your pure potential and purpose truly are. Do you know? Have you ever dared to dream what you could accomplish, what a difference you could make or who you could help? Or have you fooled yourself into believing that you're too busy for such frivolous brain activity? Are you surviving within the status quo or are you thriving within an environment of your own creation?

Are you too afraid, complacent, or lazy to examine your existence? If so, you're not alone.

Many of us were never taught to allow our individuality to form our future nor our gifts to guide our destiny. Those who were...well they are easily spotted, for they shine brightly among us. They are those who rose above words like "you can't do that", "you'll never make any money doing that", and "that will never work". There are those who triumphed against all odds, overcame insurmountable obstacles and risked everything... because of a truth they believed in, an inner calling they could not silence or an unquenchable passion they could not squelch, no matter what "they" said.

You're probably thinking, "Yeah, that's not me. I wasn't made to be rich, famous, inventive or creative. I am only me."

Being you, in all of your glorious "acornness", is exactly the reason I write this. You are an amazing work, created perfectly as you are, brimming—no, overflowing—with possibilities.



Gently, in a quiet space and time, ask yourself “what pure potential lies within me. What am I meant to do with this life? Who am I?”

Let’s get to it then...

Gently, in a quiet space and time, ask yourself “what pure potential lies within me. What am I meant to do with this life? Who am I?”

Those are such difficult answers to come up with, aren’t they? Chances are, you can easily answer those questions for a close friend, but not for yourself.

I implore you to set aside time, a fresh journal, a good pen, and an open receiving mindset to begin this journey of self discovery. One step, then another will eventually lead you to the person you are destined to be and you can begin becoming that person.

Have you been wrapped up in your security blanket long enough to finally metamorphasize into the beautiful winged creature your soul longs to become? I hope so. Within that field of possibilities grows the flower you are to be, the person that lives their truth, the butterfly who now flies freely.

Our minds are built for expansion, our hearts to open to love, and our souls to evolve. Imagine your potential, the vastness of possibilities that lies in front of you, waiting. Grab onto your future with such gusto that you jump out of bed every morning excited to live this glorious new day.

Allow your mind to envision your future. Write it, see it clearly and feel it as though it is now. Allow yourself to be who you are meant to be. Dream. Drink in the potential of now with a thirst!

Make it possible. Because it is. Just look at that forest, or rest beneath that mighty oak.

With much love, butterfly.

► *Deborah St.Hilaire has been a women’s empowerment/life coach since 2010. She can be reached for personal and group coaching, speaking engagements and retreats. thedivalution@gmail.com or 419.366.8091*



BELIEVE IN YOUR POSSIBILITIES



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Have you ever told yourself, “You have endless possibilities”? Has someone said it to you? Did you, or would you, believe it?

I have the infinity symbol on my wrist to remind me that I have infinite possibilities because I sometimes forget. I don’t always believe that I have endless possibilities and sometimes, in some circumstances, I don’t. Sometimes the circumstances are my own doing, sometimes they are not.

The idea of infinite possibilities can be overwhelming. Sometimes we just cannot see or believe in a possibility that someone else might see. Both “overwhelm” and “disbelief” limit us and can even paralyze us from acting or making a choice.

For example, I had a hard time editing this article; it seemed I’d rewrite it every time I worked on it. Why? I felt overwhelmed. There were too many options in writing

about possibilities. I couldn’t decide. I wasn’t sure if what I see as important about possibilities is what you’d believe is important. To finally complete this article, I had let go of my “overwhelm”. I had to allow myself to believe that I could finish this article, and then I had to choose to do it.

That’s the thing about possibilities – not only do we have to see them, we must allow them, and we must believe we can choose them! Possibilities work like that in any situation, not just something so seemingly benign as writing an article. Some may see my writing dilemma as silly, but it was a real complication for me. I worried, I sat at my computer for hours, and I felt bad that I couldn’t get it done. So many things popped up because I was overwhelmed.



Of course, some possibilities are truly limited. For example, when I wake up in the morning, my options for breakfast (if I'm eating breakfast at home) is going to be limited to what's in the fridge, cupboard, or on the menu of a takeout service. That is easy to think about and acknowledge as reality, right? But it gets tougher with something more personal... like what one should do to earn money or how to go about losing a few pounds. The possibilities are endless, but the options are not.

Letting go of our limiting perceptions can begin simply by looking for the good in us, in others, in the world around us. When a negative or limiting thought or conversation pops up, pause for a moment and think "What if I'm wrong?" For example, if you are talking with a friend about a possibility and you say, "I could never do that because I'm not __ enough," stop and ask yourself, "What if I'm wrong about that?"

The first few times you try this, you may immediately respond to yourself, "Haha, I'm not wrong, I can't do that." Don't worry, that response is okay for now, but keep asking. When you respond that you can't do or chose something, add in an option that you could do. Or say that it's not an option—yet. Create what motivates you.

This could look something like the following:

"Haha, I'm not wrong, I *can't* afford a new car. But I *could* get my car detailed and it'll feel new."

"I'm not wrong, I can't go mountain biking because I'm not strong enough—yet."

"Maybe I can't choose that today, but I could work on it so I can later."

"So what if I can't do that, I could do this instead."

"Maybe I am wrong, maybe I *could* do that."

In the practice of asking, you'll begin to look at possibilities differently. You'll begin to consider that maybe you *can* do it. You'll start to believe that you have more options. When you believe that more is available to you, you'll feel better. When you feel better, you make better choices that allow more possibilities. It's a cycle.

To remember this practice and to speed up the benefits you'll feel, add this next step that will take just three seconds every day. While you're looking in the mirror getting ready for your day, say this: "You have possibilities."

Telling and reminding yourself daily that you do have possibilities begins to open your mind and heart to the idea that you could see more, look for more, and allow yourself more. It might take a while to fully embrace and believe it, but, you *do* have possibilities!

Can you think of a time when you so overwhelmed that you felt like you couldn't get a thing done? Have you ever taken on so much responsibility that your possibilities seemed less possible? Sometimes there are just too many possibilities and sometimes there are not nearly enough. "Option" and "possibility" can be synonyms for each other. But they differ in that *possibility* is something that could happen, and *options* may be what we allow ourselves to choose from.

So, how do we go about creating, allowing, and choosing from the infinite possibilities out there? One step is to let go of things that limit our view of what possibilities became options in our life. We must also let go of the idea that the only possibilities we have are the ones we see today.

► *Tina Nies is a Certified Life Coach and a Vision Board Coach. Her passion is building and strengthening self-love as a foundation for success. She is an author and is known as the "Empress of Love". www.facebook.com/40daylovest/ <http://www.40daylovest.com/>*



ENDLESS POSSIBILITIES

What are the possibilities of finding happiness right now, despite your past or your current circumstances? When you use Law of Attraction to assist you, the possibilities are endless.



One morning when I was nine years old, my mother informed me that it was time to go for my yearly doctors' exam. When we got to the appointment, I was asked to step on the scale. In unison, both my mother and the doctor said in ominous sounding voices, ooooh! This worried me but I didn't say anything. We were ushered into a room and, after a thorough examination by the doctor, he said to me "Suzanne, it's time for you to go on a diet". I'd never heard anyone talk about a diet before so I had no idea what was in store for me. When we left the room, the doctor gave my mother a huge long list of things I could *not* eat and a tiny short list of things I *could* eat.

This was when my journey into low self-esteem began. I wondered why no one else in the family had to eat like I did. I watched everyone in my family drink whole milk and I had to drink some awful tasting skim milk. "Why me?" was always running through my mind. Why couldn't I have dessert with the rest of the family? Was there something wrong with me? Maybe I wasn't as pretty as my sisters? Maybe my parents loved them more than me? Maybe I wasn't good enough to be in my family?

In actuality, my worrisome thoughts were all self-induced because no one had ever said these words to me. During this diet, my parents were very encouraging and my dad often hugged me and told me he loved me no matter what size I was. However, in my young child's mind, I didn't know how to think about this experience any differently. I had no cognitive understanding that following this diet was in my own best interest for my future health.

Albert Einstein once said "Your imagination is the preview to life's coming attractions". At nine years old, I was unaware that I was previewing my life's coming attractions. As my imagination

ran wild with fear that I wasn't good enough, this habitual pattern of not loving myself (over the next 40 years) affected everything. The biggest effect seemed to appear in the area of relationships.

Since like attracts like, I (unknowingly) attracted men into my life who *also* did not love themselves. I spent years trying to make everyone else in my life happy while at the same time ignoring my own unhappy feelings about myself. After the second miserable marriage, of verbal abuse and alcoholism, came to an end, I learned the hard way that we cannot attract a happy ending to an unhappy journey. The frequencies are too far apart. I didn't know that when we think about ourselves in ways that make us **feel bad**, we attract things in our lives that make us **feel bad** also.

A friend introduced me to the Law of Attraction and I became aware of its power to help me help myself. I decided to quit living in denial and numbing my emotions with food. I started proving to myself that it's important to acknowledge bad feeling emotions because they are warning us that caution is needed, before we act. Good feeling emotions are letting us know we're headed in the right direction. With this awareness I then decided to drop the heavy baggage of negative self-talk and began to accept myself unconditionally.

The various possibilities of how to love yourself and become happy are endless and are covered in detail in my book, *Stepping Into a Life of Joy*. You'll be able to see how my self-esteem influenced every area of my life and, after I let go of old false beliefs that were hindering me, how I learned what true love (especially for myself) feels like. Click here to read more <http://steppingintoalifeofjoy.com>.

Life is full of choices. My hope is that we begin to choose to love and accept ourselves exactly as we are. When we do

this we will emit a steadier stream of high frequency energy. This energy field helps us begin to experience the endless possibilities of attracting all our dreams and desires. This, my friends, is how a journey of stepping into a life of joy begins!

► *Suzanne Young an intuitive life coach. She specializes in the Law of Attraction and empowering others by helping them learn how to reconnect with their Inner Guidance. She is also an inspirational speaker, author, and co-owner of Personal Success Programs, since 2007, with her husband Kevin Young. You can email her at suzanne@psprograms.com and their website is www.psprograms.com. Her office number is 248-349-6225.*



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Possibility? You've Got It!



When was the last time you were told you couldn't do something, have something, BE something? And how did that make you feel? Angry, defeated, determined?

I was quite the energetic (boisterous) child and teen so I was often told the "can'ts and shouldn'ts". I was told to shush, not to be so familiar with the boys (because I touched their arm while talking to them), to sit still, uncross my legs, settle down, and so on. To be honest, it made me feel as if I was not enough—not enough quiet, proper, or follower of social norms.

I tried, I really did. But you see, I was *wired* to be loud and enthusiastic, to love making people laugh, to speak with passion, to exude joy—which made me wriggle, to hug and touch people, to be creative so that I often daydreamed, and to have an insatiable curiosity which meant I never outgrew the "why?" stage. My poor mother. She was such a southern lady. She could sit with a pleasant resting face for hours, while I show all my thoughts and emotions like a billboard! Her legs would be properly crossed at the ankles to one side while I crossed mine at the knees and would swing my foot. She always spoke in just the right voice, softly modulated, while I would speak too loudly with full body expression and flying hands.

Why am I telling you this? Because *you* also have characteristics that are intricately woven into who you are—characteristics that have been criticized and squelched. But most likely they are part of *your possibility*. They were given to you for a **purpose**.

I had no idea that the very traits that caused my mother (and me) grief were the traits the world needed from me. I

discovered that the world needs people who are passionate, affectionate, creative souls, funny, energetic, and *loud*. Oh yes, give me loud people!! They have something to say and usually a passion for saying it. Give me people who grab life and live with gusto. We don't have time for playing around, sister! This is our time. **We must be who we are in our spirit and give that to the world!**

You have so many possibilities blooming inside of you! I became an "encourager" at age 59! Who knew? I finally identified that major part of who I am which led to speaking about changing our brains from negative to positive thoughts, to creating greeting cards that inspire and encourage, to writing a blog, and posting on Instagram. I'm now in the process of writing a book because the world needs a loud, passionate, wriggly, arm-flinging encourager who speaks truth!

I'm sharing my story because I hope to encourage you. Don't let anyone tell you that you can't be who you are! And be who you are one hundred percent, nothing held back, because the world needs *your story, your personality, your gifts, and your possibilities!* And I'm here, cheering for you!

► *Mimi Matthews believes in the power of words to change lives. You can read her life stories and uplifting posts on her blog <http://particularpassions.me/> and buy her encouraging and empowering words on unique cards and gifts on her Etsy shop here: <https://www.etsy.com/shop/EmPOWordmentCards>*



FOUR REASONS THE LAW OF ATTRACTION ISN'T WORKING FOR YOU

The Law of Attraction is this great universal force that says things like,

“Think and feel as if it’s already happened, and it will happen.”

“Set your intentions and let your emotions be the fuel that magnetizes your desires towards you.”

“You get to create your own reality, so choose carefully what you focus on.”

And admittedly, it seems simple enough. If your desire is to have a Ford F-150, then all you have to do is put energy—in the form of thought and feeling—towards that. Think about all the things you like about the F-150. Imagine yourself in one. Feel your hands on the steering wheel, the keys in your hand. Or, say you desire the love of your life, a soulmate. Then all you have to do is think about them, what they will be like. Imagine yourself out in the world doing things together with them. Feel the love in their eyes when they look at you. And then, BOOM. F-150. Soulmate. You’ve focused on what you want and there it is . . . Or isn’t it?

Let’s hit four key points everyone needs to understand in order to really get to that sweet place of physical manifestation from the Law of Attraction:

1. Clarity

Many times people find they aren’t seeing their desires come to fruition because they aren’t BEING CLEAR enough. The Universe wants specifics, as many details as you can give without limiting possibilities. For example, let’s go back to the soulmate. You’re imagining everything you would want in a partner and are feeling really good and excited about meeting and going out with them. And one day they’re standing in front of you, the absolute perfect person who has hit all of your criteria. Bingo! Except you missed one important thing: they’re not single. (Ouch.) So even if it seems self-explanatory, make sure the Law of Attraction knows *exactly* what you want. Get clear.

2. The Law of Release

This Law says, “In order for the new to come in, you must release the old. Let go of the past and any stuck, stagnant energies.”

Let’s use the F-150. You really want a new vehicle and the F-150 has the style and capabilities to fit your personality and your lifestyle. Yet, the car you’re driving now, even old and beat up as it is, has so many good memories for you. It’s seen many miles of road and great experiences with you and your family and friends. It has sentimental value, and while it could use some repairs, it does still drive fine. You could probably get a few more years out of it . . . Thoughts such as

this, added with the emotional attachment to the car, keep the new F-150 just out of reach. Until you’re willing to RELEASE those blocks, it’s like having one hand glued to the old car’s handle while reaching out with the other towards the F-150—you’ll never touch it. Let go.

3. Action

Maybe the Law of Attraction seems confusing or too intangible for a lot of individuals since energy isn’t something many people can actually see, but you can’t just sit in your room or an office somewhere and meditate on your desires and have them show up on your doorstep. Yes, giving positive thoughts and emotions towards your desires is technically an action in itself, but if you really want results you have to go out there and DO something. Go to the dealership. Test drive the F-150. Read reviews about it. Talk to someone who already has one. Put yourself on some dating apps. Practice flirting. Wear nice clothes and do your hair up like you could meet “the one” at any moment. Nothing gets energy flowing like solid action. Nike got it right when they said, “Just do it.”

And 4. The Law of Opposites

This Law is probably the #1 reason people give up on the Law of Attraction. It says, “Right before your desire manifests, you’ll see the opposite – many times the *exact* opposite – of what you want.” This is often very frustrating and makes people want to throw in the towel, but what’s actually happening here is that the Universe is giving you one last chance to *get clear* about what you want. It’s the prime example of, “Be careful what you wish for.” Do you really, truly want _____? Well, when you see the Law of Opposites show up, there’s your time to answer and redirect if you want something else—because very soon it’ll be too late. So don’t fret and give up here, because you’re so, so close to manifesting your desires. Just make sure you actually want what it is you’re asking for. REFLECT and push forward with renewed or redirected energy. The Law of Attraction always does as you command.

Christen Rachow,
An Aspect of The Triad
Alchemist

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Vol. 10 Issue 3 • WOMEN2WOMEN MICHIGAN



Even if you are not looking at things the wrong way, simply looking at things a different way can bring new possibilities to your attention.

~David A. Hunter, How To Find Your Passion

HOMELESS BUT HOPEFUL

ONE WOMAN'S JOURNEY OUT OF HOMELESSNESS



Winter of 2019 was brutal. Records were being broken across the Midwest as temperatures dove to more than 30 degrees below zero with wind chills approaching minus 60. While it may have been frustrating for those of us who watched the wind blow from the comfort of our warm living rooms, the homeless don't always have the option to go indoors.

It's nearly impossible to get an accurate idea of just how many people are homeless in Flint. They are transient, and Flint has an unusually large number of abandoned homes, which makes counting problematic. Often people think that the homeless are all mentally handicapped, addicts, or lazy. For many, this couldn't be further from the truth.

"We find an alarming number of families, single moms, students, people who were laid off, people who were sick and lost their homes, or were unable to keep up with utility bills, professional people who have lost jobs— people from all walks of life come to the Warming Center for shelter," says Vicky L. Schultz, CEO for Catholic Charities.

Heather Bennett is a 42-year-old mother of three. She admits she has had a hard life and is a lifelong victim of domestic violence. Despite everything, she has worked hard her whole life and always maintained employment. Ten years ago, she managed to break the circle of abuse. She had a good job, a house and things were really looking up. Then her oldest son got sick and she decided to move back to Flint to be closer to him. "That's when things began to fall apart" she says. She moved back during the recession, so work in Flint was harder to find than normal.

For a time, she lived with her boyfriend, when that didn't work out, she stayed briefly with her daughter. While she was there she encountered her ex-husband, which left her with two black eyes, a shattered cheek bone and bruised ribs. She clearly could not stay there. For the next 6 months she bounced from place to place until finally she was at the end of the line.

Then someone told her about Catholic Charities. "I'm not street savvy, I had no money, and didn't know what to do. I was scared I would be homeless the rest of my life," she said. At Catholic Charities, Heather was able to take advantage of the Community Closet, Personal Needs Room, soup kitchen and shower/laundry facilities. She was able to get her Section 8 and is now living in an apartment rebuilding her life. "My mother and father have never been there for me, but the people at Catholic Charities, *STRANGERS* were there with open arms." said Heather.

She smiles as she thinks about all that has unfolded in the last year, "The irony is that before all of this happened I wanted to volunteer in a shelter and now I've lived in one. I recently learned how to crochet, so this summer I want to make some blankets to donate so I can give back."

"The Warming Center really is a community effort," say Schultz, "We receive in-kind gifts and support from school groups, businesses, numerous church groups, teachers, nurses, dentists, hair dressers, musical performers and veterans — people from all walks of life who just want to help. We couldn't do what we do without everyone's caring heart."

Located in the lower level of the Center for Hope, the Warming Center is open 24 hours a day between December 1st and April 1st. For more information about how you can donate or get involved, please call 810.232.9950 or email givehope@ccsgc.org. You can also visit www.CatholicCharitiesFlint.org to learn more about the services Catholic Charities provides.

Sue Alderson-R.N.

Sue the business woman...Sue started her career as an R.N. graduating from Ainsworth High School and Mott Community College. She is proud of her roots and of the Flint community that she has been a part of. She has been a nurse for thirty-six years. She worked at St. Joseph Hospital in ICU for fifteen years. She was working too many nights, weekends, and holidays and decided to make the shift and quit her job. Leaving the security behind her, Sue transitioned into Home Health Care and eventually wound care. Sue had an entrepreneur spirit from the beginning. One day she was reading an ad in a news bulletin for nurses to learn Botox. Botox was brand new at the time. She flew to Florida to take a class, and then practiced on her husband so as to not waste the product. Always intrigued by the newest technology, she has been a life-long learner. Shifting into the business owner/operator was a natural for this dynamic, un-stoppable, woman.

Sue was a risk-taker, ready and willing to try new things to advance her business. She invested in the newest technologies and latest treatments for the business. The Fountain of Youth even owns a state-of-the-art Tattoo Removal Machine! She laughs, "I owed too many people to quit! I had to keep going!" The Fountain of Youth has been in business for fifteen years now. Sue is an involved, passionate business owner and leader, working in her business alongside her highly-trained staff, which includes three registered nurses. She attributes her success to a variety of factors: prominent location, good reputation, and reasonable pricing. "Every woman deserves to feel her best," says Sue. "We have something for every age and budget. We offer skin care and peels that give you a healthier, refreshed, look. Looking your best enhances your self-esteem. There is a misconception sometimes that treatments are for the rich only. Many working, professional woman tend to invest in themselves and their looks."



Fountain of Youth offers a wide variety of services, including laser hair removal, body sculpting, tattoo removal, Kybella, injectables, exfoliating, waxing, spider vein removal, and skin tightening. Contact Fountain of Youth at <https://fountainofyouth-mi.com/> 810-632-6123





After eleven years, Michelle Shook has returned to Birch Run Premium Outlets as the General Manager. This position is a homecoming for Shook, as she previously held marketing and interim general manager roles at the shopping center from 2001-2008. She loved her job at the Mid-Michigan outlet mall, so when the opportunity for her to come back as the GM presented itself, she didn't hesitate. Given her extensive background in marketing and retail, as well as her strong leadership skills, this new role as GM will offer her the ability to elevate her level of learning and knowledge. She will oversee the marketing, security and operations for the center, while further driving its success. She is extremely excited to be back at the helm of Michigan's premier shopping destination. Shook recognizes the importance of community. Previously, she was a lifestyle influencer in the Birch Run and surrounding areas, so rekindling those key relationships has been incredible for her and can only help the center's image in the community. She looks forward to being an advocate by being involved wherever it makes sense.

Simon Property Group, a global leader in premier shopping, dining, entertainment and mixed-use destinations has recently announced some exciting new additions to Birch Run Premium Outlets. World-renowned brand kate spade new york, known for unique handbags, clothing and accessories opened in April, and Rewind, a local, retro-focused shop opened its first brick-and-mortar location last month. There are other exciting developments coming, as well, but can't be disclosed just yet.

To see a full calendar of events, visit premiumoutlets.com/outlet/birch-run. This summer, be sure to visit for The Ultimate Tent Event and Food Truck Weekends. In November, the center will host its 23rd annual Deal Hunter's Weekend (formerly Deer Widow's Weekend), which will include a Friday night Welcome Party and other fun happenings. It's a great time for the girls to grab their friends while the men head to the woods to hunt, while they do some hunting of their



own – for bargains! Michelle says she is thrilled to be back at the center she is so passionate about and is committed to ensuring Birch Run Premium Outlets keeps its positive presence in the community.

A SWEET SUPERFRUIT FOR SUMMER MEALS

(Family Features) From backyard barbecues and family picnics to a bright addition to seasonal recipes, sweet cherries not only provide a boost of flavor but also pack a punch when it comes to nutrition, helping keep you and your family healthy during busy summer months.

Cherries can help reduce inflammation and lower blood pressure as well as relieve stress and gout, and can improve sleep quality.

The perfect time to take advantage of the goodness of Northwest-grown sweet cherries is through August. Eat fresh cherries straight out of hand as a snack, bake them into a pie or pair with ice cream for a sweet summertime treat.

The rich fruitiness of sweet cherries helps blunt the sharp edge of dried fruit in a quick and easy Cherry Sauce recipe. Low in sugar and versatile, this sauce can be used as a base ingredient for cocktails, a glaze for meats, a spread for sandwiches, a topping for yogurt and more. Add some ginger or orange peel to complement your menu and you may have a new, nutritious summer favorite. Or, for a sweet, simple snack, use cherries to make an appetizer like Cherry Bruschetta.

Find more recipes and ways to use cherries at nwcherries.com.

CHERRY SAUCE

Servings: 16

- ¾ cup water
- ¾ cup maple syrup
- 4 cups fresh Northwest-grown sweet cherries
- 4 cups dried cranberries
- 4 peels (2 inches each) fresh ginger (optional)
- 3 tablespoons citrus zest (optional)
- black pepper (optional)
- fresh herbs (optional)
- raspberries (optional)

In medium saucepot, add water, syrup and sweet cherries. Bring to simmer, stirring occasionally and more frequently as sauce begins to form.

Add cranberries; continue stirring. Once reduced, remove from heat and add fresh ginger, citrus zest, black pepper, fresh herbs and raspberries, if desired.

Cool 30 minutes-1 hour before transferring to wider, shallow pan for speed cooling.

Once cooled, store refrigerated in airtight container up to 2 weeks.



CHERRY BRUSCHETTA

Servings: 6

- 18 slices (1/2-inch thick) small baguette-style bread
- 1 tablespoon olive oil, divided
- 1½ cups pitted Northwest fresh sweet cherries, coarsely chopped
- ¼ cup chopped cilantro
- ¼ cup diced yellow sweet pepper
- 2 tablespoons finely chopped green onions
- 2 tablespoons lime juice
- 1 teaspoon grated lime peel
- ½ teaspoon garlic salt
- ¼ teaspoon ground black pepper
- 2 ounces fresh mozzarella cheese
- 1 tablespoon thinly sliced fresh basil

Heat oven to 350 F.

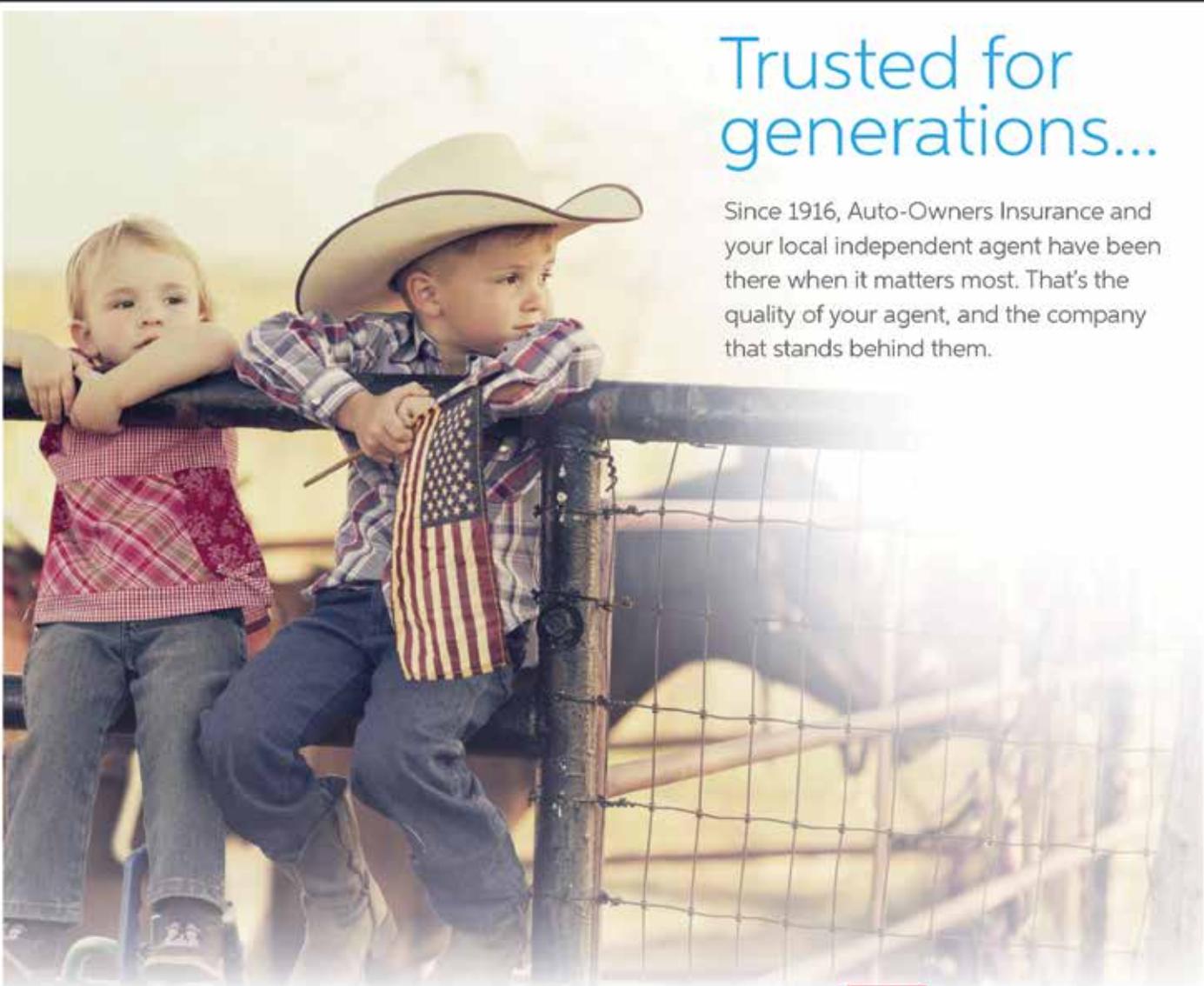
Arrange baguette slices on cookie sheet and toast one side 5 minutes. Turn slices, brush with 1/2 tablespoon olive oil and bake 5 minutes.

Combine cherries, cilantro, sweet pepper, green onions, lime juice, lime peel, garlic salt, pepper and remaining olive oil; mix well.

Top each baguette with thin slice cheese, 1 tablespoon cherry mixture and sprinkle of basil. Serve warm or cold.

Photo courtesy of Getty Images (Cherry Sauce)

Photo courtesy of Northwest Cherry Growers (Cherry Bruschetta)



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