



Neighbor to Neighbor

A center for women

We're a center for women and women with children in downtown Concordia, Kan. Our services and programs are all offered without charge to the women taking part, thanks to continuing support from the Sisters of St. Joseph of Concordia, our growing cadre of volunteers and generous donations from people who care about making our community a better place, today and into the future.

FALL/WINTER 2013



On an October morning, Ruby Jeneveux (foreground) creates a tutu for her daughter's Halloween costume while another tableful of women tackle a variety of crafts projects.

Creating life lessons

There's more than just arts and crafts happening here.

There's the chance for women to express themselves. To become friends with (and offer support to) other women. To laugh, and learn, and share parenting challenges. To receive praise for a job well done and tips on doing it even better. To teach and to be taught.

And once a year, there's a chance to show off your handiwork and maybe even earn a few dollars.

The projects began almost as soon as Neighbor to Neighbor opened its doors in downtown Concordia.

Sister Ramona Medina is the main teacher for all things artistic, but an array of volunteers has also stepped up to teach knitting,

quilting, sewing, jewelry making, crocheting and any number of other skills.

"Sometimes a woman doesn't feel she's very creative or that she can make something beautiful," Sister Ramona said. "But this allows her to discover how talented she truly is."

On a recent dreary October morning, some of the center's guests were brightening the day with their talent — creating jewelry and knit scarves that will be included in the Christmas Boutique, embroidering a teddy-bear quilt for a new great-grandchild and finishing up the tutu on a Halloween costume.

"I just learned to do this," one woman said with a laugh as she showed off her newest project. "I had no idea I was creative at all!"



You're invited to our Boutique & Bake Sale

Neighbor to Neighbor's third annual Christmas Boutique and Bake Sale will be from 9 a.m. to 2 p.m. Saturday, Nov. 23.

The center at 103 E. Sixth St. will be filled with handmade arts and crafts items created by the women who come to Neighbor to Neighbor or donated by the center's volunteers and supporters.

A wide array of homemade baked goodies — from bread and rolls to candies and cookies — will also be available for sale.

The artists and craftswomen keep the proceeds from the items they sell, and all other donations support Neighbor to Neighbor.

Keep track of our people and projects at www.csjkansas.org/neighbor-to-neighbor



How You Can Help

Be a good neighbor

Special Needs:

Winter weather keeps all the kids indoors, which means we need lots of supplies to keep them busy:

- "Dress-up" clothes & old costumes for ages 2-5
- Play-Doh (or similar)
- Finger paints
- Bubbles (small bottles) — all the kids love these!

Indoor play can be messy, so we always appreciate donations of paper products and cleaning supplies!

Santa's coming!

The Neighbor to Neighbor Christmas party for children 5 and younger will be Thursday, Dec. 19, at 1 p.m.

Every child will have his or her picture taken with Santa, and there will be treats for all the kids plus refreshments for the adults.

You must let us know your child's name and age by Tuesday, Dec. 2. Call or email us at the contact info below.

Neighbor to Neighbor

103 E. Sixth St.
Concordia KS 66901

785/262-4215

neighbortoneighbor@
csjkansas.org

Hours

9 am-4 pm M,T,W & F
1 pm-6 pm Th

Center Staff

Sister Jean Befort
Sister Ramona Medina
Sister Pat McLennon



Gloria Bergstrom, left, and Sister Jean Befort follow a "senior stretching" DVD as part of an exercise routine three days a week. BELOW, Gloria is regaining muscle control and coordination after a head injury and stroke several years ago.

Recovery — through exercise, engagement, art (and Scrabble)

Three days a week, Gloria Bergstrom and her aide, Becky Key, spend about 20 minutes following



along to an exercise DVD in what was originally the small downstairs playroom at Neighbor to Neighbor.

But physical recovery from a head injury and stroke several years ago is only part of the explanation for Gloria's devotion to the center.

Although her speech remains

severely affected, she has no trouble answering when asked if physical exercise is her only reason for coming here:

"NO!"

Is it about the sisters and the other women you get to meet? And the art classes you also take?

"YES!"

And when Sister Jean notes that exercise sessions and art often end just in time for Scrabble to begin, Gloria breaks out in a grin.

There are other women with medical issues who often join Bergstrom for exercise — one has Parkinson's disease, another also suffered a stroke...

Like all of the programs at Neighbor to Neighbor, the exercise class is offered free.

Marci Rogers, head of the rehabilitation department at Cloud County Health Center, encouraged Bergstrom to come here.

"She thought this would help Gloria," Key said. "And it has — in more ways than she could have ever known!"

SPOTLIGHT ON OUR VOLUNTEERS

Theresa Peltier



As she raised her seven children, Theresa Peltier never really thought about baking as a special skill — but don't tell that to the women who crowd the kitchen for her weekly lessons at Neighbor to Neighbor.

Even before the center opened 3½ years ago, Sister Jean Befort asked Theresa if she'd be interested in showing other women how to bake bread. And the loaves and dinner rolls and cinnamon rolls — that last one being the most popular, of course — have been coming out of the oven ever since. The informal Thursday afternoon classes usually draw from three to nine "student bakers."

Her volunteer baking skills have also earned her the title of "Bread Lady for the Altar Society" at Concordia's Catholic church, Theresa notes with a laugh.

She also laughs when she points out that even the teacher can learn new baking secrets.

She'd always wanted to make Danishes, but had never tried them — until she invited Sister Anne Martin Reinert to come to Neighbor to Neighbor one Thursday as a "guest baker."

"She taught us all how to make Danishes," Theresa says. "Oh, and they were so good!"

Know someone who would enjoy this newsletter? Send their email address to sjenkins@csjkansas.org