

Sharing HOPE

HOPE NETWORK FOR SINGLE MOTHERS

SEPTEMBER 2021 SPECIAL EDITION

\$25,000 Awarded to 10 Single Mother Scholars

Strong Futures Start Here

With more than 125 scholarships awarded since 1988, HOPE Network is proud of our role in families' futures. With help from HOPE Network, women are inspiring their children, completing degrees, and building family-supporting careers.

WHAT MAKES US UNIQUE?

For many mothers, childcare is an additional hurdle to jump in achieving their educational goals. HOPE Network's scholarships can be used for tuition, or for childcare, while the mother attends school. This flexibility creates equity for mothers struggling to finish their education.

“Being a working mother and a working single parent instills in you a sense of determination.”

– Felicity Jones

EDMUND SPRINGMAN EDUCATIONAL GRANT

Edmund Springman was one of our earliest volunteers—and the first active HOPE Network volunteer to pass away. Founder Gail Sweet recalls, “Ed was an angel with a broom at our Network potluck suppers. He was always quick to work on clean-up, when most volunteers were tired of working.” Ed's legacy of hard work and service aligns with the dedication and tenacity of the single mothers who receive the grant honoring him.

THE LEGACY OF SHARON MAYS

HOPE Network received a special grant from The Legacy of Sharon Mays. Sharon had a passion and desire to work with teenage mothers and their children, and in 1999 she founded and became the CEO of Intercession, Inc., a group home created especially for teen moms and their babies to provide them a safe and loving environment to raise their children. May Sharon's legacy live on through this scholarship.

RACHEL HOLLEY SCIORTINO EDUCATIONAL GRANT

In 2018, HOPE Network's board created the Rachel Holley Sciortino Educational Grant with memorials received following the tragic death of our beloved executive director, Rachel Sciortino. In her short time with HOPE Network, she brought to us her zest for life, wonderful new ideas, and community connections. Thanks to the generosity of Rachel's family, HOPE Network will be able to honor her memory with this scholarship for years to come.

SCHOLARSHIP COMMITTEE

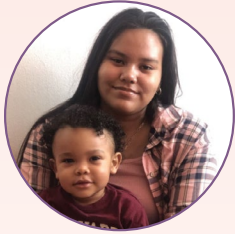
HOPE Network's scholarship committee comprises a mix of educational experts, advocates, and previous winners: Jessica Janz-McKnight, Committee Chair; Porsha Brown, Babette Honore' and Karen Hammersmith.



HOPE Network for Single Mothers

2021 Scholarship Award Winners

The recipients for the 2021-2022 school year represent diverse circumstances, institutions, and areas of study. Their stories will be featured in future issues of *Sharing Hope*.



Margie Albizures
MARQUETTE UNIVERSITY
Political Science/Law Studies



Moranda Medina-Lopez
BRYANT & STRATTON
Nursing



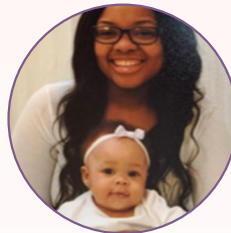
Nigeria Beckom-Smith
MILWAUKEE AREA
TECHNICAL COLLEGE
Surgical Tech



Jayden Rajnicek
MOUNT MARY UNIVERSITY
Dietetics



Keitha Bradley
UPPER IOWA UNIVERSITY
Human Services



Simone Tatum
MOUNT MARY UNIVERSITY
Biology/Anesthesiology



Jessica Derosier
UNIVERSITY OF
WISCONSIN-MILWAUKEE
Geology



Tierra Thomas
UNIVERSITY OF
WISCONSIN-MILWAUKEE
Criminal Justice



Anne Kowal
UNIVERSITY OF
WISCONSIN-MILWAUKEE
Nursing



Ashley Tutkowski
UNIVERSITY OF
WISCONSIN-MILWAUKEE
Psychology



For More Information ...

To learn more about HOPE Scholarship opportunities for single mothers, go to our website at hopenetworkinc.org.

Tips for Single Parents

How to Make Life Easier

Being a single parent may be one of the most challenging experiences in today's world. When there are two parents in the household, the efforts in raising a child can be divided equally. But when all parental responsibilities are left to one person, the job of parenting becomes much harder. This is why single parents can be described as some of the strongest and most resilient people you'll ever meet. Despite the challenges attached to single parenting, one can still make the most of their situation and even get to enjoy raising a child on their own. The following tips are for single parents who want to make their lives easier and actively explore ways to create a more wholesome household:



#1 KEEP YOUR WELL-BEING IN CHECK

Taking care of yourself is one of the most important aspects of life. No matter who you are or who depends on you, it would enable you to become the best version of yourself.

If you're a single parent, practicing self-care may also assist you to be a better parent to your child. Although you should attend to the needs of your child, you have to prioritize your happiness as well. This way, you can overcome the hurdles of single parenting and stay strong every day.

An example of how you can go about focusing on your emotional health is by engaging in the world of dating. Putting yourself out there may allow you to find someone who'll support you through thick and thin. You can visit this website and others like it if you need help with your journey toward rediscovering romantic love.

Self-care also includes activities such as exercising, eating well, spending time with family and friends, and engaging in a sport or hobby.

#2 ALWAYS SHOW YOUR CHILD THAT THEY ARE LOVED

Actions speak louder than words, and when you're a single parent, you may have to work extra hard in showing your child that they are loved. In a single-parent home, love isn't translated through two people, but rather through one. In everything your child does, it's important that you continually ensure that they're aware of the unconditional love and support you have for them.

Love comes in different forms, whether it's attending your child's soccer matches at school, or baking them their favorite pastry at home. Children with a single parent may sometimes see other families with two parents and envy them. However, if your child feels appreciated and cared for every day, they'll come to understand that the amount of love they're getting from you is the same as what other children are receiving from their parents.

#3 DO NOT BE AFRAID TO ASK FOR HELP

When you have children, you may not know what to do in some situations. This is perfectly normal, and it also happens in families with two parents. All single parents will need help at some point, and this doesn't mean that you've failed as a parent—it just means you're human and there's no way for you to figure everything out on your own.

You could get help by seeking advice from family members or joining a support group for single parents. Doing so may open your eyes to new discoveries and different perspectives. You might also be introduced to some excellent parenting practices that would make life more worthwhile for you and your child.

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Keep your well-being in check.

Always show your child that they are loved.

Do not be afraid to ask for help.

Have boundaries and limits.

Be open-minded.

One can be just as good as two.

“

There will be so many times you feel like you failed. But in the eyes, ears and mind of your child, you are a SUPER MOM.

—Stephanie Precourt

#4 HAVE BOUNDARIES AND LIMITS

Having some expectations and house rules isn't a bad thing. It's recommended because instilling discipline in your home will allow you to create a strong relationship with your child. Although your child may not end up liking the boundaries and limitations you'll set, it's important to focus on the positive effects that may arise in the future because you've implemented certain rules. Some examples of limits you may set for your child include their bedtime, as well as the amount of time they can spend using gadgets. Life will be so much easier for you if you start enforcing discipline early because your child will have more time to get used to the rules and practice them. In the long run, the boundaries they adhere to will be second nature to them.

#5 BE OPEN-MINDED





Men and women tend to project different energies onto their children. These energies are meant to nurture them and teach them about life and what it has to offer. Single parents have to be more open-minded because the masculine and feminine energy has to come from one source. Open-mindedness does not entail providing anything and everything that your child desires but constantly educating yourself on parenting. Don't try to predict how a woman or a man would go about doing certain tasks. It may be more worthwhile to reflect on each situation and allow yourself to be wrong about things every now and then.

#6 ONE CAN BE JUST AS GOOD AS TWO

The journey of single parenting may be difficult, but it can also be one of the most fulfilling experiences out there. Children are gifts, so it's understandable if you want to be a great parent all the time. However, it's important to acknowledge that in order to be the best parent for your child, you have to not only love and cherish them but also accept your weaknesses, learn from your mistakes, and allow others to help you if needed. Doing those would help you avoid getting stressed over trivial matters and feeling pressured when it comes to parental duties.

Quarles & Brady is proud to support the **HOPE Network** and their mission to help mothers gain a sense of community, enhance their parenting skills, and develop self-reliance. We admire their service and dedication to the Milwaukee, Ozaukee, Racine, Washington and Waukesha communities.

Quarles & Brady LLP

    quarles.com



a time of hope
ONLINE SILENT AUCTION

BIDDING OPENS SEPTEMBER 19

Sunday, September 19 at 12:01 am

BIDDING CLOSSES SEPTEMBER 24

Friday, September 24 at 10:00 pm

A Time of HOPE Auction Remains Virtual in 2021

Register now at: HopeNetwork2021.GiveSmart.com

Don't miss this highly anticipated annual auction—from the comfort of your home!

You'll find items for children and pets, guys and gals, families and yourself. Whether you're a foodie, a wine lover, a traveler, or a kid at heart, you'll find great items at great prices, including the opportunity to bid on tickets to a regular season NBA Champion Milwaukee Bucks Game! Best of all, every dollar raised in the A Time of HOPE auction helps support single mothers and their children.

Register now to preview items as soon as they are available.



REGISTER ONLINE AT
HopeNetwork2021.GiveSmart.com

OR

MAIL-IN FORM BELOW
BY September 18

Mail-In Registration Form

Please register me for *A Time of HOPE* Online Silent Auction.
I understand that I will receive a text and/or email notification confirming that I have been registered.

I cannot participate in the Auction this year.
Please use the enclosed donation of \$_____ to support HOPE Network's programs
 Check enclosed Charge my credit card

THE FIELDS BELOW ARE REQUIRED TO PARTICIPATE IN THE ONLINE SILENT AUCTION.

Name _____ Cell Phone _____

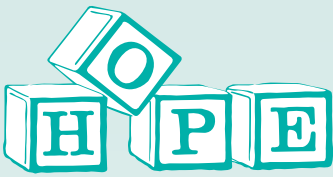
Address, City, Zip _____

Email _____

Credit Card Number _____ Expiration _____ CVC _____ Billing Zip Code _____

Name (as it appears on card): _____

Mail this form to: HOPE Network, PO Box 531, Menomonee Falls, WI 53052-0531 or register online at HopeNetwork2021.GiveSmart.com



HOPE Network for Single Mothers

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Back to School Safety Tips

It's that time of year again when parents and children across the country are preparing to go back to school. Please review the following tips that can help keep us all safe and sound:

SCHOOL ZONE DRIVING SAFETY TIPS

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.
- Never pass other vehicles while driving in a school zone.
- Never change lanes while driving in a school zone.
- Never make U-Turns while driving in a school zone.
- Never text while driving in a school zone.
- Avoid using a cell phone, unless it is completely hands-free, while driving in a school zone.
- Unless licensed to do so, never use handicap or emergency vehicle lanes or spaces to drop off or pick up children at school.

