



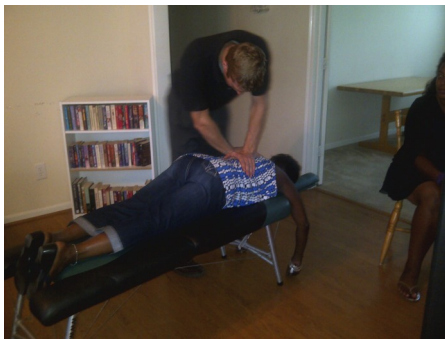
Wellsprings Village, Inc.



A Publication of Wellsprings Village, Inc.

Third Quarter 2012

Village Residents Grow in Mind, Body and Spirit



Wellsprings programs not only focus on education and employment they are also designed to address the needs of the women as it relates to the health of the entire body, mind, and spirit. During 2012, Wellsprings kicked off a Health & Wellness Series that would engage the women to understand their mind and body connection. Dr. Brian Horn, volunteer medical chiropractor, educates the women on how their bodies work and how some of the signs of dysfunction can manifest itself in the body. Many domestic violence survivors benefit from this assistance because of the injuries that they have sustained during periods of physical abuse. Dr. Horn explains these concepts to the women so that they can identify the areas of their body that need adjustments" in order to eliminate pain and discomfort.



Charles Brooks, a volunteer physical trainer, helped launch an exercise class designed to get the women moving for 30 minutes. The women learned exercises to strengthen their core and tone their upper arms. They used various size weights and balls to get the job done. Many residents exercise by walking around the campus, others ride bicycles donated by supporters that our Financial Administrator Desmond Startin, repaired utilizing donated supplies and services.





The Resident Coordinator, Cheryl Pratts, offers the clients some assistance with meal preparation. Each house has a rotating cooking schedule and there are often residents that may need help with basic cooking techniques or ideas for meals. The women also participate in nutrition classes weekly that focus on making healthy food choices and understanding food labels.

The Women's Resource Exchange provides a professional volunteer banker to teach financial education classes to the women every week on the campus. These classes provide basic information on practical financial applications that will help the women to be more responsible for their finances.



Letters from graduates

Just wanted to thank you for being such a nice advocate. You have motivated me to do better and made me realize my potential. You will never know how much you have changed people's lives until they tell you... so I am telling you!

I'm so grateful.

To: Mrs. Taylor
From: Ms. Bayant

Thank you!

Mrs. Saylor
You are truly "good" at what you do. And I know you are a true Christian. I know I will be seeing you at church. And would like to also ask for some help with getting financial help for my daughter.
You have truly brought me back to Christ and I am growing day-by-day in getting stronger in my faith. I have a long way to go but I will keep going with the Lord's help. Thank You for everything!
See You at church,
Sharon R. Perkins
Thank You,
Sharon R. Perkins

Ms. Taylor,
Where do I begin. Had it not been for the grace of a Good God I could not be in this moment. I left a situation which was trying, to say the least, yet God kept me. I wanted to take a moment to tell you thank you for all that you have done and all that you do. When we first met I can honestly say you were my least favorite staff member. Tragedy and hardship are constant companions of self pity. You never expected more of me than I expected of myself but you held me accountable, never accepting excuses. The things I least liked about you, I now admire in you. Thank you for always treating me with the utmost respect in spite of my temperament at the time. As I slowly get things together I thank you and everyone who works here at Wellsprings for I have come up on the rough side of the mountain. At times I lose my way but I will make it. God is faithful and good. He does not bless me because of me but in spite of me.

Ms. Taylor,
Where do I begin. Had it not been for the grace of a Good God I could not be in this moment. I left a situation which was trying, to say the least, yet God kept me. I wanted to take a moment to tell you thank you for all that you have done and all that you do. When we first met I can honestly say you were my least favorite staff member. Tragedy and hardship are constant companions of self pity. You never expected more of me than I expected of myself but you held me accountable, never accepting excuses. The things I least liked about you, I now admire in you. Thank you for always treating me with the utmost respect in spite of my temperament at the time. As I slowly get things together I thank you and everyone who works here at Wellsprings for I have come up on the rough side of the mountain. At times I lose my way but I will make it. God is faithful and good. He does not bless me because of me but in spite of me.

Have a good day and may you continue to be blessed so that you will be a blessing.
Lesley A.

12/21/09
DEAR MRS ANN TAYLOR,
YOUR FORMER CLIENT AT WELLSPRINGS. WANT TO USE THIS OPPORTUNITY TO THANK YOU FOR ALL YOUR PUSHING, ENCOURAGEMENT AND SUPPORT IN HELPING MOTIVATE ME IN FINDING A JOB AND A PLACE OF MY OWN, THAT I CAN CALL HOME.
THANK YOU FOR EVERYTHING. MAY THE LORD CONTINUE TO BLESS YOU IN A MIGHTY WAY IN JESUS NAME AMEN.
LINDA NGEZI IKKIDEM.
12/21/09.
FORMER CLIENT.

Wellsprings Village, Inc.
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Donations from June 2012 to August 2012

IN MEMORY OF

Ann Mikus in memory of Sharon Moore

Audrey Slate in memory of Don Gaspari

Mrs. W. M. Wheless in memory of Kitty Livesay

IN HONOR OF

Rosemary Bach in honor of Sr. Justin

Bette Breaz in honor of Melinda Breaz

Joe and Catherine Giardina in honor of Sherrie Burns

Marley Green in honor of Joyce Green

Dianne Kempf in honor of San Salvador

Norman and Carolyn Newberry in honor of Marge Cooney

Patrice Ward in honor of Josie Milam

AT&T United Way Giving Campaign

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Most Reverend Joseph Fiorenza,,DD

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Elsie Ryan

Scanlon Foundation

Simmons Foundation

Sisters of Charity of the Incarnate Word

Larry and Alesia Staha

Keith and Ruth Thayer

Margaret Thomas

United Way of Eastern Michigan

Mary Wohlwend

Kenneth and Donna Yanowski



Wellsprings Village is a place of possibilities for women to receive the help that they so desperately need. We are most grateful for our supporters who continue to give us the *opportunity* to provide *the possibilities* for the women who come through our doors. We look forward to September 26, 2012, the United Way Day of Caring when volunteers from Exxon Mobil will add some sparkle and shine to the resident houses at the Village. We will be sure to keep you posted on their project in our next newsletter. Please take a moment to visit our newly designed website: www.wellspringsvillageinc.org. We hope that you will be able to attend our upcoming fundraisers so that we can continue to make dreams possible for homeless women in our community.

*Have you sent in your change for change yet?
Keep a jar on your desk at work and tell everyone about Wellsprings.*



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www.wellspringsvillageinc.org
[Facebook.com/wellspringsvillage](https://www.facebook.com/wellspringsvillage)



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Return Service Requested

Wellsprings Village 5th Annual Golf Tournament

*Tuesday, October 9, 2012
Quail Valley Golf Course*

Registration form inside



Wellsprings Guild Annual Gala

"Jeans and Jewels"

*Friday, November 9, 2012
Westin Houston Hotel
Memorial City*

