



H.O.W. Motto

One woman giving \$10.00 can buy another woman lunch.

Ten women giving \$10.00 can buy another woman's groceries.

One hundred women giving \$100 can make a real difference in another woman's life

Southern California Chapter

April 2010

Helping One Woman (H.O.W.) was founded by two women in Fresno, CA in April of 2008. They wanted to get together once a month to have dinner at a local restaurant and catch up with what was going on in each others' lives.

They also had an idea of how they could make a difference in another woman's life and help their community at the same time.

Each month, every chapter selects a local restaurant for their "girls' night out" where women can get together to socialize with women whom they know and meet women whom they don't know. Meeting the women whom they don't know creates opportunities to develop new friendships, contacts and support. But something very special happens during this dinner as well.

During the dinner every woman puts a \$10.00 gift into a clear glass bowl; towards the end of the dinner, at least two of the women attending count the money in the bowl and then present it to a nominated recipient.

Recipients are women or a member of a woman's family who are going through a time of irreplaceable loss. They are randomly selected from nominations by the attendees that have been placed in a basket.

The evening concludes by presenting a monetary gift to one woman. The gift is unconditional and the recipient can use her gift however she chooses.

But the monetary gift is only a small part. The "priceless" gift is the emotional and physical support of seeing women who have never even met the recipient being there...for them. Some of these recipients have gone on to start their own H.O.W. Chapters, others become a support to another woman going through what she has gone through and there are women who have rallied groups to walk, run and help fight for other women's well being.

That moment when that gift is given changes every woman in attendance. Perspectives change, attitudes change, and communities become stronger. If you help just one woman you have also helped one family and you have helped one community.

In today's world, time and money are precious commodities and H.O.W. gives women a way to maximize both.

H.O. W. ~ Helping One Woman ~ Southern California Chapter

Invites you to join us for dinner

In Honor of Our Recipient

Carolyn Reggio

Sponsored by loving friend
Karie Frederick

On Tuesday, April 20, 2010

At 6:30PM

Honolulu Harry's
12206 Central Avenue
Chino, CA 91710

To make individual or group reservations
Call 909-590-0604

Tell them it is for the HOW dinner

Honolulu Harry's provides a wide
menu at an affordable price

**PLEASE FORWARD THIS
INVITATION TO THE MANY
WOMEN YOU KNOW WHO WOULD
LIKE TO
HELP ONE WOMAN!**

**Please check out the new and
improved website:
www.helpingonewoman.com**



In Honor of Recipient *Carolyn Reggio*

SPONSOR'S NAME: Karie Frederick

Who is Carolyn ?

Carolyn has two full time jobs. She is wife to her husband Rob, and mother of three teenage children, Anthony, Natalie, and Jacquelyn. She is the Executive Director of CAPC Inc, a non-profit that assists individuals with developmental disabilities to live and work independently.

Carolyn received a phone call on December 7, 2006 from Sonora High School. The school indicated that Natalie had had a seizure. Carolyn rushed to the high school, picked up Natalie and took her to the emergency room. Natalie underwent many tests that day. The following days were spent in several doctor's offices without a diagnosis.

On Christmas Eve, 2006 while most families were home huddled around the Christmas tree in joy; Natalie was taken by ambulance to Children's Hospital of Orange County. There Natalie was diagnosed with Non-Epileptic Seizure Disorder. The hope her family had that there was some pill or procedure that would stop the

seizures was shattered. Since her initial stay at CHOC, Natalie has had over 1500 seizures, many of them occurring without any type of warning. The seizures have caused Natalie to fall to the floor narrowly escaping severe physical injury.

Every day of the past three years has been an uncertain one for Carolyn, her daughter Natalie and her family.

Natalie's days are often filled with several short seizures. A bad day is one in which Natalie's seizures continue for hours. Natalie continues to attend Sonora High School but is never without someone by her side. Carolyn has always chosen and taught her children to choose the path of "Attitude of Gratitude" Whenever she or Natalie begin to feel pity for their situation they bring themselves up by visiting other patients at CHOC to remind them that there are people whose suffering is much greater. Natalie is determined to lead as normal a life as possible and Carolyn, with the assistance of her husband Rob, provide the necessary assistance for Natalie. For Carolyn, her family is most important regardless of the challenges. Each family member relies on her to have the answers and be the stem that holds them all together. When asked how she

through the day she quickly answers, "Only one way, with faith in God who is always there to guide me".

Even with her challenges at home, Carolyn walks into her office tall and proud to be the Executive Director of CAPC. No matter what is going on in her life, she enters the door putting all that aside and deals with every moment with professionalism.

Carolyn makes a difference in her family's life, the lives of her co-workers and the lives of the individuals served by CAPC.

Please ask yourself

H.O.W.

can I help?

**Questions? Contact
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