



Women of Nations Summer Newsletter

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Check out our **NEW** Social Media Pages!

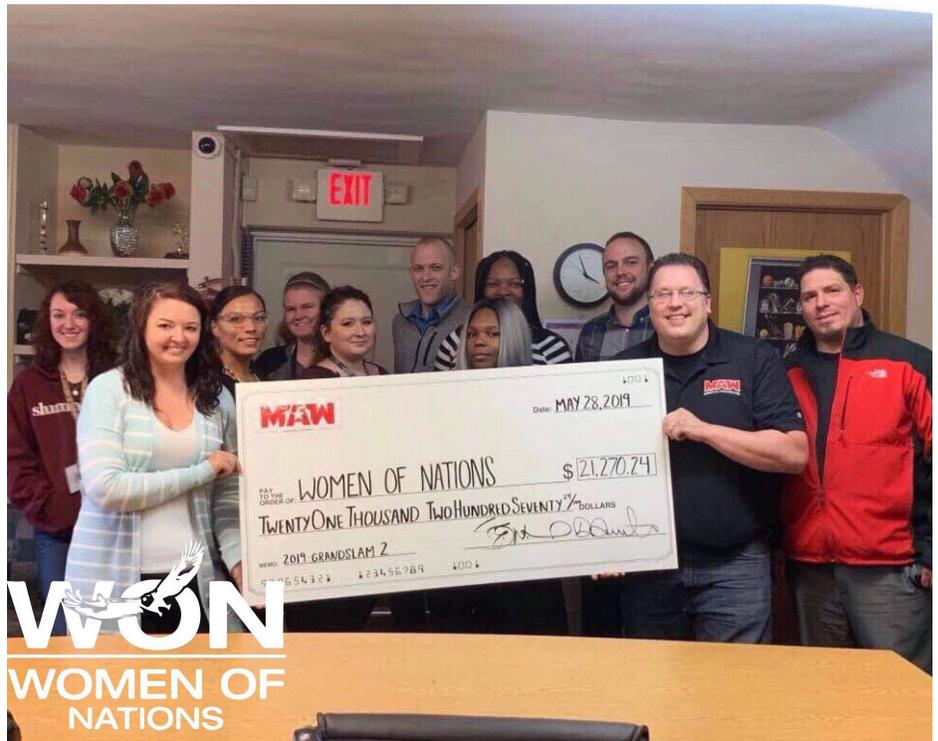
Instagram

[instagram.com/won_eaglesnest](https://www.instagram.com/won_eaglesnest)

Twitter

twitter.com/won_eaglesnest

Midwest All-Star Wrestling and Women of Nations raised over \$21,000 at GrandSlam 2



May 11, 2019 - Women of Nations paired up with Midwest All-Star Wrestling again to hold the second GrandSlam 2 fundraiser at the Henry Sibley High School raising over \$21,000 for the Eagles Nest Shelter!

GrandSlam 2

May 11, 2019

Women of Nations paired up with Midwest All-Star Wrestling again for the second GrandSlam fundraiser! On May 11, 2019 past and present wrestling legends joined fans and current wrestlers at the Henry Sibley High School for an awesome night of wrestling and fun, all for a great cause.



Wrestling legends D'Lo Brown, Ron Simmons, Road Warrior Animal, Paul Ellering, Sheik Adnan Al-Kassey, Baron Von Raschke, Kenny Jay, Ken Anderson, Derrick Dukes, The High Fliers and The Beverly Brothers met with fans, shared memories, and some even participated in the show! The Minnesota Wrestling HOF was also able to induct Road Warrior Animal, Paul Ellering, and

Sheik Adnan Al-Kassey into the Minnesota Wrestling HOF.

Another fun thing that happened was Women of Nations was able to award Desi Derata, a Native American Wrestler from California, the Women of Nations cup for winning the Women's Match against Laynie Luck and Sierra. Minnesota State Representative, Mary Kunesh-Podein, the author of a bill that would create a state task force that would investigate missing and murdered indigenous women presented her with the cup!

We had a great time and raised over \$21,000 for the Eagle's Nest Shelter. We cannot thank everyone who helped make this event successful enough! We are already talking about GrandSlam 3 and hope to keep this tradition going for many years!



New Faces at Women of Nations

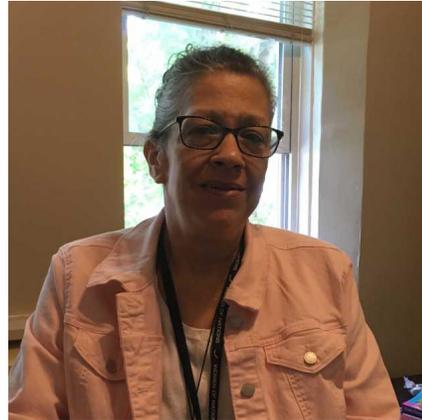
Dr. James Young
Medical Director



Following his grandmother's advice to always communicate in easy to understand, layman's terms, Dr. Young views himself as both a doctor and a customer. His goal is to ensure that customers who are in pain, sick, suffering, or are just plain scared don't have to Google translate his explanation of what is wrong. He is more than happy to take the extra time to explain what's going on as many times as needed to ensure everyone clearly understands. He is at his customer's service.

Leslie Sparks

Licensed Alcohol & Drug Counselor



Leslie has worked in the field of addiction services for the past 30 years with an intentional focus on the development of programs and services to meet the diverse needs of a woman's culture and their families. She embraces a holistic approach in the treatment of addiction and harm reduction concepts. Safety, respect, stability and access to basic needs are fundamental to the process of recovery and an improved quality of life. She views her role as an Alcohol and Drug Counselor as an advocate, resource, educator, listener and supporter of the women she serves.

Ken Ujifusa
Clinical Director



Ken has worked in the mental health field for 30 years, including working with the Native Community in North Minneapolis to most recently at the Shakopee Mdewakanton Sioux Community. During the time Dr. Ujifusa worked with the Shakopee Mdewakanton Sioux Community he was inspired by their passion and commitment toward helping the Native American population in Minnesota. He feels honored to be given the opportunity to develop mental health programming and provide direct mental health services to the residents at Women of Nations program. He believes in working with clients in a integrative, respectful and compassionate manner. His approach to working with clients is to be down to earth and approachable.

Around the Shelter

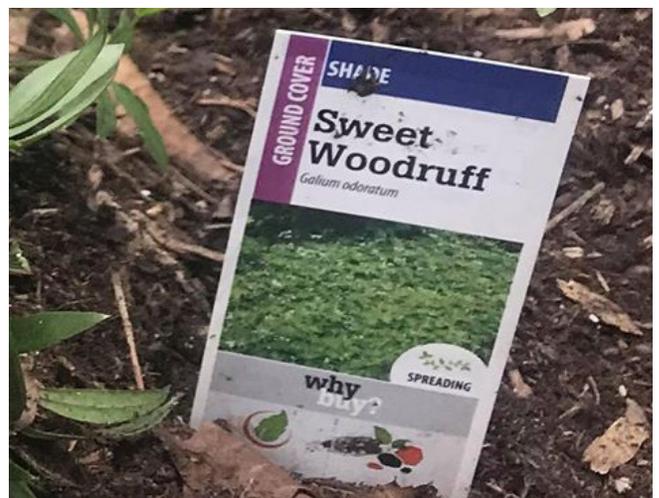
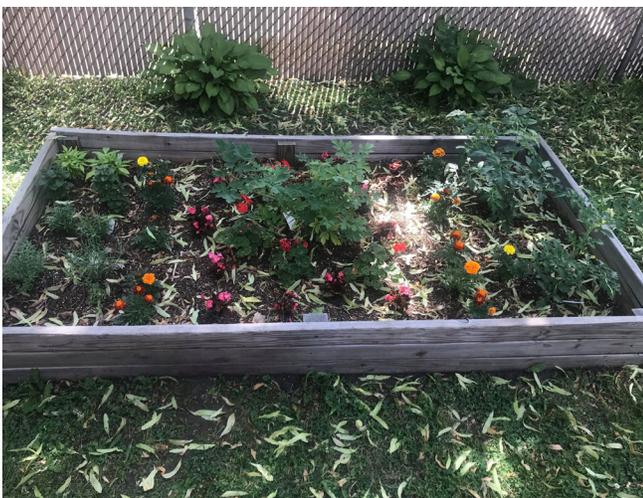
Summer Garden

Our childcare team worked with the children staying at Women of Nations to start a garden! Some of the plans in their garden include tomatoes, rosemary, peppermint, garden sage, bleeding hearts, begonias, marigolds and more.



This project gives the children a wonderful opportunity to experience the entire process from planting seedlings, to the harvesting of produce.

Garden activities teach children about the source of the food they eat, organic gardening practices, and the importance of biodiversity and community. Children learn and practice peace, respect, environmental stewardship, and friendship.



Car Wash Fundraiser

The Deliverance Temple Church of God In Christ in Woodbury organized a fundraiser car wash with proceeds benefiting Women of Nations! They raised over \$600 for the programs and services at The Eagle's Nest Shelter and plan to hold another car wash later this year!



How to Support Women of Nations Year Round

Facebook Fundraiser: You can easily raise awareness and encourage your network to support our cause. No fees are deducted for donations made on facebook

Gift Cards: Gift cards to Target, Walmart, grocery stores and gas stations are useful to help Women of Nations fill immediate needs for our residents and outreach clients year round.

Amazon Smile: Your online shopping can create real impact for Women of Nations. Designate Women of Nations as your charity of choice, and the AmazonSmile foundation will donate 0.5% of the purchase price of eligible products to us.

Upcoming Events

WON 5K Fun Run



When: October 6, 2019

Where: Phalen Park

(1600 Phalen Dr E, Saint Paul, Minnesota 55109)

Check In: 8AM

Fun Run Start: 9AM

The Women of Nations 2019 Fun Run 5K event is for all ages, runners, walkers and dogs!

Join the Women of Nations team as we raise funds that will directly benefit women and children who have suffered trauma from domestic violence, dating violence, sexual violence and human trafficking.

The Fun Run will include a marked course, snacks and bottled water, doggy participant prizes and a 2019 Fun Run t-shirt! We will not be offering course time recording, but participants are welcome to time themselves.

For more information, please visit our facebook page!

Be Healthy. Live Active. End Violence.



www.women-of-nations.org

www.facebook.com/womenofnations1982

Crisis Line: 651-222-5836

Business Line: 651-251-1605