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26th Annual Maryhurst

## Journey of Hope Luncheon

Wednesday, May 18, 2016 | Noon to 1:15 p.m.

The Marriott Downtown, Louisville KY

Keynote Speaker **Donna Brothers**, *NBC Sports on-track reporter, racing analyst, and former jockey*

Maryhurst's "Journey of Hope" luncheon is an annual fundraiser that highlights Maryhurst's work with abused and neglected children, as well as pays tribute to its many generous supporters and the accomplishments of its alumni. You can support Maryhurst and provide hope for our children by attending our annual event, welcoming nearly 700 people. During the event Maryhurst celebrates alumni with the presentation of numerous scholarships, thanks individuals and corporations for their support, and most importantly, shares stories of transformation that take place with our children on a daily basis.



Keynote Speaker Donna Brothers

### Maryhurst 2016 JOH Monarch Awards:

The Monarch Awards were established to honor the 25th anniversary of Maryhurst's Journey of Hope Luncheon. The awards honor individuals, corporations, families and organizations that have significantly impacted Maryhurst children.

### 2016 Honorees:

Mrs. Jane Beshear  
Texas Roadhouse  
Jones, Underhill and  
Boland Families



For information on sponsorships or to purchase tickets, visit [www.maryhurst.org](http://www.maryhurst.org)

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## Letter from the CEO

### Resolutions

Again in 2016, many of the top New Year's resolutions had to do with improving one's health – losing weight, exercising more, decreasing stress, etc. Good health is a precious commodity, and even if we haven't made the best decisions in the past, every day is a new opportunity to start doing better.

The children we care for at Maryhurst have suffered horrific abuse in their past. Besides the obvious impact on mental health, experts recognize that adverse childhood experiences (referred to as ACEs) negatively impact one's physical health as an adult.

Not to be confused with basic childhood disappointments or failures, "adverse childhood experiences" include significant traumatic events such as abuse, domestic violence, and serious family dysfunction.

While a national study found that 67% of the general population has had at least one ACE, 12.6% have had four or more. As the number of ACEs rises, so does the devastating impact on one's health in areas such as ischemic heart disease, lung cancer, hepatitis, depression, substance abuse, and suicidality. One stunning discovery was that a person who experiences six or more ACEs reduces his or her life expectancy by a staggering 20 years.

Without intervention, our children at Maryhurst are at tremendous risk for serious health issues as they grow into adults. In this way, our poor children will continue to pay the price for what others did to them – long after the adverse events themselves.

So what do we do? How do we mitigate the impact of adverse childhood experiences? Clearly, preventing the experiences in the first place is the best solution, but what can we do for our Maryhurst children who have already suffered?

Trauma-informed programming is the key. We have to create an environment in which children feel safe so they can come to terms with their past mistreatment. Without safety, children cannot heal. Many of our children's negative behaviors are simply coping mechanisms they developed in order to survive. Past trauma keeps our youth from processing the world around them in "normal" ways. Trauma-informed care helps our youth take control of their lives and their futures.

Please know how much we appreciate your support in all of this. With your help, we do make a difference.

In our journey of hope,



**Judy A. Lambeth**  
President and CEO  
jalambeth@maryhurst.org



**Vision Statement:**  
*Maryhurst dares to imagine communities free of abuse and filled with hope for every child and family.*

### 2016 Board of Directors

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### Mission Statement

*Believing in the worth of children, strength of families and the power of hope, we are dedicated to the healing of those in crisis through a continuum of innovative and specialized care.*

## Miss Maryhurst

The Miss Maryhurst award is a significant and longstanding part of our school's culture. Several years ago, the Bass family chose to sponsor this award in honor of Gladys Bass, and various family members contribute to a fund that underwrites the monthly recognition.

Girls are nominated for this award based on their peer leadership and role modeling. Once the school staff selects a winner, she and the other nominees are celebrated at a ceremony in front of the entire student body. One of the Bass family's goals was to make the award a true source of pride for the winners and a boost to their self-esteem. As such, each month's winner receives a beautiful dove necklace and a cash award that allows her to do several things: take a Maryhurst staff person and a peer of her choice out for dinner; purchase clothing for herself; have her hair cut and styled or her nails done; and pay for a cottage activity such as a pizza party or outing.

During the ceremony as the young lady receives her dove necklace, she is told the following: "The dove represents the spirit of positive choices and the good you can choose for your life. The dove is a symbol of peace and harmony. It is the responsibility of Miss Maryhurst, by her example, to help the community achieve peace and harmony."

Award winners are invited to write a note of appreciation to the Bass family, and we share two recent notes below:

Dear Bass Family -

I want to thank you for seeing all of my hard work and devotion to Maryhurst. I have lived here since 2012. I have learned a lot, and I have met a lot of great people. I enjoy dancing, singing, and playing sports. It's nice to know that so many people have enjoyed doing these things with me. Thank you for seeing so much good in me. Thank you for everything,  
- Sharon.

Dear Bass Family -

In much appreciation, thank you. I also want to thank you for donating money for me to have. On February 5th, 2016, I received "Miss Maryhurst". Appreciating all your doings, I would like to say thank you again. Thank you Bass Family.  
- Shanda



## Wings of Love

### A life of music and meaning

Maryhurst has been part of Mary Means' life since her late husband Bob served on our advisory board in his 20s. As a rising star in the business world, Bob had a lot to offer the Sisters of the Good Shepherd, and it was through his involvement that Mary "learned what a fine organization" Maryhurst is. She still remembers attending Maryhurst Christmas parties with her husband and their five young children.



Mary was a professional piano player and shared her talents in many venues during her career. Music is still a special part of her life.

Today, Mary continues to support Maryhurst because she strongly believes in our mission and was extremely pleased when one of her granddaughters worked here for two years. "I am a big fan of Judy," Mary states, "and I have complete confidence in her leadership."

Thank you, Mary, for all you have done for Maryhurst through the years.

## Grant Update

Our thanks to the following for their generous support:

- The Cralle Foundation**
- The Etscorn Charitable Foundation**
- The Humana Foundation**
- The Lerner Family Foundation**
- The Paradis Foundation**
- Victims of Crime Act**



### The Endow Kentucky Tax Credit Program

The Endow Kentucky Tax Credit Program provides significant tax advantages to donors that make charitable gifts to permanent endowed funds at their local community foundations.

Please visit <http://revenue.ky.gov/endowedkytaxcredit.htm> to learn details about this important tax credit opportunity.

### St. Mary Euphrasia

*"Your mission is difficult, but to the eyes of faith, it is one that is grand, noble and divine."*

– **St. Mary Euphrasia**  
(*Foundress of the Sisters of the Good Shepherd*)



### Did you know?

Maryhurst is an independent 501(c)(3) agency, but still holds to and values our Good Shepherd heritage. Good Shepherd work occurs on virtually every continent around the globe: advocating for mine workers, fighting prostitution and human trafficking, providing care for the victims of domestic violence, and giving strength to those battling addiction.

## Maryhurst Happenings

### Shopping with a Purpose

#### Support Maryhurst by Shopping at Amazon

Are you an Amazon member? If so, by signing up for AmazonSmile, which is free of charge, 0.5% of your eligible Amazon Smile purchases go to the charitable organization of your choice. Sign up today at [smile.amazon.com](http://smile.amazon.com) and designate Maryhurst.



#### Foster Care Information Sessions

Come learn more about the opportunities in therapeutic foster care and adoption during our information session. This is an informal time to meet some of the foster care staff members and learn more about how you can change a child's life. **RSVP to Lori Magnum at 502.499.1570 or email [lmagnum@maryhurst.org](mailto:lmagnum@maryhurst.org).**

**Thursday, March 24, 6 p.m.**

**1015 Dorsey Lane**

#### Kroger Community Rewards

**Thank you to the 41 families who are already enrolled!**

By enrolling your existing Kroger Rewards Card you can automatically raise money for Maryhurst every time you shop! Simply register online at [krogercommunityrewards.com](http://krogercommunityrewards.com), sign-in and click enroll now. By editing your account you will be able to enter Maryhurst's NPO #11481 and register Maryhurst as your selected charity of choice. If you are a new member, you will need to sign up for an account first at <https://www.kroger.com/account/create> and then follow the prompts to **select Maryhurst** as the designee.



#### Meet & Greet Sessions

We invite you to join us for a tour of campus and lunch to learn more about Maryhurst – our mission and our girls. **Please RSVP to Liz Bayer at 502.271.4526 or email [lbayer@maryhurst.org](mailto:lbayer@maryhurst.org)**

**Wednesday, March 30, 12-1 p.m.**

**Wednesday, April 27, 12 – 1 p.m.**



**maryhurst**

To learn more about Maryhurst or to donate, please call us at **502.271.4523** or visit [www.maryhurst.org](http://www.maryhurst.org)  
1015 Dorsey Lane  
Louisville, KY 40223



*The Journey* is a publication of the Maryhurst Development Office.

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