

CIRCLE CONVERSATIONS

In March, forty-three young women from seven area high schools attended the Inspiring Women: A Health Career Day thanks to **a grant from the Rita J. Bicknell Women's Health Fund**. The grant funding provided presentation materials for speaker sessions as well as student notebooks.

In fact, products from a previous grant for the fall event were used during this career day during the session on breast health. A breast model including abnormalities was used during both sessions to promote breast health and awareness. Students took home early detection cards for themselves and to share with other women. What better way to illustrate the mission of the Bicknell Health fund: women looking out for women.

There are advantages to having women-only events such as this one. The focus is to encourage young women to enter health fields and to raise awareness about women in health careers. According to Rebeca Turnbull, CHC/SEK's **Inspire Health Foundation** Executive Director, the goal was "for young women to learn about health careers and health topics in an all-female environment."

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Coming Up

- **May 30:** Coffee & Conversations at Chatters - Stay tuned for details!
- **July:** New *Circle Conversations*
- **August:** Annual membership contributions due!
- **September:** Grant applications open
- **October:** New *Circle Conversations* and 2024 grant review meetings
- **November:** CFSEK Grant Celebration
- **December 3:** CFSEK Match Day 2024



Inspiring Health

Dr. Kayla Riggs addresses a group of high school girls in CHC/SEK's Parolo Education Center during a fall 2023 event.

Inspire Health (cont.)

Turnbull went on to say that with “it being an all-female event, students felt more comfortable and empowered to ask questions.”

Students were able to make connections with the presenters and learn about their real-life experiences in their fields. One point the presenters made was that women need to take the time to take care of themselves. Too often women take care of others but don't focus on themselves. Ruth Frederick, Frontenac High School senior, had a great experience at the event. She said, “It was so amazing to see smart and powerful women speak about their experiences and careers.”

Attendees had the opportunity to listen to local professionals in mental health, pharmacy, chiropractic, dermatology, family medicine, even healthcare administration. There are many career paths in the healthcare field. The girls had plenty of opportunities to take notes, ask questions, and engage with the presenters.

There was lots of positive feedback from students, presenters, teachers, and parents. Tatum Strong, a teacher at Northeast High School, noted that “the chance to not feel alone especially when exploring the unknown is an educational and beneficial occasion provided by the Inspiring Women Conference for our Future Healthcare ladies.”

Turnbull hopes that **CHC/SEK** will be able to offer the Inspire event in the future because it is such a wonderful learning experience for young women in Southeast Kansas.

Lyn Schultze



Above: Heather Mooneyham, APRN, speaks to high-school girls about health careers.

Member Benefits

- Support and promote healthy lives for women in need
- Participate in grant review and selection
- Deepen your philanthropic learning by joining other Circle activities
- Meet new friends and socialize!

Why I Joined

I am a member of the Rita J. Bicknell Women's Health Fund because I knew Rita very well and supported her in her interest of helping women's health issues. It is a decision I am very glad I made.

Bev Elliott

Click Here to Join

(or renew)

or scan with your smartphone:



The Rita J. Bicknell Women's Health Fund is a part of the
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100 S. Broadway St., Ste. 100 • P.O. Box 1448
Pittsburg, KS 66762 • (620) 231-8897

SouthEastKansas.org