COMMUNITY REPORT



in their WORDS

Diana

My husband was, still is, and always will be Nathan. We were together for 26 years. He passed away in December 2021 of a heart attack.

We were always together from the moment we met, just like glue. Nathan was a very special human being with a heart bigger than himself. He was full of joy, full of life.

On the day he went to heaven, I received a call from his phone, but it wasn't Nathan. It was a doctor who said: "I need to inform you that your husband passed away." That's a phone call you never expect to receive. In a second, my life changed forever. The goals, the dreams for the future were gone. This experience has profoundly changed me and my daughters.

I found Modern Widows Club a week after Nathan passed. Until then, I felt like I was drowning in my crying, brokenness, and sorrow. Even though I was surrounded by loved ones, I felt alone. Now I can connect with others who recognize and empathize with my pain. I feel the support I need to embark on my new life.

Now that I'm a widow, I know there is a huge need for the resources and community that Modern Widows Club offers. I know there is someone out there looking for this. I was one of them, 12 weeks ago. WATCH DIANA'S VIDEO



Brunetta

I've been widowed twice. I was married to my first husband, Sid, for 15 years and was 32 when he died in a car accident in 1980. I married Donnie later in life. We were married 11 years until he passed away in 2016 from complications due to a stroke.

When you become widowed, people don't really know what to say. For me the hardest is when someone says "I know how you feel" as they leave with their husband. They don't mean to hurt me but they just don't know.

I wish people could understand how lonely it can be. I don't mean being alone — I'm fine to be alone. For example, when you're fixing dinner and it's only for one. Or when you look around and see everything you've accomplished, but have no one to share it with.



A girlfriend who was widowed two years before me found Modern Widows Club. The first time I joined a meeting I felt uplifted. You could feel the positive energy. We all had a story to tell — different but the same.

The healing I feel each and every day, and sometimes each and every hour, is possible because of this organization. They're always looking forward and I love walking alongside them. Although I've gone through hardships and difficulties both times I became widowed, I've only gotten stronger. WATCH BRUNETTA'S VIDEO

Kimberly

In less than 10 years I have been widowed twice. My second husband, Randy, had a fatal motorcycle accident in 2013. After getting my life back to a "new normal," my third husband, CJ, passed away from COVID in 2021. It felt like an F-5 tornado came through and demolished everything I had worked so hard to rebuild.

People don't understand about widows. They think we just pick up our lives and go on. But when you lose your life partner, it's like nothing else. You have to start all over again and it's lonely. When I want to go out, my person isn't



here. I can go alone or with friends but it is not the same. It will never be the same.

I found Modern Widows Club in 2016. Everyone was there for the same reason. It was a great sisterhood. I left my first meeting feeling amazing even though I was still suffering from my grief. It just felt like these were my people.

It's all about widows understanding other widows. That's really all we want. We want friends who understand us. Friends like ourselves who aren't going to stay away.

The camaraderie is wonderful and it's helped me through my widow journey. It's showed me that I can keep growing and thriving and surviving. I survived the first one, I know I can survive this one. WATCH

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Modern Widows Club would like to thank Sherri Days and Laurie Rich for their generous in-kind donations to create our 2021–22 Community Report. This report would not have been possible without their creative talent and collaboration.



a message from OUR FOUNDER

Dear Friends,

I'm excited to present our 2021–22 Community Report and share about the social good that, thanks to you, Modern Widows Club was able to create during the year. Your generosity meant that widows could grow and thrive in tremendous ways that didn't exist a decade ago.

In 2000, as a young, newly-widowed mom, I could only dream about what exists today. In widowhood, being able to quickly connect with community and resources is vital in setting women on a pivotal, purposeful road to holistic health. At Modern Widows Club, we believe every widow deserves this opportunity. This important work would not be possible without your partnership.

Today at Modern Widows Club, there are thousands of positive, meaningful stories from widows who are moving forward while simultaneously reaching back to empower other widows. Your support of a small

dream to change what didn't work in the past has helped create a new future for the widows of today and tomorrow. These are our grandmothers, mothers, wives, sisters, daughters, aunts, nieces, and friends. You love them, and we love them too.

Thank you for your compassion and generosity in helping to ensure this dream continues to be fulfilled while our leadership adapts and grows to address new challenges. We're so grateful you are part of our community. I hope more will join us.

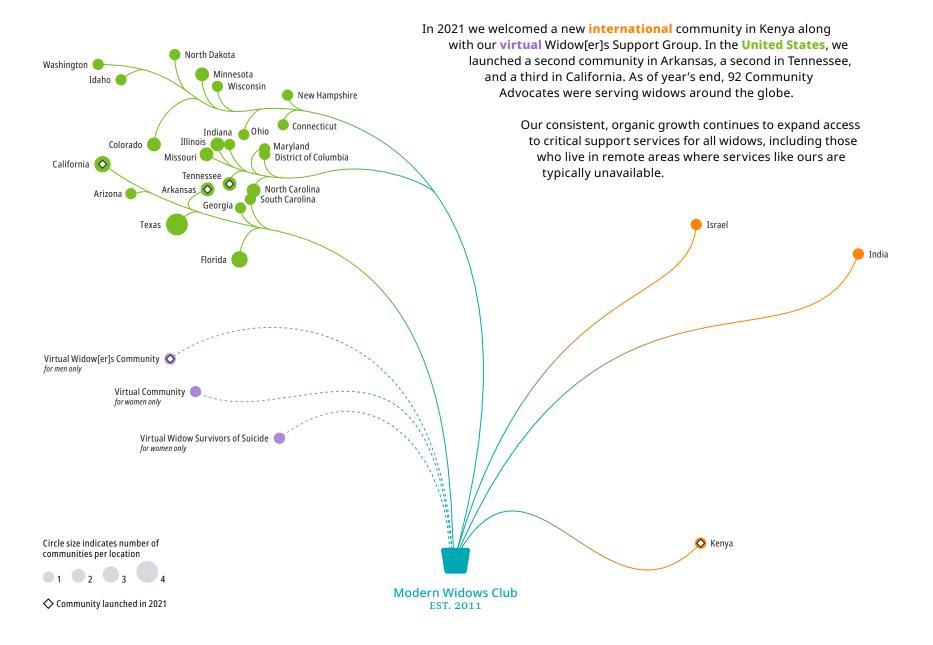
Sincerely,

Carolyn Moor
Founder, President, and Development Director
Modern Widows Club

HERE ARE SOME OF OUR PROUDEST MOMENTS IN 2021.

- · Celebrating our 10-year anniversary
- Hosting 676 in-person and virtual meetings and activities
- Distributing hardship microgrants from our Love for Widows Benevolent Fund to assist Houston widows after Winter Storm Uri
- Launching four new communities, our Widow[er]s Virtual Support Group, and our Parenting, Dating, and Travel Clubs
- Hosting our 2021 Widow Empowerment Event in Houston, Texas

serving widows around THE WORLD



10+ years of ADVOCACY for WIDOWS

Modern Widows Club, founded in 2011, serves widows seeking to understand their experience and focus on growth. Widows receive services and support through our national, international, and virtual groups long after most become ineligible for traditional grief support. We advocate for, and work to advance, global support for widows — a movement of worldwide social significance that is often overlooked.

Over the past decade, our mission has evolved alongside our research. Originally we served as a smallcommunity mentoring and support organization. Over time, as the number of widows coming to us grew, and with many moving from grief to growth and ultimately to leadership, they voiced a desire to reach back and help guide other widows seeking a healthy, purposeful, and productive life. To support this expanding framework, our leadership development division created new programs and resources. From that expansion, as an organic consequence of growth, our advocacy and research initiatives were born.

Today, our mission is to accelerate our pioneering work in widowhood research, solutions, and support; continue creating inclusive spaces in which widows feel understood and valued; build new frameworks for awareness and knowledge about widowhood; continue implementing innovative ideas for widows, with measurable results; and lead the way in changing the conversation around widowhood, telling the true story about who widows are — courageous, vital, strong, and resilient.

With your continued partnership, we'll strive to end the reality of widowhood as an unrecognized, underserved community. We'll use research to dispel tired stereotypes and myths. We'll advocate for positive and necessary revision to legislation and laws currently penalizing widows. Together, we'll listen to widows' collective voices as a driving force of change for generations to come.

THANKS TO YOU, IN 2021 WE MET THESE ORGANIZATIONAL GOALS.

Leveraged our widow research to make highly-informed, data-driven growth decisions, resulting in an expansion of clubs and activities for widows.

Launched our Widow Empowerment School of Thought evergreen online multimedia platform offering e-courses and educational events for widows.

Expanded our International Communities.

Expanded our Headquarters Team.

Launched a support committee to offer operational and program feedback and suggestions to our Board of Directors and Headquarters Team.

Streamlined our Leadership Training Program for future volunteer leaders.

Conducted fundraising campaigns for International Widows Day, GivingTuesday, and year's end.

Moved our Internet domain from .com to .org.

your generosity IN ACTION

Your generosity helps widows around the world connect with one another and develop community, friendships, and crucial support systems. Here's a closer look at the work you made possible in 2021.

MWC Widow Empowerment Quiz survey and research tool launched, with survey data ultimately being published in a research paper

Carolyn Moor premiered on TEDxOaklandStudio with her talk "How to Support and Comfort Someone Going Through Grief"

MWC featured in CBS Sunday Morning Primetime Special "Forever Young: Searching for the Fountain of Youth," hosted by Jane Pauley

MWC featured in St. Louis, Missouri NPR interview, "How Modern Widows Club Is Helping New Widows During the Pandemic"

MWC featured in FOX24 Arkansas news segment, "Modern Widows Club Brings 'Moor Luv' to Ft. Smith"

2021 Widow Empowerment Event with 150 attendees held in Houston, Texas

Fully-redesigned website debuted

More than 400 widows served by our Art, Book, Dating, Parenting, and Travel Clubs

Motivation Monday weekly livestreams with Carolyn Moor launched on Facebook, Instagram, and YouTube "Petition to Advance the Rights of Widows in the United States and Worldwide" introduced on **change.org**, garnering more than 8,200 signatures

Four new regional communities launched, and 24 new Community Advocates trained

Inside Look weekly e-newsletter launched

Google Translate service, in 39 languages, added to website and newsletter

Legendary Widow Role Model monthly feature introduced on website and social media

Coach-a-Thon interactive virtual events with Carolyn Moor attended by widows around the country

Hope and Heal Journey program and newsletter series launched

Hope in a Box widow gift collection and MWC logo merchandise introduced

Healthy Widow Healthy Woman podcast saw 4,385 unique downloads

Widow Supporter program and newsletter series launched

More widows than ever before reached!

wide pioneers in WIDOWHOOD RESEARCH

THE **3RD LARGEST**WIDOW POPULATION IS IN THE UNITED STATES¹

11.8M
WIDOWS
IN THE
UNITED STATES

8.8M
POPULATION OF
NEW YORK CITY

MORE THAN 125%
OF THE POPULATION
OF NEW YORK CITY

At nearly 12 million², the widow population in the United States exceeds that of New York City³, the country's most populated metropolis. An additional 38 countries have a population of more than 1 million widows, for an estimated 258 million widows around the globe⁴. In their lifetime, almost three-quarters of married women will become widowed⁵.

70%OF ALL MARRIED
WOMEN WILL
BECOME
WIDOWED

Despite the significance of these statistics, few have heard them, and women and their families suffer as a consequence. Due to a historical lack of visibility and research around widows and their needs, it can be difficult to enact change in social services, policy, faith communities, and laws that are inequitable to widows.

Thanks to dedicated partners like you, we work to shine a light on the reality of widowhood in the United States and beyond. We are committed to leading the way in widowhood research and being a changemaker for widows — ensuring that they are seen, heard, and represented.

WIDOWHOOD IS A WOMEN'S HEALTH ISSUE

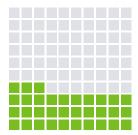
Due to the chronic lack of outreach to widows, conventional viewpoints seldom acknowledge widowhood as a women's health issue. We work every day to challenge this mindset and lead the way in advancing real conversations about the effect of widowhood on a woman's physical and mental health.

The loss of a spouse is generally acknowledged as the most stressful life event. The Holmes-Rahe Stress Inventory, which uses an impact score to calculate some of life's most devastating events, correlates a score of 150–300 points to a 50% chance of a stress-induced health breakdown in the next 2 years. A score of 300+ points correlates to an 80% chance of a health breakdown in that same timeframe⁶. With the loss of a spouse scoring at 290 points, it's undeniable that widowhood impacts a woman's health.



64%
OF RESPONDENTS
STRUGGLED WITH
THEIR BODY'S PHYSICAL
REACTION TO LOSS

Our own research shows that, during the time widow respondents identified in the Hope and Heal phases of widowhood, 64% struggled with their body's physical reaction to loss⁷. (Learn about our Hope, Heal, Grow, and Lead phases of widowhood on page 10.)



33% OF RESPONDENTS WERE

DIAGNOSED WITH A NEW PHYSICAL OR MENTAL **HEALTH ISSUE WITHIN** A YEAR OF THEIR LOSS

33% of widow respondents were diagnosed with a new physical or mental health issue within a year of their loss8. Though the term "brain fog" has somewhat recently entered the public conversation due to COVID-19, it has long been a reality for widows. 57% of respondents reported experiencing brain fog, which can affect mental processes including memory, clarity, and concentration9.

57% OF RESPONDENTS REPORTED EXPERIENCING **BRAIN FOG**



Further impacting their well-being, 15% of widow respondents lost their health insurance after their spouse died. Of those who lost their health insurance, 20% had minor children living at home¹⁰. Studies repeatedly show that health insurance is a key determinant in seeking services for health conditions, chronic diseases, and preventive care. In 2019, 41.5% of uninsured adults between the ages of 18-64 reported not seeing a health care professional in the last 12 months, while 10.2% of uninsured children went without needed care¹¹.

EVIDENCE-BASED ACTION AND ADVOCACY

Our widow research, and resulting insights, bring to the forefront the great invisible needs of widowed women, driving our decision-making and advocacy. Because of your support for the work we do, widowhood can now accurately be identified as a women's health issue. Thanks to you, when widows tell us that brain fog continues to impact them two years after their loss, we approach the medical industry to inspire new protocols. When widows share that financial insecurity creates lack of opportunities for them, we seek collaborators to expand relevant resources. When widows share that places of worship are insufficient at providing the support they need, we create educational tools to bridge the gap.

CONTINUING TO LISTEN

Widow evidence requires that we not relegate these health concerns and lived experiences to the back burner. Continuing to research and listen to those who are struggling in widowhood is crucial to ending invisibility, injustice, inequality, and inaccessible opportunities. This important work would not be possible without you.

Today we must believe that a widow's voice matters, that her knowledge and contributions are valuable. A widow must matter in the process of creating effective widowhood programs, initiatives, and solutions.

If we make a commitment to believing widows when they tell us what they need, we will see them as the subject matter experts they are. This respect is the game-changer.

Thank you for your dedicated partnership as we continue to listen.

SOURCES:

- 1. The Loomba Foundation, "World Widows Report: A Critical Issue for the Sustainable Development Goals," February 2016.
- 2. U.S. Census Bureau, 2018 American Community Survey, 1-Year Estimates Data Profiles, Selected Social Characteristics in the United States
- 3. U.S. Census Bureau OuickFacts. New York City Population Estimates, July 2021.
- 4. The Loomba Foundation, "World Widows Report," February 2016.
- 5. Brian R. Korb. "Financial Planners: **Educating Widows in Personal** Financial Planning," Journal of Financial Counseling and Planning 21, Issue 2, 2010.
- 6. Thomas Holmes and Richard Rahe, Holmes-Rahe Stress Inventory, The American Institute of Stress. Retrieved May 18, 2022.
- 7. Modern Widows Club Widow Empowerment Survey, March 2022.
- 8. Modern Widows Club Widow Empowerment Survey, March 2020.
- 9. Modern Widows Club, March 2022
- 10. Modern Widows Club, March 2020.
- 11. Jennifer Tolbert, Kendal Orgera, and Anthony Damico, "Key Facts about the Uninsured Population," November 6, 2020.

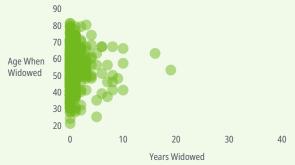
OUR HOPE, HEAL, GROW, AND LEAD PATHWAY

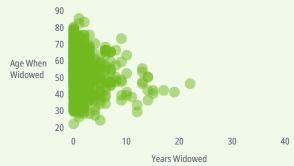
We've learned from our research over the past decade that widowhood is a complex topic. The experiential differences from widow to widow, the amount of time since their loss, and their own pace in grieving and growing necessitated the innovation of a new way to measure their process. Instead of using years as a yardstick, as most grief resources do, we envisioned widows progressing along a pathway from grief to growth while rebuilding their life.

Additional research identified four overarching phases of this pathway: Hope, Heal, Grow, and Lead. Thanks to the work you've made possible, every widow who comes to us has the tools to determine where she is on the pathway — and we meet her right there, offering the support and resources she most needs. It's an empowering moment that provides a line of sight forward and a grounded starting point for taking the next step toward a positive, purposeful future.

Our Ground-Breaking Approach: A Pathway from Grief to Growth

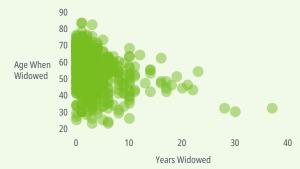
Our research shows that widowhood is an evolutionary process encompassing four distinct phases, with no fixed timeline. The graphs below depict respondents' self-identified widowhood phase at the time of our survey¹.





HOPE

Initially in the hope phase, a widow will not actually feel hopeful. She will feel as though she's simply surviving day to day. Over time she will move from survival, to bereavement, to acknowledgment, and ultimately to believing she can experience happiness again.

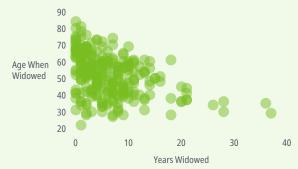


GROW

This is a purposeful phase. A widow has moved from survival, to hope, to healing and is now actively focusing on personal growth and transformation. She's embracing life after widowhood and is nourishing who she is now, loss included.

HEAL

The heal phase can best be described as a participation phase. A widow has worked to adjust to her new life, build strong connections, and rediscover her own strength and courage. She has chosen to move forward and is determining what she wants for her future.



LEAD

In this phase, a widow's journey is likely full of gratitude. She's learned to lead a positive, meaningful life that feels full and balanced. Her thoughts are for advocacy and giving back. She's mentoring other widows while walking alongside them.

^{1.} Modern Widows Club Widow Empowerment Survey, March 2022.

BETWEEN NEED and FUNDING

In 2019, witnessing the significant year-over-year increase in request for our services, one seed funder established our ability to hire necessary staff to diagnose need, build capacity, grow programs, and forge long-term sustainability.

The COVID-19 pandemic struck just one year later, severely disrupting revenue streams for nonprofits around the country. Forty-two percent of organizations with budgets under \$500,000 experienced decreased donations in 2020; of those organizations reporting revenue losses, an average of 31 percent of total revenue was lost by year's end¹.

We were no exception, experiencing a substantial drop in donations. Additionally, public safety considerations necessitated postponement or cancellation of fundraising events and activities, including our 2020 Widow Empowerment Event, causing further revenue loss.

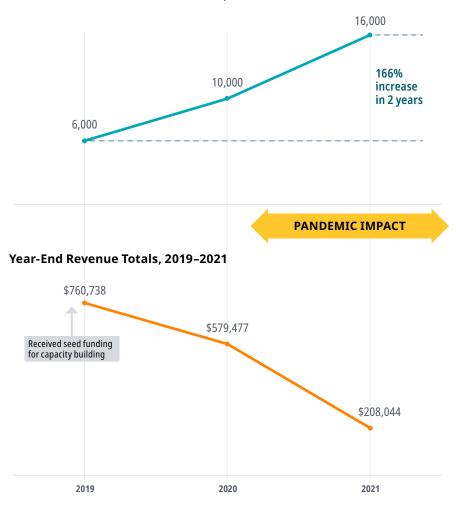
Despite this loss of funding, but mindful of those experiencing pandemic-related financial difficulties, we suspended all membership fees and community dues so that every widow could continue connecting with our services. We quickly mobilized staff and resources, moving programs online. We distributed \$70,000 in microgrants to widows experiencing hardship due to illness or job loss.

Our revenue levels have not recovered from the downturn. Yet the need for our services grows daily.

A majority of our current charitable revenue is from widows helping other widows. A far wider base of supporters is essential in helping us bridge the gap between need and funding.

1. The Urban Institute, "Nonprofit Trends and Impacts 2021," October 2021.

Direct Services Provided to Widows, 2019–2021



2021 year-end revenue total is preliminary and subject to change upon audit. Final audited numbers will be available later in 2022 at modernwidowsclub.org.



Fiscal year January 1, 2021, through December 31, 2021

Every contribution you make to support our mission is an investment in the health and well-being of a widow. We are committed to utilizing every gift in the most effective way possible to further our organizational vision and goals.

Total Revenue	208,044
Other Revenue	13,452
Programs and Events	51,692
Fundraising	34,037
Foundations	19,500
Corporations	40,165
Individuals	49,198
REVENUE	2021

EXPENSES

576,888
294,051
10,258
117,844
154,735

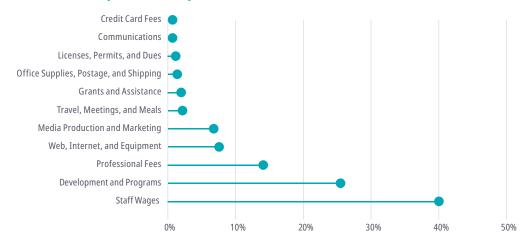
NET ASSETS

Total Assets	204,354
Matching Grants Held for Future Use	
2020 Community-Raised Funds and Nonrestricted	(155,025)
Furniture, Software, and Equipment, Net	1,631
Contributions Receivable, Net	6,000
Investments	257,111
Cash	94,637

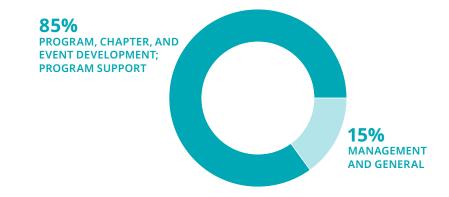
Financials shown for 2021 are year-end summaries and are presented for convenience purposes only. These numbers are preliminary and are subject to change upon audit. Final audited numbers will be available later in 2022 at modernwidowsclub.org.

ALLOCATION OF EXPENSES

Allocation of Operational Expenses



Allocation of Expenses in Development, Programs, and Staff Wages Categories



looking to the

Although the global landscape is both unpredictable and ever-changing, our mission remains unwavering: To provide a safe, encouraging community for widows seeking to understand their experience, embrace their own strength and courage, and focus on growth.

Together, we will continue this important work:

- Establish an endowment to create a financial bedrock for the organization, ensuring operations, research, development, and programs in perpetuity.
- Offer support, mentoring, and resiliency education to widows around the globe, with a priority on examining and meeting the as-yet unknown long-term needs of women widowed during the COVID-19 pandemic, and with special focus on widowed solo parents and their children;
- Provide relevant, meaningful, and diverse programs and services to widows, and those who identify as widows, of all ages, ethnic backgrounds, beliefs, faiths, gender identities, partner statuses, and loss circumstances;
- Pioneer research on widows, their experiences, and their physical and mental health while fostering collaborations with complementary support-oriented organizations;
- Expand our library of online self-paced educational courses for widows, and

- continue regularly offering webinars and special events, to create ongoing, sustainable revenue;
- Invest in the development of new national, international, and virtual communities (chapters) at a minimum 10% year-over-year growth rate;
- Develop new research-informed programs and services for our community members while identifying additional revenue streams;
- Focus on the continued growth of our Board of Directors, Advisory Council, Research Committee, Ambassador Council, and Golden Committee to ensure that we listen to diverse voices, build an inclusive and equitable culture, and promote representation both in the services we provide, and who brings them to life behind the scenes.

Thank you for all that you do to support our mission. The progress we make is possible because of your compassion and generosity.

GROWTH GROUNDED IN OUR PILLARS OF HEALTHY WIDOWHOOD

Our seven Pillars of Healthy Widowhood guide and inform the decisions we make when developing new services and programs for widows, ensuring multifaceted, holistic, and transformational support systems.

Women in widowhood face countless secondary losses following the primary loss of their spouse or partner. These secondary losses are seldom recognized or addressed by traditional grief support or healthcare systems, though they typically affect every aspect of a widow's life.

The grief-to-growth process is multilayered and three-dimensional. In widowhood, one day you're certain of who you are and the next, after becoming detached from your loved one, you're no longer certain of anything. As widows helping widows, we knew that healing from this type of trauma required a new look and approach.

Through our research, we identified the key components for balanced wellness and growth in widowhood: Physical Health, Emotional and Mental Health, Financial Health, Spiritual Health, Relational Health, Fun and Creative Health, and Purpose and Meaning. We call these our Pillars of Healthy Widowhood.

SUPPORTERS

OUR SINCERE GRATITUDE TO ALL WHO CONTRIBUTE TO MODERN WIDOWS CLUB.

We would like to recognize the following donors who gave at our highest levels in 2021. We also recognize those who prefer to remain anonymous. Your gifts demonstrate your compassion and love for widows everywhere.

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Widow 411

Your Creative Purpose

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You can show your continued support for Modern Widows Club by exploring all the ways you can give, including:

- Non-cash donations of appreciated securities (stock)
- Qualified Charitable Distributions (QCDs) from your IRA, for those 70-1/2 and older to satisfy your Required Minimum Distribution (RMD) for the year
- Donor Advised Fund (DAF) grants initiated from your personal DAF account
- Legacy gifts by naming Modern Widows Club as a beneficiary of your estate plan
- Matching gifts from your employer, which can double or triple your donation's impact
- Recurring or one-time donations, modernwidowsclub.org/give
- Text GIVE to 407-602-6868
- Mail your donation to 127 W. Fairbanks Avenue #282, Winter Park, Florida 32789

For more information about giving options, email support@modernwidowsclub.org.

Thank you for your generosity. Every donation truly makes a difference.

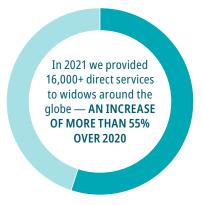
VOLUNTEERS

ONE OF OUR KEY STRENGTHS IS OUR REMARKABLE VOLUNTEERS.

They have taken the concept of moving forward while giving back to its highest level, and embody the spirit of what it means to be the change they wish to see in the world.

To all who give selflessly to better the life of every widow who comes to Modern Widows Club, our sincerest gratitude. You demonstrate every day that one person truly can make a difference.

Thank you for your unwavering and compassionate service to widows.



HOW YOU CAN HELP

Volunteers make it possible for us to serve widows both regionally and virtually. We welcome volunteers looking to make a real and lasting difference using their knowledge and skills, whether it's increasing our online presence, assisting at events, collaborating on special projects, supporting our team with day-to-day administrative tasks, or training to become a Community Advocate in their region.

Create change by registering as a volunteer today. **modernwidowsclub.org/give/get-involved**

IN 2021, OUR VOLUNTEERS GIFTED:

202 IN-PERSON SUPPORT MEETINGS

→ ONE EVERY 1.7 DAYS

218 VIRTUAL SUPPORT MEETINGS

→ 4.1 EVERY WEEK

256 SPECIAL EVENTS

→ 21.3 EVERY MONTH

3,591 VOLUNTEER HOURS

→ 69 HOURS EVERY WEEK

\$35K+IN-KIND DONATIONS

→ \$95+ EVERY DAY

 Modern Widows Club recognizes contribution revenue for certain specialized services received at the fair market value of such services.

LEADERSHIP

Our volunteer Board of Directors determines our organization's vision, mission, and purpose, providing strategic planning and direction for fulfilling our objectives as effectively as possible. As fiduciaries steering us toward a sustainable future, they establish annual budgets and determine which current and proposed programs and services best align with our mission.

Advisory Council volunteers serve as a sounding board for programs, services, and development plans. Using the specialized knowledge in their fields of expertise, they provide feedback and guidance to help advance our goals.

Golden Committee volunteers serve as advisors for fiscal matters and questions, and connect us with individuals and resources within their network to help contribute to our success.

Research Committee volunteers serve as advisors in identifying relevant areas of research aligned with our objectives. They oversee data collection, analysis, and implementation.

BOARD OF DIRECTORS

Carolyn Moor Founder, President, and Development Director

Open Seat

Pam Kaercher Treasurer

Blake Lasater Secretary

MWC HEADQUARTERS

Lyn Kienholz Program Director

Cindy Toledo Program Support Manager

Laurie Rich
Communications Director

Sherri Days Graphic Designer

ADVISORY COUNCIL

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Kathi Balasek

Founder, Grief Smart Advisor

Kristine Carlson

Author, Don't Sweat the Small Stuff Book Series

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Owner, Tara Gidus Nutrition Consulting

Linda Ferrone

Chief Customer and Marketing Officer, Orlando Utilities Commission

Patty Gannon, CTA

Vice President, Global Accounts, Hospitality Performance Network

Sidney Gilford Ed.D.
Consultant

ADVISORY COUNCIL continued

Jacqueline Grant
Community Volunteer

Delbert (Tag) Helt III Senior Managing Director, Service Corporation International

Kathryn Helt Community Outreach, Service Corporation International

Carlisa Carter Jacobs
Consultant

Dave Joswick
Executive Director, New Hope for Kids

Durga Landry
Senior Project Manager, NTT DATA Services

Dr. Marissa Magsino, MD, FAARM Functional Medicine

Gregg MontellaFounder and Director, Heroes International

Chanel Reynolds
Founder, Get Your Sh*t Together/GYST.com

Mary Robinson Owner, MLRobinson & Associates

Mattie Jackson Selecman Co-Founder, NaSHEville

Hank Varnell International Sales Executive, John Soules Foods

Carol Wick President, Sharity

GOLDEN COMMITTEE

Megan Kopka, CFP®, CRPC® Chair; Owner, Kopka Financial, LLC

Anne Bedinger

Vice President, Investments & Wealth Management Specialist, Raymond James

Lesa Johnson

Financial Advisor, Edward Jones

Daniel M. Kopp, CFP®
Owner, Wise Stewardship Financial Planning

Robin Young

President and Owner, Northstar Financial Planning, Inc.

RESEARCH COMMITTEE

Dr. Jean Miller LPC, NCC, ACS Chair; Licensed Professional Counselor

Kathleen Best, MOT, OTR/L Occupational Therapist, Washington University in St. Louis School of Medicine

Jordan Harrold, LCSW Owner, Harrold Counseling and Wellness, PLLC

Lisa Theoharides Happiness and Hope Ambassador, Lisa Theo

Cyndi Williams, MSW, LCSW Mental Health Therapist, Sandhill Counseling & Consultation

We'd like to pay tribute to Dr. Steven M. Southwick, MD, Professor of Psychiatry, PTSD, and Resilience Science at the Yale School of Medicine, who passed away on April 20, 2022. We extend our deepest gratitude to Dr. Southwick for serving on our Advisory Council. As a mentor, teacher, and friend, Dr. Southwick left an indelible mark on our organization. Our love goes out to his widow and to all his family members.

WE BELIEVE the BEST IS YET TO COME.

We create our future by building upon our past. Modern Widows Club began with one person, symbolized in our logo by the wedge shape (keystone) at the top of the circle, which stabilizes and anchors the other elements. 59 dots represent the average age of widowhood in the United States. The asymmetric design symbolizes that widows are of all ages, ethnic backgrounds, beliefs, faiths, gender identities, partner statuses, and loss circumstances.

