CATHARINE S. EBERLY CENTER FOR WOMEN

2018 Spring Calendar
Serving The University of Toledo and surrounding communities.

Monday–Friday, 8:30 a.m. – 5 p.m.
Dear Eberly Center Supporter,

We are excited to bring you this calendar with our spring 2018 programming! This year marks our 40th year serving The University of Toledo and surrounding communities, and we look forward to many more. We hope to see you during this historic, ruby anniversary year!

Sincerely,

Eberly Center for Women Staff

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Connect with Us:

Center Hours: Monday - Friday, 8:30 a.m.- 5 p.m.
419.530.8570 | ecwomen@utoledo.edu | u Toledo.edu/centers/eberly
2801 W. Bancroft St. | MS 502 | Tucker Hall 0168 | Toledo, OH 43606-3390

@eberlycenter
facebook eberlycenterforwomen
How to Register
Please call 419.530.8570 for more information or to register.
Payment for programs is expected upon registration. Refunds will not be issued for cancellations within seven days of a program’s start date.
Need-based fee waivers are available. Please call the center to inquire.
Every registrant will receive a confirmation email or courtesy call as the program date approaches.

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LUNCH WITH A PURPOSE

The Catharine S. Eberly Center is excited to present the newest segment of Lunch with a Purpose. This series invites individuals from the UT community to present their outstanding research to colleagues and community members alike, while fostering interdisciplinary discussions.

For information about presenting your research at Lunch with a Purpose, please call 419.530.8570.

Finding My Badass Self: A Year of Truths and Dares

**Wednesday, Jan. 31 | 12:10 – 1 p.m. | Eberly Center**

**Sherry Stanfa-Stanley, Director of the UT Foundation and Development Communications**

Meet author Sherry Stanfa-Stanley as she discusses her book, “Finding My Badass Self: A Year of Truths and Dares.” Sherry’s book shares a year of funny and often inspiring personal challenges, including suiting up as Rocky the UT mascot for a Rocket soccer game; babysitting quadruplets; going on a raid with a vice squad and SWAT team; visiting a nude beach — and taking her 75-year-old mother; performing as a mime outside a shopping center in Newport, Ky.; and crashing a wedding reception — even catching the bride’s bouquet in the process.

Living Better with What You Have: Maximizing Food Resources through Hands-on Programming

**Wednesday, Feb. 14 | 12:10 – 1 p.m. | Eberly Center**

**Laura Schmelzer, PhD, OTR/L, Assistant Professor of UT’s Occupational Therapy Doctorate Program**

Dr. Schmelzer’s research focuses on the development of occupation-based programming for individuals living in poverty.
Good Grief! Using Service-learning to Explore the Concepts of Death and Dying

Wednesday, March 14 | 12:10 – 1 p.m. | Eberly Center
Monita H. Mungo, PhD, Assistant Professor and Adviser, Department of Sociology and Anthropology

Working with Heartland Hospice Care, the Medical Sociology in Community Practice course was created to provide students with an experiential learning opportunity focused on dying, death and the grieving process. Students volunteered at local hospices as “friendly visitors.” As a final project, students created flashcards with coping tips for grieving children to be used at a grief camp Heartland sponsors. The presentation will explore how service-learning affected the students’ learning outcomes.

Do Positive Feelings Increase Physical Activity? A Cross-Cultural Study

Wednesday, April 11 | 12:10 – 1 p.m. | Eberly Center
Kelsey O’Brien, Jesup Scott Honors College Psychology Major, Spanish Minor

This research examines the relationship between affective associations (i.e., how one feels about something) and levels of health behaviors (e.g., frequency of physical activity). According to prior research, positive affective associations are more likely to predict intentions of health behaviors than cognitive variables (e.g., one’s beliefs). Interestingly, the desired affective state has been found to differ cross-culturally. For this study, data was collected from two sampling populations, one among undergraduate students at The University of Toledo, and the other among undergraduate students at the University of Ghana. The results have the potential to innovate health interventions on a more global scale.

Guests are welcome to bring a lunch; registration is encouraged.
COMPUTER CLASSES

Computer training in the Eberly Center computer lab utilizes Windows 10 programming. Classes are instructor-led, up-to-date, hands-on instruction for anyone, from the beginner to those looking to strengthen their skills. Eberly Center computer classes will educate, empower and engage you on your computer literacy journey.

Computer Basics

**Wednesdays: Jan. 31 and Feb. 7 | 5:30 – 7:30 p.m.**
**Fee: $20**

This class is for the true beginner, no computer skills required. Participants will begin by learning how the computer operates, moving on to learning effective use of the mouse and keyboard, as well as computer care. Data storage, internet searching and document organization also will be covered.

Microsoft Word

**Wednesdays: Feb. 14, 21, 28, and March 14 | 5:30 – 7:30 p.m.**
**Fee: $40**

Participants will receive an introduction to Microsoft Word and learn useful features to create personal and professional documents. Basic computer skills are required.

Microsoft Excel

**Wednesdays: March 21, 28, and April 4, 11 | 5:30 – 7:30 p.m.**
**Fee: $40**

Participants will learn to create a budget, track spending, maintain lists of data and automatically calculate lists of figures. Charts and graphs also are discussed with hands-on practice. Basic computer skills are required.

Microsoft PowerPoint

**Wednesdays: April 18, 25 | 5:30 – 7:30 p.m.**
**Fee: $20**

Participants will learn how to create a slide-show presentation for personal, school or business application. Microsoft PowerPoint is an excellent way to enhance presentations, lectures and speeches. Basic computer skills are required.
Women’s Leadership Development Workshops

Mondays: March 12 through April 16 | 5:30 – 6:30 p.m.
Women only
Fee: None

Live 4 Change, LLC offers a six-week, mini workshop designed for women who want to pursue leadership roles or refresh their leadership skills. Some topics will be self-awareness, establishing purpose as a leader, appropriate leadership style and developing an action plan. Participants will receive a workbook to accompany the lessons.

Facilitated by E. Michelle Mickens, CEO, Live 4 Change, LLC.
Scholarships for Women

For a complete list of Eberly Center scholarships, qualifications and the online application, visit utoledo.edu/centers/eberly/scholarships.html.

The deadline for all Eberly Center scholarships for the 2018-2019 school year is Monday, March 19, 2018.

Personalized Consultation Services

Meet professionals from UT and the community who volunteer their expertise to provide feedback in one-on-one sessions at the Eberly Center:

Resume Review – Submit your resume and meet with a professional for constructive feedback to make your history shine. Participants may then use our walk-in computer lab to make updates.

Financial Matters – Do you have questions about budgeting, investing, planning for retirement or other financial concerns? Our financial volunteers listen, provide feedback and give general direction.

Return to Learning – Considering returning to college and not sure where to start? Meet with a UT admissions counselor for guidance, as well as information about degree programs and financial aid.

Call 419.530.8570 today to schedule a meeting!
Kate’s Closet

Services by appointment only

Affectionately using Catharine S. Eberly’s nickname, Kate’s Closet provides free business and professional attire to UT students and women in the community who participate in Eberly Center programs. To shop in Kate’s Closet or to donate clean, gently-used business attire, please call 419.530.8570 for an appointment.

Quiet / Lactation Room

All are welcome to use this private room in the Eberly Center, a perfect retreat for anyone needing quiet space to relax, meditate, pray or simply sit. We also welcome nursing mothers to utilize this space for their lactation needs.
Ballroom Dance Workshops
Tuesdays: Feb. 13, March 20, April 10 | 5:30 – 7 p.m. | Eberly Center
Fee: $10 per workshop; UT students are free

Whether you want to learn to dance, meet new people, acquire a new skill or just have fun, this class is for you! No experience or partner are needed. Workshops are taught by 20-year veteran instructor Sariah Flores-Shutts.

- Feb. 13 – East Coast Swing
- March 20 – Rumba
- April 10 – Foxtrot

Basic Car Maintenance
Tuesday, Jan. 30 | 5:30 – 7 p.m. | Eberly Center
Fee: None

This automotive workshop teaches participants how to perform basic auto maintenance, such as checking tire pressure, checking fluids and maintaining a vehicle. A practical approach for saving money and time, this workshop also gives participants the confidence to discuss complex auto issues with a mechanic. Facilitated by Rhonda Fehrenbach, Charlies’ Automotive, Inc.
Self-defense for Women

Thursdays: March 15, 22, 29, and April 5 | 5:30 – 8:30 p.m. | Eberly Center
Women only
Fee: $25; UT students are free

Facilitated by retired UT police officer and certified R.A.D. instructor Jill Goldberg, R.A.D. is an internationally-recognized, hands-on, self-defense class designed for women, utilizing specialized simulation techniques. Participants practice techniques to defend against an attacker. Please wear comfortable athletic clothing and shoes. Participants are required to sign an informed risk waiver. Space is limited; call to register.

ACE WNO Annual Conference

Thursday, Nov. 1, and Friday, Nov. 2, 2018
The University of Toledo

The University of Toledo is proud to be selected for the 2018 ACE WNO Conference.

ACE’s mission statement: The ACE Women’s Network-Ohio is a network of women administrators, faculty and staff from colleges and universities across the state dedicated to the professional advancement of women. Through representatives, conferences, workshops and other resources, ACE WNO is committed to improving the status of women on these campuses and throughout higher education. In doing so, it supports the mission of the Inclusive Excellence Group and the American Council on Education.
EBERLY CENTER ADVENTURES!

Join us as we go exploring and get a fresh perspective to familiar sites through a new lens. Registration is required. Call 419.530.8570 today to reserve your spot.

UT Women’s Basketball Game

Saturday, Feb. 17 | 2 p.m.
Fee: None

Join us to support our UT Rockets women’s basketball team as it takes on Western Michigan. Tickets are limited.

Healing with the Power of Crystals and Gemstones

Friday, March 16 | 3 – 5 p.m. | Eberly Center
Fee: None

Begin your journey into the healing power of gemstones by creating a beautiful bracelet. Learn the basic techniques of jewelry assembly, including choosing appropriate stringing materials, finishing techniques and design. This workshop gives you the opportunity to explore inner awareness and creativity through art expression. No artistic talent is necessary; you will learn the tools for creative expression with this class. Presenter: Anita Tristan, partner, Bonita Bead Boutique, Maumee.
HENNA TEA PARTY:
Thursday, April 12 | 3 – 5 p.m. | Eberly Center
Fee: None

Spend the afternoon engaging in a conversation while sipping tea and enjoying beautiful henna designs by UT student-artist Afreen Alvi. Mehndi, or henna body art, is a unique, natural art put on the skin using a paste-form that consists of the leaves of a plant. Join us as we experience this elegant pairing of blooming teas and henna body art.

SPECIAL EVENTS AND COLLABORATIONS

Resident Artist Exhibit: Tary Blair (1958-2017)

Tary Blair’s exhibit features original poetry. Tary turned to poetry as a reprieve from abuse, addiction, heartbreak, loss and multiple suicide attempts. Experiencing poetry can be transformative and cathartic not only for the writer, but for the reader, as well. Whether read or listened to, poetry can evoke memories, feelings or experiences that have been untapped in our everyday lives. It’s said, “A picture is worth a thousand words.” Our hope is that through a thousand words, one will walk away with a picture of hope, strength and survival.

Tary was awarded a posthumous Bachelor of Arts degree in individualized programs from University College.
10th Annual Celebrity Wait Night and 40th Ruby Anniversary

Thursday, Feb. 8 | 6 – 9 p.m. | Parkway Place, Maumee

Support the Eberly Center during our annual Celebrity Wait Night, which this year celebrates our ruby anniversary!

Ticket and sponsorship information is available at utoledo.edu/centers/Eberly.

Call 419.530.8570 for more information!

Women in Business: From Concept to Culmination

Wednesday, March 14 | 5:30 – 7:30 p.m. | Scott Park Campus
Fee: None

Ever thought of owning your own business? Join area experts for a discussion on the process of starting a business, including formation options, introduction to capital resources, planning for success, effective networking, marketing and promotion, and many other topics. For more information, call 419.530.3344.

Light refreshments will be provided.

University Women’s Commission ‘Outstanding University Woman’ Spring Awards Luncheon

Wednesday, April 11 | 11:30 a.m. – 1:30 p.m. | John F. Savage Area, Grogan Room

The Eberly Center proudly supports The University of Toledo Women’s Commission. For more information and to learn how to become a member, please visit utoledo.edu/commissions/uwc.
Preserving Yesterday for Tomorrow: The Best of the Ward M. Canaday Center for Special Collections

Monday – Friday | 8 a.m. – 5 p.m. | William S. Carlson Library

The Ward M. Canaday Center for Special Collections acquires, preserves, organizes and makes available for research the institutional memory of The University of Toledo, as well as the personal and organizational records of the people and industries of Toledo and northwest Ohio. Its services are available to University faculty, staff, students and alumni, as well as the general public.

Check out the Eberly Center’s special collection of archives in March.

An Evening of Chance | Oct. 11, 2018

Join us for a Monte Carlo-themed fundraiser for UT’s Minority Business Development Center, which celebrates, honors and promotes minority business enterprises in northwest Ohio.

For tickets or more information about the Minority Business Development Center, call 419.530.3170 or visit utoledo.edu/incubator/mbdc.