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· JLG Little Black Dress Initiative Supporter: 2019 - 2020

- JLG Little Black Dress Initiative Participant: 2018
- · Communications Committee Advisor: 2018 2019
- Active Member: 2005 2013
- · Provisional Member: 2004 2005







2020 - 2021 Board of Directors

Lessons from 2020/2021:
Reimagined Connections

The Family Effect: Strong Family Bonds

Small Business Spotlight

Healthcare/Mental Health/Self Care

**Empowered Women Event** 

Little Black Dress Recap

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## Letter from THE PRESIDENT

The Junior League of Greenville (JLG) has promoted voluntarism, developed the potential of women and improved our community through the effective action and leadership of trained volunteers since 1929. This past year certainly presented challenges, but the League showed incredible adaptability, creativity, and resilience.

Our theme this year was "20/20 Our Vision Is Clear." We aimed to help women in our community overcome barriers. This included our new signature event, Empowered Women of Greenville, where we provided education and resources to women impacted by un- and under-employment, human trafficking, addiction, abuse and other challenges. We planned awareness opportunities for Members to learn more about topics like predatory lending and human trafficking. We also staffed monthly drop-off hours where we collected hundreds of donations for our Partner Agencies.

Fundraising efforts were strong, despite challenges. Our 4th annual Little Black Dress Initiative included over 690 donors and raised over \$35,000 for our programs and community partners while more than 70 local Upstate businesses participated in Shop for Greenville, raising over \$18,000. Revenue from The Nearly New Shop and generous donations to the Annual Fund continue to allow us to further our Mission and give back to the community.

The JLG strives to meet our Members where they are. We held educational and impactful General Membership Meetings and training sessions in COVID-friendly spaces and virtually so our Members could continue to develop their potential even during unprecedented times.

Despite the challenges presented this year, the JLG came together to make a positive and lasting impact on our Members and our community. Please help us continue to make a positive impact on the Greenville community:

- Join our Membership
- Become a corporate sponsor
- Make a tax-deductible monetary donation or donate in-kind gifts or services
- Donate gently used clothing, furniture and housewares to our Nearly New Shop

.....

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Together we serve,

Alissa Yeargin
President, 2020 - 2021

Junior League of Greenville, Inc.





Alissa is married to her high school sweetheart, Charlie. They have two kids, Mary Ellen (5) and Charlie (18 months). The Yeargins enjoy traveling and spending time with family and friends.

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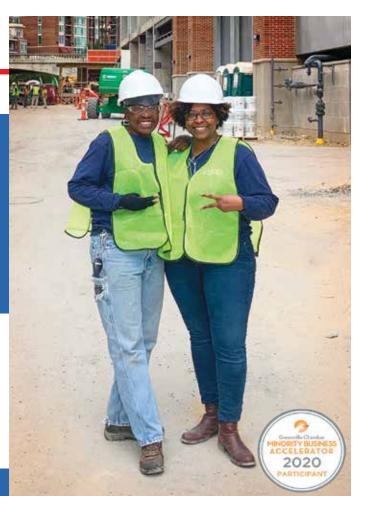
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- Georgia Bullington

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### MISSION STATEMENT

The Junior League of Greenville, Inc., is a nonprofit organization of women committed to promoting voluntarism, to developing the potential of women and to improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The Junior League of Greenville engages in initiatives that help women in our community overcome barriers, focusing on Human Trafficking and Economic Mobility.

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Please recycle after you have enjoyed this publication.

We would love to hear from you! Email us with your thoughts about the magazine or to learn how to become more involved at Information@ ILGreenville.org.

For more information about the Junior League of Greenville or becoming a Member, visit us online at JLGreenville.org.



Letter from

### Alone we can do so little; together we can do so much. ~ Helen Keller

Let's face it – it has been a lonely year. I have missed being together with my fellow Sustainers. One year ago, I never would have believed that we would not have been able to gather in Sustainers' homes for functions or there would be no anticipated Holiday party in a Sustainer's beautifully decorated home.

Serving on the Board, I have missed the closeness you share with your fellow Board Members by being together that can not be achieved in a Zoom meeting. It has made me sad because as much as I love the volunteer component of the JLG I love the women of the JLG more. I miss my League friends and I missed the opportunity to grow new friendships this year.

As engaged as I have remained in the JLG, this past year I realized that I have taken the JLG for granted for what this organization and its Members mean to me. The void has been significant. I can not think of many places that provides the opportunity for lifelong Membership. Only in the JLG do I have friends from their twenties into their nineties.

I have always been partial to our Emeritus Members. Most of these women have been Members in a Junior League for over 60 years. When I served as President in 2006-2007, there were around 15 Emeritus Members. Today, we have over 70 Emeritus Members. That is truly remarkable and takes some serious commitment.

Our Sustaining Members do indeed sustain our League with their time, talent and treasures. Thank you for your devotion and loyalty to this wonderful organization. We can not do it without you.

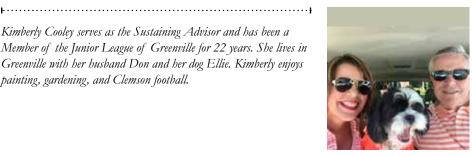
I can not wait for the day when we can be together, laughing, in someone's home, or shall I dare say hugging hello. 2021 - watch out because I am vaccinated and ready to mingle.

( Limberly Cooley

Kimberly Cooley

Sustainer Representative, 2020 - 2021 Junior League of Greenville, Inc.

Kimberly Cooley serves as the Sustaining Advisor and has been a Member of the Junior League of Greenville for 22 years. She lives in Greenville with her husband Don and her dog Ellie. Kimberly enjoys painting, gardening, and Clemson football.





## Letter from

What a time to be alive! When I think of this past year, two words come to mind adapt and overcome. These are the words that I learned to live by while serving in the military where quick pivots in the face of change are imperative. This past year forced all of us to adapt to new realities while overcoming the challenges posed by the pandemic and various cultural shifts.

In this issue, you'll learn how the JLG embraced change and the uncertainty of the times while supporting our Mission and community partners. Collectively, these stories highlight the resiliency of the JLG and how we've reshaped the way we connect while physically distanced.

It has been an honor to serve as Editor of VISIONS this year. I am forever grateful to my amazing Committee - your dedication, effort, and commitment to the League is truly inspiring. THANK YOU to our advertisers, sponsors, JLG Staff, and everyone who contributed to this edition's success. On a personal note, I hope you enjoy this issue and I encourage you to patronize our advertisers and sponsors.

Have a great summer!

Mancy Rice

Nancy Rice Editor, 2020 - 2021

Junior League of Greenville, Inc.

Nancy is a Project Manager at Pedestal Technology. Currently, she is serving on the Board of Directors for the Goodwill of the Upstate and Midlands, Just For Today, YouthBASE, and she serves on the Prisma Health Community Advisory Council. In her spare time, she enjoys spending time with her family, traveling, and the occasional hike when the weather's nice.



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### Meet the 2020 - 2021

Every year the Junior League of Greenville (JLG) elects a new set of leaders within the organization who serve on the Board of Directors (BOD). These women are not only responsible for the operations and ongoing financial stability of the organization, but they also serve with a strategic focus, preparing the JLG for future changes by assessing ways to develop and strengthen the JLG for years to come.



Alissa Yeargin President

Hometown Greenville, SC

Number of years in the League: 11 years

### Best memory of 2020-21:

Because of COVID, we had to completely overhaul our plans and hold the first ever virtual Board Retreat. We were all in lock down at our homes and were able to lean on each other during a very scary and unprecedented time. Despite being held virtually, the Board Retreat was fabulous and we made plans for a wonderful League year!



Heath Beard President-Elect

Hometown Greenville, SC (since I was 9)

Number of years in the League: 12 years

Best memory of 2020-21: Dancing with my daughter, Ella Graham, in the JLG

Talent Show!!



Andrea Simrell Communications Vice President

Hometown Green Bay, WI and Marietta, GA

Number of years in the League: 13 years

Best memory of 2020-21: Hiking Dragon's Tooth in Virginia and the birth of my third nephew



Nicole McAden Community Impact Vice President

Hometown

DeLand, FL

Number of years

in the League: 6 years

Best memory

of 2020-21: We didn't travel or see any family for Thanksgiving. So, instead of turkey, we opted for she crab soup and crab legs. Love that our seafood splurge could become a new tradition!



Rachel McClaran Finance Vice President

Hometown Greenville, SC

Number of years in the League: 8 years

Best memory of 2020-21:

Wading out into the cold waters of the ocean at 6 am a couple of days before Thanksgiving to cast a line out from the sandbar and fish with my son. When your teenager asks you to get up early on vacation and go fishing with him, you do it!



Denise Richter Fund Development Vice President

Hometown Greenville, SC

Number of years in the League: 6 years

Best memory of 2020-21:

It was so much fun to hang out at the Greenville Drive Stadium for our first in-person GMM of 2020-2021. I really enjoyed learning about the history of ILG's fundraisers and the impactful ways our organization gives back to the community.



Taylor Johnston Membership Vice President

Hometown Greenville, SC

Number of years in the League: 10 years

> Best memory of 2020-21: This one is a 2021 memory for me. We have a surprise baby #4 on the way and due this fall!!! Although it was super unexpected, we are beyond excited and are feeling very blessed and grateful for the journey ahead

as a family of 6!!!



Elizabeth Earle Corresponding Secretary

Hometown Greenville, SC

Number of years in the League: 15 years

> Best memory of 2020-21:

I'd have to say that serving on the JLG Board has been a highlight of this year. I just wish we had been able to meet in person more often!



Jessica Earley

Number of years

in the League:

Best memory

I loved our Board

Christmas dinner +

gift exchange at Tina

Hampton's house! I

was so thankful that

we could finally be

together as a Board

to celebrate in per-

bundled up outside

around the heaters

night! Everything

and festive, and it's

something I'll never

was so beautiful

forget!

on a frigid December

son, even if we were

of 2020-21:

15 years

Recording Secretary



Sarah Brand Strategic Planner

Hometown Hometown Greenville, SC Cincinnati, OH

> Number of years in the League: 6 years

Best memory of 2020-21:

Dressing up like a dinosaur for Tina's presentation at the September GMM. Rachel was my "guide" since I couldn't see well out of the costume, when we were walking down the stairs I wanted to hype up the crowd by waving my tiny T-Rex arms, I scared Rachel, who thought I was falling, ha! I guess T-Rex's aren't made to be cheerleaders:)

### Meet the 2020 - 2021

### JLG BOARD OF DIRECTORS



**Marclee McDaniel** Board Manager



North Augusta, SC

Hometown

Number of years in the League: 11 years

### Best memory of 2020-21:

My parents' move to Greenville! I'm an only child and I've been waiting for them to be closer for years! The free babysitting is an added bonus!



Kimberly Cooley
Sustainer Representative

Hometown Hastings, MI

Number of years in the League: 22 years

### Best memory of 2020-21:

Best memory is the October General Membership Meeting dressing up in costumes to illustrate our past fundraisers. It was silly and funduring the time that we were navigating Covid protocols.



**Tina Hampton**Director of
Administration

Hometown Hendersonville, NC

Number of years in the League: 30 years

### Best memory of 2020-21:

Thanks to COVID, the annual Holiday dinner was held on my patio. Kimberly Cooley and I decorated my patio with all things holiday. The temperature that night was 36 degrees so everyone wore gloves, scarves, muffs, blankets or anything that would provide warmth. Despite everything, THAT holiday dinner will be one that is always remembered.

.....



Meredith O'Malley
Treasurer

Hometown Dallas, TX

Number of years in the League: 5 years

### Best memory of 2020-21:

Going to Mexico for my husband and my 5-year wedding anniversary!



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# Lessons from 2020/2021: REIMAGINED CONNECTIONS

From virtual programs to donation drives, the League made it happen.

// By Emily Moseley

The coronavirus pandemic and its effects disrupted nearly all aspects of our lives and our communities during 2020, and the Junior League of Greenville was no exception. As the Board began planning for the 2020-21 League year, they faced countless questions, with not many answers. How would the League remain focused on its Mission, keep Members engaged and continue to make a positive impact on the Greenville community – without being able to resume a normal schedule of activities?

"As the year came together, our goal really became to meet our Members where they are. We understood that every person's situation is different, and we wanted to be supportive of each Member in ways that were meaningful," said Taylor Johnston, Membership Vice-President.

This became a guiding spirit for the League leadership over the past year, and trickled down to Members at all levels, enabling the League to not just reach its minimum goals of fundraising and participation, but exceed them. One such success was the Little Black Dress Initiative, which celebrated its 4th year in November 2020. This year's group of 44 participants raised \$35,149 in just one week.

"Little Black Dress was a huge success for us this year and really showed us what we are capable of, particularly through the power of social media," shared Alissa Yeargin, 2020-21 JLG President. "We were so proud to be able to come together for the benefit of our community partners."

Unfortunately, not all planned JLG in-person activities and events were able to continue as planned, and many Committees were faced with COVID-related adjustments both in and out of their

The ability to be flexible and adaptable have really been our key themes this year...



control. The Community Impact Council felt the effects of this in several ways, with three of the Committees dedicated to specific events, including two planned by external community partners.

"It was a struggle for our Council to find ways for all of our Members and Placements to stay engaged when events were being canceled or reimagined virtually. But I'm really proud of how we were able to conceptualize and redevelop our new Empowered Women of Greenville event into a virtual program for its first year. It's already having an impact, and I'm excited to see where the event goes from here," said Nicole McAden, Community Impact Vice-President.

While virtual meetings were an adjustment at first, by the time the League year got into full swing in August and September, all Committees and Councils were successfully conducting productive and efficient virtual meetings. But without that human connection element, Board leadership advocated for some agenda items for all Committees that would help to foster those human connections that are sometimes hard to make through a computer screen. Alissa Yeargin asked all Chairs to add the "High 5" to every agenda, which acted as an ice-breaker and a way for Committee Members to share more about themselves on a personal level. This, along with the 10 for Training and Stellar Star features, have been well-received across the League.

It wasn't just the Committee meetings - General Membership Meetings (GMMs) went virtual in 2020-21 too. The Board restructured the content to be delivered virtual-only in September, and then identified some locations that would allow some Members to gather safely in person too, like Fluor Field and Bon Secours Wellness Arena. These hybrid GMMs have been a huge success for both in-person and virtual options, with 45-50 Members attending in person and three times as many following via Zoom.

"The ability to be flexible and adaptable have really been our key themes this year, and the General Membership Meetings are a great example. It has been rewarding to see Members both excited to come in person, when they feel comfortable, but also see our Membership engaged on Zoom. It certainly is different than in years past, but it feels like we are still able to genuinely connect during these gatherings," added Yeargin.

Some Councils have had less "change" this year than others and one of those is the Communications Council. But what the Board did learn this year, is how important the role of that Council is during a time when we are not seeing each other in person. Communications Vice-President Andrea Simrell emphasized specifically how the website and social media have been crucial lifelines for Membership engagement and information sharing over the past year.

Another engagement tool during this unusual year has been the rise of Special Interest Groups. The JLG Book Club, with its monthly meetings and steady attendance, provided a successful model for additional Groups that were inspired by the desire of Provisionals to feel more connected to the League. Other groups began forming during quarantine as a way for Provisionals and Members to connect socially - not just within their Placements. Amy St. John saw the need to foster this growth and has sought to encourage and create new groups throughout the year that could outlive this pandemic period. As of March, groups have been created focusing on cooking, reading, running, wine tasting, and business networking.

"The concept of Special Interest Groups is not completely new, but it has really taken off in the past year as people were seeking new ways to connect with other Members in lieu of the normal ways our Members might interact," said St. John. "My hope is that these will live on and help Members find a place in the League beyond the overarching goals and mission, and ideally deepen their connections both with the League and the greater community."

The Special Interest Groups are not the only COVID-related activity that may find life past the pandemic. The Community Impact Council also sought to keep Members engaged with the partner agencies through monthly donation drives. Each month highlighted





way for Members to support these organizations, even if volunteer efforts had looked different.

"Members responded well to the donation drive opportunities, so that is something else that we will consider continuing as we move forward," said Heath Beard, President-Elect. "In many ways, this unusual year has allowed us to try some new things that may have a future place in the League. I'm very excited about the opportunity we will have to continue things that really inspired and encouraged our Members."

As the most interesting League year in recent history wrapped up this spring, Committee Chairs prepared their reports and passed down materials to Vice-Chairs. The Board reflected on the funds raised and goals accomplished. But the success of this year lies not just in the fundraising amounts or the Members engaged. It lies in the ability of this group to continue its goal of bringing women together for a larger purpose, both for its Members who seek friendship and connection, and for the community, who benefits from the collective power of this group. In a year when many had to make tough decisions about priorities and what matters most, hundreds of women chose to give their time and energy to the Junior League of Greenville, and in turn, make an impact in the greater community.



This unusual year has allowed us to try some new things that may have a future place in the League...











## Supporting The Family Effect as they Strengthen Family Bonds

// By Emily Moseley

The Community Impact Council continues to help the League deliver on its goal to engage in initiatives that help women in our community overcome barriers, with a specific focus on Human Trafficking and Economic Mobility. One of the community partners that the League is proud to work with that is specifically targeting the challenges regarding economic mobility is The Family Effect, which is working to help women and their children advance beyond extremely challenging circumstances so they can have a better life for themselves while providing opportunities for the next generation.

As the philanthropic arm of The Phoenix Center, The Family Effect works to reduce addiction as a leading cause of family collapse and harm to children in Upstate South Carolina. A primary focus of this effort is the preservation and strengthening of the family bonds throughout the treatment process. At Serenity Place, mothers over the age of 18 are able to participate in addiction treatment while living with up to two of their children under the age of 6. During the treatment, women will also receive crucial training on parenting and child development that is aimed to help them be more confident as a parent after their time at Serenity Place has ended. There are four main goals of the program:

- 1. Heal the mother's addiction
- 2. Accelerate the child's development
- 3. Build long-term skills for family strength and self-sufficiency
- 4. Reintegrate the family into society as a healed unit

In recent years, the organization has made changes that are in better alignment with this family-oriented goal. One of these changes is to restructure the time spent between mother and child. In years past, children would spend more time in a structured caregiver environment. Now, the child remains with the mother for a majority of the time, simulating the real-life situation the mother is likely to encounter outside of the program. Program staff support the women with real-life tools and training while also navigating their recovery journey.

As part of this emphasis on time spent together, the Family Effect is raising funds to renovate, enlarge and improve the common area dedicated to meals and group time. The original kitchen at Serenity Village is outdated and a dysfunctional use of space for the 120 families that are served by the facility throughout the year. Additionally, 18,000 meals for their residential mothers and their children are currently trucked in from another facility. Bringing these meals in increases daily costs and decreases the quality of the food served. The renovation of the kitchen will allow them to provide the meals necessary onsite for the mothers and children. Daily costs will be lowered, and food quality will be increased.

Serenity Place is also putting in a training kitchen. The training kitchen enhances both community health and individual self-sufficiency by enabling clients to develop the practical skills necessary to establish lifelong healthy eating habits. With the training kitchen, the organization will be able to provide classes on nutrition, cooking and kitchen safety which will foster vital life skills needed for mothers to care for their families after completing the program. Having a cooking facility for clients to easily use will also provide the smells, experiences, memories and bonding around food preparation that families need. The kitchen renovation will also enable Serenity Place to move the common area to another part of the facility - completely separate from the dining room much like it would be in a home.

"Think about all the memories that were made in your home growing up – the smells, sounds and time spent gathered around the kitchen table are often things that stick with us for a lifetime. Serenity Place is not just a treatment facility, but a home to the families we serve," shared Logan Coleman-Socia, Community Engagement Specialist. "Oftentimes, the children in our care have come from very chaotic family circumstances and we see regular healthy meals together as a huge step toward their healing and development."

Volunteers at Serenity Place can support the women by helping provide childcare while the women attend a 12 -step support group in the evenings, serve a meal on site to the families, help tutor a mother working on her GED, facilitate a life skills group or host a donation drive for our current in-kind needs. Serenity Place is always in need of art supplies, women's underwear and leggings.





This year's event was held virtually on Friday, May 21 from 10–11 am. A former graduate of Serenity Place shared her story and the impact it had on her and her young son.

This family-centric approach has seen great success, with 86 percent of children living with their family a year after discharge from the program. The Family Effect hopes that with continued support from JLG and other community partners they can continue to have a positive effect on children and families in the Upstate.

# Members' small businesses support JLG fundraising efforts

// By Julia Sellers

According to the National Association of Women Business Owners, budget-conscious business owners generate more than \$1.7 trillion in sales annually. Four Junior League of Greenville Members— Lauren Davis, Brittany L. Jones, Marclee McDaniel, and Katie Poterala – join more than 11.6 million small business firms also owned by women.

"We believe in the Mission of the JLG and want to support the community we love," said Marclee McDaniel. "Just like any small business, we rely on word of mouth to be our main source of advertising. Shop for Greenville is a great way to spread the word, offer customers a token of appreciation, and empower women and children in Greenville." Below each woman shares more insight about doing what they love.

### Greenville Cheese Girl, @GreenvilleCheeseGirl

Owner: Lauren Davis, 34 Business started June 2020 6 years in JLG

About Greenville Cheese Girl: My work with Greenville Cheese Girl includes creating cheese and charcuterie boards. I creatively arrange artisan cheeses, meats, and other goodies to create beautiful custom platters.

How do you think you've been able to empower other women through your business? My friends and family became my biggest cheerleaders and urged me to start something. When the country shut down during the coronavirus pandemic, I decided "why not now" and went for it. I think it goes to show that anyone can do this if they put their mind to it. I'm just a girl over here making cheese boards!

What made you decide to participate in SFG? I love the Junior League of Greenville, what it represents, and who it supports. The JLG and its Members have supported Greenville Cheese Girl so many times since I started this past summer. I knew participating would help me to get my name out to others in the community while also supporting the JLG. It's a win-win.

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Brittany Jones Nutrition Group, brittanyjonesrd.com

Owner: Brittany L. Jones, MS, RD, LD, 32 Business started in 2017 Two years in JLG

About Brittany Jones Nutrition Group: Our Registered Dietitians are the experts on food and nutrition in the upstate. We offer one-on-one nutrition counseling/meal planning for medical nutrition therapy, eating disorders, sports, and general health/wellness.

What's one hardship you've dealt with as a small-business owner? The never-ending battle of finding balance. While building my business, I worked two to three jobs – working on nights and weekends to get it going. Those times were hard, and there was not much work/life balance. Since becoming a full-time entrepreneur, I have learned when to ask for help and set boundaries for myself.

How do you feel knowing JLG Members will take a look at this business you've created? I hope that they see the Brittany Jones Nutrition Group in the SFG guide and understand that empowering women, ending human trafficking, and promoting economic mobility are important to us. This is just one of many JLG fundraising events that we are involved in. I have enjoyed supporting VISIONS, hosting a LEAD event, and donating to the Annual Fund!

Any advice for someone considering joining SFG in the future? I have loved being on the SFG Committee as well as a participating SFG business! This year, I worked with some new businesses and returning ones to participate in SFG; we talked about the potential that SFG has from both a business promotion standpoint and community impact. This is only our fourth year, and I can't wait to see what the future brings as we continue to build SFG year after year!

**Sash Clothes**, sashclothes.com Co-owner: Marclee McDaniel, 36 Owner since 2019 11 years in JLG

About Sash Clothes: We help busy, budget-conscious women conveniently shop for new styles and closet staples that arrive straight to their door.

What is one thing that's sweet about being in business for yourself? My business partner and friend, Blair Brading, and I are former teachers who had the idea to start this online business a few years ago. We were getting coffee one day and decided to go for it! We are both moms who find value in our flexible schedules while maintaining our identity in the working world. Let's be real, we get to call going shopping a business trip!

How do you think you've been able to empower other women through your business? We started this business to offer something to busy women who want to look and feel their best without a high price tag. We also hope to show other women that their ideas can become a reality even while juggling family and other work responsibilities.

Any advice for someone considering joining SFG in the future? You have nothing to lose! Seriously, what could be better than supporting a wonderful cause and having the Greenville community hear about your business?

MAKE MADE Jewelry, makemadejewelry.com

Owner: Katie Poterala, 34 Owner since 2019 Three years in JLG

About MAKE MADE Jewelry: MAKE MADE Jewelry is home to the most interesting jewelry in and around the upstate, offering a unique selection of handmade jewelry, from very fine to funky (and everything in between). In addition to offering an unparalleled variety of fantastic, finished jewelry and custom design process, MAKE MADE hosts a range of exciting metalworking courses for students at all levels.

What's one hardship you've dealt with as a small-business owner? COVID has been a tough first year for starting a new retail storefront. Although I've had a separate jewelry business for years, owning a retail storefront didn't come until November 2019. Opening a business always has small struggles initially, but COVID introduced hardships and changes no one could have ever predicted.

What's an obstacle you've faced as a woman business

**owner?** As a woman business owner, there can still be a level of sexism that exists in the South. Every once in a while, we'll come across someone who seems not to take us as seriously as they might a man in the same situation. We must work harder for the same respect and credibility, despite years of training and expertise in our field.

### What made you decide to participate in SFG?

We've participated the last two years, and even though we're fairly new in this endeavor, we've made it a point to give back to our community. We see our participation as a way to encourage people to participate in SFG.

## Healthcare/Mental Health/Self Care Be kind to yourself every day!

// By Julia Sellers & Cassie Craddock

It is no secret that as women we tend to put others first while our aspirations and goals fall to the wayside. This has been especially highlighted over the last year with COVID-19. The year 2020, and it seems 2021, has taken a lot of mental space; there is less room to care for our own health needs.

It's important that you don't lose sight of putting focus on your wellbeing. Taking small steps to focus on yourself can positively affect other aspects of your daily life.





Getting recommended check-ups and preventative screenings is one of the most beneficial things we can do for ourselves. Many women push off screenings because they are anxious or feel there is a financial barrier. However, if screened appropriately, lives can be saved

- 1. The United States Preventative Task Force (USPTF) recommends women 21-64 years old get a pap smear every 3-5 years. Pap smears get a bad reputation and admittedly are uncomfortable. But that quick exam is checking for cervical cancer and the Human Papilloma Virus (HPV). If caught early, these diseases can be treated and save your life.
- 2. Nearly everyone has been affected by breast cancer, yet screenings nationally remain at 75 percent. There isn't anything exceptionally great about a mammogram except that it can detect cancer, and if done regularly every two years for women age 50 and older (younger if have family history) it can detect cancer early. Early detection offers a 5-year survival rate of 90 percent, according to the American Cancer Society.
- 3. The screening absolutely no one wants to discuss is the colorectal cancer screening. This screening is recommended for everyone starting at age 50. Though the thought of a colonoscopy may bring up some nightmares, know that the colonoscopy isn't the only way to check for colon cancer. There are great at-home test kits that have been proven to be effective in detecting colon cancer. Screening for cancer from your own home? Talk to your doctor to see if this is an option for you.

The American Heart Association (AHA) recommends being physically active for 150 minutes a week. The best part – it doesn't have to be done all at once. It breaks down to 21 minutes a day! And remember, it's just moving around, not marathon training!

Greenville is rich with outdoor activities such as hiking trails, the Swamp Rabbit Trail and many parks. But if working out in public is not your thing there are also at-home work-out options. YouTube has turned into a great hub of workout videos. Below are some trusted favorites.

- 1. 305 Fitness is a hip-hop cardio workout channel that offers full workouts in as little as 15 minutes.
- 2. Natacha Oceane is a great, quick and high-intensity workout.
- 3. Yoga with Adrienne boasts over 8.6 million YouTube subscribers and hundreds of videos. Many agree her energy is calming and accommodates all skill levels. As Adriene says, "Do what feels good!".

"Diet" or "Healthy" eating can stir up more than a few complicated feelings. So much of eating well really comes down to our feelings towards the foods we eat. There is no one-size-fits-all, but it is helpful to examine our thoughts around the foods we eat and why. Below are a few tips on how to give your body proper fuel throughout the day.

- 1. Drink plenty of water. The Mayo Clinic recommends 2.7 liters of water a day, almost a full gallon! But this doesn't have to be done in one go, just little bits throughout the day. A favorite "tool" of VISIONS writer Cassie Craddock is the Cactaki Water Bottle. It has times on the bottle to remind you to drink water each hour of the day, breaking the task into manageable pieces.
- 2. Try addition over subtraction. This goes against the norm, as we know it, but instead of taking away the foods we love, like pasta, add healthy foods, like roasted veggies or grilled chicken, to the plate. The idea is to ensure the great benefits of healthy foods while not depriving ourselves of the foods we love. If we focus on what we cannot have, we set ourselves up for failure and tend to give up completely.
- 3. Mindful Eating. This means taking a few deep breaths before you take a bite of food, then completely chewing and swallowing before taking another bite. Really examine the taste, texture, smell, and your feelings towards the food. This can help reduce overall food intake due to feeling satisfied sooner. It can also help sort out feelings towards food, such as learning what you truly like and don't like and

why we eat what we eat.

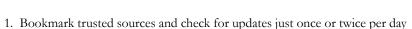
eat foods that sustain you



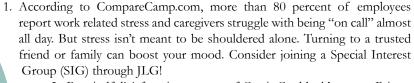
Setting a sleep routine will give you a constant in a chaotic world. According to the Office on Women's Health, women should aim for 7 hours of sleep each night. VISIONS senior writer, Emily Mosley, says that seven hours of sleep "helps me think clearer and have the energy I need to tackle the day."

fasting

Hearing about the pandemic, politics, and social issues repeatedly can be upsetting. According to McClean Hospital, a Harvard Medical School affiliate, determining what news is important helps set boundaries on news intake. VISIONS writer Julia Sellers makes it a point to unplug an hour before bed as to not engage in "doomscrolling" and filling up on information that provides no real benefit. Other tips include:



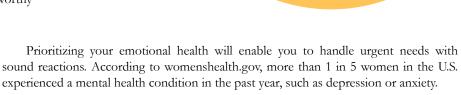
- 2. Remove anxiety provoking information from your social media feeds
- 3. Follow social media accounts that focus on uplifting news. Two favorites
- include @goodnews\_movement and @upworthy



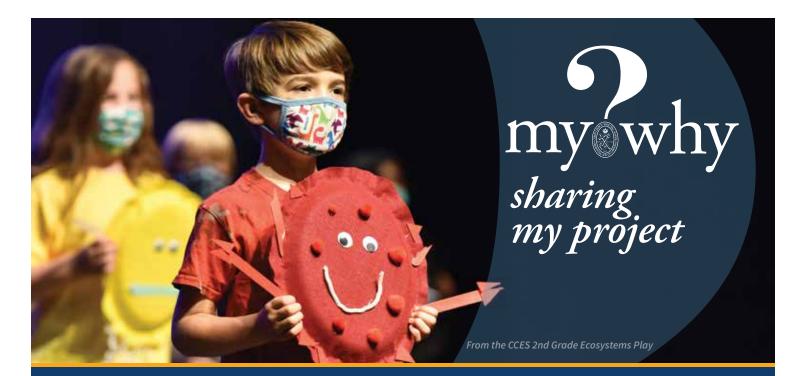
2. Be mindful! A favorite resource of Cassie Craddock's team at Prisma Health is HeadSpace. Their mission is simple: to improve the health and happiness of the world. The short videos, animations and guided mediations seek to instantly create calm and relieve stress.

Whether it is trying to drink more water, do an at home-workout or talking with a friend, do one kind thing for your mind or body each day and see how it adds up! Be kind to yourself!

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A New Event for the Junior League of Greenville:

### Empowered Women EMPOWER WOMEN

// By Emily Moseley

The Junior League of Greenville believes that Empowered Women empower women. And we also believe Empowered Women have the ability to make positive change - improving their lives, their families, and creating a ripple effect that will impact the larger community.

As part of our commitment to this belief, the JLG determined it was time to speak directly to the women of our community through an event that aligns both with our Mission of promoting voluntarism, developing the potential of women and improving the community, and our Community Impact strategy of engaging in initiatives that help women in our community overcome barriers, specifically related to human trafficking and economic mobility. This led us to create the Empowered Women of Greenville (EWG) as the new signature event of the Junior League of Greenville (JLG).

"The Empowered Women of Greenville event is designed to help empower women to reach their full potential by providing them with education and resources to build stability, gain independence, and connect with a community of women to overcome the challenges and obstacles they have experienced," said Katy Sides, Chair of the EWG event. "We hope this event can have a direct and lasting impact on the women in Greenville."

2021 was intended to the be the launch year of an in-person event for women in the community. Due to complications from the COVID-19 pandemic, the JLG opted to launch the event virtually in 2021, with plans to expand in the future. The inaugural event was offered as a series of seminars on Thursday afternoons from March 11 to April 1. In addition to participants being able to join live, the seminars were recorded and could be watched "on demand."

In conjunction with JLG's celebration of International Women's Day on March 8, Empowered Women of Greenville focused on four topics during these seminars:

**Beauty and Wellness** featuring a dietitian and health and beauty experts to celebrate self-care

Career and Job Search teaching tips for successful career searching and interviewing, geared toward increasing the likelihood of job placement

### Financial Literacy and the Psychology

of Money focusing on budgeting, credit, and bank/savings accounts

Building Community & Friendship addressing the importance of getting connected with other women within the Greenville community



























During EWG's first year, participants were referred from the League's human trafficking and economic mobility partner agencies and future partner organizations: Serenity Place, Pendleton Place, United Ministries, SWITCH, Jasmine Road, and Julie Valentine Center. The committee hopes the event will grow in future years.

Margaret Garrett with Serenity Place shared her gratitude for the new event and its impacts. "Serenity Place is so grateful for the partnership with the JLG. We appreciate the League's commitment to breaking down barriers for women and fostering connection, especially during a time when it is more challenging than ever. The education and support planned for the EWG event was perfect for helping the women bridge out of the program and into a selfsufficient life. The love put into this event was felt by everyone involved!"

Following each session, event participants received incentives that are related to the topics discussed, such as interview clothing and personal budgeting guides. Additionally, those who complete all four programs received a gift certificate to the Nearly New Shop, JLG's resale store. Participants are also able to take advantage of optional follow-up relationships with JLG Members to help foster social capital for participants.

League Members were asked to support the event by donating new or gently used professional clothing to participants.

"Our goal was to create an audience that leaves the virtual events motivated and inspired to achieve positive change however that might look for them," said Nicole McAden, Community Impact Vice President. "I am grateful to the team that concepted, developed and executed this inaugural event and look forward to seeing it grow in its impact and audience in future years."

### LITTLE BLACK DRESS RECAP:

### Little Black Dress is more than a classic fashion statement

// By Cassie Craddock

### "ASK ME ABOUT MY LITTLE BLACK DRESS"

is quite a familiar phrase heard around the JLG. As a first-year active Member, I am no stranger to the social media posts or discussions about why this initiative is so important to the League and how it supports the JLG Mission. But I have to be honest with you. I have not yet participated in the Little Black Dress Initiative (LBDI). Yet, here I am telling you what transpired over five days in November of 2020. I decided to take this as an opportunity to learn more about the Little Black Dress Initiative and reflect on my reservations that have prevented me from jumping in and participating.

all, the reason I joined the League was to impact the community. As someone who hasn't posted a selfie since college (but will shamelessly post a picture of my child), I am constantly coming up with excuses or letting my fears of putting myself out there on social media hold me back. In contrast, some women are incredibly confident and passionately jump right in their Provisional year. I am an observe first act later, if ever, kind of gal. My cautious nature has allowed me to observe and learn from this campaign and better understand the women of the League.

OBSERVATION 1: The women in this JLG don't just talk about impacting their community, they ARE positively impacting the community. In its fourth year, the LBDI raised over \$32,000. The funds raised will help the JLG continue its Mission and support our local community partner organizations.

OBSERVATION 2: The excitement of this campaign is palatable across its participants, especially Catherine Hancock, the incredibly active and passionate Committee Chair of the LBDI. Day one of the campaign kicked off, and pictures of Members in their little black dresses begin to flood my newsfeed. The LBDI participants commit to posting daily messages on social media that bring awareness to the League's Mission of developing the potential of women, promoting voluntarism, and helping women in our community overcome barriers. That is something that speaks to us all. As JLG Members, as wives, mothers, daughters, friends.



OBSERVATION 3: There is room for all of us to participate I have felt an unexplainable "pull" to participate in LBDI. After in the LBDI. It may seem the LBDI is directed towards the "socially active" or "confident" Members. Perhaps that is my own prejudice getting in the way of an incredibly worthy cause. LBDI is not JUST about hitting the fundraising goal. It shows your online community, coworkers, friends, and family that you support an organization that empowers women to reach their full potential.

> Over 50 JLG Members participated this past November. What if a few more of us put ourselves out there to support the community in the same way? Perhaps more donors could have been reached and a few extra dollars raised for the community. If you are like me and haven't participated, maybe you share in my fears. So, my cautious friends, let's resolve, together, to be brave in 2021 and consider joining our sisters in the League and participate in LBDI to expand the reach of our incredible organization.





## Incoming Provisionals Finding out what The JLG has to offer.

// By Julia Sellers

The incoming Junior League of Greenville Provisional class of 2020-2021 has spent much of the year learning what it truly means to be flexible. Months before their introductory sessions, the COVID-19 pandemic was a new reality and the JLG Board and Provisional Advisors had to tackle and completely reshape how a Provisional year experience looks.

Provisional Melissa Marsh, 39, said the onset of the pandemic encouraged her to join JLG in a year of unknowns. "I am passionate about giving back to our local community. Watching our fellow South Carolinians struggle during the pandemic led me to want to step up and see how I could help," she said. "Junior League felt like an amazing way to be a part of something positive in such a dark time."

Jhylin Farr, 23, said she didn't have any expectations coming into her Provisional year. She had moved back to Greenville after completing college and she wanted to meet new people and learn more about what was going on in her community. "No one tells you how quick everything goes," she said. "I felt like this year flew by. I think JLG is what you make of it – like anything – you get from the JLG what you put into it."

While the pandemic cut many opportunities for Provisionals to meet in person, Members said they haven't let Covid-19 stop them from getting the most out of interaction through logging hours at the Nearly New Shop and in other activities this League year. Marsh said when she received her list of things to complete in her Provisional year, she felt like it would be fine since there were so many safety measures taken by the League.

"I have made some really great friends despite needing to remain socially distant," Marsh said. "I am truly grateful for the time I spent at the Nearly New Shop. It really helped me make connections."

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Marsh also didn't let social distancing keep her from participating in the Little Black Dress Initiative, Shop for Greenville and the annual Trunk Show. Farr said the phone-o-thon to update Sustainers' directory information was also a great way for her to feel plugged into learning more about League history.

"I'm really surprised by how involved the League really is with helping the community around us," Farr said. "I feel like I can learn so much from the League because there are so many ways to get involved and you can be trained or learn so much, like writing and publishing. That is so cool to me."

Farr said joining the League in a pandemic year has sometimes left her feeling disconnected because she hasn't met as many ladies as she could in person. "I've met some really brilliant women through the League. I love how close-knit everyone is," she said. Farr said if anything she would like to see more Zooms or calls that didn't have an agenda so she could get to know Members better.

Marsh said she'd like to see social media groups made for Provisionals so Members could cheer each other on in completing their volunteer goals.

"I feel that we did not get the full view of all of the amazing things that JLG has to offer," Marsh said. "I am excited to see what the post-pandemic League looks like."



### **WELCOME THE** 2021 **PROVISIONAL** CLASS

NUMBER OF CLASS MEMBERS 3 

### **AVERAGE AGE**











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