



#BETTERTOGETHER

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***Our Mission***

The Junior League of Poughkeepsie is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. We reach out to women of all races, religions and national origins who demonstrate an interest in and commitment to voluntarism.

## *President's Message*

by Alicia Favata

This past year was certainly a year like no other and one for the history books! As the COVID-19 pandemic swept the globe, the Junior League of Poughkeepsie had to take swift action, much like the rest of the world, to chart our course for the year ahead.

With the health and safety of our members as the top priority, our committed Board of Directors decided to virtualize our programming.

This meant, unfortunately, we were unable to hold several of

our signature events.

Throughout the uncertainty, one thing remained true; the Junior League of Poughkeepsie is comprised of remarkable women who will always find a way to support our community and stay true to our mission.

We held our third installment of our "Girls' Empowerment" series and the virtual format allowed young women from all over the county to take part. We also continued to host our 19th at Nights, bringing our members together creatively through virtual yoga, trivia night, and various other social activities, providing a respite from the day-to-day and an opportunity to connect and build stronger relationships. Our annual Holiday Party was a festive and joyous occasion, bringing together active and sustaining members alike for some holiday spirit...and spirits! You can read about all of this and more throughout the pages of our Greenleaf, a publication that truly captures the memories we have created and impact we have had in this chapter of our story.

As we look to the future, it is my hope that we always remember we are #BetterTogether. While we may be small in number, the friendships that this league has fostered over the years are truly lifelong. I have seen it firsthand as we reunite year after year to celebrate in good times and to remember those who are no longer with us. The future is bright and I know that our founding members who set forth with a vision in 1919 would be proud of the league we are today

Thank you to each and every one of you for your loyal support, your friendship, and your passion for making a lasting impact here in the Hudson Valley. It has been an honor and privilege to serve as the President for the 2020-2021 year and I look forward to seeing what the future has in store for the Junior League of Poughkeepsie.





## *Girls' Empowerment*

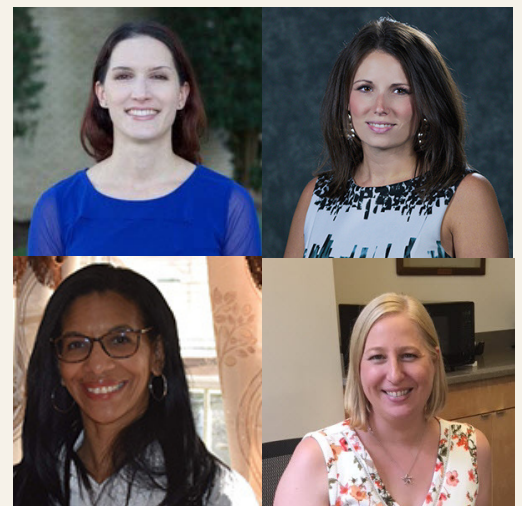
by Melissa Clark and Elisa Gwilliam, Co-Chairs

The Girls' Empowerment Committee was able to offer two programs this past year, thanks to the strong support from JLP members. The focus of the first event, held in the fall of 2020, was on the different paths to higher education - from community college to SUNY to private universities. We also discussed how to navigate the challenges COVID-19 presented this year. The committee was fortunate to have a dynamic panel of women with a wealth of experience in higher education: JLP members Alicia Atwood, Assistant Professor at Vassar College; Mallory Maggiacomo, Director of Graduate Admission for the Allied Health Programs at Marist; and Toni Hamilton, External Field Liason for Adelphi University. Our own Elisa

Gwilliam, owner of Hudson Valley Healing Center, acted as moderator. Given the flurry of activity in the chat box, the attendees were grateful for the advice and inspired to forge ahead in their pursuit of higher education, one day soon becoming our future female leaders.

In the spring, the Committee hosted a panel of mental health professionals and clinicians from within the league - Elisa Gwilliam, Master's Degree in Education with a focus on mindfulness; Toni Hamilton, Bachelor's and Master's Degrees in Social Work; and Jennifer Del Valle, Master's degree in Clinical Mental Health Counseling. They spoke about how to achieve mental wellbeing with a focus on a healthy school/life balance and strategies for staying

positive during this tough year. The panelists also offered advice for those experiencing mental distress/crisis. There was significant engagement from the young women in attendance, who were most interested in test-taking strategies, reducing anxiety, keeping a routine, starting a gratitude journal and learning the benefits of meditation.



## ***Community Involvement***

### **HOLIDAY BOX**

By: Jacqueline Altwerger,  
President Elect

Although most of our Junior League events were held virtually, we continued our commitment and tradition of giving back to the community by collecting donations on behalf of Dutchess Outreach for this year's Operation Holiday Box initiative.

Dutchess Outreach acts as a catalyst for community revitalization. it exists as an advocate and provider of hunger and relief services in order to ensure that everyone, regardless of income, has access to fresh, healthy food, and the support they need.

The JLP had two drop off locations; one at Houlihan Lawrence in LaGrangeville, and one at Poughkeepsie PROS. Additionally, members

were able to send items directly to Dutchess Outreach via Amazon or retail stores as a way to promote social distancing and keeping members home (and safe).

In all, our League was able to donate around seven full boxes of toiletries, non-perishable food, diapers, gift cards, and so many other items that will surely benefit Dutchess Outreach and support their mission. Thank you to everyone who was able to make this year's Operation Holiday Box a great success!

### **MOTHER'S DAY DINNER**

By: Mallory Maggiacomo,  
Membership Council  
Chair

We were unable to host our annual Mother's Day Dinner, one of our most beloved traditions, in its traditional format.

Undeterred, we wanted to find a way to celebrate the women who shouldered the heaviest burdens this year, taking on more roles that they ever imagined. As a small, but meaningful, gesture of our recognition of their hard work and devotion to family, we sent cupcakes and flowers to the mothers of Grace Smith House. Thank you to sustainer Jessica Glass for delivering the gifts, as we know they were truly appreciated.



**Operation Holiday Box**



## *Community Grants*

Congratulations to our 2021 Junior League of Poughkeepsie Community Grant recipients, Unshattered and North East Community Center.

Unshattered is an organization that works with women in residential recovery programs to help them develop skills, find their strengths, and prepare for the future.

The North East Community Center seeks to build a healthy, caring, responsive and welcoming community for all who live and visit here. NECC partners with other organizations and offers social, educational, recreational and cultural programs and services to help meet community needs.

Each award recipient received a \$500.00 grant to further their mission. A special thank you to Sarah Ryan and the Grants Committee for all their effort in organizing this wonderful grant opportunity for our community non-profits.



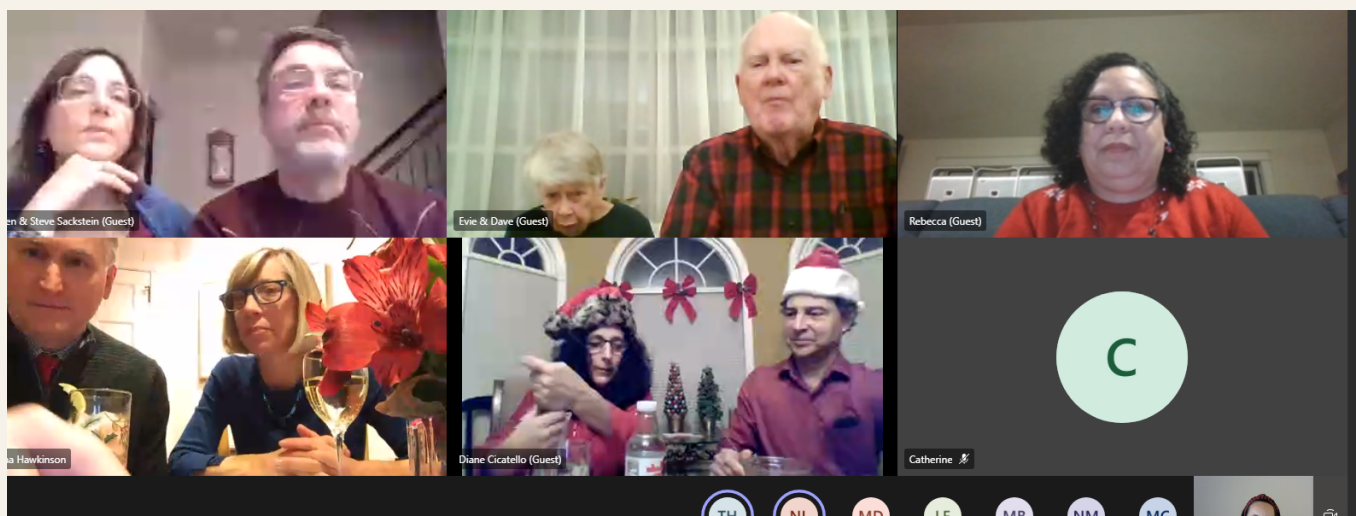


## ***Holiday Party***

by Alicia Favata



On the first Friday of December 2020, in line with tradition, the Junior League of Poughkeepsie gathered together virtually for a festive holiday party. Hosted by Sustainer Reps, Diane Cicatello and Carolyn Frankel, active and sustainer members alike shared stories over “Merry Mojitos” and sang a rousing rendition of the “12 Days of Covid Christmas”. While it certainly was different than the holiday parties of lore, our members greatly enjoyed being together via screen during this special time of year. A huge thank you to Diane and Carolyn for an such a fun event!



# WE CAN DO

## *Social Engagements*

### 19th at Night

After months of virtual gatherings, JLP members celebrated a "19th at Night" by enjoying a lovely fall walk at Peach Hill Park in November 2020. At least ten members with their families joined together for a safe, socially distanced, masked hike over several of the Park's trails. We could not have asked for a nicer day to take in the beautiful Hudson Valley fall foliage. It was so nice to be together with other members; actives, sustainers and even some future league members joined in the fun!

- Melissa Clark

### Chair Yoga

On April 17, 2021, the JLP hosted a virtual Chair Yoga event for the membership. In an hour long class, a certified yoga instructor guided us through poses modified to accommodate all the different levels of fitness in attendance. Given the stressors that we have to deal with in our day to day lives, it was nice to get some time to unwind and be zen!

- Toni Hamilton



# HARD

# THINGS

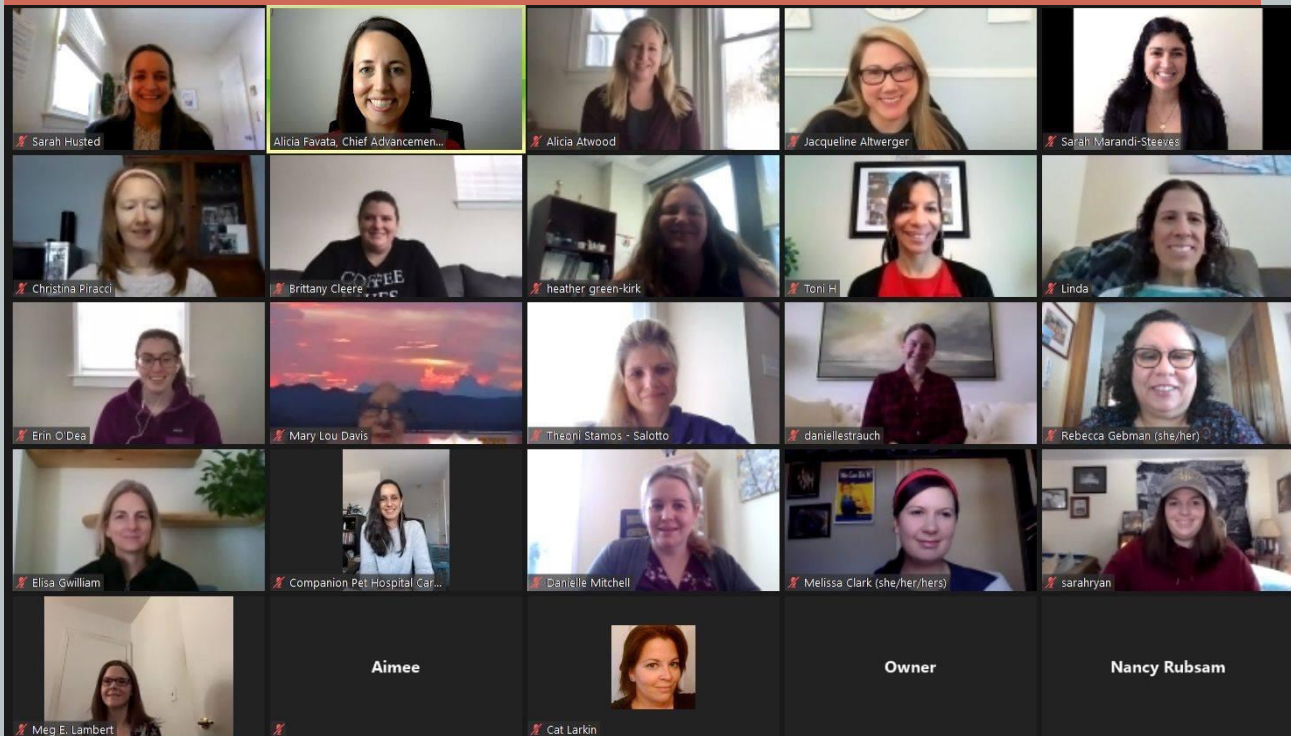
*Together!*



# POUGHKEEPSIE



# SUPER SATURDAY



You can live an extraordinary life

*Sarah*  
MARANDI-STEEVES

## ***We Can Do Hard Things, Together***

*by Sarah Husted, Training Coordinator*

We kicked off our annual day of training on February 6, 2021 with a theme of, “We Can Do Hard Things, Together.” Unlike past years, members gathered virtually with President, Alicia Favata taking the reins for a fun and fulfilling day. Many of our members had been feeling overwhelmed from the extra responsibilities they had taken on and lack of social outlets in lockdown. So, when the League reached out to members for topics of discussion, most wanted to focus on their mental health and wellbeing.

We invited Sarah Mirandi-Steeves, a Licensed Clinical Social Worker and Psychotherapist with a private practice in Poughkeepsie, to address the group. She taught us non-traditional self-care techniques and we discussed how to ask for help from each other.

Our Nominating/Placement Chair, Danielle Strauch, also addressed the group, explaining the League's organizational structure in advance of choosing next year's slate. She shared encouragement for those seeking to pursue leadership opportunities. Lastly, Alicia had us all take a personality test and it was enlightening to learn more about ourselves.

Super Saturday left our members feeling refreshed and with a great reminder that we can do hard things, together.



***2020-2021 Junior League of Poughkeepsie  
Board of Directors***

President: Alicia Favata

President Elect: Jacqueline Altwerger

Treasurer: Alicia Atwood

Recording/Corresponding Secretary: Toni Hamilton

Nominating Placement Chair: Danielle Strauch

Membership Council Chair: Mallory Maggiacomo

Community Council Chair: Melissa Clark

Sustainer Reps: Diane Cicatello and Carolyn Frankel

***SHOW YOUR SUPPORT***

- Donate to the JLP Annual Fund
- Shop with Amazon Smile, making the JLP your designated charity
- Donate on Hudson Valley Gives Day
- Contribute directly through the website, <https://jlpoughkeepsie.org/support-us/>



# Extras

# I can & I will



The JLP's Linda Fakhoury and Aimee Tuttle brave the cold at the 2021 Fishkill Polar Plunge



## GOAL Getter



Welcome new active, Brittany Cleere, who joined the JLP this year by way of the Junior League of Long Island and will serve as Recording & Corresponding Secretary in the upcoming year.