

May 2021

## May is Mental Health Awareness Month

Dear Friends,

I'm excited to join the Women's Foundation of Montana (WFM) as the new Program Officer! My previous work with Social Justice Fund NW and Montana Women Vote has taught me that philanthropy is at its best when it supports community efforts to advance gender, economic, and racial justice. And I'm looking forward to working alongside you as we address issues of gender inequity in our state.



This month at WFM, in light of Mental Health Awareness Month, we're taking time to consider the impacts of the pandemic on the mental health of caregivers.

In a **recent blog post**, we highlight how the pandemic increased the demand for family caregiving and highlighted the reality that unpaid family caregivers, whether caring for kin or chosen family, play an essential role in our health care system. Isolation and the inability to access services made caregiving more difficult during the pandemic. Additionally, unpaid caregivers, the majority of them women who are just under 50 and disproportionately from low-income households, experienced increased challenges related to mental health. **[Read more here.](#)**

As I get settled into my new role, I'd love to hear from you. Please reach out to me to tell me a little about yourself, what you value about the work of the Women's Foundation of Montana, and your hopes for the future!

Sincerely,

A handwritten signature in blue ink that reads "Kylie".

Kylie Gursky  
WFM Program Officer  
**[kylie@mtcf.org](mailto:kylie@mtcf.org)**

# Foundations Serving Women Nonprofit Report

Host Mark Oppenheim leads a discussion on foundations that serve women with guests: Felicia Davis, President & CEO of the Chicago Foundation for Women Elizabeth Barajas-Roman, President & CEO of Women's Funding Network and Mary Rutherford, President & CEO of the Montana Community Foundation and the Women's Foundation of Montana. [Watch Now.](#)

## Blogs and Other Reading



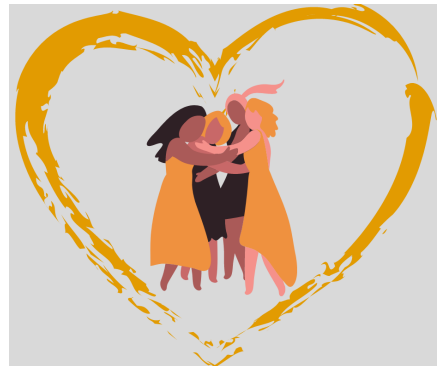
### Women's History Month Is Long Over. How Do We Keep Empowering Women The Other 334 Days Of The Year?

*By: Kathy Bleier*

"Celebrating trailblazers, risk-takers, and champions, Women's History Month shined the spotlight on strong women throughout the month of March. But now that the curtains have closed and the red carpet has been rolled away, how do we demand an encore that has the longevity to last for the rest of the year?"

**Here are four easy, actionable steps to take to support the women in our lives throughout the year."**

[Read More!](#)



### Supporting our Caregivers

"COVID-19 caused incredible loss, stress, and economic hardship for Montana's communities. Unpaid caregivers, the majority of them women who are just under 50 and disproportionately from low-income households, experienced increased challenges related to mental health.

The pandemic increased the demand for family caregiving and highlighted the reality that unpaid family caregivers, whether caring for kin or chosen family, play an essential role in our health care system. Isolation and the inability to access services made caregiving more difficult during the pandemic."

[Learn More!](#)



## PowerHouse Montana Events Calendar

For Mother's Day, the **Women's Foundation of Montana** celebrated Montana's mothers and recognized the efforts of all of Montana's daughters during these trying times. Continue to celebrate Montana's mothers and daughters through a gift to the Women's Foundation of Montana. **Give Now.**

We will be hosting a webinar in July 2021. Stay up-to-date on our offerings as they're scheduled by liking or following our page on **Facebook**! To see our events page, click **[here](#)**.

Have an event to submit to WFM? Email **[wfmontana@mtcf.org](mailto:wfmontana@mtcf.org)**

---

## Have You Updated your PowerHouse Profile Lately?

One great feature of the **new Powerhouse Montana website** is the ability to edit your own profile. Make sure your information is up-to-date **[here](#)**.

**PowerHouse Montana, an initiative of the Women's Foundation of Montana, is an online platform designed to connect Montana women to the mentors and resources they need to succeed. Learn more and sign up at [powerhousemt.org](http://powerhousemt.org).**

---

## Women in the News

### Senate Panel Likely to OK 1st Female Army Secretary

"Christine Wormuth, who led President Joe Biden's transition team at the Pentagon, got an overwhelmingly warm reception from members of the Senate Armed Services Committee. They suggested her nomination would be approved by the Senate. If confirmed, she would be one of the more powerful officials in a defense establishment long dominated by men." **[Read More.](#)**

### Teen Launches "Farm to Fashion" Business

"Farm-to-fashion is the passion of Kate Stephens, who at 16 years old launched the future of her family business as a fourth-generation farmer. Kate was inspired by the history of her

family's farm that dates back to 1912 to bridge the gap between farmers and consumers - a mission that has her grandfather Robert Stephens happy to know the next generation is interested in continuing the farming tradition." [Read More](#).

## Maya Angelou and Sally Ride Will Be Honored on Quarters

"The writer and poet Maya Angelou and the astronaut Sally Ride, the first American woman to fly in space, are the first women who will appear on a series of quarters to be issued by the U.S. Mint over the next four years. Each woman will be honored on the reverse, or tails, side of the coins, which will enter circulation in January as part of the American Women Quarters Program." [Read More](#).

## How This Former White House Staffer Is Breaking The Glass Ceiling For Black Women In Politics

"Deesha Dyer is paying her good fortune forward through her scholarship fund, Black Girl 44. Founded in 2019, Black Girl 44 is funded by Dyer and other Black women who served during the Obama administration. The scholarship is named in honor of Barack Obama, the 44th president of the United States, and for the audience, it supports—Black women who want to step into politics." [Read More](#).

## Leadership Opportunity Roundup



Governor Greg Gianforte continues to seek women leaders to fill board positions. Find available openings [here](#) and email [Liane Taylor](#), the State Boards and Appointments Advisor, for more information.

The Governor is also looking for Montanans who are interested in serving the state in an official capacity in the next four years. If you have an interest in being a part of the new administration or serving on a state board or committee, you can apply to serve through a new website, [servemontana.com](#).

**At the Women's Foundation, we are always advocating for more women in leadership and we would be thrilled to see a large number of women in leadership for Montana in the new administration. Please consider applying yourself, and sharing with the powerhouse women in your life!**

## In Case You Missed It!

Check out our [Webinar Page](#) for recordings of our most recent webinars!

---



## Support Montana Women and Girls!

*Together we can empower Montana women and girls to pursue their dreams.*

[Give Now](#)

### About the Women's Foundation of Montana

Established in 1999, the Women's Foundation of Montana is a program of Montana Community Foundation and on a mission to advance women's economic independence and create a brighter future for our girls. Learn more at [wfmontana.org](http://wfmontana.org).



MONTANA COMMUNITY FOUNDATION