

CONNECT INTERNATIONAL WOMEN WITH ST. LOUIS-AREA WOMEN AND HELP WELCOME AND INTEGRATE FOREIGN-BORN WOMEN INTO THE ST. LOUIS COMMUNITY.

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Mentor & Mentee Stories

Melissa moved with her family from Brazil to St. Louis in 2016. "At first, it was very difficult because of the cultural shock," says Melissa. Although she learned English at school and spoke it well, she found it difficult to understand the American Slang. At times, she felt as if she was a fish out of water, with so little understanding of the American culture. Things like "the Superbowl" or "potluck dinner" did not make any sense to her until she met Liz, an American born and raised in St. Louis.

After entering the international mentorship program, Melissa and Liz instantaneously connected. From game nights, coffee mornings, planning events, and spending time with each other's families, their friendship grew to be stronger than

ever. "Liz has an energy that captivates me- her positivity, her smile, her kindness, and her generosity make her an amazing person." Melissa tells us that Liz brought her a new American experience, a new perspective of St. Louis. Their friendship grows to this day, and they will continue to be there for each other many years to come.

Liz decided to be a mentor after hearing Susan Gobbo's story during a Leadership St. Louis breakout session. Born and raised in St. Louis, Liz did not want newcomers to the region to feel such loneliness and isolation. She signed up as soon as she got home that evening and encouraged her friends to do the same.

Liz was introduced to her mentee, Melissa and that is when the real magic happened. They just clicked! They had an immediate connection as both have children with Down syndrome. "I knew the Down syndrome community well and could make introductions that would provide support for Melissa and her family that they didn't yet have. But it was

more than that. I was blown away by Melissa's warmth, honesty, and courage. Being with Melissa just makes my heart happy. And those amazing Brazilian hugs!"

They adore one another and cherish every moment they get to spend together. They have enjoyed sporting events, dinners with spouses, shopping, parties, and holiday celebrations with their combined circle of friends and families. Liz even had Melissa dress up like a crazy alien to introduce her to her favorite American holiday, Halloween. Getting to see one another is always the best part of Liz's day. "This program has been a wonderful experience for me, and I am sure Melissa, and I will be friends forever."

A Little Valentine's Day History

What we know today is that Valentine's day used to be quite different back in 13th century Rome. The holiday originated from the Roman festival Lupercalia, where it was a celebration of the coming of spring, hoping to release health and fertility for women. What we celebrate now as Valentine's day came about in the 14th century, where the meaning of the holiday has changed to be a romantic day between lovers.

Valentine's day only arrived in the United States during the mid-1800s. It is common to see the image of cupid, the roman god of love, hearts, red roses, and flowers in the exchange of cards and gifts. Traditionally, birds also became the symbol of the day because the avian mating season begins in mid-February. Today, Valentine's day is not just a celebration between couples, but a fun day that can be spent with your friends and loved ones.



Upcoming Virtual Events Wellness Month

- **IMP Presentation on Bosnia & Herzegovina** - Tuesday February 16, 2021 ~ 12pm – 1pm
- **IMP Presentation - Healthy Strategies to Lose Weight Without Dieting** - Thursday February 18, 2021 ~ 5pm-6pm
- **IMP Presentation on Barbados** - Friday February 19, 2021 ~ 12pm – 1pm
- **IMP Weight Training Virtual Class** – Monday February 22, 2021 ~ 9:30am-10:30am
- **IMP Simple techniques to achieving inner peace and joy** - Wednesday February 24, 2021 ~12pm-1pm
- **IMP Appetizer Class with Chef Ashok** – Thursday, February 25, 2021 ~ 5:30pm-7:00pm

* **ALL THE EVENTS ARE OPEN TO ALL GROUPS.**

The Zoom links will be sent in a separate email.



IMP Virtual Presentation on
Tuesday February 16 ~ 12PM- 1PM
Please join us to learn more about
Bosnia & Herzegovina from our dear friend Amina.



HIGHLIGHTS OF BOSNIA & HERZEGOVINA

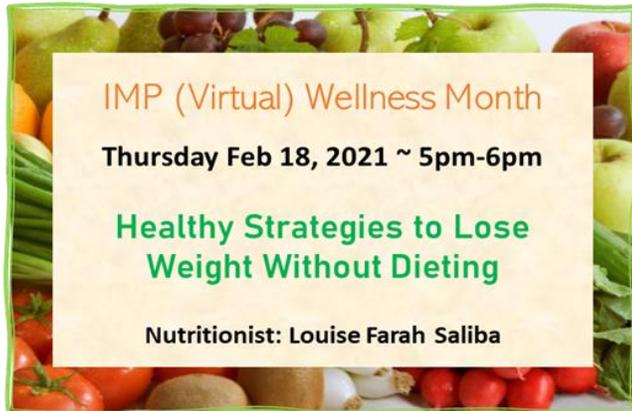
If you are in the Groups #26 & #27, you have already received the Zoom Link for this meeting.



IMP Virtual Presentation on
Friday February 19 ~ 12PM- 1PM
Please join us to learn more about
Barbados from our dear friend Kisha.



If you are in the Groups #22 & #23, you have already received the Zoom Link for this meeting.



IMP (Virtual) Wellness Month
Thursday Feb 18, 2021 ~ 5pm-6pm

Healthy Strategies to Lose Weight Without Dieting

Nutritionist: Louise Farah Saliba

IMP (Virtual) Wellness Month
Monday, February 22, 2021 ~ 9:30am-10:30am

Weight Training (Virtual) Class

Give a woman the right shoes and she can conquer the world!
For this class, put on your tennis shoes!!!



Certified Personal Trainer & Nutrition Coach: Steph Albanito

IMP (Virtual) Wellness Month
February 24, 2021 ~12pm-1pm

Simple working techniques to achieving inner peace and joy



With Amalia Pfannenstiel

IMP (Virtual) Wellness Month
Thursday 25, 2021 ~ 5:30pm-7:00pm

Appetizer Class with Chef Ashok



Le Cordon Bleu Graduate with honors
Experiences in Spanish cuisine working with Michelin starred chefs in Bilbao and San Sebastian. Ashok is 100% Verified by Cozymeal.

 Verified chef  Food safety certified

Please send any social media content to Karen Hoshino.

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St. Louis Mosaic Project

If you want to contact us, please send an email to mentorprogramstl@gmail.com