

5th Annual

PARS FOR POSTPARTUM DEPRESSION

GOLF OUTING

MONDAY, JULY 25, 2022

Edgewood Country Club, Pittsburgh, PA

mageewomens.org/pars

**SPONSORSHIP/FOURSOME
INFORMATION**



PARS FOR POSTPARTUM DEPRESSION

JOIN US for the 5th annual Pars for Postpartum Depression Golf Outing on **Monday, July 25, 2022**. Enjoy 18 championship holes and views that take your breath away at Edgewood Country Club. Only 15 minutes from downtown Pittsburgh, Edgewood is a straightforward course. However, factor in the rolling fairways, the bunkers and sometimes, considerable amounts of undulation with the greens and you have the level of difficulty of a competitive course. You can take a chance at the \$20,000 hole-in-one prize, 50/50 raffle, and win BIG ticket raffle prizes.



One in five women will experience an episode of clinical depression in her lifetime and more than half will never seek treatment. Depression affects women about twice as often as men. Pregnancy and the postpartum period are frequently considered a time of great joy. When a woman experiences depression, anxiety, or symptoms of obsessive-compulsive disorder, it can be a time of great confusion and uncertainty. Finding someone who has the clinical skill, expertise, and understanding to help define the problem and develop a plan of treatment can be frustrating. The staff of the Behavioral Health Services at Magee are equipped to do just that. Working with ob/gyns, social workers, and family members, our staff provides education, support, and treatment.

To date, proceeds raised have contributed to the creation of parent support group sessions that enable new moms and dads to openly discuss how they are affected by anxiety and depression as well as find support among peers and professionals. Additionally, a newly renovated child care room has been constructed and will be staffed to allow those moms seeking counseling at our Intensive Outpatient group therapy location in Wexford to bring their children with them and have them cared for by our staff.

Proceeds benefit the Postpartum Depression Program at UPMC Magee-Womens Hospital

LEARN MORE: mageewomens.org/pars

VEHOVIC FAMILY'S STORY

The New and Expected Mother Skills Training Program was made possible through funds raised at the Pars for Postpartum Depression golf outing.

Noona and her husband Bill always knew they wanted children. After several IVF attempts, they were blessed with a healthy baby boy that they named Elliot. Shortly after coming home with Elliot, Noona started to feel overwhelmed and anxious. What should have been a joyful time soon turned to debilitating dread and self-loathing for Noona. She was overcome with worry and fear of irrational thoughts, and often would sleep very little at night as a result. Noona often felt like she was in a constant state of depression and anxiety, which quickly became debilitating. One morning, Bill awakened to find his wife inconsolably crying and unable to care for herself or Elliot. Bill called several ERs, but due to her postpartum status, many of them had little to offer. Bill and Noona returned to UPMC Magee-Womens Hospital, where Noona was admitted for evaluation and diagnosed with Postpartum Depression (PPD) and Postpartum Anxiety (PPA).

Noona started treatment in an intensive outpatient program where she learned cognitive behavioral techniques and started on medication therapy for PPD/PPA. Over several weeks, she began to improve and was discharged from the program. However, the symptoms of Noona's PPD/PPA persisted for 13 months and would need to undergo further treatment in an outpatient setting. Throughout this struggle, Noona and Bill overcame several challenges for care including timely access to treatment, lack of disease specific therapy, and spousal support resources.

In 2020, Noona and Bill welcomed their second baby, a little girl they named Avelin. Noona continued her therapy and medications throughout her pregnancy. Within the first several weeks, symptoms of PPD began to show. Noona began utilizing the resources offered at the New and Expected Mother Skills Training Program (N.E.S.T.) through UPMC Magee-Womens Hospital and UPMC Western Psychiatric Hospital. This program was made possible through funds raised at the Pars for Postpartum Depression golf outing which Bill and Noona both founded and co-chaired.



Noona, Avelin, Elliot and Bill Vehovic

By participating in this program, Noona was able to receive both individualized and group therapy with other mothers impacted by perinatal mood disorders. She learned to utilize skills to address depression and anxiety symptoms, increase mother and child bonding, and improve emotional wellness. Early recognition of symptoms, timely access to treatment, and disease specific therapy greatly helped Noona, Bill, and the family unit.

After completing the N.E.S.T. Program, Noona has been able to enjoy motherhood, free from depression and anxiety. They can't thank those enough who helped them at UPMC Magee-Womens Hospital and UPMC Western Psychiatric Hospital, as well as all who supported the annual Pars for Postpartum Depression Golf Outing.

FOURSOME: \$1,200

Includes:	Register your team:
<ul style="list-style-type: none"> • Golf Cart • Light Breakfast • Beverages • Dinner 	<p>Visit mageewomens.org/pars</p> <p>or</p> <p>Complete the commitment form on the next page and send with your check to the address listed at the bottom of the page.</p>

SPONSORSHIP OPPORTUNITIES

Opportunity	Title \$15,000	Presenting \$10,000	Platinum \$7,500	Dinner \$5,000	Cocktail \$2,500	Cart \$2,500	Raffle \$2,500	Bag Drop \$1,500	Hole \$750
Foursome(s)	2	2	1	1	1	1	1	0	0
Advertisement on tee sign	●	●	●	●	●	●	●	●	●
Logo on website	w/link	w/link	w/link	w/link	●	●	●	●	
Recognition in Foundation Annual Report	●	●	●	●	●	●	●	●	
Insert Magee-approved gift in swag bags	●	●	●	●					
Logo on welcome banner	●	●	●	●					
Logo on cart	●	●				●			
Logo on raffle signage	●	●					●		
Logo on dinner signage	●	●		●					
Logo at bar area	●	●			●				
Recognition on social media	●	●							
Recognition on all advertising	●	●							
Logo on volunteer shirts	●	●							
Logo on bag drop off signage	●	●						●	
Provide remarks	●								
Preferred seating at dinner	●								
Special recognition plaque	●								
Right of first refusal 2023	●								

Sign up early as this outing fills up quickly

Can't attend or sponsor, but would like to support the Postpartum Depression Program, please go to mageewomens.org/pars to make a donation.

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MONDAY, JULY 25, 2022 | EDGEWOOD COUNTRY CLUB, PITTSBURGH, PA

SPONSORSHIP AND FOURSOME COMMITMENT FORM

Please consider support for Pars for Postpartum and check one of the following sponsorship levels:

- | | | |
|---|--|---|
| <input type="checkbox"/> Title Sponsor - \$15,000 | <input type="checkbox"/> Presenting Sponsor - \$10,000 | <input type="checkbox"/> Platinum Sponsor - \$7,500 |
| <input type="checkbox"/> Dinner Sponsor - \$5,000 | <input type="checkbox"/> Cocktail Sponsor - \$2,500 | <input type="checkbox"/> Cart Sponsor - \$2,500 |
| <input type="checkbox"/> Raffle Sponsor - \$2,500 | <input type="checkbox"/> Bag Drop Sponsor - \$1,500 | <input type="checkbox"/> Foursome - \$1,200 |
| <input type="checkbox"/> Hole Sponsor - \$750 | | |

We cannot participate this year, however, would like to make a donation to support the Postpartum Depression Program \$_____

Under what corporate name would you like your support listed on this event website?

Your Name

Your Title

Primary Contact (if different than above)

Company Name

Street Address

City

State

Zip

Telephone

Email

Your Signature

Date

Please invoice me

Check Enclosed (please make checks payable to: MWRIF and mail check to the address below.)

Credit Card (Please go to mageewomens.org/pars)



DEADLINES:

FEBRUARY 1, 2022

Submit commitment form to be included in event advertising

JUNE 24, 2022

Sign-up for foursomes

JULY 15, 2022

Name of foursome participants due to Nicole Dimanov at dimanovnm2@mwri.magee.edu

This form may be returned via email to dimanovnm2@mwri.magee.edu or mailed to Nicole Dimanov, Magee-Womens Foundation, 3240 Craft Place, Suite 100, Pittsburgh, PA 15213

Any questions please call Nicole at 412-641-8950.