



JULY NEWSLETTER

Freedom to Thrive

For many of us, July is a time to celebrate our nation's independence, but it can also be an opportunity to reflect on what freedom truly means in our everyday lives. At Women of Colors, we believe freedom is about more than a single day on the calendar. It's about having the opportunity to live a healthy, safe, and fulfilling life. It's the freedom to pursue your goals, to ask for help without fear or judgment, to raise your family in a supportive community, and to make choices that lead you to a brighter future. While each of our journeys is unique, none of us are meant to walk them alone. Every mentoring relationship, prevention program, community partnership, and act of kindness helps create pathways to hope, healing, and opportunity. When we invest in one another, we build communities where people don't just overcome challenges, they actually have the support and resources to truly thrive. As we move through this month, may we continue working together to create the kind of freedom that empowers every person to reach their full potential.



WOC Spotlight

Meet the Team



Name: Crystal Sanders

WOC Position: Member and Assistant Secretary

Time with WOC: 10 Years

Born at St. Mary's Hospital in Saginaw in 1960 to James and Janet Diebold of Vassar, Michigan, Crystal Sanders has spent a lifetime investing in her family and community. She graduated from Vassar High School in 1979 before attending Delta College for one semester. While working as a server at Zehnder's in Frankenmuth—a position she still considers the most challenging job she has ever held—she put herself through the dental assisting program at Mott Community College in Flint.

Crystal worked at Riverfront Dental Clinic in Flint from 1982 until 1986, when she and her husband, Matt, welcomed their first child, Mathew. Choosing to stay home with her growing family, she operated a licensed home daycare for 14 years while raising four children: Mathew, Stephen, Kirsten, and Dillon. As newlyweds, she and Matt began their life together in Vassar, renting her parents' home before purchasing their first, and later second, home in Birch Run.

Committed to continuing her education, Crystal returned to Delta College, earning her associate degree between 1996 and 2000 before transferring to SVSU, where she received her bachelor's degree in Sociology with a minor in Communication in 2006. Knowing she wanted to serve others through the social services field, she soon began volunteering as a CASA with the Child Abuse and Neglect Council. It was there that Volunteer Coordinator Catherine Martinez encouraged her to apply for an open position at the Underground Railroad, where she was interviewed by Community Development Director Mary Sue Barry and offered the role of Volunteer Coordinator.

Mary Sue also introduced Crystal to Women of Colors, inviting her to an open house at the Andersen Enrichment Center. Inspired by the missions of both organizations, Crystal began her own journey of service with Women of Colors. She served as Volunteer Coordinator at the Underground Railroad part-time from 2009 to 2014 before returning in a full-time capacity in 2016. She retired from the organization in December 2025 after years of community outreach, educating the public about the Underground Railroad's mission and recruiting volunteers and interns to support its work.

When Crystal returned to the Underground Railroad in 2016, she also became a member of Women of Colors. Now in her tenth year with the organization, she has proudly served as Assistant Secretary on the Board for the past three years. Reflecting on her journey, Crystal encourages anyone looking to make a difference in the Saginaw community to consider getting involved with either the Underground Railroad or Women of Colors.

"Both organizations have made a lasting impact on my life, and I know they can do the same for others."

President's Corner



Evelyn McGovern
President/Co-founder

As we move through the month of July, many of us take time to reflect on the meaning of freedom and the opportunities it represents. At Women of Colors, we know that true freedom is about more than a single day of celebration. It is found in healthy families, safe neighborhoods, supportive relationships, and communities where every person has the opportunity to grow and succeed. Every day, I am inspired by the dedication of our staff, volunteers, members, and community partners who work together to make that vision a reality. Whether through mentoring youth, supporting families, advocating for prevention, or simply showing up for one another, each act of service helps create a stronger community for future generations.

Thank you for continuing to stand alongside Women of Colors in our mission. Together, we are building more than programs. We're building hope, opportunity, and a future where everyone has the freedom to thrive.

Did you know?

July was originally called Quintilis (meaning "fifth month" in the early Roman calendar) but was renamed to honor Julius Caesar, as it was his birth month.

Women of Colors is grateful for the continued support of our partners, community members, and friends who make our mission possible. Your encouragement helps us create meaningful programs that strengthen families and uplift youth across our community. This month, we'd like to give special recognition to Midstate Health Network for their partnership in helping us share prevention resources and awareness through this newsletter. Together, we are building a healthier, stronger future.

MSHN
Mid-State Health Network

Get In Touch

Have questions or donations?

Want to get involved?

We'd love to hear from you!



womenofcolors.org



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**Let's Make A Difference
Together!**