



Kay Wright, Founder of Women4Women Tempe, and her team of volunteers.

# 100+ Women Who Care Supports Feminine Hygiene Needs in the Community

BY KIM TARNOPOLSKI

No female should have to go without feminine hygiene products. Period.

We have all heard of poverty and the devastating effects it has on a community. But have you heard of period poverty? Period poverty refers to the lack of access to over-the-counter products to manage menstrual bleeding.

Period poverty causes physical, mental, and emotional challenges for women. The stigma that shrouds periods further prevents individuals from talking about it. Because menstruation, or the period itself, involves only one sex, it is understandable for some people not to consider menstrual products as one of the most important things in life. However, all people have females in their lives; therefore, it is important to have a mindset that menstrual products are essential.

On average, a person menstruates from age 13 years to 51 years, every 28 days, with a 3–7-day range. This means that they will have 456 periods for about 38 years and use more than 100,000 menstrual products in their lifetime.

“Women are the forgotten people when it comes to homeless or low-income need,” said Kay Wright, President of Women4Women. “They have backpack drives, they have food drives, they have shoe drives, but nobody thinks about women’s menstrual needs, and it’s vital.”

Wright started Women4Women Tempe in 2016 when she learned that this basic female need was not being met in our community. Her nonprofit assists homeless and low-income women in “maintaining their dignity and health” by distributing feminine hygiene products to those in need. In 2023, Women4Women Tempe delivered 44,545 of their bags.

In January, Wright shared the mission of Women4Women Tempe with her 100+ Women Who Care Valley of the Sun group in Ahwatukee. The members were moved by her presentation and selected the charity to receive their quarterly of \$15,525.

“We are absolutely thrilled to receive this donation. We have ordered two pallets of tampons, one pallet of liners, and are planning to purchase three pallets of pads,” shared Wright.

Since the chapter’s inception in 2015, 100+ Women Who Care Valley of the Sun has donated over \$1.2 Million to local charities. To learn more or to register for their upcoming giving circle on April 16, visit <https://100wwcvalleyofthesun.org/>. Guests are welcome.

To learn more about Women4Women Tempe, visit <https://women4womentempe.org/>.