



ROCHESTER
WOMEN'S
NETWORK

CONNECT. GROW. SUCCEED.



News from the RWN President, Linda Heeler

Thank you to all who made our 40th Birthday Celebration in November a huge success! I hope you were able to join us but if not, check out the photos on Instagram or our Facebook page.

During 2018, RWN took on rebranding the organization. The unveiling of our new logo and website took place at the 40th birthday party.

The party not only celebrated RWN's history but also the culmination of work that began in 2017.

As a result of the work that's been done over the last 18 months, we have begun to see an uptick in new members as well as an increase in renewals. Interest and participation in our SIGs and committees has grown. There is an excitement about collaborating, sharing new ideas and a renewed energy toward the future.

Thanks to our members, word is spreading about RWN and the supportive relationships that are being built because of it. All of this tells us that we are on the right track.

And, we are not finished, there is still more work to do in 2019.

After much consideration, the Board and I are pleased to announce that not only will I be serving a second term as president in 2019 but Megan Flanagan Mills is RWN's President-elect for 2020.

Megan and I will be working closely with the Board this year so that there is a smooth transition next year. We will also be working with the Board on a vision for the organization for the next few years.

We are hoping to learn how we can better reflect the women in our community by creating more diversity

January/February, 2019

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continuing to explore ways of reaching more women in our area who could benefit from what RWN has to offer.

RWN didn't get to be 40 years young on its own. It took many women working together through the years. I invite you to join me in continuing the work of our foremothers as we take RWN into the next decade and beyond.

Here's to the new year!

Linda Heeler

News from the Office

Happy 2019, I hope your year is off to a good start!

Linda Heeler is starting her second term as President for RWN; a very special thank you to Linda for guiding RWN through a second year. The continuity in leadership will benefit RWN as we work complete some significant projects we started in 2018, as well as work toward creating a strategic plan for our future.

Megan Flanagan Mills is our President-Elect for 2020. She will be spending her year working closely with Linda to facilitate a smooth transition next year (Megan's bio is featured below).

Michelle Wescott and Kevin Fitch have been elected to the Board of Directors; their term starts 01.01.19 – I would like to extend them a warm welcome and thank them both for getting engaged at this level of the organization. Dawn Hampsey will serve as VP of Finance for 2019.

The following individuals round out the 2019 Board of Directors:

Erin Garrett, Board Secretary
Caitlin Drago, VP of Membership
Susan Jefferson, VP of Marketing and Major Events
Holly Hewins, VP of Programs

Jennifer Cave
Cynthia Ely
Jillian Jones
Carol Kennedy
Jill Wesley.

Please introduce yourself to these leaders when you are at an RWN event - they value feedback from the membership.

A special thank you to our retiring Board members: Teresa Delibert and Miranda Wilcox. Both of these women have served RWN for the past 6 years.

Thank you to all of our members who share their time, talent and treasure with RWN. As a member-run organization, the voice, actions and commitment from our members collectively sustain our growth and continued success. RWN would not exist without you! Thank you to the committee chairs and members, SIG Leaders & participants. Thank you to everyone who supports our events and programs. Thank you to all our valuable members!

We are the network... We create the network!

Reminder: **RWN has a new phone # 585.383.8080.**



RWN continues their partnership with Nazareth College, a significant opportunity for members interested in pursuing a master's degree. The

Nazareth College Educational Partnership provides RWN members with a 20% tuition discount and opportunities for professional development, career advancement, network building, and acquisition of necessary, relevant skills that benefit our members.

Members receive the tuition discount for graduate degrees in education, human resources, management, or marketing at Nazareth, in addition to any employer tuition benefits. Please visit the [Nazareth Partnership Network Webpage](#) for more details and how to apply.

RWN New Members and Renewals

Renewals

Sharon Cassano Lochman
David Cobrin
Kelly Kester
Kimberly Miller Wilborn
Kathleen Parsons Roth
Michelle Roberts
Sara Shimmel
Sandy Sloane
Jessica Steklof
Mary Ann Uhrenholdt
Laurie Walsh
Jill Wesley
April Wiesner
Susan Yovanoff

Welcome

Jennifer Albee
Meg Casebolt
Marlene Dattilo
Kimberly Ganley
Jess Greene
Debra Kostiw
Carrie LaDue
KC Rossi
Patricia TenEyck

Member News:

Linda Heeler, RWN President, is featured in a blog highlighting RWN:

<https://www.yourehiredrochester.com/news-notes/2018/12/31/getting-to-know-rochester-womens-network>

Job opportunities in the Rochester Area

The RWN Office continues to get Job listings from the following organizations. If you are looking for a new position consider these resources.

For employment opportunities go to [EXCELLUS](#)

HR WORKS: Various Opportunities: <http://www.hrworks-inc.com/careers/job-opportunities>

Delibert Employment Solutions: Various Opportunities: <http://www.delibertemployment.com/Careers.aspx>

Public Relations Society of America Rochester
<https://prsarochester.org/classifieds.php?type=job>

Spotlight: RWN Board Member: Megan Flanagan Mills, Agency Owner, Farmers Insurance



Megan Flanagan Mills is the proud owner of a local Farmers Insurance agency in Irondequoit, NY. After an 8-year corporate career with Farmers Insurance, where Megan worked her way up from a Marketing Specialist to the Distribution Manager for the entire Buffalo region, Megan opened her insurance agency in October 2015.

With less than three years as an agent under her belt, Megan has already earned some of the highest honors Farmers grants - including 2016 Blue Vase recipient, 2016 & 2017 Toppers Club honoree, and 2017 New Business Award winner. Additionally, Megan was recognized by the Democrat & Chronicle as a Women to Watch in May 2016, and last fall she received the prestigious Up & Coming Businesswoman Award from the Rochester Women's Network.

Megan enjoys mentoring and working with other women to mutually grow and advance, both professionally and personally. As a board member of the Rochester Women's Network, Megan meets and connects with other women in the community. She also volunteers her time with the Girl Scouts as a Gold Award Mentor, helping young women work through and overcome obstacles through the respected award project. Megan sits on the board of Borinquen Dance Theatre, and has served as the Event Committee Chairwoman for the past three years, where she helps enable the students to showcase their talents in an annual community performance.

In both her personal life and her career, Megan always strives to give back to the community, and focuses her efforts on supporting other women in all avenues of their lives. As an insurance agent, Megan uses the opportunity to advocate for her female clients, ensuring they understand the available insurance programs and standing by them as a resource and a friend throughout the claims process.

Megan has served on the RWN Board since 2017, she is President- elect for 2020. Prior to assuming her new role she was VP of Programs, and Referral SIG ! Leader. She remains an active contributor on the program committee.

Megan loves spending time with her husband Brady and their two amazing children, four-year-old Ada and 18 month old Jackson.

Upcoming Events

SIG Fest: Check out RWN's Special Interest Groups – information & assistance to start a new SIG will be also be available

Date: Thursday, January 10, 2019

Time: 5:30 p.m.

Location: Irondequoit Library, 1290 Titus Ave, Room 115, Rochester, NY 14617

RSVP: [Register online NOW](#) Pre-registration required. Members are free, Non-members \$10 – this fee can be used toward your first year membership when you decide to join RWN!

RWN Free (to Members) Monthly Networking

Sponsors: Heather Henderson, Founding Director for Bellame

Date: Wednesday, January 23, 2019

Time: 5:30 p.m. to 7:30 p.m.

Location: Clubhouse at the *NEW!* Orchard View Apartments off Latta Road, Rochester, 14612

Price: Members: FREE, nonmembers \$10

RSVP: [Register online NOW](#)

Explore RWN: Information Session for RWN

Date: Monday, January 21, 2019

Time: 5:30 p.m. to 7:00 p.m.

Location: Perkins Mansion/AAUW, 494 East Ave, Rochester, 14607

Price: FREE

RSVP: [Register online NOW](#)

SIG Spotlight, Leading with a purpose.

Date: Friday, January 18, 2019

Time: 7:30 9:00 a.m.

Location: Five Star Community Room, 395 Westfall Road, Rochester, 14620

Price: Members Free, Non-members \$10

RSVP: [Register online NOW](#)

RWN Committee Announcements

Marketing and Newsletter Committee

The Marketing Committee is committed to getting the news out about all of the amazing things that RWN has to offer...but we can't do it alone! We need you to share our posts, forward the emails, and invite friends and colleagues to our events and to membership. Follow us on [Facebook](#), and [Twitter](#). Join our committee to share your marketing talents with RWN!

Date: FIRST Thursday of the month. Next meeting February 7th

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave

RSVP: No Registration Required. For more information, contact Clarissa Markiewicz at cjimage79@gmail.com

Ambassador Committee

Ambassador Committee Members mentor new RWN Members to help them maximize their RWN experience. Committee members contact new members to explain their own RWN experience and how it has benefited them as well as finding the right SIG and/or Committee that matches the new members' goals and purpose for joining RWN.

The Ambassador Committee is always looking for new volunteers to share the benefits of their RWN experience with new members. Our group generally meets quarterly.

Date: Meet Quarterly. Next meeting: Thursday, January 17, 2019

Time: 8:30 am

Location: Brueggers, Monroe Ave

For more information, contact Nancy Woolver at newoolver@ft.newyorklife.com or (585) 683-2981.

Membership Committee

RWN will be increasing the membership dues effective January 15, 2019. All levels will increase \$5 – a minimal cost of doing business adjustment - New rates: Basic - \$150, Patron - \$250, Mentor - \$400 and Advocate - \$700.

HELP RWN CONNECT. GROW. SUCCEED! As a membership run organization, you are the backbone of RWN. In order to continue to CONNECT, GROW, and SUCCEED, RWN needs your help. Please encourage your friends and colleagues to join RWN and enjoy the same benefits and opportunities you do.

In Her Own Words: Perks on RWN membership from, Stephanie Webster, Financial Advisor for AXA Advisors & RWN member:

1. I originally came to a free networking event. I HATE networking events, but I was so pleasantly surprised by this. Everyone was so warm and welcoming, and they made a point to introduce themselves and find out more about me. A member immediately set a coffee date with me for the next week so we could chat and get to know each other. At that coffee date she suggested ways that I might want to get involved with RWN. At my second free networking, I had a similar experience and also had a follow up coffee date. I immediately felt like I was part of a community, and even though there are several other members in the same industry, I never felt like we were in competition. The common theme seemed to be that a rising tide lifts all boats and we can all help each other.
2. Mentorship through the Ambassador Program: A huge perk for me. My ambassador took me out to lunch, asked me all about myself, and suggested SIGs and committees I might want to join. She also reached out to see if I would be attending upcoming events and to let me know that she would be there so I had an "anchor." This really differentiated RWN in my mind—having an official mentor really made me feel that people cared about me.
3. SIGs and committees. It took me a while to start coming to them, but I have found them very rewarding. I appreciate that they have asked

for my input and not relegated me to the sidelines as a new member. I've been encouraged to get involved and shape the way RWN is evolving. I am part of a new SIG in development (Young Professional), and it's exciting to be able to propose something new and get the go-ahead to proceed.

If you'd like to share your story of why you joined RWN, please email Lynn Kerr at lynn@bookeepkerr.com.

New member application

link: <https://www.runmyclub.com/RWN/application.asp>

Membership Renewal

link: <https://www.runmyclub.com/RWN/renewal.asp>

Please contact Sandy at (585) 383.8080 or at rwn@rwn.org if you have any questions.

The Membership committee works on developing strategies to retain current members and recruit new members. New committee members are always welcome to attend our meetings and share growth opportunities, retention initiatives, and explore potential RWN opportunities. If you can't make a meeting, suggestions for membership initiatives are always welcome via email.

The Membership Benefits document is posted on the RWN website <http://www.rwn.org/levels.html>. We encourage members to review the benefits of different levels of membership and determine which level best suits their needs.

Reminders: SIGs are a member benefit. Please keep your membership current and don't forget your loyalty card when attending RWN events. Once you have had your loyalty card signed for attending twelve different RWN events in one year, you are entitled to get 20% off your next year's membership dues, whether you stay at the same level or upgrade to a higher membership level!

LOYALTY Cards: Everything you always wanted to know but were afraid to ask!

1. They do not expire.
2. Free networking events do not apply.
3. Member can have card signed once per year by committee chair or co-chair, for each committee they participate in.
4. Member can have card signed once per year by SIG leader for each SIG they participate in.
5. Member who brings in new paid member will have card signed for each new member.

We meet the fourth Wednesday of every month at noon. If you have any questions, or want more information, please contact Lynn Kerr at lynn@bookeepkerr.com.

Date: Fourth Wednesday of the month. Next meeting: January 23, 2019

Time: Noon

Location: 1115 East Main St (Old Hungerford Bldg.) Rochester, NY 14609

RSVP: Contact Lynn Kerr if you plan to attend at lynn@bookeepkerr.com.

Finance Committee

Have you ever thought about where RWN's revenue comes from or where it goes in a non-profit organization? Now is a good time to join our Finance committee and learn more about our financial obligations. Our committee works behind the scenes in areas that keep RWN running to include providing annual budgets, reviewing contracts, and supporting other committees as the financial liaison. I am confident that the knowledge you acquire from this committee will benefit your own career (or personal) success. Come join our group, no financial experience required.

Date: January 29, 2019

Time: 7:30 to 8:30 am

Location: Conference Call: contact Cindi for details

If interested in joining our committee, contact Cindi Crowley at 585.329.9079 or cindi@rochester.rr.com.

Explore RWN - Orientation & Recruitment Committee

The Explore RWN committee is seeking volunteers to share their RWN experiences and their enthusiasm about RWN. The Committee organizes and holds orientation and recruitment sessions approximately every six weeks for potential members, new members, and members who just want to find out more about RWN. This is a great opportunity to practice your public speaking skills. This is also a great opportunity to network with potential and new RWN members.

Next Explore RWN: January 21, 2019.

Please note location: Perkins Mansion on East Ave.
See event details above to register.

For more information or to join the committee, please contact Amy Varel at avarel@mccmlaw.com or (585) 546-2500.

2019 Program Committee

Develop programs to engage RWN members on a professional and personal level. We reach out to cultural organizations, corporations, and individuals to achieve goals and objectives of RWN in a fun, relaxed environment.

We welcome all RWN members to stop in for one of our programming meetings to see what it's about, and see if it's something for you! I look forward to seeing new faces at our next meeting.

Please join us for our upcoming programs. Details are available online at [RWN Upcoming Calendar of Events](#)

Date: First Thursday. Next meeting: February 7th

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave
Irondequoit, 14617

RSVP: Come join us! For more information, please contact Holly Hewins or Carol Kennedy:

hollish@frontiernet.net OR carol@carolkennedylmt.com

Monthly Free Networking Committee

Do you want to meet new friends and business contacts? Are you interested in having fun for **free** with other RWN members? Would you like to visit offices of local businesses and learn more about other Rochester Women Network members? Is drinking wine, eating snacks, and chatting with others all activities you enjoy?

If you answered yes to any of those questions, the monthly Free Networking is perfect for you! If it's been a while since you attended a monthly Free Networking event, you've been missing quite a bit. In response to members' suggestions, we've built in fun icebreakers as part of the event, sometimes featuring silly questions, team building activities, and informative questions and answers. You never know what interesting facts you may learn about the person standing right next to you!

Our enthusiastic and engaging committee is eager to have your participation in the form of sponsorship of one of our monthly events or just by attending.

Looking forward to seeing you all soon!

Warm regards, Sandy Sloane, Lauren Goetz, Jennifer Watson, and Mary Beth Cameron

Community Service Committee

Network while giving back to the community. For more information, contact Brigid Ryan

<mailto:brigidsryan@gmail.com>

Date: First Monday of the month, next meeting
February 4, 2019

Time: 6:00 p.m.

Location: RWN Office – 2509 Browncroft Blvd, Suite 106 (conference room), Rochester, 14625

RSVP: Please contact Brigid Ryan at

brigidsryan@gmail.com

Revenue Development Committee

Seeking Committee members

What are the benefits of serving on the Revenue and Development Committee?

1. Going to meetings where you see the same group of women means you get to know about their business and/or profession on a deeper level. That is how real relationships are made both personally and professionally.

2. Committees are a friendly, safe environment to practice skills that you want to build up such as leadership, marketing, public speaking, to name a few.

3. Feeling like you should volunteer more but just don't "have the time"? Well yes, you are volunteering your time but serving on a committee does more than just putting in volunteer hours and making your heart warm. While giving back to your community you also get to have fun with other like-minded women and your marketing yourself and/or your business at the same time! Triple whammy!

Why is this committee important to RWN?

1. Revenue and development is closely intertwined with our other committees such as: major events, programs, marketing - we support them and work together for success.

2. We are a nonprofit and need to ensure that our programs and events are successful so that we have funds to run RWN; from SIG's to running our website. We want to continue to offer members what they are asking for and we can't do that without a healthy bottom line.

Are you interested in learning more?!

Please call or email Jillian Jones at 716-397-8932 or jillianj@supportivedivorcesolutions.com

I'm looking forward to reconnecting with you or speaking with you for the first time!

Together, 2019 is going to be one of the biggest years yet for RWN and YOU – connecting, growing and succeeding together!!!

Special Interest Groups (SIGs)

One RWN member benefit is the opportunity to participate in our SIGs. If you are interested in attending a SIG please join RWN. Click [here](#) for the link to our membership page.

NEW! Career Transition SIG

Is a change in your future? Exploring new professional opportunities? Find new paths with us! Discuss how to take

advantage of current opportunities and move forward in a way that honors you and your skills. Share, learn, and listen to make the most of this time for professional growth, realizing opportunities, and reaching goals.

This SIG will be facilitated by Teresa Delibert, Certified Personnel Consultant & Miranda Wilcox, Professional Certified Coach.

Please reserve your attendance by contacting Teresa at teresa@delibertemployment.com If you have questions please contact Sandy at RWN 585.383.8080. **Regular meeting times will be the SECOND Wednesday of the month at 5:30 in our office building at 2509 Browncroft Blvd.**

Date: Wednesday, January 9, 2019

Time: 5:30-7:00 p.m.

Location: RWN Office - 2509 Browncroft Blvd, Suite 106 (conference Room) Rochester, 14625

Pricing: Included with our RWN membership

RSVP: Teresa Delibert Teresa@delibertemployment.com

RWN Leadership SIG: Leading with a purpose

FACILITATORS: Cynthia Ely, Michelle Wescott

Cynthia Ely MissCynthia@rochester.twcbc.com; Michelle Wescott mwescott@gillespieassociates.com

Purpose: To help each member become conscious of his/her leadership skills, provide support and peer guidance, provide a forum for problem-solving, and share best practices.

Group Demographics: We welcome members who are in leadership positions, transitioning into leadership positions, or have knowledge and experience to share.

Description: We are an interactive group. We provide peer support, conscious leadership development, and problem-solving. Members are encouraged to: ♣ Request help and/or encouragement. ♣ Share leadership or management challenges. ♣ Be open to receiving thoughts, ideas, and suggestions from members. *Members are required to maintain confidentiality.

Format: Our group utilizes a variety of methods to increase learning and develop conscious leadership skills: books and articles, videos, panel discussions, speakers, and experiential learning activities. At each meeting, we will select three members who are seeking help with a problem or challenge. Our intent is to have them leave the meeting with possible solutions and/or a plan they feel good about.

Group Size: 15

Day, Time & Meeting Third Friday RWN office: 7:30 a.m. to 9:00 a.m. Networking 7:30 a.m. to 8:00 a.m., Meeting 8:00 a.m. to 9:00 a.m.

Special Event: Friday 01.18.19 – SIG Spotlight at the Five Star Bank Community Room on Westfall Road. Click here for details & Registration – Free for members!

New format for 2019! Relax & Renew (replaces Destress for Success)

Contact: Alana Cahoon: alana@grow2bu.com

Learn relaxation tips from fellow members, gain support on your current path, and top it off with a glass of wine or cup of tea.

Women often carry responsibilities in the house and on the job. Balancing your career and home life is vital to your health.

This SIG offers to inspire and revitalize your body, mind and soul. Mindfulness coach, Alana Cahoon leads the 2019 series and is excited to learn about your relaxation tips. Think knitting, journaling, breath techniques, massage. What's yours?

Date: Third Wednesday of the Month, First Meeting will be **January 30th** - **Please note** the date for January this is the 5th Wednesday

Time: 4:30 pm

Location: Grow 2 B U Office, 11 N. Goodman, Rochester, 14607

Pricing: Included with RWN Membership

RSVP: by to Alana Cahoon

Board of Advisors SIG (BOA)

Contact: Dawn Hampsey: dawn@hampseycpa.com

Meet the first Wednesday of each month from 3:00 p.m. to 5:00 p.m. Membership is restricted to individuals who are business owners working full time at their business. Attendance at meetings is required, with two absences a year allowed. Members can call in for a meeting if they are unable to attend in person. If you are interested and would like more information, contact Dawn Hampsey

Support Imparting Growing (SIG) SIG (New Name! Same great group 😊)

Contact: Jodi Atkin jodiatkin@gmail.com

The group **will meet on the first and third Thursdays of the month**, with networking from 8:00 to 8:30 a.m. and the formal agenda from 8:30 to 9:30.

Date: January 3 & 17

Time: 8:00 a.m. to 9:30 a.m.

Pricing: Included with RWN membership

RSVP: Interested members must contact SIG chair to seek group approval in order to maintain a safe environment that is free of competition.

Restauranteers SIG

Contact: Joanne Madonia, jmmral@rit.edu

Date: January 9, 2019

Time: 6:00 p.m.

Location for January : Red Sun Chinese Cuisine

Pricing: Members pay for their own meals and drinks.

RSVP: If you wish to attend, please sign up online at www.rwn.org once you are logged in as a member. Questions? Contact Joanne Madonia, SIG Chair, at 585-475-7456 or by email: jmmral@rit.edu

Rochester Women Refer SIG

Contacts: Lauren Goetz: lauren@everydayhandshelp.com

OR April Wiesner: april@RocCityPopALock.com

RWN Rochester Women Refer SIG **meets the second and fourth Fridays of the month at noon** (due to the holiday schedule only once in Nov & Dec). Only one representative from each industry is allowed. Attendance is required with an occasional sub when you can't make it. This is to ensure that the group stays robust and interactive with the members.

Date: Friday, January 11 & January 25

Time: Noon

Location: Perkins Mansion, East Ave

RSVP/More Information: Lauren Goetz – Lauren@everydayhandshelp.com

NEW! RWN is announcing a second referral SIG, Rochester Women Refer SIG II

Within the SIG, the purpose will be for members of each industry to support each other by passing leads and referrals to the other SIG members to increase sales for everyone within the room. This is a strategic networking group that meets 12:00 - 1:30PM the 2nd and 4th Thursday starting November 8th, at the Browncroft Family Restaurant. Regular, on time attendance is expected and only one person from each industry will

hold a spot. **This is a first come, first serve SIG membership!**

SIG: Rochester Women Refer SIG II

Leaders: Meg Leonard & Erin Garrett

Purpose: Create a place for business owners and salespeople to gather for the sole purpose of business development opportunities.

Requirements: Only one person from each industry will be allowed in the group to avoid overlap. Format: Networking, 60 second introduction with ideal client request, one 10 minute formal presentation by the members (rotating), one business topic, 5 minutes and review of group leads.

If you're interested, please email SIG chair, Meg Leonard coachmegleonard@gmail.com with your name, business name, industry and industry niche (I.E. Banking would be the industry but it could cover several niches: savings and checking, loans, mortgages, 401K, financial advice, etc.). Our purpose is to get as many people within the room as possible so narrowing our niches will be important. We will follow up with a preliminary list.

Please Remember: This is a FIRST COME, FIRST SERVE group and we anticipate industries and niches will get locked out quickly so send us your interest ASAP.

Sales & Marketing SIG

Contact: Jackie Johnson: Jackie@offsitaccounting.co

Meets the third Thursday of every month. Please send an email to jackie@offsitaccounting.co if you are planning to attend, we have to give a count to the restaurant. This is a free event, but you do have to purchase lunch.

Date: Third Thursday of every month. Next meeting: 09.20.18

Time: 11:45 to 1:00 p.m.

Location: Browncroft Family Restaurant

Pricing: Members pay for their own meals and drinks.

Finance SIG

Contact: Holly Hewins, hollish@frontiernet.net

Date: 3rd Wednesday of the month, next meeting January 16, 2019

Time: Noon to 1:00 p.m.

Location: The King & I, 1455 E. Henrietta Road

Wineauxs SIG, Part Deux (A Drinking group with a networking problem)

Contact: Katie Rudow, Katie.Rudow@morganstanley.com

Date: Third Thursday of the month, Next meeting: January 17

Time: 5:00 p.m.

Location: TBD Contact Katie for details

Pricing: Please bring cash or check to cover expenses.

New SIG for 2019! Young Professional

Contacts: Carly Rohlin: alana@grow2bu.com
Or Lauren Dohr Lauren@perintonfamilyacupuncture.com

Purpose: Networking dedicated to the personal and professional growth of today's modern young professional woman.

Because YP's of today are heavily focused on a work/life balance, we decided we would like to have two meetings a month: one will focus on professional growth and one will be more of a fun, networking opportunity. Our goal is to create a variety of events for young professional women to grow and network, opportunities that move beyond traditional bar "meet-ups".

Place: Will vary with each meeting

Time: 2nd Tuesday of the Month – 12:30 – 1:30 pm & 4th Thursday of the Month - - Evening meeting

More Information please contact Carly Rohlin at carly@missioncommercialrealty.com

SIG Co-Chairs: Lauren Drohr –

Lauren@perintonfamilyacupuncture.com

Carly Rohlin – carly@missioncommercialrealty.com

Date: Next meeting, January 24, 2019

Time: Early Evening

Location: Please contact Carly or Lauren for details

RSVP: Carly Rohlin Carly@missioncommercialrealty.com

Call her at 585-719-3485 or email eeглоff@depaul.org.
Recovery IS possible.

Susan B Anthony Luncheon – 2019

Keynote speaker: Dr. Irma McClaurin, activist anthropologist, black feminist speaker, author, and diversity champion.

Date: Wednesday, February 13

Time: Noon

Pricing: \$75

RSVP: Details and Registration go to <http://susanbanthonyhouse.org/index.php>

Community Connections

Open Access

Sadly, 12% of all New Yorkers over 11 years old experience addiction or abuse disorders every year. The Monroe County Medical Examiner's Office released preliminary numbers stating there were 766 opioid-related overdose reports in 2017, 220 of which were fatal. Alcoholism and other substance use disorders continue to hurt individuals and families in our community every day.

When you or a loved one is ready to seek treatment, call or go to Open Access at 1350 University Avenue, Rochester (585-627-1777). Open Access is staffed 24/7 and welcomes all ages. There will be an evaluation and a connection to an appropriate level of care. Families seeking guidance can call a Recovery Support Navigator at 855-778-1200.

RWN member Erin Egloff, the Finger Lakes Addiction Resource Center Coordinator at the National Council on Alcoholism & Drug Dependence, can also guide you to the right resources.