



ROCHESTER  
WOMEN'S  
NETWORK

CONNECT. GROW. SUCCEED.



### News from the RWN President, Linda Heeler

At our February meeting, the RWN Board invited Sarah Marché from Leadership Logic (<http://leadershiplogicny.com>) to help us begin the process of creating a vision for the next few years of the organization.

During that four-hour retreat, Sarah asked us to envision what RWN could be. We talked about the future of women in the Rochester area and the impact that we wanted RWN to have on them.

Sarah reminded us that the more voices that we hear, the more we can create an organization that meets the changing needs of the women in our community. She urged us to reach out to the chairs and co-chairs of our committees to get their input and feedback.

As I write this, we are continuing this work but we have learned one thing. While we would never turn away anyone, we have come to realize that we cannot be everything to everyone. We need to be certain that what we provide for our members fits the values, mission, promise, policies and by-laws of RWN.

Whether as an organization or us personally, we run the risk of spreading ourselves too thin if we try and meet the needs of everyone. When we allow this, we wind up exhausted, frustrated and confused.

This is why we love to find opportunities to collaborate with other groups in our community. By working together and lifting each of our organizations up we strengthen all involved. Through support and collaboration, we provide more connection and opportunities to the women of our community.

While we look to the future, we need to act now. Contact me and/or a Board member if you have any thoughts or ideas to share. Reach out if you know of a business or organization whose vision and values align

March/April, 2019

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conversation about partnering, collaborating or sponsoring RWN.

Please share your RWN experience and invite a friend or colleague to an RWN event. Attend or lead a SIG and/or volunteer on a committee.

Now's the time to spread the word about the power of the relationships created through RWN. As we support each other and build our leadership, we not only reinforce the future of RWN but of women everywhere.

In this together,  
Linda Heeler

## News from the Office

**Special Opportunity** for RWN members from RWN member Mary Therese Friel.

Mary Therese Friel & her husband Kent produce a radio program a couple of times a month on specific Tuesdays.

Welcome to ROC Image! They broadcast positive accomplishments of Rochestarians and promote awareness and action for charities and causes that are enriching the Greater Rochester Community. ROC Image showcases great people in our community and provides a positive forum for listeners to hear about the many opportunities to make a difference that exist here.

On any given Tuesday they host multiple guests and leads a discussion where everyone participates. It is fun, good PR and an opportunity to get your name out into the community but not really a chance to pitch your business per se.

Here is some info on the program:

<https://wayofm.org/shows/roc-image-radio>

Tuesdays  
12:00pm - 1:00pm  
Music/Talk

### **ROC Image Radio**

with [Mary Therese Friel](#), [Kent Friel](#)

### **ROC Image Radio**

**Hosts: Mary Therese Friel & Kent Friel**

If you are interested please reach out to Mary Therese directly at [mail@MTFMODELS.com](mailto:mail@MTFMODELS.com)

Save the date: Thursday, June 13, 2019.  
More details to follow by April 1<sup>st</sup>!

ROCHESTER WOMEN'S NETWORK



**LEVEL UP**  
*Advancing Your Career From Any Starting Point*

Enjoy RWN's monthly Free Networking event? The committee is looking for members to participate on the committee. Great opportunity to be on the front line to meet members and event attendees. Greet our guests, help develop & execute the ice breaker, identify members interested in sponsoring and share information about RWN. If you are interested please contact me at [rwn@rwn.org](mailto:rwn@rwn.org).

I also want to personally apologize to everyone who was challenged with the parking for our February Networking Event. We have hosted networking at this location in the past without incident – but between the fresh snow and people at the Hungerford Building parking was tough. Please give us a try in March when we head to the Special Touch Bakery for Pie & Coffee in the morning – great start to the day!

Educational  
Partner Network  
**NAZARETH COLLEGE**

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.

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

## RWN New Members and Renewals

### Renewals

Jean Blasdell  
Jynks Burton  
Mary Beth Cameron  
Twyla Cummings  
Teresa Delibert  
Erin Egloff  
Jerry Elman  
Cynthia Ely  
Betsy Foss  
Taylor Garlock  
Lauren Goetz  
Dawn Hampsey  
Jackie Johnson  
Carol Kennedy  
Sue Kirby  
Jenni Kohler  
Alissa Lusardi  
Joanne Madonia  
Clarissa Markiewicz  
Connie Musante  
Renee Nearpass  
Linda Noeth  
Llzz Ortolani  
Terra Osterling  
Paula Rogala  
Carly Rohlin  
Karen Schuhle Williams  
Stephanie Webster

### Welcome

Kathleen Barry Wagner  
Janette Biehler  
Wendy Carter  
Shamika Fusco  
Merchon Hargrave  
Kelly Herron  
Stefani Hetelekides  
Christina Landers  
Melissa Manney  
Laura Mecca  
Sherry Nau  
Nicole Sheldon  
Alicia Sheppard  
Adriana Skura Palmer  
Tina Weaver  
Annette Lee  
Kathryn Orbanek  
Courtney Reich

for about 20 years. In her early roles, she often found herself developing rudimentary training materials and job aids for colleagues, until she was asked to lead a training and development team for a division at a large national bank. During that assignment, she fell in love with instructional design and performance improvement and made that her career. In her current role as Chief Development Officer at Gillespie Associates, an employee development and training company, Michelle focuses on external training initiatives, leadership development of new managers and supervisors, and developing Gillespie employees as experts in their field.

Michelle holds degrees in Women's Studies, Graphic Communications, Humanities, and Education-Instructional Design. She hopes to use her education, experience, energy, and passion to further the goals of increasing diversity in RWN and increasing the value of an RWN membership.

Michelle is the co-leader of RWN's leadership SIG and is an active participant in the Sales & Marketing and Rochester Women Refer SIG. She also assisted in moderating RWN's focus groups.

### 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:

**Michelle Wescott, Chief Development Officer, Gillespie Associates**

Michelle L. Wescott is a Certified Professional in Learning and Performance who has been working in and around talent development

## Upcoming Events

### RWN Free (to Members) Monthly Networking

Join us in the *morning* for fresh pie & coffee – *Breakfast of Champions!*

**Sponsor:** Angela LaVecchia, Director of Sales for Special Touch Bakery

**Date:** Wednesday, March 27, 2019

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

**Location:** Special Touch Bakery, 1999 Mt. Reed Blvd, Rochester, 14615

**Price:** Members: FREE, nonmembers \$10

**RSVP:** [Register online NOW](#)

### Explore RWN: Information Session for RWN

**Date:** Tuesday, April 30, 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](#)

### Save the Date!

#### What to know before you hire a contractor!

Guest Speaker: Jennifer Cave, Owner of Rochester Research Associates

**Date:** Thursday, April 18, 2019

**Time:** 5:30 pm

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

## 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 April April 4<sup>th</sup>, May 2<sup>nd</sup>

**Time:** Noon

**Location:** Irondequoit Library, 1290 Titus Ave

**RSVP:** No Registration Required. For more information, contact Clarissa Markiewicz at [cjimage79@gmail.com](mailto: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: April, 2019

**Time:** 8:30 am

**Location:** Brueggers, Monroe Ave

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

## Membership Committee

**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.

If you'd like to share your RWN story on why you joined and how you are benefiting from membership please email Lynn Kerr at [lynn@bookeepkerr.com](mailto: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](mailto: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.

Remember 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](mailto:lynn@bookeepkerr.com).

**Date:** Fourth Wednesday of the month. Next meeting: March 27, 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](mailto: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:** March 26, 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](mailto: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: April 30, 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](mailto: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: April 4<sup>th</sup> and May 2<sup>nd</sup>

**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](mailto:hollish@frontiernet.net) OR [carol@carolkennedylmt.com](mailto: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, 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 April 1, 2019

**Time:** 6:00 p.m.

**New Location:** Coffee Connection – 2271 East Main Street, Rochester, 14609

**RSVP:** Please contact Brigid Ryan at [brigidsryan@gmail.com](mailto:brigidsryan@gmail.com)

### Revenue Development Committee

*Seeking additional committee members – see committee information below...*

Next Meeting: March 13, 2019 @ 3 pm

Please call or email Jillian Jones at 716-397-8932 or [jilliani@supportivedivorcesolutions.com](mailto:jilliani@supportivedivorcesolutions.com)

### 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 [jilliani@supportivedivorcesolutions.com](mailto:jilliani@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!!!

Next meeting Wednesday, 03.13.19 @ 3 pm

## 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](mailto: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, March 13, 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](mailto:Teresa@delibertemployment.com)

**RWN Leadership SIG:** Leading with a purpose

FACILITATORS: Cynthia Ely, Michelle Wescott

Cynthia Ely [MissCynthia@rochester.twcbc.com](mailto:MissCynthia@rochester.twcbc.com); Michelle Wescott [mwescott@gillespieassociates.com](mailto: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 - Rochester Research Associates, 1115 East Main Street, Rochester, 14609 Enter through Door 7, Suite 311: 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.

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

**Contact: Alana Cahoon:** [alana@grow2bu.com](mailto: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, next meeting will be March 20<sup>th</sup>

**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](mailto: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 Growth (SIG) SIG (New Name! Same great group 😊 )**

**Contact:** Jodi Atkin [jodiatkin@gmail.com](mailto: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](mailto:jmmral@rit.edu)

**Date:** March 13, 2019

**Time:** 6:00 p.m.

**Location for March :** McArdle's Restaurant

**Pricing:** Members pay for their own meals and drinks.

**RSVP:** If you wish to attend, please sign up online at [www.rwn.org](http://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](mailto:jmmral@rit.edu)

**Rochester Women Refer SIG**

**Contacts:** Lauren Goetz: [lauren@everydayhandshelp.com](mailto:lauren@everydayhandshelp.com)

OR April Wiesner: [april@RocCityPopALock.com](mailto: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, March 8, 22 & April 5, 19

**Time:** Noon

**Location:** Perkins Mansion, East Ave

**RSVP/More Information:** Lauren Goetz – [Lauren@everydayhandshelp.com](mailto: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 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](mailto: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](mailto:Jackie@offsitaccounting.co)  
Meets the third Thursday of every month. Please send an email to [jackie@offsitaccounting.co](mailto: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: 03.21.19

**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](mailto:hollish@frontiernet.net)

**Date:** 3<sup>rd</sup> Wednesday of the month, next meeting March 20, 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)**

Looking ahead to 2019...here's a tentative schedule. Suggestions are always welcome!

3/21/2019	Jojo's
4/18/2019	Apogee
5/16/2019	Via Girasole
6/20/2019	Bitter Honey
7/18/2019	Cork49
8/15/2019	Trio?
9/19/2019	A Gust of Sun?
10/17/2019	The Reserve
11/19/2019	Lemoncello
12/19/2019	Avvino

**Contact:** Katie Rudow, [Katie.Rudow@morganstanley.com](mailto:Katie.Rudow@morganstanley.com)

**Date:** Third Thursday of the month, Next meeting: March 21

**Time:** 5:00 p.m.

**Location:** Confirm by contacting Katie for details

**Pricing:** Please bring cash or check to cover expenses.

## **New SIG for 2019! Young Professional**

**Contacts:** Carly Rohlin: [alana@grow2bu.com](mailto:alana@grow2bu.com)  
Or Lauren Dohr [Lauren@perintonfamilyacupuncture.com](mailto: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:** 2<sup>nd</sup> Tuesday of the Month – 12:30 – 1:30 pm &  
4<sup>th</sup> Thursday of the Month - - Evening meeting  
**More Information** please contact Carly Rohlin  
at [carly@missioncommercialrealty.com](mailto:carly@missioncommercialrealty.com)

**SIG Co-Chairs:** Lauren Drohr –  
[Lauren@perintonfamilyacupuncture.com](mailto:Lauren@perintonfamilyacupuncture.com)  
Carly Rohlin – [carly@missioncommercialrealty.com](mailto:carly@missioncommercialrealty.com)

**Date:** Next meeting, March 12, 2019  
**Speaker:** Jill Bates, Topic: First Time Homebuyers and Wanna Bes  
**Time:** Noon  
**Location:** Red Sun Chinese Cuisine, 2775 Monroe Ave, Rochester  
14618 (behind Sakura Home)  
**RSVP:** Carly Rohlin [Carly@missioncommercialrealty.com](mailto:Carly@missioncommercialrealty.com)

## Community Connections

From RWN member, Dr. Helena Boersma

Crossbridge Wellness Affiliates is looking for licensed wellness practitioners to join its dynamic team of seasoned professionals. Specifically, we are seeking clinicians who offer clinical and personal diversity to the existing mental health counseling affiliates. By joining, you would receive:

- A beautiful professional office embedded in a large suite of five offices in a quiet location, access to a large shared group/conference space within the private suite, a generous waiting room with coffee and tea service, access to a shared printer, copier, fax machine, and internet, and access to the kitchen area, including microwave and refrigerator.
- A business park location with easy access to all parts of the greater Rochester area.
- A collaborative atmosphere nurtured with weekly case consultation meetings, hallway conversation and in-house continuing education opportunities.
- A supportive marketing collaboration where we market your practice and your programs on the Crossbridge Wellness Affiliates website.
- A shared vision of service to the community. Our practitioners support and engage in volunteer service in the local community.



\$650 per month, 1 year lease.  
For more information contact  
Lynn Acquafondata at 585-330-1340  
[acquafondata@gmail.com](mailto:acquafondata@gmail.com)



## 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. Call her at 585-719-3485 or email [eehoff@depaul.org](mailto:eehoff@depaul.org).  
**Recovery IS possible.**

## Wisters Money Camp

**Our Rochester Moving Forward 2019 Community Project**  
"When life changes, money changes and when money changes, life changes."



Understanding your financial realities is an element towards confidence.

Widow sisters (Wister) report fear, confusion and uncertainty about changed money dynamics.

Our Rochester Moving Forward 2019 community project is a series of money discussions. The objective is to provide exposure and experiences with money vocabulary, concepts and issues. Your goal is to have meaningful conversations with your money advisors with basic understand and comfort..

We will offer these workshops in spring and fall. (Women just keep flowing into the widow category.) Know our commitment. Moving Forward/Modern Widows Club is a safe place, space and time to think, learn, strengthen. You have assurance that this is a noncommercial, neutral learning experience.

Our money conversations run at three levels:

March 16: Wisters New Camper - The real start is the emotions and core relationship with money.

March 23: Wisters Novice Camper – This focus is about daily life money infrastructure and skills. Your good life is a result of good decisions every day.

March 30: Wisters Savvy Camper – Jump into core concepts about investing.

You can attend one or all.

Hosted by Kathleen Roth, authorized Modern Widows Club advisor, Waterstone Financial Services  
Hosted at Waterstone, 10 Office Park Way, ste 500, Pittsford (quiet location, easy parking)  
Hosted for widows of all ages and stages  
Hosting time is stated Saturdays, 9 to 11:30 am  
Hosting cost \$10/class; to benefit The House of Mercy

RSVP [Kathy@waterstonefinancialservices.com](mailto:Kathy@waterstonefinancialservices.com) 586-5641