



ROCHESTER
WOMEN'S
NETWORK

CONNECT. GROW. SUCCEED.



News from the RWN President, Linda Heeler

As we head toward fall, now is a good time to reflect on the year so far and recommit to our goals.

The RWN Board continues to reflect on where we are and how we can continue toward our commitment of lifting women in our community.

As I read through RWN's 40-year history, it's clear that the women who have led this organization were thought leaders. Numerous times the leadership found their programs, events and structure being replicated by other organizations. Instead of the previous Boards and committees resting on their laurels or giving up, they chose to reinvent and recreate the organization. The members of RWN continue to look toward the future, to be innovators, thought leaders and champion women in our community.

In 1986, RWN began honoring women in our community with our W Award. It is an award that honors women who work on behalf of women and go above and beyond what is expected of them in their work and/or on a volunteer basis.

The recipients of RWN's 1st Annual W Award were Deborah K. Smith, Emily Neece and Joan Mullaney. Subsequent recipients have been Kitty VanBortel, Elaine Spaul, Louise Slaughter, Joy Bergfalk, Vernice Warfield and most recently, Sister Diana Dolce. These are just a few of those who deservedly received this prestigious recognition.

While the structure of this event has morphed over the last 33 years, one thing has not, the need for recognition and acknowledgement of women who give so tirelessly to others in our community. Please join us on October 24th at Woodcliff and help us recognize five outstanding women from our community. I guarantee you will leave uplifted

September/October, 2019

CONTENTS

News from RWN President, Linda Heeler
Welcome New Members/Renewals
RWN Advocate Spotlight
Up & Coming Events
RWN Committee Announcements
Special Interest Groups (SIGS)
Community Connections

given yourself the gift of inspiration and community.

If you would like to help RWN as we move into the next decade, please fill out a leadership application. Or, dip your toe in the water and join a committee. We are always looking for fresh, forward-thinking ideas.

On behalf of the entire organization, I say thank you to all the committee members, chairs, co-chairs, SIG leaders, and Board members, for your tireless commitment and dedication not only to RWN but to the women in our community, current and future.

With gratitude,
Linda Heeler

News from the Office



RWN's 2019 Women Inspiring Women Award Celebration will be held at the Woodcliff on Thursday, October 24, 2019

This event will also serve as RWN's major fundraiser for the year. Before the start of the "W" Award presentation dinner and celebration, we will be holding a raffle and silent auction.

Please consider an event sponsorship or a donation to the raffle. This is a good opportunity for members and non-members alike who are interested in getting their name out to the Rochester business community, while supporting the work that RWN does. Increase your visibility, reach new potential clients and demonstrate that you are an active stakeholder in Rochester's business, professional and non-profit community. The money raised will be used to support the educational programs provided by RWN throughout the year, as well as our memberships provided for women in transition. If you are interested please contact Sandy Richardson at 585.383.8080 or rwn@rwn.org.

For more information about this award & event please visit RWN's site: <https://rwn.org/events/the-women-inspiring-women-w-award/>

A special thank you to RWN's "W" Award sponsors:



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

Lisa Crecco
Heather Henderson
Nancy Woolver
Erica Walther
Melanie Watson
Preeya Gholkar
Michelle Wescott
Velvet Spicer
Irene McKenna
Carolyn West
Kelly Johnson
Brigid Ryan

Welcome

Laura Kline-Taylor
Kristi Mitchell
Enri Marini
Linda Lee Osowski
Darcie Mersereau
Amanda Falzone
Kristina Owens
Jazzmyn Ivery-Robinson
Heather Henry
Kathy Jo Connors
Danielle MacNaughton

RWN Member News

Cindi Crowley Owner of Sales 360 Plus is featured in the Rochester Business Journal! [Click here to read the article.](#)



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>

Upcoming Events

Explore RWN: Information Session for RWN

Date: Thursday, September 12, 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](#)

Abundance Co-op Market Tour

Date: Monday, September 23, 2019

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

Location: Abundance Co-Op Market, 571 South Ave, Rochester, 14620

Price: Members: \$10, Non-members \$20

RSVP: [Register online NOW](#)

RWN September Monthly Networking

Date: Wednesday, September 25, 2019

Time: 5:30 pm

Location: Elizabeth Wende Breast Care – Main Office, 170 Sawgrass Drive Rochester, 14620

Event Details: [Click here](#)

RSVP: [Register online NOW](#)

RWN SIG Spotlight: Sales & Marketing

Speaker: Kc Rossi

Topic: *Essential Communication Skills for Effective Networking*

Did you purchase RWN gear? Wear it to the spotlight - our first ever Spirit event!

Date: Thursday, September 19, 2019

Time: 1:45 am to 1:15 pm

Location: Browncroft Family Restaurant, 2501 Browncroft Blvd, Rochester, 14625

Price: Included with RWN Membership, Non-member \$10. Everyone: \$1 to contribute to speaker's lunch.

RSVP: [Register online NOW](#)

Actualized Leadership: Is fear driving you?

Speaker: Cynthia Ely

The Actualized Leadership Profile (ALP) is a self-assessment tool that provides information in three broad areas:

1. Your motive need (what motivates you) and leadership style.
2. Your leadership shadow/s (your fears)
3. Your "score" on the 9 attributes of Actualized Leaders (your score reveals your present level of actualization)

Save the Date: Tuesday, October 1, 2019

Time: 7:30 am

The Establishment - Save the date: October 8, 2019

Topic: The Risks and Rewards of Earning More

Guest Speaker: Eric Palumbo

RWN Committee Announcements

Marketing and Newsletter Committee

Over the past six weeks, member **Adriana Skura-Palmer** identified, applied for, and secured the Google AdWords Grant for RWN! Two huge benefits of this grant are free access to Google business tools, and \$10,000 per month in free advertising. As Adriana stated in her proposal, "This is an excellent opportunity for RWN to increase visibility, gain targeted traffic, and increase our goals for 2019." Thank you, Adriana!

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 September 5th, October 3rd

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: TBD

Time: 9:00 am

Location: Brueggers, Monroe Ave

For more information, contact Nancy Woolver at 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.

PLEASE consider sharing your "RWN story" by submitting it to me at: lynn@bookeepkerr.com

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.

New Member Benefit: As a benefit of membership, all RWN members are invited to submit blog posts about work life, business/professional education, and advancement.

Need ideas? Read our past posts at RWN.org for inspiration, ask your RWN co-members to help you develop your blog post idea, or get in touch to discuss. If you are interested in submitting a blog post, please contact Terra Osterling at terra@suddenwriteturn.com to discuss topics and timelines. Guidelines are available to help you format and organize your post!

Reminder: 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.

Date: Fourth Wednesday of the month. Next meetings: September 25 & October 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: September 24 & October 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: September 12, 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: September 5th and October 3rd

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave
Irondequoit, 14617

RSVP: Come join us! For more information, please contact Holly Hewins or Alissa Lusardi
HollisHewins@gmail.com OR Alissa.Lusardi@Northwest.com

Monthly Networking Committee

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 Sandy Sloane at sandy.sloane@solutionsbysloane.com or Sandy Richardson at rwn@rwn.org.

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
October 7, 2019

Time: 6:00 p.m.

RSVP: Please contact Brigid Ryan at
brigidsryan@gmail.com

Revenue Development Committee

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

Next Meeting: September 5th & October 3rd @ Noon

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

Career Transition SIG – Career Transition SIG will be starting up again after our summer break. We meet 2nd Wednesday of the month from 5:30-7 pm, September 11, 2019, is our next meeting. We will meet at RWN office located at 2509 Browncroft Blvd. Rochester, NY 14625 in the **lower level conference room**. This is a confidential group for members who are looking to change jobs or careers.

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: NEXT meeting: Wednesday, September 11, 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@therefinementstudio.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** - 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.

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 Growth (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: September 5, 19 & October 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: September 11, 2019

Time: 6:00 p.m.

Location for September : Kainos

RSVP: Log in as a member to register

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, September 13 & 27 & October 11 & 25

Time: Noon

Location: Perkins Mansion, East Ave

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

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 Irondequoit Public Library. 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

We will be the SIG Spotlight in September.

Speaker: Kc Rossi

Topic: Essential Communication Skills for Effective Networking

Sponsor: Kc Rossi, Business Consultant

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 & contribute \$1 for the speaker's lunch.

Date: Third Thursday of every month. Next meeting: 09.19.19

Time: 11:45 to 1:15 p.m.

Location: Browncroft Family Restaurant

Pricing: Members pay for their own meals and drinks, plus contribute \$1 for the speaker's meal.

RSVP: [Register online NOW](#)

Finance SIG

Contact: Holly Hewins

Date: 3rd Wednesday of the month, next meeting September 18, 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: kar4333@gmail.com

Date: Third Thursday of the month, Next meeting: September 19

Time: 5:30 p.m.

Location: Confirm by contacting Katie for details

Pricing: Please bring cash or check to cover expenses

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

| | |
|------------|-------------|
| 9/19/2019 | Cork 49 |
| 10/17/2019 | The Reserve |
| 11/19/2019 | Lemoncello |
| 12/19/2019 | Avvino |

New SIG for 2019! Young Professional –

Contacts: Carly Rohlin, carly@missioncommercialrealty.com

Starting In October Taylor Garlock and Victoria Frankiewich will assume the role of SIG leaders.

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 for lunch - 12:30 – 1:30 pm & 4th Thursday of the Month – NEW TIME – 4 pm.

More Information please contact Carly Rohlin carly@missioncommercialrealty.com

Community Connections

Opportunity from the National Women's all of Fame:



National Women's Hall of Fame induction ceremony takes place every two years to recognize 8 to 12

American women whose lives and ground breaking work add chapter upon chapter to centuries of women making history.

Join us for the induction to recognize these women history makers!

The 2019 Inductees include:

- Gloria Allred, Attorney and Activist (Roe v. Wade)
- Angela Davis, Professor and Author
- Sarah Deer, Professor, Lawyer and Advocate
- Jane Fonda, Activist and Actress
- Nicole Malachowski, USAF, Retired and Advocate
- Sonia Sotomayor, US Supreme Court Justice
- Laurie Spiegel, Composer
- Diane VonFurstenburg, Fashion Designer and Philanthropist
- Flossie Wong Staal, Biologist

Deceased: (family and/or friends will accept on behalf of these inductees)

- Rose O'Neill, Artist and Activist
- Louise Slaughter, Former US Member of Congress, Advocate

Gretchen Carlson is the Mistress of Ceremonies.

All events will take place at the del Lago Resort
1143 NY-414, Waterloo, NY 13165

Additional information: www.womenofthehall.org

SCORE of Greater Rochester - Upcoming Workshops:

For more opportunities please go to <https://greaterrochester.score.org/>

Al Sigl Community Fine Tastings Event

For more information and registration please go to <https://www.alsigl.org/events/fine-tastings-for-al-sigl-community/>

YWCA -13th annual Empowering Women Luncheon: October 2, 2019

For more information and registration please go to <https://www.ywcarochester.org/2019ewl/>

YWCA IS ON A MISSION

DO YOU THINK SANITARY PRODUCTS ARE A HUMAN RIGHT?

After years of being made to feel ashamed of a normal bodily functions, more women are speaking up about menstruation and the need for society to treat feminine products as a very basic necessity.

Each and every day, hundreds of women and girls call the YWCA home. Whether they live in our emergency shelter for the homeless, the Steppingstone recovery program or long-term affordable housing, we believe they have the right to keep their bodies clean and healthy.

The reality is that sanitary pads and tampons are expensive and with a limited budget we need your help to provide the sanitary products needed to help keep our residents well.

Please consider dropping off sanitary products (soap, deodorant, tooth paste, tooth brushes, combs and brushes are always needed as well) at

YWCA of Rochester & Monroe County
175 N. Clinton Ave
Rochester NY 14604

Easy and free parking in our front lot located at
40 Bittner Street Rochester

Consider a drive at your office or ask your teen to create a collection at their school.

We need your help. Period.

For more information about ways to get involved in the mission of the YWCA of Rochester & Monroe County visit www.ywcarochester.org

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 eeegloff@depaul.org. **Recovery IS possible.**

Institute of Management Accounting (IMA) event - Networking 101: The Art of the Mingle

Come join your fellow professionals at a networking event on 9/26/19 at the newly renovated Historic German House on Gregory Street. We will be having Toni Spina give a short introduction to proper networking and then we will be able to use our skills! All are welcome!

September 26, 2019
5:30 p.m. - 8:00 p.m. EDT

The Historic German House
315 Gregory St.
Rochester, NY 14620

Only \$10!
Appetizers and cash bar will be available
Register at <https://bit.ly/2yWj8ql>
Questions: Please contact Emmylou Duell,
emmylouduell@gmail.com

**Women's Conference: "One Night With the King",
September 27-28th 2019**

Registration link:
<https://www.eventbrite.com/e/womens-conference-one-night-with-the-king-tickets-60388957999?aff=efbevent>



Open house – light refreshments and networking.
Learn more about our programs!

Date: September 17, 2019

Time: 3 pm to 6 pm

Location: Elmridge Center, 340 Elmridge Center Drive
Rochester, NY 14626

More information: www.empire.edu

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 lead a discussion where everyone participates. It is fun, good PR and an opportunity to get your name out into the community, pitch your business & upcoming events!

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

Healthcare Businesswomen's Association Launch

The HBA Rochester affiliate has been founded to support the Rochester healthcare community, fostering stronger relationships and advancing women in healthcare. Join us at our first networking event in Rochester, NY where we will learn the importance of resilience in our careers from esteemed guest, Rebecca Leclair. Take an opportunity to network with like-minded professionals in healthcare and learn about what HBA can offer you.

Date & time: Wednesday, September 25

6:00PM - 8:00PM ET

Register: <http://bit.ly/19ROC0925>