



ROCHESTER
WOMEN'S
NETWORK

CONNECT. GROW. SUCCEED.



News from the RWN President, Megan Flanagan Mills



Happy New Year!

I am so humbled and grateful to be the new President of RWN. This is such an amazing group of women who I am honored to lead. I hope you all will join me in thanking Linda Heeler for all of her amazing work over the past two years as President.

I am excited to begin this year with SIG/COMM 2020. This is a great opportunity to get our members involved in committees and more engaged with our amazing SIGs. For anyone who is interested in getting more involved this year I would highly recommend attending and asking others in RWN for recommendations on which groups/SIGs to join.

At the end of this month you will notice the first event in our 2020 Diversity series where Milo Primeaux will be discussing Intersectionality. If you missed him at last year's Symposium he is an amazingly dynamic speaker with much knowledge to share with our organization and members. I guarantee you will come away from the discussion with at least some thought provoking questions to consider.

Finally, we are actively looking for committee members for our 2020 Symposium committee, if you or anyone you know may be interested in helping, especially the program committee, please let me or Sandy know & we can connect you to the Committee chair.

I look forward to a great year!

Sending Smiles,

Megan Mills

January/February, 2020

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

News from the Office

As we start 2020 I would like to take a moment to thank everyone for their contributions in 2019. As a volunteer driven organization, RWN depends on all the members who actively participate on our committees and lead our SIGs – with sincere gratitude – thank you!

Thank you to our out-going Board Members for their service: Caitlin Drago, Cynthia Ely, Dawn Hampsey, Holly Hewins, Susan Jefferson and Carol Kennedy. And a warm welcome to our new Board Members: Lauren Goetz, Lynn Kerr, Alissa Lusardi, Sarah Marche, Irene McKenna, Terra Osterling and Velvet Spicer.

A special thank you to Linda Heeler for serving as President in 2018 & 2019. We all look forward to working with Megan Flanagan Mills in 2020.

RWN hosted a successful fund raiser at A Horse with Wings, thanks to the membership for coming out to shop and thank you to Linda Pezzimenti for providing this opportunity to RWN.



In 2020, RWN will be hosting a Diversity and Inclusion Series. Join us January 29th when we kick off this series. [Click here for details and registration.](#)

Thank you to our Making Space Series Sponsors:



Interested in sponsoring an RWN event? This is a good opportunity to gain some visibility for you and your company. There are opportunities to sponsor annual major events or monthly programs or members can sponsor & host our monthly networking events.

We can work with you on your budget and work to find a good match for your organization. If you are interested please contact me and I will get you connected to the correct committee to move this opportunity forward. rwn@rwn.org OR 585.383.8080.

Interested in getting published in the RWN blog?

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. [Review our guidelines](#) to help you format and organize your post.

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

Meg Leonard
Kelly Kester
Tina McKean
Jane LoMaglio
Laura Hojnacki
April Wiesner
Jennifer Sauter
Tricia Ten Eyck
Carrie LaDue
Kc Rossi
Michelle Roberts

Welcome

Rachael Reich
Cait Siebert
Leah Granger
Catherine Gueli
Erin Nielsen
Margaret Burns
Deborah Genrich
Lisa Lagana
Suzanne Sovocool
Patty Klimchuck

Spotlight: RWN Board President, Megan Flanagan Mills, Farmer Insurance Agency Owner



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, Megan opened her insurance agency in October 2015.

Megan enjoys mentoring and working with women to mutually grow and advance, both professionally and personally. She has volunteered her time with the Girl Scouts as a Gold Award Mentor, helping young women work through and overcome obstacles through the respected award project. And 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 lives in Irondequoit with her husband Brady and two amazing kids, Ada (5) and Jack (2). Her hobbies include spending time with her family, playing outside with the kids, working out and Thursday night yoga class. Megan has been an RWN member since 2013 when she moved back to Rochester from living in LA and Northern NJ. She has been on the RWN Board for 3 years, this past year holding the President elect role and prior to this she was the Program Committee Vice President. Megan also spent some time co-chairing the Referral SIG and is a recipient of the 2016 RWN Up & Coming Businesswoman Award.

She is looking forward to serving Rochester Women's Network as the 2020 President and hopes that everyone will continue to work together to make our great organization thrive.

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

Restauranteers SIG – January Dining Out

Date: Wednesday, January 8, 2020

Time: 6:00 p.m.

Location: 110 Grill, 780 Jefferson Road, Rochester, 14623

Price: All attendees pay for their own food & drinks

RSVP: [Register online NOW](#)

SIG/Comm 2020: Get to know RWN's SIGs & Committees

Date: Thursday January 9, 2020

Time: 5:30 pm

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

Price: Members included with RWN Membership, Non-member \$10.

RSVP: [Register online NOW](#)

RWN Explore – Information Session on RWN

Date: Wednesday, January 15, 2020

Time: 5:30- 7:00 pm

Location: Perkins Mansion, 494 East Ave Rochester, 14607

RSVP: [Register online NOW](#)

RWN January Monthly Networking

Sponsor Kim Guerrieri, VP GiGi's Playhouse

Date: Wednesday, January 22, 2020

Time: 5:30 pm

Location: GiGi's Playhouse, North Goodman Street Road Rochester, 14607

RSVP: [Register online NOW](#)

RWN Making Space: A Diversity & Inclusion Series

Part I: Sponsored by Holly Hewins

Speaker: Milo Primeaux

Date: Wednesday, January 29, 2020

Time: 7:45 am (morning program)

Location: Five Star Community Room, 395 Westfall Rd
Rochester, 14620 (Costco Plaza)

RSVP: [Register online NOW](#)

RWN Committee Announcements



Interested in learning more about Committees?
Join us Thursday, January 9th, for SIG/Comm 2020, RWN's annual event showcasing our SIGs and committees in one place, at one time.

RSVP: [Register online NOW](#)

Marketing and Newsletter Committee

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!

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 January 2nd, February 6th

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 16, 2020

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.

Member Testimonial from Kc Rossi

One year ago I joined the Rochester Women's Network. In the beginning, I was shy and quietly sat at the networking round tables hoping that someone nice would sit next to me (true story).

As you can imagine, I didn't really gain any traction or feel very confident. Then, I had a mindset shift. If I was going to invest my time, money, and efforts I needed to show up.

Sounds so simple...right!?!

And so I did and here's what happened - I began attending the small interest groups on a regular basis. Went on countless coffee meetups. Exhibited at their yearly Spring Symposium. Offered free Clarity Calls to my peers helping them get unstuck. They walked away refreshed and enthusiastic with a good direction for their business.

Was the highlighted speaker at the Sales & Marketing meeting. Attended their W Awards Gala celebrating and recognizing the volunteers of the organization. Was asked to kick off 2020 with an article all about how to cultivate multiple streams of income.

As a result of the above, not only did I have the pleasure of connecting with dozens of amazing and dynamic women, I wrote \$15K in business from this 1 networking channel.

Why am I telling you all this?

Because organizations are like vitamins - as a standalone they have value but when you commit to incorporating them into your routine is when they are truly effective.

Just "joining" something isn't enough.

If I allowed myself to play small (and hide in the corner) I probably would have walked away saying 'This doesn't work!' and went on to the next shiny object.

So with the New Year right around the corner, ask yourself - Am I ready to show up? Because I guarantee if you do, you will see results and have fun in the process too!

PLEASE consider sharing your "RWN story" by submitting it to Lynn Kerr 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. 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: January 22, 2020 & February 26, 2020

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 the financial obligations of an organization. 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. Interested? Please contact me, Cindi Crowley, cindic30@gmail.com or 585 329-9079.

Date: January 28 & February 26

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 15, 2020.

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.

2020 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: January 2, and February 6

Time: Noon

Location: Irondequoit Library, 1290 Titus Ave
Irondequoit, 14617

RSVP: Come join us! For more information, please contact Alissa Lusardi OR Linda Heeler

Alissa.Lusardi@Northwest.com

linda@liveinspiredlifecoaching.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.

Members are invited to sponsor and host this monthly event – if you would like more information please contact Irene McKenna - irene@irenemckencoaching.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
February 3, 2020

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: February 6th @ 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@supportivedivorcesolutions.com

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

Networking 7:30 a.m. to 8:00 a.m., Meeting 8:00 a.m. to 9:00 a.m.

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.



Interested in learning more about SIGs? Join us **Thursday, January 9th**, for SIG/Comm 2020, RWN's annual event showcasing our SIGs and committees in one place, at one time.

RSVP: [Register online NOW](#)

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.

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.

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

Contact: Lori Sussle Bonanni lori@elssus.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 2 & 16, February 6 & 20

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 8, 2020

Time: 6:00 p.m.

Location for January: 110 Grill on Jefferson Road

RSVP: [Register online NOW](#)

Questions? Contact Joanne Madonia, SIG Chair, at 585-475-7456 or by email: jmmral@rit.edu

Geek Squad SIG

Chair: Terra Osterling

terra@suddenwriteturn.com

Do you have action figures on display in your workspace? Can you easily shift between a 'galaxy far, far away' and 'Platform 9 and 3/4'? Is your other car a Tardis? Then you might fit in with the Geek Squad SIG.

This is a social group that meets quarterly at the pleasure of the members, who share a love for the sci-fi, fantasy, and super hero worlds of books, movies, tv shows, comics, and video games. Meetups have occurred at POP ROC

Cereal Bar; future meetups might include movies at theaters or in-home screenings.
Please contact Terra Osterling to be included on the next meetup discussion. Introverts welcome!

Date: Quarterly, as determined by the group
Time: Saturday mornings

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 10 & 24 & February 7 & 21
Time: Noon
Location: Perkins Mansion, East Ave
RSVP/More Information: Lauren Goetz – Lauren@everydayhandshelp.com

Rochester Women Refer SIG II

Leaders: **Meg Leonard & Sarah Marche**

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.

The group *will meet on the first and third Thursdays of the month* from Noon to 1:30 pm

Date: January 2 & 16, February 6 & 20
Time: Noon
Location: Browncroft Diner

Sales & Marketing SIG

Contact: Jackie Johnson: Jackie@offsiteaccounting.co
Meets the third Thursday of every month. Please send an email to jackie@offsiteaccounting.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: January 16 & February 20
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: Contact Jackie Johnson

Finance SIG

Contact: Holly Hewins
Date: 3rd Wednesday of the month, next meeting January 15 & February 19
Time: Noon to 1:00 p.m.
Location: The King & I, 1455 E. Henrietta Road

Young Professional SIG

Contacts: Taylor Garlock, taylor@rochra.com & Victoria Frankiewich, Victoria@waterstonefinancialservices.com

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

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".

In January the SIG will be creating Vision Boards – details below. In February we are planning a 'sweethearts' event - Sweethearts can be significant others, pets, best friend, child – details on date and location will be determined at the January meeting.

Date: Thursday, January 23, 2020
Place: Rochester Research Associates, 1115 E Main St, Rochester, 14609 Enter through Door 7, Suite 311
Time: 5 pm
Price: Included with RWN membership
RSVP: To Taylor or Victoria

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: January 16, 2020

Time: 5:30 p.m.

Location: Confirm by contacting Katie for details

Pricing: Please bring cash or check to cover expenses

Looking ahead to 2020...here's a **tentative** schedule. Suggestions are always welcome!

1/16/2020	Lemoncello
2/20/2020	My Wine & Cheese Bar
3/19/2020	Flight
4/16/2020	The Peppered Pig
5/21/2020	Lilac Fest VIP Tent
6/18/2020	Rella
7/16/2020	Flight West
8/20/2020	Pane Vino
9/17/2020	Grappa
10/15/2020	Hattie's
11/19/2020	NOTL? Niagara On the Lake - take it on the road?
12/17/2020	Avvino

Community Connections

Retreats for People who work or volunteer in Care-Giving/Helping Fields

One day retreats offered through Inspired Possibility (Barb Klein) in conjunction with Mercy Spirituality Center – the day is dedicated to self-care and self-compassion for those who work or volunteer in care-giving, helping fields. Grant Funding allows these sessions to be offered free of charge.

<https://www.inspiredpossibility.com/a-time-to-pause-retreats.html>

More Information please contact

Barb Klein, ACC
Inspired Possibility
(585) 705-8740 or barb@inspiredpossibility.com

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 eegloff@depaul.org.

Recovery IS possible.