

PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 5

Dedicated to the Advancement of Women at Work May 2019

www.professionalwomensforum.com



May 1 Meeting—Life Hacks for Professional Women: Tips for managing, from home to the Governor's mansion—Ann Evans

As executive director of the Kentucky Governor's Mansion from 2007 until 2015, Ann Evans has been the face of Kentucky hospitality for eight years. Throughout her tenure with the governor's mansion, "Miss Ann," as many call her, has been an ambassador for the state, hosting dignitaries, celebrities and citizens of the commonwealth.

Born in Louisville, she was raised in her mother's catering and special events company, where she had her hand in virtually every aspect of event planning, from culinary standards to managing a staff. After attending the University of Kentucky, where she earned a degree in journalism and also fine-tuned her public speaking skills, she ended up staying in Lexington.

Evans served as regional director of the American Lung Association for 20 years before accepting the position of executive director of the Kentucky Governor's Mansion. She has also served as director for Ronald McDonald House Charities of the Bluegrass.

John Carloftis credits Ann with mentoring him and as his favorite muse.

Thank you Most Valuable Pets, owner Melissa Whitton, for sponsoring this meeting!



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Next Meeting:

Wednesday, May 1 2019

Location: Copper Roux
861 S. Broadway
Lexington, KY 40504
(859) 523-7915

Time: 11:30-1:00

Members: \$25

Guests: \$29

Check, cash, or credit card*

*\$1 service fee if using a credit card.

<https://professional-womens-forum.square.site/>

When registering for this meeting please let us know if you need a vegetarian plate or gluten-free.

REMINDER!!! NEXT MEETING MAY 1, 2019.

Please Email: Prowomensforum@aol.com or call 859-233-1171 and leave a message for the Professional Women's Forum. Reservations must be in by Friday, Friday, April 26, 5:00 p.m.. A confirmation note will be sent for all e-mail reservations. If you do not receive one, please call. Only cancellations received by 10:00 a.m., Monday, April 29, 2019, will not be charged. After this, you will be billed. A reservation is a promise to pay. Reservations are required. Just a reminder...per the current PWF by-laws, it is the policy of the meeting facility and the Forum that no one be seated without a lunch. Unfortunately, this policy prohibits people from attending a meeting without being served a lunch.

PWF will try to accommodate any special meal requests given at least 3 days in advance of the meeting.

If you are going to bring a guest (which we hope), please inform us of their name, company name, telephone number and email address. Be aware that if your guest does not come, you will be charged. A guest may attend twice in a fiscal year (October-September) before deciding to join.

To speed up the registration process at the meeting, please tell us when making a reservation if you **really, really**, need a receipt. We can have the receipt written before hand and you can have more time to eat and meet others. Thanks for helping us out!

April Meeting Recap—Lexington Mayor Linda Gorton

You may not remember the 1960's advertisement that announced "You've Come A Long Way Baby", but Lexington's newly elected mayor can claim that statement. From being a registered nurse, volunteering as a Girl Scout leader, coaching soccer, and serving 16 years on the LFUCG council, Mayor Linda Gorton has come a long way.

Mayor Gorton is the third female mayor for Lexington. If you have forgotten, the other two were Teresa Isaac and Pam Miller. Mayor Gorton said that women are becoming more politically active as we have seen over the past few years. Women demand change, but there are challenges with change. Mayor Gorton told a funny story where, at a groundbreaking in Lexington for a new company, someone, who didn't know her, told her she couldn't park in a certain place because that was the mayor's parking spot and "he" hadn't arrived yet! She quickly informed him of who she was!

Mayor Gorton enjoys meeting citizens. People, she said, is the best thing about Lexington. Government should focus on people. Mayor Gorton said she likes to dream big for the community. Dreaming big entails money and Lexington's revenue is going down. She had to make cuts in the budget. Lexington, Mayor Gorton said, is a very stable place. Lexington is gaining jobs in technology becoming a 5G city and in high technology agriculture. The city is working closely with the University of Kentucky College of Agriculture, Alltech, and with the Kentucky Department of Agriculture Commissioner, Ryan Quarles.

Mayor Gorton believes in strong neighborhoods and champions the development of the Town Branch Trail, the renovation of Rupp Arena and Convention Center, and the City Center. All of these areas will help in bringing people to Lexington to live and work. Mayor Gorton does not see, at this time, an expansion of the Urban Service Boundary. She said the number one reason people come to Lexington is to see the horse farms. Mayor Gorton also is a supporter of the Purchase of Development Rights in protecting farm land.

The number one area of concern for Lexington is the addiction problem. Lexington is the number two city in Kentucky for addiction. This affects the economy in so many ways. Former council member, Andrea James, is coordinating a special opioid addiction initiative.

Even though Mayor Gorton never considered herself a politician she is embracing her new role and looks forward to the next four years.

Contact the Mayor's office at (859) 258-3100 or visit the website at <https://www.lexingtonky.gov/about-mayor-linda-gorton>



PWF Chair, Hazel Teichen, and Lexington Mayor Linda Gorton

PWF Committee Notes—contact the committee chair for information

Membership/Networking: Tamara Combs, 859-963-2241, tamara.combs@brittonjohnsonlaw.com
—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

Dreambuilders: Melissa Bright, 859-492-1128, mcbright@twc.com—The Dreambuilders Committee provides opportunities for members to give back to the community. Please see Melissa's notes on pages 4-7.

Program: Becky Naugle, 859-948-4589, lrnaug0@uky.edu—If you have a speaker or topic of interest that you think would appeal to the members, please contact Becky.

Technology/PR/Social Media: Rhonda Bartlett, 859-271-8977, rb@rbdesignstudio.com—The committee assists with social media, public relations, the PWF website and meeting setup.

Corporate Partner: Caitlin Neal, 859-619-7370, cneal@oriusa.com—The committee seeks both individuals and businesses that may be great partners with PWF.



Please welcome back our member for May:

Preeti Gupta, Owner/Sales, Housewarmings

This is the list as of April 15, 2019

LFUCG Boards and Commissions Vacancies

At the April 3 PWF meeting Lexington Mayor Linda Gorton said the city is looking for volunteers for a number of boards and commissions. She encouraged the women to inquire about these vacancies. Below is a website you can check out.

<https://www.lexingtonky.gov/joinboards>

Or, you can contact:

Melissa McCartt-Smyth
Administrative Specialist Senior
Office of the Mayor

859.258.3155 office

mmccartt@lexingtonky.gov

May Spotlight Member—Melissa Whitton

Melissa Whitton, the President of Most Valuable Pets, (MVP), was most gracious in sponsoring the May Professional Women's Forum meeting! Most Valuable Pets specializes in live animals and all supplies needed to care for them properly. "Almost every pet you seek to make your family complete! We also have an Aquarium and Pond Design & Maintenance Division, a full service grooming salon, and a Pet Party division."

Melissa has been doing her job for 26 years plus. What she likes best about her job is being surrounded by the animals she loves and matching the right pet to the right family.

Some inspiring thoughts Melissa would like to share are these: "Find your passion and build your career around it. Work is too hard not to enjoy what you are doing."

In Melissa's time away from MVP she enjoys cooking, traveling, reading, and learning new things. "Everything I do is animal related!"

"I have two beautiful daughters. Lanier is 19 and Sterrett is 8. My husband, Vince, and I have been married for 21 years. I am a revolving door of pets, too many to count."



"I love PWF for the comradery and ability to share new ideas and learn new things."

Visit Melissa and her pets at 921 Beaumont Ctr. Pkwy., Suite 100, Lexington KY 40513, or call (859) 219-0056, e-mail mvpincorp@aol.com or visit the website, www.mostvaluablepets.com.

Summary of items from the Dress for Success April Dreambuilders Campaign

Below is what you provided! Thank you!

- Dresses/ Suits 33
- Separates (pants, skirts, blouses, sweaters, jackets, etc.) 109
- Scrubs 6
- Pairs of shoes 17
- Other accessories 70
- Folios 9
- Cash/Check total: \$250



DRESS FOR SUCCESS[®]
LEXINGTON

If Plan A doesn't work, the alphabet has 25 more letters.

Claire Cook

PWF Dreambuilders is excited to announce the 2019 projects to support women in our community.

The Dreambuilder Committee's theme for 2019 is taken from a quote by the Grammy winning singer Leah LaBelle.

Work hard for what you want because it won't come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.

Through PWF Dreambuilders we each have the opportunity to show women in need in Lexington that we see your hard work, we know it is not easy, and we stand with you and want to support your journey to be your best self. New for this year in addition to the information about what each agency offers, we will be sharing how you can volunteer at a one time event or as an on going supporter of each of the featured agencies. Watch for more details in the monthly newsletters and at the first Wednesday luncheons.



The four agencies that we will be highlighting this year each support the values in our mission statement, and together these projects will allow us to support a variety of women from diverse backgrounds who, like each of us, is trying to live their best life.

On the following page are the four projects for 2019, watch for more details about the great work these agencies are doing, how you can volunteer to support their mission, and what we will be gathering to directly help the women these agencies serve.

If you are interested in helping bring one or more of these projects together, please let me know as we are looking for additional committee members.

Thank you for your continued generosity for the Dreambuilder projects!

Melissa C Bright, PMP

PWF Dreambuilders Chairperson

mcbright@twc.com

PWF Dreambuilder Projects for 2019

PROJECT 1	PROJECT 2	PROJECT 3	PROJECT 4
<p>Dress for Success (Rotating Group)</p> <p><u>Project 1: Informational in Mar.; gathering in April</u> Programs: Suiting programs work with client to help them choose an interview outfit and will also provide guidance and support for the upcoming interview. Employment Retention programs focus on helping clients remain employed, providing them with strategies to nurture your professional growth. Job Training programs address and eliminate the frustrating obstacles that may arise during a search for employment.</p> <p>Collect: Women's clothing, shoes and accessories, specifically designer bags (gently used), scrubs (new, misses/plus sizes), portfolios for resumes (gently used)</p>	<p>Hope Center for Women (new to PWF)</p> <p><u>Project 2: Marketing info due April 1, informational in May, gathering in June</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Collect: 10 back packs, and enough supplies to fill them - toothpaste, calamine lotion , combs, disposable razors , shaving cream, feminine hygiene products</p>	<p>Lady Veterans Connect, Inc (New to PWF)</p> <p><u>Project 3: June 3 Marketing due, information Aug, gathering Sept</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Recommend completing gathering before Vet's Day in Nov</p> <p>Collect Personal Hygiene supplies, (shampoo, toothpaste, tooth brush), cleaning supplies, and clothing (socks, underwear) for 10 women.</p>	<p>THE NEST RECURRING</p> <p><u>Project 4: Oct 7 Marketing info due, Nov Information, Dec Gathering 2019</u></p> <p>Gathering more information about their volunteer opportunities</p> <p>Collection timed to support Reindeer Express</p> <p>Collect: 20+ rolls of wrapping paper, 20 + Women empowering toys and several board games</p>

PROFESSIONAL WOMEN'S FORUM HOPE CENTER RECOVERY PROGRAM FOR WOMEN



For the Professional Women's Forum's next project we are collecting donations for the Hope Center Recovery Program for Woman. This program is based on the same peer-driven, professionally supervised model as the Hope Center Men's Program. It features a supportive, safe environment to gain sobriety from alcohol or drugs. The Women's Program also adds several gender-specific features, and includes a health clinic with a Nurse Practitioner who can address the physical and mental health needs of the participants.

In 2002, the Hope Center opened the Ball-Quantrell Jones Recovery Center for Women, a residential facility at 1524 Versailles Road, to house the Recovery Program for Women. Outcome data indicates that 95% of the women remain abstinent from drugs and alcohol six months after entering the program and 71% remain abstinent from drugs and alcohol one year after program completion. Many of those who do relapse are able to use the tools and resources they learned and return to the path of recovery.

For those who participate in the Hope Center Recovery Programs, whether for women or men, every day is an opportunity for growth, change and living a positive, productive life. The Women's Program's priority population is women who are homeless or at risk of becoming homeless and who express a desire to stop using alcohol or drugs. The Recovery Program serves women who have substance abuse issues, provides the option of a long-term recovery program, integrates professional staff, women in recovery, and the 12 Steps of Alcoholics Anonymous into a community atmosphere.

SOS is the entry point to the program (Safe, Off the Street Sobriety). Also provided is shelter for women not currently using but who are interested in exploring options for addressing their substance issues. The staff provides support, education and information regarding available community resources and assists each woman in developing a plan of recovery.

The women live in a community that provides peer pressure/support, daily living skills training, job responsibilities and challenges. The women are in charge of everything – cooking, cleaning, laundry, maintaining the grounds and other duties, just as they will be in their post program lives. The main program provided is the Recovery Program itself, which is an intensive substance addiction program that puts into action the 12 Steps of Alcoholics Anonymous. Women are also provided onsite peer mentors who are alumni of the Recovery Program. Professional staff assist the women in addressing the issues of job readiness and upon completion of the Program women are eligible to enter transitional housing.

Susan Kennedy, PWF member and team member for the Hope Center for Women project, is a family law attorney and she has shared that "I have seen how addiction destroys people and their families. I have also seen how addiction can result in people becoming homeless and hopeless. The Hope Center Recovery Program for Women is vital to our community."

How PWF Can Help

Donations requested: 10 backpacks and enough personal and feminine hygiene supplies to fill them, including toothpaste, Calamine lotion, combs, disposable razors, shaving cream, feminine hygiene products.

If you would like to let someone else to the shopping, cash or checks made out to The Hope Center-
Women's Recovery are also very welcome.

CENTRAL KENTUCKY JOB CLUB – WINTER/SPRING 2019



The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Staff Career Development are pleased to announce the winter 2019 Central Kentucky Job Club schedule.

The purpose of Job Club is to provide a positive environment for motivated job seekers to meet, connect, share and learn. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. at the Fayette County Cooperative Extension office, 1140 Harry Sykes Way (formerly Red Mile Place), Lexington, KY. Business attire is encouraged. Convenient, free parking is available. Job Club is for you if you are a motivated professional and currently out of work, underemployed or looking to make a career transition. In addition, recruiters and employers are always welcome and introduced to Job Club attendees.

For more information, call the UK Alumni Association at 859-257-8905, the Fayette Cooperative Extension office at 859-257-5582, or the UK Staff Career Development Office at 859-257-9416. Additional information including testimonials from former Job Club participants can be viewed at: www.ukalumni.net/jobclub.

Job Club Meeting Schedule*:

May 14: Job Search Tips & Strategies from a Panel of Regional Recruiters and HR Professionals

May 28: Panel of Job Club Success Stories

** Snow Policy: If Fayette County Public Schools are closed or on a delay, Job Club will not meet.*

How PWF Partners with other Organizations in the community

- **Dreambuilders:** Each year the Dreambuilders Committee identifies agencies who support women who work in Lexington that are a good fit. Once an agency is selected, then the committee will work with that agency to identify items for donation and delivery of those collected items. Special events for that agency may be featured in the PWF newsletter and on the website/social marketing. That same agency may be considered for support again in three years. This practice allows PWF to support a wide range of groups who are supporting women in Lexington.



Corporate Sponsorships with PWF

Support PWF while obtaining tangible benefits for your organization.

Thank you for your time in learning more about the Professional Women's Forum's (PWF) corporate partnership opportunities. We are excited to offer you the following benefits as we join with you to promote your company to PWF members and to the circle of influence which the organization has locally. Full information on PWF is available at professionalwomensforum.com.

The benefits of your corporate partnership will include:

- Opportunity to showcase your programs or benefits in membership & guests packets for a year
- Opportunity to reach potentially hundreds of PWF members to promote your products/services
- Recognition in PWF E-news blasts for 1 month prior to sponsored meeting
- Recognition on PWF website for one year from date sponsorship payment is received
- One complementary lunch provided at the monthly meeting you are sponsoring
- Corporate Partner Spotlight, 3-minute presentation & provide marketing materials for tables/display table at the monthly meeting being sponsored
- Corporate logo and link to your organization's website on professionalwomensforum.com, corporate logo on newsletter to PWF membership, link on Facebook, special name badge for corporate recognition when attending PWF monthly meetings and visual display with logo at monthly meetings.
- Host a special event at your location
- Opportunity to provide a door prize item

Best of all, PWF is an organization whose members support each other and our corporate partners.

Thank you for considering this opportunity to obtain visibility and representation within the business sector and gain access to our members as clients, suppliers, and subcontractors. This is an excellent opportunity for a collaboration that will bring a positive public and community relations image. If you have any questions about the corporate partnership levels, please feel free to contact Caitlin Neal at (859) 619-7370 or cneal@oriusa.com.

PWF MEMBER GOOD NEWS!

PWF Member and Membership/Networking Chair, [Tamara Combs](#), an attorney with [Britton Johnson, PLLC](#), gave birth to her first baby! Maybe a future PWF member???

[Beverly Clemons](#), President, [CMI Consulting, LLC](#), celebrates 19 years in business!



SUPPORT OUR ADVERTISERS!!!



Rhonda Bartlett

RB Web & Design Studio
4750 Hartland Parkway
Suite 248
Lexington, KY 40515



rb@rbdesignstudio.com

www.RBDesignStudio.com 859.271.8977

Want to place a business card ad in the Professional Women's Forum newsletter? **Business card ads are \$10 per month.** Space is limited to 10 per month with the exception of special events. The Professional Women's Forum newsletter is published monthly. The newsletter deadline is the first Friday of the month prior to publication.

Mail payment to:

PWF

P.O. Box 1762

Lexington, KY 40588

No PWF Meeting for July!

Because of the 4th of July holiday the first week of the month, the PWF meeting is cancelled.



PWF BOARD— 2018-2019

Hazel Teichen, Chair: 699-0773, hteichen@bgcarenav.org

Michelle Buerger, Immediate Past Chair: 230-9425, michelle.buerger@bankatcity.com

Dereka Bradley, Secretary: 367-3705, dereka.bradley@bankatcity.com

Jill Shirley, Treasurer: 244-7251, jshirley@wesbanco.com

Professional Women's
Forum

Phone: 859-233-1171
Email: Prowomensforum@aol.com
www.professionalwomensforum.com



...the bottom line

Breaking Bad Habits

Lately, our free-spirited Labradors have developed a bad habit. In the morning when we feed them, when it is dark, they have developed the habit of taking off into the neighborhood right after they eat. Black dogs. Dark outside. Not good. They shoot out the garage door and are off to the races. No amount of calling or clapping hands has coaxed them back right away. Plus, we don't want to wake up the neighbors with us hollering. There is a lot of wildlife that wander around in the subdivision, and we assume our "girls" want to sniff out every nook and cranny. The other day they were gone 30 minutes before they ran back. This habit had to stop. As my husband said, what we have been doing isn't working so we have to try something new.

Bottom line....

Do you have a habit you need to break? Does your business? James Clear, on his website, www.jamesclear.com, he writes about how to break bad habits. He writes that you don't eliminate a bad habit, you replace it.

Some tips he gave were the following:

- Choose a substitute for your bad habit.
- Cut out as many triggers as possible.
- Join forces with somebody.
- Surround yourself with people who live the way you want to live.
- Visualize yourself succeeding.
- Use the word "but" to overcome negative self-talk when you slip up.
- Plan for failure.

Breaking bad habits takes time and effort, but mostly it takes perseverance. Most people who end up breaking bad habits try and fail multiple times before they make it work. You might not have success right away, but that doesn't mean you can't have it at all.

As for our dogs, well, we have called Invisible Fence and we will be calling a dog trainer!

Take care

Dates to Remember:

PWF Meeting

May 1

Kentucky Derby

May 4

Cinco de Mayo

May 5

Mother's Day

May 12

Armed Forces Day

May 18

Memorial Day

May 27

Professional Women's Forum

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Lexington, KY 40588

