

# PROFESSIONAL WOMEN'S FORUM

Volume 24, Issue 6

Dedicated to the Advancement of Women at Work June 2019

[www.professionalwomensforum.com](http://www.professionalwomensforum.com)



## June 5 Meeting—Hemp in Kentucky—Hemp Association

Join us for Hemp History Week. Kentucky Hempster's Co-Founders, *Alyssa Erickson* and *Kirstin Bohnert* will present the history and future of hemp in Kentucky, and how women are playing a role in hemp's future.

They will discuss the history of hemp preservation/education/tourism, and the growth and expansion of hemp production in Kentucky, and nationwide.



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### Next Meeting:

**Wednesday, June 5 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 JUNE 5, 2019.

Please Email: [Prowomensforum@aol.com](mailto: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, May 31, 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, June 3, 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!

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

If ever there was a person who exudes joy that person would be Ann Evans. Ann admits that she gets her energy from people! She has been helping people since she was a small child assisting her mother in her catering business. Her life, Ann said, was one big reception! Her mother was a great hostess. Ann grew up in Central Kentucky and new PWF member, Marilyn Sears, in high school.

After receiving her Bachelor's Degree in Journalism from the University of Kentucky her career began at KET. Her love of catering called her back and she started her own catering business. Her first party was for 150 people! Ann said she never advertised. Her business grew solely on word of mouth. Catering, Ann said, can be a grueling business with long, hard hours, but she said it can be very satisfying. Ann then worked for the American Lung Association and then soon after became the Executive Director of the Kentucky Governor's Mansion from 2007 until 2015 under Governor Steve Beshear. She planned hundreds of events including eight Kentucky Derby Galas. Ann said that in all of the eight years she served in the Governor's Mansion she was under her budget!



During her tenure at the Governor's Mansion Ann, started gardens there and also around the state. She taught etiquette and protocol to many people including the Kentucky State Troopers.

Ann showed a DVD of the history of the Kentucky Governor's Mansion. It was finished in 1914 and Governor McCreary was the first Governor to live there. Ann said that the Kentucky Governor's Mansion is noted to be one of the most beautiful in the United States.

After being at the Governor's Mansion, Ann served as the Interim Director for the Ronald McDonald House Charities of the Bluegrass. Currently, Ann is the Executive Advisor of the Office of Administrative Services in the Office of the Attorney General Andy Beshear. She hopes if he becomes the next Governor she will be back at the mansion!

Her tips to the PWF members and guests regarding entertaining included the following: brunch is cheap and it is usually over quickly so you can enjoy the rest of the day! Life is too short to worry about how things look in your house. Loving people, being kind to people— these are the most important aspects to life. Ann said we should make people feel like they are at home.

Ann provided a list of "must haves" in the kitchen. She highly recommended Duke's and Hellman's Mayonnaise, bacon, Weisenberger grits and corn meal, Better than Bouillon Roasted Chicken Base, and a number of different spices and condiments.

You can contact Ann Evans at [ann.evans@ky.gov](mailto:ann.evans@ky.gov) or (859) 539-3003

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**PWF Committee Notes—contact the committee chair for information**

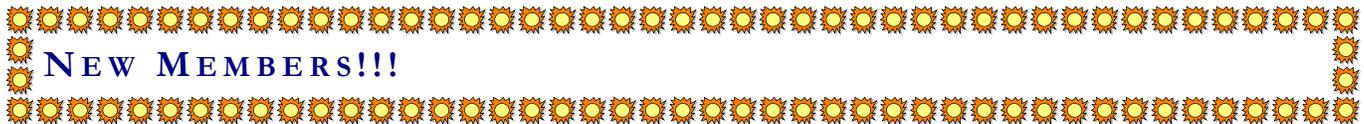
**Membership/Networking:** Tamara Combs, 859-963-2241, [tamara.combs@brittonjohnsonlaw.com](mailto:tamara.combs@brittonjohnsonlaw.com)  
—Be inviting!!! Ask your friends and business associates to join PWF! Let's not keep the best kept secret to ourselves!

**Dreambuilders:** Melissa Bright, 859-492-1128, [mcbright@twc.com](mailto:mcbright@twc.com)—The Dreambuilders Committee provides opportunities for members to give back to the community. Please see Melissa's notes on pages 5-8.

**Program:** Becky Naugle, 859-948-4589, [lrnaug0@uky.edu](mailto: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](mailto: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](mailto:cneal@oriusa.com)—The committee seeks both individuals and businesses that may be great partners with PWF.



Please welcome back our member for June:

Robin Salyer Fleischer, Robin S. Fleischer Counseling, Counselor

This is the list as of May 15, 2019

**PWF Third Thursday Networking Lunch - May 16**

Third Thursday Networking Lunches are a way to connect with your fellow PWF members outside of the regular monthly meetings. Usually 10-12 people attend, but we welcome as many as possible! Guests are welcome, too! The time is 11:30 a.m.

Below is the date and location for this month's lunch:

Thursday, May 16  
Cheddar's Scratch Kitchen  
3604 Walden Drive  
Lexington, KY 40517  
(859) 272-0891  
[www.cheddars.com](http://www.cheddars.com)



## June Spotlight Member—Beth Wofford

A five year member of Professional Women's Forum and a member of the Program Committee Beth shares her life in two other areas that she enjoys. "I am the owner of Bluegrass Cellular Health, LLC. I educate people about the many alternatives to conventional medicine available, predominantly concerning cellular health because all disease starts with unhealthy cells. I have been a wellness educator for 20 years, focusing on cellular health for over 9 years."

What Beth likes best about her job with Bluegrass Cellular Health includes the following: "I love meeting new people and hearing their life stories. I find them fascinating! Knowing I can help make their lives better is what drives me to reach out."



Inspiring thoughts Beth has for other PWF members are these: "I believe bringing an attitude of heart-centered concern for others to any endeavor is the most important posture we can take in business and in life."

"My other life is riding and training young race horses with my husband on our farm near the Kentucky Horse Park. We have been in business together for 43 years. I've been happily married to my best friend and business partner, Bill, for 41 years. We have two children: daughter Jessie is a veterinary microbiologist and son, Gabe, is an orthopedic PA."

"My mission statement and that of the company with whom I'm most closely aligned is 'to better people's lives and be a force for good in the world.'"

Contact Beth Wofford at (859) 338-7858, [bwwofford@gmail.com](mailto:bwwofford@gmail.com), or visit her website at [www.bluegrasscellularhealth.com](http://www.bluegrasscellularhealth.com).

*The past is a source of knowledge, and the future is a source of hope. Love of the past implies faith in the future.*

*Stephen Ambrose*

## 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](mailto:mcbright@twc.com)

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## PWF Dreambuilder Projects for 2019

PROJECT 1	PROJECT 2	PROJECT 3	PROJECT 4
<p><b>Dress for Success (Rotating Group)</b></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><b>Hope Center for Women (new to PWF)</b></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><b>Lady Veterans Connect, Inc (New to PWF)</b></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><b>THE NEST RECURRING</b></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.

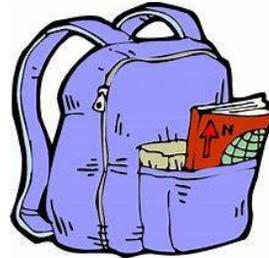
Susan Kennedy, PWF member and team member for the Hope Center for Women project, is a family law attorney and she has shared that “I have seen how addiction destroys people and their families. I have also seen how addiction can result in people becoming homeless and hopeless. The Hope Center Recovery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

**Please see the next page on how PWF can help the Hope Center Recovery Program For Women.**

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## How PWF Can Help The Hope Center

- 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 do the shopping, cash or checks made out to The Hope Center-Women's Recovery are also very welcome.



## Volunteer Opportunities

- contact our Volunteer Coordinator, Carey Cairo, at [ccairo@hopectr.org](mailto:ccairo@hopectr.org), or at (859) 225-4673.
- Share your Expertise: Are you a personal trainer? Work in banking, food service or a health service field? Do you have a special skill or some kind of training that may benefit the needs of our clients? Let us know!
- Volunteer for an event or for serve a meal.
- Make sandwiches: Our mobile outreach program, HopeMobile, distributes 100-150 brown bag lunches each day to the downtown, Lexington homeless and marginally housed. We rely on volunteers to prepare sandwiches/ lunches for the HopeMobile. Sandwiches and bag lunches can be made at your own convenience, at your location, with as many or as few volunteers as you have available, then dropped at the Emergency Shelter at 360 W. Loudon Ave.

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## 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.

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## Central Kentucky Job Club Press Release – Summer 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 summer 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](http://www.ukalumni.net/jobclub).

### Job Club Meeting Schedule:

**June 11: What is your TRUE COLOR? – Presented by Reba Carroll, MA, GCDF, CCSP, OMC, Assistant Director, UK James W. Stuckert Career Center**

**June 25: Nail Your Next Interview: Strategies to Maximize Your Response – Presented by Amanda Schagane, MSED, CCC, CCSCC, Associate Director, UK Alumni Career Services**

**July 9: Building Your Board of Directors – Presented by Amanda Saha, MS, Director of Career Development & Academic Enrichment, UK College of Agriculture, Food & Environment**

**July 23: Resumania: How to Avoid Mistakes & Write the Perfect Resume & Cover Letter – Presented by Lisa James, Division Director, Robert Half**

**August 13: Leveraging Resources to Launch Your Business – Presented by Shawn Rogers, Director, Bluegrass Small Business Development Center**

**August 27: Mastering Your Executive Presence: Using Nonverbal Skills to Managing First Impressions – Presented by Tamika Tompoulidis, Personal Development Counselor, UK Honors College Center for Personal Development**

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## 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](http://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](http://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](mailto:cneal@oriusa.com).

## SUPPORT OUR ADVERTISERS!!!



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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](mailto:hteichen@bgcarenav.org)

Michelle Buerger, Immediate Past Chair: 230-9425, [michelle.buerger@bankatcity.com](mailto:michelle.buerger@bankatcity.com)

Dereka Bradley, Secretary: 367-3705, [dereka.bradley@bankatcity.com](mailto:dereka.bradley@bankatcity.com)

Jill Shirley, Treasurer: 244-7251, [jshirley@wesbanco.com](mailto:jshirley@wesbanco.com)

*Please join us for a*



# NETWORKING EVENT

**Thursday  
May 16th**

**5 - 6:30  
PM**

light refreshments will be served.

HOSTED BY



HEARTH PATIO GRILLS HOME

*housewarmings*

2320 Palumbo Drive  
Lexington, KY 40509  
(diagonally behind Home Goods)  
Store: (859) 231-0005  
Preeti Gupta: (859) 230-7304

Professional Women's  
Forum

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



*Dates to Remember:*

*PWF Meeting*

*June 5*

*D-Day Remembrance*

*June 6*

*Flag Day*

*June 14*

*Father's Day*

*June 16*

*Summer Solstice*

*June 21*

***...the bottom line***

***Resistance to Change***

With *Fixer Upper* now only in reruns, I have become addicted to the HGTV show, *Love It or List It!* If you haven't watched it, the theme is this: a family's home is no longer "working" with their lifestyle or the family has outgrown the house. A designer, Hilary, comes in, with a certain budget, and tries to make the house more livable so the family can stay in the home. A realtor, David, tries to find a house for the family which meets most of the homeowners' needs, again with a certain budget. After having watched several episodes it has amazed me that over 90% of the time, after Hilary works her magic, the family will remain in their home despite not fulfilling all of their needs. David will usually find a home with the square footage they need for a growing family and move in ready. But, the family will still opt for living in their current home. What gives? Resistance to change, perhaps?

Daniella Whyte, a contributor for *Inc.com*, provides 5 main reasons people object to change:

1. People fear being different, especially when there's no precedent. We are creatures of habit. Every organization needs a visionary. You have to show, not tell. Stay focused on the important reasons change is being sought.
2. People feel overwhelmed or stressed. Leaders have to be understanding of people's complaints and attentive to their needs throughout the change process.
3. People fear a departure from the status quo. Leaders can help people embrace change by acknowledging those parts of the past that were good while at the same time making it clear that the change being presented is necessary.
4. People lack trust in the one making changes. Leaders can build trust by being honest and then by including people in the change process. Further, they can create an environment in which people believe the change can be implemented and managed for the benefit of all.
5. People know change brings a new set of possibilities and problems. You can balance resistance by creating certainty of the process.

*Bottom line...*

For the *Love It or List It* families I understand how difficult it can be to make a move, but my practical/logical self still shakes her head sometimes at the decisions they make.

Take care

*Professional Women's Forum*

P.O. Box 1762

Lexington, KY 40588

