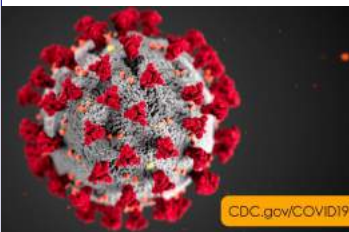


# PROFESSIONAL WOMEN'S FORUM

Volume 25, Issue 4

Dedicated to the Advancement of Women at Work April 2020

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



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## Next Meeting:

?????

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

Time: 11:30-1:00

Members: \$28

Guests: \$32

Check, cash, or credit  
card\*

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

[https://  
professionalwomens-  
forum.com/shop/](https://professionalwomensforum.com/shop/)

\*\*When registering for  
this meeting please let us  
know if you need a vege-  
tarian plate or gluten-  
free.\*\*

## **Cancelled**—April 1 Meeting—Planning for the Future— Things to consider with our family and business interests—Panel Presentation

The Professional Women's Forum must **cancel** the April 1 meeting to comply with CDC guidelines and Governor Beshear's request that all restaurants close because of the coronavirus. **Please watch for e-mails regarding future meetings.**

To prevent coronavirus:

- ◆ Wash hands often with soap and water for at least 20 seconds
- ◆ If soap and water are not readily available, use a hand sanitizer containing at least 60% alcohol.
- ◆ Avoid touching your eyes, nose, and mouth with unwashed hands
- ◆ Avoid close contact
- ◆ Stay home if you are sick
- ◆ Cover coughs and sneezes
- ◆ Wear a facemask if you are sick
- ◆ Clean and disinfect frequently touched surfaces daily.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

The Professional Women's Forum Program Committee will **re-schedule** the very important April meeting in the future.

## Recap—March 4 Meeting—Leadership from the Inside Out—Learning to Tell Your Leadership Story Audrey Smith Bachman, MA, MPH

It's not every speaker who starts their presentation with the slide, "I Am A Failure"! But the March 4 PWF speaker, Audrey Smith Bachman, said that her successes have come from failures. Growing up in Eastern Kentucky the likelihood of doing well in life seemed very remote to Audrey. She said that no one ever complemented her on her talents. It wasn't until she helped people by teaching them how to use smart phones and tablets did someone give her positive feedback. They told Audrey that she should be a trainer. Just that small bit of encouragement gave her hope to try new things and continue her education. Audrey had this Mark Twain quote in one of her slides: "The two most important days in your life are the day you were born and the day you find out why."



From left: Becky Naugle, PWF Chair, and Audrey Bachman

Leadership, Audrey said, is much more than what we just do. The whole person matters. Audrey asked the attendees to huddle up at each table to answer the question, "What is leadership?" Some said that the leader should inspire others, listen, be a good decision maker, be willing to do what subordinates do, lead by example, possess ethical behavior, provide positive feedback, and be compassionate.

Audrey is a follower of Kevin Cashman, who has written several books on leadership. He is the pioneer of the 'grow the whole person to grow the whole leader' approach to transformative leadership. [www.cashmanleadership.com](http://www.cashmanleadership.com). Patterns of effective leadership include being courageous, having authentic influence, and creating value. Audrey said the leader must have courage to change and to be changed. Authenticity is a continuous process, being true to others, open and having self-compassion. Creating value includes vision, strategy, and purpose (the why).

Audrey also mentioned CliftonStrengths. <https://www.gallup.com/cliftonstrengths/en/home.aspx> This is an online assessment tool. From the website it says that it will help discover strengths and learn how to use them to thrive. This assessment tool can be used for an individual, team, organization, and student.

At the University of Kentucky, where Audrey is a Doctoral Candidate and Instructor in the Department of Communication within the College of Communication and Information, there are several leadership development programs. There is the Essential Leader Program, the Experienced Leader Academy, and UK2U which is tailored to fit a company's needs.

Contact information for Audrey Smith Bachman, MA, MPH: [audrey.bachman@uky.edu](mailto:audrey.bachman@uky.edu) and (859) 257-9427

Thanks, again, to Images Model & Talent Agency, for sponsoring this meeting!



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

**Membership/Networking:** Co-chairs: Shirley Riley, 859-223-1111, [spriley@twc.com](mailto:spriley@twc.com) and Marie Toles, 859-223-1111, [marietoles@icloud.com](mailto:marietoles@icloud.com)—Be inviting!!! Ask your friends and business associates to join PWF! Let’s not keep the best kept secret to ourselves!

**Dreambuilders:** Julia Thamann, 859-230-9146, [j.thamann@gmail.com](mailto:j.thamann@gmail.com)—The Dreambuilders Committee provides opportunities for members to give back to the community. The organizations supported for 2020 are on page 4.

**Program:** Janie Olmstead, 859-489-4752, [Images@imagesmodelagency.com](mailto:Images@imagesmodelagency.com)—If you have a speaker or topic of interest that you think would appeal to the members, please contact Janie.

**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:** Co-chairs: Sheila Taluskie, 859-533-1945, [staluskie@gmail.com](mailto:staluskie@gmail.com) or Beth Wofford, 859-338-7858, [bbwofford@gmail.com](mailto:bbwofford@gmail.com)—The committee seeks both individuals and businesses that might be great partners with PWF.

**PWF BOARD— 2019-2020**

Becky Naugle, Chair: 948-4589, [lraug0@uky.edu](mailto:lraug0@uky.edu)  
Hazel Teichen, Immediate Past Chair: 699-0773, [hteichen@bgcarenav.org](mailto:hteichen@bgcarenav.org)  
Chair Elect:  
Beverly Clemons, Secretary: 296-2800, [beverly@cmiconsulting.com](mailto:beverly@cmiconsulting.com)  
Melissa Whitton, Treasurer: 219-0056, [mvpincorp@aol.com](mailto:mvpincorp@aol.com)



**NEW MEMBERS!!!**

Please welcome our new member for April:

Shay Spradlin, Community Relations Director, Highgrove at Tates Creek

This is the list as of March, 15, 2020

## PWF Dreambuilder Projects for 2020

PROJECT 1	PROJECT 2	PROJECT 3	PROJECT 4
<p><b>VA Women's Clinic</b></p> <p><u>Project 1: informational in March, gathering in April—Rescheduled</u></p> <p>Programs: Health Coaching and Clinical Care for Women Veterans</p> <p>Collect: New clothing (S, M, L, 2X) white t-shirts, sport bras, panties, top and bottom sweats</p>	<p><b>Greenhouse 17</b></p> <p><u>Project 2: informational in May, gathering in June</u></p> <p>Programs: Domestic Violence Protection and Advocacy; Career Training, Job Readiness</p> <p>Collect: Twin-size bedding (fitted, flat, pillowcases, comforter) or sets of these items; Gardening hand tools (trowels, weeder, fork, rake)</p>	<p><b>Nathaniel Mission</b></p> <p><u>Project 3: informational in Aug. gathering in Sept</u></p> <p>Programs: Emergency Assistance, Food Assistance, Health Clinics, Child Care, Classes on Finance/Budgeting, Food Assistance for Underprivileged and Poverty-Stricken Lexingtonians</p> <p>Collect: Supplies to assist the lunch and learn program classes</p>	<p><b>THE NEST RECURRING</b></p> <p><u>Project 4: informational in Nov., gathering in Dec.</u></p> <p>Programs: Domestic Violence Counseling and Advocacy</p> <p>Collect: Board Games, TV Themed Women-Empowering Toys</p>

*It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving.*

*Mother Teresa*

# Collection Rescheduled!

## Supporting Our Women Veterans through the Lexington VA Health Care System

### How does the Lexington VA Health Care System support our Women Veterans?

▲ **The Lexington VA Health Care System** offers women Veterans proactive and personalized health care—empowering Women Veterans to achieve their greatest level of health and well-being. Whole Health means the Whole Person. From integrative health approaches like stress reduction, nutrition, and health coaching, to traditional clinical care and complementary health approaches—Women Veterans journey to Whole Health starts here. Proactive, integrative health approaches such as:

- \*Health coaching
- \*Mind-body therapies and stress reduction
- \*Mindfulness
- \*Nutrition and weight management
- \*Peer support and community resources
- \*Programs to stop smoking
- \*Physical therapy and chiropractic services

▲ Check out their website: <https://www.womenshealth.va.gov/latestinformation/videos/stories.asp>

### How You Can Help:

▲ **Support the PWF basic intimate clothing drive with your donations at the 2020 meeting**

\*New and in original packaging, t-shirts, underwear, sports bras, Top and bottom sweats in sizes women's Small, Medium, Large, and 2X are all in high demand.

\*As always, if you would like to let someone else do the shopping, **cash or checks** made out to **Lexington VA Health Services** is always appreciated.

▲ **Volunteers provide many important functions throughout the medical center and help make our patients' stay more enjoyable.**

\*Volunteers can perform several services, and a volunteer's talents are closely matched with one of our many assignments.

\*To volunteer, call or visit the Lexington VA Medical Center Voluntary Service Office.

\*We will be happy to receive your application or discuss how you can help us in our mission to provide comfort and care to America's veterans. Lexington VA Medical Center, Voluntary Service, 1101 Veterans Drive, Lexington, KY 40502, 859-233-4511 Ext. 2298







### **Central Kentucky Job Club – Press Release – Winter/Spring 2020**

The University of Kentucky (UK) Alumni Association, Fayette County Cooperative Extension Services, and UK Human Resources Career Development are pleased to announce the winter/spring 2020 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).

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

#### **Job Club Meeting Schedule:**

##### **March 24: Presenting Your Best Self: Interviewing with Confidence**

Presented by Zach Fuqua, Cooperative Education Program Director, UK College of Engineering

*\*Free LinkedIn headshots immediately following Job Club for attendees.*

##### **April 14: How to Play the Job Search Game**

Presented by Everett Bracken, CEO, VOLO Careers International, Inc.

##### **April 28: Job Search Tips & Strategies from a Panel of Regional Recruiters and HR Professionals**

This Job Club meeting will feature a panel of local HR professionals and recruiters. You will learn job search tips and strategies directly from those involved in the recruiting and hiring process. This is an opportunity to get your job search, application, and hiring questions answered, so come prepared with questions for the panel.

##### **May 12: Working for State Government: Insights into the Job Application Process**

Presented by the Kentucky Personnel Cabinet

##### **May 26: Panel of Job Club Success Stories**

Back by popular demand this annual program will be sure to inspire. Hear from former Job Club attendees on how they made successful job or career transitions, landed interviews and kept their spirits up during their search.

*Last updated 11/26/19.*

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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 Sheila Taluskie, 859-533-1945, [staluskie@gmail.com](mailto:staluskie@gmail.com) or Beth Wofford, 859-338-7858, [bbwofford@gmail.com](mailto:bbwofford@gmail.com).

## SUPPORT OUR ADVERTISERS!!!



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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**

### PWF MEMBER GOOD NEWS!

**Marilyn Sears**, Director, **Touchstone Crystal by Swarovski**, received a trip to the Bahamas, for her sales achievements. Only 300 women in the company earned this honor!

If you have good news, such as a promotion, new employee/s, or a special event to share with the members please send the information to [Prowomensforum@aol.com](mailto:Prowomensforum@aol.com) by the 10th of the month. This is your opportunity to promote yourself or your business.

#### 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.



Professional Women's  
Forum

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



### Dates to Remember:

PWF Meeting  
April 1—~~Cancelled~~

Earth Day  
April 22

Arbor Day  
April 24

### ...the bottom line

#### Anxiety and fear

These are difficult times. Our country and the world have never faced the invisible enemy of coronavirus. Psychotherapist Gail Weissert, as relayed to Phil Marshall on the website [myeasternshoremd.com](http://myeasternshoremd.com), said that staying in fear for a long time isn't good because it weakens the immune system.

Try:

- ◆ Not watching the news too often; she recommended using a cell phone to look at news because you can escape it easier than the television.
- ◆ Choosing different sources for information
- ◆ Going outside, going on a hike or taking a long walk
- ◆ Connecting with others through the internet; staying in touch with loved ones via phone

Professor of Clinical Mental Health at Southern Oregon University, Victor Chang, suggests keeping to your typical sleep or work schedule (if you are still working!)

Stay in the present as much as possible and live one day at a time as best as you can. Other ways to prevent anxiety and fear include learning to relax through meditation, eating healthy, avoiding alcohol or drinking in moderation, and practicing your faith/spirituality.

If these suggestions do not seem to help seek medical advice. There are healthcare professionals who can counsel, provide medication, or direct you to support groups.

*Bottom line...*

As many of our government and healthcare officials have said, **we will get through this together.**

Take care

*Professional Women's Forum*

P.O. Box 1762  
Lexington, KY 40588

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

