

AVON WOMEN ENTREPRENEURS JANUARY 21, 2020 - MINUTES

HOST: Patient Advocate for You (PAFY) at Tower Lane Cafe

AWE BUSINESS

Dana Culligan and Charmaine Seavy, co-coordinators, presented a draft schedule of future AWE meetings based on talking with members who had already stepped up but had to change their dates due to weather or other overriding commitments and members willing to fill in open spots coming up quickly. They still need speak or both.

- **February 18 – Host and Speaker: Mo DeMartino, The MAX Challenge of Avon, 315 West Main St. – Topic: Simple Things to Stay Healthy and Fit at Work**
- **March 17, - Host Cindy Langer, BodyFIT Physical Therapy, with Sandra Cook, Home Helpers, at BodyFIT, 45 East Main St.; Speaker: Susan Pribyson, Gifts of Love**
- **April 21 – Host and Speaker: Imagine Float, 290 West Main St., Unit C – Topic: Non-Invasive Therapies such as floatation, cryotherapy, infrared sauna and compression therapy. Offering a complimentary 10-minute compression session.**
- **May 19 – Host: Anthology Simsbury, 142 Cooper Ave., Simsbury; Speaker: Kristina Mozzicato, Abundant Health Massage & Wellness**
- **June 16 – Host and Speaker: Margaret McCarthy and Sue Davies, US Wealth Management at Tower Lane Café, 30 Tower Lane – Topic: Preparing for the Biggest Vacation of Your Life**
- **July 21 – Host: Suzanne Webster, Arden Courts, 100 Fisher Drive; Speaker: Jamie Sternberg, Saunders & Sternberg – Topic: Trademark Law**
- **August – Date TBD – Beach Club Day hosted by Lisa Bohman – registration will be required**
- **September 15 – Host: Bianca Reome, Middlewoods, 509 Middle Road, Farmington; Speaker – TBD**
- **October 20 –Host: Amanda Benecchi, Edward Jones, 152 Simsbury Rd., Bldg. 9, 2nd Floor; Speaker: Dana Culligan, Tocara Jewelry**
- **November 17 – Holiday Showcase & Gifts of Love Toy Drive – Host: Avon Health Center, 652 West Avon Rd. – space for up to 9 companies to display their wares and services with each given 60 seconds to present their business. Members should bring a toy to be donated to **Gifts of Love** who will have 3 to 5 minutes to tell us about their services.**
- **December 15 – Host: TBD; Speaker: TBD**

30-Second Intros

CHAMBER EVENTS

- **Tuesday, January 28 – The Lunch Connection (TLC) at Cugino's of Farmington**
- **Wednesday, February 5 – Morning Network Connection – NEW Hosts: Golf Club of Avon and Raymour & Flanigan – at Golf Club of Avon, 160 Country Club Rd.**
- **March 4 – CT Business Day at the Capital – registration will be required**

→ Lisa Bohman reminds everyone to send her information about your events and announcements with plenty of lead time so they can be included in eBlasts to everyone on the Chamber mailing list (750+ professionals).

AWE ANNOUNCEMENTS

- Charmaine read the letter we received from Gifts of Love for the toy drive donation made by AWE members

MEMBER ANNOUNCEMENTS

- Charmaine invited members to The Breakfast Club Networking Group meeting the 2nd and 4th Tuesdays of each month, 8:30 to 10:00am at Brookdale Senior Living, 22 Simsbury Rd., West Hartford.

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- **Anthology Simsbury**
 - January 25, February 22 and March 28, 10:00 to 11:30am – Dementia series
 - January 28, 4 to 5pm, **with The MAX Challenge**
 - February 4 **with Ruby Ribbon**
- **The MAX Challenge**
 - Wednesday, February 5 after morning networking, Mo DeMartino will host a Facebook for Idiots workshop with Lisa Bohman walking you through the basics of using Facebook to promote your business.
 - Thursday, February 13 at Tower Lane Cafe – **Joe DeMartino**, will be the speaker at MAP
- **Ruby Ribbon, Carol Tsacoyeanes:**
 - has an event at her house this evening
 - January 30 & 31 – At The Trunk Show in Farmington
 - Carol does Cami Calls you can join to learn more about Ruby Ribbon's camis and have a chance to win one.
- **BodyFIT Physical Therapy, Cindy Langer:** Booking workshops for 2020 now:
 - Golf Mobility – 6 weeks to improve your game
 - Posture
- **P'zazz, Susan Lederman** – Valentine's Day is coming. She can do red wine mugs etched with your Valentine's name and filled with prosecco gummies. Or anything else really special you want.
- **New Season of Life, Liz Cornish** – January 23rd at Noah Webster Library in West Hartford – free seminar about different living arrangements and how to choose
- **Tocara Jewelry, Dana Culligan:**
 - Sunday, January 26, 2:00pm at her home, Dana will be serving Bling-tinis to celebrate her 1-year anniversary with the company and to support Gifts of Love – bring 1, 2 or 3 \$10 gift cards from ShopRite or Stop & Shop and get something special for you
 - January 30 – at Anthology Simsbury from 10:00am to 3:00pm
- **Women Reshaping Lives, Susan Levine** – Empowered Women Series is starting again on Saturday, February 15 from 10:00am to noon with How to Stop Beating Yourself Up and Be Your Best Friend Instead – tickets will be available on Facebook and her website.
 - Susan has office space to sublet. Contact her if you are interested.

SPEAKER & HOST: Sharon Gauthier, Patient Advocate for You – DNR: What Does It Mean?

DNR and Health Care Agent are combined in your Living Will. While you are able, you want to make your wishes known. Your Health Care Agent steps in when you are not able to make your own decisions.

DNR only says whether you want to be resuscitated if certain conditions exist. It does not mean doctors won't treat you if your heart has not stopped. She gave the example of a patient who had a heart attack, but his heart did not stop. He was not resuscitated but his daughter was upset that the heart attack was treated. If your heart stops and there is no DNR, CPR will be performed, and you will be put on a ventilator if needed. If your heart does not stop, you will be treated unless you/your Health Care Agent gives instructions not to treat.

You need to let your Health Care Agent what your wishes are before there is a crisis. You do not need an expensive attorney to document this for you.

When it comes to things like feeding tubes and ventilators, these do not have to be forever. Patients do come off them after a period of time and sometimes fully recover. You need to know when it is the right time to remove a feeding tube.

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With respect to testing, it is important to consider what you will do once the results are known. If you are not going to act on the results of a test, why do it? Among other things, tests can compromise the patient.

Think about what you want and who you want making decisions for you. Sharon gave the example that her husband loves TV and would not want to continue if he were no longer able to use the channel changer and enjoy watching TV.

There are 2 types of conservators. Estate conservators deal with the individual's finances. Conservators of Person are managers about the person and not about finances. Conservators are appointed by judges where Health Care Agents are not.

Sharon handed out a packet of information about DNR, Power of Attorney for Health Care Decisions and Advanced Directives.

Drawings – If you want to donate something to a drawing in the future just let Dana Culligan or Charmaine Seavy know.

- *Tiny Habits: The Small Changes that Change Everything*, BJ Fogg, PhD – donated by **Tim McCarthy CPA**, won by Lisa Calcavecchia, **Robert Hensley and Associates**
- Bracelet – donated by **Tocara Jewelry**, won by Joelle Santiago, **Avon Chiropractic Center**
- Arbonne Gift Bag – donated by Charmaine Seavy, **CV Media** and Arbonne independent consultant, won by Dana Culligan, **Tocara Jewelry**

--Joanne Beers