

AVON WOMEN ENTREPRENEURS JUNE 20, 2017- MINUTES

Introductions

BUSINESS:

New Co-Coordinator for AWE

Judy Isley from Shein, Cohen, Palmer & Co. joins Heather Pierce from Residence at Brookside as our co-coordinator.

Announcements & Events

- **Saturday, June 24 – Shredding Event at Avon High School** – ACOC and Bearingstar Insurance are holding a shredding event. Entry price is non-perishable food which will go to the Avon Food Pantry. Up to 10 boxes of personal (not business) shredding will be accepted.
- **Small Business Saturday, November 25th** – The Marketing Committee is organizing promotion for ACOC members. All you have to do is offer a discount on something for the day. Your offer will be posted on the Chamber website as well as in any other promotions done.
- **July 19th, COMBINED Business After Hours** at Turnpike Motors, 2550 Berlin Turnpike, Newington, 5 to 8pm – Avon, CT River Valley, New Britain, Newington, Rocky Hill, West Hartford and Wethersfield Chambers will hold a joint networking event. You must register and to do so **you must click on the BIG orange button** at the bottom of the event page.

Upcoming AWE Meeting Schedule:

- **July 18th – Host Home Helpers** at Residence at Brookside; **Speaker Susan Lederman, P'zazz** on Putting Yourself Together
- **August 15th – Beach Day** – space limited to 16 so let Lisa know if you plan on attending
- **September 19th – Host Bill Selig Studio; Speaker Charmaine Seavy, CV Media**
- **October 17th – Host Avon Health Center; Cooking Demo by Celeste Borelli, CT Kitchen and Bath**
- **November 21st – Host Shihan Skin Care** at Avon Old Farms Hotel; **Holiday Showcase** – if you want to display your wares you may
- **December 19th – Host Sharing the Light Wholistic Center; Speakers Shein, Cohen, Palmer & Company and Tim McCarthy, CPA/US Wealth** on Year End Tax Planning

HOST: Heather Pierce, Residence at Brookside

The facility has 74 apartments for assisted and independent living and a memory care unit. They also offer summer respites to families needing care for a member while vacationing. Their parent company, LCB Senior Living, is opening new sites in Stamford and Darien, CT. Their Windsor site is full. Things that distinguish the Residence are: Anytime Dining, Café for lunch, Transportation to doctors, shopping and outside events. Their residents range in age from 65 to 90+.

SPEAKER: Dr. Aylah Clark, Whole Health Associates

TOPIC: Staying Healthy Outdoors This Summer

Aylah is medically trained with a natural focus. In order to be licensed as a naturopathic physician in CT you must have gone to medical school. This is not the case in all states. Some do not license naturopaths. Aylah discusses achieving optimal health with all of her patients which includes diet, moving, etc. Generally, she works with both her patients and their primary care physicians when setting goals and assuring anything prescribed is safe and will not cause problems with medications. Whole Health Associates accepts most insurance plans and they are considered specialists in most. While she may do different tests than primary care physicians, labs are covered the same as if they were ordered by an MD.

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Sun – So far as SPF goes, anything higher than 50 gives little extra protection (50 blocks 98%, 100 blocks 99%). The chemicals in some sunscreens can cause hormone disruptions. She recommends going to www.ewg.org to review products you are considering. Not all of the safest are readily available (i.e., at local pharmacies) but may be available online. When asked about sprays versus lotions, Aylah indicated that the problem with sprays is that you may inhale some of the product during application.

Aylah prepared a 4-page handout with a lot of information that is attached as a PDF file.

Ticks, Mosquitos – Prevention of Lyme Disease is key. Prolonged fatigue and joint pain can be signs of infection in adults while headaches may be a symptom in children. Testing may not show anything for 3 weeks after a tick bite. And there are other tick born illnesses that may co-exist with Lyme Disease. Antibiotic treatment is required. Aylah recommends taking a pro-biotic during treatment but not at the same time as the antibiotic.

Bug repellants have pros and cons. There are natural alternatives to DEET but there is not generally as much evidence of effectiveness.

Poison Ivy, Oak, Sumac – The first thing is to learn to identify these plants so you can avoid them. Wash your clothing in hot water with a strong detergent.

Other Business:

- **Dr. Jeanne Folks, CT Psychotherapeutic Center**, told the AWE group about Green Houses of Worship which is an interreligious eco-justice network. It is a 3-tiered environmental stewardship program aimed at getting houses of worship to go as green as possible and to encourage their parishioners to do so as well. In connection with this, Jeanne is co-authoring a book, *Poetry and Prayers for the Planet*. She is looking for a lead to an attorney who knows the publishing business who is willing to help with copywrite issues related to donated poems and prayers.
- **Jolly Lux, Guiding Light Orphans**, gave a testimonial for **Barbara Thomas, BT Communications**, who got Jolly on Fox 61 and in the Hartford *Courant* to promote their fundraiser. They exceeded their fundraising goal!
- **Shihan Farzinzad, Shihan Skin Care**, thanked **Elena Shichman, Promotions by Design**, for her work helping promote her business. In turn, Elena gave a testimonial about Shihan's services especially threading.

--Joanne Beers