

AVON WOMEN ENTREPRENEURS SEPTEMBER 17, 2019 - MINUTES

HOST: Sandra Cook and Kurt Glaser, Home Helpers

AWE BUSINESS: We went over upcoming meetings to confirm them and get volunteers for meetings during the first quarter of 2020:

- **October 15 – Bill Selig Jewelers**
- **November 19 – Avon Health Center; Dana Culligan of Tocara Jewelry**, speaker – Will also have vendor tables for members who wish to show off their wares – Contact Lisa Bohman to participate
- **December 17 – Middlewoods of Farmington; Sharon Gauthier, Patient Advocate for You**, speaker; also planned is a Yankee Swap gift exchange. To participate in the gift exchange bring a fun wrapped gift worth around \$5.
- **January 21 – Sharon Gauthier, Patient Advocate for You at Tower Lane Café; Imagine Float**, speaker, on health benefits for the new year
- **February 18 – Jerri Bonnell, People’s United Bank at their Farmington location**; speaker TBD
- **March 17 – Tentatively Suzanne Webster, Arden Courts**; speaker TBD

30-Second Intros

SPEAKER: Joelle Santiago, Avon Chiropractic – Drug Free Pain Management

According to the CDC, 1 in 4 pain patients struggle with opioid dependence. But a lot of people who are addicted do not seek help so this estimate may be low. “Dependence” and “addiction” are nearly the same thing. While doctors may switch out opioids for other drugs, they are not without issues.

September is Hartford Drug Free Pain Management Month. Among therapies that are drug free are Reiki and chiropractic. Joelle does dry needling that decreases pain while increasing range of motion. It is cost effective compared to using medications.

Joelle advised that acute pain situations should be treated with ice. Heat is used to deal with chronic conditions.

With respect to dependence and addiction, it is important not to make their problem a description of who they are. They have autism rather than they are autistic; they have an addiction rather than they are an addict.

HOST: About Home Helpers

They specialize in identifying what level of care is needed particularly to keep people at home. They work with living communities when, for instance, an individual needs 24 X 7 care. She distinguished “live in care” from 24 X 7 care. The latter offers a full range of services at all hours of the day.

Sandy herself is now a Community Educator for the Alzheimer’s Association.

MEMBER ANNOUNCEMENTS:

- **Gifts of Love – September 19th** was their last Farm to Table event of the year. **Saturday, October 5th** is their 30th annual fundraising gala at The Infinity Music Hall Hartford (<https://giftsoflovect.org/annual-gala/>)
- **Bill Selig Jewelers** is celebrating its 40th anniversary. On **September 26th** they held a wine and cheese celebration with **Northington Living** at the store.
- **Susan Levine, Women Reshaping Lives** – Empowered Women’s Circle upcoming topics: on **Saturday, October 12th from 10 to noon** Dreaming at Any Age; **Saturday, November 9th from 10 to noon** Overwhelm Proof Your Holidays. Purchase tickets at www.WomenReshapingLives.com/Empowered-Womens-Circle

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- **Arden Courts – September 25th** The Conversation Project: When It Comes to End of Life Care, Talking Matters

Sharon Gauthier brought a mum for a drawing. Charmaine Seavy was the lucky winner.

--Joanne Beers