

AVON WOMEN ENTREPRENEURS SEPTEMBER 18, 2018 - MINUTES

HOST: Shihan Skin Care at River Ridge

30-Second Intros

SPEAKER: Sandy Cook, Home Helpers

Health Living – Health Brain

Sandy is a certified Senior Advisor which includes helping seniors and their families with financial, insurance, health and wellness needs. She is also a certified Dementia Counselor.

Highlights of Sandy's handout:

1. Clutter can cause stress and safety issues
2. Isolation is like smoking 15 cigarettes a day – stay involved and vary your activities
3. Challenge your brain by trying new things and learning something new. Practice mindfulness.
4. Move – maintains joint health and improves and maintains your balance
5. Nutrition – pay attention to what you eat and make sure you stay hydrated
6. Healthy Habits include:
 - a. Using medications as directed
 - b. Taking care of yourself – it's ok to say no
 - c. Set boundaries

HOST: Shihan Farzinzad

Trending now is "permanent" makeup – "*Wake up with your makeup.*" Shihan indicated that the eyeliner, eyebrow and lip tatoos last between 1 and 5 years. She will only work on clients 18 years old or older. She has 12 years of experience so she is expert in matching the tatoos to the tone of your skin. She enjoys doing this work and especially likes to see the increase in confidence it gives her clients. She does caution that there are products that should be avoided, so you don't want to get these services just anywhere.

Other services provided by her business include:

- Threading (instead of waxing) to remove hair and dead skin from the face – this increases circulation and tightens pores
- Bridal and Prom Makeup
- Facials using her own skin care products and working on pressure points to relieve stress
 - The products are anti-aging and anti-acne, fragrance free and she does no animal testing.
 - She will be introducing a product line for men soon.

Announcements and Member Events:

- **Susan Levine, Women Reshaping Lives**, is partnering with Shioban Cefarelli, Women with Purpose, on a series of mini-retreats/workshops starting October 13th, 9am to noon (doors open at 8:30am) at The Reservoir, 1 Emily Way, West Hartford. Cost \$35 per session, and space is limited. For more information, go to www.lavendergroupllc.com.
- **Tim McCarthy CPA** is looking for a tax preparer. The person should almost be a CPA with about 4 years or more experience.
- **October 17th – River Ridge** is holding a Red Cross blood drive
- **October 20th – Apple-Rehab** is holding a Family Fall Festival with 30 vendors. Also attending will be the Pumpkin Patch and the Governor's Horse Guard. There will be food trucks. Open to the public. If you want a table, the price is \$10. Contact Renee Lacourciere for more information.

Upcoming Chamber Events

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- **Monday, August 6 – Health Fair** – ACOC’s Health Council is partnering with the **Avon Free Public Library**. The first 100 people attending will get a \$1 certificate that can be spent at the Farmers Market being held at the same time.
- **Tuesday, August 21st – AWE Beach Day** – Let Lisa know if you plan on attending. Space is limited. Expect to arrive at the beach club around 10 or 10:30am.
- **Saturday, September 29 – Celebrate Avon Day** – The Chamber will have a booth. Come visit.

AWE Business: Future Meetings:

- October 16 – Bill Selig Jewelers – Host & Speaker
- November 20 – Holiday Showcase – let Lisa know if you want to show your wares
- December 18 – Social at Apple-Rehab with \$5.00 Yankee swap
- January 15, 2019 – River Ridge – host & speaker
- February 19 – US Wealth Farmington Valley – host & speaker
- March 19 – Amanda Funchion, Edward Jones, will host and Katie Stevenson, First World Mortgage, will speak

--Joanne Beers