

Southeastern Connecticut WOMEN'S NETWORK NEWS



Volume 33, Number 8, June 2020

Upcoming Programs

Virtual Meet & Greet & Networking — June 3, Wednesday

June 3, Wednesday will be a Zoom Meet & Greet & Networking, at 11:30am-1:15pm. Time to say "hi" to your Network friends, do a little networking, offer help and receive help.

An access link will be emailed prior to the event. Click for more information, www.sectwomensnetwork.org/events

Presenting Your New Officers and Board Members for the Coming Year

An email will be sent to all members on June 9, 2020 to vote to accept the new slate and budget for the 2020-2021 year.

2020-2021 Proposed Slate of Officers and Directors

President	Denise Howard
Vice President	Denise Ogden
Secretary	Carol Burgess
Treasurer	Marielle Winkleman
Immediate Past President	Kate Bellandese
Three Year Term	Susan Hackett
Three Year Term	Kathy Greene
Three Year Term	Judy Jencks
Two Year Term	Holly DePerry
Two Year Term	Lisa Giordano
Two Year Term	Gerri LaForte

June 17, Free Zoom Meeting

Masterclass Series

Paige Dest, CCP — Emotional Intelligence (EQ) Coach

Join Us Wednesday, June 17, 2020 at 11:30 am for our monthly Zoom meeting. An email link will be sent prior to the meeting.

Paige has always had a passion to be around people and is energized by nurturing and supporting others to become their best-self! She views the world with compassion and empathy and uses her natural reasoning and cognitive thinking skills to develop strategies and approaches that facilitate positive growth in others.

After working in the corporate world for almost three decades, she changed the direction of her journey in 2014 to one that made a more positive impact in the world. She has her BA in psychology and is a certified Emotional Intelligence Coach and Core Values Index Practitioner. As the owner and President of BYODestiny, she provides EQ coaching to individuals and

teams, and she is a speaker, facilitator, and presenter at retreats, workshops, and national webinars on emotional intelligence and related topics.

Paige is also the founder and President of The Flutter Foundation, Inc., a non-profit that supports Social and Emotional Learning (SEL) Programs for youth in Connecticut. And she is the global Mentor Coordinator for 6seconds' POP-UP Festivals, which are a celebration of World Children's Day, bringing EQ awareness and resources to children and the adults who support them. In 2019, she was invited to be the Keynote Speaker at the POP-UP Festival in Guyana, South



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Two Year Term	Kathy Pooler
One Year Term	Susan Dombrowski
One Year Term	Leah Goldenthal
One Year Term	Ceseli Milstein
Member At Large	Judy Ricketts-White
Member At Large	Sheree Wujtewicz

Be Ready for the Recovery

by Judy Jencks
Marketing trends have been heading in new directions for a while, but the COVID19 is really pushing that envelope into horizons we can-



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Be Ready for the Recovery

...from page 1

not even imagine. We currently are living, working, and shopping in ways we never dreamed of, and these new ways too will change quickly as we readjust to a whole new “normal” as we come out of this lockdown.

We will mourn the loss of many things as we start consuming services and goods in different ways. We will be discovering which companies and businesses have survived and what new businesses have emerged.

Stopping for a coffee can be a good example. How many of us stopped daily for that great cup of Joe? Couldn't live without it...until ...our lives changed. The habit was broken because we were no longer leaving the house every day. The question becomes how many cups of coffee will that business sell as we all come out of this pandemic? Will the local shops even reopen?

Companies must adjust quickly if they plan to survive and be profitable over the next 5 years. Marketing trends have been heading in new directions for a while but the COVID-19 is really pushing that envelope into horizons we cannot even imagine.

Trends show we will continue to hold virtual meetings which will become a more efficient use of time. We will socialize in very different ways. We have found we do not like social distancing so much. Clubs will pop up and memberships will increase. Facebook groups will evolve and start gathering in person. Established groups such as VFWs, The Elks, The Moose will attract new members. Senior Centers, the Y, Parks n Rec and similar organizations will experience a surge in activity as people discover their new routines.

The public will spend months—perhaps years, looking for and dis-

President's Message

Zoom Into an Opening Economy With Our “Masterclass Series!”

Hello everyone,

I hope that you are all staying safe and well and enjoying some of the long-awaited nice weather that we have had recently.

While we still cannot meet in person, we continue to hold virtual “brown bag” luncheons and virtual meetups. We have recently launched our “Masterclass Series,” kicking off with Liz Dederer and “Pivoting for Profit.” The series will consist of valuable information, workshops, and panel discussions for our members who are adjusting to this new normal and trying to save or re-invent their business. Please join us June 17 for Paige Dest and learn about your EQ.

The Zoom presentation/meetups will be posted to Facebook and our YouTube channel. If this series is popular, we may also continue with virtual presentations in addition to our live luncheons. This will be an added benefit for our members.

I hope that you will take advantage of these great presentations!

This year started out as the year that we would recognize the 100th Anniversary of the 19th Amendment, granting women the right to vote. Then, we were thrown into a global pandemic. Since August marks the 100th Anniversary, we will recognize some of the great accomplishments of those amazing women as we lead up to August (see timeline of the Women's Suffrage Movement) [click link](#).

So, I may now sound like a “broken record”. Please reach out to me or a fellow network member if you are still shut in and need assistance or just want to chat with someone. Join us for the virtual meet-up to see a friendly face and offer or ask for assistance.

I look forward to “seeing” you at our Zoom meet-up or Luncheon!

Denise Howard
President

covering their new day to day habits. And when creating this new life, they will select the parts they liked and discard what they will not do again. Businesses need to be where the consumer can find them such as SeniorCenterCt.org. This collective site is trusted and contains trusted information. This cutting-edge resource is that place where users find what they are looking for, mark their calendars with activities, and through clickable ads find services and products they are looking for; plus, they can relay all this information to their family and friends.

Businesses need to:

- Be that trusted advisor/service/site/provider
- Strengthen existing customer relationships
- Identify real opportunities and shift

accordingly

- Pinpoint key priorities
 - Determine their brand and do extensive brand building so their company is easy to recognize
 - Be ready for the recovery
- All businesses need to be very aware of the senior population. As a group they will not be affected as much economically by all of this. For the most part their income will continue to be very stable, and they still will be purchasing and consuming at the rate they were.

Resources like SeniorCenterCt.org will grow in popularity as the senior population, their friends and families are looking to establish and get back their “new” ordinary lives.

For more information contact Judy Jencks at jmjencks@yahoo.com or visit www.SeniorCenterCt.org ■

How Can We Help Each Other?

During this first-ever “work from home” and “stay home” virus crisis, what can we do to help each other? As SECT Women’s Network members, it’s in our motto to help each other — “For Powerful, Professional and Personal Relationships.”

These are just a few examples — we can be creative and think of at least a hundred more ways. Members who have lots of time on their hands can offer to grocery shop for members who shouldn’t go out at all. Those who have been furloughed can offer help to essential workers who now have children at home. Those who are now working from home can offer free phone consultations in their area of expertise.

Members who need help, **please reach out** to your Network friends to lend you a hand. Use our online directories for phone numbers and emails. Members can also post on our **Facebook Group** page to offer help and ask for help, [click here](#).

We are here to help each other! ■

Paige Dest...*from page 1*

America, as well as a speaker at the Social and Emotional Learning Forum, held in Hartford, CT.

You may contact her at (860) 550-1844 or e-mail her at paige@byodestiny.com. You can see her other articles and interviews on her website, www.BYODestiny.com. ■

Members on the Move

Nancy D. Butler, CFP®, CDFA®, CLTC®, a 30+ year member of SECT Women’s Network, like many of us has been making and donating face masks. Nancy has been busy at home sewing and donating over 700 face masks for adults and children to date.

She has several different styles and can also customize a mask for special needs or size. If you know of an organization or individual in serious need of a face mask, contact Nancy at nbutler@aboveallelse.org. Nancy does not charge for her face masks.

Free Event “Masterclass Series” Paige Dest Emotional Intelligence (EQ)

Wednesday,
June 17, 2020
Zoom “Brown Bag”
Luncheon at
11:30 am, via Zoom
**Link will be
emailed to you.**

Grow Your Business with Network Advertising SPECIAL OFFER!!!

**Buy 1 year, get 3 months
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Take this opportunity to boost your business as restrictions and the economy open up.

Online advertising is worth more than ever now that people have been purchasing online more than ever. **Use this Special Offer to “Grow Your Business Now!”**

Rates are a Great Value for newsletter ads and website ads. All ad rates listed are for one year + 3 Free months.

Newsletter advertising: \$100 small ad and \$200 large ad.

Website advertising: \$275 small side ad or a bottom banner; \$550 for a large side ad.

Package deals will still be offered when purchasing multimedia ads (i.e. newsletter & website) = 20% off.

All ads and package deals must be prepaid.

Members can login to view and/or purchase ads:

www.sectwomensnetwork.org/events

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We Need Your Help!

Woman of the Year Award Nominations

The **Woman of the Year Award** is presented annually, usually at the June Luncheon, but will be presented later this year. It is presented to a member of the NETWORK who meets the following criteria:

- The Candidate must be an active member of the Southeastern Connecticut Women's NETWORK, attending luncheons and participating in other functions.
- The Candidate may be a former, but not a current member of the Board of Directors or its Executive Board.
- The Candidate must be active in her community and within other professional organizations.
- The Candidate must express an interest in helping other women and men achieve professional status and public exposure through networking in the community.
- Deadline for nomination submissions is July 31, 2020.
- Please send all nominations to Kathryn Greene via email: kgreene@lvecenter.com.

The Prior Recipients are:

- 1991. Nan Crowley
- 1992. Nancy Hillery
- 1993. Barbara Gager
- 1994. Barbara Reed Collins
- 1995. Linda Mariani
- 1996. Lois Palmer-Alderson
- 1997. Barbara Quinn
- 1998. Joyce Schmidt
- 1999. Judy Woodman
- 2000. Millie Devine
- 2001. Kathleen O'Beirne
- 2002. Vicki Anderson
- 2003. Marj Taggart Dedrick
- 2004. Lois Andrews
- 2005. Elaine Bono
- 2006. Cora Murphy
- 2007. Susan Pochal
- 2008. Beth Glynn
- 2009. Kasey Goss
- 2010. Jane Moriarty
- 2011. Gail Weber
- 2012. Christine Lautz
- 2013. Camilla Ross
- 2014. Connie Plessman
- 2015. Louisa Ketron
- 2016. Donna Yother
- 2017. Susan M. Dombrowski
- 2018. Emma Palzere-Rae
- 2019. Kathryn Greene

THANK YOU IN ADVANCE!

**Southeastern Connecticut Women's
Network**

Please Remember to Patronize Our Members' Small Businesses and Other Local Businesses

The last three months have been a particularly difficult time for our local small businesses. Many of these may never be able to recover and will be forced to close forever, so **please** remember to patronize our local businesses: shops, restaurants, services, organizations, hair salons, garden centers and farmers markets, as soon as they open back up! The large chain stores will survive — **the small businesses need our help!**

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.

WE Want YOU!

We Need Your Help! Join the Luncheon Committee! What is it? It is a great way to finally "put a name with the face!" We are the people who sit at the front table checking luncheon registrations. If we have enough people, you would only need to help at the front table every few months. Will you accept the challenge? Put a name to that face and meet more Network members! Please reach out to Marielle Winkleman or any board member if you would like to join the Luncheon Committee. Thank you!



During this Time, Keep Safe Futures in Mind

Please go online to see if you can help Safe Futures and their residents. Please donate cleaning supplies...or any item listed on their wish list. Click on link to view their entire wish list. <https://safefuturesct.org/giving-your-things/>

Thank you for your generosity!

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[Like us on Facebook](#)

Join and Post to the Network's New Facebook Group Page

One fairly untapped member benefit is the Network Facebook Group page. We encourage you to share your business and personal news on the Network Group page. Members must post their event or information on the Network Facebook Group page themselves. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.

For more Network information and articles see our website: www.sectwomensnetwork.org

Copy Deadline is the 20th of the month to appear in the next month's issue. Email copy to Editor Judy Ricketts-White at jwhite5506@sbcglobal.net. The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

Network Board Meeting Friday, June 12

The next Network Board Meeting is Friday, June 12, 8 am, via Zoom.com. All members are welcome to attend.

Free Event Paige Dest

Wednesday, June 17, 2020
"Brown Bag" Luncheon at
11:30am, via Zoom
Instructions and link will be
emailed to you.