

COMMUNIQUE



September/November 2013

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THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

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E-Mail: execdir@apwcolorado.org
Website: www.apwcolorado.org
P.O. Box 480384, Denver CO 80248

Connecting Women Personally, Professionally and Philanthropically

Helping Women + Changing Lives Luncheon

We've been telling you to **save the date** for the **Alliance Foundation 2nd Annual Helping Women + Changing Lives Luncheon** to be held on **Thursday, October 10.**

Now, we can share some of the wonderful program planned for you and your guests!

You will hear stories of the work being done in Guatemala from our featured speaker, **DELFINA**, the Branch Manager of the **Village Bank** your donations support. You will see the brand-new video currently in production that highlights the Alliance Foundation's work both locally and globally, and have a chance to invite friends and colleagues to see this great organization in action.

This luncheon is **FREE**, thanks to generous **Sponsorships** from:

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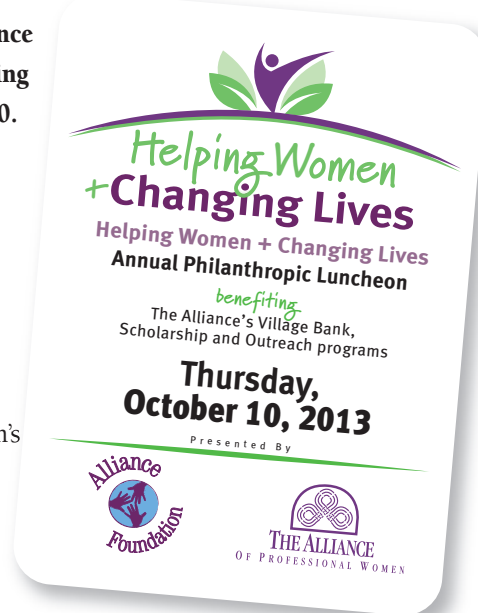
Contact Niki Sparks today if you or your company can donate at alliancefoundation1@gmail.com or 303-229-5003

CALLING ALL COOKIE MAVENS!

For our 2nd Annual Helping Women + Changing Lives Luncheon, we would like the dessert this year to be home-made cookies provided by our APW membership.

To participate,
Contact us!!

If you are a champion baker, we need your help. Contact Ruth Garcia to be on the dessert team: ruth@rg2consulting.com





Helping Women + Changing Lives

The **Helping Women + Changing Lives** Luncheon
spotlights the impact of education and access
to financing on a woman's path to economic self-sufficiency.

Help us rally around the women who are courageously
envisioning and pursuing a better life for themselves.

Presented By



Save The Date

Helping Women + Changing Lives Annual Philanthropic Luncheon

benefiting
The Alliance's Village Bank,
Scholarship and Outreach programs

**Thursday,
October 10, 2013**

Time: 11:30 am – 1:00 pm

Location: PPA Event Center
2105 Decatur Street, Denver

Cost: NO charge to attend



For more event **information** or **to find out how to
become a sponsor** please contact **Niki Sparks** at
alliancefoundation1@gmail.com or **303-229-5003**

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Register for our Public Speaking Class. Public speaking is best-received when the speaker connects with the audience in the same way that two people connect in a private conversation. To do this effectively, the speaker must understand herself and her audience.

Great public speakers are authentic and genuine. Audiences react to authenticity by connecting with the speaker and seeing the subject matter from the speaker's point of view.

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September Networking Luncheon

We will enjoy the covered patio at the gorgeous **Cherry Creek Country Club** on Thursday, **September 12**, at 11:30 am to 1:00 pm for this month's Networking Luncheon. The club is located at 2405 S. Yosemite Street, in Denver CO 80231.



Don't miss out, our reservation is needed early and we have a capacity limit. **PLEASE REGISTER BY 9:00 am, Thursday, September 5**, to attend.

Our **Luncheon Sponsor** is **LEIGH MILLER**, a Wellness Coach/Educator of NSA, makers of Juice Plus+.

Our Menu

- **First Course** - Chilled Gazpacho
- **Entrée Course Options** -
 - ~ Wilted Kale and Quinoa Salad with Orange & Grapefruit Segments, Shallots, Pine Nuts, Parmesan Cheese, Balsamic vinaigrette and Grilled Chicken **OR**
 - ~ Salmon Sandwich with Sautéed Spinach, Mushrooms, Shallots, Tomatoes, Sriracha Mayonnaise on Brioche Bun, served with side of Fresh Fruit & Berries **OR**
 - ~ Roasted Root Vegetable Salad with Arugula, Beets, Carrots, Parsnips, Red Onions, Grapefruit Segments, Pine Nuts, Haystack Chevre Goat Cheese, Local Honey and Balsamic Vinaigrette
- **Dessert Course** – Chocolate Dipped Strawberries

Cost: Members \$30; non-members \$40. Pre-registration is required by 9:00 am, Thursday, September 5, a late fee will apply thereafter, if we have room. Valet parking, is included. Please account for your time to leave and retrieve your vehicle.

**CLICK HERE
To RSVP**

From Our September Luncheon Sponsor - Leigh Miller

I learned about **Juice Plus+** 10 years ago and it made sense to me immediately as I knew that my family and I weren't eating the variety and quantity of fresh produce that we should for optimal health. There have been many benefits but the most obvious is that we simply don't get sick anymore.



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Kate Hagerty

Be advised that the Communiqué is not private,
only the APW Member Directory is restricted to
members only, and can be viewed on the Internet.

The Alliance is a member of and proudly
supports: Colorado Women's Lobby, and
The International Alliance for Women

Communiqué Committee

Pauline Huddleson, Editor
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From Our September Luncheon Sponsor - Leigh Miller

The American Cancer Society and Heart Association both have come to the conclusion that prevention is better than cure and that fresh raw fruits, veggies and berries are the ideal prescription for prevention and are suggesting 9 – 13 servings DAILY. Have you ever tried juicing? Juice Plus+ gives the same benefits in convenient capsule or gummie form. It's 27 of the nutritionally densest fruits, berries and veggies to be found. The latest health study from MD Anderson shows that eating JP+ daily provides the equivalent of 5 servings of produce daily. Can you imagine the benefit to the body to have such a rainbow of vine-ripened nutrition every day running through your body?

Juice Plus+ has had such a positive impact on my health and that of my family that I feel compelled to share with everyone. I'm confident because of the over 30 Gold Standard, peer reviewed, double blind, and published studies proving Juice Plus+:

- **delivers** key antioxidants and other phytonutrients that are absorbed by the body
- **reduces** key bio markers of systemic inflammation & oxidative stress
- **supports** a healthy immune system & helps protect DNA
- **supports** cardiovascular wellness
- **supports** healthy skin & gums

It's great being able to walk out my door and cut what I need for my smoothie or salad. Juice Plus+ and produce from the "TG" bridge my nutritional gap everyday!

I love sharing the gift of health and making a positive impact. It is rewarding to be able to make a difference in the health and wealth of others.

Jim and I have been married for 25 years and have a son, James, who is in the Tax Accounting Masters program at DU and a daughter, Anna, who is a senior at CU in the Business School and no doubt a future member of the APW! I also have 2 black labs, am an avid golfer, President elect of the Kappa Alpha Theta Alumni Chapter and an active member of Toastmasters International. Women are such natural networkers and I am delighted to be a new member of the APW and connecting with all of you!

Leigh Miller, a Wellness Coach/Educator of NSA, makers of Juice Plus+.



The **Tower Garden** was added as we saw the need to grow healthy produce. It fits perfectly with our mission of "inspiring healthy living around the world." It takes the "locavore" movement to your door with a beautiful, simple state of the art aeroponic growing system.

- **no mess, no dirt**
- **no weeding**
- **saves water & space**
- **versatile** enough to grow any fruit or veggie that doesn't grow on a tree or in dirt

Editor Notes**From The Editor**

The deadline for submitting articles for the COMMUNIQUÉ is Noon on the **15th** of each month. All submissions must be **electronic**. The COMMUNIQUÉ provides stories of interest & information to Alliance members. Please send **ideas, comments, contributions, and questions** to Pauline Huddleson at execdir@apwcolorado.org

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Communiqué Sponsors

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www.alexandersmithdesign.net

APW Beer Burger Blast!

The warm summer evenings will be ending soon. We have decided to host an **outdoor APW Indian Summer after hours event**, instead of an indoor travel/ wine event this month to hold onto the lazy days of summer.

YOU WON'T WANT MISS THIS EVENT;

Date and Time: **Thursday, September 19**, at 6:00 pm

Location: **World of Beer (WOB)**

Catered by: **Big Smoke Burger**

[CLICK HERE
To RSVP](#)

Come to join fellow APW members and their guests to mix, mingle and have some FUN. We will be in the hot, new City Set development at the corner of Colorado Blvd. and Cherry Creek Drive South, just east of the Hilton Garden Inn.

We will gather at World of Beer, on the reserved APW patio space, to enjoy a beer and a burger and to have a BLAST. The menu is beer, of course, and, we will enjoy food delivered from **Big Smoke Burger**, which is across the parking lot from **WOB**, and owned by **CAMERON TUNE**, husband of APW member **ALEXIE TUNE**.

Cost is \$25 per person and \$45 per couple. Included in your purchase is one complimentary draft provided by World of Beer and your choice of a Big Smoke Burger and a side (excluding the Double Cheese Burger). We will provide menu's to choose your favorite burger to eat, at the event.

RSVP Link through Blacktie is above!

BIGSMOKEBURGER®

A little more about **Big Smoke Burger**...a burger concept founded in Toronto, Canada in November, 2007 serves handcrafted burgers and hand cut fries made in-house daily. Big Smoke Burger's fresh approach to burgers is based on going back to basics. The fresh 6 oz. burgers made in house daily from ground chuck, grilled to perfection, and topped with their signature house-made toppings and sauces create a unique burger experience. The sides we are choosing from are: fresh hand-cut french fries, or onion rings, cooked in trans-fat-free canola oil, fresh salad greens, and their signature Canadian dish - traditional poutine.



A little about **World of Beer**...WOB is a truly uncommon establishment where the experience is as essential as the product. At World of Beer, having the most extensive beer selection is not enough. It is important that a broad spectrum of patrons, from the beer aficionado to the casual beer fan, can enjoy the best beers on the planet and increase their beer knowledge in a comfortable and upbeat setting. By combining a friendly environment with an exceptionally knowledgeable staff, World of Beer creates an atmosphere where patrons feel at home, as if they are visiting a neighbor and not just a neighborhood bar.

October Networking Luncheon

Our regular second Thursday Networking Luncheon is the date for our 2nd Annual Alliance Foundation Helping Women + Changing Lives Luncheon and everyone is invited. The luncheon is at the PPA Event Center, 2105 Decatur Street, in Denver (See Pages 1-2).



Grab a cup of coffee, tea, or breakfast and join APW members or prospective members to share more about your business and discuss business-related topics. Leave when you need; start and end times are approximate. There are two locations to choose from. The third Friday of the month is typically when the Coffee Connections gatherings are held.

UPCOMING DATES:

Denver Tech Center – Friday, **September 20**, 8:30 – 10 am.
Woody Creek Bakery, 5073 S. Syracuse Street, Denver 80237.
Theme—Road Blocks to Growth. **RSVP** attendance to
LAUREN KAPLAN, lauren@thekaplans.com or **303-912-2576**.

Downtown Denver – Friday, **October 18**, 8 – 9:30 am.
Corner Bakery Cafe, 500 16th Street #150 Pavilions.
Theme—Accountability Partnering. **RSVP** attendance to
LESLIE GARSKE, lgarske@BAMadvisorygroup.com or
720-635-2686.

A Good Idea for the Holidays...

We are still collecting your information for a **member listing** to go into a “Shopping Guide” for the holidays this year. We realize many of you offer great gift items and services and we want to put together a flyer to post in our November/ December Communiqué, and also hand out at the November Luncheon to advertise for you.

Send your details including, the gift items or services, costs, your website or contact information to **PAULINE HUDDLESON**, execdir@apwcolorado.org by **October 15**, 2013 to be included in this good idea!

Donating a gift item for a door prize at a luncheon is another great option to showcase your offerings.

Networking Luncheon Sponsor – Update

A Networking Luncheon Sponsors receive the following benefits:

- A five-to-ten minute promotional presentation at the sponsored APW lunch meeting. Fee includes lunch for the sponsor and a guest. Sponsor will be asked to provide a small gift for a drawing during lunch (i.e. complimentary one hour consultation, gift certificate to a restaurant, etc).
- Newsletter sponsorship, which includes a full-page article in the newsletter as well as a full-color business card size ad and link to the article and sponsor website in the newsletter e-mail. This full-color, formatted newsletter e-mail is distributed to over 1,500 professional women in Denver!
- Exclusive distribution/display of materials at place settings or on chairs at luncheon.
- Business cards or electronic spreadsheet of all luncheon attendees collected and sent to you after luncheon.
- Recognition as a sponsor at each of the monthly luncheons.
- Active link to your company website on the front page of APWcolorado.org. This 12-month listing will boost your own website's search engine ratings because APW consistently returns top level results in search queries.
- Highlighted as a sponsor in the Communiqué every other month with a feature article on the sponsor during the month of your sponsorship.
- Spotlight piece on you as a sponsor, a month after your sponsorship, in the Communiqué.

The cost of a Network Luncheon Sponsorship is \$300. Sole Proprietors may split the cost and benefits of hosting a network luncheon. Our member feedback has been that it takes approximately three weeks to one month to recoup the cost of business gained through exposure at the luncheon and in our newsletter.

Networking Luncheons will be reserved on a first-come-first-serve basis, call to reserve your month by contacting **PAULINE HUDDLESON** at **303-368-4747** or execdir@apwcolorado.org.

Your Communiqué

We asked for members to send articles focused on the subject of healthcare, and/or living options for the “getting older” generation for this Communiqué issue—and we received a great article. **Read on...**

Avoid Making the Wrong Decision When Choosing a Retirement or Care Community

By Pamela D. Wilson, CSA, CG, MS, BS/BA



How many moves do you or your loved one want to make when it's time to choose a retirement or care community? The average older adult moves 3-6 times as a result of poor planning and ignorance about care needs and community offerings. This happens when individuals fail to consider age, health and what might happen five or more years in the future.

I know many older adults who thought downsizing by selling their home and then purchasing a patio home was a great idea. Many were then forced to move 1-2 years later to a care community because of health declines or an accident. Why? Because we never think it's going to happen to us; we are invincible. Poor health, accidents and unfortunate diagnoses only happen to other people.

Then there's the statement, "I don't want to live with a bunch of old people," even though your loved one may be older than the individuals currently living in the community. What this really means is that your loved one doesn't want to confront the reality of getting older and possibly being near people who walk with a walker or have other health ailments. Out of sight, out of mind. Who ever thought older adults would discriminate against older adults? It happens more often than one would think.

There are hundreds of excuses not to move just as there are all the wrong reasons for choosing a retirement community. Many consumers ask the easy and obvious questions because they lack experience and really don't know the right questions to ask. Common questions that tell you nothing about the choice you're about to make, except for the obvious, are the cost and the size of the apartment. Making a choice solely on these two indicators is sure to result in trouble and will guarantee that you'll soon be making plans for your next move.

Appearance isn't always a good indicator of the care provided. This is one of the most difficult indicators to gauge if you're a consumer looking in from the outside. Some of the more beautiful communities are sorely lacking in providing quality resident care. On the other hand, smell is a good indicator. Do you smell urine and other unpleasant smells? Are the common bathrooms clean or filthy?

What about friendly and welcoming staff? Of course they're friendly; they want you to move in. Some will tell you exactly what they think you want to hear to make sure you choose their community. Try showing up unannounced on a week-end afternoon or after 5pm during the week to take a look around. You'll see more of the real story of what goes on day to day in the community you're considering.

And after you've done a bit of snooping, eat a meal at your intended community. The quality of food or lack of is one of the more common complaints. This also provides the opportunity to see and meet some of the other residents who will be more than happy to tell you what they think. Ask if you can attend one of the monthly resident council meetings. This meeting provides the residents with an opportunity to express their concerns about anything and everything. These meetings are not usually made available to non-residents; however, if you can get a resident to tell you when the meeting occurs, show up at the appointed date and time and join in.

Ask about management and staff turnover. While it's true some communities have to clean house to improve service levels, constant turnover will tell you that there's something amiss. Admittedly many individuals working at care communities are looking to improve, whether it's going to nursing school or advancing in management, so turnover every couple of years is likely in positions not offering advancement.

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Avoid Making the Wrong Decision When Choosing a Retirement or Care Community

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On the other hand, the caregiving staff, at least those who really love what they do, are likely to remain at communities for years if treated well. The greatest turnover usually occurs in marketing and sales because if the community isn't at full or nearly full occupancy, these employees are quickly uninited.

Then there's the consideration of finances, health and personal preferences. If the look of the community and what's offered isn't confusing enough (after you've seen one, can you really compare the first to the fifth?) not giving proper consideration to these three areas guarantee more bad decisions and subsequent moves than many others.

This, of course, assumes you are in agreement about moving. Many adult children fail to have appropriate conversations with parents about moving. Actually, adult children and parents fail to have conversations about care needs at all because these are intimidating conversations. There may be disagreement over what the children want versus what the parents want and neither side wants conflict.

So instead, adult children lie and threaten parents, often forcing their parents to move and then in some cases never visiting again. This is what the industry calls dumping. One never knows the real background. Assumptions can be made about poor parent - child relationships or the adult children hoping the parents pass more quickly so they can inherit remaining monies. Sad but true. If you're a parent of young children, now is the time to foster a good relationship so that when you're older and need care there won't be a tug of war.

If you're a parent, all the more reason to make your own plans before a crisis occurs and your children become involved in planning your life. This is not to say that wonderful, supportive, helpful children don't exist. They do. The wiser parents decide to make their own choices and live on their own terms, without being a burden or responsibility for their adult children. Parents or single older adults can always hire a care navigator to take care of daily needs rather than having children or friends provide this type of assistance.

Another subject that won't be discussed in this article but that is of extreme importance is having your powers of attorney and end of life plans completed. Because of financial self interest, children or friends are not always best to serve as power of attorney or executor.

Find a professional you can trust.

Finances are a significant consideration in the quality of care you'll receive and the quality of life you'll experience when you're older. When care is needed, the first shock is that Medicare doesn't pay for what is considered custodial or daily support to help individuals remain at home. Many older adults will hire in-home caregivers, which is a good choice, until the cost of this type of care exceeds that of a care community. Unless, that is, you're wealthy beyond means and can afford the costs of \$10-12,000 a month for full time live-in home care.

If not, then a retirement community might be a better option. Average costs, depending on level of care, range from a low end of about \$3,500 a month all the way to \$7,000 a month. Based on your current income and savings, how long will your money last? If you are on the very healthy side, you will be able to live in independent living and access the types of services, like meals, that you want until more care is needed.

The average age of most individuals in assisted living communities is about 82. Services provided in assisted living communities besides the basics of rent, housekeeping and laundry include medication management, assistance with bathing and personal care, assistance with dressing and some health care oversight. There are also activities and many opportunities for socialization. At the age of 82, assuming average health, most individuals have a maximum projected stay of about 1-3 years until they may need a higher level of care. On the other hand, there are those individuals who are so healthy they live to be 100 or more.

If the projections of your money, combined with considerations about your health fall short, a community offering care through Medicaid may be your best option. This takes planning because not all communities provide services through Medicaid and those that do prefer a period of private pay of 1 or more years. So, if you let your money run out and then decide a Medicaid community is what's needed, you will have a much more difficult time finding a community to suit your personal preferences. Did I mention that Medicaid communities require that you share a room due to reimbursement rates? After "Medicare doesn't pay," this is the second greatest shock to individuals and families.

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Avoid Making the Wrong Decision When Choosing a Retirement or Care Community

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Your health is also a major consideration. There are communities for the very healthy, communities for the country club set and communities that cater to individuals with certain health needs but not others. Pick the wrong one and you'll be moving again at some point. Health is a major indicator of the length of time you'll be able to live in the community you choose. Be realistic when talking with care communities about if they can manage your health diagnosis and needs and for how long.

Better if one can afford it, are the continuing care communities that offer several levels of care on the same campus. For example, independent living, assisted living, memory care and skilled nursing. This way one truly never does have to leave, only move to a different apartment, except at the very end if significant care is required.

Personal preferences are also important in the long term. Do you prefer a small or large community? How important is socialization and activities? Is space a more important trade off than quality of care? The third shock for most older adults is the space available in return for the price of the accommodations. Moving from a 3,000 foot home into a 300 foot apartment can be quite a shock. The goal of most communities is that you NOT remain in your room. They would rather have you out and about socializing and participating in activities. If space is a great need, know that you will pay a great deal more and at best be fortunate to find an apartment in the 1,500 to 2,000 square foot range.

Apartment size is one of the major deterrents in convincing a parent to move. Many have become sentimental about their "stuff" over the years and simply can't part with their treasures. This is when the conversation becomes about picking the 5 things you can't live without and the rest goes to family or donations. It's hard to give up a home of many years and the belongings acquired. It's even more difficult for an older adult to think about moving into a strange environment with strangers who may not like them. Fear is a major roadblock in making the decision to move that your parents will never admit.

All other considerations being equal, one is very fortunate if at the age a move is necessary, good health and the financial ability to pay exists. Oh, by the way, if you haven't considered long term care insurance, consider it. Long term care insurance may pay the total cost of your care community and

leave your cash intact for your wishes. Many wealthy individuals decline saying that they will self fund. For others with health problems it's already too late for them to qualify for long term care insurance. You have to be fairly healthy these days to qualify. And for others, the cost is prohibitive and they will likely be the ones to plan for their care to be supported by Medicaid.

I'm often asked the best time to purchase long term care insurance. My response, when you're healthy enough to qualify and you know you can afford the premium. I purchased my policy just after my fortieth birthday and by the time I need it, the value will be in the millions of dollars.

If all of this seems just a little too overwhelming, find an advocate experienced in helping individuals through transitions who has the breadth of knowledge to discuss the broader picture. Many of these companies also have access to attorneys, CPAs, financial planners and others to whom they can refer you for the aspects related to transitions that they personally don't manage. At The Care Navigator, we know, visit and have clients in many of the communities in the Denver area. We know what questions to ask and we help individuals and families make the best choices for their individual situations. We also provide a wide range of advocacy, care management, and support services including acting as power of attorney, personal representative and guardian for individuals. You can reach us at **303-205-7877**. We've developed a special program specifically to support transitions called Precious Cargo. A podcast and more information is available on our website page at www.preciouscargoeexperts.com.

The Care Navigator (www.TheCareNavigator.com) relieves overwhelm and uncertainty experienced by caregivers and individuals needing care by advocating, coordinating and providing solutions for life's unexpected changes. Visit our website for information about caregiving, short videos on a variety of topics including care options, planning for care and the support and assistance we provide.

Alliance Networking Opportunities

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: **Tuesday's, September 3, and October 1,**
11:30 am – 1:00 pm
Where: Vitamin Cottage, Colorado Blvd and Evans
RSVP: **ANNE MOORE, avatar.anne@gmail.com,** or
773-551-2810

WHAT: OUTREACH COMMITTEE MEETING

When: **Wednesday's, September 4, and October 2,**
5:30 pm
Where: Home of **PAM FISCHER**, 2218 Franklin Street,
Denver, CO 80205
RSVP: **SAMANTHA DARDANO,**
Sam@DardanoProperties.com or 303-331-6700

WHAT: SEPTEMBER NETWORKING LUNCHEON

When: **Thursday, September 12,** 11:30 am – 1:00 pm
Where: Cherry Creek Country Club, Denver,
2405 S. Yosemite St. Denver, CO 80231
Cost: \$30 for Alliance members and \$40 for guests
RSVP: **By 9 am, Thursday, September 5,** to attend!
RSVP: **[CLICK HERE](#)** to be there!
Parking: Valet cost include

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday, September 17,** 7:00 am - Networking,
7:30 am - Speaker
Where: Zaidy's in Cherry Creek, 1st & Adams
RSVP: **NORA KELLY, nvkesq@qwestoffice.net** or
303-866-9868
Topic: Funding of Colorado's Public Schools:
Sustainable Solutions?

Adequate funding of Colorado public schools has been a serious problem in recent years due to budget cuts, the recent recession and a history of conflicting legislation. A representative of **Great Education Colorado** will discuss this issue at our September meeting. Great Ed supports an amendment expected to be on the November 2013 ballot: the Colorado Commits to Kids Initiative, which will ask voters to approve a tax increase to raise money for P-12 education. Great Ed is a statewide, nonpartisan, grassroots organization that is focused on improving education through wise, increased investment in schools: Pre-K through college. It also works to inform citizens about critical education resources and reform issues and to empower them to advocate effectively for permanent change in how we invest in our schools and our children.

Our meetings are informal. We buy our own meal and chip in to cover the breakfast of our speaker. Although, we're called a "committee," there is no work involved—just show up, network, and learn.

We start at 7:00 am to allow a half hour of networking and the speaker to order breakfast before the formal meeting begins at 7:30 am. The meeting is generally over by 9:00 am. Please join us!

WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: **Wednesday, September 18,** 11:30 am
Where: Woody Creek Bakery, DTC
RSVP: **LEAH DIRKS, leah.dirks@efirstbank.com**

WHAT: APW BEER BURGER BLAST!

When: **Thursday, September 19,** 6:00 pm
Where: World of Beer, Colorado Blvd and Cherry Creek South
RSVP: **[CLICK HERE](#)** to be there!

WHAT: COFFEE CONNECTION

When: **Friday's, September 20,** 8:30-10:00 am
Where: Woody Creek Bakery, 5073 S. Syracuse Street, Denver
RSVP: **LAUREN KAPLAN, lauren@thekaplans.com** or
303-912-2576

WHAT: COFFEE CONNECTION

When: **Friday's, October 18,** 8:00-9:30 am
Where: Corner Bakery Cafe, 500 16th St., Denver
RSVP: **LAUREN KAPLAN, lauren@thekaplans.com** or
303-912-2576

WHAT: OCTOBER HELPING WOMEN+ CHANGING LIVES LUNCHEON

When: **Thursday, October 10,** 11:30 am – 1:00 pm
Where: PPA Events Center, 2105 Decatur St, Denver

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday, October 15,** 7:00 am - Networking, 7:30 -
Speaker/topic will be posted on our website soon
Where: Zaidy's in Cherry Creek, 1st & Adams

Other Networking Opportunities

WHAT: **CAMP**EXPERIENCE™ WOMEN'S CAMP

When: **October 4-6, 2013**

Where: **Keystone Resort & Conference Center**

More Information:

<http://www.campexperience.com/newsletter.html>

Two and a half days of education, inspiration, and networking that will change your life, and the lives of others...Our "Campers" are a mix of corporate women, business owners and women entrepreneurs, business leaders, community volunteers and active moms that are looking for community connections and personal growth.

This **one-of-a-kind retreat** connects you with amazing people and impactful experiences that will help you:

- **Renew** friendships and build new alliances with like-minded peers
- **Recharge** your personal purpose and leadership style
- **Relax** at the social activities, creativity classes, networking sessions or the variety of personal services
- **Refresh** your mind, body and spirit with professional development and skills classes
- **Recognize** amazing charities and business organizations making a real difference for women in your local community and the world
- **Respond** with your support of women charities and causes



New Members

FRANCE LAVIN— Interior Design, **France Lavin Design**, 303-741-3878, France@Francelavin.com

LAURA WURMBRAND—Attorney, **Elkus, Sisson & Rosenstein, P.C.**, 303-567-7981, elkussissonlawfirm@yahoo.com

DANA GLEASON— Investment and Client Advisory, **Obermeyer Asset Management**, 303-733-4305, dana@obermeyerasset.com

KIM FINNESTEAD—Community Relations Rep, **JFS at Home**, 720-248-4625, kfinnesteat@jewishfamilyservice.org

RACHEL TRUMAN—Attorney, **White and Steele, P.C.**, 303-296-2828, rtruman@wsteele.com

LAURA FULLER— Attorney, **White and Steele, P.C.**, 303-296-2828, lfuller@wsteele.com

JENNIFER MASCARENAS— Paralegal/Office Assistant, **Harper Hofer & Associates, LLC**, 303-486-0000, mascarenas@harperhofer.com

VICKI CREEL— Business Manager, **Harper Hofer & Associates, LLC**, 303-486-0002, creel@harperhofer.com

[\[Back to What's Inside\]](#)

Member News & Information

New Member Profiles

KIRSTAN MARKS—Location Innovator-Broker, **Howard Ecker + Company**, 720-295-3771, kirstan@howarddecker.com

- 1. Why did you join the Alliance of Professional Women?** I enjoy being involved in reputable organizations that encourage and support professional women in their business, relationship-building and philanthropic goals. I look forward to creating some lasting relationships through APW.
- 2. What are your hobbies?** I enjoy Hiking, Golfing, Snowboarding, Working Out, Volunteering, Event Planning, Reading.
- 3. What is your position/business?** I'm a licensed commercial real estate broker and Realtor representing businesses/tenants in their leasing needs and lease negotiation. I help my clients create a workplace with an intrinsically valuable culture, encouraging collaboration and productivity.
- 4. What is something that few people know about you?** That is hard because I feel that I'm an open book. I'm passionate about Denver and being a positive force in our growing economy. Besides loving my daily work, my desire is to connect businesses/people and to be a problem solver and resource provider.

Anniversaries

The Alliance wishes to **recognize** and **thank** the following women who joined The Alliance of Professional Women in September or October. We greatly appreciate your continued support of our organization.

28 years	ARLENE ABADY	3 years	ANNE MOORE , The Avatar Course CATERINE TIDD , www.theWiddahood.com
22 years	SANDY SMITH , Alexander Smith Design	2 years	WINIFRED HARRIS , Airport Concessions, Inc.
15 years	ANNE ANGERMAN , Career Matters	1 year	CRYSTAL LUNG , Front Range Bank RENEE STRACKA , PorchLight Real Estate CARRIE STEINERT , Colorado State Bank and Trust VONDA DYSON , Booyah Advertising WENDY GLAZER , Kentwood Company TAMI WACKER , PrinTelogy EMILY HAMMAD MRIG , University of Colorado, Denver
9 years	DANA LYNCH , Elements of Image		
8 years	Barbara Crawford , Crawford & Cleveland, P.C.		
6 years	CAROLYN MARIE ELLIOT , Hyatt Hotels LAURA SRSICH , Eide Bailly, LLP		
4 years	NORA KELLY , Nora V. Kelly, P.C.		

Alliance Thanks!

July Networking Luncheon

Le Grand Bistro & Oyster Bar was home to our July Networking Luncheon, in the Moulin Rouge, a private dining room for APW members and guests. Our lovely hosts were **KATHRYN TRUAX** of Wells Fargo Advisors, LLC and **NICOLLE LEWIS** of First Bank--they did a fabulous job planning and co-hosting. We thank our **luncheon sponsor**, **LAURA SRSICH**, of EideBailly, CPA's and Business Advisors, www.eidebailly.com for the wonderful talk about APW, her business and how they support women. We thank **Le Grand Bistro** for the door prize gift certificate and **MELANIE PAHL** who provided tickets to the Zoo and the Nature & Science Museum.

(Continued on Page 13)

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Alliance Thanks!

(Continued from Page 12)

August Networking Luncheon

We had a fabulous August Networking Luncheon at **Zink Kitchen & Bar** in the DTC. The food was fantastic and the service could not have been better. We are very sorry that we had to turn a few late calling folks away; we had a capacity limit for this luncheon. Thanks to **ANNE MOORE** of The Avatar Course and **LISA CASTRO** of Advanced Skin Care for the super job planning and hosting this event—all was great. We also thank **Zink Kitchen** for their door prize donation of an overnight stay at the Double Tree Hotel and \$50 gift certificate to Zink, **CAMERON TUNE** for a gift certificate to his new restaurant, **Big Smoke Burger**, and to **Joanne Peterson** for tickets to the Colorado History Museum.

New Member Referrals

Thank you to all the following members who have referred a brand new Alliance member since our last Communiqué. We are grateful to **LESLIE GARSKE** for referring **FRANCE LAVIN**. We appreciate you sharing our fabulous organization and are pleased to run complimentary business card ads in the Communiqué for members, as a small token of our appreciation.

Six Ways to Excel in Your Career

- 1. Go Beyond Expectations** - The best way to be valued is to act like a valued employee. It's more important than ever to leverage your initiative, experience and education to demonstrate your value. One client who had made a career change to nursing went in to her new job thirty minutes early because it gave her time to relax and read up on new patients.
- 2. Find your Highest point of Contribution** – This is the work that you do best. It is often called your “genius work”. It is a combination of passion, talents or abilities, skills and the market. Often doing a lot of projects for a company can be good but it keeps a person from finding their “highest point of contribution”—what they truly love and excel in. Also, some people don't have any opportunity to utilize their genius work at a position.
- 3. Anticipate Trends in your Industry** - This can be done best by joining a professional association and/or getting journals. Understanding new trends affecting your industry can help you make good informed career decisions.
- 4. Keep Networking and Building Relationships** – As people get busy and stuck in positions, they often lose contact with past co-workers. By building a network of professional contacts, it can help to secure a job in the future and solidify a current position. It's crucial to show up in person to a networking event rather than just connecting by e-mail or Linked In.
- 5. Focus Your Goals on Specific Things you will do rather than the Results**
Commit to definite things: I will go to a networking group once a month versus increase networking; I will write a quarterly article for our church newsletter versus do more writing. Experts say mini-goals are better because they help people be more in control.
- 6. Don't Burn Bridges** - Maintain positive contact with previous managers and co-workers of all levels. This can be important when hearing of new opportunities.

Article from member, *Anne Gottlieb Angerman, MSW*, a career consultant who works with people who want to change careers or enhance their performance. She can be reached at 720-489-9409 or www.anneangerman.com.

BUSINESS SOURCES

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



Samantha Dardano Kirschke
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Dardano Properties, LLC



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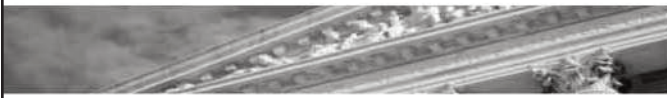
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calendar of events

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to www.apwcolorado.org and click on the bold RSVP link – it will take you directly to the BlackTie RSVP page for the event for ON-LINE REGISTRATION See PAGES 10-11 for event information and event codes or call the contact for the event.

september 2013

S	M	T	W	T	F	S
1	2	3 Networking Events Committee Meeting 11:30 am - 1:00 pm, Vitamin Cottage, Colorado Blvd and Evans, ANNE MOORE 773-551-2810 avatar.anne@gmail.com	4 Outreach Committee Meeting 5:30 PM, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205 SAMANTHA DARDANO 303-331-6700 Sam@DardanoProperties.com	5	6	7
8	9	10	11	12 Networking Luncheon 11:30 AM – 1:00 PM Cherry Creek Country Club 2405 S. Yosemite St., Denver 80231 CLICK HERE to register	13	14
15	16	17 Public Affairs Committee Meeting Networking from 7:00-7:30 am, Speaker at 7:30-9:00 am Zaidy's of Cherry Creek NORA KELLY 303-866-9868 nvkesq@qwestoffice.net	18 Member Support Committee Meeting 11:30 am Woody Creek Bakery, DTC LEAH DIRKS leah.dirks@efirstbank.com	19 APW Beer Burger Blast 6:00 pm, World of Beer, Colorado Blvd/ Cherry Crk South CLICK HERE to register	20 Coffee Connection - DTC 8:30-10:00 am, Wood Creek Bakery, 5073 S. Syracuse Street Denver LAUREN KAPLAN 303-912-2576 lauren@thekaplans.com	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2013

S	M	T	W	T	F	S
		1 Networking Events Committee Meeting 11:30 am - 1:00 pm, Vitamin Cottage, Colorado Blvd and Evans, ANNE MOORE 773-551-2810 avatar.anne@gmail.com	2 Outreach Committee Meeting 5:30 PM, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205 SAMANTHA DARDANO 303-331-6700 Sam@DardanoProperties.com	3	4	5
6	7	8	9	10 Helping Women + Changing Lives Luncheon 11:30 am - 1:00 pm, PPA Events Center 2105 Decatur St., Denver CLICK HERE to register	11	12
13	14	15 Public Affairs Committee Meeting Networking from 7:00-7:30 am, Speaker at 7:30-9:00 am Zaidy's of Cherry Creek Speaker and topic on website soon!	16	17	18 Coffee Connection - Downtown Denver 8:00-9:30 am, Corner Bakery Cafe, 500 16th St., Denver LAUREN KAPLAN 303-912-2576 lauren@thekaplans.com	19
20	21	22	23	24	25	26
27	28	29	30	31		