



NEWSLETTER

CHIT-CHAT

W.O.W-WOMEN OPTIMIZING WOMEN™

ELEVATE YOUR NETWORK, EMPOWER YOUR SUCCESS

September

September's name comes from the Latin word *septem*, meaning "seven." This month had originally been the seventh month of the early Roman calendar.

The birthstone for September is the sapphire, a type of corundum mineral that comes in many colors, including blue, pink, yellow, and green.

IMPORTANT DATES

- The first Monday of the month—is Labor Day.
- September 11 is Patriot Day, held in honor and remembrance of those who died in the September 11, 2001 terrorist attacks.
- September 11 is also Grandparents Day.
- September 14, 1964 – Helen Keller receives the Presidential Medal of Freedom
- September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787
- September 21 is recognized as the annual International Day of Peace.
- September 22 marks the start of fall! This year's Autumnal Equinox occurs at 8:44 A.M. EDT. On this date, there are approximately equal hours of daylight and darkness.
- National business women's Day-September 22

IMPORTANT PEOPLE

- September 2, 1948 (1986) – Christa McAuliffe, New Hampshire teacher, selected in 1985 to be the first teacher in space, died aboard space shuttle Challenger
- September 3, 1920 (1966) – Marguerite Higgins, first woman to win Pulitzer Prize for International Reporting (1951) for coverage of the Korean War
- **September 16, 1913 (1995)** – Florence Greenberg, founded Scepter Records, produced successful rock and roll and soul records in 1950s to early 1970s, her Wand Records label promoted Dianne Warwick in the mid-1960s
- **September 18, 1905 (1990)** – Greta Garbo, actress, got her start in advertising in 1922, moved to Hollywood in 1925, had her greatest performance in "Camille" in 1936, retired in 1942
- **September 21, 1923 (1986)** – Kim Williams, naturalist, reporter for National Public Radio on organic gardening and "All Things Considered," 1976-1986, wrote Book of Uncommon Sense in 1986

Click below for more information about women's history:

[National Women's History Alliance](#)

"Success doesn't come from what you do occasionally. It comes from what you do consistently." – Marie Forleo, entrepreneur, writer and philanthropist

YOUR BASE

When you think of the word base, you immediately think of baseball. I know I do. Much like our great American pastime, a solid base for you to work from includes several significant points. Home base is, well, where you live. To have a confident life and create a balance between work and home one must have a good understanding of the significant points, how they interact, and the difference between them. As you develop more skills and change careers or occupations, your points change or may become multi-layers. When I was in my junior and senior years in high school there were several office-related classes like typing, short-hand (I bet some of you have no idea what that is!), and a general business class designed to teach the students how to prepare for a job. Notably, I still use short-hand to take notes as it is fast. Electric typewriters were all the rage and the manual typewriter is obsolete for general purposes.

As an adult, I learned acronyms - an abbreviation using letters that represent a series of words such as IRS for Internal Revenue Service. Later, I would develop even more symbols or letters like FE in my biology class which stands for iron, or H for Hydrogen. Acronyms have become increasingly useful as we navigate the social media platforms we use today. Do you remember one of the first ones? LOL? I had to ask my children what it meant. And now, there is an entire language spoken on social media to expedite the conversation process.

My vocabulary base grew and still does. I learned about WWW-World Wide Web which was Web 1.0 and now we are up to Web 4.0. As our needs and interests change, as we become more socially interactive using our fingertips to explore the world and connect with others, the web has evolved to include AI-automated intelligence. When you search a topic, thousands of links will appear depending on the topic of course. We have become digital using our digits aka fingers.

The computer chip in your phone is much like that of a mainframe or brain and yet the technology we use today is increasingly cheaper and yields a more user-friendly platform with greater access.

Much like a baseball field, the points surrounding your base reflect where you are headed, what your accomplishments are, and the outfield and stands surrounding the field has many points for the ball to land. Not to mention, what lies beyond.

What you can accomplish in a lifetime is both up to you and the universe. Opportunities lie waiting for you to hit them. Your base may move periodically and a new gameplan will require strategic thinking and resilience to accept change. Change is inevitable. Your base, your home, however that may look and feel is a place of comfort and stability. When incidents occur to offset the stability there may be emotions of anxiety, upset, or hardship. There is no single answer to solve the problems but, there is a solution. There may be several solutions with varying outcomes to weigh and consider.

Much like the batter and players on the field, a keen sense of determination and regular practice will help get you back on a straight path. Although change may hit you like a fierce ground ball to the knee, the recovery time and steps you take today will help heal from the impact and teach you a valuable life lesson on how to respond when the next object comes toward you.

Now the questions. Are you prepared to embrace the next generation of your working environment? Do you feel your 'home' is solid? What things do you need to do now to prepare?

A part of W.O.W which exemplifies learning about other professions, ideas, and talents and creating a strong base is through the membership and virtual monthly meeting and periodic in-person events. Visit the W.O.W calendar on the W.O.W website for upcoming events. Recorded virtual meetings are available even when you are not! [EVENTS](#). And, while you are there click on the + sign and add the W.O.W calendar to your calendar (it's located on the lower right-hand side).



How do I get there from here?

YOUR path to your future will be unlike anyone else. Much like your family and your home furnishings and design and location are different. When you begin your journey along life's garden bounty and beautiful flora and fauna stop and smell the roses. Taking time to decide for you in this fast-paced world we live in is an example of why it takes us so long to get there.

What you can do is what you are in control of. An insight to how you can get your good ju-ju back! Reading is important and so is exercise.

Forbes Magazine had an article I would like to share with you on this topic [TakeBackYourTime](#) *

Burning out from fatigue and to be incapacitated by exhaustion can easily happen. We have an abundance of excuses as to why we cannot keep healthy snacks or protein drinks with us but easily swipe the credit card for high caffeinated drinks loaded with fake sugars. Ever wonder why you have abdominal pain and headaches? Caffeine and sugar work against you causing the depletion of energy, resulting in less oxygen to the brain and ultimately less energy. That's why you are tired, silly!

Delegating duties isn't just for the work space. Delegating chores around the house is an important way to teach those people at home the importance of everyone chipping in for the good of the group. Giving money to our children to make their bed may sound like a good idea, but what about a reward to go to a movie of their choosing or select the next restaurant for a family outing?

Scheduling an expensive trip may be way beyond your purse strings. I used to give my adolescent children a large monetary birthday and Christmas gift. They seldom put it in their savings account. As my children became adults, I quickly learned they wanted experiences. This is beneficial to all parties. Tally up the costs of spending for those items. Finding a place to visit as a family, for the day or a week if you can afford it, may be the positive charge your low battery needs!

Perhaps doing a few chair yoga exercises during the mid afternoon instead of that RedBull or Snickers bar may be what your body wants and needs. You work hard-you deserve it!

[ChairYoga](#) ** Even seniors are getting into this newest exercise phenomenon! Move it, shake it, spin it or lose it! Add it to your daytime plan.


*[Raquel Gomes, Founder & CEO – Staff, ForbesSmall Business](#)

[Take Back Your Time: Tips For Women In Business To Create More Balance](#)

[Written](#), Aug 4, 2023 Viewed Jul 31, 2024

**By [Ann Pizer, RYT,verywellfit](#)

[11 Chair Yoga Poses You Can Do at Home](#)



EAST COAST MURDER MYSTERY

W.O.W 12TH ANNIVERSARY FOR BUSINESSWOMEN & GUESTS
DON'T miss it!!

EAST COAST MURDER MYSTERY IS IN
Exploration Commons
A FUN WHO DID IT EVENT

LIVE PERFORMANCE PROFESSIONAL ACTORS
Please Join Us!
Help solve this messy murder!
The murderer could be your neighbor!
Free! Live!

WED. Sept 18, 2024
5 to 7:30 p.m.
50 E Main Street,
Lower Level
Westminster, MD 21157

RSVP via email by 8/20/2024: Barbara.Ringrose.Wow@gmail.com

In-Person W.O.W

W.O.W - WOMEN'S IN-PERSON EVENT - FOR LADIES ONLY!
OUR 12TH ANNIVERSARY ON WEDNESDAY, SEPTEMBER 18, 2024 -
5 TO 7:30 PM

SEATS STILL AVAILABLE!!! UP TO 80 PARTICIPANTS CAN PLAY IN THIS GAME OF M-U-R-D-E-R MYSTERY!

MARK YOUR CALENDAR AND RSVP TODAY TO:
BARBARA.RINGROSE.WOW@GMAIL.COM

HELP SOLVE THE MURDER, DRESS IN 1920'S VINTAGE FASHION AND ENGAGE WITH THE LADIES OF W.O.W LIKE NO OTHER EVENT!



NOTEWORTHY

****WOW HAS MADE A FORMAL APPLICATION FOR A TRADEMARK™ THIS IS A MAJOR TASK AND QUITE EXCITING! ****

WOW Membership includes:

- A diverse range of businesswomen to build your relationships and referrals
- Virtual and/or in-person events (these are at no cost to attendees) each month
- Newsletter, podcasts, and interviews to showcase your business
- Support for economic growth and knowledge and development to drive your passion and confidence in technology and resources

THE WOW ANNUAL MEMBERSHIP IS NOW AVAILABLE ON THE WOW WEBSITE:

[HTTPS://WOWWOMENS.COM/MEMBERSHIP/](https://wowwomens.com/membership/)

Empowering Businesswomen Navigating the Back-to-School Transition for Everyone

As summer winds down and the school year ramps up, businesswomen who are also moms face a unique set of challenges. Balancing the demands of a thriving career with the needs of children returning to school can be overwhelming. However, this transition can be smooth and successful with the right strategies and support. Here are some tips for businesswomen moms and their colleagues without children on navigating this busy season.

Tips for Businesswomen Moms

- 1. Plan Ahead:** Organize your family and work schedules in advance. Use shared calendars to keep track of school events, meetings, and deadlines. Planning ahead reduces stress and ensures you stay on top of both professional and personal commitments.
- 2. Delegate and Outsource:** Don't be afraid to delegate tasks both at home and at work. Enlist the help of family members, hire a babysitter or tutor, and delegate non-critical tasks to team members. This allows you to focus on what truly matters.
- 3. Create a Routine:** Establish a consistent daily routine for your family. This includes setting specific times for homework, meals, and bedtime. A predictable routine helps children adjust to the school year and allows you to manage your time effectively.
- 4. Self-Care is Essential:** Prioritize self-care to avoid burnout. Take time for yourself, whether it's through exercise, reading, or simply relaxing. A well-rested and healthy mom is better equipped to handle the demands of both work and family.
- 5. Ask for Help:** Don't hesitate to ask for help when you need it. Whether it's from your partner, family members, friends, or colleagues, reaching out for support can make a significant difference. Accepting help is a sign of strength, not weakness.

Tips for Businesswomen Without Children

- 1. Offer Flexibility:** Understand that colleagues with children may need flexible working hours or the ability to work from home occasionally. Being accommodating and understanding of their needs fosters a supportive work environment.
- 2. Be Empathetic:** Acknowledge the unique challenges your colleagues with children face. If you're not sure, ask questions and get curious. A simple gesture of empathy or a kind word can go a long way in showing your support.
- 3. Lend a Hand:** Offer to help with tasks or projects when you can. Whether it's covering a meeting or assisting with a deadline, your support can make a significant difference during the busy back-to-school period.
- 4. Encourage a Work-Life Balance Culture:** Advocate for policies that promote a healthy work-life balance for all employees. This includes flexible working hours, remote work options, and wellness programs. A supportive culture benefits everyone, not just parents. By working together and supporting one another, businesswomen, whether moms or not, can thrive during the fall transition. Embracing flexibility, empathy, and mutual support creates a positive and productive work environment for all.

-Tricia Soderstrom, Virtual Assistant

WOW Member Spotlight

Each month we will introduce a couple of the WOW ladies via this newsletter - Chit-Chat - and look forward to introducing so many more in the future. Women like:

NAME Edith Munyiri BSN, RN, CCRN
BUSINESS: VITALS HEALTH LLC

As a nurse with over a decade of critical care experience, I have come to appreciate the vital role prompt recognition and effective response can play as a first line of defense in emergency situations. This has been my inspiration for offering a comprehensive training in CPR, First Aid and Stop The Bleed. I am committed to offering engaging training sessions fostering a culture of safety and wellbeing in both homes and workplaces.

Phone: 1-859-868-8492
info@vitalshealthllc.com
www.vitalshealthllc.com

NAME Judith 'Judy' Walker
BUSINESS NAME: NurseLynx

Welcome to Nurse Lynx, Westminster's premier homecare and medical staffing agency. Expert Homecare and Staffing Solutions in Westminster, MD. From specialized nursing services to comprehensive homecare solutions, our mission is to enhance the quality of life for those we serve.

(301) 241-7374
service@nurselynx.com
<https://www.nurselynx.com/>

☀️ Join W.O.W-Women Optimizing Women's Annual Membership NEW: A 90 DAY FREE TRIAL MEMBERSHIP ☀️👩 Elevate Your Network, Empower Your Success! 🧑 Are you ready to take your professional and personal connections to the next level? Look no further! W.O.W invites you to become an annual member of our vibrant and supportive community. 💖 Membership Benefits: Exclusive access to a diverse network of ambitious women Monthly virtual meetings with W.O.W updates and Guest speaker series featuring industry leaders Peer mentorship opportunities Online resources and discussions Access to our private online community 🤝 Forge valuable connections: Build lasting relationships with like-minded women who are passionate about personal and professional growth. 📖 Learn and grow: Access valuable resources and insights to enhance your career and personal development.

PLEASE EMAIL YOUR CONTACT AND BUSINESS INFORMATION TO OUR WOW ADMIN, TRICIA SODERSTROM -
hello@triciasoderstrom.com



THE NEXT WOW VIRTUAL MEETING IS SEPTEMBER 9, 2024, 10:00 TO 11 AM VIA ZOHOO MEETING

WOW Updates. Co-Host: Joni Rampolla of nutritioncoaching4u.com

Special Guest: Tricia Soderstrom - WOW virtual assistant and Lymes Disease Expert

LINK: <https://meet.zoho.com/oyEfQTGEIQ>

Meeting ID: 1057356563 | Password: Yb3zw4

[click and join on the membership page!](#)

Visit the WOW EVENTS page for future events

Visit the WOW FB or Website Events Page for details.
<https://www.facebook.com/groups/484791698331590/events>

WE LOOK FORWARD TO THE PLEASURE OF YOUR COMPANY! EXPERIENCE THE WOWNESS!

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