

# Professional Notes



*Jackson Area Business and Professional Women*

## Lisa Moody to speak at the January 6 meeting

The next regular business meeting is Monday, January 6, 2014, at 5:30 p.m., at **Baudo's Restaurant, 559 Wiley Parker Road, Jackson, TN**. We will network and have dinner from 5:15 – 6:00 p.m. at 6:00, our speaker will be Lisa Moody, Community Service Representative for Home Instead Senior Care, provider of non-medical services to seniors. Her presentation will be "Planning for the Senior Years." Our business meeting will begin at 6:30 p.m. Please plan to attend the meeting and bring a friend (or two).

### **Important**

#### **Dates:**

- January meeting, January 6, 2014 – Baudo's Restaurant, 559 Wiley Parker Road, Jackson, TN
- Equal Pay Day – April 8, 2014
- BPW State Convention – June 12-15, 2014, Doubletree Hotel, Jackson, Tennessee

### **Career Plus/Individual Development**

The Jackson Area BPW will be presenting the Career Plus/Individual Development Sessions on January 11, 2014 and February 22, 2014. The registration form is attached to this Newsletter. If you are interested, please fill out the form and return it to Beth Bates as soon as possible (no later than January 9, 2014). If you need more information, you can contact Beth Bates at the number listed on the registration form.





Established in 1956, Business and Professional Women's (BPW) Foundation became the first foundation dedicated to conducting research and providing information solely about working women. Today, BPW Foundation is transforming workplaces by focusing on issues that impact working women, families and employers.

## **Vision**

To partner to create successful workplaces for women, their families and employers.

## **BPW Foundation Mission**

To empower working women to achieve their full potential and to partner with employers to build successful workplaces through education, research, knowledge and policy.

## **History**

The legacy of Business and Professional Women began in 1919. While the organization has transformed over time, the legacy and vision of Working Women Helping Women Work remains intact.

## **Engage**

BPW Foundation supporters, [Legacy Partners](#) and grassroots activists are committed to our mission. Join us by [engaging in our activities and programs](#). Use our grassroots tools to impact your community. Sign up to become engaged and take an active role.

You can also show your support for women veterans and military spouses by becoming a mentor through our [Joining Forces Mentoring Plus™](#) effort.

BPW Foundation is transforming today's workplace. Your participation is essential to provide information and resolution to the problems facing the workplace and workforce. [Sign me up!](#)

Jackson Area Local organization is a Legacy Organization and part of the BPW Foundation family, here is a link to the BPW Foundation grassroots toolkits, as a member may find useful:

<http://www.bpwfoundation.org/index.php/support/info/engage/>

Deborah L. Frett, Chief Executive Officer for the Business and Professional Women's Foundation sends her sincerest thanks for your continued support of the Business Foundation's mission.

***Need Career Enhancement, personal and professional development?***

**Mark your calendar for**

**January 11, 2014 and February 22, 2014**

**Jackson Area Business and Professional Women Present: Career Plus/Individual Development Sessions**

West Tennessee Legal Services, Inc.,  
210 West Main Street  
Jackson, Tennessee

**Registration Fee:** \$40 per day session; \$60 for both sessions

**Schedule** 8:00-8:30 Registration, Continental Breakfast, Networking  
8:30-12:00 4 Modules (with breaks)  
Lunch provided: 12:00-1:00  
1:00-4:00 3 Modules or 4 Modules

**CAREER PLUS/INDIVIDUAL DEVELOPMENT SESSIONS**

The Individual Development Program (ID) is BPW's seminar series for personal and professional leadership development. The program assists women in meeting their personal and professional goals, as well as their goals for community action and change.

**Necessary tools to jump start your career and your life:**

- Speaking in Public
- Interviewing tips and techniques
- Running meetings
- Business etiquette
- Media relations
- Creating presentations
- Networking
- Negotiating skills
- Leadership skills
- Lobbying and Grassroots Organizing
- and much more

**First Session**

***The Past, Present and future*** (BPW)  
***Developing Confidence*** (Behavioral Styles)  
***Meet me in the Middle*** (Negotiating Skills)  
***Taming the Tension Tyrant*** (Create Presentations)  
***Standing Up and Standing Out*** (Oral Presentations)  
***Define and Shine*** (Networking)  
***Yours for You to Use*** (Interviewing)

**Second Session**

***Best in the Class*** (Be the Leader You Want to Be)  
***Get into It and Out of It!*** (Running a Meeting)  
***Business Etiquette***  
***Right to write!*** (Your Civic Role)  
***Reach for the Stars!*** (Develop your Goals)  
***Memories made!*** (Media Relations)  
***I Know You, But*** (Virtual teams)

Registration form and fee needs to be submitted by January 9, 2014 (for Questions call 731 426-1313)  
Mail to Beth Bates P.O. Box 2066 Jackson, TN 38302

NAME \_\_\_\_\_ WORK TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ ALTERNATE PHONE # \_\_\_\_\_

E-mail address: \_\_\_\_\_

Session 1       Session 2   
Enclosed is a check for \$40  \$60

## Jackson Area Business and Professional Women

P.O. Box 3643  
Jackson, TN 38303

2013-14 PRESIDENT  
Jan Bynum

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731-256-8552

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[ritz@eplus.net](mailto:ritz@eplus.net)

Visit us on our  
website at:  
[bpwjackson.org](http://bpwjackson.org)

You can also follow us on  
Facebook!

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## ANNOUNCEMENTS

- B for Business is now **Business at 212°**. The next breakfast will be January 10, 2014, at the Jackson Chamber of Commerce. Meeting time is 7:45 a.m. to 9:00 a.m. **"State of Small Business in Jackson-Madison County."** **Speakers: Mayor Jerry Gist, City of Jackson, Mayor Jimmy Harris, Madison County, Kyle Spurgeon, President/CEO Jackson Area Chamber of Commerce.**
- Long-time member Wilma Utley is at Northbrooke Health Care Center. If you would like to send her a card and/or a note of encouragement, her address is: Wilma Utley, Northbrooke Health Care Center, Room 307A, 121 Physicians Drive, Jackson, TN 38305.
- Season of Unity for the City of Jackson is set for October 1, 2013 thru January 1, 2014. The mission of the Season of Unity is to care, thank, and believe in the worth of all people and within each culture to raise awareness of non-violence. Wanda Stanfill is one of the co-chairs of this event. For more information, you can go to [www.cityofjackson.com](http://www.cityofjackson.com).
- Member Linda Seely's husband, Carl, recently had by-pass surgery. He has been hospitalized a couple of times since the surgery. If you would like to send cards or a note of support, the address is: Carl Seely, 116 Tuckahoe Road, Jackson, TN 38305.
- Member Pat Alford is recovering from knee replacement surgery and a bad infection in the knee. She is currently recovering at Transitional Care and expects to be there for another two weeks. The facility is located next to the hospital on Forest Avenue, Room 215(B) (2<sup>nd</sup> floor). If you would like to go by and see her, please feel free to do so. You can also call her on her cell (731) 293-4934.



### Spotlight on new member Lynn Menendez



Jackson Area Business & Professional Women would like to welcome new member Lynn Menendez. Lynn works at St. Mary's Parish Office. You can contact her at [Lynn.menendez@stmarys.tn.org](mailto:Lynn.menendez@stmarys.tn.org). Lynn is also our 2013 Woman of Achievement.

Welcome Lynn and we hope to see you at all the meetings and events.

