



## May Membership Meeting

### **Anxiety Disorders and Stress**

*A Modern Mental Health Perspective*

**Caron Leader**

In today's fast-paced, high-pressure world, professional women are navigating more stress than ever—often without the tools or understanding to manage it effectively. Join us as mental health expert Caron Leader breaks down the difference between everyday stress and diagnosable anxiety disorders. She'll share practical insights into the most common types of anxiety, how they manifest in high-achieving women, and evidence-based strategies for managing stress before it becomes overwhelming.



Whether you're leading a team, juggling multiple roles, or simply trying to find balance, this session will offer both clarity and actionable techniques to support your well-being—at work and beyond.

#### **MENU:**

Regular: Tilapia Picatti, Rice, Broccoli

Gluten: House Salad with chicken

Veggie: House Salad (no meat)

Dessert: Brownie

Non-Profits attending: TOUCH, United Caring Services, and Ruth's House

Door Prize donated by: LJO Designs

Register now for the May Membership Meeting

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#### **\*\* IMPORTANT NOTICE\*\***

It is essential for each member to take a moment to review and update their information and headshot on the ANEW Website Directory. Maintaining current and

accurate details not only facilitates effective communication but also enhances your visibility within our vibrant community. An up-to-date profile allows fellow members to easily connect with you, fostering valuable networking opportunities and collaborations. By ensuring that your profile reflects your most professional self, you contribute to a culture of support and empowerment that defines ANEW. Let's take pride in our presence in the directory, as it strengthens our connections and enriches our collective experience.

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### 2025 Membership Meeting Dates

Jan 22  
Feb 26  
March 19\*  
April 23

May 28  
June 25  
July 23  
August 20

September 24  
October 29\*  
November 19\*  
December 10\*

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## President's Letter



### The 6 Types of Working Genius

Dear Members,

As we enter May—a season of energy and fresh ideas—I want to share a concept that's been resonating with my team and many other leaders lately: **The 6 Types of Working Genius**, developed by Patrick Lencioni. This simple but powerful model helps us understand the different types of work we're naturally good at and energized by—and just as importantly, where we may struggle or get drained.

The six types are: Wonder, Invention, Discernment, Galvanizing, Enablement, and Tenacity. Each of us has a unique combination of two "Geniuses," two "Competencies," and two "Frustrations." When we better understand our own working style—and the styles of those around us—we communicate more effectively, collaborate more seamlessly, and achieve better outcomes.

For a network like ours—made up of dynamic women from every industry and stage of life—this model can be a game-changer. It reminds us that success doesn't come from doing everything alone, but from recognizing and celebrating the strengths we each bring to the table.

I encourage you to explore your own Working Genius (there's even a quick online assessment!) and start conversations with colleagues and peers about how we can use this knowledge to build stronger teams, workplaces, and communities.

Here's to a month of insight, collaboration, and continued growth.

Warm regards,

**Aimee Stachura**

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## May Advertisers

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### Featured Advertiser

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### Monthly Advertiser

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Lisa Frank and Kim Kinnaman



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### January

Featured Advertiser: Just Faux It -  
Barbara Woodruff

Monthly Advertiser: The Only Facial -  
Alyson Rider

Door Prize: The Only Facial - Alyson  
Rider

### February

Featured Advertiser:

Monthly Advertiser: NextHome Hahn  
Kiefer - Becky Kasha

Door Prize: Baird Trust - Jackie  
Russell

### March

Featured Advertiser: Missy Singer On  
Style - Missy Singer

Monthly Advertiser: Kahn, Dees,  
Donovan and Kahn - Michele Graham

Door Prize: Missy Singer On Style

### April

Featured Advertiser: Dentons - Lauren  
Jones

Monthly Advertiser:

Door Prize: Banterra Bank - MaNissa  
Coon

### May

Featured Advertiser: Within Sight -  
Caron Leader

Monthly Advertiser: Harding  
Shymanski - Michele Graham

Door Prize: LJO Designs - Lori  
Otzmann

### June

Featured Advertiser:

Monthly Advertiser: EVSC Foundation

Door Prize: IN Members Credit Union -  
Ashlynn Johnson

### July

Featured Advertiser: United Way -  
Amy Mangold

Monthly Advertiser: Banterra Bank -  
MaNissa Coon

Door Prize: Healthy Living Choices-  
Alohana Jackson

### August

Featured Advertiser: Slade Print - Lisa  
Slade

Monthly Advertiser:

Door Prize:

### September

Featured Advertiser:

Monthly Advertiser:

Door Prize: Kemper CPA - Michelle  
Smith

### October

Underwriter: Charles & Charles -  
Lindsay Charles

Door Prize: Charles & Charles -  
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### November

Featured Advertiser: Bison Financial  
Group - Tammy Schuler

Monthly Advertiser:

Door Prize: Affinity Insurance - Rhoda  
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### December

Underwriter: Kemper CPA - Michelle  
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Door Prize: Kemper CPA - Michelle  
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would like to advertise with  
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## Member Profile

Denise Seibert Townsend Catholic Charities, Executive Director



**\*\*Name and explain one skill you learned from a mentor.**

*I'm grateful to have several mentors in my life, but my dad was one of the first, and he continues to mentor me today. As a lifelong farmer, he has taught me resilience and how to work hard, play hard.*

**\*\*Describe your career path to reach your current position.**

*I have been the Executive Director at Catholic Charities for the past 5 years. Prior to this position, I was the Vice President of Development at The Arc of Evansville for nearly 15 years.*

**\*\*When I was little, I wanted to be an attorney or a farmer when I grew up.**

**\*\* What part of your job is most satisfying?**

*I enjoy my job because I love knowing that our agency is making a difference in the lives of those served. Our services at Catholic Charities provide those we serve with hope. We accompany those served by supporting them through the challenges they face, giving them the tools they need to thrive, and instilling hope and confidence.*

**\*\*What does ANEW mean to me?**

*I was fortunate to be introduced to ANEW early in my career through a mentor. I have found it to be a great organization for connecting with professionals across various fields! I appreciate that ANEW is a diverse community of women leaders at different career stages, providing unique opportunities for networking and learning.*

Denise has been a member of ANEW since May 2007.

## Maximize your Membership!

- When corresponding with ANEW, please use [info@evansvilleanew.org](mailto:info@evansvilleanew.org) for your email.
- The deadline for registering for all meetings is the Friday before the meeting at 2 pm. This allows time to calculate attendance and notify ECC with reservation numbers.
- Please join in on after-hours networking on the [ANEW Facebook](#) page.



A Network of Evansville Women | PO Box 3192 | Evansville, IN 47731 US

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