

January 2021

Health & Wellness 2021

Wednesday, January 27, 2021
12:00 noon

This January we'll have an opportunity to gather virtually and hear from a panel of ANEW experts on the most pressing wellness issues of the new year. The conversation will cover several topics, but will also include an informal Q&A session to hear from our very own member-experts. Panelists will discuss mental health (can we get an "Amen"?), long term planning, wellness for the new year, and the long term impact of the COVID-19 pandemic. Join us for this important and timely conversation.

Julie Vandever - Bell Oaks Place Senior Living -
Community Resource Manager

Susie Schenk - Schenk Insight, LLC - Mental Health

Alohana Jackson - Healthy Living Choices - Wellness
Advisor

Caron Leader - Within Sight, LLC - Psychotherapist

[Register now!](#)

President's Letter



Hello and Happy New Year!
I am so excited about the year ahead and hope you are too! I bet many of you are looking forward to a fresh start in 2021, with hopes of returning to "normal" life with work, school, family gatherings and vacations.

In reflecting on 2020, I'm appreciative of the bits of sunshine that came from a very

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2021 ANEW Meeting Dates

January 27
February 24
March 17*
April 28
May 26
June 23
July 28
August 25
September 22
October 27
November 17*
December 15*

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unusual year.

· I enjoyed five precious months with both of my college-aged children unexpectedly at home.

· I worked with an amazing group of women who make up your ANEW Board. The 2020 board encountered so many unprecedented challenges due to Covid-19. They rescheduled guest speakers, found new ways to network and planned for both in-person and virtual meetings and then decided which way to meet depending on the Governor's mandates. All of these changes were made with YOU, the ANEW members, in mind.

· My work at Ark Crisis Children's Center felt even more important as families that struggled before faced even greater challenges and families that had been stable were thrown into turmoil through job loss, health scares and uncertainty.

2020 ANEW President, Michele Graham, did an amazing job as she led us through meetings, guided us to adapt to change and celebrated as ANEW attracted new members even during a pandemic. She kept saying, with a smile, "What a year it has been!" As ANEW President, I am inspired to look optimistically forward and say, "What a year it will be!"

Sincerely,
Angie Richards Cheek
ANEW President

Interested in a Committee for 2021?

If you are interested in serving on a committee in ANEW in 2021, please contact:
Orientation Committee, [Rhoda Mattingly](#)
Programs Committee, [Rita Joest](#)
Special Events Committee, [Alohana Jackson](#)
Marketing Committee, [Marissa Priddis](#)
Membership Committee, [Stephanie Gerhardt](#)
Historian Committee, [Lindsay Charles](#)

2021 Membership Dues

Membership Dues for 2021 are being collected with a late fee of \$15. [Click here](#) to print off the form to submit with your payment. (ANEW is not equipped to accept credit cards. All dues must be paid by cash or check.) Members that join throughout the year are prorated to end December 31, 2020. ALL current members wishing to renew their membership for 2021 will be required to pay their dues (\$270) by Jan 31, 2020 without incurring any additional late fees. A \$25 late



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Special Events Chair: Alohana Jackson
Marketing Chair: Marissa Priddis
Directors: Michele Graham
Gretchen Rutlege
Jessica Scalfano
Julie Vandever
Aimee Stachura

Save The Date!

Make plans to attend our virtual ANEW meeting on **February 24th** as we bring you, **LIVE**, via Zoom, a best selling author, TedX presenter and internationally acclaimed speaker, Business Strategy Coach, Penny Zenker! Hear about positive changes and maximum results!



fee will be added if postmarked after January 31st.

ANEW Challenge

If you participated in the Fall ANEW Challenge, be sure to have registered on the [ANEW Website](#) by Weds. Jan 20th. One winner will receive a special gift from ANEW! Winner will be announced at the January virtual meeting.

2021 ANEW Sponsors

January Raymond James- Margaret Kimmel Opie & Eleanor's	February Ark Crisis Children's Center	March Sheets, Charles & Charles	April Within Sight Harding, Shymanski & Co	May Slade Print
June Ark Crisis Children's Center	July Women's Hospital	August Legence Bank Chemo Buddies	September German American The HSA Authority	November Deaconess Health Sheets, Charles & Charles

Underwriters

October Edward Jones - Janet Schultheis	December Kemper CPA
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Maximize your Membership!

- When corresponding with ANEW, please use info@evansvilleanew.org for your email.
- The deadline for registering for all meetings is the Wednesday 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 LinkedIn Group page, stay connected with frequent updates on the ANEW Facebook and Twitter pages as well.

