

## **AVON WOMEN ENTREPRENEURS DECEMBER 18, 2018 - MINUTES**

### **HOST: Apple-Rehab, Avon**

Nancy Brown, Administration  
Patrice Lago, Director of Nursing Services  
Heather Walton, Infectious Disease Control  
Laura Dorsey  
Renee Lacourciere

Our hosts did a briefing on Influenza and Pneumonia. There are two types of pneumonia vaccine, and your doctor decides which is appropriate for you based on your medical history. This vaccine protects you for 5 to 10 years. Influenza, on the other hand, is an annual vaccine. You do not get the flu from the vaccine; it contains killed virus. It is not too late to get a flu shot this year although it's generally best to get the vaccine in October since flu season can extend into May. If you get the vaccine early (e.g., August), it may be appropriate to get a booster in February depending on your risk factors. To minimize your chance of getting the flu, which can lead to pneumonia, wash your hands frequently. Use hand sanitizer. Try to avoid sick people.

Apple-Rehab proudly announced that 9 of their CT locations have been named among the best nursing homes in the state by U.S. News. Avon in particular has been recognized for its short term rehabilitation services and minimal discharges to hospitals from the facility. The Avon location has 60 beds and offers some private rooms which is unusual.

### **30-Second Intros**

#### **MEMBER ANNOUNCEMENTS:**

- **Kristina Mozzicato, Abundant Health Massage Therapy & Wellness** – Offering Gift Packages until December 31<sup>st</sup>: 3 60 or 90 minute massage/reiki sessions with 10 minutes added to each session; 6 60 or 90 minute massage/reiki sessions with 10 minutes added to each session AND a complimentary sugar food scrub with each treatment. Available online at [www.abundanthealthct.com](http://www.abundanthealthct.com).
- **Carol Tsacoyeanes, Ruby Ribbon** – Carol will be celebrating her 4<sup>th</sup> anniversary with Ruby Ribbon and holding an Inventory Clearance Sale at her home on Friday, December 28<sup>th</sup> from 4 to 7pm. RSVP: call or text Carol at 860-205-2372 or Email: [ctsacoy+ruby@gmail.com](mailto:ctsacoy+ruby@gmail.com). Or shop online at: [www.rubyribbon.com/carolt](http://www.rubyribbon.com/carolt)
- **Susan Levine, Women Reshaping Lives** – Starting in January, Susan will be offering an Empowered Women's Circle – a series Saturday morning mini-retreats on a variety of topics for women. For more information and to purchase tickets go to her website: [www.WomenReshapingLives.com/Empowered-Womens-Circle](http://www.WomenReshapingLives.com/Empowered-Womens-Circle).

#### **CHAMBER ANNOUNCEMENTS**

**Thursday, December 20<sup>th</sup> 6am to 6pm** - Chamber Day at the **Salvation Army Holiday Store at Avon Old Farms Hotel**. Shifts are filled but don't hesitate to come visit. Donations of non-perishable food are most needed—peanut butter, pasta, cereal, canned tuna, etc.

#### **AWE Business: Future Meetings:**

- January 15, 2019 – River Ridge – host & speaker
- February 19 – US Wealth Farmington Valley – host & speaker
- March 19 – Amanda (Funchion) Benecchi, Edward Jones, host; Katie Stevenson, Norcom Mortgage, speaker

--Joanne Beers