

AVON WOMEN ENTREPRENEURS MARCH 20, 2018 - MINUTES

HOSTS: Renee Lacourciere and Suzanne Webster, Apple-Rehab of Avon

30-Second Intros

About Apple-Rehab

Apple-Rehab has more than 40 years of experience in the industry. Suzanne spent 20 years in the hospitality industry before following her passion to Apple-Rehab. Many on staff in Avon have been there for 30+ years.

Apple Rehab is family owned and has 23 locations in Connecticut and 2 in Rhode Island. They provide short term respite care and short term rehabilitation post-surgery or illness. Their differential is CPI and ACP modalities aimed at shortening stay and minimizing pain medication. In Avon, they offer private rooms some with private baths.

SPEAKER: Carol Tsacoyeannes, Ruby Ribbon

Carol started by saying that Ruby Ribbon is “clothing with a secret.” Their leading product are camis that replace your bra. But many of their other items include built in shapewear.

She presented how to Create a Capsule Wardrobe. Clothing is how we present ourselves and makes a difference in how we feel about ourselves. To make it easy, start by focusing on the basics that you are comfortable in. She the showed the group how to take basic bottoms—neutral (black, brown, navy) skirts, pants and leggings—and mix and match them with a few basic sweaters/jackets and tops. She also showed how to add color either with a top or accessories. You can create 27 different outfits with 3 bottoms, 3 tops and 3 sweaters/jackets that all go with each other. This is great for simplifying your life and for travel.

Upcoming Chamber Events:

- **Thursday, March 22 – Business After Hours at Norcom**
- **Tuesday, March 27 – The Lunch Connection at Cugino’s**
- **Friday, March 30 – VYBE** going to a Wolf Pack game
- **Wednesday, April 11th – 14th Annual Bring a Non-Member Business Event**, 5 to 7pm at **Farmington Woods Clubhouse** – Members who bring a non-member guest and non-members who join that night are eligible for the drawings that evening. To donate 2 of something to the event, contact Joanne Beers at acocbookkeeper@sbcglobal.net.
- **April 29th through May 5th – Small Business Week** – To participate in the marketing, all you have to do is offer something that will only be available that week. It could be a special price or a special customer gift.

Member Events:

- **March 23 and 24 – Rushford** will be participating in the **Avon Historical Society’s** fundraiser, Tablescares, at the Belle Ballroom at **The North House**.
- **April 24th – Rushford** will be holding a training session on Narcan
- **May 3rd – Susan Lederman, P’zazz**, will be chairing the Channel 3 Kids Camp luncheon for the 5th year in a row. If you can’t attend please consider donating to this worthy cause.

AWE Business:

- **Speakers** – Lisa needs topics from Rushford (April) and Home Helpers (September) so she can post this online.
- **Future Meetings:**
 - April 17 – Rushford – Host & Speaker
 - May 22 – Middlewoods of Farmington – Host; Lisa Cheney, Aging Well NWCT – Speaker
 - June 19 – River Ridge – Host; Susan Levine, Women Reshaping Lives – Speaker
 - July 19 – Apple Rehab Avon – Host; Dana Culligan - Speaker
 - August 21 – Beach Day hosted by Lisa Bohman
 - September 18 – Shihan Skin Care – Host; Home Helpers – Speaker
 - October 16 – Bill Selig Jewelers – Host & Speaker
 - November 20 – Holiday Showcase