

Women's Executive Club

of South Palm Beach County

Happy Holidays to WEC Members!

What a year 2020 has been and what a great group of ladies we are to have the pleasure and honor to be part of. We've all be thrown a curve ball but the Board of the WEC has been swinging at it throughout this crazy time. The pandemic has created isolation for so many, but we know what we each need and that is to stay in touch and still feel part of something.

So our WEC Board put on our thinking caps along with our masks and thought about how we could interact, keep our members happy and still bring value and great programming to you all. That led to a quick *pivot* to ZOOM meetings which have proven to be successful! We've still been able to get great speakers, bring you a little fun with cooking, trivia and bingo!

There is a solution ahead for us in 2021 and hopefully with the vaccine, an end to Corona... as they say, *timing is everything*. And as the Board continues to work for you, we have penciled (not inked) a Plan A & B for the coming new year.

We are kicking off the holidays Wednesday, 12/9/20, at 11:45 am. You'll get to see the staff at Morton's throw together a cocktail just for us. Let's face it, they miss us! Knowing we would eventually return to Morton's, the WEC has reserved every second Wednesday of the month for 2021, and will follow the guidelines for the pandemic until it's over. They understand we do need to work with our membership's wishes on when to go "live". We intend to follow all concerns, because as you know, we run a tight ship with our finances. So that's plan A. Get back to live lunches safely and keep the networking opportunities alive!

Plan B is to wait until we have 85% to 100% of the membership in agreement and continue with speakers via zoom and a quarterly social. Hopefully Plan A is in the not so distant future!

Flora Doone, our VP of Communications, has put this newsletter together to help go over a variety of things that we have come up with for the new year, plus a look back on what we accomplished! And, new social media opportunities, are on the horizon along with an amazing "Great Giveaway" and even more incredible speakers for 2021.

Yes, 2021 is going to be a great year to be a member of the Women's Executive Club. Here's to us!

Sincerely,

Dana Lee Csutoros



Don't Miss
Coffee, Chocolate
& Cocktails
this Wednesday!



Women's Executive Club of South Palm Beach County

The year started brilliantly! The Women's Executive Club experienced growth with quality members like no other year. Then March hit... and life changed very quickly. But we managed to make things happen! Here is your ZOOM year in flyers...

ZOOM BINGO... with the WEC!

WEDNESDAY, MAY 27th . 5:30 to 6:30 pm 5.27.2020

Bring your own marker, adult beverage and a snack!

RSVP and you will be sent 3 Bingo Cards and Zoom ID!

Don't forget to enter the DecoderU Challenge! Email your before/after photos to Renee@wecclub.com and be sure to write "WEC contest & your name" in the subject line! www.womensexecutiveclub.com

R.S.V.P. by 5.26 by clicking on the link below

ZOOM LUNCHEON WITH THE WEC

Wednesday, June 10, 2020 . 11:30 a.m. RSVP for ZOOM Meeting ID

Stacey Helps Keep America Safe

Stacey Lopez inspires us to be confident and assertive, bold and policy-oriented, innovative and analytical... all at once. She is a Director of Strategy and Planning for the Department of Homeland Security (DHS), Federal Emergency Management Agency (FEMA) by day and the President of Via Shale LLC by night... our very own Image Consultant and Personal Stylist.

Stacey will share with us the vital mission of the Department of Homeland Security... as she supports their mission of securing the nation from the many threats we face. This requires the dedication of more than 240,000 employees in jobs that range from aviation and border security to emergency response, from cybersecurity and chemical facility inspection. DHS' duties are wide-ranging, and the goal is clear - keeping America safe. Stacey will give us an overview of DHS, the organizational structure and share some great facts about her work at the Department. She will also share how she transitions from Homeland Security into working with women across many states, and helping them realize their entrepreneurial and personal style. She believes that we all deserve a wardrobe that boosts our confidence, empowers us to power our best selves to the world and lets us move with grace, style and comfort.

THE DECODERU CHALLENGE WINNERS WILL BE ANNOUNCED! GET READY FOR SELF-INTRODUCTIONS OF ALL PARTICIPANTS

www.WomensExecutiveClub.com
RSVP by clicking the link below

Let's Do Lunch!

Bring your coffee, your lunch, or just you, to the July Virtual Luncheon of the Women's Executive Club. We'll be "zooming" and networking! Don't forget to have your introduction ready!

Imagine going on the trip of a lifetime, only to get sick in a foreign country, travel home and try to keep family safe from Covid 19. That's what happened to WEC Member Diane Fish.

Listen to Diane's experience and how she has been dealing with the aftermath of the dreaded virus.

JOIN US FOR ANOTHER WEC VIRTUAL LUNCHEON!

July 8th, 2020
11:30 pm to 1:30 pm

PLEASE RSVP BY JULY 6th by clicking on the link below and selecting your ticket. You'll be given your Zoom Meeting ID and Password at that time.

www.WomensExecutiveClub.com

THE WOMEN'S EXECUTIVE CLUB PRESENTS

ZOOM Karaoke SOCIAL Sing Out!

SHOW OFF YOUR TALENT OR JUST SIT BACK & ENJOY!

Wednesday, July 29
6 pm - 7:30 pm

Members Free • Guests \$10

Join us for another ZOOM Social with the ladies of the WEC!

www.WomensExecutiveClub.com

You MUST register by clicking on the link below. Once registered you will receive your zoom link and a reminder the day off!

COOKING & COCKTAILS

The August fun gathering has been adapted for ZOOM! Join the ladies of the WEC as we make fun, quick, no cook, appetizers together, a fruity Sangria, and a showglass dessert!

WEDNESDAY, AUGUST 12, 2020
6:00 PM

Head on over to the website www.WomensExecutiveClub.com for your shopping list and when you register for the virtual event, you'll get your Zoom Meeting ID and Password.

Get your Apron on, your wine glasses ready, and LET'S GET COOKING!

Click on the link below to register for this fun event!

Members FREE
Guests \$10

ZOOM LUNCHEON WITH THE WEC

Wednesday, September 9, 2020 . 11:30 a.m. RSVP for ZOOM Meeting ID

Welcome Police Chief Michele Miuccio

Police Chief Michele Miuccio has served in our uniform for over 34 years. She joined the Palm Beach Police Department in 1989 and has been a member of the command staff for over 17 years, working in various fields of police operations and administration. Chief Miuccio originally served with the Margate Police Department as a sergeant and officer for the years.

Chief Miuccio earned a Master of Science degree in Criminal Justice from Florida Atlantic University in 2007, where she received the Bachelor of Arts degree in Criminal Justice in 2003. She was profiled as a distinguished graduate of Florida Atlantic University in her graduation program, 100 Women of Distinction of Florida Atlantic University.

Chief Miuccio is a graduate of the Southern Police Institute's Administrative Officers Course at the University of Louisville. She also completed the Public Executive Research Fellow's Senior Management Institute for Public at Boston University.

Chief Miuccio's professional affiliations include the Public Executive Research Forum, the International Association of Chiefs of Police, the Florida Police Chiefs Association, the FBI Law Enforcement Executive Development Association, the National Association of Women Law Enforcement Executives and the Palm Beach County Chiefs of Police Association.

www.WomensExecutiveClub.com
RSVP by clicking the link below

ZOOM LUNCHEON WITH THE WEC

Wednesday, October 14, 2020 . 11:30 a.m. RSVP for ZOOM Meeting ID

JOIN US LIVE: MUHAMMAD ALI's former wife presents her new book "The Untold Story of Muhammad Ali"

Dr. Khalilah Ali is the former wife of boxing legend Muhammad Ali and mother of his 4 children. Born Beinda Boyd (Chicago, 1950), she became Khalilah Ali and converted to Islam after their marriage. When Muhammad Ali released the US military draft during the Vietnam War - and lost his boxing title - Khalilah supported him emotionally and financially. During their 10-year marriage, the couple became influential voices for human rights and religious freedom worldwide. After divorcing, Khalilah has become a successful entrepreneur and entrepreneur, as well as a global voice for Gender Harmony and women empowerment. She is an influential personality of "Oprah's 100".

11:30 a.m. NETWORK
12:00 p.m. SPEAKER

www.WomensExecutiveClub.com
RSVP by clicking the link below

ZOOM LUNCHEON WITH THE WEC

Wednesday, November 11, 2020 . 11:30 a.m. RSVP for ZOOM Meeting ID

"THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING DOWN AND LIFTING PEOPLE UP."

Any Bromhead, Director of Development
Abraham's Community Care is dedicated to promoting and providing community-based, long-term care for parents and their caregivers living with neurocognitive disorders. Through the belief, where there is help, there is hope.

Patricia Weinstock, Executive Director
The purpose of Boca West Children's Foundation is to identify and fund projects to assist at-risk children and their families in South Palm Beach County.

Lindy Harvey, Executive Director
The Spirit of Giving network creates alliances with nonprofit organizations by sharing resources and providing education to strengthen our communities.

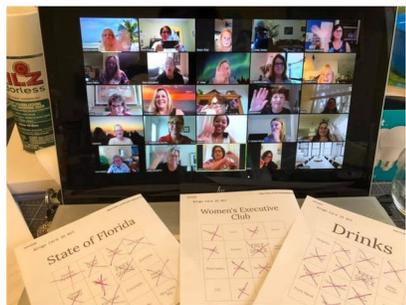
Tanya Wasserman, Board President
The Friends of the Boca Raton Library raises funds for adult and youth educational programs as well as library resources and special events. They raise funds through membership dues, donations, and bookplate sales.

www.WomensExecutiveClub.com

We are partnering in a toy drive with the Spirit of Giving!

An uncovered gift for a boy or girl is appreciated! Please bring your gift off at Paradise Blvd. Also please call 202-10-Paradise Blvd., Boca Raton, FL 33431 Tel: (561) 992-6666. THANK YOU!

RSVP by clicking the link below



Join the Women's Executive Club For Some Holiday Fun!

Coffee, Chocolate & Cocktails

www.WomensExecutiveClub.com

Wednesday, December 9, 2020
11:45 a.m. check-in.
Members Free. Guests \$10
Meeting starts promptly at noon.

Kick off the Holidays With the Ladies of The Women's Executive Club!

UGLIEST HOLIDAY HAT CONTEST!

www.WomensExecutiveClub.com

RSVP FOR THIS WEEK ONLINE AT www.womensexecutiveclub.com
There's a link on the home page.



WOMEN'S EXECUTIVE CLUB AND PARADISE BANK SELECT AWARD RECIPIENT FOR FAU'S WOMEN IN EXECUTIVE LEADERSHIP PROGRAM

BOCA RATON, FL – The Women's Executive Club and Paradise Bank have selected Paola A. Hernandez Hemelberg as the recipient of a sponsorship for FAU's Women in Executive Leadership Program.

Ms. Hemelberg was selected from a pool of nine candidates because of her clear determination to succeed in her chosen career path. Additionally, she is committed to actively supporting the next generation of up-and-coming women leaders.

FAU's Women in Executive Leadership program is an intensive 60-hour certificate course that provides high potential individuals with the skills necessary to succeed in executive leadership positions. The program is designed specifically for mid- to senior-career professionals whose goal is to attain executive roles within their organizations, or to achieve the ultimate level of professional success on their own entrepreneurial path.

Led by successful business experts, experienced faculty and leadership coaches, this course employs active learning techniques including collaborative tasks, lectures, readings, discussions and participant presenta-

graduates of the program gain access to monthly mastermind sessions.

Vivian Altef, SVP Branch Manager of Paradise Bank and WEC Board Member has this to say about the program, "I learned so much from

the program, that when I spoke to the executive team at Paradise Bank about it, they immediately committed to supporting the program. Paradise Bank is dedicated to ensuring superior professional development for its team members, as well as supporting other up and coming leaders in our local community. We are honored to be able to sponsor Paola as she develops into a powerful business leader."



tions. All participants engage with a senior level mentor and are responsible for creating a strategic Individual Development Plan that provides immediate return on investment. Networking opportunities and public speaking are an important part of the program. Participants benefit from building strong relationships with other highly-driven leaders and

Paradise Bank is a family-focused community bank committed to life-long customer relationships. The bank is a full-service bank dedicated to remaining small and focused on servicing the needs of the customers and community. For more information, please visit their website at www.paradisebank.com.

(L-R) Dana Lee Csutoros, President of the Women's Executive Club; William J. Burke, President of Paradise Bank; Viviane Altef, SVP Branch Manager of Paradise Bank and WEC Board Member; Dennis Gavin, CCO and EVP of Paradise Bank; Paola A. Hernandez Hemelberg, Sponsorship Recipient; Paige Garrido, Director, FAU Women in Executive Leadership Program.



TWAS THE MONTH BEFORE CHRISTMAS...

T'was a month before Christmas,
And all through the town,
People wore masks,
That covered their frown.

The frown had begun
Way back in the Spring,
When a global pandemic
Changed everything.

They called it corona,
But unlike the beer,
It didn't bring good times,
It didn't bring cheer.

Contagious and deadly,
This virus spread fast,
Like a wildfire that starts
When fueled by gas.

Airplanes were grounded,
Travel was banned.
Borders were closed
Across air, sea and land.

As the world entered lockdown
To flatten the curve,
The economy halted.
And folks lost their verve.

From March to July
We rode the first wave
People stayed home,
They tried to behave.

When summer emerged
The lockdown was lifted.
But away from caution,
Many folks drifted.

Now it's December
And cases are spiking,
Wave two has arrived,
Much to our disliking.

Frontline workers,
Doctors and nurses
Try to save people,
From riding in hearses.

This virus is awful,
This COVID-19.
There isn't a cure.
But hopefully a vaccine.

It's true that this year
Has had sadness a plenty,
We'll never forget
The year 2020.

And just 'round the corner -
The holiday season,
But why be merry?
Is there even one reason
To decorate the house
And put up the tree,
When no one will see it,
No one but me.

But outside my window
The winter now calls,
And I think to myself,
Let's deck the halls!

So, I gather the ribbon,
The garland and bows,
As I play those old carols,
My happiness grows.

Christmas is not cancelled
And neither is hope.
If we lean on each other,
I know we can cope.





Holiday Gift Drive

Tis' the Season to Catch the Spirit of Giving!
October - December 2020

Join us in supplying over 5,000 underserved children in Southern Palm Beach County with a holiday gift of their dreams as well offering many smiles to families this holiday season!

Please consider participating:

- Sponsor a Child
- Become a Gift Collection Site
- Make a Donation

Visit our website for more details: spiritofgivingnetwork.com

Spirit of Giving - a unique collaborative of nonprofit organizations working together to provide access to resources and services that educate and build self-sufficiency.

1515 N. Federal Hwy, Suite 106 Boca Raton, FL 33432 | 561.385.0411
info@spiritofgivingnetwork.com



PREPARING FOR THE HOLIDAYS DURING COVID-19

For many people, the holiday season will look different this year. Often, the last few months of the year are busy with parties and visiting family and friends. But due to COVID-19, things like traveling and gathering in large groups may not be possible.

Many people have lost loved ones and will be missing someone's presence during the festivities, and even more have lost their jobs and are dealing with financial stress. Others, like healthcare workers, may be working overtime and unable to take as much time off around the holidays as they usually can. It can be hard to cope with these kinds of changes, especially if certain holidays are the only time you see some of your loved ones.

If you live with a mental health condition, you may have an especially difficult time with the uncertainty and the change of plans this year. Many people with mental health conditions find consistency important in their recovery, especially during times of high stress - like both the pandemic and the holiday season. A sudden shift in tradition may have you feeling an extreme loss of control on top of disappointment.

Change is difficult for most people, especially when you didn't ask for or even expect these changes. But that doesn't mean that the holidays are destined to be a disappointment this year. There are plenty of ways to cope with the tough feelings you're having while still enjoying the holidays:

IDENTIFY HOW YOU'RE FEELING.

Figuring out your emotions about the upcoming holidays can make things feel less overwhelming. Most people are feeling a lot of different ways at once right now, which is hard for our brains to process and understand. This year has been a difficult year for many reasons. That means that some of your distress is likely related to things other than the holidays. It is completely normal for you to be feeling a bit more emotional than usual right now. Take some time to sort through your emotions in whatever way is most productive for you - you can journal, talk to a friend, or just spend some quiet time alone thinking. Once you have a better idea of the specific feelings you're experiencing, you can start making plans to cope with them.

ACKNOWLEDGE WHAT YOU'VE LOST.

While the holidays are mainly about thankfulness and celebration, this can also be a really hard time of year, even during normal circumstances. If you're missing a loved one, think of ways to honor them during your festivities. If you've lost a job or had to drop out of school, take the time to recognize the challenges that came with that. Even if you haven't lost anything concrete, we've all lost our sense of normalcy this year - it's okay to grieve that during this time.

MAKE THE MOST OF IT.

There's no denying that things will be different this year, but holidays don't need to be canceled (or even minimized). There will be some things that you can't do right now, but there are surely some that you can. You can still carve pumpkins, send sweets to your friends and family for Diwali, make your favorite Thanksgiving meal, light the menorah, decorate gingerbread houses, and break out confetti poppers for New Year's Eve. For the things you can't do - brainstorm how to adapt them for COVID times. If you're disappointed about Halloween

(continued)

We're All Ears!

Tell us what you're thinking? What your personal experience with this pandemic has been. What you would like to see more of coming from our lecture series and if you have an idea for a social?

We love for our members to be involved!

Need Help?

You have a community of people in the WEC, all with their own special service or product. Do you need someone to reach out to you to help you with financial issues, how to organize, mental health issues, or something as small as a referral of a good book? Go to the WEC website and check out our members and what they may have to offer you.

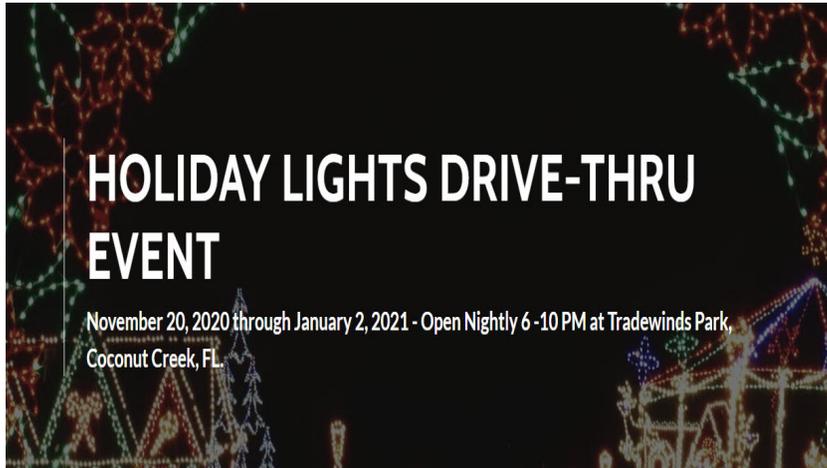
Foster a Pet?

While you're still stuck at home, it might be a good time to Foster a pet! It's a short-term arrangement that might give you a little companionship while doing something good. The agencies will set you up with food and anything else you might need while hanging out with your temporary pet.



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of South Palm Beach County



Safe and entertaining... For more information, go to HOLIDAYLIGHTSDRIVETHRU.COM



Think of the bright side, while everyone is stuck indoors when the cold weather hits up North, we can still take walks on the beach, while social distancing!



parties being cancelled, plan a small outdoor gathering, or come up with virtual games to play over Zoom instead. Feeling lonely because you won't get to see your extended family? Round up your cousins to video chat while preparing Thanksgiving dinner.

DON'T ROMANTICIZE YOUR TYPICAL HOLIDAY PLANS.

Remember that while your holiday season may normally be full of excitement and joy, it can also be a time of high stress. Long days of travel, endless to-do lists, and dinners with that one family member you don't get along with are all part of the holidays too. Even though you may be giving up some of your favorite things about the holidays this year, you're probably leaving some stressors behind too. You don't need to be happy about this - sometimes the chaos is part of the fun! - but be careful not to distort the situation and make it seem worse than it really is.

PRACTICE GRATITUDE.

Gratitude is a major focus this time of year, and while it may seem harder to find things to appreciate, there is still plenty to be thankful for. Make a conscious effort to regularly identify some things that you're grateful for. It can be something as broad as your health, or something as specific as your favorite song playing on the radio the last time you got in the car. Change is hard, but it isn't always bad. There are still ways to celebrate the season with your loved ones, even if you must give up some of your favorite traditions. Find creative ways to adapt. Or start new traditions - they may even add more meaning to your holiday season.

Source: Mental Health America

**ONE WAY TO STAY CONNECTED
IS TO JOIN THE LADIES OF THE
WOMEN'S EXECUTIVE CLUB
ON OUR MONTHLY ZOOM MEETINGS**

SEE YOU SOON

