# Wichita Connect

# EWI Wichita ... Chartered 1970 ... December 2020

# A Message From Your EWI President



Happy December EVERYONE! I know that this year has certainly had some crazy thrown at all of us, but I hope you know I am always here if you need anything and I will continue to lead us through these times TOGETHER, STRIVING TO MAKE A DIFFERENCE! I want to thank Allison Walden, Downing and Lahey Mortuaries and Jessica Emrick, The Wichita Marriott for putting together our December Connect. There is a new look in order to stay uniform with the other chapters.

Last month's speaker was Taryn Zweygardt with The Village. She spoke with us about mental health and wellness. I am going to list some actions I took from the meeting that I thought would be helpful for all of us during the holidays:

- 1-Allow yourself to feel feelings without feeling bad.
- 2- Stay connected with others
- 3-Make a plan to take care of yourself.

(if you don't make time for it, or plan, it will not happen).

- 4-Commit to doing one meaningful task a day. (It can be as simple as making your bed.)
- 5-DON'T BE AFRAID TO SAY NO! It is ok to set healthy boundaries for yourself and to defend those boundaries.

I think we could all use some self-love these days, so please take this list and make it your own.

(continued on next page)

#### 2020-2021 Officers & Directors

#### President

Kristina Helm Western Associates

#### **Vice President**

Davna Gould HealthCore Clinic

#### Secretary

Lori Armstrong Derby Plaza Theaters

#### Treasurer

Kathy Armbruster Allen, Gibbs, and Houlik, LLC

### Sergeant-at-Arms

Sydney Tuttle
Delta Dental of Kansas, Inc.

#### **Directors-at-Large**

Haley Hobbs, Butler County Community College
Theresa Hogan, Stoutheart Financial

# **Fundraising Directors**

Annie Life, Wichita Baseball Mariah Regier, Sedgwick County Zoo

## **Communications Directors**

Allison Walden, Downing and Lahey Mortuary
Jessica Emrick Davies, Wichita Marriott

#### **Membership Directors**

Jan Baggett, Wichita Chamber of Commerce Valerie Brashears, City of Wichita

# **Programs Director**

Jessica Viramontez, Visit Wichita

#### Advisor

Pam Dinwidde, Textron Aviation

President's Message p. 1 ... Committee Reports p. 2 ... Did you Know? Updates,
Meeting Recaps, Spotlight, Community Events, Wichita Chapter Directors/Officers p. 3-15
Birthdays & Corporate Info p. 20-22

We will be reaching out to you monthly to check up on you to see how you're doing. Please take this time to help share with us what we can do to help support you individually, as well as your member firm or business.

The Colvin Food Drive Wednesday, December 2nd at the Wichita Marriott was a great success! It was a great time to come together for a great cause, some laughs, and HOLIDAY FUN! Special THANK YOU TO Davna Gould for helping organize this AMAZING EVENT.

Special Note: Membership Renewal is quickly approaching. Please make sure you send me a separate email if you need to discuss any struggles in regards to keeping you active with our EWI Chapter. We understand these times are hard and want to be sure we are here for all of our member firms to help keep you engaged in EWI.

I want to take this time to wish you and your families a VERY MERRY CHRISTMAS and a Happy New Year! I know we all look forward to 2021 for various reasons. Thank you for trusting in me as your leader of EWI Wichita!



Remember to send invoice payments to the new Treasurer!

Kathy Armbruster Allen, Gibbs & Houlik, L.C. 301 N Main St Suite 1700 Wichita, KS 67202 316-291-4139

# **Chapter Operating Account**

11/1/20 Opening Balance: \$18,267.43

11/30/20 Reconciled Balance: \$15,327.82

## **Chapter BCDP Account:**

11/1/20 Opening Balance: \$3,223.28

11/30/20 Reconciled Balance: \$3,223.28

# MeriTrust Savings Account:

11/1/20 Opening Balance: \$24,252.69 11/30/20 Reconciled Balance: \$2453.68

# **Ameriprise Endowment Account (Stoutheart Financial):**

11/1/20 Opening Balance: \$68,112.89 11/30/20 Reconciled Balance: \$73,019.47



**EWI Corporate** hosts a free monthly Professional Development webinar available to all EWI members?

# JANUARY PROFESSIONAL DEVELOPMENT WEBINAR

Save the date: WEBINAR – Finding Your Financial Confidence Tuesday, January 5, 2021

3:00 PM ET / 12:00 PM PT Presenter: Pam Prine
Co-Owner and Financial Advisor,
Keystone Capital Management Group

The class is relevant to women who want to take charge of their financial world. Author Eleanor Blayney said, "Helping women take charge of their financial situation does more for their self esteem and sense of inner serenity than years of therapy focusing on peripheral issues."

# Members will learn:

- Why Financial Confidence still seems to be elusive for many women
- How women and small business owners can gain financial confidence
- Key benefits and possible advantages of working with a financial advisor to lay the foundation to your financial success.

Pamela B Prine is the co-owner of Keystone Capital Management Group, LLC, in Glendale, Arizona. Keystone is an investment and retirement planning firm committed to the growth and protection of their client's assets. Between Pam and her partner, Kim Dyer, they have over a quarter of a century of experience. As financial advisors they embrace the opportunity to educate, guide and simplify the complex. It is important to help people understand the unique challenges that exist relative to investments and retirement income planning in the volatile times ahead.

Executive Women International® brings together key individuals from diverse businesses for the purposes of:

**Connections** - Promoting member firms

**Careers** - Enhancing personal and professional development

**Community - Encouraging community involvement** 





EWI of Wichita is a member of the Wichita Regional Chamber of Commerce. The Chamber's purpose statement is: Success for our members, Leadership for our community and Prosperity for our region. That purpose drives the Chamber to work hard every day to help build a great climate for our business community. There are many benefits of being a Chamber member, but I'd like to highlight a few that might be the most relevant to our EWI representatives.

The Chamber publishes a weekly eSynergy email newsletter that promotes Chamber members, highlights upcoming events and other news. They also publish the Advocate newsletter that gives updates on all things important to business that the Chamber advocates for. Anyone of our EWI members can sign up for the Chamber's publications. Below are the instructions.

EWI members are also eligible to request login credentials that will allow you to do the following:

- •To sign up for the Chamber's publications, fill out the form at <a href="https://www.wichitachamber.org/main/contact/">https://www.wichitachamber.org/main/contact/</a>.
  - Represent EWI at Chamber events representatives of Chamber Members can access members-only events and pricing for other events (including networking and educational opportunities)
  - •View videos in the Video Library
  - •Submit EWI events to the community calendar (events for non-Chamber Members are not eligible for posting)

If you don't already have a login through your company, you can request a login through EWI's Chamber membership by contacting Rebecca Saxton, Membership Data Manager, at <a href="mailto:rsaxton@wichitachamber.org">rsaxton@wichitachamber.org</a>. Include your:

•First & last name, Email, Company, Job Title and Phone Number.

I hope you find this information helpful and if you have any questions, please contact Jan Baggett

at jbaggett@wichitachamber.org



November's Meeting had a Mental Health focus and was hosted at the new Hyatt Place @ WSU.

Taryn Zweygardt, co-founder of the Non Profit, The Village, answered our questions for all attendees via Zoom and in person.











# WILLAGE



# WHO DO WE SERVE?

The Village serves any individual suffering from mood or anxiety problems due to: pregnancy and postpartum, infertility infant loss, pregnancy

loss, and adoption.

# **COUNSELING SERVICES**

The Village provides counseling, services for those suffering from Perinatal Mood and Anxiety Disorders (PMADs). Our compassionate perinatal mental health specialists provide a variety of services, including support groups, therapy, assessments, and referrals to meet the needs of women and families.

## PROFESSIONAL TRAINING

The Village makes it easy for community providers to get the training necessary to appropriately treat those individuals suffering from perinatal mental health issues. Please contact us if you or your organization is seeking training in this area.

# YOU ARE NOT ALONE!

1 in 7 mothers will experience depression or anxiety during pregnancy and postpartum.

Contact us: (316)272-0072 315 N. Hillside, Wichita, KS 67214

www.thevillageict.org

# Symptom Checklist:

Have you been unable to laugh and see the funny side of things?

Have you been uninterested in things that usually bring you joy?

Have you been anxious or worried for no good reason? Have you felt scared or panicky for no good reason?

Have you felt overwhelmed?

Do you have difficulty sleeping?

Do you feel sad for much of the day? Has the thought of harming yourself or others occurred to you?

Do you feel more irritable or angry than usual?

Do you have thoughts that frighten you?

# YOU ARE NOT ALONE

Call us today if you or a loved one is suffering from any of these symptoms – phone (316) 272-0072



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# Concerns of women

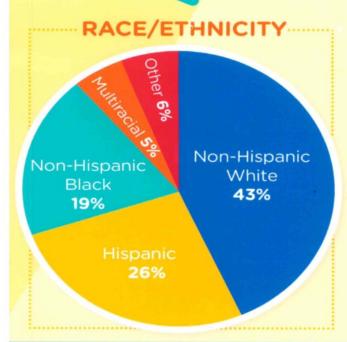
regarding pregnancy and childbirth during the COVID-19 pandemic

Please contact us at BabyTalk@kumc.edu or at 316-962-7933 if you need help finding resources.

# **Participants**

114 women ages 16-38 were surveyed in April and May of 2020 about their experience during the COVID-19 pandemic in Sedgwick County.

40% were pregnant 60% had an infant 10 months old or less



This work was funded in part by the Kansas Department of Health and Environment's Bureau of Family Health Maternal and Child Health Services Block Grant #B04MC30614 funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government

# Behaviors to reduce the risk of COVID-19

Most women were very (42%) or somewhat (42%) concerned about COVID-19, although a few were not very or not at all concerned (15%). However, all (100%) made changes to try to protect themselves and their babies from COVID-19, such as:

- Frequent hand washing or use of sanitizer (99%)
- Reducing the amount of time in places with >10 people (99%)
- Reducing contact with people outside of own household (98%)
- Avoiding close contact with others who have symptoms (97%)
- Avoiding touching eyes, nose or mouth (92%)
- Purchasing or making a face mask (69%)

On March 25, 2020, a stay-at-home order was put into effect for Sedgwick County, Kansas. This order requested citizens only leave home for necessary activities, such as grocery shopping, going to and from work, caring for family or pets. Most women reported following the guidelines all (61%) or most of the time (35%), with a few only following some of the time or not at all (3%).

Continued on back.





# Changes in employment and financial status due to the COVID-19 pandemic

Unemployment increased from 39% to 60%. Those reporting they were struggling to keep up with the cost of living nearly doubled from 26% to 50%.



# Changes in mental health

Participants reported changes in mental status indicators related specifically to the COVID-19 pandemic (82%), including:

- Increased stress (63%)
- Increased anxious thoughts (50%)
- Changes in sleep patterns (47%)
- Reduced motivation (46%)
- Increased fearful thoughts (40%)
- Changes in appetite (40%)
- Racing thoughts (36%)
- Difficulty in focus and concentration (36%)
- Depressed mood (28%)
- Increased tearfulness (20%)

# Self-care ideas by participants

Despite these negative impacts of COVID-19, participants were able to describe self-care strategies such as focusing on things they can control, daily physical activity (e.g., walking, yoga), cleaning and organizing, and meditation. Some also mentioned limiting exposure to the news as a way to limit stress.

# Changes in social support

A quarter of women (24%) said they lost social support because of COVID-19,

"No one comes to visit, and I can't go visit anyone."

including a decrease in support services.

"Appointments were cancelled for all my programs."

# **IDEAS TO INCREASE SOCIAL SUPPORT**

- Reach out to family and friends on the phone or online. Consider scheduling regular times to connect.
- Don't be afraid to ask for what you need.
   Let people know how you are feeing and how they can help. People who care about you don't always know how to best support you.
- Visit with friends or family outside where you can social distance safely. Make sure everyone wears a mask!
- Connect with support groups online.

If you are struggling with depression or anxiety and are looking for support, please contact The Village at https://thevillageict.org/ or 316-272-0072 to be connected with services.



Representatives and Member Firms answered the call for Colvin Elementary families.

We provided **53** boxes of food for students over the Holiday Break. Thank you!







The Wichita Chapter of EWI wants to thank Carlos O Kellys for donating boxes again this year. Star Lumber provided the transportation! - Thank you!

Colvin Elementary students thank all members and firms that donated food for their families!



# Board & Brush-January 20<sup>th</sup>, 2021 Meeting 5:30 – 7:30 PM

Registration Link: https://boardandbrush.com/wichita/events/

ewiwichitachapter/

Type in our access code: EWIWICHITA

You will have to preselect the board you wish to create when you register!

## **Executive Women International Launches New Website December 2020**

CHECK YOUR EMAIL! YOU SHOULD HAVE RECEIVED THIS!!!

We are thrilled to announce that Executive Women International has launched a new website at <a href="https://www.ewiconnect.com">www.ewiconnect.com</a>. Our goal with this newly designed website is to create an enhanced experience for our trusted and valued members. We know you will enjoy the new website with its fresh look and easy to access information. This portal will also serve as an excellent source of information for prospective members who visit our website. This new website will provide you with increased value and benefits including:

- A searchable membership directory
- Online Event Calendar
- Ability to edit your profile and pay membership dues online
- Ability to search by Chapter
- Integration with the MyEWI Online Community with Single Sign On (SSO) capability
- And more!

Please take a couple of minutes to activate your account by following the three simple steps below.

Step 1: Go to http://www.ewiconnect.com

Step 2: Find the "Sign In" box in the center of the homepage. The first field is your username, the second field is

for your password. Your username is j(YOUR EMAIL ADDRESS) and the password EWI2020

**Step 3**: Once you've signed in, please create a new username (if desired) and update your password.

Now that you're in, you can make changes to your profile, register for upcoming events, and have a look around the website!

We hope you find the new website with a fresh look, easy to access information and we also wish to establish this portal as a source of information for those who visit our site.

For any questions, suggestions, feedback, or comments, please e-mail us at ewi@ewiconnect.com

**DO YOU HAVE A NEED?** Are you in the market looking for gift ideas for Christmas (movie tickets, zoo membership, etc.) or a particular service?.... Dental Insurance, Event Venues, Hotel, CPA, Financial planning, Death prearrangements, etc... STOP & SHOP "FIRST" with your EWI Sisters!!

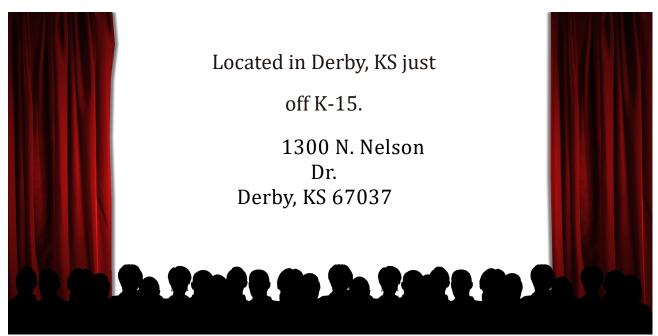


# **Derby Plaza Theaters**

**EWI Representative: Lori Armstrong** 

**Hours: Monday-Sunday** 1p-9p

- -GIFT CARDS to purchase for that perfect stocking stuffer
- -Private Parties/Movie Theater Rentals: You choose the movie (anything except Disney Movies), date, and time and show up with your group to enjoy your own private showing of the movie of your choice. Derby Plaza Theaters also has gaming options for movie theater rentals, you can rent out a theater to play video games on the big screen.
- -Open 7 days a week with full new and retro throwback movie line ups
- **-Curbside to go** every Friday & Saturday from 6-9 pm: Drive through and grab your favorite movie theater treats for your movie at home



# Sedgwick County Zoo....EWI Representatives: Becky Hall and Mariah Regier



# Give the gift of MEMBERSHIP

HOLIDAY GIFT MEMBERSHIP INCLUDES REGULAR BENEFITS, PLUS:

Canvas SCZ tote bag

Extended membership through March 2022

#### **REGULAR MEMBERSHIP BENEFITS**

- One year, unlimited, free admission (excludes after-hours special events)
- "Members Only" invitations to sneak previews and grand openings of exhibits
- · Early admission to the Zoo
- 50% off gate admission at over 150 AZA zoos and aquariums
- Discounts on birthday parties and education classes
- Two guest passes
- Annual Sedgwick County Zoo wall calendar

# **MEMBERSHIP PACKAGES:**

Includes up to two named adults in the same household and their children/grandchildren under age 21.

Includes up to two named adults in the same household and their children/grandchildren under age 21. Plus, one additional guest each visit when accompanied by the member.

Includes up to two named adults in the same household and their children/grandchildren under age 21. Plus, two additional guests each visit when accompanied by the member.

Includes one named adult and a guest or two named adults in the same household.

Includes one named adult (62+) and a guest or two named adults in the same household.

LAST CHANCE FOR 2020 PRICING! MEMBERSHIP PRICES INCREASE JAN. 1, 2021

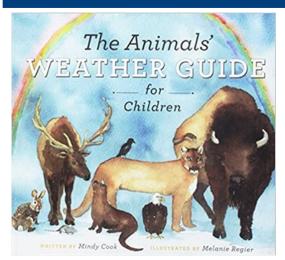


YOUR CELEBRATION.
In 2021, SCZ celebrates its 50th Birthday and we want our members to celebrate with us all year

WE MAKE A LIVING BY WHAT WE GET, BUT WE MAKE A LIFE BY WHAT WE GIVE....WINSTON CHURCHILL

Wichita Children's Home Representative: Fonda Ellis — See their list of needs for the children below....





# EWI Annual 3<sup>rd</sup> Grade Reading Rally

Has been moved to the Spring of 2021 at Colvin Elementary School's request

Colvin Elementary School 2820 S. Roosevelt

A long time ago, when the world was young, Father Time and Mother nature talked about how to parent the earth, sea and sky. They decided that Father Time would be in charge of sunrises, sunsets, tides, waves, hours, minutes and seconds. Mother Nature would be in charge of the climate and the changing seasons, including flowers blooming, grass growing, wheat ripening, and the leaves turning colors. Mother Nature decided when to cause the winds to blow, the rain to fall, and when the majestic storm clouds would build into hurricanes and turn into tornadoes, but Father Time decided how long each one could last before it was to pass. The animals learn how to protect and care for themselves in different types of weather and animals always know about the changes in weather before we do. We can learn from them! Let the animals' instinctive behaviors teach you how to prepare for the weather and to keep you safe.



Mindy East will donate a set of books to the school library and the classroom. She will give everyone a bookmark with items for an emergency preparedness kit.

She has been written up in The Washington Post and endorsed by AccuWeather & the Post.

Severe weather season begins in April and runs through June! Personal safety, responsibility and self-reliance can be top of mind presence for the students.

**Everyone is Welcome!** 

Contact Nancy Umholtz (numholtz@deltadentalks.com)

or Jessica Emrick Davies for more information on Sponsorship Opportunities for the Reading Rally

(jessicaemrick@wichitamarriott.com



# **RECOGNITION**

Did you see the EWI Firms Featured in the Wichita Business Journal? Executives of the Year:



J.P. WEIGAND AND SONS: Nestor R. Weigand Jr.

MERITRUST CREDIT UNION James Nastars, President and CEO



WICHITA STATE UNIVERSITY FOUNDATION: Dr. Elizabeth King, President and CEO



WICHITA WIND SURGE Lou Schwechheimer, Managing Partner (Posthumously)







Pam Dinwiddie with Textron Aviation has been asked to serve on the EWI Corporate Member Retention and Recruitment Committee

Some EWI meetings will be available via **ZOOM** as well as in person. If you choose the Zoom option you will still need to sign up on the Squad Up Link and choose the \$20.00 option for ZOOM. If you are coming in person, please sign up at the squad up link listed below and choose the \$30.00 in person option. We hope this allows everyone to be a part of events during these uncertain times. If you have any questions, please do not hesitate to email Kristina@westernassociates.com or call Kristina at 316-712-3053





# **Allison Le** Bio

Allison's passion is educational architecture, especially at the high school level. It is important to Allison to understand just how her district clients want to educate their students so that the design reinforces that vision.

She understands that all educational buildings are unique and represent community at the most fundamental level. For her, designing for school districts is the opportunity to create timeless structures that students remember even years later.

**Shannon Bohm** is her Executive and was recognized recently in the Wichita Business Journal.

# EXECUTIVES OF THE YEAR SERIES IN THE WICHITA BUSINESS JOURNAL

When asked, "What advice do you have for younger executives who want to run companies?"

She replied: Be curious and a good listener. Observe leaders that you value and learn from their actions. Ask for feedback-enjoy the positive, learn from the not-so-positive. Trust your instinct. Realize that there is more than one path to success

# New Replacement Representative!





# Wichita Community Events



Please submit any volunteer needs your company may have to

Jessica.Emrick@wichitamarriott.com and it will be posted in our monthly newsletter. We have a great resource to be able to spread the word with our members and companies.

Looking for volunteer opportunities to fill some time or just have the desire to help out? Look in this corner each week for ways to help out in your community!



# Happy Birthday to YOU!

# **November Birthdays**

November 9 ... Lori Armstrong

November 12 ... Barb Boulanger

November 13 ... Tammy Voth

November 13 ... Helen Nicoli

November 14 ... Jaime Hunt

November 15 ... Teresa Arthur

November 20 ... Davna Gould

November 28 ... Pamela Woodside

# **December Birthdays**

December 13 ... Kelly Hunsaker

### **ABOUT EWI**

Established in 1938, EWI is a non-profit organization with more than 1,900 member firms and 2,200 representatives in major cities throughout the United States and Canada.

EWI brings members together to promote member firms, to enhance personal and professional development, and to encourage community involvement.

As a premier organization for networking and leadership development for today's business professionals, EWI offers professional development through its Academy of Leadership, scholarships, online learning, and philanthropic initiatives with a focus on literacy.

EWI also provides over 600 board positions to women on the corporate and chapter level annually. For more information, visit ewiconnect.com



Executive Assistant/Office Manager

Cortney Ihde

Work: 262.269.5625
Personal: 262.443.0814
cortney@ewiconnect.com

### DON'T FORGET

We post the chapter meeting minutes on our EWI Wichita website at: https://ewiwichita.org/

# **EWI Corporate Board of Directors**

Our Corporate Board members lead and guide our organization and represent Chapters from across the country. Below is our 2020-2021 board.





Corporate President
Kristi Emmons Jones
Amare Global
EWI of Memphis
kemm64@gmail.com



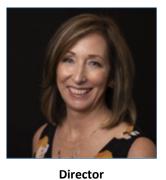
President-Elect
Christine Healy
The Printer Inc.
EWI of Des Moines
chealy1142@gmail.com



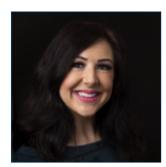
Secretary/Treasurer
Charlie Rosenquist
Blue Cross/Blue Shield of TN
EWI of Chattanooga
charlie\_rosenquist@bcbst.com



Director
Kathy Scott
Balls Foods
EWI of Kansas City
46director@ballsfoods.com



Cheryl Holmes
CASTO
EWI of Columbus
cholmes@castoinfo.com



Director
Christine Laird
Greater OKC Chamber
of Commerce
EWI of OKC
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Director
Marji Zamora
Speedy Printing
EWI of Houston
marji@speedyprintingtx.com



Advisor
Felicia J. Senter
Tulsa Tech
EWI of Tulsa
felicia.senter@tulsatech.edu

# EWI of Wichita Social Media:



**EwiOfWichita** 



ewiwichita



Ewiofwichita



ewiofwichita

Share events, photos, accomplishments and more with EWI Wichita Membership in one convenient location! Email social media submissions to Pam Dinwiddie at pdinwiddie@txtav.com

Share your news & photos in the monthly Connect

Contact: Jessica Emrick
Jessica.emrick@wichitamarriott.com

Deadline for January Issue: January 7, 2020

# **Upcoming Chapter Meetings**

Third Wednesday of each month unless otherwise noted.

January 20, 2021

Board and Brush 5:30pm-7:30pm

# **Chapter Board Meetings**

Second Tuesday of each month unless otherwise noted.

All members are welcome.

Contact Kristina Helm Kristina@westernassociates.com