

Special Edition
The Fall Issue

THE WOMEN'S JOURNAL

Est. 2004

of Northeast Ohio



Brittney Brooks



Heather Cottingham



Elizabeth England



Heidi Geib



Kimi Landry



Kristen McShane



Brooklyn Mott

NORTHEAST OHIO **Women** You Should Know

WE HONOR OUR LOCAL BUSINESS CLIENTS & THE WOMEN WHO RUN THEM



Chrissy Myers



Jessica Noftz



Cathy Posner



Bridget Richard



Halei Stebbins



Samantha Steele



Courtney Stein



Jessica Wagner



Jenny Young

Empowering Women Through Knowledge

WE HAVE BIG NEWS TO SHARE!!!

THE WOMEN'S JOURNAL
digital magazine

WAS HONORED WITH

smartwomen

PROGRESSIVE
ORGANIZATION
AWARD

THE WOMEN'S JOURNAL
digital magazine



BARBARA DANIEL,
PUBLISHER

WE ARE EXCITED TO
RECEIVE THIS HONOR!



KELLI WAGNER,
PUBLISHER

The Women's Journal is thrilled to be honored with the Progressive Organization Award from Smart Women Program. Progressive Organization Award recognizes organizations that support or promote women-based initiatives, develop specific programs that provide opportunities for advancement, or create family-friendly workplaces.



L TO R: Linda Kluter - Founder, Kelli Wagner - Publisher; Barbara Daniel, Publisher; Tara Haley, Associate Publisher and Kellie Heilman, Marketing & Social Media

THE WOMEN'S JOURNAL

Est. 2004

Volume 21 Issue 4

TWJ Publisher's Note

Since 2004, The Women's Journal mission has been "Empowering Women Through Knowledge." Over the past 21 years, we've remained committed to that goal. Our format is built to educate, energize, and empower readers—helping them make the most informed decisions for their careers, businesses, families, and personal lives.

We continued to evolve over time to improve the reader experience:

- We began as a newsprint tabloid-size magazine in print.
- We built an e-magazine website so readers could more easily access local resources and informative articles.
- Later, we upgraded to a glossy print magazine and added a digital version. Today, we publish digital only.

Thank you to all of the advertisers we have had over the years. Because of their commitment to our magazine, we have been able to donate free advertising to local, non-profit charitable organizations every issue! We are so glad that we have been able to help spread awareness for great causes and organizations.

To our loyal readers: thank you for your support. It has kept us engaged, excited, and motivated to keep publishing content that matters. Because of this we were honored with the **Progressive Organization** award at the Smart Women Breakfast by Smart Business (Smart Business / Northeast Ohio).

We are so grateful, Barbara Daniel & Kelli Wagner - Publishers

Women

You Should Know

WE HONOR OUR LOCAL BUSINESS CLIENTS
& THE WOMEN WHO RUN THEM

The Women's Journal is thrilled to feature and share the stories of the 2025 Northeast Ohio Women You Should Know! We invite you to read their stories in the Fall Edition and support local! Their mission and journey will educate, energize, and empower you! Commitment to their customers, patients, and community has led to their success.

This year marks the 15th edition of our special section celebrating empowered women who empower others! We encourage you to support local businesses! Connect with the Women You Should Know on social media and visit their website to discover more about their offerings and services. Their dedication to customers, patients, and the community is truly inspiring. *We are grateful for our clients to acknowledge them with The 2025 Northeast Ohio Women You Should Know. Pages 3-18.*



COVER PHOTOS: TOP TO BOTTOM - L to R:

Brittney Brooks, FP-C, NRP, CE-I, Engage Virtual Range | Heather Cottingham, Dog Guard Ohio | Elizabeth England, KAZ Company | Heidi Geib, RPH, Heidi's Pharmacy | Kimi Landry, Red Tail Golf Club | Kristen McShane, Content Pop Up Collaborative | Brooklyn Mott, Brooklyn Media | Chrissy Myers, AUI & Clarity HR | Jessica Noftz, Petal Sweet Cleaning | Cathy Posner, Transitional Consulting & Coaching | Bridget Richard, Lamplight Counseling Services, LLC | Halei Stebbins, APEX Skin Dermatology | Samatha Steele, Content Pop Up Collaborative | Courtney Stein, Engage Virtual Range | Jessica Wagner, Jus B Media | Jenny Young, SHE Did It Videography



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How to Repair Sun-Damaged Skin

Provided By APEX Skin

Sun-damaged skin? You're not alone. Even the most diligent sunscreen users can miss a spot—like the ears or the tops of the feet—or forget to reapply. Sun-damaged skin can lead to spots, dryness, premature aging or worse. However, most times your skin can recover.

COSMETIC VS. SERIOUS SUN DAMAGE

Cosmetic sun damage includes changes like dullness, brown spots, and fine lines—mostly surface-level and related to aging. These don't pose a health risk but can be treated for appearance.

In contrast, medical sun damage may involve spots that change in size, shape, or color, sores that don't heal, or rough patches that persist. These signs could indicate skin cancer and should be checked by a professional.

SKIN CANCER SUN DAMAGE

Skin damage builds over time so it's important to a.) [know what to look for \(ABCDEs of Skin Cancer Sun Damage\)](#) and b.) schedule a same-day SPOT check for any spot that looks suspicious. Early detection and treatment for skin cancer treatment give patients a very high rate of recovery and survival: 99% after the first 5 years, in fact.

RECOVERY MODE SKINCARE AT HOME

Skin damage from sun exposure didn't just happen in one day, so achieving visible improvements in your skin may take a few weeks. Just keep going—consistency is the key. At home, you can start with this four-pronged skincare plan:

1.) Use a [gentle cleanser](#) and follow it up with an [antioxidant serum](#) to nourish the skin. 2.) Use a [moisturizer](#) that contains ingredients like ceramides and hyaluronic acid, which lock in hydration and repair the skin's protective barrier. 3.) Introduce [retinoids](#) gradually to resurface the skin (to minimize fine lines and sun spots on face). 4.) Finish with a daily [sunscreen](#) with an SPF 30 or higher.

If you aren't sure what products would work best for you, schedule an appointment with your dermatology provider at Apex Skin for a personalized consultation.

TREATMENTS FOR SUN-DAMAGED SKIN

If you are curious about how to fix sun-damaged skin with professional dermatology treatments, these are some of the most beneficial, depending on your specific concerns:

Chemical Peels - Professional [chemical peels](#) exfoliate sun-damaged skin, improving tone, texture, and brightness for smoother, clearer skin within weeks..

Lasers/Laser Skin Resurfacing - Apex offers [dermatology laser treatments](#) that fade sun spots, reduce redness, and boost collagen for smoother, firmer skin—an effective option for moderate to advanced sun damage.

Women You Should Know Halei Stebbins



Halei Stebbins, Apex Skin's Aesthetic Clinical Coordinator, is a Board-Certified Nurse Practitioner with over a decade of experience in healthcare, specializing in Aesthetic Medicine. Originally from Louisiana, she practiced in Houston before settling in Ohio with her family. Halei earned her master's degree in Family Practice from Chamberlain University in 2020. She provides expert care in injectables, collagen stimulation, microneedling, and laser treatments. Dedicated to excellence, she pursues ongoing education and stays current with aesthetic advancements. Outside of work, Halei enjoys time with her husband and two children, traveling, painting, and listening to blues and jazz music.

Microneedling - [Microneedling](#) stimulates collagen, gradually improving skin firmness, texture, tone, and reducing fine lines over several weeks to months as the skin heals and renews.

Medical-Grade Facials (Diamond Glow) - The [Diamond Glow medical-grade facial](#) deeply cleanses, exfoliates, and hydrates to repair sun damage, rejuvenate dull skin, and restore radiance.

Prescription-Strength Topicals - Our dermatology team can also prescribe stronger topical medications or skincare serums with tretinoin, hydroquinone, and antioxidants to target discoloration and accelerate skin cell turnover. These are only available by prescription.

Lesion Evaluation and Removal - If it seems like we're repeating this, we are—because it's so very important: if you have a suspicious spot, schedule a [same-day SPOT check](#) with your nearest Apex Skin location.

So don't hesitate or wonder: [schedule a personal consultation](#) to address any skin concerns you have, book your [annual full-body skin cancer screening](#), or a [same-day SPOT](#) check today.

For the full article and more skin care articles, visit:
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Online Therapy Offers Care, Comfort & Connection from Home

Provided By Lamplight Counseling Services

Life can be busy, unpredictable, and sometimes overwhelming. That's why many women are turning to online therapy as a flexible, effective way to get support without the stress of travel or waiting rooms. With secure video sessions, you can connect with a licensed therapist right from the comfort of your home—or any place that feels safe to you.

The Benefits of Online Therapy

Therapy has always been a powerful tool for healing, growth, and resilience. Online sessions offer the same benefits as in-person care, with the added comfort of flexibility and privacy. Whether you're navigating anxiety, managing life transitions, or simply need someone to talk to, therapy can help you better understand your thoughts and emotions, reduce stress, and strengthen relationships.

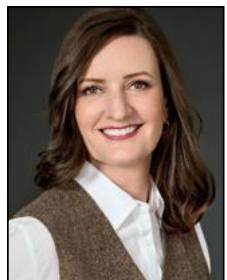
Because sessions are online, you can build a consistent routine no matter where you are—whether at home, traveling, or even on a lunch break. For many women balancing family, careers, and busy schedules, that flexibility makes it easier to prioritize mental health.

Why Online Therapy Works

People choose online therapy for many reasons:

- **Convenience** – No commute, no parking, no waiting room—just log in and focus on yourself.
- **Privacy** – Sessions are confidential and judgment-free, letting you open up from a familiar space.
- **Accessibility** – Perfect if you live in a rural area, have limited transportation, or need evening flexibility.

“Our therapists are **local, licensed professionals** who understand your community and culture. Each one is carefully vetted for warmth, professionalism, and expertise, so you can feel confident in the care you receive.



Bridget Richard, the founder of Lamplight Counseling Services, is committed to helping individuals and families navigate mental health challenges with compassion and expertise. With a foundation in social work, she extends her work beyond her mental health practice and reaches into the community, where she strives to make a difference.



We also accept insurance, making therapy more affordable and accessible—with no surprise fees or hidden costs.

Online therapy adapts to your life instead of the other way around. Because taking care of your mental health should never add more stress.” Bridget Richard, Founder of Lamplight Counseling Services

Learn More About Online Therapy and Schedule a Consultation Today!

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Preventing Drug Interactions & Protecting Your Family's Health

Provided By Heidi's Pharmacy

From daily prescriptions to over-the-counter remedies and vitamins, medications are part of many households. For adults managing chronic conditions—or families with children taking antibiotics or allergy medicine—the risk of drug interactions is real. Even harmless-seeming combinations can cause side effects, reduce effectiveness, or create serious problems.

Share a Complete List

Keep an updated list of every prescription, supplement, and over-the-counter product your family takes. Share it with doctors, pharmacists, and caregivers.

Use Interaction Tools

Resources like the Drugs.com Interaction Checker flag possible issues when you enter all medications. Before starting anything, whether it's a vitamin for your child or a blood pressure pill for a parent—check for safety. Your pharmacist is also a trusted partner.

Watch Foods, Drinks, and Supplements

Certain foods and drinks interfere with medicines. Grapefruit juice can alter how the body absorbs drugs, while alcohol, caffeine, and some herbal remedies may heighten side effects like drowsiness or stomach irritation. When in doubt, ask your pharmacist.

Protecting your family from drug interactions means being proactive. With communication, reliable tools, and organization, you can help every generation stay safe and healthy.

Heidi is passionate about making healthcare easy and accessible. At her pharmacy, service and quality care come first, with FREE shipping and delivery in Wadsworth, Doylestown, Wooster, Orrville, and surrounding communities. A proud Leadership Wooster Program Graduate, she also volunteers at The Viola Startzman Clinic.

"Heidi's Pharmacy is about more than prescriptions—it's about relationships and helping people enjoy every season of life." —Heidi



"At our pharmacy, exceptional customer service and quality care are our top priorities. We're excited to offer FREE shipping and FREE delivery, including Wadsworth, Doylestown, Wooster, Orrville, and more! We invite you to visit the pharmacy and our booth at local health fairs throughout NE Ohio. Our team is continually growing to better serve you and your family." - Heidi Geib, RPh, owner of Heidi's Pharmacy



Questions about insurance, services, & how to transfer a prescription?

Contact Heidi directly by calling the New Patient Phone Number 330-621-5353 or visit their website for more information.

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"After 19 years on the front lines of emergency medical services in Northeast Ohio, including a fulfilling role as a critical care paramedic with Metro Life Flight in Cleveland, I can confidently say that my passion for helping others has always been at the core of my professional life.

When the opportunity to buy Engage as a franchise arose, my husband, Jason, and I recognized a chance to build on the strong foundation laid by the previous owners. We saw it as the perfect moment to blend our backgrounds and passions." - Brittany Brooks Co Owner- FP-C, NRP, CE-I



"Engage is designed to be different. We offer a welcoming, ammo-free space where newcomers can familiarize themselves with firearms without pressure. Our mission is to provide a comfortable, educational environment where everyone can learn at their own pace." -Courtney Stein, Business Developer

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Women You Should Know

We Believe In The Difference A Clean House Can Make!

By Jesica Noftz, Owner

By Jesica Noftz, Owner of Petal Sweet Cleaning



Before starting my business, I was a working mother who had experimented with various cleaning services over the years. However, I was consistently dissatisfied with the unpredictable outcomes. Driven by my unwavering commitment to excellence, I identified a gap in the market. If such a meticulous cleaning company wasn't available, I was confident that I could fulfill that demand. When you invest in professional home cleaning, it's only reasonable to expect a service of the highest caliber.

In 2012, I founded Petal Sweet Cleaning, a female independently owned company, dedicated to providing residential and commercial clients with top-notch service. Our mission is to provide exceptional cleaning services so our customers can focus on more important things in life, whether it be spending time with family, pursuing hobbies, or even just taking a well-deserved break. By taking care of the cleaning aspect of your home, our customers gain the invaluable gift of time.

What fills me with immense pride is not just the outstanding triumphs of Petal Sweet Cleaning, but the achievements of our employees, clients, and friends. In rapid succession, we have grown to a team of over 20 employees, serving Medina county, our home county, but also we have expanded to all of Northeast Ohio and we are still growing!

However, what sets us apart goes beyond just cleaning; it's our dedication to giving back to the community. For over 10 years, Petal Sweet Cleaning has partnered with Cleaning For A Reason to provide house-cleaning services for those who are currently receiving treatment for cancer. There is nothing more important than a clean and healthy space when it comes to positively impacting the recovery process for cancer patients.



We are a **Top 10 Partner with Cleaning for a Reason** out of over 1300 cleaning businesses in the country!! We are **NUMBER 5** out of 1300!! In 2024 we were honored with a major award from Cleaning for Reason: **Triple Star Award** - A prestigious award recognizing companies for outstanding achievements in fundraising, service (number of patients served), and awareness efforts.

It's a joy and honor to provide Clean Homes for Cancer Patients. *Thank you to our clients for allowing us the opportunity to serve those cancer patients in need of some extra special treatment!*

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REVIEW BY LINDA H.

"My mom was so thrilled with the job done today she kept calling it her new house. Thank you Petal Sweet Cleaning, we look forward to you coming again!"

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Social Media Influencers

Create a Buzz and Drive Traffic?

If you own a brick-and-mortar business, read below to see how social media influencers can help drive traffic.

In today's digital age, businesses increasingly turn to social media influencers to help promote their products and services. Whether you own a boutique, winery, brewery, or restaurant, the right influencer can help drive traffic to your physical location and create a buzz that extends far beyond your local area. But what makes influencers so effective, and how can partnering with one benefit your brick-and-mortar establishment?

Here are three key ways using social media influencers can help drive traffic to your brick-and-mortar business:

1. Reach a Targeted Audience and Build Brand Awareness

Social media influencers have established trust and loyalty with their followers, who often share similar interests.

- **Amplified Reach:** Influencers have access to thousands, if not millions, of followers who might not otherwise come across your business. Their endorsement provides exposure to potential customers in both local and surrounding regions.
- **Niche Connection:** Partnering with an influencer who aligns with your brand values can be an effective way to appeal to your target demographic. For example, a fashion influencer can showcase the latest trends from your boutique, while a food or beverage blogger can introduce your wine selection to an engaged audience.
- **Authentic Storytelling:** Influencers can tell your brand's story in a personal and authentic way, making your products or services feel more relatable. Their followers are more likely to trust a recommendation from someone they follow than from traditional advertising.

By selecting the right influencers who speak to your ideal customers, your business can effectively expand its visibility, turning online interest into foot traffic at your physical location.

2. Drive In-Person Traffic with Exclusive Promotions

Many businesses use influencers to promote in-store events, special promotions, or exclusive discounts, creating a sense of urgency that motivates followers to visit in person. Influencers are excellent at creating excitement around these promotions, encouraging their audience to take action.

- **Incentivized Visits:** Influencers can announce limited-time deals, such as a percentage off purchases or special tasting events. When their followers know they'll receive an exclusive offer by visiting your location, they're more likely to come.
- **Event Marketing:** Hosting a pop-up event, influencer meet-and-greet, or special in-store experience? Having an influencer promote it on social media generates anticipation.
- **Geo-Targeting Opportunities:** Partnering with local

influencers allows you to focus on audiences in your geographic area. These influencers have followers who live nearby, making it easier to translate online engagement into actual visits.

When followers know they can get something exclusive by visiting your brick-and-mortar store, it increases the likelihood that they'll make the trip.

3. Boost Online and Offline Engagement

When influencers share their experience at your boutique, winery, brewery, or restaurant, it creates a ripple effect that builds momentum for your brand.

- **Online Reviews and Social Proof:** Influencers often share content that highlights their visit to your location, whether it's a story, post, or video. This not only provides valuable social proof but also encourages their followers to try it out for themselves.
- **User-Generated Content:** When customers visit your business, they're likely to post about their experience on their own social media platforms, using the influencer's original content as inspiration. This user-generated content spreads awareness organically and provides free promotion for your business.
- **Engagement at Every Step:** Influencer marketing bridges the gap between online and offline engagement. A well-crafted campaign can guide potential customers from an influencer's Instagram post to your website, and eventually, into your store.

Ultimately, influencer partnerships allow you to stay connected with customers even after they leave your store. They'll remember the experience shared by their favorite influencers and may become repeat visitors.

Basically, leveraging social media influencers is a smart strategy for driving traffic to your brick-and-mortar business. By expanding your reach, creating exclusive promotions, and boosting engagement both online and offline, influencers can help you build long-term relationships with new and existing customers. Thinking about using influencers to ensure your business remains top of mind and thriving? Contact us and we'll help you get the ball rolling.

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SIMPLIFYING THE COMPLICATED:

How **AUI & ClarityHR** Help Businesses Stay Compliant Without the Chaos

Provided By Chrissy Myers, CEO of AUI & Clarity HR

Running a small business often feels like juggling flaming swords on a unicycle—while balancing payroll and a surprise HR issue. One minute you're focused on growth, the next you're decoding compliance updates or trying to calm down a team conflict that started in the break room.

Here's the good news: You don't have to do it all yourself.



For 50 years, AUI has helped small businesses make sense of insurance and employee benefits. We don't do cookie-cutter plans or ghost you after open enrollment. We stick with you year-round, solving problems before they derail your day.

And because HR headaches don't clock out at 5:00, we created ClarityHR—your on-demand HR team without the full-time cost. Whether it's rewriting policies, navigating tough conversations, or staying compliant, we're here with real advice from real humans. No call centers. No bots. Just support you can count on.

Together, AUI and ClarityHR turn the chaos of HR and compliance into clarity and calm. We handle the back-end noise so you can focus on why you started your business in the first place.

Let's make HR and benefits something you don't have to stress about. *We're here when you're ready.*

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Chrissy Myers is the CEO of Clarity HR and built a team that believes HR is more than compliance, it is an extension of your company philosophy. Chrissy is also the Director and CEO of AUI, a third-generation women-owned business that has become one of the leading employee benefits agencies in Northeast Ohio.



ClarityHR



HR COACHING: We provide you easy-to-use tools and resources to keep you organized and provide insight when you need it. Think of us as an extension of your team in every way with knowledgeable people at your fingertips.



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Protect Yourself: Medicare Will NOT Call You!

Beware of Common Scams Targeting Medicare Beneficiaries

Provided By Elizabeth England

Medicare Open Enrollment is October 15th – December 7th. If you're a Medicare beneficiary, it's important to stay alert: scammers are working hard to steal your personal information, and they're getting more convincing every day.

One of the most common tactics they use is impersonating Medicare. These fraudsters may call you, send you texts, or even show up at your door pretending to be from Medicare or a related health agency. They often offer things like free medical equipment, new Medicare cards, or help with enrollment — but what they're really after is your Medicare number, Social Security number, or banking information.

Here's what you need to know:

- Medicare will NEVER call you uninvited. Unless you've requested a call or are already working with an agent, Medicare will not call you asking for your personal or financial details.
- Don't give out your Medicare number or other personal information over the phone. Only give your Medicare number to doctors, pharmacists, or trusted health providers. If someone calls and asks for it — hang up!
- Watch out for “too good to be true” offers. Be suspicious of unsolicited offers of “Free” gift or incentive for Signing Up. These are often just bait to get your information.
- Scammers use fake caller ID numbers and official-looking

documents. They may claim to be from “Medicare Services” or “Senior Benefits,” and use logos that look real. Don't trust it just because it looks official.

- False Claims about Plan Benefits. Scammers may exaggerate coverage, hide costs, or say a plan includes benefits it does not. Always request printed materials or official plan documents before agreeing to anything.

What You Can Do:

- Hang up immediately if someone calls you out of the blue and claims to be from Medicare.
- Report scams to Medicare at 1-800-MEDICARE (1-800-633-4227) or to the Senior Medicare Patrol (SMP) at www.smpresource.org.
- Protect your Medicare card like a credit card. Don't carry it unless you need it that day.
- Check your Medicare statements for services or charges you don't recognize.

The Bottom Line

Your insurance coverage is an important decision that affects your health, finances, and peace of mind. Don't let anyone rush you, confuse you, or pressure you. By staying alert, asking questions and verifying information, you can protect yourself from scams and make informed choices.

Turning 65? Retiring?
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Provided By Dog Guard

As the crisp autumn air settles in and leaves turn golden, it's the perfect season for pets to enjoy the outdoors. But ensuring they roam safely can be a challenge for busy pet owners. That's where **Dog Guard Ohio** steps in.

Heather Cottingham, owner of Dog Guard Ohio, understands how essential regular exercise is for pets' health and happiness. But she also knows life can get hectic. Her team offers a simple solution that gives pets the freedom to explore while giving owners peace of mind.

Dog Guard Ohio specializes in **underground dog fences**, a smart and reliable way to keep pets safe. Unlike traditional fencing, which can be costly, hard to maintain, or impractical for certain landscapes, underground fences are discreet, effective, and customizable. They allow pets to play, explore, and enjoy the fresh fall air without the risk of wandering off.

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"Heather and Sarah were so helpful! We love having our new fence; it gives you peace of mind. Heather explained everything very thoroughly, and Sarah was great at the installation. Very nice to work with and our new Frenchies did great with the training. The entire process was extremely easy and I highly recommend Dog Guard." ~ Rhonda S.

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Are You Ready For Change?

By Cathy Posner, Transitional Consulting & Coaching

There is a quote attributed to Heraclitus, the ancient Greek philosopher, that states, “*change is the only constant.*” This can be especially true of your career. Maybe your employment situation is changing by choice; maybe by necessity. Either way, are you ready? There are some essential steps you can take to be ready for a transition, including:

Having your resume and LinkedIn up to date – Resume formats and styles have changed over the years. I recommend updating your resume on a yearly basis. Likewise, regular updating of your LinkedIn profile can drive traffic to it. The more active you are on LinkedIn, the more visible you are to search engines.

Be ready to talk about your transition – Be prepared to articulate to helpers what you want, what you are looking for in your next position. The more specific you are, the more helpful others can be.

Hone or add a skill, especially your leadership skills – There’s always something new to learn! Leadership skills like adaptability and good communication are more important than ever. There are a variety of resources available online, in-person, and through articles to add to your knowledge base.

How can coaching help you?

I am here to help! Whether wanting assistance updating your materials, developing new skills through a leadership program, or creating a career “map” to help you work towards the position or professional life you really want, I offer a variety of services. I work side-by-side with you as cheerleader and support system.

LET ME HELP YOU SEE THE POSSIBILITIES!

In 2000, I worked with a life coach in a program available through my position at Cuyahoga Community College. It helped me create a plan that would lead to working for myself, as a consultant to others. I loved straight business consulting—the variety, the scope of projects, the range of clients—but I still held onto the feeling that professional coaching was what I was meant to be doing. I just wasn’t sure how that dream would be fulfilled. In 2007, a professional life coach approached me about collaborating. This invitation helped me to realize my goal—to work with individuals, in addition to business clients. With my 2-year-old daughter in tow, I launched my coaching business in August of 2007. Transition Consulting and Coaching was born!

Now, 18 years later, as a coach, speaker, trainer and author, I now offer an array of services, including:

- Individual career coaching, assisting with the range of needs, from resumes and LinkedIn navigation support to negotiation coaching and everything in between
- Leadership coaching, helping you to understand what kind of leader you’d like to be and how to develop the skills to back up that style
- Small business development, from concept to launch
- Fractional Human Resources support
- Nonprofit consulting services, especially regarding board processes and strategic planning
- Workshops geared toward women and career
- Workshops and services for organizations looking to grow or improve their processes

I especially love helping others connect and communicate their unique professional gifts. Through my career and personal coaching experiences, I have learned what can be achieved by allowing yourself to be open to the possibilities and exciting paths your life may take.

As a cheerleader and support system to you on your individual or organization’s journey, I can help you focus on your current situation and plans for the future. Centered on process improvement, we work together to make the best choices for your success.

Cathy’s book, *Crafting a Resume That Lands You the Job* is available on Amazon or by contacting Cathy.



“Game-changing and life-changing, that is how I would describe my experience both personally and professionally with Cathy.” - Client



TRANSITION
Consulting & Coaching

CONTACT INFO:

Call or text Cathy: 216-337-2106

Email: cathy@transitionconsultingandcoaching.com

Website: www.transitionconsultingandcoaching.com

LinkedIn: www.linkedin.com/in/cathyposner



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energy and greatness happening in Medina County and throughout Ohio.

This small business journey has shown me how deeply passionate I am about helping others share their stories and connect with the audiences who need to hear them.

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Local Women Helping Local Women Succeed



Since 1997, Women in Networking (WIN) Cleveland has been dedicated to one mission: helping local women connect, learn, and thrive. Founded by Barbara Baxter, who “wanted a group where women could be heard, understood, and appreciated—a forum where we could grow as individuals and as a group,” WIN continues that legacy today by providing opportunities for professional growth, personal connections, and community support.

Through monthly networking events, the WIN Cleveland Business Major Scholarship, and partnerships with local women-focused charities, WIN empowers women across Northeast Ohio.

This year, under the leadership of President Michelle Ryb, WIN is proud to partner with its 2025 In-Kind Charity recipient, **Connecting for Kids**, a nonprofit that provides resources, support, and community to families who have concerns about their child. Their programs support families navigating mental health concerns, developmental delays and disabilities, and major life changes.

WIN also invests in the next generation of women leaders through the **WIN Cleveland Business Major Scholarship** awarded to female students at Ursuline College who are juniors, seniors, or in graduate-level business programs. In 2024, thanks to the generosity of WIN members and sponsors, \$6,000 in scholarships were awarded.

The highlight of the year is WIN's **Annual Fundraising Luncheon**, which brings the community together in celebration and support. This year's luncheon will be held on **Friday, December 12, at 11:00 a.m. at Bellavie by Marigold Catering, 700 Beta Drive**. Guests will enjoy an inspiring keynote speaker, raffle baskets, and plenty of time to connect with fellow professionals. Proceeds from the luncheon help fund WIN's scholarships and community partnerships.

For tickets, advertising, and sponsorship opportunities, please visit: www.wincleveland.org



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Jenny Young, 2022 ATHENA Young Professional Recipient.



Chrissy Myers is the CEO of AUI and Clarity HR, the author of Reluctantly Resilient and the creator of the Resilient Operating System™ (ROS). A passionate storyteller, Chrissy also co-hosts two podcasts—Better Business for Small Business Leaders and The Business Fix. She is the driving force behind AUI Gives Back and Clarity Cares, community impact programs that encourage employees to serve and share their contributions locally. Beyond business, she currently serves as Chair of the Summit County Alcohol, Drug and Mental Health Services Board and sits on several nonprofit boards across Northeast Ohio.

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President & CEO, Benjamin Rose

*(Co-Presenter)
Challenges of Caregiving & Work*



SARAH RINTAMAKI

Founder & Executive Director,
Connecting for Kids

*(Co-Presenter)
Challenges of Caregiving & Work*



STEPHANIE SHAW

Host, Hello, Hot Flash Podcast

*Built for This: Powering Through the
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Meet the Time Thieves Running Your Business

By Lisa Crilley Mallis, *Impactive Strategies*



Business owners love to say, “I’ll tackle that when things slow down.” But let’s be real - do you actually want things to slow down? You hired a team so you could work less. Yet here you are - still working nights, answering Saturday emails, and fixing work that isn’t yours. The truth: it’s not you. A couple of **time thieves** have snuck in when you weren’t looking.

The Usual Suspects

Business owners typically face 11 different time thieves. And when one or two take over, you lose the luxury of enjoying both your business and your life. Here are a few of the most common culprits:

- **Delegating gone wrong** – You hand things off, but they boomerang right back.
- **Distractions** – “Got a minute?” questions that derail a whole afternoon.
- **Boundaries** – Saying yes when you wanted to say no.
- **Fires** – Reacting all day instead of making progress on what actually matters.
- **Procrastination** – Pushing off the tough stuff that actually grows revenue.

Why It Matters

Every hour lost to a time thief is an hour you don’t get back with your family - or to think strategically about growth. Keep letting them run the show, and your business plateaus while you keep working nights and weekends. **Spotting them isn’t always easy - but it’s the only way to eliminate them.**

Your Next Step

Want to know which thieves are running your day? Take the quick, 11-question **Time Thief Audit**. It shows exactly where your time is leaking - so you can plug the holes, reclaim 10+ hours a week, and grow your business without sacrificing your nights and weekends. Start here: <https://bit.ly/time-thief>



Ready to stop pretending 4.5 hours of sleep is “enough”?

Contact Lisa Crilley Mallis for a complimentary Profitable Productivity Time Audit at Lisa@ImpactiveStrategies.com

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Fighting Cancer Together: How K.I.C.K. & OROC Empower Families Through Knowledge

By Bridget Cook

What would you do if you could have an accurate picture of your cancer risk?

As genetic testing has evolved, this question has become a reality for more and more individuals. For sisters Colleen Greller and Katie Hernandez (both originally last-named Kickel), the decision to undergo genetic testing altered the course of their lives. Now, they're united in their effort to make the testing process more affordable and accessible to all.

Colleen and Katie knew early on that their risk for cancer might be elevated after losing an aunt to ovarian cancer in 2000. When a routine mammogram in 2017 led to the discovery of 3 irregular areas, those fears became confirmed. Katie's physician, Dr. Michael Schultz, recommended further genetic testing, advocating for her to be screened for a BRCA1 genetic mutation. Sure enough, this came back positive - but with that knowledge, Katie was empowered to act. She received a radical bilateral mastectomy (with immediate reconstruction) with bilateral salpingo-oophorectomy (BSO).

For the Kickel sisters, Katie's discovery and rapid, successful treatment plan was an enormous relief. But in 2020 as the world began to close in on itself due to COVID-19, Colleen learned after a preventative hysterectomy that she had stage 1 ovarian cancer. When performing the procedure at University Hospitals, Dr. Kristine Zanotti was able to tailor Colleen's examination specifically because of her awareness of the family's history of the BRCA mutation. Today, both Katie and Colleen are cancer-free.

Many patients affected by ovarian cancer are not fortunate enough to receive such early detection - screening options are particularly low. However, when the level of risk is known through genetic testing, patient outcomes like the Kickel sisters' are far more likely. Colleen and Katie were inspired to start a foundation to cover the costs of genetic testing for those experiencing financial barriers. "I was talking with my sister on the phone - I talk with her every day," Colleen said. "And said we have to do something with this genetic testing that saved our lives. And in that twenty-minute phone call, the idea of K.I.C.K. was born."

Knowledge Is Cancer's Kryptonite (K.I.C.K.) was founded in 2023, and has since made genetic testing possible for over 300 patients in 48 states. By linking with genetic counselors, K.I.C.K. is able to provide financial relief for tests that allow patients to make informed decisions after understanding their cancer risk.

Colleen shared her perspective on moving through the fear of knowing one's risk levels. "The biggest lesson I've learned is - my sister and I are standing here and can hopefully grow old with our husbands and kids because of this. Our aunt didn't



KICK Sisters, Colleen & Katie

get that chance. Finding out is something people can have a lot of fear around, and I get that, but knowledge is life-changing."

Through their advocacy, K.I.C.K. has also partnered with OutRun Ovarian Cancer (OROC), a Northeast Ohio-based nonprofit dedicated to raising funding and awareness for ovarian cancer. To date, OROC has raised more than \$2,000,000 since its inception in 2003. Each year, OROC hosts events and fundraising initiatives that uplift survivors and honor the memories of those who have passed on, most notably at an annual 5K Run/Walk event in downtown Cleveland. OROC held its 22nd annual 5K Run/Walk on August 2nd, 2025, drawing more than 1,400 participants.

K.I.C.K. and OROC's missions align naturally, and through their partnership, both organizations encourage those with hereditary cancer risk to pursue testing and become empowered by information. Colleen and Katie are annual race attendees, there to provide outreach and encouragement to survivors and family members in attendance. At one year's OROC 5K, Colleen recalls being surprised by a patient who had flown in to thank her for the assistance she received from K.I.C.K. "It was a very tearful moment for all of us," she said.

For more information on K.I.C.K., visit

<https://kickbrca.org/>

or reach out directly at kickbrca@gmail.com.

September - Ovarian Cancer Awareness Month



OutRun Ovarian Cancer

Please visit: www.oroc.org for more information

Ask SCORE Series:

How Can I Use AI in my Business?

By James Breiner, Certified Small Business Mentor & Cleveland Chapter Marketing Committee Chair

Lately, it seems AI is either here to save us, replace us, or ruin everything. I've been thinking about how to help you sort the signal from the noise. First of all, it's not evil and it's not going to destroy your business. You can make better judgments about AI once you start using it. AI is already helping me with coaching, marketing, and troubleshooting.

Be a better mentor or coach

I volunteer as a mentor to small business people with SCORE.org. During a typical coaching session (my specialty is digital marketing and social media); I often suggest that my clients do market research. Then I share the screen and let my client ask questions (in the AI world, they're called prompts, not questions) of ChatGPT, such as:

People aren't responding to my Facebook posts. What should I do? What price should I charge for my product or service, based on competitors in my immediate vicinity? Can you craft a business plan for me so I can get a loan? How many competitors for my service are there in the following zip codes? (Competition is usually fierce for landscapers, home repair and remodeling, beauty salons, food trucks, restaurants, book-keeping, and child care, among many others.) The beauty of ChatGPT is that the client, with my help, can make follow-up prompts and get deeper and better research. The more specific your prompts, the better will be the answers you get. Don't be afraid to use a prompt that's 250 words long. Just be specific.

Caution - Obviously, the client has to be cautioned that these answers need to be checked. The tool will sometimes produce outdated information or even invent some in order to satisfy the query. For deeper recommendations, I suggest technology and management guru Ethan Mollick's Using AI right now: A quick guide. <https://www.oneusefulthing.org/p/using-ai-right-now-a-quick-guide>

Marketing - Like any nonprofit, we need to recruit people and donors and we need to do it without a big marketing budget.

So at the suggestion of a colleague, I used my iPhone at one of our social events to record a series of interviews of SCORE volunteers about why they volunteer and what they get out of it. I then edited the interviews. You can do this with iMovie, which has gotten much easier to use, or any other free tool you like. I produced 10 videos of around 30 seconds each. There was some background noise, but I think my colleagues come off as sincere and credible, perhaps because of the casual, im-



proved nature of the videos. I posted them to my YouTube channel. They've gotten over 500 views.

Troubleshoot technical problems

Whenever I'm having trouble getting a device or an app to do what I want it to do, I no longer use the HELP or SUPPORT buttons that come with that service. I get far better solutions from ChatGPT, Gemini, Claude, or Perplexity. 1. I could not get my Apple messaging app to send messages to my contacts using Android phones. ChatGPT walked me through about a dozen different troubleshooting scenarios (the tone of the chatbot's responses gradually started to sound as frustrated as I was!). Finally, it boiled down to one setting buried deep, deep, deep within the bowels of the iPhone. I never would have figured this out in a million years, and the supposed help sections for the hardware and software were useless. 2. Another time, my thumb strayed and hit the wrong key on the TV remote, and an annoying robot voice started announcing the names of shows in the screen directory. I consulted the TV's paper manual, its online help site, replaced the remote's batteries, restarted the TV several times — nada. Turns out the robot voice is driven by a well hidden setting designed for the blind and visually impaired (a wonderful, thoughtful feature!). I never thought to look at that setting. But that solved it.

Have questions? Reach out to SCORE for free, expert mentoring and resources to guide you through your small business journey. Visit score.org to learn more.

James Breiner, james.breiner@scorevolunteer.com or 440-532-0900
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WWW.SCORE.ORG/CLEVELAND

NCJW/CLE Brings Designer Dress Days to Legacy Village

3-DAY EVENT FEATURES DESIGNER CLOTHING, HANDBAGS, JEWELRY AND MORE!

Provided By National Council of Jewish Women/Cleveland

Fashion lovers across Northeast Ohio know the secret to scoring luxury at a fraction of the price: Designer Dress Days (DDD). Returning for its 56th year, National Council of Jewish Women/Cleveland's (NCJW/CLE) signature fundraiser will once again bring high-end fashion, fabulous finds and philanthropy together in one weekend. Mark your calendars for Friday, October 31 through Sunday, November 2, 2025. Shoppers will discover racks of new and gently-worn women's designer clothing, along with stylish handbags, jewelry, furs and accessories. Coveted brands such as Prada, Rag & Bone, Burberry and more will be available at prices that make indulging guilt-free.

The excitement begins with Preview Day, open to the public, on Friday, October 31, from 10 a.m. to 5 p.m. for a \$20 admission fee, shoppers gain first access to the most sought-after pieces. The event continues with free admission on Saturday, November 1, and Sunday, November 2 (10 a.m. to 5 p.m. both days). More than 250 dedicated NCJW/CLE

volunteers ensure that DDD is more than just a shopping spree—it's a high-energy community tradition. "DDD is not just about fashion, it's about community, purpose and giving back in style," said Barbara Goldberg, NCJW/CLE Vice President of Retail Operations. "Every handbag, coat or necklace purchased directly supports critical work in literacy, women's rights, and more. It's shopping with heart."

Proceeds from DDD fuel NCJW/CLE's impactful programming throughout Greater Cleveland. These include literacy initiatives for children, comfort kits for survivors of sexual assault and advocacy efforts on behalf of women's rights, voter rights, and survivors of human trafficking.

Shoppers who attend DDD walk away with more than a great bargain; they also leave with the satisfaction of knowing their purchases are making a real difference. Don't miss Cleveland's premier resale fashion event!

**For more details and updates, visit
www.ncjwcleveland.org or follow
 @DDDCleve on Facebook and Instagram**

About NCJW/CLE: The National Council of Jewish Women/Cleveland is a volunteer organization inspired by Jewish values that works through education, advocacy, and community service to improve the quality of life for women, children, and families, while safeguarding individual rights and freedoms.

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@DDDCleve
 216.378.2204

Meet Hazel: A Survivor, Advocate, and Breathe of the LUNG FORCE Walk

Provided By American Lung Association

In 2022, Hazel noticed a cough that just wouldn't go away. Concerned, she saw her doctor, who ordered a CT scan—just to be safe. The results revealed something she never expected: lung cancer.

Hazel cried. Then, she took a deep breath and asked herself the question that would change everything: **“What should I do next?”**

A non-smoker with no known risk factors, Hazel was stunned. But she didn't stay still for long. She got to work understanding her diagnosis and exploring her treatment options. Thankfully, the cancer was caught early—and it was treatable. Her next step was getting involved. Hazel found her way to the **American Lung Association's LUNG FORCE Walk**, where she volunteered and found something she didn't know she was missing: a compassionate, supportive community of people who understood what she had been through.

“One woman had a story similar to mine,” Hazel shared. “She was also a non-smoker and had the same surgery. We had a chance to meet, and it was so nice to relate and talk.” That connection fueled Hazel's commitment even further. She joined a team of advocates in Washington, D.C. to share her story with lawmakers and push for increased funding, awareness, and access to early detection. As she told her fellow advocates, *“We got this.”*

Why the LUNG FORCE Walk Matters

Lung cancer remains the leading cause of cancer deaths in the United States—yet it's often overlooked. The **American Lung Association's LUNG FORCE Walk** is about changing that. It's about taking action, building community, and raising awareness and funds for research, early detection, and support for those impacted by lung disease. This isn't just a walk—it's a movement. And Hazel's story is one of many that highlight why showing up matters.

A Free, Family-Friendly Event for Everyone

This year's **LUNG FORCE Walk**, presented by **Cleveland Clinic**, takes place on Sunday, September 28, 2025, at the **Cleveland Metroparks Zoo**. It's **free to attend** and includes **free admission to the zoo for the day**—making it a perfect



event for individuals, families, teams, and workplaces to enjoy together. Whether you're walking in honor of someone, as a survivor yourself, or simply to support the cause, this is a welcoming, community-wide event where everyone belongs.

Walk With Us

Hazel's story began with a symptom she didn't ignore—and while her cough turned out to be unrelated to her cancer, it may have saved her life. Her journey is a powerful reminder that taking one small step can lead to something much bigger. Now, we're asking you: **What will you do next?**

Walk for Hazel. Walk for someone you love. Walk for a future where no one faces lung cancer alone. Learn more and register at LUNGFORCE.org/Cleveland



One Mighty Force
united against lung cancer

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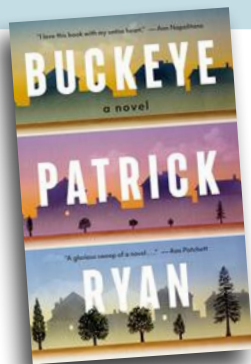
Register Now!
Cleveland, OH | Sept. 28, 2025
Cleveland Metroparks Zoo | 9 a.m.



LUNGFORCE.org/cleveland

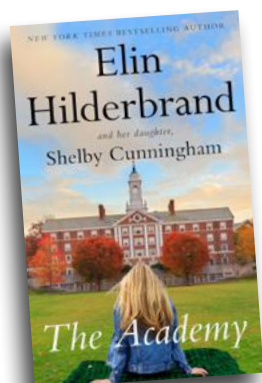


From Sagas to Thrillers: Our Fall Book Picks

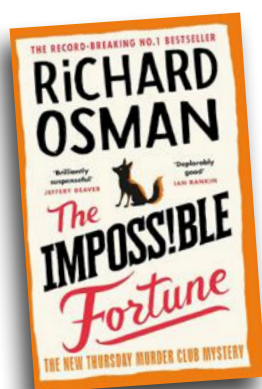


Provided By Mary Olson, Readers' Advisory Librarian

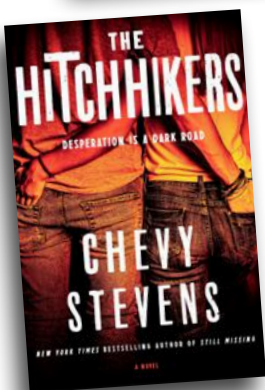
Buckeye by Patrick Ryan. A thoughtful, character-driven family saga set in a small Ohio town during WWII and the decades after. Intertwining the lives of the Jenkins and Salt families with American history from the 1930s through the 1960s, this is a compelling literary fiction novel for readers who enjoy leisurely story arcs and well-developed characters.



The Academy by Elin Hilderbrand and Shelby Cunningham. Hilderbrand sets off in a new direction, writing with her daughter Shelby this page-turner set at a prestigious New England boarding school. Tiffin Academy has enjoyed middling rankings, a social, but less than scholarly student body, and a beautiful campus with all the luxuries students and parents expect. But when Tiffin's rankings suddenly jump to the top, and students, staff, and administrators all become victims of a new, viral App, the drama level reaches a new high.



The Impossible Fortune by Richard Osman. The fifth installment in the beloved Thursday Murder Club series finds Elizabeth, Joyce, Ron, and Ibrahim at the center of another murder mystery, this time set against the backdrop of joyous and difficult life events. Fans of the series will not be disappointed!



The Hitchhikers by Chevy Stevens. Set in the 1970s, this thriller features a married couple on the road trip of their dreams, trying to recover from tragedy. Alice and Tom think they're doing a good deed when they offer a ride to a pair of young people obviously in tough circumstances. But soon, Alice and Tom realize they have invited a terrible danger into their lives, and now they are trapped. The Hitchhikers is a page-turner you won't be able to put down.

This season's book picks span sweeping family sagas, dark thrillers, and gripping mysteries. From Patrick Ryan's richly layered *Buckeye* to Richard Osman's latest Thursday Murder Club adventure, these stories transport readers from small-town Ohio to elite New England campuses and dangerous open roads. Whether you crave literary depth, fast-paced suspense, or page-turning drama, there's something here for every reader.



Book Reviews Provided By Medina County District Library
www.mcdl.info

Medina County District Library



Fall Author Events

Mary Nhin

Wed., Oct. 1, 6:30 pm, Medina Library

Mary Nhin, author of the global bestselling Ninja Life Hacks series, inspires parents and educators through storytelling, resilience-building strategies, and emotional intelligence tools. This event offers actionable takeaways for educators and parents with pre-K through 6th graders. *Educators: Event can be used for continuing education credits.*



Photo credit: Ninja Life Hacks / Mary Nhin

BRIANNA LABUSKES

Wed., Oct. 29, 6:30 pm, Zoom

The Boxcar Librarian, a thrilling Depression-era novel inspired by true events about a woman's quest to uncover a mystery surrounding a local librarian and the Boxcar Library—a converted mining train that brought books to isolated rural towns in Montana.



Register at mcdl.info/Readers
Presented by MCDL and the Friends of MCDL

Bookmobile Brings the Library to You

The Bookmobile is filled with more than 4,000 items for all ages including regular and large print books, magazines, audiobooks, music, movies, and more. It visits neighborhoods, outlying areas, and senior living communities. Download the schedule, view a map of the stops, or request it for a special event at mcdl.info/Bookmobile.



Reserve a Meeting Room

Meeting rooms can accommodate a variety of activities, from large events to small meetings

Non-Profit Organizations may reserve a meeting room 12 times per year free of charge. *Some exceptions apply; see website for details.*

Individuals & For-Profit Groups

Meeting Rooms	Rate
Medina County residents	\$20/hr
Non-residents	\$25/hr

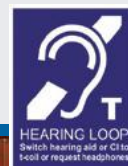
Large Meeting Rooms at Medina & Brunswick	Rate
Medina County residents	\$40/hr
Non-residents	\$50/hr

2 hour minimum for all meeting rooms.

Reserve a room online at mcdl.info/MeetingRoom

See website for policy, availability, and payment information.

Select Medina Library rooms are Hearing Loop enabled.



THE WOMEN'S BUSINESS CENTER OF NORTHERN OHIO
presents

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A CELEBRATION OF WOMEN ENTREPRENEURS

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TARI S. RIVERA

OCTOBER 23 | 5:30 - 8:30 PM
ARIEL INTERNATIONAL CENTER

Join us for a remarkable evening celebrating the achievements of women entrepreneurs. This annual fundraising event honors their exceptional contributions to the business world and inspires future female leaders.

Your ticket offers a full night of celebration — from hors d'oeuvres, desserts, and an open bar featuring women-owned vendors, to inspiring keynote addresses, meaningful networking, and a curated Member Showcase highlighting innovative women-owned businesses.

Secure your spot for this inspiring night:

wbcoho.org/icow





Provided By The Music and Drama Club

The Music and Drama Club of Cleveland



The Music and Drama Club is a Cleveland area 501(c)(3) that promotes interest in and appreciation of the arts of music and drama and provides scholarships and aid in these fields to Cleveland area organizations and schools.

In 1904, three ladies-who-lunch discussed the possibility of forming a "study club." Within a few months, Mrs. Minette Stahl (a soprano) and Mrs. Margaret Taylor Spitz (a Reader, as dramatists were called in those days) met with five like-minded friends to form The Music and Drama Study Club. The Club's original seven began meeting in members' homes on a bi-weekly basis presenting programs focusing on the lives of the early composers. By 1911, the membership had grown to 40, divided equally between active members, whose duty it was to entertain the Club, and associate members, who served as hostesses at the formal afternoon teas that followed each performance.



In 1917, when the United States declared war on Germany, Stahl and Spitz reorganized its meetings into benefits for the Red Cross. During The Great Depression, Club President, Mrs. W.R. Jeavons, opened her home for meetings so the Club could stay afloat. When our country entered WWII, Club President, Mrs. Dieter, turned the Club's efforts to fundraising for the Red Cross.

Although the Club had always been involved in charitable giving, the first official Music and Drama Scholarship wasn't awarded until 1936. That original \$50 donation to The Cleveland Music School Settlement grew and evolved into the present scholarship program. Beginning in 1941,



members amassed the majority of scholarship monies by collecting and redeeming Ohio Sales Tax Stamps. In 1960, the Club recognized a need to create a capital fund that would eventually produce interest income sufficient to support the scholarship program. The annual

Holiday Scholarship luncheon is now the highlight of every Music and Drama season and one of the major sources of scholarship monies. In 2024, celebrating its 120th year The Club's legacy continues of promoting artistic appreciation and nurturing young talent looks forward to the next 120 years of enriching Cleveland's cultural landscape. In 2024, the Club was inducted into the 100 Year Club of the Western Reserve honoring organizations in continuous existence for at least 100 years.

Today, its annual events include teas, luncheons, and the Holiday Scholarship Luncheon. Scholarships remain an integral part of the Club's mission. These events include networking with members and performers and professional performances.

Questions & Membership Information: musicand-dramacleveland@gmail.com

Visit Our website:
www.musicdramacleveland.org

The Music and Drama Club

Welcome to our website!
musicdramacleveland.org



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www.rjecempower.org

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Healing Hearts benefits
The Children's Center of Medina County.
Learn more at MedinaCountyChildrensCenter.org

As of 9/12/2025

- Women's Resource Guide -

Networking-Sharing-Educating-Referring-Empowering

Dress for Success Cleveland

www.dressforsuccess.org/cleveland - 216.881.6048

Our Mission: Empower women to achieve economic independence by providing a network of support, professional attire and development tools to help women thrive in work and in life. Our Vision: A world where women do not live in poverty, are treated with dignity and respect, are strengthening their families, and shaping their communities.

FEM City Akron

www.femcity.com/akron

Contact Jessica Wagner at akron@femcity.com
We're not your average women's networking group. Members-only organization infused with gratitude, positivity, purpose & soul. Curated and created by women for women, FEM CITY® is a community dedicated to arming you with everything you need to grow and live a happy life. We create local business workshops and innovative social events every month personalized for you and the FEMS in our community. Join us at our next event and let's all gather and grow business together in positivity.

League of Women Voters

www.lwvgreatercleveland.org
President@LWVGreaterCleveland.org

A nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

McGregor PACE

mcgregorpace.org 888.895.PACE (7223)
McGregor PACE [Program of All-Inclusive Care for the Elderly] Using a community-based approach, PACE enables older adults to remain among familiar surroundings while receiving the help they need. With access to three Health Centers, PACE provides services that address the medical, rehabilitative, social, and personal care needs of individuals who are able to live safely in the community. Now serving Cuyahoga and Lorain Counties.

Hospice of Greater Cleveland

www.hospicegreatercleveland.org / 216.268.8493

A new collaboration between Judson and McGregor Senior Living Communities for which both organizations aspirations have always been to provide continuity of care and quality service through our dedicated teams. We are pleased to announce that the two organizations have embarked on a new joint venture which will expand the range of compassionate services and bring an expanded, dedicated team of professionals to our residents and their families. This partnership, built on the strength of both organizations, is designed to provide the utmost comfort, dignity, and support to our hospice residents during their end-of-life journey, ensuring a seamless and enhanced experience for all.

National Association of Women Business Owners

www.nawboneo.org - 440.725.0675
Diane Helbig, President

NAWBO propels women entrepreneurs into economic, social & political spheres of power worldwide by: Strengthening our members' wealth- creating capacity & promoting economic development; **Creating** changes in the business culture **Building** alliances, coalitions & affiliations; **Transforming** public policy.

As a NAWBO member, you'll access: **Capital:** Education & resources to choose the best financing options for your business; **Confidence:** Leadership training and tools to grow personally and professionally; **Community:** A community of women who support women & provide the catalyst for change across the country & the world; **Capitol:** An advocate for you & your business with elected officials from the nation's capital to your state capital.

National Council of Jewish Women/ Cleveland

www.ncjwcleveland.org 216.378.2204
26055 Emery Rd., Warrensville Hts., OH 44128
The mission of National Council of Jewish Women/ Cleveland (NCJW/CLE) is to help improve the lives of women, children, and families in Northeast Ohio. Inspired by Jewish ideals, we offer our members volunteer and advocacy opportunities in everything

from literacy to foster care support. We also host a variety of inspiring programs and educational webinars with national speakers and thought leaders. To support these programs, NCJW/CLE runs Thriftique Showroom, an upscale resale shop in Bedford Heights, and Designer Dress Days, an annual sale, offering gently-worn designer clothes at a fraction of retail prices. To learn more, contact Mindi Axner at maxner@ncjwcleveland.org.

Womankind Maternal and Prenatal Care Center

216.662.5700 - www.womankindcleveland.com
Since 1975, Womankind has been providing free prenatal care and a full range of support services to pregnant women in need in Northeast Ohio.

Women In Networking

www.wincleveland.org 216.243.1003
Emily Smayda Kelly, Esq.
Women In Networking is an organization that supports female professionals by providing continual opportunities for business development and professional growth.
wincleveland@gmail.com

Women of Color Foundation

www.womenofcolorfoundation.com
216.391.4300, Ext 307 or 866.962.3411, Ext 307
Alexandria Johnson Boone, Founder/ Chairwoman
The Women of Color Foundation is a 501(c)(3) non-profit organization whose mission is to facilitate the collaboration, networking, mentoring, leadership development and training of women and girls of all colors. Based in Cleveland, the Foundation hosts several events each year.

If you would like your organization included in The Women's Journal Resource Guide, please contact us at info@womens-journal.com

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MedinaCountyParade.com