



Newsletter

Chesapeake Professional Women's Network, Inc.
Building Relationships. Growing Businesses.

January 2009

WELCOME ..

to the all new
E-Newsletter!
We welcome your
input and ask that
you send any
feedback to the
editor at
renee@hrsolutionsllc.com

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This Month -

Health & Wellness

CPWN Member News

Publisher
The Chesapeake
Professional Women's
Network

Assistant Publisher
Renee McNally

Editor
The CPWN Newsletter
Committee

CPWN
PO Box 654
Bel Air, MD 21014
410-297-9722

SPEAKER: DAVID LIBDAN

SECRETS REVEALED to Living a Balanced Life!

In this presentation you will discover:

- How to achieve work and life balance
- How to prioritize and overcome procrastination
- How to develop 'WHYSMART' goals and actually achieve them
- Immediate implementation methods to begin achieving results TODAY
- and much more!

WARNING! WARNING! WARNING!

Please **do not attend this presentation IF:**

- You already have your life and act totally together (give up your seat for someone who doesn't)
- You are not serious about achieving work and life balance
- Someone has begged, bribed, or bullied you into coming (in other words – you're here for someone else's benefit!)



David Libdan is a corporate and personal coach and sought-after speaker on the topics of change, system thinking, effective communication, implementation, and life balance. His thinking style assists organizations and individuals to recognize and break through their existing paradigms in order to solve reoccurring challenges and generate non-traditional approaches to working through difficult and undesirable circumstances. His execution of results-oriented, innovative approaches enables clients to tap into their hidden potential and achieve outcomes once thought to be out of reach.

TRANSFORM TO LOSE WEIGHT

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lschenning@peoplesbanknet.com

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As the ball drops on 2009, we are only a year short of when the Centers for Disease Control and Prevention have predicted weight and weight related disorders to become the leading cause of death and disability in the United States. 2010 is also the year the Texas Governor's Taskforce on Medicaid has predicted the State's funds to run out due to weight-related expenditures. Up to now, cancer, lung and heart disease associated with smoking has been the leading cause of preventable and premature death; that has changed now that as much as 40% of our population is considered overweight (having a BMI greater than 25; to find out your BMI, search for BMI calculator on the internet and enter your information). Losing weight is not only critical for good looks, but good health.

On paper, weight loss is as easy as 2nd grade math. Use more calories than you eat, and you'll lose weight. In reality, it doesn't always work that way. First of all, the 2000 calorie a day diet is a myth. The average woman is about 5'5", the ideal weight, depending on frame is between 112 and 137. At 125 lbs, the daily calorie requirement to sustain that weight with normal daily activities is about 1600-1700; the typical value meal at McD's and others is around 1000 calories. Most Americans are consuming between 2500 and 3000 calories a day. Calories are hiding every-

where, in your Starbuck's, in salad dressing and even in chewing gum; it's hard to keep them low. Second, our bodies are actually designed not to lose but gain weight.

To successfully loose weight, and keep it off, you need to make a complete transformation. First, you need to train your body how to burn stored fat. Second, you need a long-term strategy to be conscious about your eating habits, and third, exercise. One does not need a \$100 dollar a month membership to a gym with \$75 personal training sessions or even a \$1000 treadmill. A pair of shoes and the street in front of your house is more than good enough. Walk, jog or run. If you're knees or hips can't take it, recumbent bikes in front of the tv work quite well (as long as they are being ridden, not used for hang-drying laundry). Finally, support. Recruit a friend, husband, sister, dog or someone to do it with you. Research has shown that whenever you are trying to break or create a habit, those who had support were much more successful.

Article is courtesy of Susquehanna Spine & Rehab for more information please visit www.susquespine.com or call 443-512-0025.



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EVENT CHECK IN

For record keeping purposes, please remember to check in at all events, even if you have pre-paid.

Women's Sleep: Wired and Overtired

Women are exhausted. 67% of American women have trouble sleeping. Sleep disorders, common in almost 40 million Americans, are more common in women. According to the National Sleep Foundation 63% women, versus 54% men, struggle with sleep and feel sleepy throughout the day. Shifting hormone levels make it difficult for women to get the average of eight hours of sleep they need, but their lifestyles are the bigger culprits.

SLEEP BETTER. FEEL BETTER. LOOK BETTER

Sleep is essential to life. When we sleep, we manufacture essential hormones, repair cell damage, reduce stress, restore and rebalance our bodies and minds. Too little sleep can cost women their health, sex life, and relationships. Tired workers do a poor job. Extreme sleep debt can lead to anxiety, depression, cognitive deficiencies—and can leave you looking older than your years and packing on the pounds.

“During sleep, your skin repairs itself, grows new cells and fortifies its defenses against moisture loss and free radical damage,” writes Michael Breus, Ph.D., in his book *Beauty Sleep*. “Lack of sleep also causes stress, which increases cortisol, resulting in your body storing fat, burning muscle and increasing your appetite.”

Most women have overscheduled lives that make it hard to fall asleep and stay asleep. Single women log less than six hours a night. 79% percent of the pregnant women who responded to the 2007 National Sleep Foundation *Sleep in America* poll said their sleep was more disrupted when they were pregnant than any other time in their lives. Three-quarters of stay-at-home moms are plagued with some form of insomnia. Sleep is a luxury for working moms, particularly if they do shift work. Menopausal women struggle with their loss of estrogen, which decreases serotonin levels.

WHAT KEEPS WOMEN UP AT NIGHT?

Women work long hours, care for the kids and house, consume too much caffeine, eat the wrong foods, do too little exercise, and are desperate for some time for themselves. Women also don't make sleep a priority. Around the time we should be winding down for bed, women are still going at full speed. “In the hour prior to going to bed,” says the National Science Foundation's 2007 poll, “87% of women watch television, 60% complete the remainder of their household chores, 37% do activities with children, 36% do activities with other family members, 36% are on the Internet and 21% do work related to their job at least a few nights a week.”

LITTLE LIFESTYLE CHANGES CAN MAKE A BIG IMPROVEMENT IN YOUR SLEEP

Avoid Foods And Drinks High In Sugar And Caffeine: Skip that after-dinner coffee. You might want to switch to decaf and sugar free drinks after your coffee jolt in the AM.

- Limit Alcohol: A nightcap may make you fall asleep, but alcohol spikes your blood- sugar and is dehydrating. So drinking too soon before bed means that you are likely to wake up in the middle of the night and be unable to fall back to sleep.
- Stop Smoking: Peter Hauri, Ph.D, former Director of the Mayo Clinic Insomnia Program, says this is a must. On top of all the reasons cigarettes are bad for you, nicotine is a stimulant that interferes with sleep.
- Skip the Big Dinner: It's tough to fall asleep when your body is working overtime to digest a meal. Heartburn is also more likely to act up when you lie down with a stomach stuffed full of spare ribs and banana cream pie.
- Get Moving: Exercise burns calories, helps you manage stress, and makes you feel good. William C. Dement, M.D., Ph.D., author of *The Promise of Sleep*, recommends exercise in the afternoon or early evening, stopping at least three hours before bedtime.
- Drink Right for a Good Night's Sleep: Limit your water and soda, etc. before bedtime, and you'll limit your midnight runs to the toilet.
- Turn Off The TV: In fact, get the TV and any electronics out of your bedroom. Computers, videogames, radios, etc., are distractions, make noise and usually give off some kind of light—and light disrupts your sleep-wake cycle. Also, skip the nightly news and any violent programming. You don't need the extra stress.
- Stick To A Bedtime Routine: You know the drill—wash your face, brush your teeth, smooth on your skin lotions and slip on your PJs. Try to get to bed at the same time every night—as early as possible—and wake at the same time every morning.
- Take Time For You: Even if it's just 15 minutes in a warm bath with a candle burning and some soothing music playing.
- Create The Right Environment For Sleep: Your bedroom should be dark, cool, quiet and tidy. Clutter is a distraction and just more proof that you didn't finish your chores. CONT pg. 4

COMMITTEE CHAIRS

Ambassador & Membership

Kim Schmidt
Hess Hotels Group
kim-schmidt@hesshotels.com

Events & Meeting Speakers

Nancy Laudenslager
Curves
nlauden@crosslink.net
and

Mary Ann Bogarty
PNC Bank
maryann.bogarty@pnc.com

Fashion Show

Patty Desidario
Patty's Gift s & Baskets
pattygiftbaskets@comcast.net
and

Ann Davidson
Key Title, Inc.
adavidson@key-title.com

Publicity & Newsletter

Renee McNally
HR Solutions, LLC
renee@hrsolutionsllc.com

Website

Jennifer Lewis
SafeNet
jennifer.lewis@safenet-inc.com
and

Diane Dei
AG Edwards
diane.dei@agedwards.com

Membership Dues: \$85
Meeting Sponsorship: \$100
plus door prize

www.cpwnet.org

MEMBER NEWS & ITEMS OF INTEREST

HR Solutions will be hosting a Business Breakfast on January 15th at the Open Door Café from 8:00—10:00 AM. The topic is **Conducting an HR Audit—Are You In Compliance?**

To register, go to www.hrsolutionsllc.com.

WANTED!

Members for Newsletter Committee
Contact Renee McNally for info
renee@hrsolutionsllc.com

CPWN MEMBER BENEFITS

Monthly meetings to network and promote your service or product.

Advertising in our online membership directory with website and e-mail links.

Varying meeting dates, times, and locations to meet your busy schedule.

Topical speakers on issues pertaining to women and business.

Opportunities for women to support and mentor each other in both business and personal aspects of our lives.

Special events & Meeting Sponsorship

A monthly newsletter with calendar of events, networking tips, member updates, and articles of interest.

Cont from pg 3.

• **Get A Good Mattress And Pillow:** If your mattress is too old, it's time to go consult a mattress professional. You aren't likely to catch any sleep on a lumpy mattress, or one that's too hard or soft mattress. If you toss and turn, and your neck and back ache in the morning, you're probably ready for a new pillow.

• **Reduce Stress:** Turn off your mind when it's time to turn off the lights. Even if you're on a deadline, stop work three hours before bedtime. If your mind is racing with to-dos and worries, get them out of your head and on to a piece of paper. Try calming imagery, or muscular relaxation, mental focusing, and breathing techniques.

• **See Your Doctor:** Sleep disorders are serious business. Drowsy driving kills more than 1,500 people a year, according to the National Highway Traffic Safety Administration (NHTSA). You really do deserve a good night's sleep. So, if problems persist, see your doctor or a sleep professional.

Source: www.eightstraight.com

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**CONTACT
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**Jennifer.lewis@
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Easy things you can do to protect your heart

Q: Get enough exercise – how much is enough?

A: Studies show that aerobic exercise is the key to heart health, and walking is still one of the best aerobic exercises, for 30 minutes every day.

Q: Get to a healthy weight and stay there.

A: What's a healthy weight? Learn your body mass index (BMI) – normal weight is a score of 18.5 – 24.9

Q. Use fewer calories than you eat or drink

A: There are 3500 calories in a pound of weight. To lose a pound per week, eat 500 calories less each day for 7 days.

Q. Avoid tobacco products – if you smoke, quit.

A: Smoking is often an addiction. To get help, contact, the American Lung Association of Maryland, Inc., the American Cancer Society, or the author of this article.

Q. Cut back on sodium – how much is in a tablespoon of light soy sauce?

A: In one tablespoon of light soy sauce, there are 575 mg of sodium.

Q. Eat more fruits and vegetables. How much is a serving of vegetables?

A: The USDA defines a serving of vegetables as ½ cup of cooked vegetables

Q. Get enough sleep – too little may cause weight gain. How much is enough sleep?

A: We need between 7 – 9 hours of sleep a night.

- Avoid fatty foods and empty calories (from junk food) – they can really add on pounds!
- Look for healthy ways to lower stress – laughter, relaxation techniques, and spending time with your friends and loved ones.
- See your doctor and request the following tests be done:
 - Blood pressure (goal blood pressure?) A: 120/80
 - Lipid panel (lipid goals?)
 - A: Lipid goals:

• triglycerides	less than 150
• cholesterol	less than 180
• LDL	less than 100 (maybe lower)
• HDL	55 or higher
 - Blood glucose
(what's your goal for blood glucose?) A: 80 - 120

This article was contributed by Greta Brand of Greta Brand & Associates. She can be contacted at: greta@gretabrand.com



Chesapeake Professional Women's Network, Inc.
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Welcome New Members!

Lisa Fuller
Fuller & Associates
2830 Churchville Rd, Suite # B
Churchville, MD 21028
410-914-5467
Lisa.Fuller@InsureWithFuller.com

UPCOMING EVENTS

January 13, 2009
11:30 AM—1:30 PM
Speaker: David Libdan
SECRETS REVEALED to Living a Balanced Life!
The Clarion, Aberdeen
Mbrs/Non Mbrs: \$20/\$25

February 10, 2009
11:30 AM—1:30 PM
Speaker: Hollis Thomases,
CEO Webad.vantage
Maryland Golf & Country Club

rsvp at www.cpwnet.org or 410-297-9722
Deadline is Friday before the event at Noon.

3815 Justin Rd.
Monkton, MD 21111
410.557.7907
800.345.2910
mx 610.643.5706
cel 410.688.9026
melissa@groupllcservices.com
www.groupllcservices.com

Melissa Barnickel
CPA, CITC
Principal

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Address editorial and other inquiries to:

BEACON STAFFING
ALTERNATIVES
Sheryl L. Davis Kohl President
sheryl@beaconstaffing.com

16-2 S. Philadelphia Blvd. 200 East Joppa Rd. Suite 107
Aberdeen, MD 21001 Towson, MD 21286
Phone: 410-297-6600 Phone: 410-847-9550
Fax: 410-297-6601 Fax: 410-847-9001
www.beaconstaffing.com

The Editor
CPWN Newsletter
CPWN
PO Box 654
Bel Air, MD 21014
renee@hrsolutionsllc.com

Health Care 410.297.2611
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www.key-title.com

Ann Davidson
Marketing/Settlement Officer
adavidson@key-title.com

THE
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13523 Long Green Pike
Baldwin, MD 21013
410•593•9622