



FOR
PROFESSIONAL &
EXECUTIVE
WOMEN

UPBEAT

February 2009
Volume 19
Issue 3

Advance Directives: Loving Wishes

Donna Morgan



The end of life doesn't always come when we expect it, nor how we expect it, and it's not easy to think about.

A dear friend of mine died unexpectedly last May. At 55 years of age, she collapsed at home and never recovered consciousness. She was taken to an emergency room and admitted to intensive care, and for twelve hours her body lived while all of us grieved for her. Life support was removed, and her wishes were finally honored. When Yvonne collapsed, none of us had to wonder what she would have wanted done for her; she had always told her 81 year old mother and all of her friends exactly how to honor her wishes, and she wrote her advance directives so that her physicians would know that we were acting on her direction. We had peace, grief of course, but complete peace, as we said our goodbyes to Yvonne.

Shortly after that my husband and I did what we had put off for 26 years of marriage - we completed our own advance directives. Our teenage son and both of our families now know in writing what each of us expect for our final care.

Why is this a gift? It's a gift because it's a way to remove guilt, indecision, and pain from family members who are already grieving the illness of a loved one. Advance directives are NOT just about what people don't want to have done for them; advance directives are also about just how much we do want people to do for us. Advance directives are done during times of peace and hopefulness, when decisions can be made calmly and with family dialogue, rather than in times of crisis when emotions overcome us.

Today we'll have a conversation about how to have this kind of peace in your life - your very own loving wishes.



GOING GREEN

Since March is the month of St. Patrick's Day, four leaf clovers, etc. it is the perfect time to talk about "Going Green"

Simple ways to "go green"

- Turn off the car instead of idling when waiting in a carpool lane for the kids at school. When a car idles for more than 30 seconds, it's actually using more gas, therefore putting more pollution into the air than if it was turned off. Save gas and decrease pollution.
- If everyone in the U.S said "no thanks" to ATM receipts, it would save a roll of paper so long it could circle the equator fifteen time.
- Each year the United States uses 30 billion plastic and 10 billion paper grocery bags, requiring approximately 14 million trees and 12 million barrels of oil. Keep reusable bags handy in your car for shopping trips.
- Fill your reusable water bottle with filtered tap water instead of buying bottled water. This method is cheaper and will cut down on the empty plastic bottles in the environment.
 - Make sure all electrically driven items are Shut Off and/or disconnected completely when not in use for extended periods. Computers, TVs, gaming units,

night lights, coffee pots with clocks, microwaves, printers, etc.

- With most clothes, you really don't need hot water to get a good cleaning. 90% of the energy used by washing machines goes into heating the water. The higher the temperature of the water, the more electricity you're running and the higher the cost in terms of both energy use and money.

I hope everyone picks at least one way this month to GO GREEN.

Durona Courington, President



Darlene Ballard will be printing her newest book from her triathlon experience called **You Go Girl!** in the next month. They will have a limited amount of copies to share. If anyone is interested in getting a copy, they can make a donation on-line for \$20.00 for each copy (see www.godsrose.org), or they may send a check in the amount of \$20.00 made payable to *God's Rose*. All donations will go strictly toward the printing costs of *You Go Girl!*

Congratulations to **Nancy Williams** for receiving the 2009 Best Practice Award from the Georgia Society of Directors of Volunteer Services, for the Medical Center Auxiliary's 'Calls from the Heart' program. It was written-up Friday, February 27 on the Business page of the *Ledger-Enquirer*. We should all be proud of one of our premier Networkers.

Mary Jane Galer has been given a pass until March 2010 by her cardiovascular surgeon. How's that for a miracle!

Michelle Justice and her band are playing at Columbus's first Bluegrass Festival on Friday, March 13th at 7:20 pm. It will be held at the Lake Pines Camp ground off Macon Road. It's only \$10 a person and they will be selling food etc. Her band is called The Just-Us Bluegrass Band.



Membership

Sponsoring new members and guests could make you a winner!

You have three ways to win:

Sponsor the most members in a quarter and you could win a gift card.

Sponsor the most guests in a quarter and you could win a gift card.

Sponsor the most guests who become new members during 2009.

We will have three quarters for 2009: March – May; June – August; and September - November.

During our Annual Meeting in November, the member sponsoring the most “New Memberships” (March – November of 2009) will be recognized and receive their membership for the following year paid in full.

Get busy extending those initiations to the next Network Lunch.

Welcome to our newest members:

Pat Whipple is a Financial Advisor with Merrill Lynch

Tiny Washington is the Clerk of Council for the City of Columbus

Anne Pate is Vice President/Branch Manager at CB&T Midtown Branch.

We are delighted to have these women join Network...**WELCOME!**



Scholarship Opportunity

The Network for Professional and Executive Women has established a **Scholarship Fund** for women admitted to their junior or senior year of baccalaureate or post-baccalaureate programs. The purpose of the Fund is to promote the professional development of women in our area. Both members and nonmembers of Network are eligible to compete. The application deadline is April 15 of each year. If you know of someone who is eligible, please let me know.

Linda Kennedy, Awards Chair

(706) 327-4112

lindaken@mchsi.com



NETWORK HAPPENINGS

Networking Opportunities

- March 19 **Emergenetics: A Meeting of the Minds**—HRCI approved.
Business Resource Center, Pastoral Institute
- March 27 GA DOL Columbus Employer Committee & Strategic HR Partners
“Federal Employment Compliance Guidelines-What Employers Need To Know” Columbus Technical College Library Building - Room 600
- April 10 **Quarterly Sales Luncheon** with Torrey Wiley
Cunningham Sales Institute, 3100 Gentian Blvd.
ccl.d.colstate.edu to register or for more information
- April 21 **Disagreements, Disputes and All-Out War: Managing Conflict** - HRCI Approved. Business Resource Center, Pastoral Institute
- April 23 **CSU’s Presidents Recognition Banquet**
Cunningham Center

Birthdays

March

- 04 Debbie Buckner
- 16 Jean Richardson
- 22 Patricia Schneider
- 22 Sommer Bundy



May

- 01 Alexa Meadows
- 04 Sandy Lampert
- 09 Sally Lasseter
- 22 Michelle Justuce
- 24 Becky Goldsmith
- 29 Debra Thrower
- 30 Kim Boatner

2009 Lunch Dates

- March 27
- April 24
- May 15
- June 26
- July 24
- August 28
- September 25
- October 23
- November-Annual Meeting TBA

Reservations are required.

Lunch meetings are held on the fourth Friday of each month at Green Island Country Club (except December). Lunch is served at 11:45 AM. Come early and enjoy *networking* beginning at 11:30 AM.

Prospects are encouraged to attend two lunch meetings prior to applying for membership. See a Board Member or the Registration Table at a luncheon to obtain an application and find out more about the qualifications for membership.

Photo's below are part of "Go Green" month. Pictured is Miss Columbus State University and Miss Columbus State University Outstanding Teen. Both Contestants competed in a "Project Runway" event for Miss GA of which they had to make an outfit that represented Publix. Girls decided to go with the "Go Green."



Board of Directors

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Delong Global Marketing
- Web Master**
Judy Talley(706)649-6400
Business Resource Center ext. 1204
- Newsletter Editor**
Sommer Bundy(706) 649-2632
CB&T

**Next Meeting
Friday, March 27, 2009**

Green Island Country Club at 11:45 AM.
Remember: Make your reservations today by faxing the reservation form, reservations on the web, www.NetworkForProfessionalWomen.com e-mail, jtalley@pilink.org or call Judy Talley at 649-6400 ext. 1204.

Reservation DEADLINE:
March 25th, 2009

Do You Have News?

This newsletter is for all members of Network. It is for sharing news of job promotions, job openings, calendar events, family announcements and special awards.

To get your news in *Network UpBeat*, send your articles to Sommer Bundy email: sommerbundy@columbusbankandtrust.com, sunshinesgb@gmail.com or call (706) 649-2631

2008 Board Meeting Dates:

Network Board meetings are all scheduled from 12 Noon to 1:15 PM in the Pastoral Institute's Classroom.

March	31
April	28
May	26
June	30
July	28
September	1
September	29
October	27
November	TBA

