



PRESIDENT'S MESSAGE

Purpose, Passions, and All Things Relevant

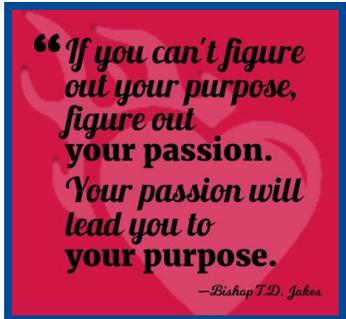
I am often asked why I give so much time and commitment to others and organizations. Though I don't always elaborate on my answer, I do try to touch on many of the following points when I respond.

For about 15 years of my life, I was a caregiver for two sick siblings whose illnesses were terminal and full of heartache. Both came at a time when I was raising my three children, and had a husband who travelled a lot and others in my life who regularly needed my attention. During that period, I found little time for myself or for giving back to the community. After both siblings passed, one in 2001 and the other in 2012, life was different and felt incomplete. Personally, I found myself contemplating what to do with the large amount of free time I suddenly had on my hands. Since my kids required less of my attention - one was in college, one finishing high school, and another completing middle school, I knew I had to figure things out. After taking time to reflect and somewhat heal, I set out to volunteer for an area organization that fed others. As my role within the nonprofit evolved, I started to realize just how much time had lapsed over those years tending to everyone, and I began to reflect on how much I missed connecting with people, giving back to the community, and engaging in things I was passionate about. With those thoughts weighing on my mind, I decided to put myself out there!

It didn't take long for me to get involved. Having a positive outlook fueled by tasks that were relevant, experiences that were meaningful, and contributions that made a difference, were all the things I knew I wanted to strive for. Staying driven, helping others, influencing others, motivating others, encouraging others, and working alongside people who cared for others, made things meaningful and relevant.



As I set out to serve, I wasn't thinking about myself. I was thinking about how I could use the talents I was given and passions that burned within, to purposefully help others. I truly believe there are lots of ways that each and every one of us can help others and make a difference. When you become aware of your talents and recognize the things you are good at, what you like, and what you like to do, it makes it easier to find ways to help others. Having good values, being confident, and maintaining a positive outlook helps one feel comfortable when others find it difficult! For those who have arrived at living a life driven by purpose, congratulations, you have figured out an important part of life! For those who haven't gotten there yet, keep working at it! Changing your approach, looking at life and your situations differently, or even partnering with someone to help you along the way, can improve things immensely.





Whatever it is that makes you happy, keep doing it! When you realize you have abilities that are unique and can be used in ways to serve others, you will feel valued. When we feel valued, we become better people and can be more effective within our community. And when community becomes our focus, positive things happen.

The Woman's Board of Day Kimball Hospital is doing lots of positive things. Many within the organization are actively contributing and doing so purposefully. As President, I cannot thank everyone enough for all the wonderful things they have done this past year. Please know how appreciative I am of all your hard work, dedication, and commitment. Our efforts are truly making a difference for the hospital and the residents in Northeastern Connecticut.

For those who want to do a little more, I invite you to look at our upcoming events and community engagements. Please consider making contributions of your time, talent, or resources as a way to get involved, support our hospital, and give back to our community.

Thank you! I look forward to having another successful year with all of you!

Valentine Iamartino

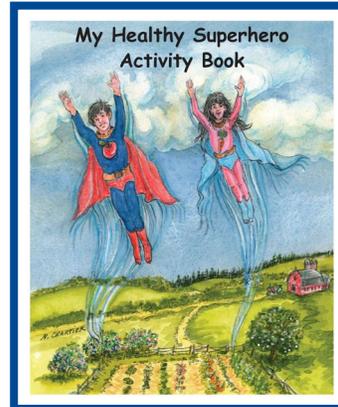
Fundraising Report

**Co-Chairs Arlene Baril,
Linnea Sarantopoulos, & Cheryl Medlyn**

We are making great progress towards fulfilling our pledge of \$200,000 for the renovation of the Burdick Birthing Center. Thank you to one and all for supporting our efforts, and let's keep moving forward!

My Healthy Superhero Activity Book

In the Fall of 2019, members of the Woman's Board came together to create an activity book for children that promotes healthy eating. This



book was printed at the end of last year and has been distributed to children at restaurants in Killingly and Putnam. The response to the book has been extremely positive, with very few books remaining. We now need to print an

additional 1000 copies in order to continue our promotion of healthy eating among our young community members. We plan to reach out to community businesses to ask for their assistance with this important project.

Valentine Dinner Dance

Our sixth annual **Valentine Dinner Dance** was held on February 1 at The Mansion at Bald Hill. The banquet hall was nearly filled to capacity with 168 guests. Everyone appeared to have a great time, dancing the night away to music provided by DJ John DonFrancisco. And most important of all, over \$13,000 was raised, which will go towards our \$200,000 pledge.



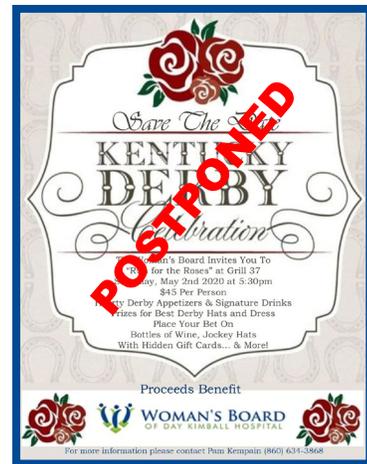


There are so many people to thank for this successful event. Cheryl Medlyn once again made the event festive with beautiful Valentine decorations. Woman's Board member and **K's Sweet Spot** owner, Viv Kozey, and her husband Charlie, generously donated delicious chocolate favors for all of the guests at the Dance. And of course, we could not have done this without our great committee members, those who contributed ads and raffle items, and our wonderful supporters who attended the Dance. Great job everyone!

Medlyn at cbm1037@charter.net or at 860-974-1037. Thank you Cheryl Petrarca for taking the lead on organizing this very special event!

Kentucky Derby Run for the Roses

We were very excited to be giving people the opportunity to celebrate the Kentucky Derby at **Grill 37** in Pomfret on Saturday, May 2. However, due to the coronavirus pandemic, Churchill Downs announced that the Kentucky Derby has



been postponed until September. The Woman's Board is working on rescheduling our fun-filled **Kentucky Derby Celebration**. This will be an opportunity to root for your favorite horse while enjoying appetizers and signature drinks. There will be prizes for best Derby hats and attire in addition to a variety of entertaining activities. Our sincere appreciation goes to Pam Kempain for chairing this wonderful new Woman's Board event and to Grill 37 owner, Ian Farquhar, for reaching out to partner with us.

Annual Raffle

The **Annual Raffle Drawing** will be held at 1:00 pm on Thursday, June 11 at 1:00 pm. There are six possible prizes, including a \$500 VISA gift card, a set of 4 Red Sox tickets, and an overnight stay with breakfast at The Mansion at Bald Hill. Ticket holders need not be present to win. Tickets were mailed out on March 16 and can also be purchased by contacting Arlene Baril at 860-774-5802.



Woman's Board Members at Valentine Dinner Dance

The Power of You

The Woman's Board originally planned to host "The Power of You" on Saturday, April 4 at the Connecticut National Golf Club in Putnam. However, because of the coronavirus social distancing guidelines and the desire to protect the health of our members and their families, the event is being **postponed** to a later date. This wonderful celebration of women will encourage them to discover the power within themselves to lead healthy, fulfilling lives. It will include lunch, a makeover of four Day Kimball Hospital staff, entertainment, vendors, raffle prizes, and more. Stay tuned for the new date! If you already purchased tickets, please contact Cheryl





The Shop at Day Kimball Hospital

Co-Chairs Denise Baum & Kim Lecuyer

Spring is in the air, and we are ready for the warmer weather. Stop by "The Shop" to see all the new items that have been arriving daily. Our newest product line that we are excited about is a candle, home fragrance, and body line by *Tried & True*.



Let us help you decorate your home for Spring, set your holiday table, fill your Easter Baskets, and get dressed up for your upcoming outings.

The Shop at Day Kimball Hospital is open Monday to Friday from 9:00 am to 4:00 pm. See you at The Shop!

Member Showcase: Meet Wanda Mineo

Elaine Turner



One would surmise that an oral history begins at the start of one's life, but it truly begins the moment you meet. I found Wanda Mineo on the phone with her daughter. Animated and smiling, she ended her phone conversation with "I love you" - three words that define the persona, warmth, and connection I felt in her presence.

Although Wanda grew up as an Italian "City Girl" in an Irish neighborhood in Scranton, Pennsylvania, she is right at home in the Quiet Corner. The transition, which was not an easy one, consisted of a series of adjustments and opportunities that shaped the mother, wife, neighbor, friend, and volunteer she is today.

Wanda came to join the Woman's Board of Day Kimball Hospital through the sponsorship of Joan Selby, a Board Member and her co-worker at Putnam Savings Bank back in the mid-90's. Similar to today, the Bank encouraged their employees to give back to the community, and she happily obliged.

Wanda served as the Corresponding Secretary for the Woman's Board from 2003 to 2008, producing the ever popular and informative Newsletter. Currently, her position on the Board is that of Vice President, which includes overseeing membership, a role she has spent much of her adult life preparing for. Wanda's early experience for this role began serendipitously in Delaware where she started her married life and raised her children. While working for a temp agency, she discovered that she has a knack for matching people, talent, and jobs. Her strong interpersonal skills are perfect for her role as head of Board membership. She warmly greets each and every new member, learns about who they are, introduces them to the Woman's Board community, and most importantly, makes them feel welcome.

Since leaving her birthplace and extended family in Scranton, every move has been an adjustment, from city life to suburban life to Bay life to country life. But making friends is natural for Wanda. She speaks fondly of the relationships and lifelong bonds she formed in Delaware; Oyster Bay, Long Island; and Connecticut. Her upbringing in a tightknit family, being the older sister to her younger brother, raising her children, and living in different parts of the country, helped mold the person she is



today – someone who creates a strong sense of family and community wherever she goes.

“There are defining moments in everyone’s life,” Wanda shared, “those experiences that help shape who you are. I feel those transitions are very important as are the opportunities that unfold.”

Not surprisingly, when our conversation concluded, Wanda exclaimed, “I didn’t get to know you!” Well, Wanda, in sharing your oral history, you did get to know some things about me. Our many parallels - family upbringing, growing vegetables in your grandfather’s city garden, being the big sister to your baby brother, finding that someone special, and opening your heart to people and all that life has to offer - are things that you and I share. I look forward to the two of us discovering what else we have in common!

Membership

Chair Wanda Mineo

Please join us in welcoming our newest Woman’s Board members!



Michelle Bourgeois
Michelle resides in Thompson, and she is a Realtor at eXp Realty and a partner at Vision Properties NECT, LLC.



Carol Perkins
Carol resides in Woodstock, and she is the owner of Coco’s Cottage on Route 171 in Woodstock.



Kellie Rybacki
Kellie resides in Thompson, and she owns and operates Home Sweet Cleanings.



Amanda Simoneau
Amanda resides in Brooklyn, CT, and she is the President and Lead Designer of Inspire Marketing Group.

Renew Your Membership Now!

Our annual membership renewal begins at the end of May and concludes on September 30. All renewal forms must be submitted prior to the end of September. Please update your contact information when returning your renewal.

The key to the success of the Woman’s Board of Day Kimball Hospital is the active participation of all of our members. To that end, we have added a section to the renewal form entitled “**Volunteer Opportunities**,” where you can indicate your interests and assist our event chairpersons with recruiting volunteers.

Your generous pledge and donation of your time enable us to continue our unwavering support for Day Kimball Hospital.

In Memoriam



We are saddened to report the passing of Betty Church on March 1. Betty was a long-standing, dedicated member of the Woman's Board who generously gave of her time and resources to be a positive contributor to the many events



and projects our group undertook over the years. She was always proud of the work we did and the role she played in helping to improve the Hospital. Her Tribute Wall can be found at:

<https://www.tillinghastfh.com/obituaries/Betty-Tsakonas-Church?obId=12265153#/celebrationWall>

Rest peacefully, Betty. We will miss you!



Event Calendar

- **The Power of You** – Saturday, April 4, 2020 @ 11:00 am at The Connecticut National Golf Club, 136 Chase Road, Woodstock. **POSTPONED.**
- **Kentucky Derby Run for the Roses** – Saturday, May 2, 2020 @ 5:30 pm at Grill 37, 37 Putnam Road, Pomfret. **POSTPONED.**
- **June Quarterly Luncheon** – Be on the lookout for an email about whether we will be hosting a luncheon in June. The Raffle Drawing will occur on June 11, regardless of whether the luncheon occurs.



Contact Information

- Arlene Baril – Fundraising
860-428-1445 / rwbaril@gmail.com
- Denise Baum – The Shop at Day Kimball
860-933-6853 / dbaum254@earthlink.net
- Debbie Cornman – Communication
860-428-7299 / debcornman@gmail.com
- Valentine Iamartino – Board President
860-428-1290 / threefoldresearch@gmail.com
- Kim Lecuyer – The Shop at Day Kimball
860-508-1382 / kmlecuyer@charter.net
- Cheryl Medlyn – Fundraising
860-974-1037 / cbm1037@charter.net
- Wanda Mineo – Membership
860-377-0586 / wandamineo@gmail.com
- Linnea Sarantopoulos – Fundraising
860-774-5628 / linneasara@yahoo.com
- Elaine Turner – Historian & Archivist
eturner245@gmail.com

Connecticut Women's Hall of Fame: Mary Hall

<https://www.cwhf.org/inductees/mary-hall>



“Mary Hall (1843-1927), who was born in Marlborough, CT, was the first female lawyer in Connecticut, and also a poet, a suffragist, and a philanthropist. In 1882, the Connecticut Supreme Court of Errors’ decision to allow Hall to be admitted to the Connecticut Bar was the first judicial decision in the nation to hold that women were permitted to practice law. In addition to her legal work, Hall was involved in suffrage and social reform activities. In 1885, Hall helped form the Hartford Woman Suffrage Club and served as its Vice President. She also attended the International Council of Women to celebrate the first Woman’s Rights Convention, where the International Woman’s Bar Association was founded. Hall was then elected Assistant Secretary at the Connecticut Woman’s Suffrage Association convention. She also testified before the State Judiciary Committee in 1905 against a bill that would prohibit girls from selling newspapers. Mary Hall is remembered as a pioneer in the legal profession and a suffragist and reformist in Connecticut because of her dedication to the cause of women and of the welfare of underprivileged children.”

https://en.wikipedia.org/wiki/Mary_Hall



More information about the Woman's Board can be found on our website at wbdkh.org or on Facebook at facebook.com/wbdkh.

\$200,000

WOMAN'S BOARD
OF DAY KIMBALL HOSPITAL

**The Burdick Family
Birthing Center
Renovations**

**Our Current
Pledge Effort**

This is why we work hard...
Visit www.wbdkh.org
to see how your
donation can help...

“You know my mother used to say a long time ago, whenever there would be any catastrophe, she would say ‘Always look for the helpers. There will always be helpers.... Because if you look for the helpers, you’ll know that there’s hope.’”
- Fred Rogers