

## Letter from Leighsan



If you were not able to attend the July chapter meeting, find Sherry Farrow some time and ask her to share her personal story about stroke. Sherry's story was not only moving but interesting as she, unlike the many warning signs, was able to smile and raise her arms. She was convinced that she was not having a stroke.

The take away for me was to never be too embarrassed to call an ambulance if you think you are having a stroke or other medical emergency! It's better to have a false alarm in the ER than to never make it to the ER.

It seems difficult to believe but the EWI operating year is drawing to a close. The next chapter meeting is the annual business meeting where we review the hard work of the past year and make decisions for the future of the chapter. Never fear, while business meetings can be a little dry there will be lots of Ways & Means committee action to spice it up!

A winner for our "All About Him" raffle will be selected and we will hold an "Indulge Yourself" silent auction. Contact Diane Kidwell or Starla Cooley if you need more raffle tickets or have something to enter into the silent auction. Deb Mathis is diligently collecting your raffle earnings so keep those dollars for scholarships rolling in.

Thank you for your continued support of EWI!

Planting the Seeds of Leadership...Growing our Chapter in the Right Direction!

Leighsan  
 EWI of Little Rock  
 President, 2010 – 2011  
 Representing Arkansas Children's Hospital

### 2010 - 2011 Officers & Directors

#### President

Leighsan Harrod  
 Arkansas Children's  
 Hospital

#### Secretary

Elizabeth Meyer  
 One Bank & Trust, N.A.

#### Treasurer

Lynn Harbert  
 Delta Dental of  
 Arkansas, Inc.

#### Ways & Means

Diane Kidwell  
 Heart of Arkansas  
 United Way

#### Membership Director

Carole George  
 DataMax Micro

#### Programs

Sherry Farrow  
 Glazer's Distributors of  
 Arkansas

#### Publications Director

Linda Young  
 Embassy Suites

## EWI OF LITTLE ROCK FIRM NEWS

### EWI of Little Rock Congratulates, Peggy Maxell of BHP Billiton!



Peggy recently graduated the Leadership Arkansas program.

According to the Arkansas State Chamber’s website: “Leadership Arkansas is a program designed to take a statewide view of the economic and political challenges that face our great state. Leadership Arkansas offers leadership opportunities that expand the impact of community leaders across the state. Created by the Arkansas State Chamber of Commerce and Associated Industries of Arkansas, Inc., Leadership Arkansas builds a sense of statewide community by identifying and training individuals with the passion and commitment to become personally engaged in issues, programs and activities aimed at building a better Arkansas.”

<http://www.arkansasstatechamber.com/who-we-are/leadership-arkansas.html>

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**Join in the fun for our Awesome Silent Auction in August! We need your donation for our "Indulge Yourself" silent auction at the August 16 chapter meeting.**

**Want some FUNNY MONEY to spend at the auction? Yes the auction will accept real money too - the auction will be our monthly fund raiser instead of a raffle. Remember, for every \$100 in "All About Him" Raffle Tickets a representative sells, she will earn \$10 in "Funny Money" to be spent at the auction.**

**To donate an Awesome August Silent Auction item or for more tickets, please contact Diane Kidwell at 376-4567 or Starla Cooley at 224-5000 ext. 112.**



## Thank You, Sherry Farrow, for speaking to our chapter and sharing your personal experience!

### Warning Signs of Stroke

**STROKE HAPPENS.** To you. To those you love.

Know the signs. Act F.A.S.T!

**FAST** stands for face, arms, speech and time, and is being used as part of a campaign by the Stroke Awareness Foundation to educate the public about warning signs of stroke and seek proper medical services immediately. If you think a person is having a stroke, call 9-1-1, especially if the person has trouble with these basic commands.

- **Face** Does one side of the face droop? Ask the person to smile.
- **Arms** Is one arm weak or numb? Ask the person to raise both arms.  
Does one arm drift downward?
- **Speech** Is speech slurred? Ask the person to repeat a simple sentence.  
Is the sentence repeated correctly?
- **Time** If the person shows any of these symptoms, **CALL 9-1-1 Immediately!**
  - Ask to be Transported to a Certified Stroke Center.
  - Ask if t-PA is Right For You.

### WARNING SIGNS

- **WALK** (Is your balance off?)
- **TALK** (Is your speech slurred or face droopy?)
- **REACH** (Is your vision all or partly lost?)
- **FEEL** (Is your headache severe?)

**A TRANSIENT ISCHEMIC ATTACK OR TIA** is often described as a mini-stroke. Unlike a stroke however, the symptoms can disappear within a few minutes. A TIA happens when blood flow to part of the brain is blocked or reduced, often by a blood clot. After a short time, blood flows again and the symptoms go away. With a stroke, the blood flow stays blocked, and the brain has permanent damage. In the past by definition, a TIA resolves within 24 hours, the majority of TIAs resolve within 60 minutes, and most resolve within 30 minutes. However newer neuroimaging studies demonstrate that 30% to 50% of TIAs show brain injury on diffusion-weighted magnetic resonance (MR) imaging.

[www.stroke.org](http://www.stroke.org)

## EWI Member Firm Event

The Alzheimer's Association Education Conference, **Hope. Your best life in the Midst of Alzheimer's.** is quickly approaching on August 24-25.

You will not want to miss this unique opportunity to share perspectives and gain valuable knowledge about how to best combat this disease.

A special Ethics track for the conference will be held on August 24<sup>th</sup>, 2011 from 1:00 p.m.- 4:00 p.m. at the Arkansas Studies Institute, located in the RiverMarket district of downtown Little Rock.

The conference continues on August 25<sup>th</sup> at the Clinton Presidential Center, Great Hall, from 9 a.m. – 5:00 p.m. Nearly 250 healthcare professionals, people with dementia, and family caregivers will be in attendance.

Professionals will have the opportunity to earn up to 9 continuing education credits.

To register, simply complete the attached form and fax or mail back to our office ASAP as seats will fill up quickly.

We look forward to seeing you on August 24-25! Please contact us with any questions at 501-265-0027.

A CONFERENCE FOR CAREGIVERS AND PROFESSIONALS -  
 EARLY STAGE & YOUNGER-ONSET PERSONS WITH DEMENTIA

# hope.

Your best life in the midst of Alzheimer's

## August 24-25, 2011

**Keynote Speaker:**  
 Dr. David Lipschitz  
*Executive Director, The Longevity Center at St. Vincent*

**Conference Speakers:**

Gail Bieber, LCSW <i>VP of Programs, Alzheimer's Association OK &amp; AR Chapter</i>	Mark Fried <i>President &amp; CEO, Alzheimer's Association OK &amp; AR Chapter</i>
Justin Elrod <i>Elder Law Attorney The Elder Law Practice of Whatley &amp; Elrod</i>	Rose Trosper <i>Family Care Specialist East Arkansas Area Agency on Aging</i>

alzheimer's  association®

## August Birthday Wishes

### EWI of Little Rock Representative

Pat Lavender, Life Member August 1

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## Get Involved Join a Committee

- Membership
- Budget
- Philanthropy/Reading Rally
- Courtesy/Hospitality
- Program
- Orientation/Mentoring
- Ways Means
- EWISP-Scholarship
- Publications
- ASIST-Scholarship
- Sgt. at Arms
- By-Laws/Standing Rules/Strategic Planning
- Budget
- Courtesy/Hospitality

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### EWI DATES TO REMEMBER

#### CHAPTER CALENDAR

- Board Meeting  
 Tuesday, September 1, 2011  
 Linda McNutt's House

#### CORPORATE CALENDAR

- Thursday, August 11, 2011  
 Professional Development Webinar  
 "Presentation Skills" Part 2  
 with Lori Giovannoni
- Wednesday, August 17, 2011  
 Chapter Development Call  
 " Budget Building Blueprint"
- Wednesday, August 17, 2011  
 Chapter Development Call  
 " Budget Building Blueprint"
- Thursday, August 25, 2011  
 Chapter Development Training  
 "Successful Board Meetings & Retreats"

#### LCAM

- 64<sup>TH</sup> LCAM, Minneapolis, MN  
 September 22-24, 2011
- 65<sup>th</sup> LCAM, Dallas, TX  
 September 13 – 15, 2012

## EWI of Little Rock August

**Annual Business Meeting**  
**Tuesday, August 16 , 2011**

**Glazer's**  
**11101 Smitty Lane**  
**N Little Rock, AR 72117-5390**

### Miss a Corporate Webinar? Find them online!

#### Webinar Recordings:

Chapter Development Training  
 "Celebrating Leadership"  
 Date:

July 27, 2011

>>[Watch the Recorded Webinar Now!](#)

"Rev Up to Read"  
 Chapter Development Training Webinar  
 Date: June 23, 2011

>>[Watch the Recorded Webinar Now!](#)

## View our EWI Little Rock member firms on the web...

(Link – Firm – Representative)

<http://www.allstateagencies.com/ALLISONBALL/Welcome/> - Allison Ball Insurance (Allstate) – Allison Ball

<http://www.alz.org/alzokar/> - Alzheimer's Assoc., Oklahoma & Arkansas Chapter – Tiffany Phillips

[www.americanabstracttitle.com](http://www.americanabstracttitle.com) – American Abstract Title Company – Sharon Adkins

<http://www.aristotlewebdesign.com/> - Aristotle – Roz Smith

[www.arkansasbluecross.com](http://www.arkansasbluecross.com) – Arkansas Blue Cross & Blue Shield – Wanda King

[www.archildrens.org](http://www.archildrens.org) – Arkansas Children's Hospital - Leighsan Harrod & Janet Webster

<http://achri.archildrens.org> – Arkansas Children's Hospital Research Institute - Joyce Norton

[www.arkansasstatechamber.com](http://www.arkansasstatechamber.com) – Arkansas State Chamber - Deb Mathis

<https://www.arvest.com/> - Arvest Bank – Paula Gean

<http://bit.ly/9HGvsN> - Chesapeake Energy - Peggy Maxell

[www.datamaxarkansas.com](http://www.datamaxarkansas.com) – DataMax Micro – Carole George

[www.deltadentalar.com](http://www.deltadentalar.com) - Delta Dental of Arkansas, Inc. – Lynn Harbert

[www.efsolutionsinc.com](http://www.efsolutionsinc.com) – EFS Solutions - Darlean King

[http://embassysuites1.hilton.com/en\\_US/es/hotel/LITCPES-Embassy-Suites-Little-Rock-Arkansas/index.do](http://embassysuites1.hilton.com/en_US/es/hotel/LITCPES-Embassy-Suites-Little-Rock-Arkansas/index.do) - Embassy Suites - Linda Young

[www.energy.com](http://www.energy.com) – Entergy Arkansas, Inc. - Sherry Smith

<http://efsolutionsinc.com/> - Enterprise Financial Solutions, Inc. – Darlean King

[www.glazers.com](http://www.glazers.com) – Glazer's Distributors of Arkansas – Sherry Farrow

[www.heartaruw.org](http://www.heartaruw.org) – Heart of Arkansas United Way – Diane Kidwell

[www.midsouth.dalecarnegie.com](http://www.midsouth.dalecarnegie.com) – Howard Mohorn & Associates/Dale Carnegie – Starla Cooley

[www.onebanc.com](http://www.onebanc.com) - One Bank - Elizabeth Meyer

<http://www.regionsinsurance.com/> - Regions Insurance, Inc. – Beth Hensley

<http://www.ryerson.com/> - Ryerson – Linda McNutt


<https://www.stvincenthealth.com/> - St. Vincent Health System – Carol Massery


<http://www.wyndhamworldwide.com/> - Wyndham Worldwide, Inc. – Sharon Ferguson

### Mission Statement

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

- Promoting Member Firms
- Enhancing Personal and Professional Development
- Encouraging Community Involvement

		<b>Minutes of the Chapter Meeting</b> <b>EWI of Little Rock</b> <b>EWI®</b> <b>July 19, 2011</b>
<b>Call to Order:</b>	5:45pm Cajun's Wharf, President Leighsan Harrod	
<b>Roll Call:</b>	Roll call was conducted by attending Member Firms.	
<b>Communications:</b>		
<p>President Leighsan Harrod welcomed the chapter.</p> <p>Invocation was given by Roz Smith, Member Firm Aristotle.</p> <p>Dinner was served by Cajun's Wharf.</p> <p>Sherry Farrow, Member Firm Glazer's, spoke to us on a very serious topic of women's health: stroke. Sherry shared with us her very personal experience with having a stroke. She educated us on how to recognize the signs and symptoms of a stroke and what to do if you experience any of these. As a stroke survivor, she feels an obligation to educate others in hopes of saving a life.</p> <p>Upon a motion made by Linda McNutt and seconded by Sherry Farrow, the Chapter unanimously approved moving September's Chapter Meeting / Installation Night from September 20<sup>th</sup> to September 13<sup>th</sup>. September 20<sup>th</sup> conflicts with President's caucus and LCAM.</p> <p>Diane Kidwell, Ways &amp; Means Director, reminded the Chapter that all ticket sales for the "All About Him" Raffle are due by August 12<sup>th</sup>. She also encouraged the purchase of raffle tickets for the night's raffle package consisting of: a digital photo frame, Lifetouch gift certificate, package of picture paper and two photo albums. Sherry Farrow was our winner.</p> <p>President Leighsan Harrod asked those who would be attending LCAM this year to please contact her. She also gave a recap on the Gathering of Women event held on July 7<sup>th</sup>. She informed us that EWI has been added to the list of Arkansas Women's Organizations found on the Women's Foundation of Arkansas web site.</p>		
<b>Announcements:</b>		
<ul style="list-style-type: none"> <li>• August Chapter Business Meeting – August 16<sup>th</sup>, 5:30pm, Glazer's</li> <li>• August Board Meeting – Tentatively – September 1<sup>st</sup>, 5:15pm, Linda McNutt's House</li> <li>• September 22 – 24<sup>th</sup> – Leadership Conference &amp; Annual Meeting (LCAM) Minneapolis, MN</li> </ul>		
<b>Adjournment:</b>		
6:48pm		
<b>Approved: President, Leighsan Harrod</b>		<b>Submitted: Secretary, Elizabeth Meyer</b>

 <small>CONNECTIONS   CAREERS   COMMUNITY</small>		<b>Minutes of the Board of Directors Meeting</b> <b>EWI of Little Rock</b> <b>EWI®</b> <b>June 28, 2011</b>
<b>Call to Order:</b>	5:20 p.m., Arkansas Children's Hospital Administration Suite, President Leighsan Harrod	
<b>Roll Call:</b>	<p>Members Present:</p> <p>Leighsan Harrod, President</p> <p style="text-align: right;">Linda Young, Publications Director</p> <p>Elizabeth Meyer, Secretary</p> <p style="text-align: right;">Carole George, Membership Director</p> <p>Lynn Harbert, Treasurer</p> <p style="text-align: right;">Linda McNutt, Parliamentarian</p> <p>Members Absent:</p> <p>Sherry Farrow, Program Director</p> <p>Peggy Maxell, Vice President /President Elect</p> <p style="text-align: right;">Diane Kidwell, Ways and Means Director</p>	
<b>Minutes:</b>		
Upon a motion made by Elizabeth Meyer and seconded by Lynn Harbert, the minutes of the June 21, 2011 Chapter Meeting and the May 24, 2011 Board Meeting were reviewed and unanimously approved as submitted.		
<b>Treasurer's Report:</b>		
<p><u>Treasurer, Lynn Harbert:</u> (See reports and supporting documents attached)</p> <p>Upon a motion made by Lynn Harbert and seconded by Elizabeth Meyer, the May 2011 Operating and B/C/DP expenditures were unanimously approved as submitted.</p>		
<b>Committee Reports:</b>		
<p><u>Program Director, President Leighsan Harrod, on behalf of Sherry Farrow:</u> Leighsan announced that Sherry Farrow will replace Joyce Norton as our guest speaker at the July 19<sup>th</sup> Chapter meeting at Cajun's. Also, Glazer's will host our August Business Meeting.</p> <p><u>Ways and Means Director, President Leighsan Harrod on behalf of Diane Kidwell:</u> "All About Him" Raffle was rolled out at Executive / Scholarship night.</p> <p><u>Sergeant-At-Arms Director, President Leighsan Harrod during Interim:</u> Active Representative attendance for June 21, 2011 Chapter Meeting was 18 or 72%. Member Firm attendance for June 21, 2011 Chapter Meeting was 17 or 77%. A total of 48 people were in attendance for the June 21, 2011 Chapter Meeting– this total included 18 guests for our annual EWISP and ASIST programs. There were four excused absences and two unexcused absences.</p> <p><u>Membership Director, Carole George:</u> Carol reported that she and her committee are working to contact member firms and executives in other chapters to help recruit local firms. Carol is also working on ideas for incentives for new member referrals.</p>		
<b>Adjournment:</b>		
5:50p.m.		
<b>Approved: Leighsan Harrod, President</b>		<b>Submitted: Elizabeth Meyer, Secretary</b>