



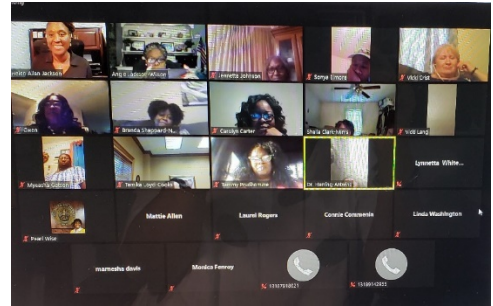
## In the Loop

### Monroe West Monroe Business & Professional Women

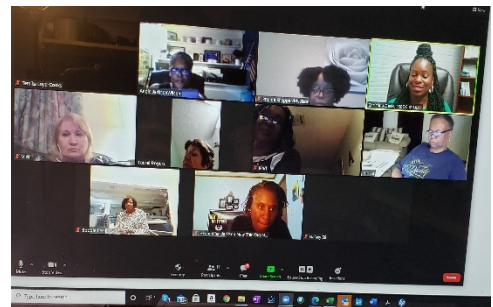
[www.monroe-westmonroebpw.org](http://www.monroe-westmonroebpw.org)

Member of the Louisiana Federation of Business & Professional

**September 08: – Nutrition and Exercise during COVID-19 pandemic and Beyond.** Helen Allen Jackson, Founder and Director of New Thinking, No Excuses and QUEENDOM Bootcamp gave an enlightening presentation on nutrition and exercise and staying physically healthy. We were encouraged to hydrate, schedule our meals and snacks, work on our meal prep. Snacks on hand should include lean protein, fruit, yogurt, vegetables, and nuts. Your exercise routine should be whatever works for you but be consistent and pay attention to portion control.



**October 13: – Survival and Retooling Small Business during a Pandemic.** Christina Davis, Senior Business Consultant, ULM Small Business Development Center was the speaker. **Repurpose Your Business: Emotions Support is Sexy - Podcast** [HTTP://ELAYNEFLUKER.COM/PODCAST/TIEKO-NEJON](http://ELAYNEFLUKER.COM/PODCAST/TIEKO-NEJON) **Rebrand** - Websites: (Wix, Weebly, and GoDaddy); YouTube Video: [https://youtu.be/M\\_g-cTeaInM](https://youtu.be/M_g-cTeaInM) ; Let People know about YOU; **Pivot** - Digital Resources: Data Storage (Outlook/Google/Dropbox), Marketing Tools (Canva.com); Newsletters (Constant Contact/Mail Chimp)



**October 17 – Susan G Komen Virtual Race for the Cure.** Here is the page link <https://komenlouisiana.org/race-for-the-cureevents/>. Click on the link for our area. Scroll way down to teams. Click on more teams. There you will find BPW-Monroe-West Monroe. Then, click on join team on ours. Individual \$20. Survivors \$15, Children \$10 Pets \$10. – Contact Laurel Rogers at 318-348-5963 with questions.

**October 18-24 - National Business Women's Week:** Check the Facebook page for daily updates on the scheduled activities – Contact Angie Jackson-Wilson at 318-348-1681

**Sunday**-Virtual Worship on Facebook Live with Mt. Zion Baptist Church, Rev Ike Bryd III, Pastor, at 10:45am.

**Monday**-Domestic Violence Awareness' Day

**Tuesday**-Member Spotlight

**Wednesday**-Mayoral Proclamations from Mayor Friday Ellis and Mayor Staci Mitchell

**Thursday**-Breast Cancer Awareness Day

**Friday**- BPW Day-Wear your BPW shirt or BPW colors, blue, white, or gray.

**Saturday** – Job seekers tips

**Scholarship** – The Monroe West Monroe BPW Scholarship Fund, founded in 1989, provides financial assistance to women age 25 and older. To donate, make your check payable to the ULM Foundation and earmark for the BPW Scholarship Fund. Mail your contribution to the ULM Foundation, 700 University Ave, Monroe, LA 71209. **2019-2020 Recipient**- Mary Hildebrand [click here](#). Scholarship Chair is Teresa Brooks at 318-362-8055.



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### Upcoming Events:

**October 26 – Board Meeting**

**November 3 – Election Day** – Your vote is your voice

**November 10 - BPW Meeting - Salute to Veterans** – Guest Speaker, Dr. Tammy Dixon, US Army Veteran

**Holiday Giving – The Family Justice Center** 1515 Jackson St. in Monroe has been selected. They no longer accept used clothing but listed are some of the items they are looking for.

**Bedding items:** Sheets, pillows, bedspreads, comforters, quilts and more

**Kitchen items:** Dishes, pots, pans, silverware, glasses, toasters, can openers and more

**Bath items:** Towels, shower curtains and more

**Household items:** Curtains, pictures, decorations, clocks, irons, ironing boards, lamps, and furniture: beds, mattresses, chest of drawers, tables, chairs and more

**Children's items:** Car seats, strollers, diapers, school supplies, school uniforms and more

**Cell phones.** Contact Vicki Crist at 318-548-5752.

### Birthday Greetings



Belated – 10/02 – Connie Commenia

November 11 – Lou Antley

November 16 – Bobbie Lee

**Contact us: - Email:** [bpwmwmla@gmail.com](mailto:bpwmwmla@gmail.com)

By mail: P.O. Box 15046, Monroe, LA 71207

Website: [www.bpwmonroe-westmonroe.org](http://www.bpwmonroe-westmonroe.org)

**President's Note:** Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people. Wash your hands regularly with soap and water or clean them with alcohol-based hand rub. Maintain at least six feet distance between you and people coughing or sneezing. These protocols do not guarantee you will not catch the virus but will go a long way to reduce the transmission. Stay safe and try to stay healthy.

## Remember Early Voting Begins Friday, October 16!

Early voting is Oct. 16-27 (excluding Sunday,

November 3 is the Presidential General and Open Congressional Primary Election