



**MAKE A LASTING  
CONNECTION IN 2017!**

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Upcoming Meeting  
Friday, June 9, 2017

**Please join us for a wonderful networking experience!**

Please RSVP by Wednesday, June 7th.  
It is important that you let us know if you plan to attend.

You may RSVP via [e-mail](#) or [online](#).

To prevent Connections from being charged by the Petroleum Club for no-shows, please cancel your RSVP by 10:00am on the Thursday prior to the meeting. Our deadline to confirm our numbers with Petroleum Club is by 11:00am on the Thursday prior to the meeting.

To cancel, please send email to [connectionsprofnet@gmail.com](mailto:connectionsprofnet@gmail.com).

Petroleum Club  
[111 Heymann Boulevard \(Oil Center\)](#)



Meetings are being held in the lounge on the 1st floor, near the arch driveway, down the hall from the buffet.

Networking begins at 11:30 am.

Meeting begins at 12:00 Noon.

**Buffet lunch \$18**

At the luncheon payments can be made by check or cash. Payments may now also be made in advance via [PayPal](#).

\*\*Luncheon payments completed online the day of the event will require proof of payment. You can take a screenshot of the payment on your cell phone, have a receipt sent to you via Facebook or print out the receipt.

## Featured Speaker



**Dr. Krystal Shelmire**  
**Alternative Natural Health Solutions, LLC**  
**Naturopathic Physician**

Join us at our June meeting to hear Dr. Krystal Shelmire's presentation on A Naturopathic Approach to Stress Management for the Professional Woman.

Dr. Shelmire is a graduate of National University of Health Sciences, IL. She is one of five Naturopathic Physicians in Louisiana. She uses several modalities including Botanicals, Homeopathy, Hydrotherapy, Nutrition and supplements, Lifestyle and psychological counseling, physical manipulation skills, Minor surgery, and Modern diagnostic and laboratory testing and Infrared Sauna therapy. She owns her own private practice, Alternative Natural Health Solutions, LLC located on Westmark Blvd here in Lafayette, LA. She is the Naturopathic writer for

BlackDoctor.org, and has been featured on the podcast series Black People Speak, The Dr. Krystal Shelmire Episode and The Practically Healthy Life Show. Dr. Shelmire was a Keynote speaker at the 2nd World Congress on Polycystic Ovarian Syndrome in 2016. Dr. Shelmire has also been featured on KLFY News discussing Life hacks to help with migraines and headaches.

## President's Message



Dear Connections Members,

Thank you so much to my Board and Committee members: Deirdre, Paige, Anita, Debra, Lana, Eugenia, Rebecca, Lisa, Pat, and Jo Ann. You were outstanding and truly rallied to get things done. You made my job easy and I am so grateful for the group pulling together and helping one another out when asked. I know how much you all care about each other and it has been such a rewarding experience to be a part of such fabulous over achievers!

This year I encouraged you to get to know your fellow members a little better and to help mentor our younger members. We implemented "Members Mixers" this year and had a great time meeting after business hours to sip and chat. I have noticed many of you seeing each other outside of the luncheon and doing business together. It is so exciting to see our organization grow and to watch members coming together.

On June 9<sup>th</sup> we will install our new officers. I would like to personally welcome Rebecca Taylor as our incoming President. We have several board members returning in various positions and they will be joined by some bright new faces. I am confident that Rebecca will continue to lead us in the right direction and do a great job with her amazing Board and Committees. Good luck ladies – I can't wait to see what we can do next together!

Sincerely,

Cynthia Beslin

Connections President 2016-2017

*She*  
IS CLOTHED IN  
*strength*  
AND  
*dignity,*  
AND SHE  
*laughs*  
WITHOUT FEAR  
OF THE FUTURE.  
PROVERBS 31:25

## **Business Spotlight**



### **Edie Casselman**

**Executive Director**

**Garden View Assisted Living of Lafayette**

601 Verot School Road, Lafayette, LA 70508

337-237-5542 (p) | 337-237-5543 (f)

Edie Casselman has been the Executive Director for Garden View Assisted Living for three years. She has enjoyed a long career in the Assisted Living environment and has a true passion for the elderly. "They are the heart of who we are and who we should strive to be. Our seniors possess a wealth of knowledge and incredible stories, if you just take the time to stop and listen. They are our greatest treasure and I can't imagine doing anything else everyday for the rest of my work life," said Casselman.

Garden View Assisted Living contains luxury one and two bedroom apartments allowing a choice in accommodations. Our residents leave behind the burdens of everyday home maintenance, repairs and other worries to live in their own private apartment with the security of a helping hand when needed.

Residents enjoy a busy schedule of activities and social events, or the peace and quiet of one of Garden View's sitting areas or beautiful courtyards. We offer fine dining in our main dining room, or an intimate meal in the private dining room. Our state-of-the-art security features include: 24 hour

staffing, emergency call systems with smoke detectors and sprinkler systems. We also provide medical transportation and our personal care staff is available 24 hours a day for individual needs.

Please feel free to contact our welcoming staff for a complimentary tour at your convenience.



**Thank you to this that attended our Spring Mixer on last month. It was a blast!**









## **May Luncheon**



**Thank you Stacey Judice with Community Chronicles for sharing your story of how you made you wish come true. We do need positive news these days.**







**Thank you to everyone that gave door prizes for the May meeting.  
Donating a door prize is a great way to advertise yourself and your business.**

## **Membership Renewals / New Memberships**

**Renew your membership or join our organization [today!](#)**

**Want to get more involved in Connections? Join a**



committee! We have several opportunities for volunteers to work closely on multiple projects with the board. Simply check off which committees you are interested in when you fill out your membership renewal and/or application at <http://www.connectionsforwomen.net/join>.



Advertise your business in the Connections Directory! The directory is a great promotional tool, as it is given to all members in good standing. For available ad space and pricing, click [here](#).



As you all may know we have continued our Membership Drive. The member that brings in the most guests that become Connections Members will win a prize. The award will be a \$100 Gift Card!

## News & Announcements

**NEW Connections website:**

<http://www.connectionsforwomen.net/>

**Members...** You can bring marketing materials, business cards and brochures/flyers to the meeting and place on the door prize table to promote your business!!

**Members...** You can email announcements, accomplishments, business tips or share good news to Anita Link and she will share on Connections Facebook page.

Send to: [Anita Link](#)

## We are now accepting PayPal!



Connections is now taking online payments for our luncheons and membership dues. You can find the payment link for our luncheons on each event page. To become a member or to renew your membership online, click [here](#).



The Membership and Board of Connections would like to wish the graduates the best of all things as they pursue higher education and careers. We salute you for this great achievement.



**Faith House, a women's organization that we support, has a list of immediate needs for their shelter.**

**Immediate Needs:** Laundry detergent, dish washing liquid, paper plates, utensils, bowls and cups, towels and washrags, floor cleaner, brooms/mops, diapers (size 4 and 5), sanitary products, ethnic hair care products, Lysol, sheets and blankets (Twin Size)

**For women moving out of the shelter, they are also seeking:** Furniture (Sofas, beds, dressers, etc.) sheets/blankets, pots/dishes/utensils, kitchen tables/chairs, car seats, fans, and suitcases.

Please contact Mary Usner at (337) 234-2715 for donations or questions.

Mark Your Calendar!

**Future Connections' Meetings:**

**July 14th**

**August 11th**

**September 8th**

**CONNECTIONS PURPOSE AS BY OUR CONNECTIONS CONSTITUTION**

SECTION ONE: TO PROVIDE A PROFESSIONAL, EDUCATIONAL AND PERSONAL SUPPORT NETWORK FOR CAREER-ORIENTED WOMEN.

SECTION TWO: TO PROVIDE AN ARENA IN WHICH CAREER-ORIENTED WOMEN CAN MEET ONE ANOTHER.

SECTION THREE: TO PROMOTE PROFESSIONAL ACHIEVEMENTS OF WOMEN IN THE COMMUNITY.

SECTION FOUR: TO PROVIDE MODELS FOR THE COMMUNITY.

Enjoy yourself at our meeting!!

**2016 / 2017 Board Members**

**Connections Officers**

Cynthia Beslin - President  
Rebecca Taylor - President Elect  
Eugenia Shedrick – Newsletter VP  
Anita Link – Public Relations VP  
Paige Beyt – Membership VP  
Debra Billeaud – Treasurer  
Lana Fontenot - Program VP  
Deirdre Detraz – Board Member at Large  
Pat Sonnier - Career Achievement  
Joann Pugh - Scholarship Chairperson  
Lisa David - Arrangements Chair

CONNECTIONS is a monthly newsletter published by the members of CONNECTIONS. For consideration of all information and articles, contact Newsletter Vice President and Editor, Eugenia Shedrick at 337-852-3027 or [eugenias@worknet2k.com](mailto:eugenias@worknet2k.com). If you would like to become a member of CONNECTIONS, contact Paige Beyt, Membership Vice-President at [pcbeyt@gmail.com](mailto:pcbeyt@gmail.com).

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