

# TOGETHER *We* ACHIEVE MORE

NWIIWA SECOND QUARTER NEWSLETTER

## AWARDS BANQUET UPDATE

### Sponsor the Mixer, Meet the Nominees!

Coming up on April 27th, there will be a nominee mixer at the Goodwill Excel Center in Gary. This is a private event that is exclusively open to our sponsors and the 2023 Influential Women nominees.

We welcome and encourage all of our member companies to sponsor and attend this event. Not only will this showcase your company's support for women, it'll also give you first-class networking opportunities with the next class of Influential Women winners. For more detail on how your company can sponsor the mixer and attend, click the link below.

[Click Here for Sponsorship Details](#)

## NWIIWA WELCOMES NEW PARTNER

### Welcoming Our New Partner: Lerner & Rowe Injury Attorneys!

Welcome to NWIIWA, Lerner & Rowe Injury Attorneys! We're honored to announce the law firm has joined NWIIWA as a Diamond Partner. The company is a national firm focused on personal injury cases. Since its inception, the firm has actively supported numerous community-based organizations through its philanthropic nonprofit arm Lerner and Rowe Gives Back. Their activities include donations and volunteering across a wide variety of charities, nonprofits, and youth programs. Together, NWIIWA and Lerner & Rowe Injury Attorneys will help expand opportunities for women and companies throughout NWII!

## WELCOME NEW MEMBERS

### New Premier Corporate Members

Allstate Insurance | Crown Point  
Basecamp Fitness  
Holland Company  
Integrated Body and Medicine

### New Professional Members

Alyssa Gawinski | Michelle Payne  
Ronda Corby | Sherry Sink  
Jamie Panicali

## BUSINESS BUZZ

### Franciscan Center for Midwifery Opens in Crown Point

The Franciscan Physician Network Center for Midwifery is now open in Crown Point, expanding



Franciscan Health Crown Point's offerings to meet the healthcare needs of women of all ages.

Women's health services offered at the Center include maternity services (including prenatal, childbirth and postnatal care), menopause management, wellness education and wellness exams. The Center for Midwifery joins Franciscan Health Crown Point's expansive portfolio of care options for expectant women and infants, including a full complement of obstetricians, gynecologists, maternal fetal medicine specialists and specialized emergency obstetric care.

Do you have Business News to share in the NWIIWA newsletter?

[Click Here to Submit Your News!](#)

## MOTIVATIONAL LUNCHEON

### Stressed! Who me?

Back by popular demand, one of NWIIWA's top speakers, Liz Jazwiec, will be teaching us how to take better care of ourselves so we can become stronger leaders. As practiced and skilled as we are in helping others, often we are not so great at helping ourselves.



This is definitely one presentation you won't want to miss. Liz is one of the best presenters NWIIWA has featured. In this special presentation, we're going to learn about tactics and techniques to recognize stress in its early stages, implement both emotional and physical strategies, and most importantly prevent the slide into negative self-destructive habits. We're also going to be learning about how to foster a healthy work environment.

Liz Jazwiec, RN, is an internationally renowned speaker, strategist, and an award-winning author of multiple bestselling books. She's also been a longtime hospital officer, serving as vice president of patient care and as the director of emergency services.

## CYCLING FOR CHARITY

### Basecamp Fitness Raises \$543 During "Claim Your Mile" Event



Basecamp Fitness in Schererville recently held a special cycling fundraiser in support of NWIIWA's professional development and educational initiatives.

The company hosted a "Claim Your Mile" event to energize and engage the community this spring. NWIIWA was selected as the charity of choice that cyclists would ride to support. During the free event, Basecamp Fitness donated \$1.00 for every mile ridden by attendees.

Several of our members and supporters had a great time crushing their fitness goals. Together, \$543 was raised! We'd like to thank Basecamp for believing in our mission and for working to promote the incredible strength of women in NWII!

## LETTER FROM THE BOARD CHAIR

### Embrace the Sunshine

Spring is a time of renewal and rebirth. As the temperatures rise, so do our energy levels. Here are some ideas on how to shake off the winter blues and embrace the sunshine ahead:



- 1 Head outside and get some fresh air.
- 2 Clean out that closet and find those warm weather clothes.
- 3 Enjoy the longer daylight hours, being productive or just relaxing.
- 4 Peruse new recipes to make cooking fresh and fun after a months of soups and stews.
- 5 Take time for yourself to renew your spirit, perhaps through a hobby, exercise, yoga, or religious services.
- 6 Reconnect with friends and colleagues who have also been cooped up over the long winter.
- 7 Look for networking events to attend now that you won't have to battle snowstorms to get there.
- 8 Revisit your professional goals for 2023 to make sure you're on track.
- 9 Sign up for the NWIIWA Diversity Luncheon in May.
- 10 If you're been nominated for an Influential Women Award (Congratulations!) get the application packet completed asap.

It snows for over half the year in Northwest Indiana, so be sure to enjoy every single minute of spring and summer!

Cheers,

Erica Dombey | Board Chair

## PEOPLE ON THE MOVE

### Horizon Bank Promotes Kuehl to AVP, Senior Commercial Loan Portfolio Manager

Horizon Bank promoted Lisa Kuehl to Assistant Vice President, Senior Commercial Loan Portfolio Manager. Congrats Lisa!

Kuehl has been in the banking industry for over fifteen years, beginning her career as a Customer Service Representative. She joined Horizon Bank in 2017, and most recently held the title of Commercial Loan Portfolio Manager. In addition, Kuehl is a board member of Girls on the Run and is actively involved with NWIIWA.



## IT'S BEEN A BUSY SPRING!

### Lookin' Good with Our New Purses and Sunglasses!

The Education and Events Committee would like to send a big shout out and a thank you to everyone who came out to support NWIIWA and have some fun during this year's Designer Purse and Sunglass Bingo. That was such an awesome evening, and there were some truly incredible prizes that winners took home. All eyes were on that Valentino bag!

We'd also like to thank each company sponsor that donated this year's amazing lineup of designer purses and sunglasses. Your support enables NWIIWA to develop new professional development and educational opportunities for women. Thank you so much, and we hope to see you all at next year's exciting Purse Bingo event on March 6, 2024!



## Mental Health

Mental Health is really becoming a huge topic in almost every industry. That's why our seminar on Mental Health First Aid was so important. NWIIWA was proud to host this nationally accredited program to raise awareness and possibly save someone's life one day. The goal was to educate employers about identification, prevention, and actions they can take to address suicide and other mental health topics throughout the regional workforce. Representatives from the National Council for Mental Wellbeing, which is a Washington DC-based nonprofit, led the seminar.

## OUR PARTNERS

### ELITE PARTNERS



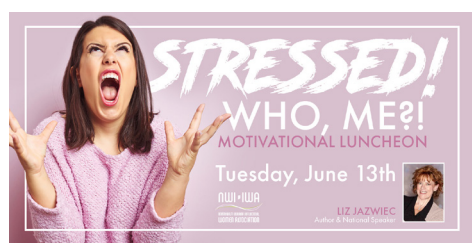
### PREMIER PARTNERS



### DIAMOND PARTNERS



## UPCOMING EVENTS



Education & Events Committee Meeting  
April 24th | Catch Table & Tap | Merrillville, IN

2023 IW Nominee Mixer  
April 27th | Goodwill Excel Center | Gary, IN

Education & Events Committee Meeting  
May 9th | Catch Table & Tap | Merrillville, IN

Executive Board Meeting  
May 12th | Held via Zoom | 8:30AM

Education & Events Committee Meeting  
May 17th | Catch Table & Tap | Merrillville, IN

Stressed! Who, ME?!  
Motivational Luncheon  
June 13th | Innsbrook Country Club  
Merrillville, IN

Education & Events Committee Meeting  
June 21st | Catch Table & Tap | Merrillville, IN

Education & Events Committee Meeting  
July 19th | Catch Table & Tap | Merrillville, IN

Influential Women of Northwest  
Indiana Awards Banquet  
Sept 28th | Avalon Manor | Merrillville, IN



[Click Here to See a Full List of Upcoming Events](#)

