

CONNECTICUT CONNECTIONS



June 2012

President's Message

Elaine Johnson
Personal Touch Organizing
Organize.it@att.net

Dear {FIRST_NAME|NAPO CT Member},

Well, I guess I've got my first NAPO meeting under my belt as your new president. As the June meeting approaches, I am looking forward to seeing you all again.

Immediately following the meeting, the NAPO-CT Board of Directors will have a Strategic Planning Session. At this meeting, we review our goals from last year and set new goals for the chapter for the new year which begins in September. We discuss ways in which we can improve chapter relations with both our membership and the community, increase membership, and provide quality programming. As we break for the summer, your Board is working behind the scenes to ensure the wheels are set in motion to begin implementing the initiatives discussed during strategic planning.

We look forward to sharing with you, over the next few months, the ideas that result from our meeting.

Lastly, our speaker for this month has a family emergency and is not able to come to the meeting. I am still in the process of finding a replacement, so I hope you like surprises.

Have a wonderful summer!



Member News

Cindi Filer
Membership Director
alifeinorder@comcast.net

NEXT CHAPTER MEETING



Friday, June 15th

Where:

[Eli's on Whitney](#)
2392 Whitney Ave, Hamden, CT
06518
Exit 61 off Route 15
(Wilbur Cross Parkway)

NAPO CT Board of Directors

President

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Treasurer

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We welcome the summer; the slower pace, the reconnection with summer friends, the making of new friends. Why not...

HELP GROW OUR:

Make a point to share what you do and listen to people's response. Are they interested in what you do? Do they give you a "buying signal" indicating they want more information?

Enlighten your family, friends, neighbors about our desire to grow our membership. Ask them to spread the word.

Mention NAPO-CT, our networking possibilities, our fabulous monthly speakers, the camaraderie we share. Make it a part of your "elevator speech" as you describe what you do.

Be aware of interest and follow up. Let me know by emailing alifeinorder@yahoo.com

Encourage people to check out who we are. They can attend 2 meetings for only \$25 each time so they can see if we are a fit for them.

Remember how you felt as a new Professional Organizer. If someone wants to pick your brain about our industry, go for it! Share away! You will both feel great. Then invite them to a meeting!

Spread the word about our organization at libraries, businesses, schools, retirement homes. Be creative!

Help someone you feel could benefit from a career change, a part time job, a full time job. Tell them of us and your success.

If you invite...they may come! Share any potential interest with me at alifeinorder@yahoo.com

Please keep an eye and an ear out for any potential Associate members who might offer services related to our industry. Have a safe, peaceful, productive and happy summer.

We hope to see you September 21st!
Mark your calendars.



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NAPO-CT has some great marketing opportunities both for organizing and non-organizing businesses:

Membership Email Blast: \$25 for members; \$50 for non-members.

Connecticut Connections Newsletter Ad: From \$7.50

Chapter Meeting Sponsor (*Ten minute presentation at the meeting; newsletter article, name included in meeting announcement; website link for one month*): \$100 each meeting

Vendor Table (*One 6' table for display or sales; mention in meeting invitation*): \$75

If you or anyone you know are interested in these marketing programs, please email me: Beth@TheEPSAdvantage.com

Spread the word!

May Meeting Highlights

The ABC's of the Organizing Business

Judith Kirk

Buffing: May 2012

The Process of Buffing is about polishing those things that feed your energy. It is about taking extremely good care of yourself. The more energy you have the more you can give to others.

Business areas that may need buffing:

1. Schedule – Have you gotten so caught up in business that you have neglect the fun areas in life? Have you allowed time for those activities that provide you with energy? When was the last time you took time for recess? Take time to review your schedule and start buffing those areas that need a shine.

2. Office – What buffing does it need? Is your desk cleared, files filed, windows washed? Add a plant to clear the air. Get a pleasant screen saver on your computer desktop. Use an elegant paperweight that brings a smile to your face whenever you look at it. If you started buffing areas in your business, what effect would that have on your growth and prosperity?

3. Work environment – Does your office need a good buffing job? Is your chair uncomfortable? Do you love your surroundings? What about the art work? Your environment has a positive (and negative) affect on your mood, work habits, productivity. It reflects who you

are. Start buffing and energize your surroundings. Remember when we talked about those little irritants that have a tendency to drag you down?

What other areas of your life, need buffing? Do you schedule in “me” time? Do you live in a peaceful environment that adds joy to your life? When was the last time you took a hike, went to a concert, saw a movie or just played with the children? These are the areas that need buffing.

Buffing is about fixing problem areas that have the tendency to drag you down and prevent you from experiencing the energy around you. We don't throw out the sterling silver just because it is tarnished.

Start buffing.

Monthly Article

Top Ten Tips to Make a Difference for the Caregiver

Judith Kirk

Care giving is exhausting physically, mentally and emotionally. From firsthand experience being the primary caregiver, I truly appreciated the thoughtfulness of many friends and family members who walked with me as my husband was hospitalized.

Here are my top ten ideas to make a difference in the caregiver's life of which many NAPO-CT members were involved.

1. *Honor and respect the caregiver's evenings* . After a long stressful day in the hospital, I treasured coming home to the peace and quiet of familiar surroundings giving me time to think and work out a few details. I refused to take calls after 8:00 p.m. – the time I normally got home from the hospital. No talking except to the cats and they were content to cuddle on my lap.
2. *Pre-cooked single packaged healthy meals were a blessing* . Eating was not even on the radar as I was too tired at night to prepare a meal. A dear friend delivered a week's worth of pre-cooked single packaged meals so I didn't even have to think about “what to eat” or be tempted to say, “I am not hungry.” Everything was right there for me from soup to nuts and even a variety of biscotti that were so delicious. A thoughtful treat!
3. *Deliver a snack pack treasure chest* . It is not always convenient, nor healthy, to head to the hospital cafeteria, so when friends presented me with “A Caring Snack Pack,” I was overwhelmed. It was a huge treasure trove filled with water bottles, KIND nutrition bars, pretzels, almonds, yogurt, fresh fruit, veggies and dip, and a small insulated tote bag. I kept everything in the refrigerator and just took along what I needed for the day. Convenient and healthy.
4. *Step up and be a thoughtful dear friend* . What would we do without dear friends? One person closed his physical therapy practice for an afternoon, came to the hospital and said, “Go

home and rest, I'll sit here for the rest of the day." What a blessing!

5. *Keep family and friends updated*. Well-meaning family and friends may not realize the burden they place on the caregiver with the request to "call me with updates." After a day in the hospital, the last thing needed was to rehash events over and over again. These requests could easily be handled online with CaringBridge.org, a blog, or a simple updated message on the answering machine.

6. *Call the caregiver during the day*. If you absolutely want to chat with the caregiver, give a call on the cell phone during the day. With caller ID, I got to choose which calls to take. Many times it was just the excuse needed to leave the hospital room and head to the family lounge for a brief chat.

7. *Know the caregiver's schedule*. My sister called every morning while I was eating breakfast just to chat for a few minutes and make sure I was eating. Another friend called me every evening as I was driving home from the hospital. This was a comfort and relieved the loneliness and emotional letdown. But as soon as I walked through the door, she would say good-night. I really appreciated the caring.

8. *Hospital visitation is not necessarily a good idea*. A few family members drove several hours to visit us in the hospital. It was nice that they cared, but it can be taxing on both the patient and the caregiver. Plan your visit carefully. Weekends are best. There is a lot of activity during the week with tests, transports, nurses monitoring vitals and doctor's visits. And, in between all that it is important for the patient to rest and recuperate. Where are these people now that we are home? I could use a bit of a break. Come and relieve me for an afternoon!

9. *Think for the caregiver*. Encourage caregivers to contact the professionals in their life – estate attorneys, financial planners, etc. Knowing that your affairs are in order is a relief. It is easier to make the necessary updates while your mind is still clear. Provide the hospital and doctors with a copy of the Living Will and Medical Power of Attorney.

10. *In lieu of flowers, think of greeting and gift cards*. There is always added expenses when you are the primary caregiver. Gift cards or gas cards are a thoughtful gesture in lieu of flowers. Most hospital rooms are small and flower arrangements take up valuable real estate whereas greeting cards can be taped to the walls. Also, check to see if the hospital has a Helpful Hands Concierge Service which provides many inexpensive and free services and amenities to patients and visitors. There are countless options ranging from gift/flower delivery, DVD and equipment rentals, newspapers, reading material, laptop computers with internet connection, hotel or dinner reservations, notary services, oil changes, dry cleaning drop off and pick up, package shipping, pet services, personal shopping and so much more.

Having thoughtful friends makes the task of caring for a loved one easier. Many people ask what they can do to help, but usually the caregiver is under so much pressure that a foggy mind cannot

think of anything beyond the day to day necessary tasks. Don't ask; just provide nourishment for the body and soul.



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