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APRIL'S PROGRAM

The next meeting will be held on **Friday, April 9**, at the **Wellesley College Club**. **This is a lunch meeting from noon-2pm. There will be a Panel Presentation. Please be sure to RSVP by Monday, April 5, to Cathy McGrath 781-235-2446 or cmcgrath@wellesleychamber.org**.

We will look forward to seeing everyone.

PANEL MEMBERS

Kathy J. Seltzer, Lic. Ac. is the Dean of Clinical Education at the New England School of Acupuncture, the nation's first institution of higher education to teach Oriental medicine (both acupuncture and Chinese herbal medicine). Kathy has been licensed to practice acupuncture for 18 years and owns a private practice in Brookline as well as Acupuncture Birthing Associates, where she specializes in treating women in pregnancy, labor and delivery. Prior to becoming NESAs Dean of Clinical Education, she served as an Instructor and Student Clinic Supervisor at NESAs, as well as Staff Acupuncturist at health centers in the Boston, Worcester and South Shore areas. She frequently speaks to community groups and at hospital Grand Rounds and has attended births at all major hospitals in the Boston area. She has post-graduate training in acupuncture from the International Acupuncture Training Center in Beijing, China and a BA in Psychology/Women;s Studies from the University of Rochester. Kathy prides herself in making acupuncture understandable to all and providing compassionate care to people of all ages.

Julie Freeman, MA, RD, LD, has a private practice in Wellesley and also sees clients at Visions Medical Center in Wellesley, a medical clinic that focuses on a functional approach to medicine and wellness. Julie has been in practice for over 30 years and combines the best of the traditional and non-traditional philosophies in her treatment of her clients. She has an undergraduate degree in Foods and Nutrition and a graduate degree in Human Development and Counseling. Her approach is to meet people where they are, to facilitate a positive approach to wellness and to assist folks in the kitchen and at the grocery store.

Peg Baim, MS, NP

Clinical Director, Center for Training

Director, Lighten Up Program

Director, Medical Symptom Reduction Program

Ms. Baim is director of the Lighten Up Program and Mind Body Program for Symptom Reduction, and a clinical nurse practitioner. She is also the clinical director of the Center for Training in Mind/Body Medicine and a researcher at the BHI.

Ms. Baim earned her MS degree and did postgraduate work in nursing at Boston College and has gained clinical experience at several major hospitals. She is also an Associate in Medicine, Harvard Medical School, and is an Adjunct Clinical Instructor of Graduate Programs in Primary Health Care Nursing at Simmons College. Ms. Baim joined the BHI in 1990 and her specialty areas include cognitive applications of positive psychology and contemplative meditation.

HOT TIPS

There Is No Time Like the Present

From **Andrea Novakowski**, Master Certified Coach (andrea@coachandrea.com or 508-231-0766)

It's the beginning of April. Remember those goals that you set for yourself at the beginning of the New Year? What have you done in the first quarter of 2010 to bring yourself closer to attaining them? Have you even taken that first step yet? Or perhaps you took the first step and then veered off-course when the details of your life took over. It's time to get back on track!

Remember, every successful mountain climb begins with a few small steps. Start your climb by reverse planning. Select a date when you would like to achieve your goal. Then, backtrack month by month and identify realistic milestones that can propel you closer to that goal. Soon you will be able to identify what you need to do each day, each week and each month to make your goals a reality.

There is no time like the present to focus on what truly matters to you.

Coaching request: Take a few small steps: Pull out your calendar, Blackberry, iphone or Daytimer and schedule a planning session with yourself. During the session, consider what really matters to you for 2010, then follow the steps noted above.

Adapted from *Leadership Moment* by Lead Star, LLC.

PRIVACY PLEASE - from a blog by Judy Pike

On March 1, 2010, new standards went into effect in Massachusetts for the protection of personal information in both paper and electronic records. Mass. CMR Section 17.00 applies to all persons that own or license personal information about a resident of the Commonwealth.

Every person that owns or licenses personal information about a Massachusetts resident is now required to develop, implement, and maintain a comprehensive WRITTEN information security program and physical safeguards that are appropriate to the individual business and the amount and type of personal

data maintained. The regulation applies to those "engaged in commerce", i.e. those who collect and retain personal information in connection with the provision of goods and services or for the purposes of employment.

Businesses are required to designate an employee to maintain the security program, to institute policies for safeguarding personal information, and to establish and maintain a secure computer/electronic system to the extent the personal information is stored electronically, including firewall and encryption capabilities. Important to those of us operating largely over the internet is the concept that any personal information transmitted wirelessly must be encrypted to bring about a "transformation of data into a form in which meaning cannot be assigned", meaning that the data must be altered into an unreadable form. Password protection alone is not sufficient and would not satisfy the encryption standard.

The new rule adopts a risk-based approach to information security, directing a business to establish a written security program that takes into account the particular business' size, scope of business, amount of resources, nature and quantity of data collected or stored, and the need for security.

The state Office of Consumer Affairs and Business Regulation developed a compliance checklist to assist small businesses comply with these regulations. These can be found at http://www.mass.gov/Eoca/docs/idtheft/compliance_checklist.pdf.

POSTED BY JUDY PIKE

MEMBER OF THE MONTH

It was a pleasure to have the opportunity to sit down and talk with Joanne Neale, the WBN Member of the Month. Her personal and professional journey is a perfect example to show that when you do what you love, you will be successful.

Joanne grew up in New Jersey. She married her high school sweetheart and they had a daughter. In 1974, she moved to Boston to go to Boston University School of Law. (That's right - we all know Joanne as the Garden Mentor, but she actually started her professional life as an attorney!) Around this time, her marriage ended and she became a single parent. She found this part of her life to be an adventure – she didn't have any family around here, but was ready to leave New Jersey and start a new chapter in her life. She graduated from Boston University in 1977 and worked in different areas of the law for over 20 years, including corporate, business

and non-profit law. In 2000, while still working as an attorney, she created the Garden Mentor business, using her knowledge and experience to structure and organize the business. Almost right away, her new business took off and by 2003 she felt that she had to decide between the two and, in her own words, “it was a no brainer!” Joanne believes that the secret to her success is that when you truly love something, it comes across to people and the enthusiasm is contagious.

The focus of her Garden Mentor business is environmentally responsible, low maintenance landscaping. She strives to design a landscape that fits the customer’s lifestyle, tastes and budget. Springtime is very busy for her and during the winter “hibernation” she focuses on her horticultural classes. She truly enjoys going to work each day and adding beauty to the lives of each of her customers.

Joanne is now remarried and she and her husband have a son, who is 21 years old and a junior at Hofstra University. Her daughter lives nearby, and every Monday afternoon she picks up her 5 year-old grandson Christoph from school and they go for ice cream together. Joanne’s other passions include yoga, travel, collecting art (particularly made by female artists) and American art pottery, as well as reading. She has also been quite involved with the Needham League of Women Voters and the town’s Habitat for Humanity project, for which she is designing the landscape.

Femina Ali D.M.D.