

Western Gateway Gazette

Northern Berkshire Business and Professional Women

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February, 2010



A message from your president...

I would like to congratulate Nancy Lescarbeau for being chosen as our Member of the Year. At the January meeting, Nancy was presented with the certificate of excellence and a small gift for her commitment and service to our Local and to BPW overall. Good job, Nancy and well deserved! We are all very proud to have you as a member of our club.

We finally made it to February and as you know Punxsutawney Phil saw his shadow and saw a long winter for 2010. Well, I'm with Phil for pulling back under the cove, but thanks to Julius Caesar and his calendar, February was made the shortest month. So with fewer days and more to do for our Local and BPW/MA, we move forward toward spring.

There will be an important Board of Director's Meeting on Sat. March 13th, at UMASS Medical School, Worcester.

All BPW members are encouraged to attend. The purpose of the meeting is to bring together BPW members from throughout the State to discuss the concerns and direction of BPW/MA. This is an opportunity to be part of the action of BPW. The cost is \$15.00 which includes the program and lunch. We will attach a registration form to this newsletter so that you may register before the Feb. 28th deadline. District Board meetings are always informative and fun, so please try to make plans to attend. We will car pool. Our February meeting will, as always, prove interesting and needs you to make it special. I wish you all the best and hope to see you on the 24th.

Happy Valentine's Day!

Dot Ransford



February Meeting

Date: February 24, 2009

Location: Williams Inn

Program:

1. "Young Careerist"
2. "Are You Raising Your Grandchildren?"
Speaker - Jeanne Livesey Rodda

Menu: Garden Salad

Choice of:

1. Chicken Parmesan over Pasta with Marinara Sauce
2. Roast Pork Loin with Mushroom Sauce
3. Pasta with Marinara

Dessert: Warm Fruit Crisp

Coffee, Tea

Cost: \$25.00

**Hostesses: Dawn Schrade
413-663-5008**

**Elizabeth Manns
413-663-7363**

Please remember: Reservations are due by the Friday before the meeting. If you haven't been called, call one of the hostesses above. Also, you are responsible for reservations made and not honored. We must pay for meals ordered.

Networking – 6:00

Meeting opens –6:30

Dinner – 6:45

Guests are welcome!

IMPORTANT WEBSITES!!

www.bpw/usa.org

www.bpw/ma.org

www.northernberkshirebpw.org



UPCOMING EVENTS

February 14 – Valentine's Day

February 15 – Presidents' Day

February 24 – NBBPW General Meeting

March 13 – Winter Board Meeting



February Birthdays

Francine LaJoie – 2/3

Martha Dailey – 2/15

Dawn Schrade – 2/18

[from Young Women Misbehavin' blog...](#)

Not surprisingly, 61% of unpaid caregivers in the United States are women. A caregiver is anyone who provides basic assistance and care for someone frail, disabled or ill and needing help. Caregiving takes many forms from handling daily activities such as bathing, managing medications or preparing meals, to managing finances, transportation, and grocery shopping. About 44 million Americans provide 37 billion hours of unpaid, “informal” care each year for adult family members, friends, and children in need and a majority are women.

In 2007, the estimated economic value of family caregivers’ unpaid contributions was at least \$375 billion, which is how much it would cost to replace that care with paid services. Caregivers provide life-sustaining, necessary and invaluable support, often working long hours and enduring sometimes heartbreaking conditions. What are we doing to support these women and lessen the financial, physical, and emotional burden they face?

In the State of the Union, President Obama proposed two policy initiatives aimed at relieving the financial burden of caregiving on middle-class families. [One initiative would nearly double the child and dependent care tax credit for middle class families making under \\$85,000 a year.](#) Child care costs have grown twice as fast as the median income of families with children since 2000, but the Child and Dependent Care Tax Credit has only increased once in 28 years and is not indexed for inflation. Currently, the child care tax credit reimburses 20% of child and dependent care expenses that enable caregivers to work or look for work. That rate will be raised from 20% to 35%. Families could claim up to \$3,000 in expenses for one child or \$6,000 for two children. The maximum credit for a family with two children making \$80,000 a year would increase from \$1,200 to \$2,100. The administration also proposed to increase the child care tax credit for families making between \$85,000 and \$115,000 but not by quite as much.

Caregiving should not make women poor, but it does. Women who are unpaid caregivers are nearly three times more likely to be poor

and five times more likely to depend exclusively on Social Security. Almost 60% of all caregivers either work or have worked while providing care. And of those caregivers that hold a paid job, 62% have had to make adjustments to their work, such as reporting late to work or giving up work entirely. One-third of female caregivers leave the workplace altogether, reducing their likelihood of receiving adequate health care benefits, retirement or Social Security income for themselves.

The second initiative proposed by President Obama would expand support for families balancing work with elder-care, helping caregivers manage their multiple responsibilities and allowing seniors to live in the community for as long as possible. [The Caregiver Initiative adds \\$52.5 million in funding to the Department of Health and Human Services caregiver support programs that provide temporary respite care, counseling, training, and referrals to critical services.](#) The extra funding will allow nearly 200,000 additional caregivers to be served and 3 million more hours of respite care to be provided. It also adds \$50 million to programs that provide transportation help, adult day care, and in-home services, such as aides to help seniors bathe and cook, which eases the burden for family members and helps seniors stay in their homes.

It is important to recognize that the nearly 66 million caregivers are a crucial extension of our formal health care system. Everyone knows about the high cost of nursing homes and assisted living facilities, but the cost of taking care of your aging parents at home is not as well documented. Without their efforts, those receiving care would turn to public programs such as Medicaid, their quality of life and health status would decline, and public costs would increase.

These caregivers play a vital role in helping seniors stay in their communities or at home. But too often they don’t have the support they need to balance caregiving with work and family responsibilities. We must support caregivers so they can continue in their roles.



February, 2010
Bizarre and Unique Holidays

Month:

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pie Month
- National Cherry Month
- National Children's Dental Health Month
- National Grapefruit Month
- National Weddings Month

Weekly Celebrations:

3rd Week International Flirting Week

Each Day:

- 1 [National Freedom Day](#)
- 2 [Ground Hog Day](#)
- 3 [The Day the Music Died](#) - Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959.
- 4 [Thank a Mailman Day](#)
- 5 [National Weatherman's Day](#)
- 6 [Lame Duck Day](#)
- 7 [Send a Card to a Friend Day](#) - obviously created by a card company

8 [Boy Scout Day](#) - celebrates the birthday of scouting

9 [Toothache Day](#)

10 [Umbrella Day](#)

11 [Make a Friend Day](#)

12 [Abraham Lincoln's Birthday](#)

12 [Winter Olympics](#)

13 [Get a Different Name Day](#)

14 [Valentine's Day](#)

15 [President's Day](#)

16 [Do a Grouch a Favor Day](#)

17 [Random Acts of Kindness Day](#)

18 [National Battery Day](#)

19 [National Chocolate Mint Day](#)

20 [Cherry Pie Day](#)

21 [Card Reading Day](#)

22 [George Washington's Birthday](#)

23 [Tennis Day](#)

24 [National Tortilla Chip Day](#)

25 [Pistol Patent Day](#)

26 [Tell a Fairy Tale Day](#)

27 [No Brainer Day](#) - this day is for me!

28 [National Tooth Fairy Day](#)



Deadline

Meeting Registration:
February 28, 2010

BPW/MASSACHUSETTS
WINTER BOARD REGISTRATION
March 13, 2010
UMass Medical School, Worcester

Please complete the following information, include check made payable to BPW/MA and mail to Lucienne Pelletier, 45 Riverside Street, Danvers, MA 01923-3721.

In the event that you must cancel your registration, please contact Lucienne prior to February 28, 2010. We regret that we will be unable to issue refunds to anyone canceling after that date.

Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

BPW Local: _____ District: _____

Please check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> Member | <input type="checkbox"/> State Officer |
| <input type="checkbox"/> First Time Attending | <input type="checkbox"/> State Standing Committee Chair |
| <input type="checkbox"/> Local President | <input type="checkbox"/> Special Appointee with Vote |
| <input type="checkbox"/> Local President-Elect | <input type="checkbox"/> Special Appointee without Vote |
| <input type="checkbox"/> District Director | <input type="checkbox"/> Past State President |
| <input type="checkbox"/> Guest: _____ | |

Luncheon: Make-Your-Own Deli Buffet
 Pasta Salad
 Green Salad
 Assorted Cookies and Brownies
 Soft Drinks and water

Please note any dietary restrictions here:

I plan to attend	By Feb. 28	after deadline	at door
<input type="checkbox"/> Board Meeting and Lunch	\$15	\$20	\$20

Total Amount Enclosed: \$ _____