

A Message from the President

Clety Gomez-President

adies! For those of you who could not join us at the January Lunch, Mary Flynn once again entertained us with interesting and funny stories of behind the scenes at the New Your Metropolitan Museum of Art. She is a great speaker and never disappoints.

Do not miss this month's program when once again the Chef of Oakmonte will give a dessert demonstration and we even get to eat it and Tim's Wine will have a wine pairing.

Darlene and her committee have been busy organizing the "High Heels – High Tea" Spring Fashion Show. This will be an event you will not want to miss. Mark your calendars for March 6th. Tickets are on sale now. Remember, this is our major fundraiser of the year, and we depend on everyone to help make it a great success. Make sure to read the Ways and Means article in this newsletter for all the information.

Do not forget to look at the Social article for all the details on the upcoming events. Ginny and the committee have put together a great schedule of activities.

As always, you can keep informed as to all the goings on of the club (including the luncheon pictures) at our website: www.heathrowwomensclub.org.

Hope to see you all at the February Luncheon.

Regards,

Clety Gomez- President Heathrow Women's Club/Heathrow Women's Club Charities, Inc. President@heathrowwomensclub.org 407-760-9663

"Fundraising is the gentle art of teaching the joy of giving." Hank Rosso

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Membership & Hospitality

Rita Vetter- Membership & Hospitality Chair

ello Ladies. Hope everyone is healthy and enjoying the cold weather!

Thank you for welcoming our new member that attended the January Luncheon: Nihal Scarpace. Please reach out to her if you have any hobbies in common, bios and photos will be on the website.

As of January 15, 2022, we have 107 members which include 12 new members! Please invite your friends and neighbors to join us to be part of our awesome fundraising events and volunteer in our community. Looking forward to seeing you at our luncheon this month and our March fashion show fundraiser.

Fondly,

Rita Vetter-Membership & Hospitality Chair Heathrow Women's Club/Heathrow Women's Club Charities, Inc. membership@heathrowwomensclub.org 954-701-7917

"Alone we can do so little; together we can do so much." – Helen Keller

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Coping with COVID19-Year Three

As we enter a third year where a pandemic has been present throughout the world, many of us are becoming wearier and more mentally/physically challenged. After a lengthy lockdown, a gradual reopening of businesses, and sporadic spikes in illness as new variants take hold, it can be very difficult to know how to cope and what to do to remain safe. Conflicting information increases our stress levels. The good news is that we are in a much better place than we were a year ago as we now have vaccines and treatments that are helping to reduce the death rate and the severity of symptoms. We have cautiously stepped out to see friends, neighbors, and family members as we continue to try to socially distance and wear masks as recommended by the CDC.

You or someone close to you may have experienced mental health symptoms throughout this time. These might include sadness, sleep difficulties, fatigue, apathy, decreased motivation and concentration, anhedonia, appetite disturbances, increase in substance use, panic or anxiety, loneliness, and feelings of worthlessness. Please be aware that these characteristics are normal given our circumstances but when they begin to interfere with our functioning and relationships on an ongoing basis, they should be attended to. There are many things that we can do to take care of ourselves.

Taken from the Mayo Clinic website (www.mayoclinic.org) as well as my own 30+ years as a mental health clinician treating anxiety and depression, the following are suggestions for improved mental and physical well-being as COVID continues to touch us all.

- Attend to your physical health. Maintain

 regular sleep schedule and exercise
 daily even for short periods of time,
 especially outdoors. Select a balanced
 diet, avoiding sugar and caffeine as well
 as alcohol, tobacco, and drugs. Limit
 screen time and find time for yourself.
 Some ideas include taking a warm bath,
 meditating, practicing yoga, listening to
 music, and reading a good book.
- Prioritize your mental health. Build structure and routine into your daily activities. Minimize time listening to potentially upsetting news while getting enough to know what is going on to make healthy decisions. Look for reliable news sources. Distract with activities that you enjoy – cooking, gardening, playing games, writing in a journal. Choose to focus on the positive. If spiritual, draw on your belief system to help you through.

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When overwhelmed, take things one at a time and don't overcommit.

- Build and maintain relationships. Make sure to stay connected with loved ones, especially if you live alone and/or are working from home. Connect daily with at least one person, whether it be an email, a socially distanced chat with a neighbor on your driveway, a phone call, or a zoom chat. Whether vaccinated or not, follow CDC guidelines to begin to resume a normal social life with precautions. Reach out to someone else who may be isolated or is quarantining.
- Contribute to others. This is important enough to have its own category. Research shows that our lives are greatly improved when we are regularly doing for others, such as picking up groceries for a neighbor, donating your time,

talent or monies to a charitable organization or just smiling at the worker in a retail establishment.

 Get help. If the negative feelings don't subside, consider getting help from a mental health professional, a minister, primary care provider, or a support group.

In the meantime, please enjoy the connections made through the Heathrow Women's Club and call on any board member if you need assistance or just want to talk.

Leslie Hoyle Guerra HWC Board Member Retired Clinical Social Worker

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COLLECT FOR CLUB MEMBERS

Keep us, oh God, from pettiness; let us be large in thought, in word, indeed. Let us be done with fault-finding and leave off self-seeking. May we put away all pretense and meet each other face to face, without self-pity and without prejudice. May we never be hasty in judgment and always generous. Let us take time for all things; and to grow calm, serene, gentle. Teach us to put into action our better impulses, straightforward, and unafraid. Grant that we may realize is the little things that create differences, that in the big things of life we are at one. And may we strive to touch and to know the great, common human heart of us all. And, oh Lord God, let us not forget to be kind!" By Mary Stewart (1904)

Code of Conduct for Members

- 1. Members shall strive to abide by the Club Collect.
- Members shall be dedicated to charitable fundraising and volunteerism for our chosen charities, benefiting women and children in Seminole County.
- Members shall actively participate to the best of their ability in club activities, committees, and fundraising endeavors/events.
- Members shall promote friendship, harmony, and good will amongst our members and within our community; therefore, gossip or disparaging words of any kind will not be tolerated.

- Members shall be hospitable and friendly to guests and new members, warmly welcoming them.
- 6. The names, addresses, and telephone numbers in the members' directory are to be used for the sole purpose of the Heathrow Women's Club business. No member shall be allowed to use these names to solicit business, personal charities, political causes or to make other announcements unrelated to club business.
- 7. Members shall not solicit during any club business or social activities.

HEATHROW Women's Club

THENEWZ

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- 8. Members shall adhere to the luncheon reservation policy and be financially responsible to pay for untimely cancellations.
- Heathrow Women's Club/Heathrow Women's Club Charities, Inc. is an allvolunteer non-profit organization which is neither political nor religious.
- 10. As per our Club By-laws, during any club business or social activities, members shall refrain from making political or religious statements.
- 11. Members shall be "kind" in every word, action, and deed.

Failure by any member to abide by the Code of Conduct for members shall be subject to immediately having their Club Membership revoked by a quorum vote of the Board of Directors

PRESIDENT	EVP	
Clety Gomez	Darlene Entringer	
president@heathrowwomensclub.org	<u>darflorida@gmail.com</u>	
TREASURER	TECHNICAL SERVICES	
Linda Caron	Cynthia Leibowitz	
lindacaron866@gmail.com	technicalservices@heathrowwomensclub.org	
MEMBERSHIP/HOSPITALITY	WAYS and MEANS	
Rita Vetter	Charandit Kaur	
membership@heathrowwomensclub.org	<u>chani6278@yahoo.com</u>	
CHARITABLE ENDEAVORS	PROGRAMS	
Leslie Guerra	Cherie Foutz	
Leslie@landlguerra.com	foutzcherie@gmail.com	
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Sheryl Johnson	hnson Jane Oatway	
heathrow4now@aol.com	joatway@cfl.rr.com	
SOCIAL	PUBLIC RELATIONS	
Ginny Castellani	Kerrianne Arnold	
socialgroups@heathrowwomensclub.org	PR@heathrowwomensclub.org	
FOCUS	ADVISOR	
Lee Granger	Darlene Entringer	
leegranger849@yahoo.com	<u>darflorida@gmail.com</u>	

2021-2022 HWC Board of Directors

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Programs

Cherie Foutz- HWC/HWCC Program's Chair

he February program will be one that you will not want to miss! In fact, I believe it will be one that you will thoroughly enjoy in many ways!

Our wonderful HWCC Sponsor, Oakmonte Village, and their Chef will once again do a cooking demonstration on how to make Toffee Brownie Truffles! Additionally, Steve Butler, owner of Tim's Wine Market of the Lake Mary/Sanford franchise, will be there to talk about wine, and how he will pair wine to go with your Truffle. That means everyone will be treated to freshly made Truffles and a glass of wine to compliment it! Hence, my thoughts of enjoying this program "in more ways than one." Happy Valentine's Day Ladies!

Don't forget to make your reservations by February 3rd. It will be lots of fun for all.

Here is the Menu for the HWC February 8th luncheon:

SALAD Mixed Greens and Romaine with Cranberries, Pecans, Goat Cheese and Sherry Vinaigrette Hot Rolls

ENTRÉE Choice of Grilled Salmon with Dill Champagne Sauce - GLUTEN FREE OR Lemon Chicken Florentine - GLUTEN FREE

> Tri Colored Tortellini Alfredo Fresh Vegetable Medley

DESSERT Toffee Brownie Truffles Wine Pairing

Sincerely,

Cherie Foutz HWC/HWCC Program's Chair foutzcherie@gmail.com

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FOCUS

Lee Granger- HWC/HWCC FOCUS

ne of the responsibilities of the Focus Committee is to assure that the By-Laws of our club are kept up to date.

The following are the proposed changes at our current HWC By-Laws based on changes to the way we do business, along with some combining of Board positions responsibilities, and name changes for a couple of Board positions.

You may refer to a complete copy of the By-Laws prior to these changes on our website.

These changes are being communicated to our membership 30 days in advance (January 2022 NEWZ) of the vote to amend the bylaws which will be taken at our February 15, 2022, Luncheon Meeting.

Article #4-Membership

Article 4-4 -*Deleted the* entire article because is redundant to revised Article 6.

Article #5-Duties of the Officers

• Article 5-3- *Changed* Communications Chairperson to *Technical Services Chairperson.*

- Article 5-5- Removed "and its charities" and replaced with "and provide support for ongoing activities." from the sentence "The Charitable Endeavors Vice President shall chair a committee to review and suggest charities to be supported by the Heathrow Women's Club and its charities".
- Article 5-7- Added that the Recording Secretary will "post the minutes of all meetings to the shared documents site for access by Board members and to the HWC website for access by the membership".
- Article 5-9- Added that the Treasurer may be re-elected for additional terms in succession ideally up to a maximum of three consecutive years.
- Article 5-10-Deleted "for a term of one year".

Article #6-Standing Committees

Changed Communications to **Technical Services** and entire article title and body were written as <u>"Board Composition and</u>

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<u>Standing Committees</u>-- The Standing Committees include Technical Services, Public Relations, and Social. The Chairs of The Standing Committees along with the Executive Board Officers shall constitute The Board of Directors".

Explanation: The Treasurer is an executive officer position who chairs the Finance Committee. The finest committee, therefore, is not really a standing committee (See Articles 4-1 and 5-9).

Article #9- Dues and Finances

• Article #9-1-Changed the first sentence to read: Annual dues are payable upon receipt of membership renewal notice in May, prior to the beginning of the new fiscal year.

- Article #9-1- Changed "New members paying dues between January 1st and March 31st pay full yearly dues to HWC and full yearly dues to HWCC" to "New members joining April or May will have a valid membership for the upcoming year".
- Article #9-2- Changed "reservations" to "financial obligations"

Submitted by

Lee Granger HWC/HWCC FOCUS leegranger849@yahoo.com

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Treasurer

Linda Caron- Treasurer

ongratulations to Leslie Guerra, winner of the January raffle basket donated by Manjit Grewal and Nancy Jones!

The RAFFLE BASKET for February, donated by Lee Granger and Peggy Pyle, has a Valentine's Day theme. Ticket sales at \$5 each will be a combination of tickets purchased by February 4 and tickets purchased at the luncheon. The winning number will be drawn at the luncheon.

You may purchase raffle tickets in three ways:

 Mail a check <u>made out to HWCC</u> to Linda Caron, 1552 Cherry Ridge Drive, Heathrow, FL 32746

Please indicate that the funds are for the February raffle basket.

• <u>ZELLE funds to HWCC</u> using this email address:

TreasurerHWCC@heathrowwomensclub.org

Please indicate that the funds are for the February raffle basket.

 <u>Purchase ticket(s) at the luncheon</u> on February 8

If you are not planning on attending the luncheon and want to purchase tickets in advance, I must receive your check or Zelle payment by Friday, February 4. Some members like the convenience of sending me a check or Zelle payment to purchase tickets for several months. Just give me instructions!

We also accept ZELLE payments for the luncheons. Zelle your payment to HWC:

Treasurer@heathrowwomensclub.org

Please indicate that the funds are for the January luncheon.

REMINDER: the deadline for signing up for the luncheons is the Thursday prior to the luncheon; this month that will be February 3.

FASHION SHOW TICKETS

You may purchase tickets in three ways:

- Purchase at the February luncheon cost is \$75
- Purchase through Eventbrite on our website – click on FUNDRAISERS – cost is \$80
- Purchase by stopping by my house contact me to make sure I am home!

As always, please call or text me with any questions or concerns.

Happy Valentine's Day!

Linda Caron-Treasurer Heathrow Women's Club/Heathrow Women's Club Charities, Inc. <u>lindacaron866@gmail.com</u> 407-247-6494

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Heathrow Women's Club Heathrow Women's Club Charities, Inc. <u>contact@heathrowwomensclub.org</u> The Heathrow Women's Club Charities Inc. is a charitable and social 501(c)(3) organization *Registration #: CH17228*

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Social

Ginny Castellani- Social Committee Chair

he social community site is when activities are appropriate for the HWC and then plans and executes them.

We hope to have many social activities this year for our members as well as some that include a companion/espouse.

Third Tuesday we will have a Movie & Dinner at AmStar, and dinner at Dexter's Movie title/time to follow -approximately between 3:00 and 4:00 pm. *Please, RSVP no later than the Saturday before the event to Debbie Loperfito at <u>deb12353@aol.com</u>*

Third Friday, Ladies Lunch Bunch will be held at 11:30 am. *RSVP no later than Wednesday before to Brenda Wetmore at bfisher104@hotmail.com.*

Holiday High Tea was a great success and enjoyed by all who attended!.

Mélange, Bunco, Book Club, and Dine-Arounds will be contacted by the lead of each group.

Ladies Night Out will resume in March.

Wine Tasting Event - 4 hand-selected wines and food pairing at Sawyer Lake Park Club House on February 24 at 6:30 pm. HWCC members and their *guests/spouses are welcome. Please, see below for details. *Reservations no later than Feb 21st*.

Sign-up sheets will be available for activities at the HWCC February 8th luncheon.

Please contact me with any questions or ideas.

Ginny Castellani Social Committee Chair Heathrow Women's Club/Heathrow Women's Club Charities, Inc. <u>castellaniv@yahoo.com</u> 407-687-7702

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Go to:

https://www.eventbrite.com/e/not-your-average-grape-heathrow-womensclub-wine-tasting-tickets-232201319397

Password: Hwc3

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Ways and Means Darlene Entringer

rench fashion designer Coco Chanel said "Fashion changes, but style endures!"

Guests will be captivated with FASHION and STYLE, plus food, drinks, music, and a silent auction, at the Spring-themed HWCC Fashion Show titled "HIGH HEEL - HIGH TEA." Thank you to the planning team of Maria Bajayo, Carolyn Boland, Kendra Kokoska, Debbie Rush, Linda Caron, Nancy Jones, Ellen Yeaser, Channi Sodhi, Clety Gomez, and Darlene Entringer. Many club members have volunteered to assist and will be gratefully called upon.



(Left) Created by the Décor group of Maria Bajayo, Kendra Kokoska, and Debbie Rush, this luncheon display captures the excitement of "High Heels - High Tea." (Right) Clety Gomez, Manjit Grewal, Kendra Kokoska, Ellen Yeaser, Darlene Entringer, and Maria Bajayo working on the centerpieces.

Tickets are \$75 each and can be purchased in several ways:

- The February 8 Luncheon
- Contact Club Treasurer Linda Caron at <u>lindacaron866@gmail.com</u>. Text her at 407-247-6494 if you want to stop by her home at 1552 Cherry Ridge Drive,

Heathrow, to pick them up. Use the Zelle banking application, write a check, or use cash.

 Go to <u>www.heathrowwomensclub.org</u>, click Fundraisers, open the Eventbrite application to purchase the ticket for \$80 (includes Eventbrite fee).

JOIN US FOR THE "CATWALK" -A FUN RECOGNITION CHALLENGE FOR A GOOD CAUSE!

By contributing \$100 to the "CATWALK," you will be listed on an exclusive page in the fashion show program, and the donation counts towards your Circle of Giving amount. It is another opportunity to enhance the profits from this fundraiser – and remember ALL profits go to our four designated charities!

To contribute to the CATWALK page, go to the Heathrow Women Club website at <u>www.heathrowwomensclub.org</u>

under MAKE A DONATION to contribute \$100. Thank you in advance for your participation and generosity!

Stay tuned for more dynamic activities you will enjoy at our festive fashion fundraiser!

Kind regards,

Darlene Entringer HWC/HWCC Fashion Show Committee Chair <u>darflorida@gmail.com</u> (407)221-7175

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Charitable Endeavors Leslie Guerra- Charitable Endeavors Chair

he Charitable Endeavors Committee typically offers volunteer activities for our charities and monitors their needs and challenges. The committee did not meet in January but will meet again on Monday, February 14th at 4:00 pm. Whether via Zoom or in person at the Sawyer Lake Clubhouse to be determined closer to the date.

SafeHouse – (Cyndy Bloch-Liaison)

No outside third parties are allowed on the premises due to COVID-19. We are collecting any seasonal home decorations that anyone might have that they are no longer using and also clothing for elementary school-aged children or teenagers. **Contact Cyndy Bloch or Leslie Guerra if you have something to donate**.

The Foundation for Seminole County Public Schools – (Andi McNally- Liaison)

They are asking for <u>continued support for</u> <u>the monthly food drive for school pantries</u> (Pine Crest Elementary School in Sanford). Mentors are also needed.

Seminole County Friends of Abused Children – (Cherie Foutz- Liaison)

This organization is looking for Guardian Ad Litem for the children they serve. If interested, please let Cherie know and/or contact Alyssa Elaskari, M.Ed., Volunteer Recruiter at 407-665-6077.

The Boys and Girls Club – (Lynn Daniel-Liaison)

We need volunteers to make cupcakes and personalized cards and deliver them to the children once a month. Although the club has invited us in at certain times to interact with the children, we have decided that we will not have the actual parties until further notice and Covid seems to have retreated again. According to Alicia Hodge, they are also working on a reading initiative and will be looking for volunteers for this soon. Stay tuned!

Charity Applications for 2022-2023

Five applications were received for our consideration for the 2022-23 year. They include the four we have been serving plus a new organization called GROW Central Florida, Inc. Check out their website at <u>www.GROWCentralFlorida.org</u>.

The committee will subsequently review applications and make recommendations to the board in February.

If you have suggestions, questions, and/or wish to help our charities, please let me know. The members' contributions are much appreciated.

Sincerely,

Leslie Guerra HWC/HWCC Charitable Endeavors Chair <u>Leslie@landlguerra.com</u> 913-221-427

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Public Relations

Darlene Entringer- Public Relations Team

he Heathrow Women's Club and Heathrow Women's Club Charities seek opportunities to share our message of friendship and community service whenever we can! The March 6, 2022 "HIGH HEELS - HIGH TEA" Fashion Show fundraiser is our most current promotion.

We have placed our fliers in both Lake Mary Life and Heathrow Living magazines, along with the club's Facebook site and area businesses. We encourage members to promote this event also on your own Facebook or Instagram sites, as well as venues you might visit!



Clety Gomez and Darlene Entringer joined author and speaker Mary Flynn for her weekly radio show at 950 AM. To hear an excerpt from the broadcast, go to <u>www.heathrowwomensclub.org</u>, click on VIDEOS, and click on the 2022 Fashion Show Radio Promo.



Darlene Entringer HWC/HWCC Public Relations Team <u>darflorida@gmail.com</u> (407)221-7175

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onsider donating to HWCC and becoming a part of the Circle of Giving. The Circle of Giving Program was created in 2017 to recognize the women of HWC who have donated money to



further our charitable causes. We wanted to recognize these members for all that they do, so the "Circle" was formed with the purpose of helping women and children in Seminole County. All active club members in good standing are eligible to participate.

The 2021 enhanced program seeks to formalize the monetary levels of giving, along with

member appreciation awards. The program is designed to run into perpetuity or until otherwise canceled by the Board of Directors.

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Bonnie Albert	Susie Dissinger	Darlene Purvis
Kerrianne Arnold	Lynn Edwards	Peggy Pyle
Betty Arsenault	Adrienne Ferrie	Shelly Pynn
Beverly Baird Booth	Lindsay Freeman	Linda Richardson
Lisa Batcho	Carrie Frey	Rosemary Robinson
Lynn Beckman	Janice Hamm	Paula Rubin
JoAnn Bloom	Sheryl Johnson	Debbie Rush
Carolyn Boland	Mercy Joyce	Roz Sellers
Rosemarie Cazeau	Janice Junkin	Beverly Siceloff
Mary Jane Crouse	Sharon Kelly	Stephanie Strass
Christina Culbertson	Anna Kiss	Anita Trapane
April Darrow	Connie McDonald	Belinda Visnich
Lois Davis	Andi McNally	Karen Watson
Adrienne Derienzo	Annette Paone	Miriam Weston

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Charities

Please consider Heathrow Women's Club Charities as your Charity of Choice when donating to commemorate a special occasion, show appreciation, or offer condolences. The Special Donation Form can be found <u>here</u>. Mail the form along with your check made payable to *Heathrow Women's Club Charities, Inc., PO Box 950145, Lake Mary, FL 32795.* Notification will be sent to the individual you are honoring, and you will be sent an acknowledgment of your donation. This is a wonderful way to show someone that you are thinking of them and to support our local charities listed below.

With the help of our sponsors listed on the following pages, we can proudly support the below Seminole County charities that benefit women and children.



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HEATHROW WOMEN'S CLUB CHARITIES is pleased to present our current SPONSORS.

We are grateful for their support, and we invite you to show your appreciation and we invite you to show your appreciation by patronizing their business whenever is possible.





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Heathrow Women's Club Heathrow Women's Club Charities, Inc.

contact@heathrowwomensclub.org

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CThe most wasted of days is one without laughter." -E.E. Cummings

A beautiful senior living campus in Lake Mary, The Valencia consists of freestanding villas and apartments. The Cordova offers Assisted Living, and The Siena focuses on Memory Care to lend that helping hand to the senior who needs it.



www.OakmonteVillage.com



For Villas & Independent Living: Call: 407-732-5800For Assisted Living & Memory Care: Call: 407-444-0122

A LUXURY SENIOR RETIREMENT COMMUNITY

Heathrow Women's Club Heathrow Women's Club Charities, Inc. <u>contact@heathrowwomensclub.org</u> The Heathrow Women's Club Charities Inc. is a charitable and social 501(c)(3) organization *Registration #: CH17228* 30