



Business and  
Professional  
Women/PA

## GREATER CONSHOHOCKEN BPW

[www.facebook.com/Greater-Conshohocken-Business-and-Professional-Women-204641136404715/](http://www.facebook.com/Greater-Conshohocken-Business-and-Professional-Women-204641136404715/)

P.O. Box 744, Blue Bell, PA 19422-9998

# Conshohocken Calling.....

*The Official Newsletter of the Greater Conshohocken Business & Professional Women's Organization*

**When:** *Monday, May 23, 2022*  
*6:00 pm - Networking*  
*6:30 pm – Dinner, followed by program*

**Where:** *Andy's Diner and Pub, 505 W. Ridge Pike, Conshohocken*

**Program:** *Celebrating our Military*



In honor of the six national observances in May for National Military Appreciation Month, our May monthly dinner program will be "Celebrating our Military." We hope you can join us for this program!

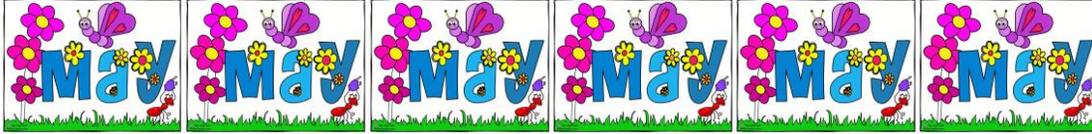


### **MAY DAYS ARE PAY DAYS FOR NEW BPW MEMBERS AND MEMBER RENEWALS FOR THE 2022-2023 BPW YEAR**

It is time to sign up those new members you've recruited and to renew your membership in our organization. Whether it is the networking and business opportunities, the monthly programs, the friendships, the newsletters, the educational opportunities and/or our legislative advocacy, our goal is to keep you educated and informed.

To renew your membership, complete and send the dues invoice at the end of this newsletter and a check payable to Greater Conshohocken BPW in the amount of \$39.00 to Greater Conshohocken BPW, P.O. Box 744, Blue Bell, PA 19422. **Whether you can attend meetings or not, we hope you will continue to support our advocacy for working women by renewing your membership and by spreading the word!**

**For our new members who will be joining us this year, welcome to our sisterhood!**



### **PRESIDENT'S MESSAGE**

What a great meeting we had Monday night. Thank you very much, Becky Shoulberg, for being our Guest Speaker. You provided us with a very thought-provoking meeting. We have our membership work cut out for us, but I am looking forward to the challenge.

Congratulations to Barbara Frankl for being our March Charity walk winner and for Rose Marie Eckert Berkezhuk for being our Lake Placid House raffle winner. Great job everyone.

Mary Weeks, Bernadette Mulvey and I attended the District XI Sprint District meeting. Lots of information, catching up with friends and just an overall fantastic meeting.

It has been a crazy and busy week. Sunday afternoon Mary Weeks and I attended the Quakertown BPW paddle raffle. There were some great prizes and happy to say we knew a number of the winners. Monday night was our meeting. Thursday night Jane Rowe, Teresa Browne-Parris and I were all in attendance at the Montgomery County Chamber of Commerce Chamberfest. What a great networking opportunity. Then today I attended the Souderton/Telford BPW Locally Grown event at Upper Salford Park. They had such a crowd there, including me and Bernadette Mulvey. Amazing silent auction and I believe somewhere like 50+ vendors. Food, flowers, crafts, farmers and so many other tents. I decided that tomorrow is my day of rest.

We will be submitting a couple of questions to Plymouth Whitemarsh High School to determine the winner(s) of our grant.

It is not too late to register for the BPW/PA State Convention (June 10 to June 12). Hope some of you can come. More information about the convention is in the newsletter.

Our May meeting, we will be honoring our Veterans. I'm really looking forward to that. We are doing a Facebook May contest that is honoring mothers. We will be posting a different question and you have to identify the mother. Hope you go out each day and take your best shot of answering. Let's make this some fun.

Hope you have a great month and we see you at our May meeting. Think about bringing a friend. Let them see what we are about as an organization and within our communities.

Don't forget that May 1<sup>st</sup> is our dues renewal. Hope all of you will stay with us and help us grow.

Respectfully, **Donna**



### **LAKE PLACID FUNDRAISER WINNER**

**This year's big fundraiser for GC BPW was a 5-day, 4- night stay** at a vacation home in the Lake Placid area, New York and a \$100 certificate at a local spa. **The winner was Rose Marie Berkezhuk – CONGRATULATIONS!**

Our thanks to all who sold/bought tickets for the fundraiser. Proceeds provide funding for our grants to students in the Montgomery County Community College KEYS Program and at Plymouth Whitemarsh High School.



**QUAKERTOWN BPW PADDLE RAFFLE – APRIL 24, 2022**

Donna and Mary attended the Quakertown BPW Paddle Raffle on Sunday April 24<sup>th</sup>. Along with the paddle raffle, there was a 50/50 drawing, as well as other gift and purse raffles. A great time was had by the 200+ people in attendance!



**APRIL 25<sup>th</sup> DINNER MEETING GUEST SPEAKER- BECKY SHOULBERG**

GC BPW would like to thank Becky Shoulberg, BPW/PA Membership Area 3 and Central Montgomery County BPW member for her membership insights at our April dinner meeting. Becky provided examples on how her Local has recruited new members and how to utilize social media venues. Thanks Becky!



**CHAMBERFEST – APRIL 27, 2022**

The Montgomery County Chamber of Commerce held its Chamberfest, a networking and social event on April 27<sup>th</sup> at the Doubletree Suites. GC BPW members in attendance were President Donna, Jane Rowe and Teresa Paris, as well as former member Christina Talucci.



**SOUDERTON-TELFORD 5<sup>TH</sup> ANNUAL LOCALLY GROWN SHOWCASE – APRIL 30, 2022**

GC BPW members Donna and Bernadette attended the Souderton-Telford BPW's Locally Grown Showcase on Saturday, April 30<sup>th</sup> at the Upper Salford Park, Schwenksville. There were 50+ food, flower, crafts, farmers, etc. vendors. It was a beautiful day to be outside walking around the park and checking out all of the vendor tents.



**WIN A DONATION TO YOUR FAVORITE CHARITY AND KEEP FIT BY WALKING**

The member who walks the most miles in May will be honored with a \$25 donation to their charity of choice. **Send your miles to [dmai0320@gmail.com](mailto:dmai0320@gmail.com) by June 1<sup>st</sup>.** Donna is tracking her miles and will pledge \$25 in May to the Arthritis Foundation in honor of her mother.

**Our March winner was Barbara Frankl whose donation was to the Mattie Dixon Community Cupboard, Ambler. Our February winner was Bernadette Mulvey whose donation was to Birthright. Congratulations!**



**BPW MAY FACEBOOK CONTEST – MOTHER’S DAY QUIZ**

In honor of Mother’s Day, our GC BPW May Facebook Contest is a Mother’s Day Quiz. Each day there will be a different question. Your job is to figure out the answer to the question and reply with your guess. The contest is open to all who view our page. **Even if someone else has guessed, submit your guess as well!** There will be a prize awarded at the end of the month for the person with the most correct responses throughout the month.



**BPW DISTRICT 11 SPRING MEETING SYNOPSIS - APRIL 9, 2022**

The meeting was called to order at 9:01 am. There were 42 attendees; voting body was 39. Director Jen provided a welcome, introduced the head table and guests BPW/PA VP, Michelle Holler and her husband, and recognized 5 first timers. After procedural actions were completed, the Treasurer’s report was given (total funds- \$11,999.63). Officers’, Chairs’ and Presidents’ reports were presented. Lindsey Menzen, Souderton-Telford BPW gave her Young Careerist speech and will represent District 11 at State Convention.

Director Jen provided her BPW/PA Mid-Winter Board Meeting report. After discussion, the Executive Committee recommendations were replaced with the following: That \$2,000 from the District savings account go to the District 11 State Convention Fund. Proposed District Bylaws Amendments were all adopted. Other new business included the Fall and Spring District Meeting reports, BPW/PA PAC update and the Nominating Committee’s report. **The 2022-2023 Officers are Director Sheryl Nierenberg; Asst. Director Donna Jones; Rec. Secretary Rebecca Boyd; Treasurer Noreen Morello; Corr. Secretary Ginny Bailey; and Parliamentarian Susan Parsons Knab. CONGRATULATIONS!**

After the Auditing Committee appointment, Director Jen and Asst. Director Sheryl provided a Convention update including the theme for State President Missy’s presentation. Past District Director Creghan installed the Officers and Sheryl presented her incoming Board. BPW PA VP, Michelle Holler spoke about why every woman NEADS (Network, Educate, Advocate, Develop, Serve) a little BPW in their life. BPW PA President-Elect Missy then provided her report including her Theme and State Project. Raffle winners were chosen and after the Good of the Order, the meeting was adjourned.



**CMC BPW CELEBRATES 95 YEARS – MAY 19, 2022**

Central Montgomery County BPW will be celebrating its 95th birthday on Thursday, May 19, 2022 at Maggiano’s King of Prussia. Cost is \$30 at the door and you can RSVP to [CMCBPW@gmail.com](mailto:CMCBPW@gmail.com).



**JUNE 9-12, 2022 – STATE CONVENTION**

The BPW/PA Convention will be held at the Wyndham, Gettysburg. **For Registration and hotel accommodation information, go to:** <https://bpwpa.wildapricot.org/event-4645641>.

**CONVENTION NEWS FROM PRESIDENT TIFFANIE – APRIL 21, 2022**

Dear Members,

Our 102nd Annual State Convention is only 7 short weeks away! District 4 has been busy putting the finishing touches on all our plans, activities, speakers, etc. for that weekend. It’s been 2 (long) years since we’ve been able to safely gather for an in-person convention...believe me when I say, we have put a lot of effort into making this a fun and informative convention for you and we hope you plan to attend.

If you have any members who may be “on the fence” about coming, please share this “Convention Promo Pack” with them. This packet contains info on the Convention with a general schedule of weekend, our Afternoon Tea with the Grants, the Friday night FUNdraiser, the Board of Directors Dinner, and registration forms. Remember to also share with them your personal knowledge of convention, what they can gain from attending, and how it will strengthen bonds of friendship with their BPW sisters across the state.

Please note that we are still seeking vendors for our convention. If you know of anyone who may be interested, please share the Vendor Forms with them. These forms can be found on the BPW/PA website under the Members section, select 2022 State Convention Documents and you will find them listed. I am also still on the lookout for timekeepers, door keepers and pages. If you are willing to help in one of these roles, please let me know.

Again, we are SO excited to host this year’s convention and hope that we see you there. You won’t want to miss it! Tiffanie E. Burger, President BPW/PA

**Convention Promo Pack**



### FRIDAY, JUNE 10<sup>TH</sup> AFTERNOON TEA WITH PRESIDENT AND MR. GRANT

Please join President and Mrs. Grant for this in-house excursion at Convention. They will humor us with stories, customs and fashions of the post-Civil War era as we enjoy assorted mini desserts, tea and coffee. See Convention Promo Pack link above for details.



### FRIDAY NIGHT PA BPW FOUNDATION BINGO

A buffet dinner, one set of cards and a \$5 donation is included in your registration.



### STATE CONVENTION FOUNDATION FUNDRAISER SHIRTS

Upper Perkiomen BPW is selling State Convention **RED**, **WHITE** AND **BLUE** Shirts. For the Friday Night Foundation Fundraiser all members are encouraged to dress as your favorite Shero or in Red, White and Blue. These shirts will be personalized with your Local and District # on the back. To purchase your shirt, click the button below.

[To buy your shirt: CLICK HERE](#)

### 2022 BPW/PA STATE CONVENTION EXHIBITORS NEEDED

Any BPW member who wishes to be a vendor at our Convention will receive a \$50.00 discount off the cost of a vendor space! Space is limited so reserve your space early. If you wish to exhibit, please complete the Exhibitor Reservation Form below, the Exhibitor's Agreement, and mail to Michelle Holler, Convention Exhibitor Chair. **The absolute deadline for exhibitor reservations is May 15<sup>th</sup>.**

[Click Here for Exhibitor Application](#)

### 2022 BPW/PA STATE CONVENTION – AD BOOK

Members of BPW/PA may show support of the BPW/PA Federation by congratulating or extending good wishes to other members and also promote your company, business or employer. See the Convention Ad/Patron form at the end of this newsletter.



## PENNSYLVANIA PRIMARY ELECTION - MAY 17, 2022

- Polls are open on election day from **7 A.M. - 8 P.M.**
- Last day to [register to vote](#): **May 2, 2022**
- Last day to [request a mail-in or absentee ballot](#): **May 10, 2022**
- [Learn about Primary Elections.](#)

Here's what you need to know to cast your ballot and make sure it's counted.

**Register to Vote:** The deadline to register to vote for this election is May 2, 2022. You can register to vote at [www.vote.org/register-to-vote](http://www.vote.org/register-to-vote)

**Vote by Mail:** Some PA voters can vote-by-mail. Requests for a vote-by-mail ballot must be received by your local election's office by May 10, 2022. You can apply for a ballot to vote by mail at [www.vote.org/absentee-ballot](http://www.vote.org/absentee-ballot) . If you're voting by mail, your mail-in ballot must be received by the county board of elections by 8 PM on May 17, 2022.

**Vote on May 17:** If you will be voting in person, please follow all guidelines and contact your local elections office for all the options on how to vote or return your ballot in person. Find your polling location at [www.vote.org/polling-place-locator/](http://www.vote.org/polling-place-locator/).

### PRIMARY ELECTION- OFFICES TO BE NOMINATED

[www.montcopa.org/DocumentCenter/View/33950/PE22-Offices-to-Appear-on-the-ballot](http://www.montcopa.org/DocumentCenter/View/33950/PE22-Offices-to-Appear-on-the-ballot)

Notice is hereby given in accordance with section 906 of the act of June 3, 1937, P.L. 1333, as amended, known as the Pennsylvania Election Code, the following offices are to be nominated at the Primary Election to be held May 17, 2022 to wit:

**United States Senator; Representative in Congress (Districts 1, 4, 5)**

**Governor; Lieutenant Governor**

**Senator in the General Assembly (Districts 4, 12, 24, 44)**

**Representative in the General Assembly (Districts 53, 54, 61, 70, 131, 146, 147, 148, 149, 150, 151, 152, 153, 154)**

**Members of Democratic and Republican State Committees**

**Democratic and Republican Committee people**

**Whitpain Township Ballot Question**



#### Voter Services 2022 Primary Election

Visit [www.montcopa.org/753/Voter-Services](http://www.montcopa.org/753/Voter-Services) to get all the information you need about voting in Montgomery County and to see a sample ballot for your municipality and party.

**Remember that you have a say in which candidates are on the ballot in the general election in November by voting in the primary election, so exercise your right to vote!**



**MAY IS NATIONAL MILITARY APPRECIATION MONTH (NMAM) 2022**

<https://militarybenefits.info/national-military-appreciation-month/>

NMAM is celebrated every May and is a declaration that encourages U.S. citizens to observe the month in a symbol of unity. It honors current/former U.S. Armed Forces members and families and is characterized by six national observances.

**Loyalty Day - Sunday, May 1<sup>st</sup>**: Kicks off our month-long celebration of military appreciation.

**Public Service Recognition Week (PSRW) - May 1 –, May 7, 2022.**

**Victory in Europe Day AKA V-E Day or VE Day - Sunday, May 8<sup>th</sup>, 2022:** May 8<sup>th</sup>, 1945 is the day when Germans throughout Europe unconditionally surrendered to the Allies.

**Military Spouse Appreciation Day - Friday, May 6<sup>th</sup>, 2022.** The Friday before Mother’s Day.

**Armed Forces Day - Saturday, May 21, 2022:** A holiday for citizens to honor and thank our military members serving in all U.S. Military branches for their patriotic service.

**Memorial Day - Monday, May 30, 2022:** The day is a remembrance of our veterans. **All Americans are encouraged to pause at 3:00 pm local time for a minute of silence.**

**MORE MAY MILITARY OBSERVANCES**

**Month of the Military Caregiver:** Honors more than five million caregivers in the U.S.

**Silver Star Service Banner Day - May 1<sup>st</sup>, 2022:** Recognizes those recipients.

**Children of Fallen Patriots Day - Friday, May 13<sup>th</sup>, 2022:**

**Giving Tuesday -Tuesday, May 3, 2022:** Serves as a global day of giving and unity.

**WAYS TO SUPPORT OUR MILITARY & VETERANS**

1. Display the American Flag at your home or business
2. Show your support and spotlight NMAM on social media, websites, etc.
3. Send a care package to a soldier
4. Encourage elected officials at all levels to recognize our military and veterans
5. See someone in uniform or know a veteran? Thank them for their service or surprise them with a coffee, dessert or drink if they are in line with you
6. Teachers and students can honor or recognize the designated days in their classrooms
7. Donate to a [veteran or military charity](#)
8. Reach out to a veteran or military family in need
9. Hire a Veteran

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**TO OUR MOTHERS, TEACHERS AND NURSES – A GREAT BIG THANK YOU!**



**MOTHER’S DAY – MAY 8, 2022**

[www.en.wikipedia.org/wiki/Mother%27s\\_Day](http://www.en.wikipedia.org/wiki/Mother%27s_Day)

**Mother's Day** is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

**HAPPY MOTHER’S DAY TO ALL THE WONDERFUL WOMEN IN OUR LIVES!**



## TEACHER APPRECIATION DAY/WEEK – MAY 1-7, 2022

Teacher Appreciation Week is right around the corner, with National Teacher Day on Tuesday, May 3<sup>rd</sup>. This year, we’re feeling especially appreciative of all the educators out there. Your hard work as you navigate through a wild school year and in-person, hybrid, and virtual classrooms—all the while still driving student success—is something to celebrate! For some ways to show your appreciation, go to [www.waterford.org/resources/teacher-appreciation-week-ideas/](http://www.waterford.org/resources/teacher-appreciation-week-ideas/).



## NATIONAL NURSES DAY/WEEK – MAY 6-12, 2022

<https://nationaltoday.com/national-nurses-week/>

National Nurses Week begins on May 6<sup>th</sup>, National Nurses Day, and celebrates and acknowledges nurses and the hard work they put into making their patients feel comfortable. Every year, National Nurses Week ends on May 12, Florence Nightingale’s birthday. As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients. **So, thank the nurses you know for all they do!**



## NATIONAL WOMEN'S HEALTH WEEK (NWHW) - MAY 8–14, 2022

[www.fda.gov/consumers/womens-health-topics/national-womens-health-week-nwhw-2022](http://www.fda.gov/consumers/womens-health-topics/national-womens-health-week-nwhw-2022)

NWHW is an annual weeklong observance that begins on Mother’s Day and encourages women to make their health a priority. For NWHW 2022, the FDA Office of Women’s Health theme is **KNOWHmore to Optimize Your Maternal Health**. Maternal health refers to the health of women during pregnancy, childbirth, and the postnatal period. Check out our latest [blog post](#) for maternal health resources including before, during, and after pregnancy.



## MAY IS TEEN PREGNANCY PREVENTION MONTH (TPPM)

[www.npin.cdc.gov/pages/national-teen-pregnancy-prevention-month](http://www.npin.cdc.gov/pages/national-teen-pregnancy-prevention-month)

During TPPM, the nation turns its attention to teen pregnancy prevention and the great strides that have been made over the last 20 years. While there have been advances, progress is still needed to close racial/ethnic and geographic disparities. Although the teen birth rate is at a historic low, the **U.S. has one of the highest rates in the industrialized world.**

**Teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen parents and their children.** Teen childbearing cost taxpayers (federal, state, and local) at least \$9.4 billion in 2010. Only ~ 50% of teen mothers receive a high school diploma, versus ~ 90% of women who are not teen mothers. Teen pregnancy prevention is one of the CDC’s top 7 priorities or “Winnable Battles” in public health.



## HEPATITIS AWARENESS MONTH (HAM) & TESTING DAY

[www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm](http://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm)

### Viral Hepatitis Key Facts

- The most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C.
- Chronic hepatitis B and hepatitis C are leading causes of liver cancer in the United States.
- Both hepatitis A and B are preventable with vaccines, and hepatitis C is curable.
- About 66% of people with hepatitis B are unaware of their infection and about 40% of people living with hepatitis C do not know they are infected.
- Getting tested is the only way to know if you have hepatitis A, hepatitis B or hepatitis C.

**Hepatitis B and C affect women differently from men. To learn more, visit the website listed above.**



## NATIONAL STROKE AWARENESS MONTH (NSAM)

[www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke](http://www.stroke.org/en/about-stroke/stroke-risk-factors/women-have-a-higher-risk-of-stroke)

**Stroke is the No. 4 cause of death in women and kills more women than men. One in five women has a stroke.** Use the [Women and Stroke Infographic](#) to learn more about the particular risk factors women face and ways to lower them. These include **pregnancy and pre-eclampsia; birth control pills; hormone replacement therapy; migraines with aura and atrial fibrillation.**

**Because of the high stroke risk in women, it's important to take care of yourself. Get lots of rest, eat the right foods and be physically active. And don't smoke!**



## ARTHRITIS AWARENESS MONTH

Arthritis is a leading cause of disability, but is not a normal part of aging. **Arthritis costs at least \$81 billion in direct medical costs annually.** Physical activity can decrease pain and improve physical function by about 40%. Still, 1 in 3 adults with arthritis are inactive.

**Arthritis is common in adults.** About 1 in 4 (54 million) adults have arthritis, 60% of which are women. More than half of adults with arthritis (32 million) are of working age.

**Arthritis is disabling with** everyday activities of 24 million adults limited by it. More than 1 in 4 adults with arthritis report severe joint pain and adults with arthritis are more than double as likely as those without to report a fall-related injury.

**Arthritis also makes it harder to manage heart disease, diabetes or obesity.** Physical activity helps manage all these conditions, but increased pain, fear of pain, and lack of knowledge of safe forms of physical activity can make it harder for people with arthritis to be physically active.



## MAY IS NATIONAL OSTEOPOROSIS AWARENESS MONTH

[www.ih.adfn.com/stock-market/stock-news/87844523/osteoporosis-awareness-and-prevention-month-2022](http://www.ih.adfn.com/stock-market/stock-news/87844523/osteoporosis-awareness-and-prevention-month-2022)

Approximately 10 million Americans, age 50 and above, have osteoporosis, and another 44 million have low bone density, placing them at an increased risk for bone fractures. **Most people are not aware that bone fractures related to osteoporosis are responsible for more hospitalizations than heart attacks, strokes, and breast cancer combined.**

According to the NIH, when parents think about their kids' health overall, bones do not rank high on the list. **But building strong bones in childhood and young adulthood is critical to help prevent osteoporosis and fractures later in life.** In fact, peak bone mass is reached in our early to mid-20s. Regular exercise and a good diet with appropriate amounts of calcium and vitamin D are key. **It is important for all Americans to know that exercise can make a major impact in achieving strong, healthy bones.**



## MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

[www.iabhp.com/national-wellness-observance-calendar/national-physical-fitness-and-sports-month/](http://www.iabhp.com/national-wellness-observance-calendar/national-physical-fitness-and-sports-month/)

An annual observance, NPFSM is a time to highlight the importance of staying active through sports and other fitness activities. Celebrate this observance by promoting the importance of 60 minute/day of physical activity for kids and 30 minutes a day for adults, and providing opportunities to be physically active at school and home.



## MAY IS OLDER AMERICANS MONTH

[www.acl.gov/oam/2022/older-americans-month-2022](http://www.acl.gov/oam/2022/older-americans-month-2022)

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

We're going to be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique. For more information, visit the link above and don't forget to follow **#OlderAmericansMonth** for the latest from ACL, and to see what others are planning!



### MAY IS WORLD BLADDER CANCER AWARENESS MONTH

Every year, over 570,000 people are diagnosed with bladder cancer and 1.7 million people find themselves living with the condition. It is the 10<sup>th</sup> most commonly diagnosed cancer and the 13<sup>th</sup> cause of death from cancer globally. **Blood in the urine is the most important warning sign of bladder cancer to watch out for.** As such, this year the World Bladder Cancer Patient Coalition will be advising people: **Don't Go Red. Go To A Doctor.** Bladder cancer is the forgotten cancer, and it should not be dismissed so easily.



### MAY IS SKIN CANCER AWARENESS MONTH

[www.skincancer.org](http://www.skincancer.org)

With over 5 million cases diagnosed in the U.S. each year, skin cancer is the most common cancer and is one of the most preventable. By sharing facts about the dangers of unprotected exposure and encouraging people to check their skin, we can and will save lives.

- 1 in 5 Americans will develop skin cancer by the age of 70.
- More than 2 people die of skin cancer in the U.S. every hour.
- In the U.S., more than 9,500 people are diagnosed with skin cancer every day.
- **More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.**
- The annual cost of treating skin cancers in the U.S. is estimated at \$8.1 billion.



### MAY IS MENTAL HEALTH AWARENESS MONTH (MHAM)

For 2022's MHAM, the National Alliance on Mental Illness will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care. Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

**Facts & Figures** [www.thenationalcouncil.org/mental-health-awareness-month/](http://www.thenationalcouncil.org/mental-health-awareness-month/)

- [1 in 6 adolescents](#) (aged 12-17) in the U.S. experienced a major depressive episode in 2020
- [1 in 3 young adults](#) (aged 18-25) in the U.S. experienced mental illness in 2020
- [1 in 5 adults](#) (52.9 million adults) in the U.S. experienced mental illness in 2020
- [54% of adults](#) with mental illness did not receive treatment in 2020
- The [average delay](#) between symptom onset and treatment for mental illness is 11 years
- [32.1% of U.S. adults](#) with mental illness also experienced a substance use disorder in 2020
- [40.3 million people aged 12 or over](#) had a substance use disorder in 2020
- [22.3 million](#) Americans live in recovery after some form of substance use disorder
- [3 out of 4 people](#) who experience addiction eventually recover
- Suicide is the [second-leading](#) cause of death among people aged 10-34



## NATIONAL SMALL BUSINESS WEEK - MAY 1-7, 2022

[www.sba.gov/national-small-business-week](http://www.sba.gov/national-small-business-week)

For more than 50 years, the U.S. Small Business Administration (SBA) has celebrated National Small Business Week (NSBW), which recognizes the critical contributions of America’s entrepreneurs and small business owners. NSBW 2022 celebrates the resiliency and tenacity of America’s entrepreneurs who are doing their part to power our nation’s historic economic comeback.

Join us during the [NSBW virtual summit](#) as we share tools and information that entrepreneurs need to further power our economic growth, strengthen our supply chains, and deliver the products and services Americans depend on every day.

### AROUND TOWN: COMMUNITY NEWS



#### WOMEN FOR GREATER PHILADELPHIA WILL HOST SPRING TEA AT LAUREL HILL MANSION

The Women For Greater Philadelphia look forward to welcoming you to this annual Springtime event in Philadelphia’s Fairmount Park and sharing the house, garden and lovely view from the back porch of the Schuylkill River.

Individual boxes of treats and tea sandwiches will be provided for each guest by Jack Francis Caterers. Donation is \$25 via PayPal or check. For further information and to register, go to [www.womenforgreaterphiladelphia.org/pages/events.html](http://www.womenforgreaterphiladelphia.org/pages/events.html)



#### 2022 CONSHOHOCKEN ARTS FESTIVAL AND CAR SHOW – JUNE 4, 2022

Registration is open for the 2022 Conshohocken Arts Festival and Car Show scheduled for June 4, 2022 from 11 am to 4 pm on Fayette Street. The Conshohocken Community Car Show includes trophies and awards, raffles, food and drinks, community performances and live music. Main Stage Bands include Judah Kim, The Funky T, Katie Frank and Maggie Mae. All proceeds benefit local charities. For info, go to [www.conshohockenartsfestival.com](http://www.conshohockenartsfestival.com).



**NO MAY BIRTHDAYS**



**OUR CONDOLENCES TO:** The family of former GC BPW member, Patricia Maguire, who passed away on April 16, 2022.

### **DATES TO REMEMBER**

**MAY DAYS ARE PAY DAYS -DON'T FORGET TO SEND IN YOUR DUES**

05/08 – Mother's Day

05/17 – Primary Election Day

05/23 - Greater Conshohocken BPW ZOOM Meeting

05/30 - Memorial Day

06/9-12 - BPW/PA Convention



**HAPPY MOTHER'S DAY!**

**BPW/PA 2022 ANNUAL STATE CONVENTION AD / PATRON LIST**

The State Convention Patron List can be used as an opportunity to show your support of the State Federation or congratulate or extend good wishes to other members. The State Convention Patron Ad can also be used to promote your company or business or your employer.

Patron ads and patron lists will appear in the 2022 Convention Manual which is distributed to every registrant at the Convention. Costs are as follows:

Business Card	\$25.00
¼ Page	\$50.00
½ Page	\$100.00
Full Page	\$150.00
Line (limited to 24 characters)	\$5.00 per line

Ads must be camera-ready and will be printed in black and white. Ads and/or lists **MUST BE RECEIVED BY MAY 14, 2022** for inclusion in the manual. Please make checks payable to BPW/PA and return this from with payment to:

Janet Riordan  
BPW/PA Convention Manual Editor  
437 State Route 271  
Ligonier, PA 15658

**PLEASE TYPE OR PRINT**

Name of Person Completing Form: \_\_\_\_\_

Telephone # \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Size of Ad (check one) Business Card \_\_\_\_ ¼ Page \_\_\_\_ ½ Page \_\_\_\_ Full Page \_\_\_\_

**PATRON LIST**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Amount Enclosed: \$** \_\_\_\_\_