



Metro Women's Network

Des Moines, Iowa

June 2019

Next Meeting: Thursday, June 20

Waterfront

2900 University
WDM
223-5106



Entrees:

Coconut Shrimp –

wild caught Gulf shrimp caught off the Texas coast, dipped in butter then rolled in coconut flakes and deep-fried w/baked sweet potato OR

Salmon - Fresh Atlantic Salmon lightly seasoned then grilled w/baked sweet potato OR

Chicken Palliard - Boneless Chicken breast lightly seasoned and grilled served over a lemon and sweet basil sauce w/rice pilaf OR

Top Sirloin - 5 oz center cut grilled w/baked sweet potato OR

Vegetarian - Fresh broccoli, cauliflower, tomatoes, mushrooms, sliced red onion, green pepper, and red pepper sauteed with white wine flavored with fresh parsley basil pesto with a touch of cream, tossed with linguini.

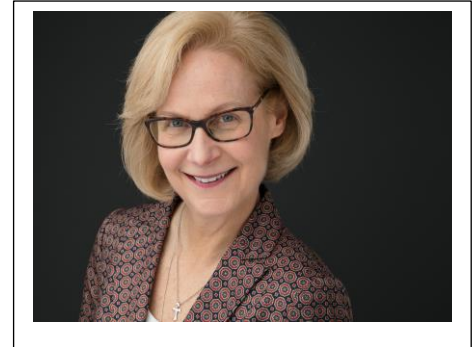
Dessert - brownie a la mode

All served with garden salad (creamy parm, red wine vinegar/Italian, and ranch dressings), warm sourdough and French bread, non-alcoholic beverages (upon request), and dessert

RSVP before Monday noon, 6/17, at www.mwniowa.org/calendar. Dinner fee is \$30. Guests are \$35.

Teri Wahlig, MD CEO, ChildServe

Dr. Wahlig joined ChildServe in 2011 as Vice President and Medical Director, and began serving as CEO in July 2018.



She graduated from the University of Iowa College of Medicine, and she is board certified in pediatrics, neonatal – perinatal medicine, and palliative care – hospice medicine. In 2015, Dr. Wahlig received her Master of Business Administration from the Henry B. Tippie College of Business at the University of Iowa. Prior to joining ChildServe, Dr. Wahlig was medical director of MercyOne's Neonatal Intensive Care Unit.

In 2018, the Iowa Hospital Association named Dr. Wahlig a Hospital Hero, and the Des Moines Business Record named her a Women of Influence Honoree.

Join us on June 20 as we learn more about ChildServe and Dr. Wahlig.



Metro Women's Network

SOME PRESIDENT PONDERINGS

I did not know that!!!

I said that last month after hearing our speaker from the Boys and Girls Clubs. I remembered passing a building that housed the club on NE 14th when I was taking night classes at Grand View, and knew they had moved out of there. I was amazed at how much they do and where they are at in the Des Moines metro now. They are in numerous locations in the Des Moines metro area and even help families during the summer. I did not know that!

I'm saying it this month as we have a speaker from ChildServe. I looked up their website and looked at the history. They've been around in one form or another since 1928. Wow!!! They do a LOT more than I realized. There is the rehabilitation that I knew about, but there is the help they give families dealing with all the medical needs. They even helped a young man be able to vote in the last election by finding him special transportation and working to get him registered to vote. They also have some day care facilities. I did not know that!

This month we're meeting at Waterfront Seafood Market in West Des Moines. I've eaten there many times, but we found out they have a meeting room. I did not know that! We have some scrumptious sounding entrée offerings for our meeting. I did know we'll enjoy going there.

Come to the June meeting at Waterfront on June 20th for great food, social interaction, and a good speaker. See if you can refrain from saying, "I did not know that!"

Joyce Whipps
President

RSVP at www.mwniowa.org/calendar

Meeting Schedule
2019:

(Thursdays)

June 20

July 18

August: No Meeting

September 19

October 17

Nov/Dec: December 5

Mark your calendars
now!



Check out our Facebook
page at

<https://www.facebook.com/MWNIowa/>

Check out our website at
www.mwniowa.org



Metro Women's Network



About ChildServe

ChildServe knows kids, and we know specialty healthcare. When parents have questions about their child's health and development, our team of experts helps identify and meet the unique needs of each child. We offer support, resources, and expert care to help families and children adapt to life's challenges and reach individual goals for success. We serve children with developmental delays, disabilities, injuries, and other special healthcare needs.

ChildServe's mission is to partner with families to help children with special healthcare needs live a *great* life. We partner with nearly 4,500 children each year across Iowa through over 30 programs.

Did You Know?

- ChildServe is the largest outpatient rehabilitation provider in Iowa. In Johnston alone, over 1,000 weekly therapy appointments are held each week.
- ChildServe is the only pediatric long-term care skilled nursing facility in Iowa.
- Our Autism Day Health is the only program of its kind in Iowa.
- The multi-disciplinary team of experts at ChildServe's Concussion Clinic uses the same technology used in the NFL to help kids safely return to their usual activities.
- ChildServe was ranked number one on the Book of Lists Nonprofits list, and has been named one of Iowa's Top Workplaces by the Des Moines Register for the past 5 years.
- We've been partnering with children and families in Iowa since 1928.

Check out <https://www.childserve.org> for more information.

See Waterfront Seafood Market website at <https://waterfrontseafoodmarket.com/west-des-moines-2/>



Metro Women's Network

Memberships can be completed at <http://www.jotform.us/form/91801357671> or in person at our meeting!
Renew your membership!

Guest, Dues, and Attendee Policy Guests may attend for \$35. Membership annual dues (\$40 by check or PayPal) cover the year of 2019 (January thru December). New members joining after January will pay a prorated amount for the rest of the year. Reservations made but not attended will be expected to pay the dinner fee.

NOTICE: MWN will meet in July this year. We will NOT meet in August since many people like to attend the State Fair and are busy with family events. Mark your calendar now so you won't be surprised this summer.

The officers for 2019:

President: Joyce Whipps
Vice President: Open
Secretary: Chris Duncan
Treasurer: Barb Hawbaker
At large: Anna Bradley, Janet Seeberger

Also, serving on the Programs committee are Connie Blodgett and Sherri Johnson. Lois O'Donnell will remain on newsletter/publicity.



Why be a member of Metro Women's Network?

Lots of reasons!

We support each other through social and individual connections and information.

We support local people with our annual charity and Woman of the Year.

We support local restaurants and shops by meeting at different locations.

Be a member and feel the support!



Metro Women's Network

Steering Committee Minutes

- I. Call to Order by Joyce Whipps at 5:35pm on 5/2/19
 - II. Attendees Joyce Whipps, Barb Hawbaker, Lois O'Donnell, Connie Blodgett and Chris Duncan
 - III. Treasurers Report from Barb Hawbaker \$862.13
 - IV. Programs Report- Reported by Connie
May: Abbey Barrow – Boys & Girls Club of Iowa @Noah's Ark
June: Dr. Teri Wahlig – ChildServe @Waterfront
July: Karman Hotchkiss w/Meredith – Decorating Trends @Urban Cellar
August: No Meeting
September: Sam Bernabe (or staff member) – Iowa Cubs@ Cubs Restaurant
October: Mama Lacona's
November: No Meeting
December 5: Social TBD (No Speaker) Possibly Molly's Cupcakes at a WDM Clubhouse location.
 - V. Old Business: Lois updated several pages on the website. It has been suggested we use the existing website, and maybe try to update a bit more. A friend of Joyce's and Chris' who is good at Wordpress may be able to look at it and give us some insights. We would like to phase out Jotform, if possible.
 - VI. New Business: Joyce had a meeting with 2 ladies from a local insurance company on Monday to see if they would like to use MWN for their networking group. They are going back to others and discuss joining us. Joyce will re-contact them shortly and see if they want to come to next meeting.
 - VII. Next steering meeting scheduled for June 6.
 - VIII. Adjourned by Joyce Whipps at 6:35pm
- Minutes by Chris Duncan, Secretary



Metro Women's Network

Member Ad-vantage

Remember to use the services of our loyal members whenever you can!

archetype
4149 120th Street
Des Moines, IA 50323
T 888 512 1272

Connie Blodgett
connieb@archetypesign.com
o 515 965 3522

Bringing design to life
archetypesign.com

Baschke Health & Financial Services, Inc.
Deb Baschke, CLU, ChFC
8610 EP True Pkwy #4004
West Des Moines, IA 50266
515-255-9168 Office
515-570-1974 Cell
tblfs@hickorytech.net

Hairstyling & Permanent Makeup
Janet Seeburger
8820 Swanson Blvd.
Studio 115
Clive, Ia 50325
515-267-8437

EMC NATIONAL LIFE
Jenifer L. Mercer-Klimowski, JD, CPCU[®], AIC
SENIOR VICE PRESIDENT, CORPORATE COUNSEL & SECRETARY
jmerc-klimowski@emcnl.com
P 515.237.2203 C 515.490.3539
P 800.232.5818 F 515.237.2283 www.EMCNationalLife.com
699 Walnut Street, Suite 1100 | Des Moines, IA 50309
P.O. Box 9202 | Des Moines, IA 50306-9202