

President's Message

Hi Gems

May is Women's Health Awareness Month. When is the last time you had a check-up with your doctor? No matter what age you are, it's important to pay attention to your body and monitor changes. We are so busy taking care of everyone around us, it's easy to put these things off. We have all heard the example of putting your oxygen mask on first on a plane. But, how many of us really put ourselves first.

Staying connected to friends is a great step forward for your mental health. Research has shown that high-quality friendships can decrease risks of anxiety and depression. Spending time with these wonderful people can reduce stress and lower your blood pressure.

ABWA friends support each other, are there to listen, share advice and most of all laugh. That's a great way to focus on your health.

Renee Clement

Gem City ABWA
President



Upcoming Chapter, Regional & National Events, News and Education

June 9: June Meeting speaker - Dr Linda Burrs

July 10-11, 2026: DVP Luncheon, Ann Arbor, MI

July 14: July Meeting speaker – Angie Snowball, LinkedIn Networking & Personal Branding

August 21-22: Summer Sizzler, Indiana location tbd

September 28- Oct 4: ABWA National Women's Leadership Conference, Sugar Land TX

2026 Cardinal Crossroads Council

Meetings: July 25; October 17
(Honor's Day)

Apex Campus Educational Opportunities

Login at www.myapexcampus.org

Gem City Officers

President - Renee Clement,
reneeclement@ymail.com

VP - Kelly Gray,
kelly@hotheadburritos.com

Secretary - Andrea Haschart,
alhaschart@gmail.com

Treasurer - Bri Damico
Bridamico22@gmail.com

Past Meeting Highlights

February 2026 Ashima Sharma, Ayuka Consulting



From Hustle to High Tech – Ashima shared how AI can help you re-invent at any stage. Born out of curiosity in managing our ever-changing world of technology, Ayuka Consulting customizes integration of tech and AI for each individual clients needs. Ashima shared some of the most popular AI tools and what use they are best for, such as:

- Chat GPT – Answering questions, brainstorming and content
- GitHub Pilot – helps developers with coding
- Jasper AI – Content creation tool for blogs, marketing copy and social media content.
- Notion AI – task management, note summarization and brainstorming.
- Synthesia – creation of AI videos with lifelike avatars for corporate training, marketing and education.

March 2026 Community Spotlight

Adriane Miller, National Conference for Community Justice of Greater Dayton.

Founded in 1978, NCCJ has been working to open lines of communication to reduce and eliminate bias, bigotry and discrimination wherever it occurs. By bringing diverse groups together in a structured environment, participants walk away with a better understanding of people with different backgrounds and lifestyles.



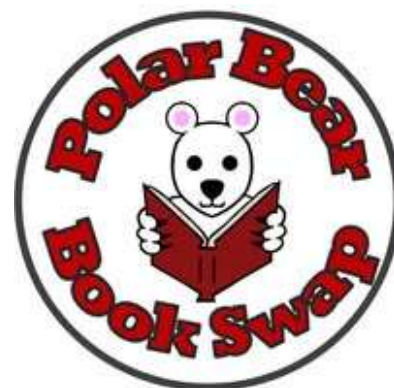
March 2026 Main Speaker Jenny Sanchez, Oasis Senior Advisors



As our parents age and living situations need to change, Oasis helps you evaluate the options on a non-biased basis, all for free to the family! Looking at the options, including factoring in the long-term picture, including financials, can be overwhelming to families who have little to no experience in this arena. Getting seniors into the right place helps with isolation and depression that many seniors face as they grow older, lose friends and loved ones.

April 2026 Nicole Lowe, Polar Bear Book Swap.

Founded in 2018, Polar Bear Book Swap's whole focus is to put books in the hands of kids that might otherwise never have books of their own! Based in the Northridge school district area of Dayton, Nicole saw the need since the area didn't have its own public library. They currently operate out of the Fire Station at 2437 Ontario, Dayton 45414. If you would like to donate books, contact: polarbearbookswap@gmail.com, or find them on Facebook at: Polar Bear Book Swap.



Gem City Members

Member Spotlight

Andrea Haschart

How long have you been a member of the ABWA Gem City Chapter? 4 years

What is one way ABWA has enhanced your career? Meeting local businesswomen and helping them with their marketing. I got the opportunity to work on some new projects I was offering as a service provider.

What did you want to be when you were a kid? Can't remember

What is a fun fact most people do not know about you? After I graduated from college, I was a nursing home administrator. I worked for 10 years locally in an assisted living and a nursing home.

What do you love to do in your free time? I love taking group fitness classes at the Kettering Rec Center. My favorites are TRX, cycling, yoga, and pilates. This year I'm working on building muscle & strength, so I'm taking boot camps too. For fun, I play pickleball. I love playing outside in the summer.

Do you have pets? If so, please elaborate. None
Is there a destination on your bucket list? Yep. Costa Rica. I'm planning a family vacation there now for December 2026. This will be our first time renting a car and driving in a foreign country. I'm really looking forward to trying many of the outdoor activities (ziplining, whitewater rafting, and hot springs).

What is a show or podcast you can't stop recommending? Yes, Mindful in Minutes Meditation (with Kelly Smith), a podcast on Apple and Spotify. She produces free weekly meditations ranging in length from 5 to 60 minutes. I especially like the episodes meant to help listeners drift off to sleep.

Coffee, tea or something else? Hot decaf coffee. My Starbucks order is a tall, non-fat, no- whip mocha.

What advice would you give to a new ABWA Member? Show up. Attend meetings regularly. Get involved and meet everyone. Try a board position or volunteer on a committee to gain experience and give back.

What are Members Learning, Reading, Doing.....

Kelly Gray

I have been back on an audio book kick (and I get my free from the Dayton Library on the Libby app). I recently read/listened to **Play Nice But Win** by Michael Dell. Fascinating book about taking a company public and then taking it private again. Currently I reading **The Leadership Secrets of Nick Saban**. Know as THE top coach in college football, he achieved that by sheer grit, determination and persistence. Always, always, always be recruiting the top talent for "your team"!! Moving your team members into the right positions is key for the height of team performance.

On deck for my next read is: **The Will to Win** by Robert Herjavec.

Jill Campell

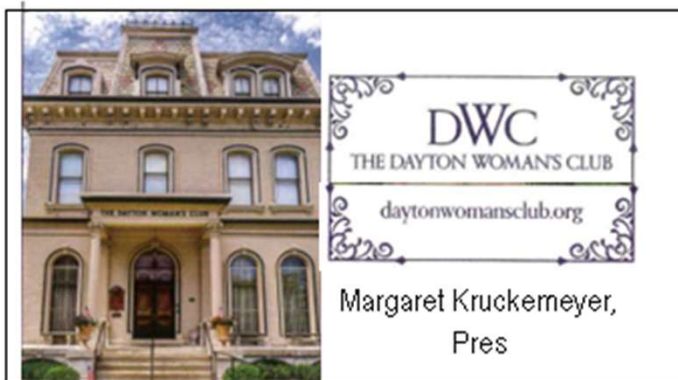
Even as an IT professional, I am learning new things every day. As a life long PowerPoint user, I got over my "fear" and forced myself to use Canva for a presentation. I was amazed how easy it was and how much better it was for presentations. Embedding live video, graphics, etc in your presentation is so much easier and presents much better....plus it's great for virtual meetings.

I also recently learned how to do a Table of Contents in Word, and it is much easier than I thought! Learn and use the tools in the programs and your life will be easier.

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 \$20 for members, \$50 non-members
 Art due 1st of publication month
 Contact: Kelly Gray,
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Gem City Chapter Vision Statement

The vision of the Gem City Chapter of ABWA is to connect the women of the Miami Valley with other like-minded women both locally and nationally. We will provide a safe place for women to grow their skills with speaking and leadership opportunities. We will encourage lifelong learning by providing educational programs at our meetings and assist members in attending ABWA conference. Our chapter regularly gives back to the community by creating awareness of local nonprofits and supporting them through donations.

ABWA's Proud Code of Conduct

1. All members will serve as goodwill ambassadors for the American Business Women's Association.
2. Members will not allow their personal beliefs and convictions to interfere with the representation of ABWA's mission.
3. Members will always treat their member colleagues, guests, vendors and sponsors with honesty, respect, fairness, integrity, responsibility, kindness, and in good faith.
4. Members will maintain compliance with ABWA National, Chapter and
5. Express Network Bylaws.
6. Members will not use their personal power to advance their personal interests. Members will strive for excellence in their professions by maintaining and enhancing their own business knowledge and skills, and by encouraging the professional development of other members.

Meetings – 2nd Tuesday of each month

Ohio's Hospice of Dayton, 324 Wilmington Ave, Dayton OH 45420. 1st parking lot on the left (towards staff parking) and the 1st building is the Shaw building. A staffer will let you in the front entrance.