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Updates From Our Co-Presidents

CPWC Members,

On July 1, the Chattahoochee Plantation Women's Club officially began its 51st year. After a year marked by celebration of our first 50 years, the year ahead brings unanticipated and unprecedented changes.

Perhaps an anticipated outcome of all this change is perspective on what we have taken for granted, but now cherish and appreciate. Our theme this year, **Appreciate**, will be focusing on our continued blessings in these strange times.

To start, we really **Appreciate** the leadership of our outgoing CPWC president (and resident Yogi) Belinda Vogel. For the last two years, she has been a dedicated and thoughtful leader to CPWC. Much thanks to Belinda for her service to CPWC as President.

Second, we are women that **Appreciate** a Plan to continue to gather, socialize and undertake charitable initiatives to serve our community at large. As such, you will see this newsletter full of dates, representing our Plans to be back together with fun, social and enriching activities as a CPWC.

Next, we **Appreciate** your understanding and flexibility as our Plans will change as circumstances do. One of our new favorite quotes is, "Better an oops than a what if." We are not women of "the what if".

Hope you are planning on joining us for the Opening Luncheon on Friday, September 18th, starting at 10:30 a.m. at Atlanta Country Club, featuring comedienne Heather Tolley-Bauer. *Please don't forget to wear your face mask, we are having a contest for Cutest Face Mask.*

Thanks for your time and enjoy the waning days of summer.

With Appreciation,



Jean Ann McCarthy and Chris Cashman, your co-presidents

[Click here to Join or Renew Your CPWC Membership Today!](#)

We appreciate your membership renewal. We are working hard to plan our events with the CDC guidelines in mind.

September 18th Opening Luncheon

**We are thrilled to gather together in person for our Opening Luncheon!
We have so much to "Appreciate."**



Join us to laugh along with comedian and mom, Heather Tolley-Bauer on **Friday, September 18, 10:30 a.m. - 1 p.m. at Atlanta Country Club** . The Luncheon fee is \$40.

Atlanta Country Club is following all CDC guidelines and regulations. ACC staff will wear masks and we ask that you do as well while we are mingling.

There is a prize for the cutest mask!

***** Click here to RSVP DEADLINE is SEPTEMBER 11th!*****

Member Spotlight

By Susan Grant, DNP, RN, FAAN
Executive Vice President & Chief Nursing Officer, Beaumont Health

CPWC Asked: Our members would be interested in how your responsibilities have shifted during the pandemic, how your staff has adapted, what is your outlook for the future from a medical standpoint, and anything else you think they'd like to know from your perspective.

Susan Replied: The last four months have been unprecedented as we all have tried to navigate our lives in the midst of a global pandemic. As a nurse and health care administrator, I have joined my health care colleagues across the country in battling COVID-19. We are experiencing a strain on our nation's health care resources like nothing we have ever seen before.



As the pandemic reached its peak in some states back in March and April and now is surging in the southern states, health care professionals are caring for high volumes of patients with COVID-19 and witnessing numerous patients succumb to this deadly virus. In my health system alone, the largest health system in Michigan, we have cared for more than 4,800+ inpatients with the virus and have had nearly 900 patient deaths due to COVID-19 over the last 4 months. .

Health care professionals have worked hard not only in Michigan, but also in every state including Georgia to bring the staggering number of COVID-19 cases and related deaths down over the last months. I have been inspired by my nursing colleagues and the heroic measures they have taken to fight the virus. As an example, my nurse colleague Maureen has made herself available to work extra shifts to care for the high number of COVID patients in our hospitals. Maureen's husband is also considered to be an essential worker within his company and must report to work. They have three children. When Maureen and her husband go to work, their 15-year-old son has stayed home with their other two younger children and helped with home schooling and making meals for his two siblings.

There are literally countless stories like Maureen's that demonstrate healthcare worker's true dedication and commitment to stepping up and answering the call to save lives and stop the spread of COVID-19. However, healthcare workers cannot stop the spread alone. Everyone must do their part in stopping COVID-19 so that we can all get back to some normalcy in our day-to-day lives.

One thing we do know is that, if we all work together, we can get a handle on the spread of this virus. After all, we were successful in flattening the curve back in May. We can do it again!

Here's what you can do to help:

1. Wear a mask (covering both your mouth and nose!) at all times when you are out in public, at the grocery store, or are around people other than those you live with in your home.
2. Maintain physical distance from others of at least 6 feet when you are out in public spaces.
3. Avoid large groups of people, particularly if they are not wearing masks or social distancing. When you wear a mask, you are protecting the people around you. Alternatively, if someone near you is not wearing a mask, you are NOT protected. As Dr Fauci said, "you have to care for other people." ***Let's care for each other and wear our masks!***

I know that we all want this pandemic to be over. Let's all do our part to make that happen!

I have been an RN for 37 years and have worked all over the country including Dana Farber Cancer Institute in Boston and the University of Washington in Seattle. I have spent the majority of my career at Emory in Atlanta until the last 4 1/2 years where I assumed the position of Executive Vice President and Chief Nursing Officer at Beaumont Health, the largest health system in Michigan. My mom and dad are Nancy and Vic Mitchell who live in Chattahoochee Plantation. Mom was also a nurse and both of my parents strongly influenced me in my career path.

New Interest Group for 2020 - 2021

Welcome to our newest CPWC Special Interest Group called " ***CPWC 5K Walk/Run.***"

We encourage any interested participants to sign up to walk or run - virtually - one race per month. By virtually we mean on your treadmill or in your favorite neighborhood. Sign up with a friend(s), walk or run, then post a picture in your Race Tee Shirt on our CPWC website and Facebook.

There are many great races to choose from this year. We are in the process of selecting one local and one out of state event for each month. Participating in the event has certain benefits such as supporting a local charity and fun merchandise like t-shirts, etc. Think how snazzy you'll look donning a race tee from another beautiful state with your friends! We have started the process for you with two great races in San Diego, CA and in Atlanta, GA.

While we have some ideas for September - December we welcome your thoughts as there are many we have yet to uncover. Our goal for the 2020-2021 year (fingers crossed) is to continue participating in the Atlanta events year after year. For the out of state events, one idea is to bring them closer to adjacent states for a weekend road trip. There are some awesome cities in the South that are even more beautiful when touring in comfy shoes!

For more information or assistance in signing up please contact

[Chris Cashman](#) or [Susan Fulkerson](#).

CPWC 5K Walk/ Run Fall 2020

Considerations

Support local charity

One out of state per month - Virtual Get Up and Go Vacation!
One local per month - Virtual (possibly in person by Spring 2021)
5K with additional 10k option when offered

Click [here](#) to view the fall 2020 proposed races

Newcomers Party - October 23

Historically, we have a Newcomer's Welcoming party in August for our new neighbors each year. We welcome them, tell them about CPWC, encourage them to join and sign up for the various Interest Groups. In hopes we can still gather, we've moved the party later in the year and changed to a **"Fabulous/First Friday" format on Friday, October 23**. As an invitation to the party, we provide new neighbors with a Welcoming Bag that includes a CPWC directory, info on CPCA, and a small "goody" of some type.



We need your help! First, please provide us with any names and addresses of new neighbors. Second, we want to support local business, so if you know of any that would like to provide small gifts, coupons, or promotional trinkets, we would love to include new bag goodies. We usually distribute about 50 bags each year. Thank you for your help.

Cindy Formica, cindyformica@comcast.net
Regina Wood, reginawood@westminster.net

Community News

As liaison for our CPWC and CPCA, I would like to invite anyone to donate to the beautification fund of the CPCA. Lynn Thompson and I want to keep improving the entryways and islands of the Atlanta Country Club estates. Because we are limited to an allocation of funds for improvements by the CPCA, it is necessary to rely on your kind donations. If you donate and target a certain space, we will diligently adhere to your wishes. Checks can be made out to CPCA Beautification Fund and sent to [Trish Chapman](#) at 4371 Classic Links Court.

Thank you for your consideration and generosity.

Trish

Upcoming Interest Groups and Events

The CPWC hosts a wide range of Interest Group meetings each month. Below is a list of each group's upcoming activity. Please join us!

*Save
the Date*

Interest Group	Date(s)	Details
5K Walk/Run	Aug 16	America's Finest City Half Marathon & 5K - Virtual Entry https://inmotionevents.com/event/afc-half-2 Benefitting Pancreatic Cancer Action Network, Children's Tumor Foundation, etc.
	Aug 29	Mustard Tree Race for Recovery - Virtual Entry

		<p>https://runsignup.com/Race/GA/AtlantaMstardTreeRaceforRecovery Benefiting youth and young adults ages 15-26 get Enthusiastic Sobriety Counseling in GA & SC</p>
	Sep 20	<p>The Wascally Wabbit Half Mawothon and 5K - Virtual Entry http://thewascally.com Benefitting Kids Kasa Foster Care, a local foster care agency that treats at-risk youth headed to college</p> <p>(click here for additional races or contact Susan or Chris)</p>
Bible Study	Ongoing	<p>We meet Thursdays at the Atlanta Country Club from 10am to 11:30am. Please RSVP We'll be studying Scriptures from the Epistles which will include important truths to help us live victorious in this life. We would love to have you join us. Please contact Lettie Nixon, 770 -953-2066</p>
Daytime Book Club	Ongoing	<p>The daytime book club meets on the second Monday of each month at 10:00AM at rotating homes. Meetings are currently being held outside for social distancing. Please contact Susan Fulkerson for additional information.</p>
	Aug 10	<p>We are reading <i>The Silent Patient</i> by Alex Michaelides for our Aug. 10th meeting. We are meeting at Shea Amin's house at 4508 Chattahoochee Plantation Drive and Dot Grigsby is leading the discussion.</p>
Evening Book Club	Aug 25	<p>For August, the evening book club will be reading <i>The Silent Patient</i> by Alex Michaelides. We will discuss the book in person on August 25 at Kristine Ward's home.</p> <p>To RSVP for August, please contact Kristine Ward.</p> <p>The Evening book club meets the last Tuesday of each month. Please contact Trish Chapman for additional information.</p>
Yoga	On Hold	<p><i>The Yoga Interest Group is on hold while Belinda recovers from back surgery. She will continue teaching via Zoom at some point, and hopes to schedule an outdoor yoga interest group session when the weather is more suitable.</i></p> <p>A note from Belinda: <i>"Thank you to the Sunshine Committee for the beautiful flowers and encouraging note. I also appreciate the notes, cards, and food from many of our wonderful members. I appreciate the love & support of our community as I heal from surgery."</i></p>
Hiking	Sep 10	<p>Welcome back to another year of hikes! Trish Wenger and I have created a schedule of both new and old hikes. Be sure to read your newsletter each month for details. Plan on joining us for a hike every second Tuesday of the month unless otherwise noted in the newsletter. For a complete list of proposed hikes for 20-21, please click here.</p> <p>Our first hike will be September 8 at Jones Bridge Park Trail on the River (est. 30 min drive)</p>

Trailhead: 8615 Barnwell Road, Johns Creek 30022

4.6 mile moderate hike

See riverside forest and whitewater shoals

Meet at the Trailhead at 9:30am *refer to the complete list of [proposed hikes](#).

For those of you who are planning to participate in the Len Foote Hike Inn hike, October 19 - 21, 2020, please note that due to the current pandemic, this is not a CPWC sanctioned event but is open for those interested in an independent trip. See Hike-inn.com for latest Covid-19 restrictions.

RSVP to stone_wenger@yahoo.com

Thanks everyone and Happy Hiking!! Jean Dole (404) 433-5551

Savvy Evening Group

Sept 15

This group meets on the third Tuesday of the month from 6:30-8:30 pm at Pat laffaldano or Chris Cashman's home...with a few exceptions. We love to learn about a variety of topics. Our goal is to refresh your knowledge or introduce you to matters you may encounter in your week, month or year and give you tools to make a difference.

Every month in a host home features wine & cheese from a selected country around the world. [Click here](#) for a complete list of proposed programs for this year.

Join us for our first meeting of the season:

Featured Country - Portugal

Topic - Preparations for a JOYFUL Retirement

Speaker - Jackie Dunagan, LMFT - GROW Counseling

Location - Chris Cashman's Home (521 Oak Hill Circle SE)

RSVP to [Chris Cashman](#)

Opening Luncheon

Sep 18

Kicking off a year of Appreciation ...We invite you to join our Opening Luncheon featuring comedian and mom Heather Tolley-Bauer on Friday, September 18, 10:30 a.m. - 1 p.m. at Atlanta Country Club. The Luncheon fee is \$40.

Our chosen charity this year is Great Prospects, a wonderful non-profit providing care for individuals with disabilities www.greatprospectsinc.org/.

Please bring a donation of one of the following to the luncheon: standard deck of playing cards, 100-piece puzzles, or stencils.

We ask that you [RSVP here by September 11](#). This is a firm date. If you need to cancel your reservation, you must call 404-434-4869 for a refund by Sept. 18.

Canasta

Ongoing

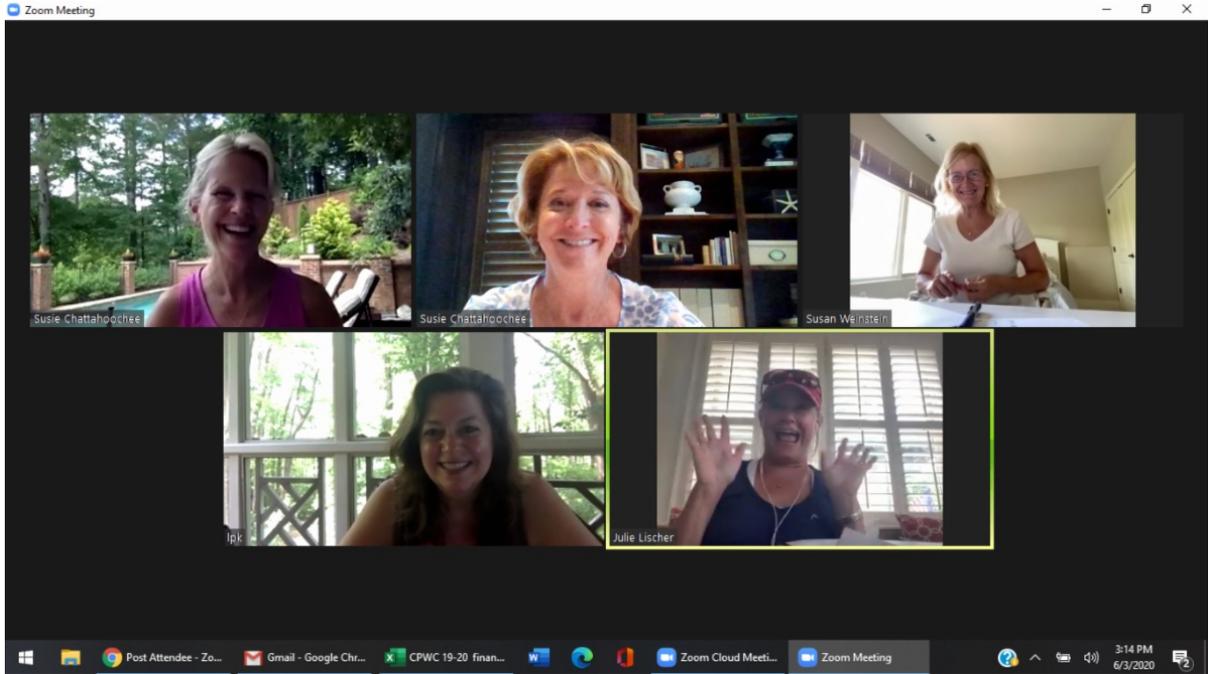
Canasta is a fun game that stimulates your brain but also allows you to converse and get to know your neighbors and have fun during the game. Partner play allows for more options but individuals can play too.

We meet monthly on the second Thursday from September to August at 12-3 pm. There is no need to commit to playing every month! Contact [Karen Frantz](#) at 770-715-7139

Bridge	Ongoing	<p>For those who are interested in BRIDGE LESSONS, there are two bridge clubs nearby where bridge lessons are offered.</p> <p>Ruff n Sluff Bridge Club 770 973-7717 Not far, this side of the Big Chicken 1809 Roswell Road Marietta GA 30062</p> <p>Bridge Club of Atlanta 770 354-6033 Fountain Oaks Shopping Center, far left corner upstairs 4920 Roswell Road Sandy Springs GA 30342</p> <p>Bridge is a fun game that can be played on many levels. Since it requires a multiple of four players, get several friends together and explore the potential at either of these clubs which are about six miles from where we live. If you have any questions, please contact Melissa Nicol 770-541-6168 or mahanmelissa@aol.com</p>
Family Activities		<p>Look forward to celebrating with you and your family! Please contact Kristen Bernheim with any questions.</p> <p>Oct 31 Halloween - October 31 (5-6pm) Dec 6 Yule Log - December 6 (3-430pm) Mar 28 Easter Egg Hunt - March 28 (3-430pm) May 26 Last Day of School - Kona Ice Truck - May 26 (Time TBD)</p> <p>Details to follow</p>

[Your Communications Team Hard at Work](#)

Not being able to meet in person, our industrious co-presidents set up Zoom meetings over the summer to meet with the various committees for planning purposes.



Remember last year's opening luncheon?



In Sympathy

We send our sympathy to the Isner family on the death of Dr. Paul Isner. His wife Martha Isler was a former president of our Women's Club, and they lived on Club Lane.

<https://www.legacy.com/obituaries/atlanta/obituary.aspx?n=paul-isler&pid=196447624>

Interest Group Contacts

Email [Judy Boyce](mailto:judyboyce@chattahoocheeplantationwomensclub.org) to learn more or sign up!

If you have an idea for a new Interest Group please contact Chris, Jean Ann, or a member of the Programs Committee.

Bible Study

[Lettie Nixon](#)

Hiking Club

[Jean Dole](#)

[Trish Wenger](#)

Book Club - Daytime

[Susan Fulkerson](#)

Garden Club

[Janet Thomas](#)

Book Club - Evening

[Trish Chapman](#)

Globe Trekkers

Shea Amin

Bridge Club

Melissa Nicol

Newcomers

[Cindy Formica](#)

[Aurelie Barrial](#)

[Regina Wood](#)

Canasta

[Karen Frantz](#)

Couples Chef's Dinner Group

[Jane Harm](#)

[Pat Iaffaldano](#)

Play Group

Malinda Hlavenka

[Jillian Miller](#)

Community Liaison

Trish Chapman

Savvy Women

[Pat Iaffaldano](#)

[Beth Armstrong](#)

[Jean Dole](#)

Chris Cashman

CPWC Run/Walk 5K

Chris Cashman

[Susan Fulkerson](#)

Family Activities

[Kristen Bernheim](#)

Single Ladies

[Ellie Lacey](#)

First Friday

[Karyn Porter](#)

Sunshine Committee

[Kristine Ward](#)

[Lindsey Mabey](#)

Yoga

[Belinda Vogel](#)

<http://www.chattahoocheeplantationwomensclub.org/>

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