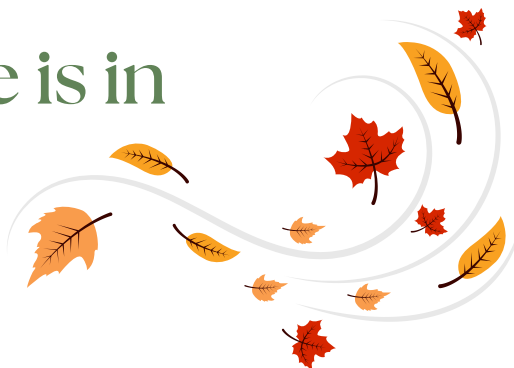




## Change is in the Air

Kathleen Walsh



Hi Thrivers!

Change is in the air, and I am not just talking about the seasons! Our newsletter is going to be looking different as we enter the fall!

Why? Well, this is because we now have a group of volunteers working together to make this meaningful and applicable to you – professionals, business owners, moms, grandmothers, volunteers, coaches, and overall multi-taskers!

Wait until you read Amy Finegold's article on closet cleaning! I am wondering how you got into my house to view the state of my closet, Amy??? I have a suit that I wore in 1998.... for my grandmother's funeral. Why do I keep it? Well for starters, it boosts my confidence when I can still button the pants and now, I think it has come back in style, a mere 30 years later! But seriously, Amy has inspired me to at least move the suit to the "maybe giveaway" pile.

And we are going to take an introspective look at leadership starting with Jennifer Redmond! The first line in her article says it all..... "it is how you show up, not your title." (No offense Amy, Jennifer is not referencing clothes but looking nice certainly helps). It is going to be transformational information that you can share with your teams and post on your refrigerator as a reminder!

Finally, you will see a brief snippet about golf. Four of us THRIVERS played in the Chamber's tournament at Ipswich Country Club. The day was glorious...and it was our FIRST TIME embarking on a journey like this. For me, it was a bucket list item. Fun is an understatement....and lucky for us, the "wind" moved our golf balls closer to the green (wink, wink). Without the wind, it is possible we would STILL be on the third or fourth hole! Who is going to join us in our next series of lessons?

Well, the summer is wrapping up. Hope it was a good one for you! Bring on cooler weather and colorful fall leaves.

Kathleen Walsh, editor of Rise & THRIVE, is CEO of the YMCA Metro North. She is a member of the Board of Directors of the North Shore Chamber of Commerce and member of the THRIVE Advisory Council.

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## Sustainability Tip from Andrea Lacroix



It's good to recycle a used plastic bottle. But it's even better to never produce and consume that plastic bottle in the first place. Only 9% of the plastic we have produced is ever recycled. The rest gets buried, burned or dumped in the ocean.



# Women in Our Midst Luncheon Series

**Thursday  
Sept. 18, 2025**  
11:30 am to 1 pm  
Blue Ocean Event Center  
Salisbury



Featuring  
**Olivia Boger**

Founder &  
Executive Director

**RUNWAY**  
FOR *Recovery*

After losing her mother to a decade-long fight against breast cancer, Olivia resolved to honor her mother's memory and make a difference for other families fighting their own battles with breast cancer. Runway For Recovery was born. Now, for 18 years, brave survivors and those walking in memory or celebration have become models at Runway fashion shows, raising funds to help families dealing with the impact of this disease.

Unlike most nonprofits focused on breast cancer, Runway For Recovery is not oriented toward a cure. Instead, it seeks to improve the lives of those who are currently affected by breast cancer by serving as a platform for resources, knowledge and support.

Join **THRIVE** as we learn about Olivia's inspirational story of success, giving back to others, and making a difference in so many lives!



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# Your Guide to a Seamless Fall Fashion Shift

by Amy Finegold

My son just got his class list. My daughter was assigned her dorm. And I swear the other morning I felt a cooler fall-like breeze as I sat outside, drinking my coffee. Not to be a summer buzz-kill, but now is the time to start thinking about setting yourself up for success as the new season approaches. I like to start in the closet.

Transitioning your wardrobe is more than simply swapping out your sandals for boots. With a few intentional steps now, you can create a closet that's organized, versatile, and ready to carry you confidently into fall. Follow these steps to create a closet that simplifies getting dressed, but also empowers you to feel and look your best.

1. **Try everything on.** Yes everything. Hangar appeal means nothing and your memory of how something fits and what you wear it with isn't always accurate.

Ask yourself:

- ❁ Does it fit? (If no, choose whether it's worth it to tailor or just donate or consign.)
- ❁ Is it worn? (If yes, get rid of it.)
- ❁ Is it dirty? (Wash it and then either put it away or donate or consign.)
- ❁ Does it make you feel good? (MOST IMPORTANT) If no, then it's gotta go.

2. **Organize with Intention:** Put things back in a way that makes sense. Knowing where things are is essential for the easy grab in the am. Folded items you wear most often should be on lower shelves. Keep your hangers uniform. I personally love the thin fuzzy ones so that clothing doesn't slip off.

Why does it matter if your hangars match? Because simplicity and uniformity is calming for your brain. And we are all about creating the systems that keep you stress free so you can put your energy elsewhere.

3. **Make a Shopping List:** As you go through your closet, keep track of what you need. You want to make sure you have all of the essentials so that you're not scrambling for that one item that you need to finish an outfit.

4. **Mental Practice:** Think about how you want to feel in your clothes. Does your closet reflect the person you want to project? Do you want to step into a different vision of yourself? Your clothing has the ability to boost your confidence and communicate your identity, so give yourself permission to prioritize fashion and this form of self care.

Whether you're getting ready for a new school year, a busy fall work season, or simply craving a refresh, a closet refresh now clears the mental and physical clutter to make space for what works. Starting the season with an organized, well-curated wardrobe means easier mornings and more confidence of knowing you have a closet that works for you - free of stress, and full of possibility.





# Leadership From Within: Jennifer Redmond

Jennifer Redmond believes leadership has little to do with titles and everything to do with how we show up for others. For her, “leadership from within” is about presence, authenticity and the courage to lead from personal values.

A certified integrative nutrition coach and certified hormone health educator based in Rockport, Jennifer supports women navigating infertility and perimenopause, life stages she knows intimately from both her personal journey and her professional career. With more than 20 years in women’s health, she has built a reputation for guiding others through some of life’s most complex and emotional experiences.

Before launching her coaching practice, Jennifer co-founded and served as editor-in-chief of FertilityAuthority (now Progyny), where she helped grow the organization into a trusted, best-in-class online resource for people navigating fertility and the professionals who serve them. She also served as Director of Communications for RESOLVE: The National Infertility Association.

Today, Jennifer continues her impact through her coaching practice and her roles on the boards of AllPaths Family Building and the New England Fertility Society.

Jennifer’s approach is grounded in the principles of integrative nutrition, which combines traditional and functional nutrition for an individualized path to eating and living well. It not only considers the physical effects of food but also addresses “primary food,” the aspects of life that influence health, including environment, career, relationships spirituality and social life. For Jennifer, this means understanding the full picture of a client’s life and helping them explore how those elements connect to their symptoms, challenges and goals.

This perspective also shapes Jennifer’s leadership. Just as she looks at all aspects of health with her clients, she takes a whole-person approach to her work, balancing professional responsibilities with self-care, cultivating supportive relationships and aligned with her values. “When you view health holistically, you can’t help but bring that same perspective to leadership,” she says.



# THRIVE

## *Golf Update*

by Patti Beckwith



There are a few of us who are DETERMINED to learn how to play the game of golf.

Have you ever imagined yourself playing a round, learning the game without intimidation and feeling SO comfortable, you get better with every swing?

Well.... this is the group for you!

We took lessons/clinics with Phil Cornetta at Paradise Golf in Middleton, played in the North Shore Chamber golf tournament (which, BTW, was a blast!) and still play and practice together. In case you are wondering, we decided not to keep score at the tournament (as we did not want to win). Karen Andreas was on the team and that would just be rude if we walked away with the prize, so we just played for fun! 😊

But we would love to have more THRIVERS join the fun! We plan to make tee times at various courses in our area, typically on late Friday afternoons. We also may make driving-range dates throughout the week. And we hope to keep playing during the winter months so we can really represent THRIVE in the spring and summer tournaments.

Who is joining us?

If you are interested in being added to our golf correspondence list, please let [kwash@metronorthymca.org](mailto:kwash@metronorthymca.org) know. Beginners and “beginner” beginners are welcome! Soon we will all be thriving at golf!

Patti Beckwith owns Constitution Financial Partners. She is a member of the THRIVE Advisory Council and the Chamber's Managing Board of Directors.



# Odds and Ends



Two full-time positions available at **HAWC** (Healing Abuse Working for Change), the Salem-based nonprofit that provides free and confidential services to people experiencing domestic abuse.

<https://hawcdv.org/careers/client-services-coordinator/>

<https://hawcdv.org/careers/childrens-services-advocate/>

Have a student in need of note-taking support? We have a THRIVER that can help! **Katie Azevedo** created a new system designed for effective note-taking. She holds a Master's Degree in Special Education and specializes in the intersection of ADHD, executive functions, and academic success. Check it out at [www.collegenotetakingsystem.com](http://www.collegenotetakingsystem.com)



## **Event season is back!**

Check out an array of events presented by the North Shore Chamber of Commerce!

Your support is appreciated!

[www.northshorechamber.org/events/](http://www.northshorechamber.org/events/)

## **Help ECCSW with your feedback!**

The Essex County Commission on the Status of Women is conducting an important community survey to assess needs and opportunities to increase equity here on the North Shore. ECCSW is a nonpartisan group advocating for women and girls with our Essex County Representatives and Senators on Beacon Hill. Your feedback is invaluable for the group to understand and advocate for policies and programs that better serve YOU.

Find the survey at <https://masscsw.org/>



The survey is available in English, Spanish, Portuguese, and Arabic. It should take approximately 15 minutes to complete, and all responses will be confidential.

# Odds and Ends

Congratulations to this year's Diamond Award winners, including THRIVE Advisory Council member **Luisa Coppola**! Luisa is Vice President of Commercial Lending at Rockland Trust.

Luisa loves to volunteer and to give back to others. She is the Vice President of the Friends of the North Shore Education Consortium, serves on the Board of Girls Inc. of Lynn, is a mentor with The Valedictorian Project, and is a Loan Committee Member for Nectar Community Investments Inc. She previously served on the Board of East Boston Social Centers.

The Chamber's prestigious Diamond Awards are given to women for their commitment and passion for leading with purpose, empowering and serving others, and making an impact in their communities.

Joining Luisa as Diamond Award recipients this year were **Jess Cranney**, Project Manager of Field Support Team & Special Projects at Windover Construction; **Ginny Eramo**, Managing Director and Salon President of Interlocks Med Spa; **Dr. Karen Hopkins**, the Executive Director of The Children's Center for Communication/Beverly School for the Deaf; **Joanne Scott**, retired director of the Boys and Girls' Club of Greater Salem; and **Dr. Hope Watt-Bucci**, a sales associate for Coldwell Banker.

Some 185 guests gathered on August 21 for the annual Diamond Awards breakfast event at Salem Waterfront Hotel.



From left, the 2025 Diamond Award Winners: Luisa Coppola, Jess Cranney, Joanne Scott, Dr. Hope Watt-Bucci, Dr. Karen Hopkins, and Ginny Eramo.



Have an idea for content for the THRIVE monthly newsletter?  
Please email **Kathleen Walsh** at [kwash@metronorthymca.org](mailto:kwash@metronorthymca.org).

Be sure to share this newsletter with your network,  
and encourage others to sign up for THRIVE! It's free!