

Lagniappe

Junior League Spring 2020

SUSTAINER OF THE YEAR WENDY BERON

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a Greater
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Parenting
Children with
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The Magic of
Saying Yes





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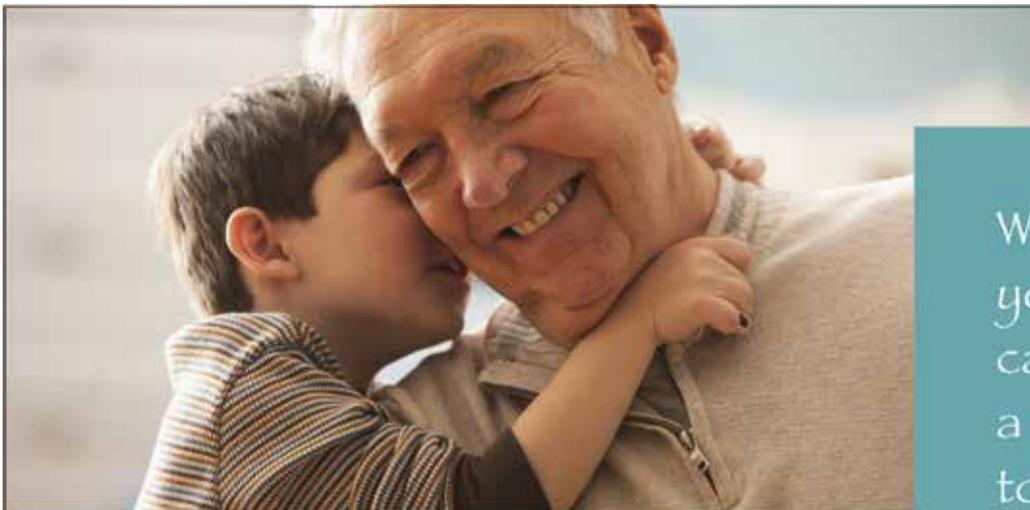
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Spring 2020

LAGNIAPPE STAFF

Editor: Kristin W. Durand

Assistant Editor: Sonia Godfrey

Photography Editor: Taylor Pospisil

Assistant Photography Editor: Ann Conger

Writers: Eileen Chao, Kari Djuve, Shanelle Joseph, Dr. Christen Mayer, Cree Merriman-Jourdain, Stephanie Rogers, Elizabeth Walcavich

Writing Contributors: Dr. Julie Doan, Jane Dufour

Photographers: Jessica Bachmann, Kristin Durand, Whitney Haworth, Kristen Leonard, Taylor Pospisil, Logan Senior

Photo Contributors: Dress for Success New Orleans, Royce Duplessis, Rosana Gonzalaz, Jennifer Jeansome, Ochsner Health System, Kelly Orians, Susana Ruddock, Emily Sandifer, Kristi Trail, Elizabeth Walcavich, Tyronne Walker

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Vice President of Sales: Colleen Monaghan

Account Executive: Becca Farnell
504-830-7219 | Becca@myneworleans.com

Traffic Coordinator: Jeremiah Michel

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Production Designers: Rosa Balaguer, Meghan Rooney

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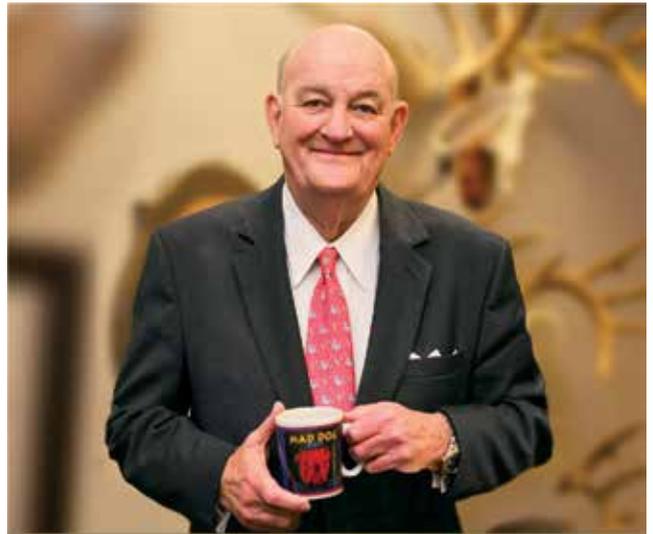
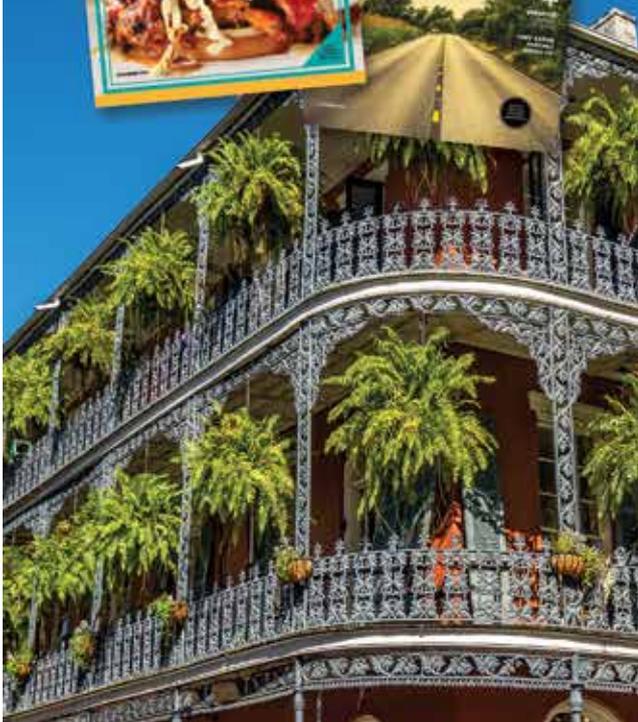
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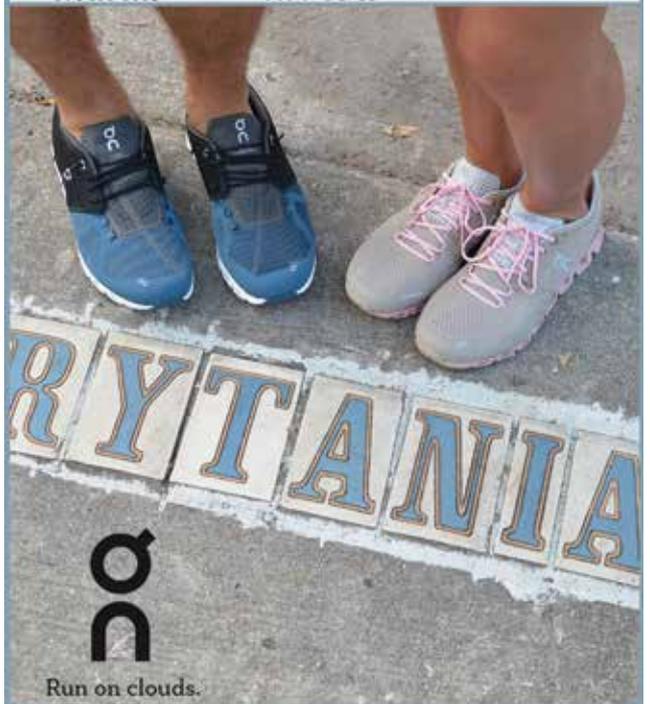
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Run on clouds.

Letter from the President

You may have noticed that the Junior League of New Orleans (JLNO) only bestows one award each year. Though we provide multiple grants, scholarships and other volunteer opportunities, we choose to select one woman who exemplifies the League's educational and charitable mission. I cannot think of a more coveted and meaningful award, and I'm so proud to celebrate Wendy Beron, JLNO's 2020 Sustainer of the Year. What a gift she's been to both the League and the greater New Orleans community.

This issue of *Lagniappe* addresses essential topics for both JLNO's members and the League as a whole. Learn more about how we are advancing the wellbeing of women through our upcoming Women's Leadership Summit scheduled for October (page 10). You can also read about Run, Walk, Give — a great fundraising opportunity for the League in partnership with the Crescent City Classic 10k race taking place in April (page 12). Gain insight from fellow members in the article highlighting League members parenting children with disabilities (page 22). Lastly, how can we forget our sustainers who continue to support JLNO after all their years of dedication and service? We checked in with some to learn where they are now.

As the year-end is swiftly approaching, I truly want to say thank you to those who have made the year (so far) such a sweeping success. The 2019-2020 Board of Directors have been dedicated to our League's mission, ensuring meaningful member experiences long before they said yes to this leadership role. They continue to amaze and educate me. Committee chairs were tasked with unfathomable goals and continuously exceed them. Each and every sustainer, active, transfer and provisional member are a lifeline for our League. Without you, JLNO would not be able to thrive.

Some may be reading and wondering — why thank you, and why now? There's another issue? My biggest thank you of all is coming next.

Thanks for all YOU have done so far, and thank you for letting me be part of your JLNO journey.



Christine M. Vinson
President



Photo by: Jessica Bachmann

Letter from the Editor

I've been getting a lot of signs lately asking me to decide who I am, where I belong and what my place is in this world. Nothing too earth shattering, mind you. For example, one of these signs came while watching the 1998 Disney movie *Mulan* and hearing the song "Reflection" whereby the lead character is having an existential crisis about her purpose in life. The other came while enjoying the 1997 Disney movie *Hercules* with the stirring lyrics from "I Can Go the Distance" ringing in my ears. Maybe it's just an overriding theme with Disney movies. Maybe I'm getting more out of these songs now that I have more life experience...and the subtitles are on. Maybe I really need to reevaluate how much time I spend on Disney+ watching movies from my semi-youth. All of these are viable possibilities.

But as I read through this issue of *Lagniappe*, the Disney heroines and heroes of my childhood are pushed from my mind.

I'm humbled by the achievements of our Sustainer of the Year, whose admirable Junior League of New Orleans tenure reads like a To Do list for even the most ambitious fictional character. Rise through the ranks to become a well-respected leader. Face herculean challenges in the form of a hurricane unlike any New Orleans has seen in recent memory. Together, with the combined efforts of your tribe, emerge victorious. And that only gets us as far as 2005!

I'm impressed by the efforts of our Community Affairs committee, whose advocacy panel offered Junior League members the opportunity to engage with local non-profit and government leaders. I'm inspired by the tenacious mothers of children with disabilities refusing to let everyday challenges dictate the expectations set on their child's success. I'm introduced to real-world champions of the finance industry in our continuing vignette spotlighting women leaders creating a representative future for New Orleans. It's an embarrassment of riches to be affiliated with such an inimitable collection of women.

Yet upon reflection, their involvement in the League served as the impetus for these women to become so committed to improving the lives of those around them. Classic self-fulfilling prophecy.

Around this time each year, League members start to consider where they see themselves in the year ahead. Placement for the 2020-2021 League year will begin in late April. Now is the time to contemplate how far we've come, what we still want to achieve and which path will ultimately allow us to realize that goal.

So, before you jump on that next BuzzFeed quiz promising to tell you which princess you are: Stop. Breathe. Read these pages. Then look in the mirror. Then look inside. Who will be the next Sustainer of the Year? Who will be the next advocate for those in need? Who will be the next CEO of your company?

Is it you?

It can be. It will be somebody, so why not you? Be your biggest champion. Believe in yourself. Become the catalyst for the change you want to see in your world. In other words ... just keep swimming.



Kristin W. Durand
Editor



Photo by: Jessica Bachmann

Bulletin Board

Diaper Bank Instagram Page

The official Diaper Bank Instagram account has been launched. Follow @jlnodiaperbank to learn about this signature program, get updates on upcoming events and find out how you can give back.



New Member Application Deadline

March 27

The Junior League of New Orleans is now accepting applications for membership. Women age 23 or older with an interest in and commitment to voluntarism, regardless of race, religion, nationality or ethnic origin may join the 2020-2021 Provisional class. Applications can be found at jln.org/join.

Run, Walk, Give

April 11

JLNO is an official charity partner of the Allstate Sugar Bowl Crescent City Classic. Show your support by running, volunteering, donating or fundraising. Check out jln.org/run-for-it for more info.



Women's Leadership Summit

October 20

Save the date and make plans to join us at this day-long conference impacting your personal life and professional path. Read all about the plans for this exciting event on page 10.

WOMEN'S LEADERSHIP SUMMIT



PRESENTED BY THE JUNIOR LEAGUE OF NEW ORLEANS

Give NOLA Day

May 5

Mark your calendars to support the Junior League on this annual day of giving with a unique New Orleans flair. This 24-hour online giving event is meant to ignite philanthropy in Southeast Louisiana. Visit the Give NOLA website at givenoladay.org for more information.



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Inaugural Women's Leadership Summit Poised for Fall 2020

By Stephanie Rogers

WOMEN'S LEADERSHIP SUMMIT



PRESENTED BY THE JUNIOR LEAGUE OF NEW ORLEANS

The much-anticipated Women's Leadership Summit (WLS) hosted by the Junior League of New Orleans is set to take place later this year. Lagniappe spoke with those involved in the preparations to get a glimpse of how the planning is coming along.

Q: What is the date of the Women's Leadership Summit, and where will it be held? A: The WLS will take place Tuesday, October 20, 2020 at the Sheraton Hotel New Orleans.

Q: What can we expect from the Women's Leadership Summit? A: The summit is designed to be a one-day conference focused on training individuals who are impacting their community through their personal growth, professional development and social presence. "Anyone with an interest in leadership is welcome to attend this conference," says Emily Liuzza, WLS Co-chair. "While the content is still being finalized, attendees can anticipate a strategic mix of educational sessions, expert panelists, a keynote luncheon and a networking happy hour culminating with the WE Fellowship pitch event."

Q: What is the committee's vision for this program? A: According to Lacy McManus, WLS Co-chair, "We foresee a summit that has two-fold purpose. Primarily, we aim to inspire attendees to make a meaningful impact in their personal lives, professional careers and community actions. From taking care of their families and leading successful careers to giving back to their communities, people today wear so many hats. With this in mind, we also want to foster a broader network of support and empowerment as they pursue their life goals."

Q: How are plans coming together for a successful event in October? A: Through the early planning stage, the exploratory committee successfully identified their priorities and focused on their strengths. The venue has been set, the framework of the program has been ironed out, and the committee is diligently booking speakers and soliciting sponsors. JLNO President-Elect, Kristin Van Hook Moore, notes, "Since the pivot to move the event to the fall of 2020, I have been so impressed with the group's clear vision and how quickly they moved to begin working on what I hope will become a signature event for JLNO."

Q: Can you explain the tie in with the JLNO's Women's Entrepreneur (WE) Fellowship? A: The WE Fellowship was created in 2016 to support female business owners through mentoring and in-kind services. Presenting the WE Fellowship award at WLS will provide a larger platform for women-owned businesses, which will be an added bonus for the finalists. Evie Poitevent Sanders, Business Council Chair, is looking forward to this new partnership opportunity with the two programs. "The inclusion of the WE Fellowship is especially exciting. This fellowship has always epitomized JLNO's mission of 'women empowering women,' so it makes perfect sense to highlight female entrepreneurs making an impact at the WLS."

.....
The Junior League of New Orleans is proud to launch this new program as a part of their vision for 2020. Exceptional efforts are underway to ensure this summit will provide a platform to share ideas, expand networks and learn from others how to be your best leader. We look forward to seeing you there! •



League leadership meets to discuss the upcoming Women's Leadership Summit. Photo submitted by: Susana Ruddock

Pick Up the Pace with Run, Walk, Give

By Eileen Chao | Photos by Logan Senior



LEFT: Emily Sandefer trains year round for races. **RIGHT:** Sustainer Jennifer Jeansonne and JLNO member Lindsay Labadie cool down after the Crescent City Classic bridge run.

Challenge yourself, connect with Junior League of New Orleans (JLNO) members and fundraise to serve the Greater New Orleans area! Don't you love it when one event gives you the opportunity to check multiple boxes? You can do just that by joining the Crescent City Classic (CCC) and the Run, Walk, Give team on Saturday, April 11, 2020.

Each year, the Crescent City Fitness Foundation selects local charities to support their trademark 10k race. JLNO is proud to be an Official Charity Partner of the Allstate Sugar Bowl Crescent City Classic. The goal of the "Run For It" Program is to raise \$1 million annually to serve the needs of the Greater New Orleans area.

This year, the Run, Walk, Give Committee has set an ambitious goal to raise \$25,000 through 20-30 volunteers. Sally Boyce Rinehart, co-chair of Run, Walk, Give, has joined the team to fundraise and has already raised \$1,550 towards her \$2,500 goal. Sally is expecting her first daughter just days after the race, so she has opted to volunteer for the team to show her support for JLNO.

"I am raising funds for JLNO through CCC because they align with my belief that every woman should have the opportunity to live a healthy, happy and successful life," Sally says. "Expecting our first little girl this year makes this statement hit home more than ever."

The committee is looking to fill over two dozen participant slots on their team. There are varying fundraising commitment goals ranging from \$250 to \$1,000. Registrants will receive a t-shirt donated by tasc Performance. The team will meet for training sessions on weekends, offering other wellness opportunities for all participants — men, women and kids.

Emily Sandefer, the Run, Walk, Give Committee Vice-Chair,

is an avid runner and is excited to participate in the race. This is her second year running for JLNO.

"I've done the CCC 10k for the past five years as a charity runner. I think it's such a great local race, and it's always fun to run," says Emily. "I love that I can run to support something I am already passionate about and spend my time being involved with."

She trains by running twice a week and adds in weight training and boxing every week to round out her workouts. As race day nears, she increases her distance runs and even incorporates a few "speed workouts" for added endurance. •

There are several ways for members, family and friends to get involved in this fun fitness-themed event.

- **JOIN THE TEAM:** Sign up to be part of the race.
- **VOLUNTEER:** If running is not your thing, consider volunteering on race day.
- **DONATE:** Every dollar is always appreciated.
- **FUNDRAISE:** If you have a connection with a local business, JLNO is looking for partnerships to fundraise and support local businesses. Please reach out to the Run Walk Give Committee Co-Chair, Ardyn Treadway, at ardyntreadway@gmail.com.

For more information, please visit jlno.org/run-for-it



SUSTAINER OF THE YEAR WENDY BERON

By Dr. Christen Mayer | Photos By Jessica Bachmann

There's a saying among Junior Leaguers that if you want something done, give it to a busy woman. Never has this adage been personified more perfectly than by Wendy Beron. Wendy has a spectacular resume, an impressive list of accomplishments and accolades both personal and professional. But it is her kindness and modesty that shine through as she tells her story — one highlighted by humility, generosity and gratitude.

Wendy began her journey with the Junior League of New Orleans (JLNO) at age 25 when six women, including her mother, showed up at her front door with balloons, cheese straws and champagne. Each balloon had a carefully hand-written message outlining the obligations she was accepting, and she has definitely exceeded each of these responsibilities. Recently, Wendy greeted another group of women at her door. This time, the visit was to inform her of winning the Sustainer of the Year award for the Junior League of New Orleans. True to form, she was self-effacing, saying, "I never would have imagined they were standing there to present me with an honor I couldn't possibly deserve."

Despite her surprise, she unequivocally deserves the recognition and respect of our League and the community at large. During her time as an active member of the Junior League, Wendy's placements included Co-Chairing the auction at the first Holiday Marketplace with Linda Snodgrass (Diaz), Project Development with Katherine Saer and the Holiday Fun Run with Elizabeth Brinson. She recalls these times fondly, confirming they were formative experiences she will never forget.

board but also to all the JLNO Boards who worked on these efforts over the years.

Another remarkable story comes only one year after Wendy's League presidency, when Hurricane Katrina hit. Together with her preceding and succeeding JLNO Presidents, Ellen Coleman and Liz Creel respectively, they spearheaded a plan that brought approximately 1,000 people together, both locally and nationwide, to help in the Rebuilding New Orleans Together initiative. The concept was for about 200 volunteers to help with repairing houses in the Freret Street neighborhood. This already-daring plan snowballed and resulted in projects being added that included City Park, Willie Mae's Scotch House and Habitat for Humanity. Coordinating the volunteer efforts was not enough. They also led the logistical efforts supporting the projects, ensuring the workforce had adequate food and transportation. The weeklong event was so successful, even AJLI was on the scene to assure it was documented for the archives.

Wendy's commitment to the League and her fellow Leaguers are highlighted in the glowing letters of nomination submitted on her behalf for this prestigious award. The letters beam with the adoration and esteem she has inspired in everyone who has the pleasure to know her. Katie Andry Crosby, previous Sustainer of the Year award recipient and inspiring leader, praises her friend. She describes her as someone who, "... embraces life and community involvement with gusto. She consistently and generously shares her time and her expertise." She goes on to say, "Her energy and com-

"I STOOD ON THE BACKS OF THOSE THAT CAME BEFORE ME, AND IT FEELS GOOD TO DO THE SAME FOR OTHERS"

During her experience serving as Junior League President, she found herself surrounded with and supported by a Board of outstanding women. Wendy describes their major challenge when they accidentally discovered the Bloomin' Deals location on Freret Street was for sale. JLNO had been enjoying a month-to-month lease on the space for years. The Board knew the thrift shop revenue was crucial to the operating budget, so they immediately sprung into action. Through a combined effort of letters, phone calls and persuasive communications, the Board impressively convinced CVS that selling the building out from under the League would be a fatal mistake if they wanted to expand business in the New Orleans market.

They did not stop there. They went on to convince the retail giant to honor the existing low rent lease going forward. Wendy is proud of the work they did, which allowed JLNO to purchase the building and, recently, sell it. Her pride is well placed, as this strategic long-term approach to League assets and community growth paved the way for adding significant funds to the League's Endowment. Naturally, she insists credit should be given not only to the work of her

mitment are impressive as she takes on challenges above and beyond expectations. She is incredibly gifted in her knowledge of strategic planning, visioning and budgeting, and all the non-profits she is involved with benefit from her generous commitment of her time and knowledge."

The Junior League provides a source of inspiration for Wendy. She participated in countless meetings, fundraisers and community events while being in awe of the women who led the organization. These women, who were always so generous with their time and talents, made it look so easy. She has successfully emulated and honored the legacy of those who came before her. These women helped her on her journey to developing the potential of women and continuously improving our New Orleans community.

Wendy has excelled in her professional life as well and attributes her time in JLNO as instrumental to her professional successes. Her League experience gave her the confidence to accept leadership responsibilities from the Neonatal Intensive Care Unit at Baptist Hospital to her venerated position as President and CEO of Methodist Health System Foundation (MHSF). MHSF is a health legacy foundation



whose mission is twofold: they direct an operations arm with its school-based health centers in St. Bernard Parish, and they operate a grant-funding arm, which supports health-related programs of New Orleans community non-profits. MHSF is proud to be a JLNO partner in the Diaper Bank, which allowed the League to expand its program to additional locations. Wendy also serves as a Director on the Board of Fidelity Bank. Fidelity's foundation and history of client-focused services for 100+ years demonstrate its commitment to our community. It would be a pity not to mention her remarkable service as Board Chair of Metairie Park Country Day School and President of the Board of Poydras Home.

Fortunately for JLNO, Wendy is also a committed sustaining member. She states, "We have a continued obligation to strengthen and support the League. It has been gratifying to twice serve as Sustaining Advisor to the Board. I try to make time when JLNO leadership asks for my participation on ad hoc committees or in discussions of League issues. I stood on the backs of those that came before me, and it feels good to do the same for others."

Alongside these extraordinary professional and community achievements, Wendy is honored by her supporting role

in the United States military. Her husband, Thomas, retired as a Brigadier General from the Army National Guard. His years of service afforded her the privilege and responsibility of supporting our military families. She and Thomas met in kindergarten, and the rest is history. In 1990, Wendy had her first glimpse of life as a military wife when Thomas was deployed five days after they were married. The 24th Infantry Division was shipped out and stationed in Kuwait during the Gulf War. Twenty-nine years later, they are the proud parents of an amazing daughter, Scout. Her achievements as a three-time state volleyball champion, UVA graduate and Teach for America Corps member, in addition to Thomas's patriotism and commitment to their family, is what gives Wendy the most satisfaction.

It is an honor to hear the story of Wendy's noteworthy successes and enduring contributions, both to the Junior League and the Greater New Orleans community. She serves as a powerful example of how to lead with grace and succeed with style. Congratulations to Wendy on this hard-earned award. She deserves endless gratitude for her tireless and selfless contributions. If the Junior League ever needs something done, it's easy to know who to ask. ●



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Signs You May Need to Get Your Thyroid Checked

Contributing Writer: Julie Doan, MD



Dr. Julie Doan is a physician specializing in Internal Medicine, practicing at Ochsner Baptist Medical Center.

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STEP 3 Tilt your head back, while still being able to see the mirror

STEP 4 When you swallow the water, look for any lumps or areas below the Adam's apple that are different from one side to the other

For more info, visit www.thyroid.org

It's estimated that one-in-eight women will develop thyroid problems during her lifetime. Stats like that deserve your attention. So what exactly is a thyroid, and why does it have such a big impact on your health?

The thyroid is a butterfly-shaped endocrine gland located near the front of the neck. The wings of the butterfly, or lobes, rest next to the trachea (windpipe) and esophagus. Although relatively small, the thyroid gland has a big job to do. It produces hormones that help control the function of many of the body's most important organs — including the heart, brain, liver, kidneys and skin.

Producing too much (hyperthyroidism) or too little (hypothyroidism) thyroid hormone can cause problems with these organ systems and produce a wide range of symptoms that may require medical treatment. Common signs your thyroid might be off include:

- **Fatigue**
- **Increased sensitivity to cold**
- **Constipation**
- **Dry skin**
- **Weight gain**
- **Puffy face**
- **Hoarseness**

For women, a thyroid condition can result in heavier than normal or irregular menstrual periods. It can also affect ovulation, making it harder to conceive. Before starting a family, it's recommended you consult with your doctor about your thyroid health and, if any issues are discovered, medication can be prescribed to manage them.

Thyroid nodules are usually round and move with the gland when you swallow. You may feel an enlarged thyroid (goiter) or nodule rolling underneath your fingertips or see it move when you swallow — but you may also simply notice your thyroid gland!

If you find any lumps or swelling in this area that are more prominent on one side than the other, or if you experience any of the symptoms noted above, talk to your doctor who can evaluate you with blood tests and, if appropriate, a thyroid ultrasound.

Dr. Julie Doan is a physician specializing in Internal Medicine, practicing at Ochsner Baptist Medical Center. Dr. Doan attended Medical School at Louisiana State University's Health Sciences Center in New Orleans, Louisiana. She completed her residency program at Louisiana State University in New Orleans.



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Saying Yes to Leadership Opportunities in the League

By Jane Dufour



Photo by: Jessica Bachmann

It was not until I first served on the Nominating Committee immediately following my initial term on the JLNO Board that I realized how lucky I was to have had that experience — and how close I was to having missed out on it.

The thing is, when the Nominating Committee knocked on my door to ask me to serve on the incoming Board as the Communications Council Director, my head said, “No!” I knew the hard work it would entail to be successful in that position. With that said, like many other League leaders, even if I have the inclination to decline a leadership or volunteer opportunity, I will inevitably say yes. And I am so grateful I did, because I would have missed out on so many truly special experiences and relationships had I not accepted the position.

I share this now as the incoming Nominating Chair, and I will be sitting down in the spring with our amazing incoming Board to select the members who will serve on their Councils as chairs and vice-chairs.

For anyone curious about how you get from first-year Active to potential Board member, I can say unequivocally that it starts with saying yes. I said yes during my first active year to my placement as a Buy Save Serve committee member, and again when the Co-Chair asked if anyone had graphic design experience. Another yes came the following spring, when I received a call from the incoming Communications Council Director asking me not only to serve as the Graphic Design Chair the following year, but also to assist in this capacity for the remainder of the current year. From there, I was able to express my interest within the Council where I found my niche — having no communications background, by the way. JLNO is a training organization, after all! Finally, as a fifth-year Active, I received that knock on my door.

With that request to say yes, I add the caveat to know yourself and where you will succeed. If there is an area of the League you are interested in exploring, or if you would like to advance on a committee you are currently serving, express this in the leadership surveys when they are distributed. If you receive a request to fill a position other than the one you had your heart set on, don't let that be a no. There are many intuitive leaders within the League, and our League careers are long. I believe the strongest leaders end up in placements where they are positioned to shine brightest. The more you devote yourself to the League, the more rewarding your experience can be. I encourage everyone reading this to give careful consideration to any leadership request you receive. Be open to saying yes. •

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Many of us have experienced that moment. The phone call or email comes with the ask, “Will you attend this event? Donate to this silent auction? Participate on this fundraising committee?” We may experience excitement about the opportunity and maybe a tiny bit of dread about what that request entails.

Come springtime, similar phone calls will be made by our incoming Junior League of New Orleans (JLNO) Board of Directors. This coming year, I will have the honor and privilege of serving on the JLNO Board for a second time. This opportunity comes with a commitment of time and energy to help the League and its members continue its legacy. For 95 years, we have been making a positive impact in the community and training members to facilitate that impact both through League activities and their lives outside the League. This opportunity also brings with it the promise of a connection with a group of women who have similarly committed their efforts to their Board year.



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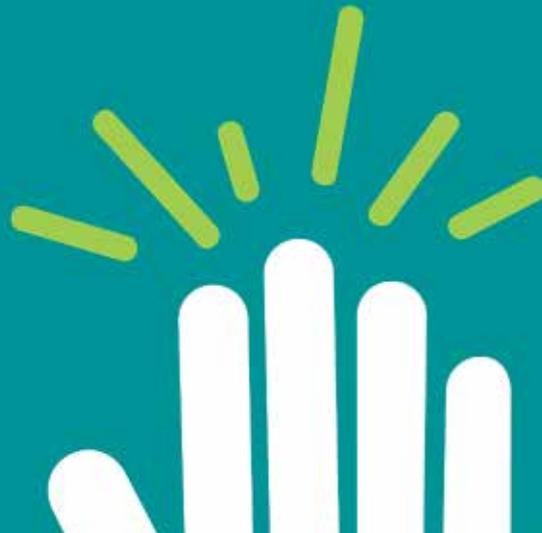
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Great Expectations

Members Parenting Children with Disabilities

By Shanelle Joseph | Photos by Kristen Leonard



TOP LEFT: Courtney Nalty and her son, Peter, enjoy a beautiful day at the Latter Library yard. **TOP RIGHT:** Peter stands ready to hit the ball. **BOTTOM LEFT:** Sidney works on his ABA Therapy homework with his mom, Jenny Longwell, supporting him. **BOTTOM RIGHT:** Sidney taking an iPad break from his ABA Therapy work.

Parenting, whether natural or adoptive, can be a rewarding gift. Among these rewards are the triumphs of their children surviving adolescence, successfully reaching difficult milestones, graduating from college and — for many — becoming parents themselves. However, parenting children with special needs can lead to a much different trajectory that presents not only additional challenges but also profound triumphs for both parent and child.

As an outward-facing organization whose mission is to serve the community at large, it's not often the Junior League of New Orleans (JLNO) has the opportunity to highlight members' lives outside the League. In this feature, *Lagniappe* champions JLNO members who are parenting children with disabilities. These women and their families act as tireless advocates, ensuring their kids are afforded opportunities to learn, grow and thrive.

Meet Erica and Dookie

Active member Erica Camese and her husband are parenting their four-year-old son, Dookie, who was diagnosed with autism in November 2018. Erica notes that at the time of his diagnosis, her son was not as verbal as other children his age, avoided eye contact and displayed frequent repetitive motions. Dookie's diagnosis of autism is in the mild to moderate spectrum, and his challenges present as deficits in verbal communication and social interactions.

Dookie visits with his healthcare specialists twice each week and is currently waiting to begin applied behavior analysis (ABA) therapy. Like other children his age, he loves Thomas the Train and completing educational activities on his electronic tablet. Though cognitively delayed, Dookie has developed social skills and enjoys engaging in displays of affection with the support of his parents. Erica is most proud of the progress her son is making with his interpersonal skills, including his willingness to share.

Erica says the most difficult aspect of caring for Dookie has not been managing her son's special needs but rather her own attempts to receive assistive services. She describes "year-long wait lists" for specialist visits and varying experiences with healthcare professionals.

"I encountered some people who worked in the profession that were comforting and who helped along the way. On the other hand, some professionals were less than understanding — actually removing me from a parent help group, because I couldn't always find a sitter for my son."

Describing her son as empathetic, caring, sweet and funny, Erica marvels at how Dookie has taught her patience and a greater appreciation for life.

Meet Jenny and Sidney

Sustainer Jenny Longwell and her husband, Marshall, are parenting their special needs son, Sidney, who is 11 years old and was diagnosed with autism. Jenny's journey began when Sidney began showing signs of special needs at 15 months old. He received his autism diagnosis seven months later. Sidney had been verbal during his early years of life but only began talking at age six. Sidney receives in-home ABA therapy twice a week and attends school three days each week.

As an adolescent, Sidney has identified some of the things he enjoys such as being in the presence of his parents and five-year-old brother, Reid. He also enjoys watching his favorite movies on his iPad. Jenny notes that when Sidney's routine is disrupted, "I am likely to get some pushback in the form of yelling and a tantrum, but it's typically short-lived. Every couple of weeks, something will set him off that leads to a meltdown that lasts hours."

Overshadowing symptoms of Sidney's disability are his small steps at major triumphs. Jenny shares how Sidney's independence with his activities of daily living and helping around the kitchen has been cause for celebration in the Longwell household.

You may have even seen Sidney marching alongside his Storm Troopers Krewe peers in the Chewbaccus parade this past Mardi Gras.

"When he began to speak and was finally able to express his needs and desires, it was a turning point in our lives. It gave us more insight into his personality and let us connect in a new way."

As a child psychologist specializing in developmental disabilities and an ER physician, respectively, Jenny and Marshall were equipped to provide Sidney with the care and resources required to address his needs. Jenny offers the following advice to other parents of children with special needs: "Always remember that there is only one of *your* child, no matter the diagnosis. Just because something worked or didn't work for a kid that is similar, that does not mean you will have the same results."

Meet Courtney and Peter

Courtney Nalty, Sustaining member, is the mother of eight-year-old Peter, who was diagnosed with Down Syndrome at birth. Courtney describes Peter as non-verbal but very vocal. Peter understands and responds to verbal communication from parents and peers using assistive technology to engage in dialogue.

Courtney and her family attribute much of Peter's success to their own advocacy on his behalf. They have also received support from organizations such as Down Syndrome Association of Greater New Orleans and JoJo's Hope in Elmwood.

Courtney confesses she is not prone to make waves but says, "his teacher and school know that I am not just going to sit by and hope he gets a good education — he *will* be educated just like any other human being."

Her best advice to other parents of special needs children is patience and being present. "Take deep breaths every day all day. Truly live in the moment: that day, that hour and focus on the now. If you worry too much about what your child will be doing in a few years, in high school or thereafter, you will drive yourself crazy."

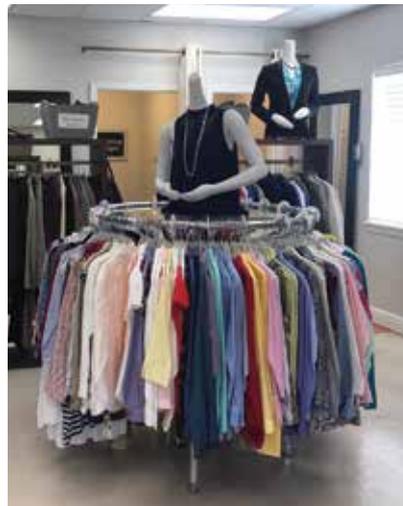
Courtney describes Peter as an "early riser" who dresses himself and requests lots of carbs and milk for breakfast. Independent and attentive to his own needs, Peter decides what he will have for lunch — chicken nuggets, raisins and oranges are among his favorites. Peter's many milestones include learning to shoot a basketball, hit a baseball and swim. Still, Courtney says the most significant milestone she's shared with her son was hearing him verbalize the words "I love you."

"I waited a long time to hear it from his lips, and it was worth it," Courtney says. "I love hearing it every day. It never gets old." ●

The National Parent Teacher Association offers resources for parents of special needs children at: www.pta.org/home/family-resources/Special-Education-Toolkit/Special-Education-Toolkit-Resources

Successful Collaborations Are Always In Style

By Dr. Christen Mayer



TOP LEFT: The stockroom at Dress For Success. **TOP RIGHT:** Youth Empowerment Project volunteers organize inventory during the Dress for Success inventory sale on September 14th, 2019. *Photo by: Logan Senior.* **BOTTOM LEFT:** VIP presale shoppers at the Dress for Success Inventory sale on September 14th, 2019. *Photo by: Logan Senior.* **BOTTOM MIDDLE:** Dress For Success offers a fully stocked boutique specializing in business attire for women entering the workforce. **BOTTOM RIGHT:** The career center at Dress For Success supported in part by JLNO's Community Assistance Fund.

In a continued effort to educate the public on our Bloomin' Deals Legacy Partners, the Junior League of New Orleans (JLNO) is thrilled to announce their affiliation with Dress for Success New Orleans (DFSNO). Both organizations have a long history of coordination and are encouraged by the opportunities this official partnership will bring about.

Dress for Success New Orleans opened its doors in 1998. They flourished over the following decades, growing to support hundreds of women in our community every year. In order to provide services to such a large client base, the organization moved to its current space on Josephine Street in 2018 — a space that includes a career center supported in

part by JLNO's Community Assistance Fund (CAF). The CAF grant helped outfit the center with laptops, collapsible tables and rolling chairs. The intent of the space is to create a professional setting and elevate the experience of each client.

The ultimate goal of DFSNO is to empower the women who use their services to become financially independent. This objective is achieved through a variety of perfectly styled programs including job training, resume writing and practicing interview skills. Career-coaching appointments are held each Tuesday and Thursday in coordination with mock job interviews, job search support and resume reviewing.

“The missions of [DFSNO and JLNO] have a natural

overlap,” says Brianna Reddeman, Dress for Success New Orleans Director of Programs and JLNO active member.

Lori Byargeon, Dress for Success New Orleans Director of Operations, says DFSNO specifically aims to help women who are actively job searching and are job ready.

“These are women who are going to get the interview, get the job and keep the job,” Lori says.

Another service DFSNO provides is a fully stocked boutique specializing in business attire for women entering the workforce. The merchandise, consisting 100% of donated items, is purposefully designed to offer a luxury shopping experience.

“We work hard to ensure we offer our clients a hand up, not a hand out, by providing women a way to help themselves,” says Brianna. She goes on to explain the donations they accept are current professional clothing items, “pieces a woman could wear to a job interview tomorrow.” With the large percentage of JLNO members who are working professionals, there is a seamless overlap between the boutique’s needs and the donations offered by League members.

Naturally, JLNO offers numerous volunteer opportunities at the boutique, where members help sort and organize inventory, as well as accessorize the mannequins and jewelry displays. Volunteers can also assist with events hosted for DFSNO’s clients, participate in their quarterly inventory sales and pitch in during their annual Suits and Salads Luncheon. Dress for Success New Orleans is developing opportunities to further engage its volunteers, including trainings on how to meaningfully engage with their clients, during professional development and boutique shopping appointments.

This unique partnership highlights the interconnectivity of non-profits across New Orleans, proving there is strength in shared goals. JLNO's concurrent Bloomin' Deals

Legacy Project partners, SWAP Boutique and the Youth Empowerment Project (YEP), are also community partners with Dress for Success New Orleans. DFSNO has provided professional attire for women in the YEP program and forwarded donated items they’ve received to SWAP that are more suited for evening wear than the workplace. This symbiosis benefits both the unified network of service organizations as well as the individuals receiving their services.

The Junior League of New Orleans mirrors the hard work and dedication of the Dress for Success New Orleans staff members, board members and volunteers. We look forward to many upcoming seasons of well-coordinated partnership as we develop the potential and style of the women of our community. •

Dress for Success FAQs

WHERE TO DONATE: 1700 Josephine Street, #101

WHAT TO DONATE: Clean/laundered suits and other professional apparel suitable for interviews. All clothing donations must be on hangers or neatly folded. They cannot accept clothing donations in garbage bags or boxes.

HOW TO DONATE: Donations are accepted every Friday from 11am-2pm and one Saturday each month from 11am-2pm. Donation entrance is through the parking lot.



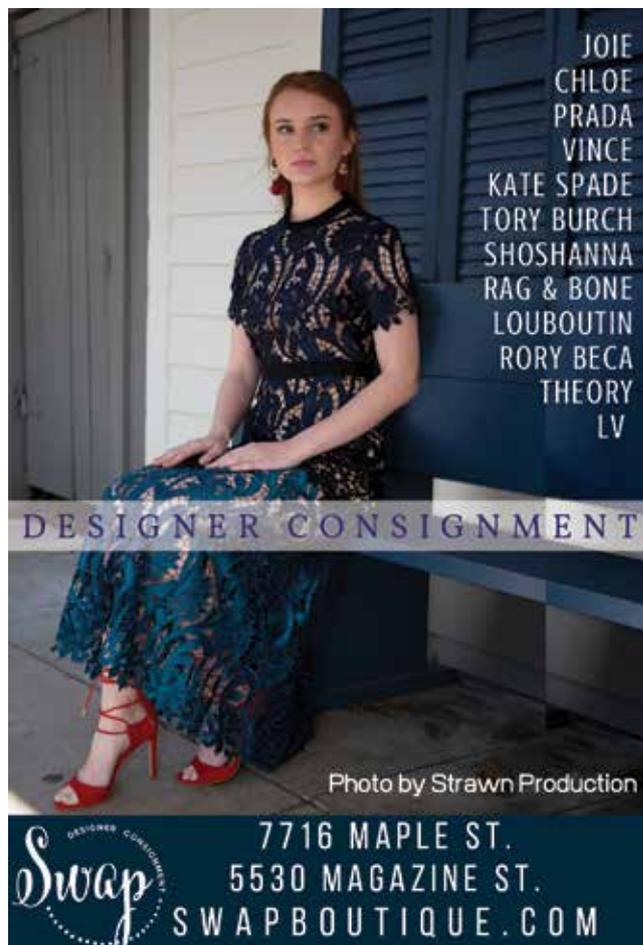
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Women Leading *Finance* for a Greater New Orleans

We continue our series on Junior League of New Orleans (JLNO) members who are making strides in prominent leadership roles within our community. In this issue, we are spotlighting several influential women in the field of finance. We asked for their insight on how they got to where they are today, what their advice would be to others and how the League has empowered them to achieve their goals. Here's what they had to say.



Photo by: Jessica Bachmann

Jennifer Bernard

Partner, Corcoran & Bernard CPAs

My parents were great examples of the kind of work ethic and teamwork it takes to succeed in all aspects of life. When I was young, my mother went back to college at night to get a degree in accounting while working full time at KPMG. My dad, also working full time, assumed roles not traditionally assigned to a husband and father. He cooked dinner, reviewed homework and cleaned the house so my mom could be supported in her successes at work and school. Seeing how much they worked together and sacrificed so my sister and I could thrive has always been the catalyst for my desire to succeed. I hope to be this kind of example to my children.

No matter the industry, it's important to find meaning in your work. When I first started a career in tax accounting, I did not know what my meaning was. As my career and professional relationships evolved, I learned that if I do my job right, I can be a part of the growing economic ecosystem of New Orleans. The greatest joy I derive from my work is seeing a client reach their goals. If I can listen carefully to their needs and help them grow their economic footprint and overcome obstacles that impede growth, then I can impact the very place where I live. I want New Orleans to be a vibrant community with opportunities for all its children to secure meaningful work. To be a part of that aspect of our community is both humbling and invigorating, but most of all, it is meaningful to me. It drives me every day.

The Junior League has been instrumental in my success for several reasons. My financial work within JLNO has sharpened my focus on why my job is meaningful and enhanced my professional acumen. But I will forever be grateful for the inspirational leaders I had the good fortune to join at the Board table. In January, I started a new CPA firm with a fellow JLNO member. I know I would have never had the confidence to take this professional leap had it not been for the encouragement and support of these women. A true leader sees the potential of the people they lead before they even see it in themselves. I am so grateful to have been surrounded by true leaders who allowed me to embark on this incredible new professional journey.



Photo by Emily Ceravolo, Ceravolo Photography

Coleena Zimet

Senior Loan Officer, NOLA Lending Group

Where I am today is a direct result of open mindedness, persistence, sweat equity and trailblazing. I am from a small town in Mississippi with few examples of the ambitions I have. I did not anticipate home financing to be the avenue I would take, but I jumped at the opportunity. This business requires a lot of man hours, including nights and weekends, for ultimate success, especially when you're just starting out.

This industry is rooted in personal relationships for growth and stability. To me, this means never missing an opportunity to foster a new or existing relationship, be it personal or professional. I made Senior Loan Officer and Presidents Club member five years into my employment through consistency in my work ethic, an amazing support staff and solution-driven upper management. Additionally, JLNO contributed to my success in finance by giving me a platform to meet likeminded women in my community, training opportunities to be better-rounded and unique networking opportunities.

Never shut a door before it even opens. Allow yourself to take an opportunity you didn't think you wanted. Strive to be like the leaders you admire in your industry. What are they doing that you are not doing? Imitation is the greatest form of flattery.



Michelle Huck

VP, Finance/Controller, LUCID, LLC

I grew up in Destrehan. I earned a Bachelor of Arts in Economics & History from Loyola University New Orleans and a Master's in Accounting from the University of New Orleans. I'm a CPA (Certified Public Accountant), CIA (Certified Internal Auditor) and CFE (Certified Fraud Examiner). I've always enjoyed logic, reason and numbers, so accounting was an ideal field for me to end up in. I started my career in public accounting at Ernst & Young before moving on to Bourgeois Bennett, Peoples Health, Liskow & Lewis and now LUCID.

Photo by: Ashley Merlin Photography

I've always had a strong internal drive to succeed. I love a good challenge and always want to be growing and learning something new. My experience at LUCID, a market research software platform based in downtown New Orleans, has been perfect for this. For the last five years, I've led the global accounting team at LUCID through a tremendous period of growth. During my tenure, we've grown from 75 employees in one country to almost 500 employees in eight countries. During that time, I also had two children, Sterling (son, age 4), and Minerva (daughter, age 6 months). The support of my husband, Jordan, and my family has been essential to my success.

Understanding your personal values and trusting your gut are the keys to unlocking your goals. If your inner voice seems off, that's an indication you need to change course. Make time for personal reflection. It can be helpful to look at the big picture, especially when making big decisions.

My time in the Junior League of New Orleans has been instrumental to my success. I had the opportunity to sit on two consecutive Boards of Directors as Assistant Treasurer and Treasurer. For me, having the opportunity to serve with such talented women highlighted all that is possible when we join forces for good. During my time as an active member of the Junior League of New Orleans, I have developed friendships I will always cherish. My JLNO experience helped propel me professionally as well, as my last two jobs came through JLNO contacts that I wouldn't have had otherwise.



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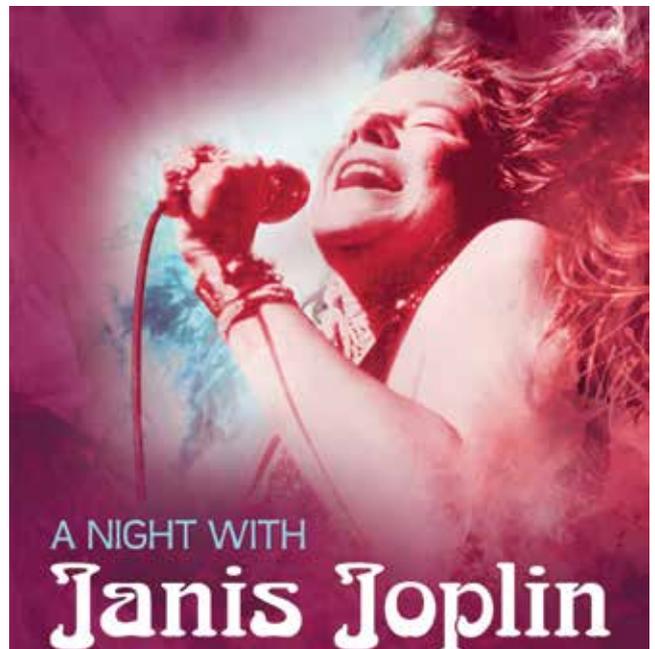


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Where Are They Now?

Sustaining Advisors

By Cree Merriman-Jourdain | Photos by Jessica Bachmann



Sustaining Advisors Katie Crosby, Alice Wright and Melanee Usdin

Behind every successful woman is a group of other successful women who have her back. For members of the Junior League of New Orleans (JLNO), Sustaining Advisors are that esteemed class of knowledgeable, poised and powerful women who inspire members and provide counsel to JLNO's governing body. Their presence as motivators and mentors to all members of JLNO is an invaluable resource of support. These phenomenal women inspire both current and future Junior League leaders while preserving our legacy of sisterhood.

Melanee Gaudin Usdin is a retired attorney who spent many years as an Active member of the Junior League before transitioning to the status of Sustainer. Upon joining the League, Usdin did not anticipate the significant impact JLNO would have on her life. She initially became a member to assist a city in need and make new friends. Over time, her interest in charitable causes piqued.

"My JLNO and AJLI (Association of Junior Leagues International) training gave me access to community boards while I was still an Active League member," says Melanee. "I transitioned into more volunteer work and eventually went part time as an attorney."

Her philanthropic efforts led her to serve on the boards of Poydras Home, KID smART, and New Orleans Museum of Art.

Melanee's expertise in the legal field led her to an advisory position as a Sustaining Advisor to JLNO's Board of Directors. She credits this role for giving her a new appreciation for how diligently the officers of JLNO work both inside and outside of the League.

"Respect, collaboration and gratitude are skills I learned from JLNO years ago. Being a Sustaining Advisor reminded me of these key components to good governance," Melanee says.

Katie Andry Crosby joined the Junior League in 1988 when she and her husband, Howell, were raising their young



LEFT: Sustaining Advisor Alice Wright **MIDDLE:** Sustaining Advisor Melanee Usdin **RIGHT:** Sustaining Advisor Katie Crosby

children. Like Usdin, she joined the League to meet like-minded women and give back. As an Active member, Crosby served on the Community Assistance Fund and Placement Committees of JLNO. She is currently serving a second term as JLNO’s Sustaining Advisor and finds fulfillment in her continued connection to the League. She recognizes how similar challenges still surface today as did when she served as President.

“JLNO continues to evolve in their response to membership satisfaction and community needs,” Katie says. “As a Sustaining Advisor, I serve in a supporting role for JLNO’s President, Christine Vinson, and her board members, and I am happy to assist whenever asked.”

She believes her duty as a Sustaining Advisor is to provide support, advice and insight from her past experience that the current leadership may apply to their situation.

Katie acknowledges the Junior League developed the skills she needed to be an effective leader. She reflects how active members acquire such impressive training that by the time they become sustaining members “... JLNO launches those women into the community to continue to make significant impacts.” Katie has been a living example of this observation, serving as a trustee on numerous non-profit boards such as WYES-TV and Children’s Hospital since becoming a JLNO Sustainer.

“I believe strongly in the mission of those organizations and the impact they are having in our city, and I like to think that my involvement with those organizations has made some small difference,” says Katie, who made history as the first female Director of Fidelity Bank.

Alice Wright is a retired Development Director. She has worked in fundraising for most of her career and has benefited tremendously from her membership in JLNO.

“I joined because I wanted to make new friends, assist those in need and talk about something other than raising children,” she laughs.

The experience Alice gained from JLNO’s training gave her the tools she needed for advancement in her position at work, as well as the confidence she needed to serve as a board member with several other organizations. “The League helped me realize trained volunteers have a powerful impact on a community.”

Alice’s tenure as Sustaining Advisor taught her how useful perfecting and duplicating existing methods can be.

“Maintaining integrity while introducing innovative methods and new ideas are essential to keeping the League relevant,” Alice says. She encourages members to utilize the knowledge they have gained in order to make good judgments while governing. “Lead by example. Listen to others and delegate when appropriate.”

Alice finds pleasure in mentoring the League’s new generation of leaders, which includes her daughter, Carrie Wright. Alice’s board involvement includes Café Reconcile and Poydras Home.

Our Sustaining Advisors are to be commended for their outstanding reputation of civic leadership in the community. They are the firm foundation upon which the organization’s success stands. Their continued dedication to meeting the needs of their communities in significant ways embodies the essence of JLNO. ●

Community Affairs Committee Panel

An Education on Advocacy

By Kari Djuve

When women join the Junior League of New Orleans (JLNO), they join an international organization committed to social reform through identifying problems and finding solutions. Members spend time throughout the year volunteering, donating and serving on committees servicing various aspects of many New Orleans communities. Whether they realize it immediately or not, they become advocates. The Community Affairs Committee hosted a panel at the October General Membership Meeting to continue the discussion about how League members can advocate for the issues and causes they are passionate about. Members had an interactive discussion with panelists from the nonprofit sector, government representatives and staff members of advocacy groups.



Royce Duplessis

Louisiana House of Representatives - Representative District 93

“The role of advocacy in my work as an elected official is dynamic. Not only do I work to represent the best interests of the people of Louisiana House District 93, but I am also tasked with

working cooperatively with other members of the House to make real change for all of Louisiana. Strategically, working across the aisle, in the current political climate is sometimes challenging, but keeping my constituents and Louisiana first helps make accomplishing our goals a little easier.”



Tyronne Walker

Great New Orleans Foundation - Vice-President of Community Relations and Public Affairs

“A strong advocate must be informed, courageous, a critical thinker, able to build consensus and always committed to delivering tangible results.”



Kelly Orians

Co-Director, First72+

“The most effective strategy we use to advocate for our clients is to first make sure we have a genuine understanding of their goal and are not substituting our own priority for theirs. Once we know we have their best interest in mind, we do our homework to make sure we know the best pathway to get there, and then we operate (respectfully) with a very strong sense of entitlement as we approach anyone in power who [has] the discretion to help us reach our client’s goal. Being relentless is often times the most important thing we can be.”

est in mind, we do our homework to make sure we know the best pathway to get there, and then we operate (respectfully) with a very strong sense of entitlement as we approach anyone in power who [has] the discretion to help us reach our client’s goal. Being relentless is often times the most important thing we can be.”



Kristi Trail

Lake Pontchartrain Basin Foundation - Executive Director

“Lake Pontchartrain Basin Foundation (LPBF) aims to leverage our depth of scientific knowledge to engage officials and businesses to implement solutions to water management and coastal land loss, to support better legislation, and to invest in practical and sustainable outcomes. LPBF also provides the public with digestible data and analysis, as well as opportunities for engagement on environmental issues through volunteering, tours, recreation and events. We are often looking for volunteers to attend meetings on our behalf in various capacities: to listen, to share information from LPBF, or to speak publicly on behalf of LPBF. We also look to volunteers to alert us of information that they have heard of or seen in their respective area. For example, new or proposed developments or projects that perhaps we do not know about. If you have the time and interest in attending things like planning and zoning commission meetings, council meetings, chamber meetings, state public meetings, etc., we would love to hear from you!”



Rosana Gonzalaz

CASA Jefferson - Executive Director

“Children with a Court Appointed Special Advocate (CASA) gain a voice in the court. Advocates provide constant support and are a source of hope in a child’s life during a very uncertain and lengthy time. CASA advocates help

children access resources and services they need to heal from their abuse or neglect as well as providing recommendations to the court that can expedite the process ensuring a better outcome in the best interest of the child.”

The first step to become an advocate is to learn as much as you can about the issues that you are passionate about.

“The best way to get started is to start and don’t let go till you get results,” recommends Cherie Teamer, Chair of the Community Affairs Committee and Moderator of the panel.

Seek out people or groups tackling the issues you want to support. Join their efforts. And if no such group exists, start one yourself. ●



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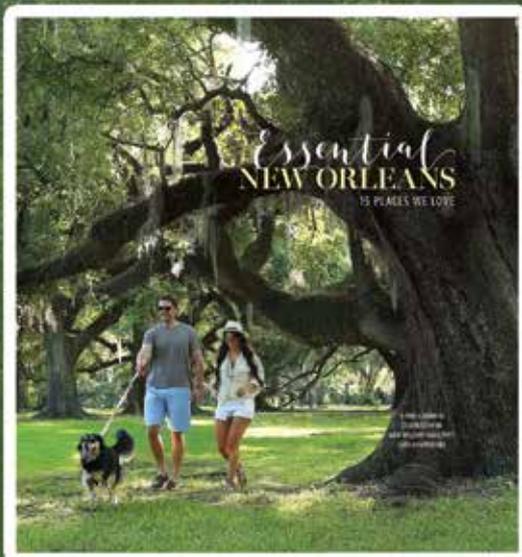
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League Faces



Kate Turner, Nathalie Dillon, and Dana Janko mingle at the Provisional Holiday Party on December 13, 2019. *Photo by: Whitney Haworth.*



Judy At The Rink was one of many vendors setup with a festive holiday spread at the December JLNO Holiday Marketplace. *Photo by: Taylor Schmidt Pospisil.*



JLNO members Rachel Stickney and Lacy McManus getting in the spirit with holiday fascinators from JLNO's Holiday Marketplace vendor Judy At The Rink. *Photo by: Taylor S. Pospisil.*



Kay Favrot, Patsy Gibbons and Sara Swigart enjoy seeing each other at the Sustainer Holiday Social. *Photo by: Kristen Leonard.*



JLNO member Nadia Madary hosted a festive Mardi Gras float decorating class on January 25th at JLNO Headquarters. JLNO member Leslie Martin and her daughter May Martin, Roz Olivier and JLNO member Bebe Ryan were in attendance. *Photo by: Logan Senior.*



JLNO members collecting gifts for the Educare Toy Drive during JLNO's December Holiday Marketplace. *Photo by: Taylor S. Pospisil.*



Ann Heslin and Weezie de la Vergne at the Sustainer Holiday Social. *Photo by: Kristen Leonard.*



Cupcake Fairies Michele Burton-Oatis and Melissa Woods with JLNO member Claire Walley and her guest Morgan Claiborne at the Esprit King Cake Class. *Photo by: Kristin W. Durand.*



Sustainer Erica Cunningham and sustainer committee members Kim Allen, Tabitha Mangano, Jessica Bean and Robin Primeau mingle at the Sustainer Holiday Party. *Photo by: Kristen Leonard.*



Luana Smith and Caroline Robichaux mingle at the Provisional Holiday Party on December 13, 2019. *Photo by: Whitney Haworth.*



Junior League members group together for a photo after completing the second of two Diaper Bank shifts on Martin Luther King, Jr. Day 2020. *Photo by: Whitney Haworth.*



Sustainer Holiday Social Hosts, Laura Politz, Gwathmey Gomila and Ann Herren. *Photo by: Kristen Leonard.*



May Martin daughter of JLNO member Leslie Martin and Roz Olivier daughter of JLNO member Kristine Olivier, had a blast at the float decorating class. *Photo by: Logan Senior.*



Sustainer Connection Committee Members Jennifer Marshall and Christina Fritchie are there to ensure everyone is having a wonderful time at the Sustainer Holiday Social. *Photo by: Kristen Leonard.*



Amanda Frentz, owner of TuTu Frentz, displayed a beautiful table of one of a kind jewelry at the JLNO December Holiday Marketplace. *Photo by: Taylor S. Pospisil.*



JLNO members Cara Quintanilla and Sabrina Testut at the Esprit King Cake class. *Photo by: Kristin W. Durand.*



Sustainers Irene Lutkewitte and Marge Henican enjoy reconnecting at the Sustainer Holiday Social. *Photo by: Kristen Leonard.*



JLNO committee members and community partners in attendance at The ABOLISH Movement Luncheon on January 21st. *Photo submitted by: Susana Ruddock.*



Hope Clay and Nicole Fuller at the Provisional Holiday Party on December 13, 2019. *Photo by: Whitney Haworth.*

Héritage:

Delicious Dishes from *Jambalaya*

By Elizabeth Walcavich | Photos provided by: Elizabeth Walcavich

CRANBERRY APPLE SALAD

Serves 10 to 12

Make a day ahead

2	1-pound cans whole berry cranberry sauce	2	tablespoons lemon juice
2	cups boiling water	½	teaspoon salt
2	3-ounce packages raspberry flavored gelatin	1	cup mayonnaise
		2	cups peeled, diced apple
		½	cup chopped walnuts

In a saucepan, melt cranberry sauce. Drain, reserving liquid and berries. Mix cranberry liquid, boiling water, and gelatin; stir until gelatin is dissolved. Add lemon juice and salt. Chill until mixture mounds slightly on a spoon. Add mayonnaise and beat until smooth. Fold in cranberries, apples, and nuts. Pour into a greased 2-quart mold. Refrigerate.

Take yourself back to a time where Pinterest and the ability to “just Google it” were not readily available. It’s springtime. Easter and Passover are quickly approaching. Your family and friends have decided to come to your house after church. You want to prepare a traditional meal for everyone. Where was a gal supposed to get ideas?

From August 1980 to July 2006, the Junior League of New Orleans (JLNO) published a cookbook called *Jambalaya: A Collection of Cajun & Creole Favorites*. Members would submit their personal family recipes, everything from appetizers to desserts and all things in between, which were then compiled to create the cookbook. Who knew JLNO was

on the forefront of the crowdsourcing trend? *Jambalaya* saw twelve printings, a revised edition and two special editions to celebrate the 1984 Louisiana World’s Exposition. It became a staple in most homes across the city, if not the state. In all, 230,000 copies were printed before publication ceased in July of 2006.

Let’s not forget to mention that *Jambalaya* is an award-winning book, receiving the Walter S. McIlhenny Community Cookbook Hall of Fame award in 1990. This coveted honor is reserved only for those cookbooks that have sold over 100,000 copies. Only a precious few applicants have been admitted to this collection, which can be viewed by the public at the McIlhenny headquarters on Avery Island.

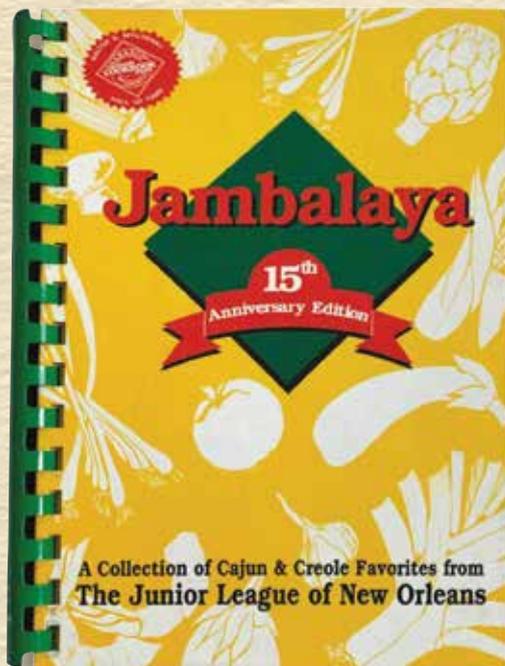
Active Elizabeth McDermott Ollinger has used the cookbook to find recipes for family Easter gatherings.

“While I never was the one to cook the ham, lamb or main dish, I used the *Jambalaya* cookbook on several occasions to make the Walnut Stuffing or the Cranberry Apple Salad,” says Elizabeth.

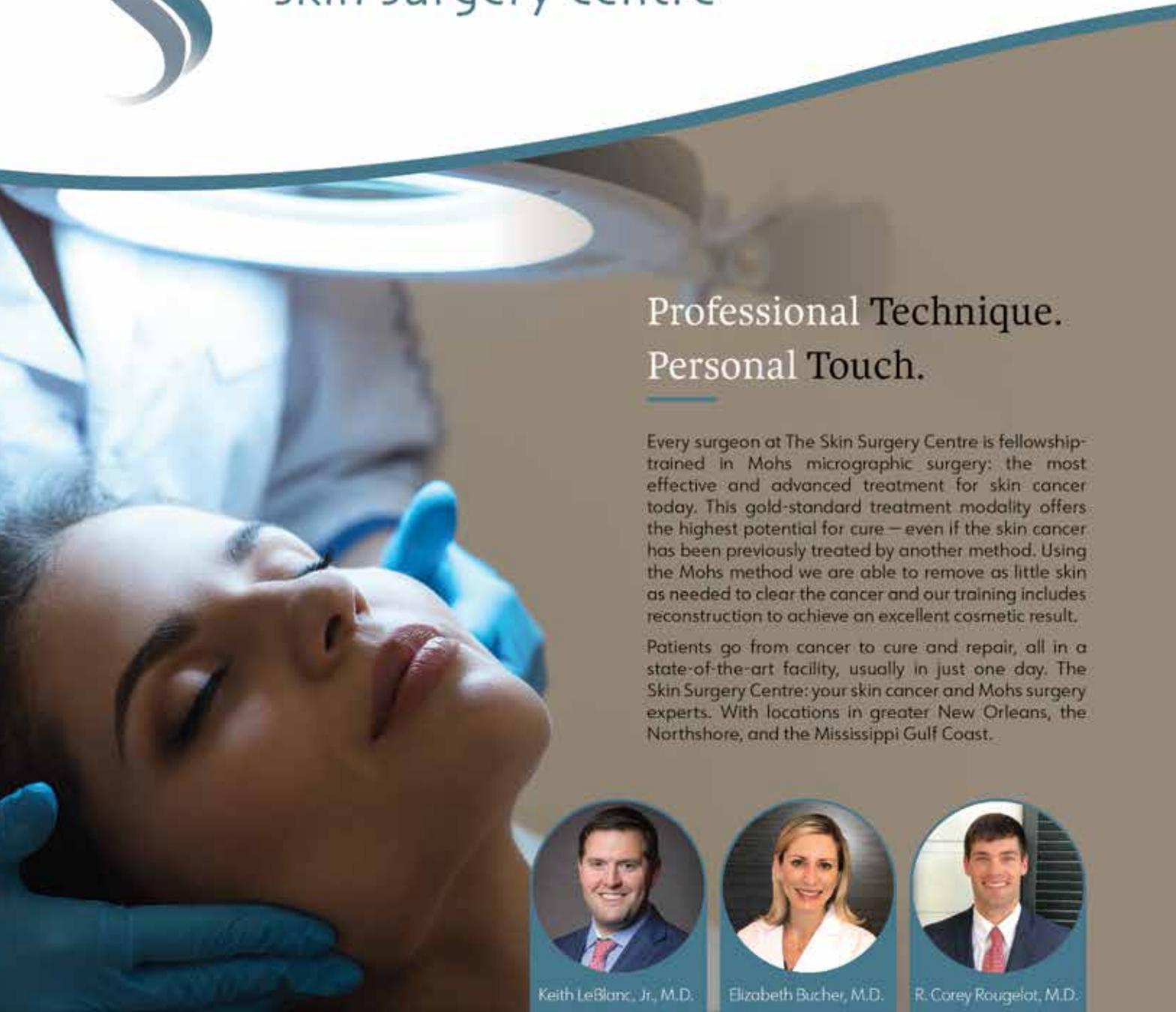
Side dishes, as we all know, are just as important as the main dish. Can you even imagine a plate with just one thing on it?

One can easily find timeless classics tucked into the pages of this culinary treasure trove. Unlike faddish recipes which often can’t withstand the test of time, *Jambalaya*’s Rack of Lamb recipe is seasoned with rosemary, thyme and parsley — all of which are still classics when cooking. The Saag Gosht recipe offers a lamb option with an Indian subcontinent flair for chefs wishing to add a bit of panache to their protein. The recipe options for baked ham also provide several tantalizing glaze options, including some expected ingredients like peach preserves and other surprising components like guava jelly.

As you can tell, JLNO members have been on their A-game when it comes to recipes and cooking for the past few decades. They were Pinteresters and foodies before these concepts were even conceived. If you rummage through your mother’s, sister’s or great aunt’s pantry, there’s a good chance you will stumble upon this handy epicurean encyclopedia, filled to the brim with delicious dishes that are sure to make a splash at your next dinner party. Bon appetit! •



TOP: Fruit side dish recipes from JLNO’s *Jambalaya* Cookbook. BOTTOM: Cover of JLNO’s *Jambalaya* Cookbook.



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