



WELD Cleveland Executive Women's Series December 2018



Mary McNamara

**December 11, 2018
Tuesday**

**Networking
5:30pm-6:00pm**

**Program
6:00pm-7:30pm**

**Merwin's Wharf
1785 Merwin Ave.
Cleveland, Ohio 44113**

- Registration Fees -
Member:
\$35 (\$40 after 11/28/18)
Non-Member:
\$45 (\$50 after 11/28/18)
*No refunds or credits after
11/28/18*

**Corporate members have a set number of FREE invitations to this event! Please contact Mindy Koenig at mkoenig@weldoh.org for more information.*

**Register at:
www.weldusa.org**

WELD Cleveland is excited to announce its December executive women's series for the chapter! The executive women's series focuses on topics relevant to women at advanced levels in their careers or businesses and provides a great opportunity for women to connect with their peers across the community. WELD's corporate members have a set number of free invitations to attend.*

When women lead, our economy, companies and communities thrive.

Increasing the Tools in Your Family Caregiving Tool Kit for those "sandwiched" with raising children, career and caring for parents.

Meet **2018 Women WELDing the Way® honoree, Mary McNamara, Director of Aging, City of Cleveland, at our December Executive Women's Series as our featured speaker.**

There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." Former First Lady Rosalynn Carter.

Maybe you planned on becoming a family caregiver at some point, but it's more likely that you didn't. Caregiving often starts small before it might evolve into a full time job. Sometimes, it's a sudden life change that you never saw coming. Caregiving can be emotionally and physically challenging. It's also a rewarding, selfless act. But it shouldn't come at the expense of your own health and well-being.

Mary McNamara, a Licensed Independent Social Worker and the Director of Aging for the City of Cleveland will share 10 "tools" that should be in your own family caregiver tool kit, information on how employers can support family caregivers in the workplace and will provide each attendee with a bag of resources to help navigate the family caregiving role.

For sponsorship opportunities, contact Kathy Gage at kgage@weldoh.org.

Registration closes at midnight on December 6th! Late fees apply after registration closes. Contact Mindy Koenig at mkoenig@weldoh.org if you have questions.



About Our Speaker...



Mary McNamara **Director of Aging** **City of Cleveland**

Mary McNamara was appointed by Mayor Frank G. Jackson in 2016 as the Director of Aging for the City of Cleveland. She leads a dynamic and passionate team that is committed to making Cleveland more Age Friendly. Cleveland is home to more than 69,000 residents' age 60 years of age and older. This number is likely to grow over time, as people are living longer and healthier lives. The Department of Aging provides home repair and maintenance programs, social services, safety programs and special event programming to help older adults age in place. Under her direction, the department enhances the quality of life for older adults through advocacy, planning, service coordination and the delivery of needed services. In 2014, the City of Cleveland became a member of the World Health Organization's Global Network of Age-Friendly Cities and joined the AARP Network of Age-Friendly Communities.



She holds an Independent Social Worker License from the State of Ohio and has been a graduate social work field instructor for 14 years. In 2016, she was named one of the 100 Centennial Alumni Award winners from the Mandel School of Applied Social Sciences.

Mary is a board member of the Amani Children's Foundation which raises funds and awareness for best practice baby orphanages that serve children orphaned by HIV/AIDS and poverty in Kenya. Mary travels annually to East Africa and raises money locally through the sale of fair trade Kenyan arts products in the Cleveland area. In 2012, she was recognized as a Community Hero by the Cleveland Plain Dealer.

Mary has found great enjoyment being a volunteer mentor for the last 10 years with Catholic Charities, Migration and Refugee Services. She has helped refugee families from Eritrea, Burundi, Central African Republic, Congo and Syria settle into their new home in Cleveland.

Mary earned her undergraduate degree in Social Work from The Ohio State University and a Master of Science in Social Administration from the Mandel School of Applied Social Science at Case Western Reserve University. She is also a graduate of the Cleveland Management Academy through Cleveland State University