

We're All Different: Taking Stock of Daydreams, Dreads and Realities in Retirement Planning



The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

*Changing Women's Lives...
One Woman at a Time.*

For more information about our Chapter, contact us at ABWAMoKan@gmail.com or visit our website at www.abwamokan.org

MO-KAN CHAPTER



WEDNESDAY, AUGUST 11, 2021

Hybrid Meeting: In Person at Pinstripes
13500 Nall Ave., Overland Park, KS, **And**
Virtual option over Zoom

In Person Networking and Dinner 5:30pm CST
Zoom Networking and Call to Order 6:30 pm
Program 7:00 pm
Chapter Business to follow program, 7:45pm

Knowing when and how to retire is exceptionally challenging. Covid-19 has not made it any easier for those who now need or wish to resume plans that were sidelined in March 2020.

Liz McKamy is a psychologist who has done extensive research on the psychological impacts of retirement. She also consults with people as they prepare to retire and can help them psychologically prepare for such a monumental change.

She served for many years on staff at the Menninger Clinic in Topeka, KS, and worked on the Professionals in Crisis Unit, training and supervision of psychotherapists, and serving on faculty of the Menninger Center for Applied Behavioral Science Professionals in Transition program.

In addition to establishing McKamy Counseling in 1990 and closing it in 2014, she has years of experience in marital and family therapies, addictions, as well as a life-long appreciation for issues around loss.

Event cost:

In Person pricing \$22, **please pay ahead online**

Virtual pricing \$10 (Zoom link will be sent to you once registration is received)

Registration required by Wednesday, August 4, using one of the following:

- 1) Prepay/register at www.abwamokan.org
- 2) Send email to ABWAMoKan@gmail.com
- 3) Call 913-390-3466

PINSTripES

BISTRO BOWLING BOCCE



LUNCHBOX OPTIONS

Individual portions for your dining pleasure

PASTAS

Pastas served with pesto bread and chocolate chip cookie | Substitute gluten free pasta

PENNE POMODORO *grape tomato sauce, white wine, fresh basil, garlic, extra virgin olive oil*

MEATBALLS & CAVATAPPI *classic beef meatballs, san marzano, tomato marinara*

LOADED MAC & CHEESE *fusili, truffle, sharp cheddar, applewood bacon, scallion, breadcrumb*

CHICKEN & GOAT CHEESE *grilled all natural cage free chicken, fusili, goat cheese & rosemary cream sauce, fresh herb*

MEAT LASAGNA *housemade bolognese sauce, ricotta, mozzarella, parmesan*

SALADS

*Salads served with dressing on the side, pesto bread and chocolate chip cookie | Substitute as a wrap
Add protein: all natural cage free chicken / turkey / shrimp / salmon / steak*

GARDEN SALAD *mixed greens, grape, tomato, sliced cucumber, white balsamic vinaigrette*

CAESAR SALAD *romaine hearts, baby kale, classic dressing, black sesame crostini*

CHOP SALAD *tomato, gorgonzola, dates, corn, olive, mozzarella, beans, white balsamic vinaigrette*

COBB SALAD *applewood bacon, gorgonzola, grape tomato, avocado, white balsamic vinaigrette*

SANDWICHES

*Sandwiches served with kettle chips and chocolate chip cookie | Substitute fresh fruit
Substitute gluten free wrap*

ROLL-A-TURKEY *cranberry sauce, sliced apple, provolone, whole grain mustard, brioche roll*

SPICY CHICKEN WRAP *jalapeno slaw, mixed greens, housemade pickles, calabrese spinach tortilla*

CAPRESE PANINO *tomato, fresh mozzarella, basil, pesto-ranch, arugula, baguette*

ITALIAN TUNA SALAD *extra virgin olive oil, capers, kale, mint, parmesan crusted bread*

ROAST BEEF *horseradish cream sauce, roasted anaheim peppers, parmesan crusted bread*

SAL'S SALAMI *roasted red peppers, basil, fresh mozzarella, calabrese sauce, parmesan crusted bread*