



BWN
BUSINESS WOMEN'S NETWORK
OF HOWARD COUNTY

As we enter into a new season, there is a lot to look forward to.

Autumn is filled with astounding sites, and crisp, cool nights. October is breast cancer awareness month, a disease that has affected many folks and their families. It is also ADD/ADHD (attention deficit hyperactivity disorder) awareness month.

We now know that ADHD is a developmental impairment of the brain's self-management system, and its executive functions. Did you know that it isn't just a behavioral disorder found in children? Many adult women and men also have ADHD.

Many people with attention deficit — particularly its inattentive symptoms — are undiagnosed or misdiagnosed as children. They may suffer serious psychological consequences after a lifetime of blaming themselves for ADHD symptoms.

Girls are often overlooked in school when it comes to diagnosing ADHD. This is because many girls have what is called the "inattentive" type of ADHD. Instead of impulsively interrupting class as many boys with ADHD do, you will often see girls dreamily staring out the window or forgetting their homework.

Adults with ADHD are often diagnosed when their children are. They recognize their child's symptoms in themselves. Symptoms of Adult ADHD may include

- Impulsiveness
- Forgetting names and dates
- Missing deadlines and leaving projects unfinished
- Extreme emotionality and rejection sensitivity
- Becoming easily distracted and disorganized
- Suffering generalized anxiety disorder and mood disorder
- Low frustration tolerance
- Trouble multitasking
- Excessive activity or restlessness

But there is help to be found for adults (or children) with ADHD. Most experts suggest a dual approach of combining therapy and medication. Behavioral therapy teaches coping mechanisms and strategies, and stimulants used to treat the symptoms do actually help folks focus.

Check the links below for more resources on Breast Cancer and ADD/ADHD:

Breast Cancer
cancer.org/cancer/breast-cancer.html

ADD/ADHS
breastcancer.org
additudemag.com
youtube.com/c/HowtoADHD

Upcoming BWN Events

You are invited to join us.
Registration is required for each event.
Click on each section below to register.
Become a member and attend our member-only events.

10/13: [Coffee](#) Host: [Dr. Lisa Gordon](#)

BWN OCTOBER COFFEE
NATURAL HEALTH IMPROVEMENT CENTER
10400 SHAKER DRIVE SUITE 3B • COLUMBIA
8:00 AM - 9:30 AM | OCTOBER 13TH
HOST: DR. LISA GORDON

10/20: [Luncheon & Vendor Fair](#)

Join us for BWN's Annual Vendor Fair!
Holiday Shops til You Drop
OCTOBER VENDOR FAIR
October 20th
11:30am - 1:00pm
Turf Valley Resort
2700 Turf Valley Rd
Ellicott City

10/27: [Happy Hour](#) Hosts: [Marilyn Johnson](#) • [Sewing Design Studio](#) • [Scholarship Committee](#)

10 27 21
ZOOM • 5:00 PM - 6:30 PM
BWN OCTOBER HALLOWEEN HAPPY HOUR
HOST: Marilyn Johnson & Scholarship Committee

Nonprofit of the Month



Blossoms of Hope's mission is to enhance the quality of life through beautification projects and to both increase awareness of breast cancer prevention each spring and raise money to benefit those within the community coping with cancer. Blossoms of Hope provides support for our community and those in need throughout Howard County.

Support The Santa Project by Blossoms of Hope! Help bring Santa to those in need!

[SUPPORT BOH](#)

Welcome New Members



Elisha Aguilar • [EMAIL](#)
[Columbia Massage Clinic](#)

Alice Blayne-Allard • [EMAIL](#)
The Phoenix Group ABA

Amber Drenner • [EMAIL](#)
[United Way of Central Maryland](#)

Notice & Invitation

The [BWN Facebook](#) and [LinkedIn](#) pages are public but the [BWN Facebook Group page](#) is open only to current BWN members. If you are not a current member and would like to be, we'd love to have you join us!

[JOIN OR RENEW](#)

About BWN

BWN is a Community
Where Business Women
Grow Together

Business Women's Network believes that more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to empower one another, so that together we can grow our business and our leadership skills. What sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

[JOIN BWN](#)

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