

FOR IMMEDIATE RELEASE

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Mount Vernon Women Leaders Share Thoughts on Work/Life Balance

MOUNT VERNON – Four professional women discussed strategies for finding a healthy work/life balance on Friday at a panel luncheon hosted by the Mayor's Healthy Homes Initiative and the Mount Vernon Industrial Development Agency.

Panelists Anna David, a six-time New York Times bestselling author; Kristyn Reed, Director of the Mount Vernon Veterans Service Agency; and Evania A. Thompson, director of the Mount Vernon Public Library spoke with L. Marilyn Crawford, executive director of the Mount Vernon IDA on managing careers and children, gender discrimination and stress.

David shared her experience of recovery from addiction.

"I realized it was my mission to tell people, so they didn't have get suicidal, so they didn't have to take it as far down as I did," said David, who stressed to the attendees the importance of liberating oneself from person demons. "My story is all about sharing the shame. Sharing those things that you do not share in order to not just save your life, but to have a domino effect."

Thompson stressed the importance of managing fertility, a source of consternation in her life as an older mother.

"There are trade-offs in terms of when we do it young and then go to school – it's hard to go back, but there are trade-offs if you wait until you get older because you may have the money, but you don't have the energy," said Thompson.

About 40 women attended the luncheon at Luxe V Events and attendees' questions ranged from micro-aggressions to self-care.

Reed said that she has often been the only minority in the room through her career and she offered tips on dealing with micro-aggression from men in the workplace.

"In a professional situation I find it important to call the person out on it. Not in an aggressive way, but to make them aware that it's not OK," said Reed.

Crawford advised attendees on disarming microaggressors.

"You thank the person, you kill them with kindness and you keep on going, because, guess what? There's a bigger plan for you and the larger plan is more positive," Crawford said.

Mayor Richard Thomas attended the event and explained that his Healthy Homes Initiative is about restoring affection for Mount Vernon.

“If you think about what Mount Vernon’s missing, it’s missing a lot of love,” said Mayor Thomas. “What’s right is that we have to bring Mount Vernon back. Back to being family. Back to love. Back to business. Back to kindness. And that’s what this is all about. We want healthy homes. Healthy relationships.”

The Mayor’s Healthy Homes Initiative will continue on March 26 at 8:30 a.m. with a Credit & Debt Management seminar by Dr. Michael Grayson at 130 Mount Vernon Ave., Mount Vernon.

The event is free and a continental breakfast will be served. RSVP at bit.ly/mvcreditdebt

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Captions:

Left to right: Anna David, Evania A. Thompson, Kristyn Reed and L. Marilyn Crawford on March 22, 2019 at the Work/Life Balance luncheon hosted by the Mayor’s Healthy Homes Initiative and the Mount Vernon Industrial Development Agency.

Attendees on March 22, 2019 at the Work/Life Balance luncheon hosted by the Mayor’s Healthy Homes Initiative and the Mount Vernon Industrial Development Agency.

