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President's Message

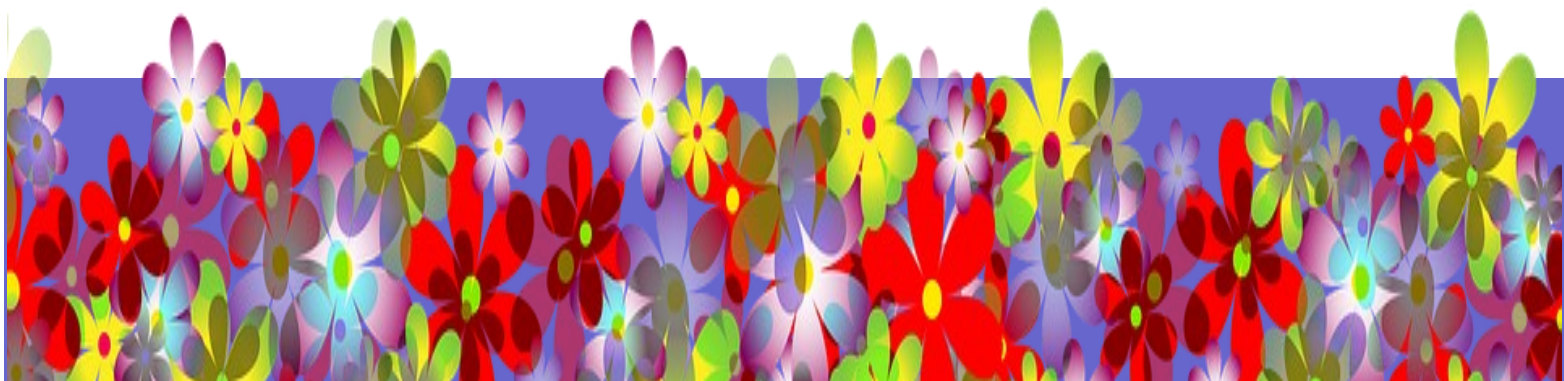
Thank you for supporting PANO!

We asked and you stepped up. We now have enough members committed to taking on board positions so that we can continue to provide you with networking and education opportunities. We've also added several new members in the past two months.

I'm excited to see what this next year brings for our association and I'm looking forward to seeing you all on May 17th aboard the Sandpiper Cruise Ship to celebrate Paralegal Day!

Sincerely,

Angela Poole





Happy
Paralegal Day!



May 17th
Arrive by 5:45 pm

Join us for an evening on the Maumee River!

Member + 1 adult guest (age 21+)

PANO will provide food & drinks but BYOAlcohol

RSVP to ltaylor@brouse.com by May 6



Paralegal Day Celebration

Tuesday, May 17th

RSVP: [Loretta Taylor](#) by **May 6th**

Event is free to PANO members & 1 adult guest (age 21+)
Sandpiper will leave promptly at 6pm
For a 2 hour cruise on the Maumee River

Parking: Jefferson Avenue - downtown Toledo, Ohio is the address for the Sandpiper Boat.

- The parking lot closest to the boat is the Promedica garage, **available AFTER 5 weekdays**
- 215 N. Summit Street garage **during the week or before 5 on Friday.**

SEE *You* **THERE**



ANNUAL MEETING



Election of
2021-22 Board

NOTICE

JUNE 17th

*Board bios and ballots will be
distributed over the next
couple weeks*

READ ME

Articles

10 Things You Should
Never Say at Work



IN THE NEWS

Former Paralegal
Embezzled \$600,000

Freebies, Templates and
Downloads -
(myparalegalplace.com)



WEBSITE: panonet.org

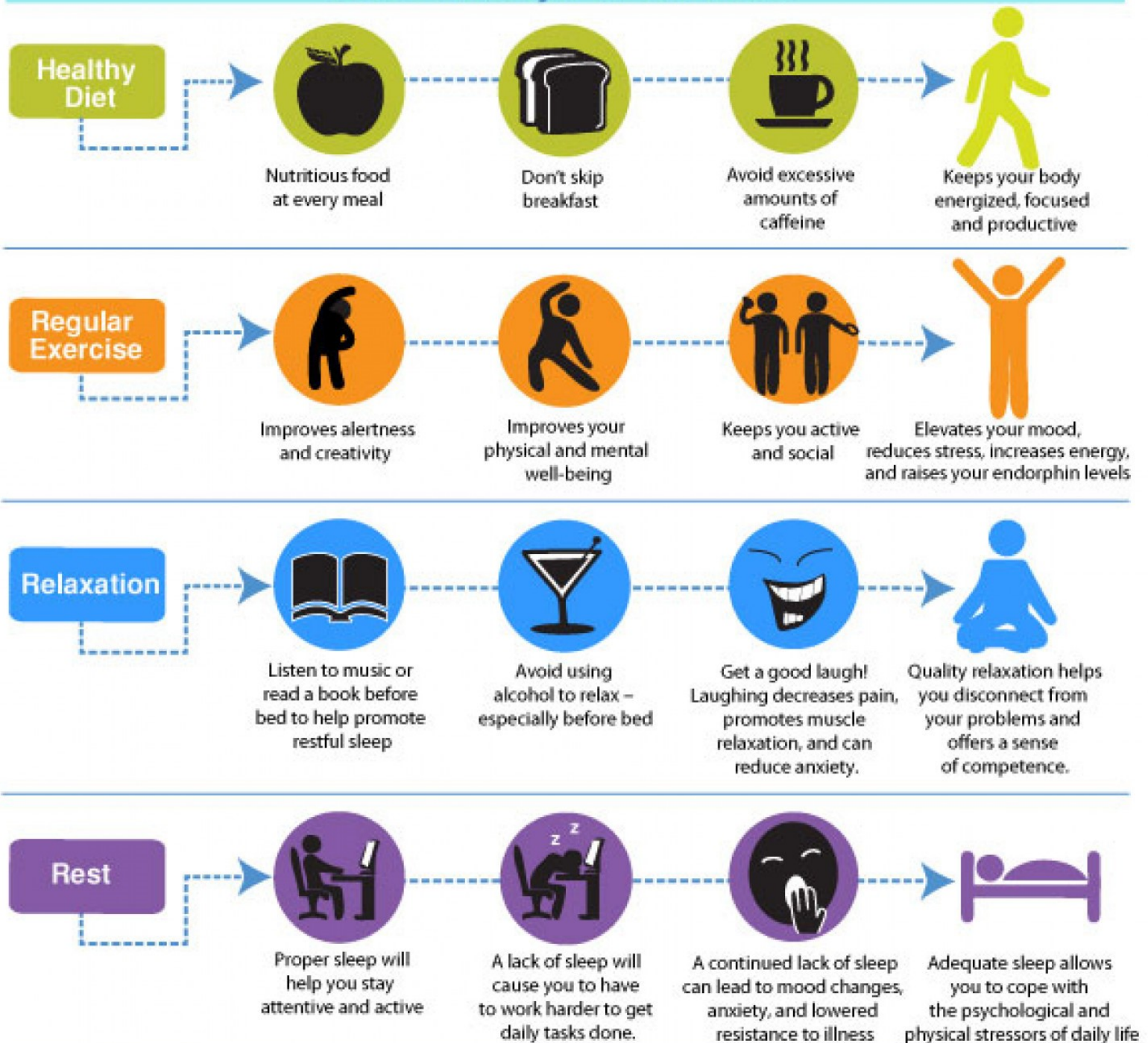
Password: NWparalegal2020
Visit the website for up-to-date job
postings & helpful links!



May is Mental Health Month

Good mental health is essential to living a full, productive, and happy life.

Your Pathways To Wellness



Additional Tips to Help Improve Mental Health

- Connect with others with shared tasks or interests
- Stay positive to improve your mood and health
- Enjoy the little things like making a healthy dinner or a movie night with the family
- Write down problems or concerns prior to going to sleep so they don't keep you up all night
- Volunteer in your community
- Practice stress management techniques to help you improve your work/life balance.
- Just as with any other doctor, get regular mental health checkups with a mental health practitioner whom you feel comfortable with.

Sources:

Mental Health Month: Pathways to Wellness.* Mental Health America. 2013. Available at <http://www.mentalhealthamerica.net/ga/may>. Accessed April 15, 2013.

Pathways to Wellness: Four Simple Steps. Mental Health America. 2013. Available at <http://www.mentalhealthamerica.net/download.cfm...BB7>. Accessed April 15, 2013.

MediFit™

Job Opportunity

[Paralegal Jobs, Employment in Toledo, OH | Indeed.com](#)



[10 Things Attorneys Look For in a Paralegal - New Paralegal Career \(paralegal-bootcamp.com\)](#)



Thank You

Sustaining Members



- ✧ Boerger Investigative Services, LLC
- ✧ Brouse McDowell, LPA
- ✧ Eastman & Smith Ltd.
- ✧ Heban, Murphree & Lewandowski, LLC
- ✧ Hylant
- ✧ Libbey Glass LLC
- ✧ Marshall & Melhorn, LLC
- ✧ Shumaker Loop & Kendrick, LLP
- ✧ Stautzenberger College
- ✧ Turley, Peppel & Christen LLC
- ✧ Weber & Sterling LLC

2021-22 Board Members

POSITION	NAME & ADDRESS	CONTACT INFO
President	Angela Poole, Hylant 811 Madison Ave. — Toledo, OH 43604	Phone: 419-259-6067 Email: angela.poole@hylant.com
1st Vice President NALA Liaison		
2nd Vice President TBA Liaison		
Secretary Scholarship	Shannon Rehberg, Marathon Petroleum 539 S. Main Street—Findlay, OH 48450	Phone: 419-672-2618 Email: srehberg@mpcorp.com
Asst. Secretary Membership	Amanda LaGrange, Owens Corning One Owens Corning Pkwy—Toledo, OH 43659	Phone: 419-248-7685 Email: Amanda.lagrange@owenscorning.com
Co-Treasurers	Janet Eschedor & Connie Gross, Weber & Sterling, LLC 1721 Indian Wood Circle — Maumee, OH 43537	Phone: 419-893-3360 Emails: jeschedor@ws-law.net & cgross@ws-law.net
Asst. Treasurer	Loretta Taylor, Brouse McDowell 300 Madison Ave. — Toledo, OH 43604	Phone: 419-931-6922 Email: ltaylor@brouse.com
Trustee at Large	Lisa Finn, Spengler Nathanson PLL 900 Adams Street — Toledo, OH 43604	Phone: 419-252-6295 Email: lfinn@snlaw.com
Trustee at Large	Jacquie Goss, Spengler Nathanson PLL 900 Adams Street — Toledo, OH 43604	Phone: 419-252-6248 Email: jgoss@snlaw.com
Newsletter / Website / Social Media Job Bank Coordinator	Lisa Robison, Marathon Petroleum Company LP 539 S. Main Street — Findlay, OH 48450	Phone: 419-421-2541 Email: lirobison@mpcorp.com Email: PANOLucasCnty2020@gmail.com

