

Who we are

We are a group of like-minded independent business people from a variety of fields and services. We meet every other Thursday morning at 7:15am 225 High Ridge Rd in Stamford, CT. We have only one representative from any profession or service in our group. Our goal is to build professional relationships so that we can share business referrals since word of mouth is probably the most effective way of increasing your bottom line.

Professions

Accountant
Acupuncture
Advertising
Attorney
Chiropractor
Commercial Insurance
Communications
Estate Planning Attorney
Family Fitness and Tutoring
Financial Planner
Heating & Cooling
Jewelry
Massage Therapist
Marketing Consultant
Office supplies
Optometry
Property & Casualty
Risk Management/Insurance
Consulting
Real Estate
Skin Care/Cosmetics Mary Kay Inc.
Technology

Looking for the following:

Florist, Builder, Veterinarian, Hair Stylist, Commercial Appraiser, Caterer, Residential Appraiser, Printer, Architect, Dentist, MD ...and any remaining professions with dedicated individuals who you think would be a beneficial for our Synergy group.

Accounting

Keith W Wofsey Summer Associates Tax Services
We specialize in serving the need of the small to medium size business and individuals. We also offer a host of specialty services to cater to the unique needs of our clients. We have served a wide range of individuals, corporations, partnerships, and non-profit organizations and are experts in the issues and tax laws that impact our clients.

48 Union St, #1C Stamford, CT, 06906
Telephone 203-327-4311 Cell 203-219-1930
Email keith@summertax.com
http://www.summertax.com

Acupuncture

Mark Gutkin, L.Ac., MS (NY/CT) Licensed
Acupuncturist and Herbalist Dipl. Of O.M. (NCCAOM)
Stress, irritability, restlessness, tension, heartburn, constipation, IBS, ED, PMS, cramps, menopause, anxiety, depression, insomnia, smoking cessation, pain (chronic & acute), unresolved health issues.

107 Glenbrook Rd Stamford, CT
200 W56th St Suite 605 New York NY
ph 203.524.3411c mark@acupational.com
http://www.acupational.com

Advertising

Dan Wright Direct Advantage, VP of Sales
Every variety of direct mail from solo postcards, marriage packs, brochures, menus and the new Direct Advantage Magazine. Direct Mail has never been so beautiful and so affordable!

(203) 247-2818
directmailpostcards@gmail.com

Attorney Bernard L. Shapiro

Shapiro & Siegel, P.C.
Social Security Disability, SSI and related Social Security Matters, Personal Injury, Medical and Dental Malpractice. The attorneys of Shapiro & Siegel, P.C. provide services to Evaluate cases, present claims and appeals before the Social Security Administration, primarily in the areas of Disabilities. Licensed to practice in the courts of CT, NY, FL, Tribal Courts in CT and Social Security nationwide.

www.ssdssilaw.com e-mail: bls@ssdsilaw.com
ph: 1-800-336-7456

Builder

Bill Huron Restoration Real Estate LLC
Custom building, remodeling, additions, project management. Also, guitar repair.
whuron@sbcglobal.net 203.554.7126

Chiropractor

Velez Chiropractic, LLC is run by Dr. Isabel Velez, Chiropractic Physician. Dr. Velez takes pride in being one of only a few practitioners who actually still devote time to each patient throughout the different levels of Chiropractic care: examination and diagnosis, acute/chronic pain management, rehabilitation (strengthening and balancing), and maintenance. Please feel free to call with any questions. Office hours are by appointment
107 Glenbrook Road, Stamford, CT
dr.velez@connectosuccess.com
898-4982 [b] (914) 924-2190 [c]

Coaching - Youth Life Skills Coaching

Regina A. Cornelio, M.A. is a certified elementary school teacher with her masters in education and experience in both public schools and private consultation. Her company provides life skills coaching to all youth, especially children with special needs. They provide teaching and enhancement of social skills, self-esteem, attitude, decision making skills, study skills, manners, social etiquette and values.
(203) 918-2225 reginacornelio@sbcglobal.net

Communications

Qwest Communications International Inc. (NYSE: Q) is a leading national service provider of business solutions in voice and data networking for Voice over Internet Protocol (VoIP), video, high-speed Internet, long distance, and hosted business solutions including call centers. Qwest is also committed to the "Spirit of Service". Contact Patrick T. Barras Business Markets, Qwest Communications
9 West Broad St. Stamford, Ct 06902
203-905-7489 Office 203-559-9338 Mobile
Patrick.Barras@qwest.com www.qwest.com

Credit Card Processing

Heartand Payment Systems
cards, payroll and payment processing
Mary Thielen mary.thielen@e-hps.com
www.HeartandPaymentSystems.com 914.420.1492

Dressmaking

Olga's Fashion Design
Couture dressmaker, custom interior solutions, alterations, sewing consultation.
91 Surrey Rd. Stamford, CT 06903
ph 203.322.4711, email: olgas_fashion@yahoo.com

Family Fitness and Tutoring

BreakThru Fitness ~ Family Fit For Life
Tom Bacha or Kimberly Colletto
A Complete Child Development Center
48 Union Street, Stamford, CT 06906
info@breakthrufamilyfitness.com
http://www.breakthrufamilyfitness.com
203.355.9395

Financial Planner

Ron V. Brown MBA, ChFC
Ron has been involved in the financial industry for over 32 years. He provides confidential and comprehensive counseling to his clients on their individual investment, insurance, and financial security needs. Ron's business also focuses on financial planning and estate conservation for business owners. Ron is committed to developing and maintaining long-term relationships with his clients in order to provide consistency and continuity despite changes with individual needs and the economy.

225 High Ridge Rd Stamford, CT 06905
Ph 203.658. 1955 Ron_Brown_1@yahoo.com

Heating & Cooling

Mike Tavolacci President
The Heating & Cooling Company is a fully licensed and insured Fairfield County based Company located in Norwalk, Ct. We do both Residential as well as Commercial. We also have a state of the art sheet metal fabrication facility where we make all of our own duct work which is measured and made custom for each Job. Our Service department is on call 24/7 and is trained to handle all calls

"Your Comfort is our only concern".
ph (203) 855-0858 Fax (203) 849-0429

Jewelry

Simple Elegance. Gemstone and precious metal jewelry at reasonable prices. One-of-a-kind wire-wrapped gemstones in sterling silver. Customized pieces. *"If I wouldn't wear it, I won't set it or create it."*

Wendy M Greenfield W.M Greenfield Associates
(203) 323-1413 tilcat@usa.net
www.SimpleElegancegems.com

Marketing Consultant

Valerie J. Oben Foxboro Consulting, Inc.
Valerie helps companies grow through marketing that makes sense and makes money. She achieves client's customer acquisition and retention goals through custom marketing programs that differentiate brands and motivate purchase behavior.

POBox 646 Wilton, CT
761 4900 [b] 351 3322 [c]
voben@foxboro.net

Massage Therapy

M. Tess Abalos is a licensed massage therapist (CT License #003470) and holistic health counselor with a private practice in Stamford. She is a graduate of the CT Center for Massage Therapy and the Institute for Integrative Nutrition. Tess' style of massage combines deep tissue therapeutic massage with shiatsu, Thai, & sports massage.

For more information visit

www.tessabalos.com, www.sphereofwellness.com
email: TessAbalos@helloworld.com
(203) 952-6113

Office supplies

Randy Solomon
vice president of sales
village office supplies and furniture we supply
office supplies computer supplies printing promotional items breakroom supplies janitorial supplies and office furniture. open m-f 7:30am to 6pm free next day delivery no minimum orders
phone 203-299-0600 fax 203-299-0700
randy.solomon@villagect.com; www.villagect.com

Optometry

Faye D. Algranati, Ph.D., O.D
Faymar Optical
Located inside Optical Image
Dr Algranati has graduated from New England Optometry in 1988. Her expertise is in contact lenses in addition to eye examinations, vision training and Lasik consultation.

17 Danbury Rd Wilton, CT. 06897
ph: 203-762-9669 Fax: 203-761-1249

Property & Casualty

Rick Magnant Charter Oak
Commercial Insurance, Property & Casualty Insurance, New business or resident signing a new lease or new property rental.

70 Old Kings Highway North Darien, CT
644-7099 [c] 655-8300 x126 [b]
rmagnant@aol.com

Psychotherapy, Yoga/Meditation

Ben Spang, LCSW, MBA, M.Ed.
A licensed psychotherapist and certified yoga instructor. Ben has completed post graduate certifications and studies in Cognitive Behavioral Therapy, Spirituality in Psychotherapy, LifeForce Yoga for Anxiety and Depression, Reiki Level II and Energy Psychology. Specializing in stress management and issues of anxiety and depression, Ben works with adolescent and adult individuals, couples and groups.

(203)249-2701, bpspang@sbcglobal.net
www.benspang.com Stamford, CT

Risk Management/Insurance Consulting.

RLC Advisors

(Risk, Legal and Crisis Management)

RLC Advisors will consult with you about risk management and insurance issues related to your business. We can help you assess your operation to reduce your legal risks and review your insurance policies to make sure the best protection for your business is in place. We provide training sessions related to risk management issues and crisis management. Tom Whitehouse, Principal, has extensive expertise in risk management and various types of insurance. He holds both a BA and MBA.
ph 203-322-7824 email: twhitehouse@optonline.net

Real Estate

JOAN PORCARI - Realtor®
A CT Licensed Realtor & ABR (Accredited Buyer Representative) with William Pitt Sotheby's International Realty, Joan assists Clients in Buying, Selling and Renting Residential Real Estate in Stamford. With the support of mortgage lenders, attorneys, inspectors, movers and others, she strives to achieve a smooth transaction from start to finish.
545 Bedford Street, Stamford, CT (203-524-3253)c
(203-276-1514)f jporcari@optonline.net.

Reflexology

Lou Veltri Certified Reflexologist
646.352.12.75 louev@optonline.net www.louvelti.com

Skin Care/Cosmetics for Mary Kay Inc.

Mary Kay, is committed to enriching the lives of women with both a product of superior quality and value and an exciting career opportunity. We offer Executive and Personal Gift Service, beautifully wrapped and delivered, to make Holiday time shopping or anytime shopping stressfree. Call Mary Ann Mammana at: 203-252-7255 or 914-220-6777
maryann@monkeydesigns.com

Staffing

Mary Buonsante-Henock, Express Employment Professionals 1035 Washington Blvd. Stamford, CT
(203) 327-JOBS (5627), (203) 554-0222 Cell

Technology

Ari Disraelly
LET US BE YOUR TECHNOLOGY TEAM
We help you meet all your needs not just computers, laptops, servers, networks, web-sites, e-mail, custom programs and web-based applications but also phone systems, Internet service, even copy machines and faxes. Call us up and give us a try. We have the staff, the expertise the contacts, the outside vendors and over 100 combined years of varied experience.
1 Atlantic Street, Stamford, CT ph. 203.359.1224
Ari.Disraelly@SYSTIPLX.com www.SYSTIPLX.com

Welcome to Network of Business Synergy



Network of Business Synergy
225 High Ridge Road
Stamford, CT 06905
<http://www.businesssynergy.biz/>