



**Minnesota Women of Today  
2023-2024 MNJOTS CIP  
Living & Learning State Program Manager  
“Live Simply and BEE Grateful”**

**Pat Undersander**  
320-293-1744  
ll@mnwt.org  
www.mnwt.org



---

**Welcome Everyone, especially the Living and Learning Local Program Managers!**

I am so excited to be your State Program Manager for Living and Learning for the 2023-2024 year. I truly plan to help make the Certifications, Pep Courses, Impromptu Speaking programs enjoyable and meaningful, so you can see your personal growth in mental, spiritual, and family life. Please help me “help you” in completing these Certificates by the Trimester deadlines.

My Story: I originally joined the Avon Women of Today in October 2001, but because of a work schedule change, I resigned sometime after 2015. Because I realized how much I missed my WT friends, I rejoined in March 2021, signing up again for the Woman’s Wellness LMP position. My husband, Hal, and I have two grown children: our daughter, Kaitlin, and our son, John, and his lovely wife, Steph, whom he married in October 2021.

My theme this year is “Live Simply and BEE Grateful.” I found the “wreath” with the bee in it and picked it because of its simplicity, adding words I found on a wooden block.

Part of being the Living & Learning SPM position is posting to the “MNWT Programming” Facebook page throughout the year. If you “Like” this page, you will be able to see the weekly posts by myself and all the State Program Managers (SPMs). I am available for questions and/or visits via email at [ll@mnwt.org](mailto:ll@mnwt.org). Or contact me by phone at (320) 293-1744. Let me know how I can help you have a FABULOUS YEAR!!

Pat Undersander  
MNWT Living and Learning SPM

**TABLE OF CONTENTS:**

- \*Letter of Introduction
- \*Living and Learning Local Program Manager (LPM) Fast Start Information
- \*First Trimester Challenges
- \*Important Dates – Calendar of Upcoming Events
- \*Success Program Points System
- \*What is a Pep Course
- \*Live Simply and BEE Grateful – Ideas for you!

Complete your Local Program Manager Fast Start by **July 15<sup>th</sup>**

1. Attend an Orientation (District, LOTS, local, or 1-on-1 with PVP).
2. Write down your goals. Send to your Chapter President (or PVP) and District Director. Date sent: \_\_\_\_\_
3. Send an "Letter of Introduction" to your District Director and share your goals and ideas for the year. Date sent: \_\_\_\_\_
4. Review the Programming Trimester Report for your area by **JULY 15<sup>TH</sup>**. Date: \_\_\_\_\_
5. Review the **Local Program Manager Manual** to educate yourself on being an LPM. Date: \_\_\_\_\_

Find the LPM Fast Start online at [WWW.mnwt.org](http://WWW.mnwt.org) under the "Forms Section."

**CHAPTER 1<sup>ST</sup> TRIMESTER CHALLENGES:**

1. Submit a 1<sup>st</sup> Trimester L&L "Project of the Trimester"
2. One or more members submit a MNWT "Living & Learning" or USWT Wellness & Personal Development Certification. They can be found on the WT Member Homepage.

**Each LPM from chapters participating in challenge will be entered into a drawing at Fall State Convention.**

\*In addition to the basic sections of the **Living and Learn Certification**, each year the State Program Manager may add two additional items of their choice. My additions this year:

1. Plan a day to help a "person in need" who would like to simplify their life in some way; with organizing their home, a room, a closet, or anything of their choice.
2. Write in a journal every day for "a week" three things you are grateful for to help instill "Gratefulness" in your life.

**IMPORTANT DATES:**

June 28<sup>th</sup> - MNWT Webinar Night – Finding Programming Projects in Outlying Areas, Manage Change, and Social Media Guidelines

July 15<sup>th</sup> - LPM Fast Starts due to SPM and District Director

August 1<sup>st</sup> - National Night Out

August 31<sup>st</sup> – L&L and USWT WPD Certifications due to Living & Learning SPM

September 2<sup>nd</sup> - 1<sup>st</sup> Trimester Programming Reports due to PVP

September 15<sup>th</sup> – Fall State Impromptu Registration due to L&L SPM

September 22-23 - Fall State Convention

October 25<sup>th</sup> - MNWT Webinar Night

## **SUCCESS :**

### **TRIMESTER 1 PRESIDENTIAL BONUS POINTS – PROGRAMMING AREA**

\*Submit Chapter Officers, Chapter Information, and Program Manager Sheets to CSC by June 30<sup>th</sup> (25 pts)

\* Submit Program Manager Trimester Report (25 pts)

For the full Presidential BONUS points, see President or CMVP CIP. For more information on SUCCESS, see CMVP CIP or [www.mnwt.org](http://www.mnwt.org) under Success System Helpful Hints.

### **PEP COURSES:** What is a Pep Course? It is a “Personal Enrichment Program”

Some of the PEP courses available through the MNWT are:

“Pulling Together: High Performance Teamwork”

“Laughter Yoga” (NEW)

“Improvise This” - Available to download for FREE (counts for L&L Certification)

“I Am Beautiful” – Self Esteem Course by Amanda Gore

Go to “Member Homepage” Personal Enrichment Program courses and contact CSC to rent

### **SIMPLIFY YOUR LIFE!**

**Wikipedia** defines “living simply” as voluntarily engaging in a number of practices to simplify one’s lifestyle. Others define this lifestyle as “a tool to eliminate life’s excess, focus on the essentials, and find happiness, fulfillment, and freedom.” (Millburn & Nicodemus, 2016)

#### **Benefits of Living Simply**

- \*Financial sustainability - \*Feeling less stressed about money - \*Better work-life balance
- \*Increased spirituality - \*Getting a better sense of what really matters (Talbot & Kaplan, 1986) -
- \*A greater sense of freedom - \*The ability to discover true passions (Cappetto, 2020)

Different “approaches” we can take to simplify our lives, depending on our goals, are:

- 1) Minimalism – reducing one’s possessions and consumption.
- 2) Self-sufficiency - providing for oneself as much as possible without modern systems.
- 3) Digital minimalism – reducing or eliminating access to certain technologies like cellphones, social media or the internet.
- 4) Connection with nature – spending more time outside.
- 5) Slowing down – reducing a sense of urgency or busyness.

**Stay tuned to Facebook for future information regarding “Living Simply.”**