



Fall State CIP 2016

Womens Wellness SPM
External Programming Area
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Hello You WONDERFUL Local and District Programming Managers!

Happy Fall Everyone!

Our first trimester has come and gone, and now we are gearing up for some FULL STEAM AHEAD ACTION! We have the opportunity to make a HUGE impact in the lives of others! With your help will WILL reach all of our goals this year, and donate some much needed funds to our AWESOME foundations!

If you didn't have a chance to check out my booth at the project fair, I have included some FUN FUNDRAISING ideas in my CIP for you to RUN with! I'd LOVE to see some challenges at the local level!!

Join our Facebook group to stay in the loop:
<https://www.facebook.com/MNWT-Womens-Wellness-529419930451157/?fref=ts>

November 6th-12th is type two diabetics awareness week! We will be posting tips on Facebook for lowering your risk by eating healthy and staying active!

-Jessy

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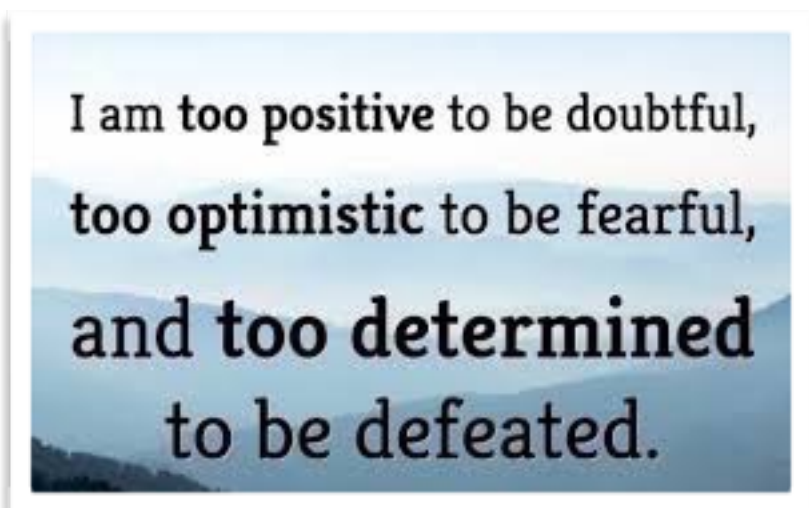
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Goals:

**-Raise \$1500 for
March for Babies
by Spring 2017**

**-Raise \$5000 for the
Women's Veteran
Initiative by Spring
2017**

**-75% Chapter and
District
involvement in a
Women's Wellness
challenge/activity**

I used to have a VERY hard time sleeping. I would often be awake for hours while my brain ran through each and every conversation I had that day. Or I would worry about things that were completely outside of my control.

Luckily, I found a way to LET GO of my day, and finally get some sleep!!

I am sure that everyone has a different sleep story. I know my husband can sleep whenever and wherever he is. (I only wish I had that gift!)

Whatever your sleep story, I hope you find some restful evenings and maybe a healthy nap or two in your future this trimester!

Because I know that you DESERVE IT!

Second Trimester Challenge!!

It's all about SLEEP!!

Did you know that 40% of Americans do not get enough sleep? Did you know that each person has a different "sleep number" or hours they need per night, and that number can change? What is YOUR happy "sleep number"? Share that with us on our challenge group and START SNOOZING!! :)

Consequences of not enough sleep

In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early mortality.

Sleep and Disease Risk

The price of insufficient sleep may be poor health. Study after study has revealed that people who sleep poorly are at greater risk for a number of diseases and health problems. And now the search is on to discover why this might be.

Sleep, Performance, and Public Safety

Lack of sleep exacts a toll on perception and judgment. In the workplace, its effects can be seen in reduced efficiency and productivity, errors, and accidents. Sometimes the effects can even be deadly, as in the case of drowsy driving fatalities.

-Each week log the number of hours you sleep each night. Share with our group on Facebook if you DID or DIDN'T reach your sleep number goal each night.

-Share your tips for restful sleep in our group.

-Enjoy!

Second Trimester Challenge!

Open to individuals, chapters, or
districts!



**-Join our Facebook
challenge group**

**-Send an email to
ww@mnwt.org notifying me of your challenge
involvement**

-Post weekly in our Facebook group

**Complete these items, and yours, your chapter or
your districts name will go into a drawing during
the Fall State business meeting!**

PRESIDENTIAL SUCCESS BONUSES!

Submit a nomination for the Outstanding Young Adult, Outstanding Person with Developmental Challenges, or Lois M. Christensen Women Who Impact Award. {50 points}

and/or

Sell two boxes of the World's Finest Chocolate OR sell 2 books of Raffle Tickets (\$100) for the MNWT State Ways & Means fundraisers. {50 points }

and/or

Have at least one chapter member attend the MNWT Foundation Retreat. {50 points}

and/or

Sign at least two (2) members the week of October 24-31 for the October IMPACT Monday (October 31). {50 points}

Maximum of 100 Bonus Points



FAST START ALL STARS!

Lori Goutermont-Kathy Kessler
Sue Jammes
Brenda Kennelly
Stephanie Putzier
Mindy Roberts
Stacy Theisen

LPM REPORTS!

Candice Kellerman
Stacy Theisen
Shellie Matthes
Darcy Iserman
Bonnie Marten

Women Veterans Initiative



Mission: To improve the lives and well-being of Women who have served in the military through access and innovative programs and services.

Areas of interest and improvement include:

I. Advocacy

Based on principles of equality and solidarity

Creation and promotion of innovative pilot programs for women veterans

Ensuring the involvement of women veterans in planning on all levels

Working at the state and federal levels in support of the Equal Rights Amendment

Raising awareness of the devastating effects of Military Sexual Trauma {MST}

II. Outreach & Networking

Sister-Assister ~ Would you like a "Battle Buddy" to accompany you to your Minneapolis or St. Cloud VA Medical Center appointments? Sometimes it's comforting to have somebody there with us. We have a group of female volunteers ready to assist you.

Coffee Talk ~ a casual get together for Women Veterans Only. We meet every 3rd Monday from 5-8pm.

III. Wellness

Women oriented programs grounded in a holistic, integrative approach to wellness

Focus on mind, body & spirit

Promote health through education, coaching, self-care and wellness practices

Tap into the body's natural healing capabilities

Involve individuals as empowered partners

Our bylaws and newsletters are available online.



Premature birth is the #1 killer of babies.

But it doesn't have to be. By raising money in March for Babies, you're supporting programs that help moms have healthy, full-term pregnancies, and funding research to find causes and preventions.

We are stronger together

Marching in a team is not only a better way to raise more funds, it also is a wonderful way to celebrate, honor or remember babies with others who care as much as you.

Start your team TODAY!

https://www.marchforbabies.org/Teams?si=&w=&u=&intcmpgn=PRV_MFB_MRQ_DWNLDTLS&PersonId=

Teams in action

Whether this is your first year or your 25th, you'll find that March for Babies is a fun, compelling and rewarding event.

We've been walking since 1970 and have raised an incredible \$2.3 billion to benefit all babies. Now we're excited to have you join thousands of people who share your passion for improving babies' health.



Lets put the FUN in FUNdraising!

Hold a donation based garage sale! You and your chapter members get rid of a TON of unwanted STUFF, and you get to raise money for one of our GREAT causes! Not pricing items makes putting the sale together a SNAP!



Often, when shoppers know that it is a fundraiser they will pay MORE for items then they usually would!



In a penny war, two or more groups compete to win a fundraising competition. Each group has a bucket for collecting coins or dollar bills. The value of any pennies collected by a group count positively toward that group's point total, while the value of other coins or dollar bills are subtracted.

-Consider competing against your pals chapter!

-Districts against Districts!

-Internal vs External!

-Officers vs LPM's!

The possibilities are ENDLESS!!