



Women's Wellness Winter State
CIP
2018-2019

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Hello Districts, Chapters and Local Program Managers:

The focus for Women's Wellness this trimester is to encourage members to form March for Babies teams or volunteer your time at an event near you and to take part in the Healthy Lifestyle challenges. The Wellness Challenges are from our USWT Health and Wellness Program Manager Laura Bentley. It is a great way to focus on your own health and wellness and at the same time show the USWT what we are doing in this area. I will submit any completed challenges to her. See page 5 for more information.

I wanted to share a specific wellness topic this trimester and it is regarding Cancer. I believe that we are all affected by cancer in some way throughout our lives. In previous years, Women's Wellness had promoted the American Cancer Society and I would encourage chapters to look at this program again. There have been some great strides made on the cancer front because of the American Cancer Society. Keep reading for more information. This is my last chapter information packet (CIP) as Women's Wellness and I'd like to thank everyone for their efforts and achievements in this area.

Blessings and Peace ~ Cindy

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IMPORTANT DATES

March planning recommendations	2/17
MNWT Webinar	2/27
March Planning	3/9
Early Bird renewals due	3/15
State Committee Meetings	3/16
Tri III MVP challenge due	3/20
Area 2 Meeting	3/22
Area 1 Meeting	3/23
Area 3 Meeting	4/5
Area 4 Meeting	4/6
CC Award Nominations Due	4/15
National Volunteer Week	4/15-21
"Unstuck" Go-To Discussion	4/17
Year-End Evaluations due	4/26
Membership Monday	4/29
End Trimester III W & M Promotional	4/30
Project of the Tri III nominations due	4/30
Tri III Programming Reports due	4/30
OPM nominations due	4/30
LOTS	5/5
Annual Convention	5/17-19



"These dates are part of the MNWT official calendar that can be located at www.mnwt.org under the events section in a PDF printable format. Please consult the full listing to ensure that other key dates are not missed.



The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality.

The March of Dimes help moms have full-term pregnancies and healthy babies. If something goes wrong, they offer information and comfort to families. They research the problems that threaten our babies and work on preventing them. There is a great amount of information on the March of Dimes website: www.marchofdimes.org/minnesota

Continue your fundraising efforts within your chapters and districts by collecting that spare change or hold a fundraiser specifically going towards the March of Dimes. Remember to complete the trimester report form for donations made and for service hours. Make sure the work you do counts!

Start forming teams today or assist in helping with an event near you. Registration links are now set up, check the website for the event in your area: www.marchofdimes.org/minnesota

2019 March for Babies events, statewide throughout Minnesota:

April 27 Bloomington- Mall of America

May 4 St Cloud

Where to send March of Dimes Donations:

Checks should be written out to **March of Dimes** and submissions can go directly to the St. Cloud office:

1545 Northway Drive, Ste. 140 St. Cloud, 56303

We can then make sure funds are tied to the right donor.

Everyday, find something to be grateful for."

~Victoria Osteen

American Cancer Society Research in Minnesota

The American Cancer Society is currently funding 16 grants in Minnesota totaling more than \$8.5 million.

The Hormel Institute

James Robinson, PhD | \$792,000

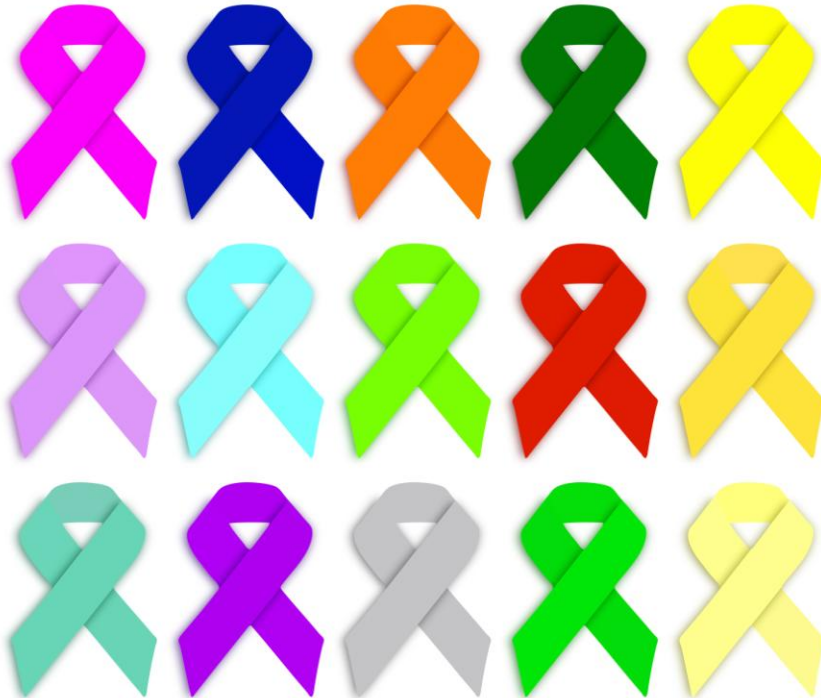
University of Minnesota Medical School

Paolo Provenzano, PhD | \$792,000

Sarah E. Gollust, PhD | \$764,000

Melissa Geller, MD | \$792,000

Zohar Sachs, MD, PhD | \$729,000



Lisa Peterson, PhD | \$360,000

Guisheng Song, PhD | \$792,000

Jennifer Needle, MD | \$136,000

Benjamin Hackel, PhD | \$792,000

Jamie Van Etten, PhD | \$111,500

David Largaespada, PhD | \$400,000

Pinar Karaca-Mandic, PhD | \$756,000

Andrew Nelson, MD, PhD | \$437,000

Danielle Renner, PhD | \$163,500

Craig Eckfeldt, MD, PhD | \$729,000

Winona State University

Lori Ranney, MSN | \$20,000

OUR RESEARCH FUNDING DOLLARS COME FROM YOU.

The American Cancer Society is not an endowed organization that has been underwritten in perpetuity by a single wealthy benefactor, individual, family, or corporation. We are funded primarily from the money we raise each year, mostly by donations from individuals averaging \$50. In 2016, about 16% of total dollars raised went toward cancer research. The majority of the rest of your donations help fund vital patient services and programs

Remember to submit the Programming Transmittal Report!

Is your chapter or district holding events that could include service hours toward Women's Wellness? Has your chapter, district or an individual from your chapter donated and/or plans to walk in the March for Babies? Is your chapter or district collecting spare change to go to the March of Dimes?

Submitting transmittals and LPM reports is how the state learns about the money you raised and the work your chapter and district does on projects and events. We get this information from YOU! Let's work together so we can present President Brenda with a HUGE check from Women's Wellness at Annual Convention in May!

- ◆ The 3rd Trimester programming reports are due **April 30th**.
- ◆ The 3rd Trimester project nominations are due **April 30th**.

For both of these reports look to the right and you can either download the printable form for submission or submit the online form. My email is ww@mnwt.org

- ◆ **I would LOVE to see 10 Women's Wellness programming reports for this trimester. Can we do it ??? I believe we can !**

THANK YOU!!

*To the chapters
that submitted
Transmittals
2nd Trimester!*

*Coon
Rapids*

Duluth

3rd Trimester Challenge

This is an and/or challenge. Can be put in the drawing more than once to win a fantastic basket at Annual Convention.

1. Support the March for Babies Walk. Minimum donation of \$25 to the March of Dimes.
2. Submit a trimester report for donations or with service hours.
3. Complete the healthy lifestyle challenges and submit to me by May 1st.

Minnesota Women of Today
3rd Trimester SUCCESS Bonus Points 2018-2019
Submit a Nomination for a Community Connections Year End Award
(50 points)

and/or

Hold an M Event and Sign 3 New Members for 3rd Trimester
(50 points)

and/or

Reach 85% Retention for 3rd Trimester (50 points)

and/or

Submit a Chapter Article to the NEWSLET (25 points)

and/or

Have 2 Members of your Chapter Attend the February State Wide Webinar
(25 points)

and/or

Donate \$25 or more to the US Women of Today Ways and Means
(25 points)

and/or

Donate \$25 or more to MN Programming Area: Wishes and More
(25 points)

Maximum of 100 Bonus Points

