



Lisa Hahn, Programming Vice President

“Mixing it up with Programming”

First Trimester Newsletter

Has summer flown by as fast for you as it has for me? My goodness, time sure does fly by when you are having fun. I hope you have all had a wonderful summer with lots of special memories that you can look back on and remember with a smile. Now it's time to buckle down with school for some, retirement for some of us !!! yah!!! and back to a normal routine for many others. I hope you've enjoyed the first trimesters SIP's and the Today's Leaders that have been sent out. If you have missed any of those, please let me know and I will email them out to you.

A quick reminder about our Project Library!

PROJECT LIBRARY

Please submit ideas your chapters/states have done into the project library. This is an area on our website where you can go for ideas to get your chapter/state involved in the community! Each time you enter a project submission you will be entered into a drawing for a “Mixing it up Basket” at Mid-Year. Simply send me your submission via email! Please use the form which can be found on the unitedstateswomenoftoday.org

A bit of inspiration to think about:

We have a choice about how we react to each new situation that arises – with Hope or Despair, with Courage or Fear, with Enthusiasm or indifference. It is up to us, each and everyday on how we want to make a “Difference”.

As President John F Kennedy once said, “We should never let our fears hold us back from pursuing hopes.”

Online Resources

The website is a great place to start if you are looking for forms, awards, SIPs, manuals, contact names, and so much more. Please don't hesitate to reach out to myself or any of the staff if you have a question on something. We are here to support you and we want to make this year your best year yet!

SEPTEMBER EMPHASIS MONTH:

US FOUNDERS CHARITIES

WELLNESS & PERSONAL DEVELOPMENT

PUBLIC RELATIONS

A reminder about my 1st trimester challenge:

1. **Send in your Fast Start**
2. **Send in a Community Connections report. Many of you sent in your Fast Start. Please send in a Community Connections report to receive an incentive! THANK YOU !!!!!!!**



United States Women of Today

Project Report Form

The Project Report Library is designed as a way for chapters/districts/states to share projects, events, fundraising ideas, etc. with other United States Women of Today (USWT) chapters. Submitting a one page report on projects that were outstanding can help other chapters, who are often looking for new ideas/projects to keep their chapters energized. Project Report forms are submitted to the United States Women of Today Programming Vice President. To be completed by project chairperson and submitted to USWT Programming VP for Project Report Library, with copy kept by chapter/state/district. **Please fill in chapter/district/state information**

_____ CHAPTER _____ DISTRICT _____ STATE

PROJECT NAME: _____

TYPE OF PROJECT:

- INTERNAL** (membership drives/socials/awards/public relations/personal enrichment)
- WAYS & MEANS** (raise funds to operate state or chapter: monies raised goes into general fund)
- COMMUNITY INVOLVEMENT (FUNDRAISING):** (money raised for another organization or specific community service project)
- COMMUNITY INVOLVEMENT (NON-FUNDRAISING):** (projects run within community for betterment or education)
- CHAPTER PUBLICATIONS:** (includes Plan of Action, chapter/state newsletters, and membership handbooks)

Purpose/Goal of Project: _____

Start Date of Project: _____ How long did it take to complete _____

Description of Project _____

Total number of members needed to complete this project _____

Budget: Income: _____ Expenses: _____

Recommendations &Notes:



Physical Spiritual Social Emotional Financial Intellectual

Shellie Haun, Wellness & Personal Development Program Manager

The Dimensions of Wellness has six areas:

-  Physical
-  Spiritual
-  Social
-  Emotional
-  Financial
-  Intellectual

Each Trimester two Dimensions are highlighted in the WPD SIP with a Focus, Challenge, and Resource.

I hope by now, everyone has had a chance to read both my 1st Trimester SIP and Today's Leader article. How are you doing on the challenges? This trimester focused on the Physical and Spiritual Dimensions of Wellness. Challenges included exercising 3x per week for one month, and spending 15 minutes per day filling your soul. How did you do?

If you plan to attend US Mid-Year Convention, consider participating in the

Impromptu Competition

It's only \$5 per person

No preparation is necessary for this fun event. Each participant will blindly pick a subject to speak on. You're then given 3 minutes to discuss your topic. It's a great way to practice speaking in front of others, increase your confidence, and support others doing the same.

All participants will receive a gift.

Anyone is welcome to join!

No registration required, simply join us Saturday afternoon!

If you want to be recognized and receive an incentive at Mid-Year, get your **Wellness & Personal Development Certifications** submitted by **September 1st**.

If you prefer to use the new form, please print, complete, and return, or you can still use the online form (old form) if that's easier. Both are still being accepted!

<https://www.emailmeform.com/builder/form/5x1jIc4rfbE2vdfd5>

Writing Competition

This Year's Theme is:

"A Moment That Made You Proud of Yourself"

It is held at the USWT Mid-Year Convention in October and costs \$5 to register

Participants do not have to be present to compete!

Essays should be 600-800 words, and must be emailed to

WPD@uswomenoftoday.org

Please complete the registration form:

<https://www.emailmeform.com/builder/form/bsby6YqRn6f4Jdb0>

and mail \$5 fee post marked by September 1, 2024

Make checks payable to USWT, with "writing competition" in the memo line, and mail to:

Shellie Haun, 841 Sage Circle, Lincoln, NE 68520



United States Women of Today
Wellness and Personal Development Program Manager Manual

Wellness and Personal Development Certification

Name _____ Date Joined _____ Date Certified _____

Chapter/State _____ Email _____

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at www.uswomenoftoday.org. You may also mail to your state contact postmarked no later than May 1

- o Have a physical exam
- o Know your numbers (cholesterol, blood pressure, glucose, and body mass index)
- o Have a dental exam
- o Be a registered organ donor
- o Have an eye exam
- o Donate blood/plasma
- o Certify in CPR or First Aid
- o Check your medication, spice or food cabinet for outdated items and dispose of them properly
- o Exercise a minimum of 3 times per week for one month
- o Attend a seminar, health fair, or read an article on a health topic
- o Keep a journal for 30 days logging your diet, time management, mood or exercise
- o Visit a nursing home, hospital or shut in
- o Complete a Speaking competition or Impromptu competition
- o Present a 4 – 6 minutes speech
- o Enter a writing competition
- o Write an article for a chapter, district, state or national newsletter
- o Write an essay or short story with 300 or more words, but less than 500 words
- o Chair a project
- o Participate in a leadership exercise
- o Participate in a team-building exercise
- o Participate in a chapter project
- o Attend a state or United States Women of Today meeting
- o Learn a new craft
- o Learn a new recipe
- o Read a book or listen to an audio book
- o Update your will or review your financials
- o Volunteer in another organization
- o Interview a member of a different generation about changes they have seen in their lifespan
- o Interview someone from a different culture or nation.
- o Hold local, state or national office
- o Other: _____



Dawn Nissen
USWT DVA Program Manager
dva@uswomenoftoday.org

The year is up and running. I hope everyone has liked all the USWT Facebook pages to see all the information coming daily. I will be traveling to the Illinois State meeting at the end of August and the Minnesota Convention in September. October is Domestic Violence Awareness month. Be sure to plan an event and submit your transmittals. I am looking forward to seeing the different ways you are supporting DVA. There are new items for sale in the DVA store. Watch for the next Today's Leader to see what is available.

Purple Thursday. The 3rd Thursday each month wear purple and post your photos on the USWT Programming Facebook page or email me with your name, chapter and state to dva@uswomenoftoday.org. Each time you post your picture, your name will go into a drawing for Mid Year.

Enjoy a word search on Domestic Violence

P	H	P	X	N	Q	D	Z	F	N	X	S	L	F	Y	Abuse
Y	T	D	R	X	D	Q	F	T	X	Q	T	D	H	Q	Assault
G	E	A	O	O	T	H	U	R	S	D	A	Y	V	P	Awareness
R	X	O	I	X	G	B	X	A	U	R	S	F	Z	U	Domestic
P	Q	K	Y	W	T	R	U	N	C	E	A	T	A	R	Emotional
P	H	D	J	W	Z	E	A	S	O	Y	B	A	W	P	Help
V	D	Y	P	R	E	V	F	M	J	T	U	R	A	L	Physical
B	I	O	S	L	C	M	I	I	M	E	S	Z	R	E	Programming
M	J	O	M	I	E	B	O	T	H	I	E	M	E	A	Purple
W	H	S	L	E	C	Y	U	T	V	A	N	G	N	S	Sexual
H	E	E	T	E	S	A	A	A	I	G	C	G	E	S	Thursday
I	L	X	Y	C	N	T	L	L	Q	O	P	Z	S	A	Transmittal
T	P	U	L	Y	I	C	I	F	F	T	N	D	S	U	Violence
F	F	A	S	O	Q	C	E	C	G	F	C	A	I	L	
B	E	L	Z	U	K	I	B	O	W	Q	X	W	L	T	