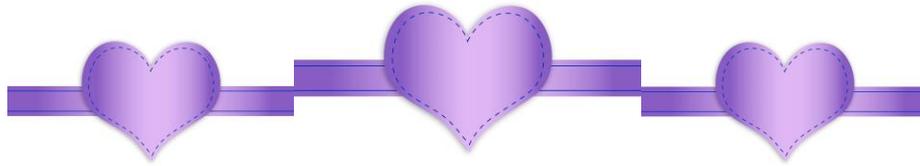


# HEARTBEAT

Newsletter of the Heartland Women of Today

December 2017



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Hello members,

I want to thank Hillary Zweibohmer so much for leading our Meeting for December. I haven't heard anything about how Salvation Bell ringing went. Please send pictures of our project so I can put on the face-book and we can also put pictures on our website. Speaking of the website please send Angela Pictures.

Also in our newsletter will be information of our Holiday Party which is January 19-21 at Platte River State Park. I'm looking forward seeing many members.

Second Trimester has ended and we are well into our last trimester of the year. I would like everyone to think about what fund raisers, or projects they would like to do. In the past we have had a Valentine social and wondering if we would like to do that this February? Please bring your ideas to our January Meeting.

Please join me in welcoming Dina Bellamy to our chapter; we look forward to getting to know her better.

I would also like to wish everyone a Merry Christmas and A Happy New Year. Our meeting will be On January 8<sup>th</sup>, due to New Year's Day.

See you next year

Cindy



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**CHAPLAIN**

Hi Everyone,

This is the time of year when we are so busy getting ready for Christmas! Please take time to remember those who have lost family members this year, it will be a tough holiday for them and their families. I hope everyone has a good Christmas and I look forward to our new year and what's ahead for our chapter! Here is a quote about Christmas:

"Peace on earth will come to stay when we live Christmas every day."  
Helen Stiener Rice.

Merry Christmas and Happy New Year to all my Heartland friends!!

Linda

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**VICE PRESIDENT**

Hi Heartland Ladies,

We had a great meeting on last week! I want to give a warm welcome to our new member, Dina Bellamy. I hope that you find as much fulfillment or more with these wonderful ladies as I have! We have a lot of stuff coming up, so make sure you keep your calendars handy for the upcoming events. Remember that we are going to meet on January 8<sup>th</sup> due to the New Year Holiday falling on Monday the week before. I hope to see you all then, so we can finalize our plans for the holiday party. Until then....

Merry Christmas and Happy New Year!!!!  
Hillari

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**PROGRAMMING**

Thanks to everyone for your cooperation in helping me in my role as Programming Chair to track the chapter's efforts for each project. We have accumulated the following data for the last few months:

**October**

Angela, Maxine and Nicolette were the members who donated items for Women of Today week collection for the Women

Center for Advancement. The estimated value of donated items amounts to \$267.00.

**November**

Chapter members, Maxine, Kelley, Linda, Sandy and Nicolette, participated in the Salvation Army bell ringing project at Nebraska Furniture Mart on Wednesday, November 29. Between driving to the effort and ringing bells, members contributed 11 hours to the effort. In kind donation of \$58.54 was estimated for the effort for members to drive to and from the event.

Family week was celebrated the week of November 19 through the 25. The schedule created by Maxine, the chair for the event, was circulated during December's meeting in order for members to identify their participation. At least two members recorded participation in each event signifying 100% Chapter participation in Family Week. More than seven members participated in events identified for four days of that week. Great job everyone in demonstrating importance of Family week by your participation.

**December**

Chapter members, Kelley, Sandy, Susan and Nicolette made Food Bank donations at December meeting. Items donated included canned vegetables, canned tuna, canned soup, peanut butter, snack bags, oatmeal, pasta, and cereal. Thank you to Julie for organizing, collecting and delivering the food items to the Omaha Food Bank. Total value of food donated was \$80.76.

**Aid to Foster Children**

The donations collected at monthly meetings for the Pennies from Heaven effort for April thru November of 2017 amounts to \$54.13. \$21.05 is the collection for 2<sup>nd</sup> trimester.

**Certifications**

A thirteen individual member Certifications were submitted to Shelli Hahn with NWOT on November 22. Angela, Cindy, Hillari, Linda and Nicolette have completed certifications, which include Chaplain, Health and Wellness, Personal Development and Effective Speaking. Chapter forms detailing efforts in Domestic Violence

Awareness and Friendship Day were also submitted.

During the January 8 meeting we will pass the notebook to attending members to complete forms for various certifications, which include chaplain certification, government affairs, women in general, health and wellness, personal development, effective speaking and effective writing. Please e-mail me if you need a blank form or if you would like to know your status.

A Community Connections Report was submitted for the second trimester. We identified a total of EIGHT projects that the Chapter participated in this past trimester. Hurrah for Heartland!

**Future projects**

Please remember to record the time spent preparing and performing an activity, miles

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driven to and from the event as well as any of your own funds spent.

Thank you,  
Nicolette

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**EDITOR**

Ladies,

It's so hard to believe that Christmas is in 2 weeks! Thank you to the officers who submitted articles. Welcome to Dena Bellamy we look forward to getting to know you.

Wishing you a Merry Christmas and Happy New Year!

Angela



**SECRETARY**

Thank you, Susan, for taking the minutes at the November Meeting.  
Angela Moody

Heartland Women of Today  
Minutes of the General Membership  
December 4, 2017  
Bank of the West

The meeting was called to order by Vice President Hillari Zweibohmer at 6:34 pm. The Pledge of Allegiance was led by Susan Barnes. We had one guest Dena Bellamy.

The roll call question was "What is your favorite thing about Christmas?"

Members present were; Linda Lenser, Kelley Rosburg, Sandy Rowland, Nicolette Amundson, Hillari Zweibohmer, Janet Behrends, Angela Moody, Julie Fogleman and Susan Barnes. Not present Cindy Urlacher, Maxine Turner, Diana Rodriguez and Joyce Harpster

Linda gave the Chaplains Thought, several Christmas Quotes.

Additions to the Agenda – Under New Business the January Meeting and under Unfinished Business Effective Writing Challenge

Minutes from the November, 2017 meeting were approved as printed in the Heartbeat.

No Correspondence

Treasurer's report was passed out. Our ending balance is \$2277.73. No bills at this time.

Pennies will be collected next month.

Hillari reported that 2<sup>nd</sup> trimester dues were sent in and that there is a large number of members due 3<sup>rd</sup> trimester but does not have the dues billing yet.

Nicolette reported that many certification forms were sent to the state officers, she also passed around the Family Week Schedule to have members mark what activities they participated in and will pass it on to Maxine.

#### UNFINISHED BUSINESS

Linda reported that 5 members participated in the Salvation Army Bell ringing. It went well with just a little confusion about which door we were at to ring bells. Once she gets a total she will report.

Julie reported that Maxine and Cindy got items for the Angel Tree and turned in bills. \$50 will be reimbursed to Maxine which was in the approved budget.

Linda encouraged members to do the State Effective Writing Challenge the details were in the November Heartbeat or on the Nebraska WT Website.

#### NEW BUSINESS

Julie and Angela reported on the plans for the Holiday Party. A sign-up sheet for food was passed around. Members are also asked to bring snack and beverages. We will have a board meeting on Saturday afternoon time TBA. We will have a White Elephant sale again this year (wrap items with a \*hint\* of what it is and it will be auctioned off still wrapped) the proceeds will go to Aid to Foster Children. Members are asked to email Cindy if you'll be at the board meeting.

Hillari reported that Cindy wanted the members to pick a day in January to work on Project Folders however members decided to have Cindy pick 3 possible dates and we can choose the best day at the January meeting.

The January meeting will be moved to the second Monday (January 8<sup>th</sup>) due to the New Year's Day falling on the first Monday.

Deadline for the Heartbeat will be December 11<sup>th</sup>

The hostess for the January meeting will be Sandy

Meeting was adjourned at 7:14

Respectfully Submitted by

Angela Moody

HWT Secretary

Dena Bellamy joined after the meeting!



# 2018 Heartland Christmas Party

Platte River State Park

January 19-20

## EVERYONE BRING

Sweet and/or Salty snacks

Your own drinks (Hard and soft)

Games

Friday Night	BYO food/snacks	
Saturday	Bagels/Muffins	Janet (possibly)
	Lunch	
	Chili Soup	Cindy
	Cinnamon Rolls	Linda
	Crackers/Cheese	Nicolette
	Dinner	
	Turkey Breast	Angela
	Cranberry Sauce	Angela
	Mashed Potatoes/Gravy	Kelley
	Corn	Sandy
	Green Beans	Hillari
	Rolls/Butter	Janet
Sunday	Breakfast	
	Casserole	Sandy
Extras		
Salt and Pepper		Angela
Orange Juice		Nicolette
Fruit, (i.e.; apples, cuties, bananas etc.)		Linda
Raw Veggie Tray		Hillari
Coffee		Angela
Cream and Sugar		Angela
Kitchen supplies		Julie and Angela
Firewood		-----



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 HWT Meeting	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas Day	26	27	28	29	30
31						



# JANUARY

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8 HWT Meeting	9	10	11	12	13
14	15	16	17	18	19 Christmas Party @ Platte River State Park	20 Christmas Party @ Platte River State Park
21	22	23	24	25	26	27
28	29	30	31			



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5 HWT Meeting	6	7	8	9	10
11	12	13	14 St. Valentine's Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## 5 Ways Giving Is Good for You

Holiday shopping can be terrifying, yes. But research suggests it's worth it: New studies attest to the benefits of giving—not just for the recipients but for the givers' health and happiness, and for the strength of entire communities.

Of course, you don't have to shop to reap the benefits of giving. Research suggests the same benefits come from donating to charities or volunteering your time, like at a soup kitchen or a homeless shelter. Here are some of the ways that giving is good for you and your community



1. Giving makes us feel happy. A 2008 study by Harvard Business School professor Michael Norton and colleagues found that giving money to someone else lifted participants' happiness more than spending it on themselves (despite participants' prediction that spending on themselves would make them happier).

These good feelings are reflected in our biology. In a 2006 study, Jorge Moll and colleagues at the National Institutes of Health found that when people give to charities, it activates regions of the brain associated with pleasure, social connection, and trust, creating a "warm glow" effect. Scientists also believe that altruistic behavior releases endorphins in the brain, producing the positive feeling known as the "helper's high."

2. Giving is good for our health. A wide range of research has linked different forms of generosity to better health, even among the sick and elderly. In his book *Why Good Things Happen to Good People*, Stephen Post, reports that giving to others has been shown to increase health benefits in people with chronic illness, including HIV and multiple sclerosis.

A 1999 study led by Doug Oman of the University of California, Berkeley, found that elderly people who volunteered for two or more organizations were 44 percent less likely to die over a five-year period than were non-volunteers, even after controlling for their age, exercise habits, general health, and negative health habits like smoking. Stephanie Brown of the University of Michigan saw similar results in a 2003 study on elderly couples. She and her colleagues found that those individuals who provided practical help to friends, relatives, or neighbors, or gave emotional support to their spouses, had a lower risk of dying over a five-year period than those who didn't. Interestingly, receiving help wasn't linked to a reduced death risk.

Researchers suggest that one reason giving may improve physical health and longevity is that it helps decrease stress, which is associated with a variety of health problems. In a 2006 study by Rachel Piferi of Johns Hopkins University and Kathleen Lawler of the University of Tennessee, people who provided social support to others had lower blood pressure than participants who didn't, suggesting a direct physiological benefit to those who give of themselves.

3. Giving promotes cooperation and social connection. When you give, you're more likely to get back: Several studies, including work by sociologists Brent Simpson and Robb Willer, have suggested that when you give to others, your generosity is likely to be rewarded by others down the line—sometimes by the person you gave to, sometimes by someone else.

These exchanges promote a sense of trust and cooperation that strengthens our ties to others—and research has shown that having positive social interactions is central to good mental and physical health. As researcher John Cacioppo writes in his book *Loneliness: Human Nature and the Need for Social*

*Connection*, “The more extensive the reciprocal altruism born of social connection . . . the greater the advance toward health, wealth, and happiness.”

What’s more, when we give to others, we don’t only make them feel closer to us; we also feel closer to them. “Being kind and generous leads you to perceive others more positively and more charitably,” writes Lyubomirsky in her book *The How of Happiness*, and this “fosters a heightened sense of interdependence and cooperation in your social community.”

4. Giving evokes gratitude. Whether you’re on the giving or receiving end of a gift, that gift can elicit feelings of gratitude—it can be a way of expressing gratitude or instilling gratitude in the recipient. And research has found that gratitude is integral to happiness, health, and social bonds.

Robert Emmons and Michael McCullough, co-directors of the Research Project on Gratitude and Thankfulness, found that teaching college students to “count their blessings” and cultivate gratitude caused them to exercise more, be more optimistic, and feel better about their lives overall. A recent study led by Nathaniel Lambert at Florida State University found that expressing gratitude to a close friend or romantic partner strengthens our sense of connection to that person.

Barbara Fredrickson, a pioneering happiness researcher, suggests that cultivating gratitude in everyday life is one of the keys to increasing personal happiness. “When you express your gratitude in words or actions, you not only boost your own positivity but [other people’s] as well,” she writes in her book *Positivity*. “And in the process you reinforce their kindness and strengthen your bond to one another.”

5. Giving is contagious. When we give, we don’t only help the immediate recipient of our gift. We also spur a ripple effect of generosity through our community.

A study by James Fowler of the University of California, San Diego, and Nicholas Christakis of Harvard, published in the *Proceedings of the National Academy of Science*, shows that when one person behaves generously, it inspires observers to behave generously later, toward different people. In fact, the researchers found that altruism could spread by three degrees—from person to person to person to person. “As a result,” they write, “each person in a network can influence dozens or even hundreds of people, some of whom he or she does not know and has not met.”

Giving has also been linked to the release of oxytocin, a hormone (also released during sex and breast feeding) that induces feelings of warmth, euphoria, and connection to others. In laboratory studies, Paul Zak, the director of the Center for Neuroeconomics Studies at Claremont Graduate University, has found that a dose of oxytocin will cause people to give more generously and to feel more empathy towards others, with “symptoms” lasting up to two hours. And those people on an “oxytocin high” can potentially jumpstart a “virtuous circle, where one person’s generous behavior triggers another’s,” says Zak.

So whether you buy gifts, volunteer your time, or donate money to charity this holiday season, your giving is much more than just a year-end chore. It may help you build stronger social connections and even jumpstart a cascade of generosity through your community. And don’t be surprised if you find yourself benefiting from a big dose of happiness in the process.

