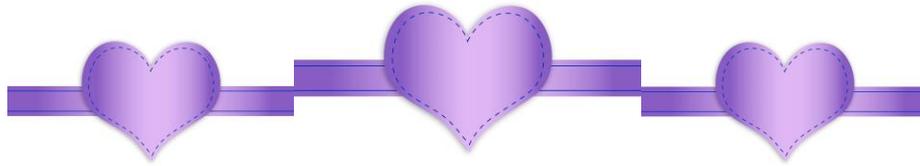


# HEARTBEAT

Newsletter of the Heartland Women of Today

December 2018



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Hello Members,

I want to thank Linda and Nicolette for setting up our projects for December. We had a very good turnout for both of our projects. I am so very proud of our chapter. I also want to thank Angela for selecting our Adopt a Family and I am looking forward meeting our family. I really like this time of year, it's not just the gifts it's what you can do for someone in need. Have A Merry Christmas and a prosperous New Year.

Cindy



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**CHAPLAIN**

Hi Everyone,

I wanted to thank those who were able to help with the Salvation Army bell ringing, it's always a fun event and we got to stay warm while ringing! Here is a message for Christmas:

Here's wishing you a blessed Christmas and happy New Year! May you and your family cherish the memories of love, care and hope. May you live life in joy and peace. Merry Christmas to all my Heartland friends!!

Linda

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**PROGRAMMING**

**Food Bank of the Heartland**

We have been planning on HWOT volunteering at the Food Bank on morning of Saturday, February 9, 2019. Though the February calendar is not available on their website yet it does appear that the group sign-up has been completely filled for February 9 morning by "First Lutheran". We may need to think about another date. I will update members at the January meeting.

We did have a collection of food for the Food Bank at the November meeting. Thanks to Angela, Linda, Nicolette and Cindy for bringing donations and Linda for taking charge of this project. Items donated included Ramen noodles, canned soup, canned pork and beans, boxes of mac and cheese, Hamburger helper, oatmeal and cans of spaghetti. Fifty-four pounds of food items were delivered to the Omaha Food Bank.

Total value of food donated was \$60.70. We also had 5 hours of services with 25 miles driven to support the project (with mileage value of in kind donation increases to \$75.15!).

**Panera Fundraising**

The fundraising event will occur next year. The location will be at the Panera at 132<sup>nd</sup> and Maple (13410 West Maple Road) because it has a meeting room. Susan has generously offered to help set-up the event on Panera's website. The fundraiser will occur either on the February meeting date or the March meeting date for Heartland Women of Today whichever is available. Details will be updated at the January meeting.

**Certifications**

Just a quick reminder to please complete your certification forms when you have performed the tasks. Thank you.

**November-Family Week**

Due to everyone's hectic schedule, responses did not make it in time to submit participation in Family Week on the Community Connections report. However, we had plenty of other activities for the second trimester to complete the form and submit by December 1, 2018 deadline. We circulated a sheet to record participation during Family Week on December 3 at the Heartland monthly meeting. We realized member participation for activity on each day of Family Week with approximately 50% or more of members participating on 4 days of that week.

**December-Open Door Mission**

Thanks to Cindy, Sandy and Kelley for volunteering with me at Open Door Mission on Saturday morning. We worked at the Toy Store off North 23rd Street. We had fun walking family members through the store

picking out toys for their children to celebrate Christmas. There were bags of books, stocking stuffers, game, puzzles and an amazing array of toys for the parents to chose from.



Our Chapter has also volunteered to work next Saturday morning on December 15, 2018. Right now we have Linda, Hillari and Janet joining us for the fun. (Sandy had so much fun she may join us too if she has time.) Location has **changed** again and the Open Door Mission has asked us to work at the **Timberlake Outreach Center** that Saturday. Details are as follows:

**1.** Please come to Open Door Mission's **Timberlake Outreach Center, 2107 E Locust St.** Omaha, NE 68110. We are registered for the Dec. 15 Saturday morning at 8:30 AM to works as "Holiday Store Attendant".



**2.** Drive north on Abbott Drive and turn right on East Locust. You continue past Lydia House to the Timberlake Outreach Center. Timberlake Outreach is the older building and has a large sign "Timberlake Outreach Center,"

- 3. There is parking at this building.
- 4. Children can participate as long as they are with an adult.
- 5. You will be working in a warehouse environment but it is heated. It is set-up to feel as much like a traditional shopping experience as possible. On Saturday they were opening the overhead doors frequently so you should expect some drafts.
- 6. Work will be dusty, as you will be emptying boxes; sorting items and stocking shelves so dress appropriately (i.e. not your Sunday best). It would be great if you are able to wear HWOT purple shirts!!
- 7. You need to wear closed toe shoes.
- 8. There will be a secure space available where your belongings can be locked up while you work.
- 9. Enter at the front door. If there is a line you can go to the front of the line. I will plan on meeting you at the front door.

Please let me know if you have any questions or your availability has changed. Thanks again to everyone for volunteering.

Nicolette

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**EDITOR**

Ladies,

It's so hard to believe we are closing out another year. But we still have a lot of time in our WT year. I hope everyone has a safe and Merry Christmas and I look forward to seeing you all in the new year.

This newsletter will also be on our website [www.heartlandwt.org](http://www.heartlandwt.org)

Angela

*Merry Christmas*



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**SECRETARY**

Thank you Susan for taking the minutes this month for me!

Angela Moody

**HEARTLAND WOMEN OF TODAY  
GENERAL MEMBERSHIP MEETING  
December 3, 2018  
BANK OF THE WEST**

**The meeting was called to order** at 6:32 pm by President Cindy Urlacher.

**Pledge of Allegiance** was led by Nicolette Amundson

There were no guests present

**Roll Call:** “What’s your favorite holiday, why, and give a memory of that holiday” (This counted as an impromptu for Effective Speaking)

**Members present:** Cindy Urlacher, Susan Barnes, Janet Behrends, Hillari Zweibohmer, Nicolette Amundson, Linda Lenser, Julie Fogleman, and Sandy Rowland.

**Members absent:** Joyce Harpster, Diana Rodriguez, Angela Moody, Kelley Rosburg, Maxine Turner

**Additions to the Agenda:** add Panera Fundraiser under December

**Secretary’s Report** (Susan Barnes, acting Secretary): November 2018 general membership minutes were approved as printed in the newsletter: Correspondence from Heartland Food Bank – thanking for donations and reporting we gave 54 lbs. of items

**Treasurer’s Report** (Sandy Rowland): Pizza Ranch tips will be split between the Open Door Mission and Aid to Foster Children; \$145.31 was deposited from the Pizza Ranch 10% profits: Pennies From Heaven were collected. Bills presented: Julie Fogleman presented a bill for \$185.65 for the cabin reservation for the Holiday Party in January.

**Vice President’s Report** (Hillari Zweibohmer) – Hillari did not receive a dues billing from State officer Laura Wachter. Laura stated they went out in September but Hillari did not receive. Went ahead and sent Janet Behrends’s dues to Laura without the paperwork

**Today’s Youth:** Maxine Turner – no report

**Programming:** Nicolette Amundson – passed around a sheet for members to list what they did for Family Week. Also sent around the Community Report for everyone to see what Nicolette sent in to state. She also submitted an educational and fundraiser paperwork to the appropriate person for Domestic Violence Awareness.

**Chairman of the Board** (Susan Barnes) – elections are coming up. Let Susan know if interested in any particular position. A list will be compiled and sent out of those eligible for each position. At the February meeting we will have nominations, March meeting will be elections and installation.

President Cindy is trying something new; instead of having unfinished and new business, the meeting was conducted by the calendar (December & January)

## **DECEMBER**

1. **Salvation Army Bell Ringing** – December 5, 6:00 pm – 8:00 pm
  - a. Nebraska Furniture Mart: west side of electronics building (6:00 – 7:00 Nicolette Amundson, Maxine Turner, Linda Lenser) (7:00 – 8:00 Nicolette Amundson, Sandy Rowland, Cindy Urlacher)
2. **Open Door Mission Toy Bagging** (December 8 & 15): 8:30 am both days at the Timber Lake Outreach Center (12/8 Kelley Rosburg, Cindy Urlacher, Sandy Rowland, Nicolette Amundson) (12/15 Linda Lenser, Hillari Zweibohmer, Janet Behrends)
3. **Adopt-a-Family**: Angela Moody received a 3-member family from STAR 104.5. 1 female parent (45 yrs) 2 children (1-4 yr boy, 1-2yr girl). Let Angela know if you would like to help shop, wrap and/or deliver gifts. The gifts are to be for the kids or family. Angela would like to purchase a gift for the mother too. Budget is \$90 total.
4. **Panera Fundraiser** – Nicolette forwarded the paperwork to Susan to be sent to Panera as soon as a date is decided. Prefer a meeting night to maximize use, Nicolette will check to see if February 4<sup>th</sup> or March 4<sup>th</sup> is available at the Panera at 132<sup>nd</sup> & Maple

## **January**

1. **Holiday Party** – January 25-26 at Platte River State Park; Julie passed around a food sign-up sheet – will be placed in the newsletter. There will be a white elephant auction again this year, proceeds will go the Holiday Party the following year to help offset individual costs.
2. **Board Meeting** – will be held at Platte River State Park in the afternoon of January 26. If cannot be in attendance, email report to Cindy Urlacher prior to January 26.
3. **Effective Writing/Effective Speaking** – for the January 7<sup>th</sup> meeting, write or prepare to speak on “What Floats Your Boat”

## **A look ahead**

1. Food Bank – Nicolette requested February 9<sup>th</sup> to help at the Food Bank with the backpack program and meat packing. She is still waiting for a response.

## **MONTHLY NOTICES**

1. Newsletter Deadline: to Angela Moody by Monday, December 10
2. Hostess: January meeting, Julie Fogleman (if she cannot attend she will drop off treat before the meeting)
3. Good & Welfare
4. Official adjournment: 7:30 pm

Submitted by Acting Secretary  
Susan Barnes



2018

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

# JANUARY



2019

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



2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Ground Hog Day
3	4 HWT Meeting	5	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		

# **WOMEN IN GENERAL PROGRAMS**

## **Seasonal Affective Disorder Definition**

**Seasonal Affective Disorder (SAD) is a type of depression caused by the change in seasons.** It manifests itself in many ways and has wide range and degree of symptoms.

These symptoms can differ from winter to winter, but are consistently associated with seasonal mood changes. **SAD symptoms include:**

- Oversleeping
- Sleepiness during the daylight hours
- Low energy
- Trouble concentrating
- Low to no motivation to exercise
- Carbohydrate cravings
- Weight gain
- Withdrawal from social situations
- A down, depressed mood during specific months

**Once you are aware of the symptoms of SAD, then you want to assess whether your symptoms are mild or severe.** More severe symptoms are often an indicator of SAD while mild symptoms are often indicative of winter blues, a milder form of seasonal depression. A clinical resource such as Dr. Norman Rosenthal's book, Winter Blues, can help you assess to what degree you are experiencing seasonal mood changes and if you should seek the advice of a medical professional.

### The Power of Light for Seasonal Affective Disorder

**Production of serotonin (a.k.a. "The Happiness Hormone") is triggered by bright light like sunlight in the summer.** Serotonin helps calm the brain's response to stress and boosts overall feelings of happiness. This is why people tend to feel happier and more energetic on a bright, sunny day.

Serotonin has widespread effects on our mood and behavior, so when we are deprived of light, our mood, energy and sleep falter. Light deprivation and its symptoms - experienced by many due to climate or lifestyle - is a result of our body's biological response to the lack of light.

### SAD Light Therapy and Vitamin D

Many doctors recommend the use of day-light therapy lamps as the first step in treatment for people suffering symptoms of the 'winter blues'. Seasonal affective disorder, or SAD, occurs in many people during autumn and winter as exposure to natural daylight is decreased.

When the human body is deprived of too much **natural sunlight**, it can go through a range of hormonal changes. For example, we need a certain amount of vitamin D from the sun in order to keep our bodies functioning at optimal levels. Likewise, exposure to sunlight also helps the brain to produce serotonin, which is the body's natural feel-good hormone.

### The Role of Vitamin D in the Body

Research has shown that patients suffering from **Seasonal Affective Disorder** tend to have low levels of vitamin D within the body. It's possible to gain some vitamin D from a range of different foods, including egg yolks, fish such as sardines or tuna, or in fish liver oils.

However, your body is capable of producing vitamin D on its own after some exposure to sunlight. It's only when you aren't getting enough sunlight that you're likely to experience symptoms associated with vitamin D deficiency.

Vitamin D is absolutely essential for maintaining strong, healthy bones and reducing the risk of developing osteoarthritis. However, a vitamin D deficiency can also be associated with a range of other health problems. Some of the more common symptoms include depression, anxiety, allergies and glucose intolerance.

Research shows that receptors within your brain can be affected when there are low vitamin D levels in the bloodstream, making it more difficult for your body to produce serotonin. The result is an increase in depression symptoms. In fact, studies have also shown that people with low vitamin D levels within the blood stream may have an increased risk of developing some very serious health conditions, including type 2 Diabetes, high blood pressure, cardiovascular disease and asthma.

A lot of doctors also recommend SAD light boxes for therapeutic purposes. Exposure to light from a SAD light box is known as phototherapy. The lights used are specially designed to filter out most of the UV light, so you aren't at any risk of eye or skin damage.

Bright light sun lamp therapy has been shown in numerous studies to be of great benefit in treating symptoms Seasonal Affective Disorder. As a bonus, many patients also report a much better quality of sleep, along with a noticeable reduction in depression symptoms.