

HEARTBEAT

Newsletter of the Heartland Women of Today

September 2017



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Hello Members,

Women of Today Week is around the corner and the schedule is attached. Angela and Susan have worked hard on fun activities. Please bring a prospective member to our spa night. It's going to be lots of fun. Please let Susan know if you are going to bring a guest that night.

We have a few projects in line for October. Julie sent an email out for our Make a Difference Day in October to help out at food bank on October 28th. Julie needs to know if you can help out by September 21st.

For our October meeting we are going to work on project reports, so please bring substantial material for the reports. So if you chaired the pizza ranch we need pictures and information etc. etc. to fill out a book. This will help the next chairman on how to run this project.

There have been so many catastrophe's this year so Susan is looking into a program called Save the Children and will bring more information to the October meeting.

Holidays are upon us and we need some ideas of what our chapter would like to do during the holidays. Please bring ideas to the October meeting.

Cindy Urlacher



The best way to
find yourself is
to lose yourself
in the service
of others.
-Mahatma Gandhi



www.ntfb.org/volunteer

CHAPLAIN

Hi Everyone,

I hope everyone is continuing to keep all the people affected by the natural disasters in your thoughts and prayers. There doesn't seem to be an end to them lately. We are so fortunate to not be affected here in Omaha. Keep thinking of what we can do to help, we can do so much if we work together! See you all next week!

Linda

PROGRAMMING

Thanks again to everyone for assistance in tracking the chapter's efforts this trimester. So far we have accomplished the following:

August

I have not received any information on events for this month.

September

The chapter members collected donations for the Food Bank at the monthly meeting. Food donations consisting of soup, canned vegetables, popcorn, salmon, etc that was collected was valued at \$65.94. We extend our gratitude to Cindy, Susan, Linda, and Angela who provided food donations for this quarter. And to Julie who collects the food donations and transports them to the food bank.

October

The chapter members will be collecting donations for Career Closet for the October meeting. Please keep a list of items you donate and an approximate value if possible.

Certifications

During September meeting we passed 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. Last trimester we have submitted completed certifications from Susan and Hillari, thank you. Once you have completed a

certification please let me know so we can get it submitted for recognition.

Future projects

Tracking project data will help our group realize our goals and help develop future plans of action. Being able to demonstrate our successes will enhance our ability to meet our objective of recruiting new members. Please remember to record the time spent preparing and performing an activity, miles driven to and from the event as well as any of your own funds spent.

Thank you,
Nicolette

TODAY'S YOUTH



My newsletter article this month is a two part feature.

My **first feature** pertains to Halloween Safety since this is fast approaching, as I know children are starting to think about what they would like for a costume, so please go over Halloween Safety tips with your little ones.

Halloween Safety



Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

Hard Facts

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

Top Tips

1. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Since masks can sometimes obstruct a child's vision, try non-toxic face paint and makeup whenever possible.
2. Have kids use glow sticks or flashlights to help them see and be seen by drivers.

3. Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
4. Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.
5. When selecting a costume make sure it is the right size to prevent trips and falls.



Now, my **second feature** deals with Goal Setting, this section will count for your child's Personal Building Goal Setting.

How to Help Your Child Set and Reach Goals

My granddaughter has big dreams with her Cross Country and her dancing. More than anything, she wants to be like her brother and become a member of the Fremont High Varsity Cross Country team. You see, she is only in Middle School, but she does realize that this is a very long-term goal. This is not the kind of goal that can be reached in one year, and she is the only one who can make this dream a reality. One of the benefits of such a long-term goal is that it helps her learn to set appropriate benchmarks. Each year brings a new sub-goal along the path to champion.

The other benefit of setting long-term goals is that it helps kids build resilience and cope with setbacks. Sometimes my granddaughter finds herself on a roll — moving though the level quickly. Other times, she faces failure and has to figure out what to change. Teaching kids to establish and work toward goals has many benefits.

- Responsibility: Success or failure depends on what they put into it.
- Time management: Kids learn how to manage their time to meet their goals.
- Self Confidence: Nothing beats the feeling of meeting your own goal.
- Resilience: Kids learn to cope with the small setbacks that might stand in their way.
- Perseverance: They learn to keep trying and rework their steps until they meet their goals.

Per Katie Hurley - Parents often approach her with concerns that their kids don't have any real goals or passions, or that they just "don't apply themselves". More often than not, this lack of inner drive results

from parents establishing the goals for the kids or parents pushing too hard.

With that in mind, below is your six-step guide to helping your kids set and reach their goals this year.

1. Confront unrealistic goals. Sometimes kids choose goals so big or so out of their element that it's nearly impossible to meet them. Katie stated that when her daughter first set her goal of becoming a champion, they had a long talk about the difference between long-term and short-term goals.

If your cat-allergic child sets a goal of getting a cat, it's time to have a reality check. If your little basketball player identifies the NBA as his goal, help him set a more attainable and age-appropriate version of the goal for this year.

Encourage your kids to choose goals that are realistic. Whatever the goal your child sets, be sure that your child came up with the goal. If you want your child to follow through, the goal has to have meaning to your child.

2. Choose just-out-of-reach goals. Everyone enjoys feeling successful after meeting a goal. That's natural. Sometimes kids stay well within their comfort zone in an effort to ensure success. The great thing about setting goals is that we learn to reach. We strive for something new. We might not meet a goal in the time allotted, but we might get very close. There's value in trying. We have to teach kids to try.

Encourage your kids to choose goals that are attainable but also just out of reach. In doing so, they learn to push themselves to meet a new challenge versus hiding out in the comfort zone.

3. Set specific goals. A good goal is a specific goal. Kids love to generalize when it comes to setting goals. They might say things like, "I want to be the best basketball player on my team." But what does that mean? How can that be measured?

Ask your child to brainstorm more specific goals that can actually be measured ("I want to score two baskets each game," for example).

4. Break it down. One of the reasons that goals and resolutions can be so hard to keep is that often they feel huge and it's hard to know where to begin. Teach your kids to break their goals into smaller, manageable steps. My granddaughter, for example, is focusing on moving up a level in one meet at a time.

That gives her a focus within the goal, and she knows where to begin and what she needs to do to reach it.

5. Set up checkpoints. I often encourage kids to use a poster board to map out their goals. On the top of the poster, they write the main goal for the year.

Underneath, they write the steps they can take along the way to reach the goal. With a visual aid in place, they can check in on their goals monthly (or weekly) and check off steps as they accomplish them.

It's important to encourage your child to establish his own checkpoint system. Some kids like to review their goals every week, while others prefer longer periods of time to work on the steps. For kids to learn to set and meet their own goals, they need to develop systems that actually work for them.

6. Make it a family plan. When families make goal setting a family effort, they learn to support each other. This fosters a family environment based on cooperation instead of one grounded in competition. It also reinforces the fact that although all people are individuals with their own unique interests, we can all work together and provide support and help when needed. It also adds some family fun to the process of learning to set and meet goals!

This article is taken from a website that featured Katie Hurley.
About Katie Hurley, LCSW



Katie Hurley, LCSW is a child and adolescent psychotherapist and parenting educator in Los Angeles, CA and the author of The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World (Tarcher/Penguin 2015).

Be sure to let me know at the October meeting if you sat down with your child and went through the Goal Setting and Halloween Safety features.

Maxine

EDITOR

Ladies,

Thank you to the officers who sent articles. It's so much easier to put together a newsletter with input from everyone! Make sure you read the article Maxine wrote even if you don't have kids or grandkids because it can be helpful to all of us when working on goals and driving on Halloween! Looking forward to Women of Today Week where we can spend the week **CELEBRATING** our wonderful organization!

Thanks
Angela



SECRETARY
Angela Moody

Heartland Women of Today
Minutes of the General Membership
August 7, 2017
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:32 pm. The Pledge of Allegiance was led by Angela Moody. There were no guests. The roll call question was "Where were you when you heard about the 9/11 Attack? Members present were Susan Barnes, Maxine Turner, Linda Lenser, Nicolette Amundson, Sandy Rowland, Julie Fogleman, Angela Moody and Cindy Urlacher. Not present Hillari Zweibohmer, Janet Behrends, Diana Rodriguez, Kelley Rosburg and Joyce Harpster. Linda gave the Chaplains Thought by April Aragam from Words every Woman should remember, a poem about reaching out to disaster victims. Additions to the agenda was number 4 Food Bank under Unfinished Business Minutes from the August, 2017 meeting were approved as printed in the Heartbeat. Correspondence was from Ronald McDonald House pop tabs was read. Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,257.03 Pennies were collected for Aid to Foster Children. Hillari sent a reported that we should start a list of prospective members and to keep recruiting.

Maxine asked members to report to her any participation in Kids Week participation and will have a program in the newsletter.
Chairman of the Board had no report.

UNFINISHED BUSINESS

Susan and Angela reviewed the Women of Today Week schedule and reminded members to bring your WCA clothes donations to the October Meeting. If we have no guest for the M-Nite is will be cancelled.

Angela presented an educational program on Aid to Foster Children/Nebraska Friends of Foster Children.

Maxine presented an educational program on US Founders Charities.

Julie reported that she will take the collected Food Bank donations to the Food Bank on Thursday.

NEW BUSINESS

Julie will set up a service project at the Food Bank for October 28th and will send out an email to confirm after she talks to the Food Bank.

Mid-Year National Meeting is in Ankeny, IA on October 6-8, 2017. Members were asked to help State President Maxine with things for her sharing table. Several members plan to attend.

There will be a work night for Project Folders after the October meeting. Everyone was asked to bring things needed for them.

Susan will be looking into organizations working with Hurricane relief and will report at the October meeting.

The deadline for the Newsletter is September 18th

The Hostess for the September meeting will be Susan

Meeting was adjourned at 7:30

Respectfully Submitted by

Angela Moody

HWT Secretary







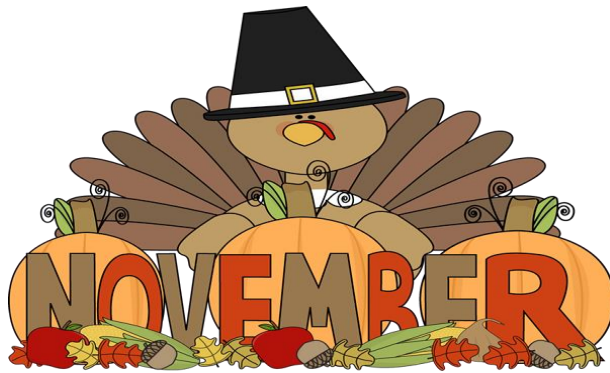
2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|--|--|-------------------------------------|-------------------------------------|---|
| | | | | | 1 | 2 |
| 3 | 4 Labor Day | 5 | 6 | 7 | 8 | 9 |
| 10 Grandparents Day | 11 HWT Meeting | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 Autumn Begins | 22 | 23 |
| 24 Begin WT Week Spend time in reflection" | 25 Dance like no one is watching | 26 Email /send a card to your recruiter or 5 people who've helped you in WT | 27 Service Project WCA sort your closet for clothes for the Career Closet and bring them to the October meeting | 28 M-Nite 7pm @ Bank of the West | 29 Soaring Wings Ladies Nite Out | 30 End WT Week Do a at Secret Random Act of Kindness for a family member |



2017

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



2016

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

Women of Today Week September 24-30, 2017

Sunday

“Spend time in reflection” at church, or in nature, or quiet time by yourself or with a higher being



Monday

Dance like no one is watching



Tuesday

Send an email or card of Thanks to the Person who recruited you or thank 5 people who have helped you along your Women of Today journey



Wednesday

Service Project WCA sort your closet for clothes for the Career

Closet and bring them to the October meeting



Thursday

M-Nite 7pm @ Bank of the West



Friday

Nite Out @ Harvest Festival @ Soaring Wings Winery



Saturday

Do a at Random Act of Kindness... in secret for a family member (report October meeting)



YOU ARE INVITED TO SPEND AN
EVENING WITH
**THE HEARTLAND WOMEN
OF TODAY**

*THURSDAY, SEPTEMBER 28, 2017
7:00 PM – 8:00 PM
BANK OF THE WEST
13505 CALIFORNIA ST, OMAHA NE 68154*



COME ENJOY A RELAXING EVENING OF
MEDITATION, QUIET TIME, SNACKS AND
FRIENDSHIP.
MEET NEW PEOPLE & VISIT WITH OLD FRIENDS

PLEASE RSVP BY WEDNESDAY, SEPTEMBER 27
SPECIALLY INVITED BY: _____
PHONE: _____

Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. NAMI (National Alliance on Mental Illness) is here to help.

Risk of Suicide

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 2nd leading cause of death among people aged 10-24; these rates are increasing.

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider. Having suicidal thoughts does not mean someone is weak or flawed.

Know the Warning Signs

- Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like “I wish I wasn’t here” but can become more overt and dangerous
- Increased alcohol and drug use
- Aggressive behavior
- Social withdrawal from friends, family and the community
- Dramatic mood swings
- Talking, writing or thinking about death
- Impulsive or reckless behavior

Is There Imminent Danger?

Any person exhibiting these behaviors should get care immediately:

- Putting their affairs in order and giving away their possessions
- Saying goodbye to friends and family
- Mood shifts from despair to calm
- Planning, possibly by looking around to buy, steal or borrow the tools they need to complete suicide, such as a firearm or prescription medication

If you are unsure, a licensed mental health professional can help assess risk.

Risk Factors for Suicide

Research has found that about 90% of individuals who die by suicide experience mental illness. A number of other things may put a person at risk of suicide, including:

- **A family history of suicide.**
- **Substance abuse.** Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts.
- **Intoxication.** More than one in three people who die from suicide are found to be currently under the influence.
- **Access to firearms.**
- **A serious or chronic medical illness.**
- **Gender.** Although more women than men attempt suicide, men are four times more likely to die by suicide.
- **A history of trauma or abuse.**
- **Prolonged stress.**
- **Isolation.**
- **Age.** People under age 24 or above age 65 are at a higher risk for suicide.
- **A recent tragedy or loss.**
- **Agitation and sleep deprivation.**

Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help a person understand their feelings and can improve mental wellness and resiliency. Depending on their training they can provide effective ways to help.

Psychotherapy such as cognitive behavioral therapy and dialectical behavior therapy, can help a person with thoughts of suicide recognize unhealthy patterns of thinking and behavior, validate troubling feelings, and learn coping skills.

Medication can be used if necessary to treat underlying depression and anxiety and can lower a person's risk of hurting themselves. Depending on the person's mental health diagnosis, other medications can be used to alleviate symptoms.