



Mrs. Marion Gina Phillips Sibert
Cadron Post Chapter
Women's Issues Chairman

Hello Arkansas DAR members!

Thank you for volunteering to share in the Women's Issues committee! The goal of the Women's Issues committee is to promote relevant information to our members and our communities that will help them in the areas of HEALTH, CAREER, and FAMILY. When you think about it, ALL issues are women's issues. Therefore, be creative in your ideas for programs, and talk to your Regent about offering a "Women's Minute" at each chapter meeting. Remember to document your Women's Minute for the Chapter Master Report (CMR) for January. If you have an innovative program idea, please email it to me and I will forward it to NSDAR.

For additional information about Women's Issues, program ideas and information about the National Essay Contest, visit the NSDAR Women's Issue page on the national website:

<http://members.dar.org/committees/women/index.htm> .

There are entire programs available for download from the NSDAR website. There is a category of programs about and for women, many of which would be great sources of information for a "Women's Minute" at your meetings or for a whole program. <http://www.dar.org/memners/exective-offices-nbm/reporter-general/chapter-programs>

The Women's Issues National Theme for 2020-2021: **Health: Prevention of Heart Attack and Stroke.** Heart attack is the number one killer of women and stroke is the number one disabler of women. When I saw this, I was floored. In 2006, I had a massive stroke. I have recovered—but that is another story.

What can you do for a Women's Minute -- well here we go!

HEALTH:

- September – Healthy Aging Month, National Childhood Cancer Awareness Month
- October – Breast Cancer Awareness Month, Miscarriage Awareness Month
- November – Alzheimer Awareness Month, COPD Awareness Month,
- December – Safe Toys and Gifts Month, Older Driver Safety Awareness Week
- January – National Weight Management Month
- February – **American Heart Association Month** – wear red every Friday during this month, National Burn Awareness Week
- March – Colon Cancer Awareness Month, Brain Tumor Awareness Month, Brain Injury Awareness Month, National Nutrition Month,

- April – Autism Awareness Month, Cancer Control Month, Distracted Driving Awareness Month, National Walking Day (April 1), National Playground Safety Week,
- May – **Stroke Prevention Month**, ALS Awareness Month, Brain Tumor Awareness Month, Celiac Awareness Month, Lyme Disease Awareness Month, Mental Health Awareness Month, Motorcycle Safety Month, National Bike Month, Older American Month, Clean Air Month, Trauma Awareness Month, National Water Safety Month, Healthy Vision Month,

CAREER

- How to start your own business information?
- Financial planning or estate planning
- Re-entering the workforce
- Balancing family, health, and your job
- August – Stop on Red Week,
- March – Workplace Eye Wellness Month
- May – Global Employee Health and Fitness Month, National Safety Stand-Down to Prevent Workplace Falls,

FAMILY ISSUES

- Coupon expert information and how to save money on groceries
- Travel tips to help with family vacations (I have some really great tips for this)
- Preparing for a natural disaster or emergency (stock up on toilet paper).
- Child Trafficking – How to protect your children or grandchildren from abduction or internet predators.

And there are so much more!!!!!!

The annual essay contest has not been released but much of it will revolve around Heart Attack and Stroke Awareness. I will release these as soon as possible.

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I can not wait to see your projects!

Let's Rise and Shine in 2020-2021.