

Connections

Events Calendar



DECEMBER 10, 2020

HANUKKAH BEGINS

DECEMBER 25, 2020

CHRISTMAS DAY

DECEMBER 26, 2020

KWANZAA BEGINS

JANUARY 1, 2021

NEW YEAR'S DAY

JANUARY 18, 2021

MARTIN LUTHER KING DAY

WHAT'S INSIDE:

- Challenging Times for Caregivers
- Viewpoint
- Celebrating Success!
- Women's Health
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- Masks for Scholarships
- Do you know how valuable you are?
- Tennessee Pastor
- COVID-19
- Recounts
- Gift of Membership
- Anticipation and Expectation – Dr Celina Peerman



CHALLENGING TIME for CAREGIVERS



The Coronavirus pandemic has shifted the responsibilities of many women and a significant number now find themselves in the role of caregiver. Whether caring for a spouse, parent, child or other loved one, it is a weighty responsibility that can take a toll on your mental, emotional, and physical well-being.

Caregiving is challenging during the best of circumstances! The pandemic has made navigating “what to do” and “how to do it” harder than ever before. For many caregivers, the holiday season gives rise to added stress.

Holiday tips for caregivers:

- The holidays aren't about the decorations, extravagant gifts or lots of food. This year, remind yourself that it's absolutely OK that you're not celebrating in the usual way.
- If your loved one doesn't seem to enjoy the holiday and won't get into a happy mood, it's NOT because you didn't try hard enough. You've done your best under difficult circumstances.
- On your special day, spend quality time in activities that engage your loved one. Consider board games, cards, puzzles, holiday movies, etc. Create holiday themed art together. Think about baking your favorite cookies, pies, or other desserts together.
- Stay connected with extended family or friends via phone, FaceTime, Zoom, etc. Perhaps you'd like to dress in your holiday attire and take pictures to send to family and friends.

How we can help caregivers:

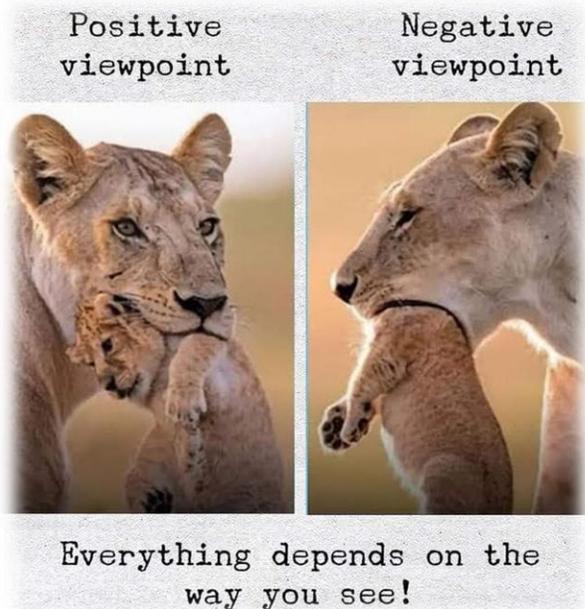
- **CONNECT** with the caregiver via phone, social media, virtual meeting platforms, etc. **ASK** “what can I do to help?”
- If you can do so safely, offer to sit with the loved one while the caregiver gets some time away.
- Volunteer to run errands for the caregiver. Offer to help with Christmas shopping and gift wrapping.
- Consider including the caregiver in your virtual celebration this year.

Challenging Times for Caregivers Cont.

- Are you holiday baking? Deliver a holiday treat to the caregiver's home.
- Consider helping with Christmas decorations by providing outside Christmas décor, e.g. wreath for the door.
- Order a meal or party fare delivered to the home of the caregiver.
- Let the caregiver know you're there as "a LISTENING EAR" whenever they want to talk.

The holiday season is a time of joy – a time to participate in family traditions, share memories with old friends, and celebrate the beginning of a New Year. Due to the pandemic, the 2020 holiday season will be fraught with challenges for all, but a caregiver's emotional, mental and physical health may be impacted even more greatly than others. Let's do what we can to lighten their load.

Cathy Hines
BPW Iowa President
cathyh2032@msn.com



Introducing a new feature called "Celebrating Success!", recognizing and celebrating BPW Iowa member's achievements including educational degrees or certifications, election/appointment to boards, commissions or public office, new business ventures, and other career achievements.

Nichole Waterman — February of 2020, Nichole received her master's degree in Clinical Mental Health Counseling from Bellevue University. In May of 2020, she passed the National Counseling Exam & received a counseling license, specialized in EMDR (Eye Movement Desensitization & Reprocessing) therapy. In August of 2020, Nichole received National Certification in Counseling from the National Board of Certified Counselors. Nicole said, "If it weren't for the scholarships I received from Atlantic BPW & BPW Iowa, none of this would have been possible. Thank you so much!"

Charla Schmid — On October 21, 2020, Charla was appointed Montgomery County Supervisor. Charla was selected from a field of 4 candidates to fill a vacancy on the board. She will serve until January of 2023.

Do you have a "success" story to share (yours or another BPW member's)? Email Cathy at cathyh2032@msn.com with details.



WOMEN'S HEALTH STUDIES

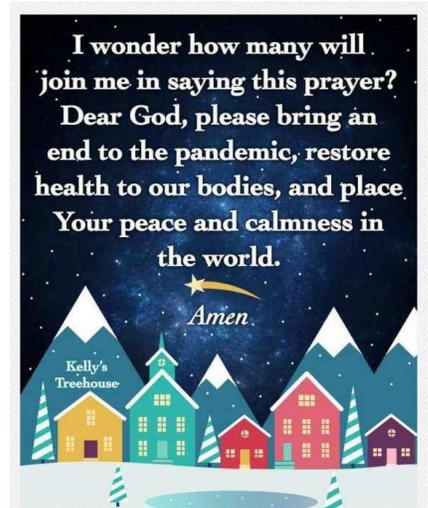
Women's brains really ARE different than men's, according to Parade magazine 11/22/2020 edition.

Pregnancy spikes hormones, yet menopause makes hormones plummet. Women ages 35 – 50 are busy working, caring for children and/or parents, school activities, keeping the house up, etc. It's no wonder women of all ages have more stress than men. Women have a 1 in 5 chance of developing Alzheimer's, double a man's chance. We also have more depression, more migraines, and more autoimmune diseases than men.

Just reading this makes me want to SLOW DOWN. We need to take time for ourselves and hit the pause button on life.... maybe a bubble bath or listening to a favorite Christmas carol, or admiring the neighbor's lighting display.

A Christmas wish to you all.... may the season find renewed meaning in a hopeful, healthful year!

Cindy Paulsen
Women's Issues Chair



Lots of Christmas wishes to all my BPW IOWA friends across our state. Prayers for a much safer, settled New Year!

Jacque Wickey
BPW Iowa
Registration Chair

Masks for Scholarships!

We are Women Helping Women

Please join other BPW members who have already given to support 2021 scholarships for women. And, in response to your \$25.00 or more donation, as a small token of our appreciation, you will receive a BPW imprinted mask. Wearing it will not only protect yourself and others but will spread awareness about BPW.

We started with 25 masks and we have 18 left. We'd like to finish this fundraiser by December 10th and we can finish big with your donation! Please consider sending a donation to:

Iowa BPW Foundation
c/o Charla Schmid
1890 215th St.
Red Oak, IA 51566-6013



Remember: We are Women Helping Women!
Thank you for your support!
Iowa BPW Foundation Trustees

Questions: please contact Rose Lorenz, President at rlorenz@cfu.net or 319 404 2125

Do you know how valuable you are?

Dear BPW Members,

The pandemic has caused this year to be very chaotic — shutting down businesses and non-profit programs. We all are learning about COVID-19; adjusting to wearing masks and carrying hand sanitizer, trying to juggle childcare and work, all of this has caused a lot of stress for many BPW members. But through it all BPW Iowa has persevered, members kept working towards our goals. You all deserve gratitude and recognition for staying strong and committed!

Please take a moment to slow down and think about why you joined BPW?

Was it to...? Be a part of something bigger than yourself.

To support other women.

To make a difference in the lives of others.

Or were you thinking of your daughters or grand-daughters futures.

If you answered “yes” to just one question, you have a stake in BPW Iowa’s future.

We do just that — invest in BPW Iowa’s future!

We are looking for a leader to help continue the legacy of BPW Iowa, please consider joining the Executive Team as Vice President 2021-2022 term beginning May 2021. With your leadership you will be creating vibrancy for BPW Iowa’s future.

Please contact Lynette Fitzgerald, Nominations Chair, 319-415-6779 or fitzgeraldlynette62@gmail.com

Thank you for your insight, strength, dedication, and support to BPW Iowa.

During this Christmas season, please be kind. We all need one another more this year than ever.

Have a Blessed Christmas and a Happy New Year!

Lynette Fitzgerald
Nominations Chair

A post from a Tennessee Pastor:

I trust God...and I wear my seatbelt.
I trust God...and I wear a motorcycle helmet.
I trust God...and there are enough life jackets in my boat for everyone on board.
I trust God...and I use oven mitts with really hot dishes.
I trust God...and I lock my house at night.
I trust God...and I have smoke detectors in my house.
I trust God...and I take my prescribed medicines.
I trust God...and I will follow the best guidelines to share the task of flattening the curve.
Acting with caution and wisdom does not indicate a lack of trust in God



It was exactly one year ago today (Dec 1) that coronavirus was made known in China. Since then, the world has experienced 30 M cases and the USA has had over 12 M cases with over 260,000 deaths. Iowa stats report 230,902 cases and 1,944 deaths, & about 2,000 new cases daily. We are expecting a surge after Thanksgiving’s super spreader.

Coincidentally, this Sunday through Saturday (Dec 6 – 12) is Influenza Vaccination Week and Handwashing Awareness Week.

Please take care of yourself and stay safe by wearing a mask, washing hands often and social distancing.

Let’s kick 2020 to the curb! Usher in a New Year full of hope, better health, and happiness. Best of luck to all of us!

Cindy Paulsen



RECOUNTS

We are all aware of the general election recounts. Trump is slowly acknowledging defeat. However, it appears that Republicans down the ticket nationwide have picked up several Democratic seats and the state of Georgia holds the last available seats for possible Democrat senators when Georgia has a special election in January.

In Iowa, the 2nd District is having its own nail biter. Miller-Meeks' lead shrank to only 6 votes over Rita Hart after a full recount! Expect litigation to continue with these tight numbers. May the better woman win.

Paul Pate, Iowa Secretary of State, said it should be easy to vote and hard to cheat. Who would disagree? Although MANY accusations of cheating have been tossed around in several states nationwide, real evidence does not exist of voter fraud. Having worked at several elections, I know there are indeed checks and balances, whether voting in person or absentee. In the year of COVID, I completely agree with early and absentee voting, besides in person voting. Over 155 M voters... the most ever!

I believe some changes will come about after this election is over and done. Perhaps videotaping the counting? We already work and count results as bipartisans alongside each other. Perhaps absentee will be allowed at courthouse only? Universal results scanners? I don't know the answer, but something needs to be done.

Cindy Paulsen
Legislation Chair



Advice from a PENGUIN

Dive into life

Find warmth among friends

Appreciate snow days

Take long walks

Stand together

Go the extra mile

Keep our cool!

www.yourtruenature.com
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Give the Gift of Membership

A BPW Iowa membership may be the perfect gift for women on your Christmas list. Women want and need a sense of belonging right now. They're hungry for interaction and a feeling of connection. BPW membership can offer both.

Complete the membership contact form on line at <https://www.bpw-iowa.org/membership/join-bpw> with the gift recipient's information. Enter "gift" & your name in the comments section along with any personal message you'd like sent. Click 'submit and pay'. (You may use a credit card or PayPal account). At Large regular membership dues are \$50 and student membership dues are \$25.

Recipients will receive a special holiday welcome letter including your personal message, if you have provided one. Questions? Please contact Cathy Hines at cathyh2032@msn.com.

Anticipation and Expectation

While childhood can always conjure up a range of memories, emotions, and lessons, one that many of us can recall is the element of surprise. A surprise trip. A surprise gift. Something good but unexpected. The moments that delight, endear, or just plain are fun. Even today, many of us love giving surprises and watching the light dance in a child's eyes at the wonder of a wrapped yet unknown package. Or, even beyond kids...finding that right surprise for someone and being so eager to see their response that we cannot wait until a later date to deliver it.

A quick internet search for quotes on anticipation or expectation flood our screens with the wide range of emotions and thoughts that we carry about the experiences. Some remind us that the moment before the moment; the spark of excitement and anticipation can be its own gift.



*"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, **there was a moment just before you began to eat it which was better** than when you were, but he didn't know what it was called."*

— A. A. Milne, Winnie-the-Pooh

I do not want us to lose that spark; that moment, that awe of "just about." For me, it is that amazing moment on Christmas Eve, in a quiet house, lights are on, packages are wrapped, and everyone is sleeping.

Yet, in this season of gift-giving, traditions, and holiday events, I am reminded of a mindset my grandfather articulated as a motto, "I try to arrive without expectation." If pushed to explain, he would offer "When I anticipate, I remove the full potential of what is or could be." He would note, "even for the tough stuff."

Anticipation, by definition, is the action of expecting or predicting. Expectation is the strong belief that something will happen or be the case in a future event. While gut feeling, insight, and forethought can be very helpful and if nothing else, has helped us survive as a species, I have been wondering what, if anything, they rob from us. Do not get me wrong, I love surprises...preferably well wrapped, shiny contents with lovely bows on top. However, what do I do in the practice of anticipating or expecting that sets me up for disappointment or removes me from being fully present in the moment? For example, it might have been those times when I thought there might be a beautifully (store clerk) wrapped package in a Christmas stocking and yet there was not.

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In this year of 2020, for all the worry, sadness, and loss, I am drawn even more to my grandfather's approach. What would have happened if this holiday season, we set aside expectations and showed up in the moment? What would it take to do that?

Well, for one thing, it would take me not overthinking and planning out every detail or scenario. Any other planners reading this? "Well if this, then...that" would be my approach to making sure details have been tended to and people have what they need.

However, when I push past the expectations of what the conversation, event, or situation "might be like", I show up better, ready, and more open-minded. What about you? Beyond staying safe and doing whatever I can to keep loved ones healthy, here are some actions I am working on to navigate this unique holiday season:

- 1. Do not over think it.** It drains your energy and you only have so much to offer. Plan appropriately but moderation is key to saving energy to enjoy the moment.
- 2. Be wary of your ideal vision.** I love a good visualization exercise as does any other goal-setter, but it is not that vision I am talking about. It is the expectation that may have you set up for disappointment. If you have pictured how this will go, what the reaction will be, how the meal will turn out, pause. Remember, this is about presence, not perfection. (I will try to remember this again this year when I burn the rolls and my daughter points it out...)
- 3. Be open.** Some of the best moments in life are the ones we did not expect. Remember that, hold it close as you go into new routines, changed plans, altered traditions.

It has been a year of upheaval, unknown, and loss. Yet it is also a year of discovery and potential new practices and opportunities. As women I encourage us to model for others the amazing gifts of openness, acceptance, and opportunity. Help others reduced their apprehension, anxiety, or hesitation by drawing them in, reassuringly, and without judgment.

I think that would be an amazing gift to give ourselves, this year, and every year.

Celina Peerman

Organizational Psychologist

The Peerman Group

celina@peermangroup.com

