

Pleasant Prairie Woman's Club April 2021 Newsletter

Ladies, It is very important for you to join us for the April zoom meeting. We have to vote on several items and need a quorum. We have not even been getting close the last couple of meetings. Please join us to make some important decisions regarding our club.

The following information comes from our GFWC-WI State President, Abby Lorenz. Our GFWC-WI has officially launched our Technology Committee. This committee meets via zoom and focuses on technology needs as well as computing, emailing, security and technology in general. The goal is to learn and share information on the latest technology and stay up to date in the IT world. If you are interested in joining this committee please contact Abby Lorenz or Erin Epping.

April is stress awareness month. Chronic stress causes a huge deterioration in our quality of life on a physical level. If you are feeling depressed or anxious your immune system goes down and produces more stress hormones reducing your immunity and causes inflammation. Stress can also put a strain on your daily life and relationships. Rather than dwell on the negative aspects of your life, focus on the things you can control. You can reduce anxiety and regain control by doing the following. Create a morning routine, check on loved ones, consider helping others, have a daily self care routine, limit social media and news. Meditate and encourage others and always remember to be good to yourself for a healthy Mind Body Spirit.

Tammy Welter and Suz Hooser are excited to launch the Capes for Kids project. These capes will be going to children escaping domestic violence, sex trafficking and homelessness. The idea is to let these children in shelters know that they have it within themselves to be their own super hero. The goal is to collect 1,411 capes. This is how many GFWC Wisconsin members we have. Get creative; do as a group or individually. There are no sew and sewing patterns on the GFWC-WI.org. Help bring a little joy into a child's scary situation.

As discussed at the March meeting, we will be meeting outside as well as zoom for the June meeting.