



President's Message

Lisa Hedin

Greetings AAUW Hastings members! Spring is in the air! Our branch continues to have a successful and adaptive year. Here are some the big items that we continue to work on and adapt.

- The April 2021 Spring Social has been rescheduled until September 2021. We are getting closer to being together, but are not quite there yet. There will be an April zoom meeting focused on all things AAUW – national, state, and local;
- Our fundraising method is changing. No garage sale in 2021. Our Fundraising Committee is looking at a spring/summer wine tasting event and a Holiday Brunch both with auction and raffle components. Stay tuned!
- We are taking nominations for Treasurer and VP of Programs (this position has recently been shared by 2 or more people). These nominations are for 2 year terms beginning in July 2021. Members currently serving in these positions are eligible for nomination for the new term.
- Dues for 2021-2022 will be going up to \$93. This is a direct pass-through of a \$3 National dues increase, neither the State or local dues components changing.

AAUW-MN members recently got exciting news about an additional engagement opportunity. Thanks to coordination between the Minneapolis Chapter and MN State AAUW we are able to attend any Minneapolis Chapter program. They have 3 (YES 3) programs a week!! Registration is required. An email from Cyndy Harrison went out to all MN AAUW members with the first 6 programs in March. If you didn't get that email it maybe that it went into a spam/junk folder or your information at State needs to be updated. The communication method may change as this opportunity becomes more established, and our branch will keep you informed.

Stay well, take care of each other, and count your blessings.

UPCOMING EVENTS

| | |
|----------------|-------------------------|
| March 5 | Gadabouts |
| March 8 | Book Club |
| March 18 | Coffee & Conversation |
| March 22 | Virtual General Meeting |
| March 31 | Coffee & Conversation |
| April 7 | Gadabouts |
| April 12 | Book Club |

HASTINGS BRANCH

Meets on Mondays
 St. Philip's Lutheran Church
 1401 15th Street West,
 Hastings, Minnesota 55033

2020-2021 PROGRAMS

September 28, 6:30 pm Virtual Salad Supper
We've Come A Long Way, Ladies!
 Audrey Johnson

October 26, 6:30 pm
Leading into the Future: Current Realities and Mental Models
 Derrick Jaeger & UyenThi Tran Myhre

November 23, 6:30 pm
 Karla Bingham

December 7, 6:30 pm Holiday Party
Food, Music and Celebration

January 25, 6:30 pm Virtual Chili Supper
 Margaret Anderson Kelliher

February 22, 6:30 pm
Building Remembrance For Reconciliation
 James Curry, Heidi Langenfeld, & Greg
 McMoore

March 22, 6:30 pm
Dementia and Friends
 Colleen Fritsch

April 26, 6:30 pm
All Things AAUW

May 24, 6:30 pm
College Possible
 Amy Browender

Program

Danna Elling Schultz, Tina Folch, and Diane Saed

Dementia Friends

What if, with a little information and understanding, we could make life better for people living with dementia? That is what attracted me to Dementia Friends and keeps me passionate about the work. Dementia Friends was begun almost 15 years ago in the United Kingdom and adopted in Minnesota 6 years ago. Since then it has become a national and international movement.

At a Dementia Friends Information Session, people learn what dementia is, the 5 Key Messages of Dementia Friends and tips for how to turn their understanding into action.



Hastings resident Colleen Fritsch will talk about Dementia Friends on Monday, March 22, 2021. Colleen Fritsch has spent the last two decades of her career in aging services where she worked to engage community members in understanding, engaging and supporting the older adults in our communities. As part of this work, six years ago Colleen became trained as a Dementia Friend Champion, helping Minnesota become a Dementia Friendly state. She has become a Dementia Friends Master Trainer, helping train other Champions across the country to make this a Dementia Friendly USA.

A Handout for this presentation is attached at the end of the TWIG as is a thank you note from February's BR4R presentation.

Here is the Zoom link for the meeting and program:

Join Zoom Meeting

<https://us02web.zoom.us/j/83609135493?pwd=cEJTVlE1SElqWU1sR1dIamhXdHd2QT09>

Meeting ID: 836 0913 5493

Passcode: 856412

+13126266799,,83609135493#,,,,,0#,,856412# US (Chicago)

You will receive this ZOOM Meeting invitation again, via email, before the March meeting and program.

Book Club

Shirley Tammen

American Dirt by Jeanine Cummins will be our Monday, March 8, 1:30 selection on zoom. This fast moving novel tells of the ordeal of a Mexican woman who had to leave behind her life and escape as an undocumented immigrant to the U.S. with her son.

If You Ask Me. Essential Advice From Eleanor Roosevelt edited by Mary Jo Binker was chosen as our Monday, April 12, 1:30 selection. In 1941 Eleanor Roosevelt embarked on a new career as an advice columnist. Published for 22 year in *Ladies Home Journal*, the column covered everything from war and politics to love and marriage and popular culture. Each chapter is prefaced with issues then and now.

The zoom link for the March 8th book club meeting is: <https://us02web.zoom.us/j/81615109295?pwd=ak1oSWFqbHBiY1QxSzRTM1BnRjY3dz09>

Meeting ID: 816 1510 9295

Passcode: 162701

Dial by your location

+1 312 626 6799 US (Chicago)

Coffee and Conversation

Bring your coffee, tea, or water and catch up with other AAUW Hastings members. This will just be a time to visit with friends who we haven't been able to see for a while. There will be no formal programming. The intent is to keep the conversation groups small.

Breakout rooms will be used to keep conversations to 4-6 people at a time.

Thursday, March 4 9:30-10:30 am

<https://us02web.zoom.us/j/82918474646?pwd=dWc4ODNKOEVucmViNXVsRndySGJvdz09>

Thursday, March 18 2:00-3:00 pm

<https://us02web.zoom.us/j/87024156265?pwd=eUIEamd6dkFvd01xaG4wWIRPYWRrdz09>

Wednesday, March 31 2:00-3:00 pm

<https://us02web.zoom.us/j/82074086219?pwd=aWdsQkM4RmtzdmFha0VOYTZzcmIPZz09>

Treasurer's Report

Mary Charlson

The checking account balance on February 28, 2021 is \$3,128.60. The February Outreach mailings to all branch members were paid in the amount of \$80.53. Two NCCWSL scholarship recipients paid for their virtual conference registration. Reimbursement checks were mailed to each of them. A check was also mailed for the February BR4R program.

Gadabouts

Margaret Goderstad & Lisa Hedin

March 5, 2021 at 7:00 PM:

Minnesota Orchestra live streamed the concert Soaring Strings. The Orchestra was led by guest conductor Juraj Valcuha. We met an hour prior to the concert to visit.

April 7, 2021 at 6:15 PM for Zoom 7:00 PM for Walker Presentation:

Walker Art Center - A virtual exploration of the exhibition *Designs for Different Futures*. Walker tour guides will discuss a selection of speculative designs from the show dealing with social, political, and environmental issues. **You need to register on the Walker website for this presentation**

Zoom link for 6:15 pre-presentation get-together:

<https://us02web.zoom.us/j/89863855371?pwd=QVJqRFpzL0s0OW1BNXB1eIZKdVJzd09>

May 11, 2021 at 2:00 PM:

Minnesota Historical Society - "Women in Bars" - A film dealing with both sides of prohibition.

Please let Margaret Goderstad know if you are interested in one of the Gadabouts, she will make sure you get an email reminder closer to the event.

Margaret's email: margaret.goderstad@gmail.com
Margaret's phone #: 651-480-6307

NCCSWL

Gail Glashan

AAUW NCCWSL Scholarship Recipients May 25-26, 2021 | Virtual NCCWSL

This year, AAUW invites hundreds of college women from around the country for two days of virtual leadership training, inspiration and networking at our National Conference for College Women Student Leaders. The 2021 program is shaping up to be the biggest, boldest NCCWSL yet! At NCCWSL, you will build your leadership skills across our five core learning objectives:

1. Leadership development: Develop and strengthen a voice, skill set, and mind-set for leadership
2. Professional development: Build a professional tool kit for postgraduate life
3. Activism: Learn how, why, and when to take action and be a change maker
4. Women's issues: Gain a better understanding of local, national, and global issues and policies affecting women and of AAUW's role in empowering women
5. Identity and diversity: Own their personal identities and roles in increasing and supporting diverse voices

We are so excited to introduce our candidates, the following four women:

Sophia Sanchez is currently attending Smith College and plans to graduate in 2022 with a degree in Government with a focus on International Relations. She has studied in Russia and is fluent in 3 languages. Sophia is a Hastings High graduate.

Jasmine Chanthalakeo is attending DCTC with plans to graduate in 2021 in the LPN program. She is intent upon going on to achieve her BSRN. She is a first generation Laotian American to attend college. She wants to be a model for other Asian Americans like herself and bring her diverse cultural background to the conference. Jasmine is from Apple Valley.

Natalie Sorenson attends the University of Minnesota, Morris. She is currently a sophomore. Natalie graduated from Hastings High School and has worked at the Hastings Aquatic Center and The Tree House. She has an extensive list of extracurricular and volunteer positions.

Iab Thao has a MA in Instruction from St Mary's University and has taught French in the Hastings and Brooklyn Park High Schools. She is a first generation Vietnamese American. Her education goals have changed and she is currently enrolled at DCTC in the Computer Programming degree curriculum. She lives in St Paul.

The NCCWSL committee appreciates our AAUW connection with DCTC. AAUW Hastings member, Anne Johnson and Anna Voight both from the state board and administration at DCTC connected our information with students at DCTC.

Community

Margaret Goderstad

Once again, I urge members to check websites of organizations. If you are looking for interesting entertainment, check out YouTube. There is such an abundance of quality music offered on that media.

Please check websites for your favorite venues. Special events will be posted there.

HPAAC is still offering scholarships to people interested in lessons in the various art forms. HPAAC president, Kathy O'Keefe, has indicated that something very exciting will be announced soon. Stay tuned!!

With great sadness we acknowledge the loss of past AAUW member Jean Moline. Below is her obituary.

<https://www.hastingsmnfuneral.com/obituaries/Jean-D--Moline?obId=19961866#/obituaryInfo>

Historian

Lisa Hedin



Web Page

Mary Ellen Fox

Accidently delete your email with latest directory?
Forget where our meeting is located this month?
Then, check the website!

Here's the link: <https://hastings-mn.aauw.net/>

Member protected section PASSWORD: hastings2017

Secretary

Arlene Wellemeyer

Minutes - February 22, 2021

AAUW Business Meeting - Hastings Branch (Zoom)

1. Members joined the meeting at 6:30 pm and were invited to share polar vortex stories. President Lisa Hedin called the meeting to order at 6:44 pm.

Her **President's Greeting** included:

a. A request for members to mark April 29-30th, 2022, on their calendars for AAUW State Convention in St. Cloud, an event that will also mark that branch's centennial. It is hoped that a good number of our members will attend to celebrate the day.

b. Volunteers to serve on the Nominating Committee for the year are needed. Nominations will be made for positions of Programs and Treasurer. Two from membership and two from the board form the committee, in addition to the President. Please contact Lisa.

2. **Secretary.** The minutes of the January business meeting were approved as printed in the TWIG. Motion: Glenda Schnirring; Second: Kathy O'Keefe.

3. **Treasurer.** Mary Charlson reported a current checkbook balance through 2/22/21 of \$3,223.60. The Treasurer's report was approved. Motion: Lisa West; Second: Mary Ellen Fox.

Committee Reports

1. **Membership:** Kathy Palmer welcomed Pam Onnen, guest for the evening.

2. **Program:** Danna Schultz reported that our 50th Anniversary Social, planned for April, has been postponed until September. The April meeting is being planned by Lisa Hedin it will focus on learning more about AAUW.

3. **Fundraising:** Ceil Strauss presented the two main recommendations of the fundraising committee. (1) A Saturday holiday brunch at the Hastings Public House, to include guests and an auction, silent auction, etc. and (2) an outdoor wine-tasting event, also with fundraising elements. The committee felt the two recommendations combined their three aims of (1) creating publicity for the branch, thereby perhaps increasing membership, (2) enabling socializing important for our group, and (3) fundraising needed for our scholarships. The holiday brunch is tentatively planned for Saturday, December 4, 2021. The date of the wine tasting was not finalized. If it is scheduled for summer 2021 it should be accomplished safely and not pull interest away from the Fall 50th anniversary celebration.

4. **Public Policy:** Pat Powers said the AAUW State convention this year will be a virtual event. There is currently a call for resolutions from local branches. Resolutions will be discussed at the virtual AAUW State convention and a selection forwarded to AAUW National. Members are encouraged to submit resolutions, related to AAUW's mission, to Pat. Needed by the end of this week (Feb 27). Mary Ellen Fox suggested a resolution to recognize and acknowledge that systemic racism continues to exist in our society and that we will seek ways to address it and end it

5. **Gad-Abouts and Community:** Margaret Goderstad noted there are two upcoming Zoom events for members: (1) March 5, Minnesota Orchestra concert, 7pm, with concert to begin at 8pm. (2) April 7, Walker Art Center, 7pm. Register on the venue's website, i.e., Walker Art Center for WAC tour. Use AAUW Hastings links for pre/post discussion and visiting. There are more Coffee Zooms scheduled: March 4, 9:30 am and March 18, 2 pm. There will be events coming soon related to the Hastings Arts Campaign.

6. **Book Club and Hastings Reads:** Shirley Tammen reported the next Book Club Zoom is March 8, 1:30 pm. The year's final Hastings Reads event (February 26) will be to hand out an activity bag and treats for children between 6:30 and 7:30 pm from the YMCA. President Hedin noted our branch can be proud of supporting such a worthwhile community activity as Hastings Reads has proven to be.

7. **AAUW Funds:** Glenda Schnirring said the scholarship selection committee has met and selected a recipient for this year's scholarship. Now all that need to be done is to raise the funds for the scholarship!

8. **NCCWSL:** Gail Glashan said two of the ten available scholarships to the virtual NCCWSL conference have been awarded: one to Sofia Sanchez and one to Natalie Sorenson. Applications can be submitted through February 27. Any questions, please contact Gail or any Board member.

9. **Branch Strategic Plan:** Lisa West noted the upcoming Strategic Plan kickoff meeting by the Board, scheduled for Monday, March 7, at 7 pm. The meeting will establish the key questions for our branch's plan, in relation to the AAUW National's strategic plan. Once the final framework has been established, there will be opportunities for input from all members. Lisa W will circulate a draft outline this week.

Margaret Cox moved to adjourn the meeting. Trudy Cragg seconded. The meeting was adjourned at 7:24 pm.

The evening's presentation followed at 7:30 pm, when several Building Remembrance for Reconciliation (BR4R) members joined the group, with slide presentations by James Curry, Heidi Langenfeld and Greg McMoore, followed by a Q&A period. Attendance: (60)

Email: BR4RMN@gmail.com

Website: www.br4r.org

Facebook: @buildingremembranceforreconciliation

AAUW Mission Statement

To advance gender equity for women and girls through research, education, and advocacy.

AAUW Vision Statement

Equity for all.

Minnesota State Website

<http://aauw-mn.aauw.net>

National Website

<https://www.aauw.org/>

AAUW Hastings Board

| | |
|----------------------|----------------------|
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| | Jackie Rigelman |
| VPs Programs ----- | Danna Elling Schultz |
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| Book Club ----- | Shirley Tammen |
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| Gadabouts----- | Margaret Goderstad |
| Historian ----- | Lisa Hedin |
| Hospitality ----- | Nancy Ahn |
| | Kathy Stockman |
| | Patty Todnem |
| NCCWSL ----- | Gail Glashan |
| Newsletter ----- | Linda Bindman |
| Public Policy ----- | Pat Powers |
| Garage Sale ----- | Ceil Strauss |
| | Carol Tobin |
| Web Page ----- | Mary Ellen Fox |



Information Session

People with dementia need to be understood and supported in their communities.

You can help by becoming a Dementia Friend.

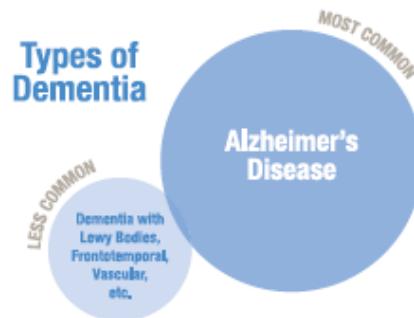
Visit www.actonalz.org/dementia-friends to learn more!

With permission of Dementia Friends, Alzheimer's Society, London UK

What is Dementia?

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Alzheimer's disease is the most common type of dementia and accounts for 60 to 80 percent of cases. Other types of dementia include Dementia with Lewy Bodies, Frontotemporal, and Vascular.



10 Early Signs & Symptoms

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Source:
www.alz.org/10-signs-symptoms-alzheimers-dementia.asp

Five Key Messages

1. Dementia is not a normal part of aging.
2. Dementia is caused by diseases of the brain.
3. Dementia is not just about having memory problems.
4. It is possible to have a good quality of life with dementia.
5. There's more to the person than the dementia.

Broken Sentences Worksheet

Match the sentences in Column 1 to Column 2 by drawing a line from each sentence beginning to the corresponding sentence end. You should end up with five sentences that make sense and become five key messages about dementia!

Column 1

1) Dementia is not...

2) Dementia is caused by...

3) Dementia is not just...

4) It is possible to have a...

5) There's more to the person than...

Column 2

A)... diseases of the brain.

B)... the dementia.

C)... good quality of life with dementia.

D)... about having memory problems.

E)... a normal part of aging.

Bookcase Story

Everyday Tasks

Healthy Brain



Top Shelves:
Facts and
complex
thinking

**Bottom
Shelves:**
Emotions,
love,
happiness

As Dementia Progresses



Write a step-by-step instruction list for completing a task you do daily or often. Make sure someone reading your list could follow the instructions successfully to complete the task.



Communication Practices

Treat the person with dignity and respect. Avoid talking past the person as if he or she isn't there.

Be aware of your feelings. Your tone of voice may communicate your attitude. Use positive, friendly facial expressions.

Be patient and supportive. Let the person know that you are listening and trying to understand.

Offer comfort and reassurance. If the person is having trouble communicating, reassure that it's okay.

Avoid criticizing or correcting. Don't tell the person that what was said is incorrect. Instead, listen and try to find their meaning.

Avoid arguing. If the person says something you don't agree with, let it be.

Offer a guess. If the person uses the wrong word or cannot find a word, try guessing the right word.

Encourage nonverbal communication. If you don't understand what is being said, ask the person to point or gesture.



Conversation Tips

When approaching the person with dementia and starting a conversation:

- Come from the front, identify yourself, and keep good eye contact. If the person isn't standing, go down to eye level.
- Call the person by their preferred name to get his or her attention.
- Use short, simple phrases and repeat information as needed. Ask one question at a time.
- Speak slowly and clearly. Use a gentle and relaxed tone.
- Patiently wait for a response.

During the conversation:

- Provide a statement rather than ask a question. For example, say "The bathroom is right here," instead of asking, "Do you need to use the bathroom?"
- Avoid vague statements about something you want the person to do. Speak directly: "Please come here. Your lunch is ready." Another example: Rather than "Here it is," say "Here is your hat."
- Turn negatives into positives. Instead of saying, "Don't go there," say, "Let's go here."
- Give visual cues. Point or touch the item you want the person to use or begin the task yourself.
- Avoid quizzing statements like "Do you remember when?"
- Try using written notes or pictures as reminders.

Understanding into Action

As a Dementia Friend, I will...

- _____ get in touch and stay in touch with someone I know living with dementia.
- _____ be patient.
- _____ be more understanding.
- _____ carry out this personal action:

Community Resources

Alzheimer's Association Minnesota/North Dakota 24/7 Helpline serves people with memory loss, caregivers, health care professionals, general public, diverse populations, and concerned friends and family. Helpline provides referrals to local community programs and services, dementia-related education, crisis assistance and emotional support. 1-800-272-3900 | www.alz.org/mnnd

Senior LinkAge Line® provides information and assistance and connects people with resources in their community. 1-800-333-2433 | www.MinnesotaHelp.info



March 2, 2021

To members of the Hastings AAUW,

The members of Building Remembrance for Reconciliation (BR4R) would like to thank AAUW members for giving us the opportunity to speak about our organization on February 22, 2021. Heidi Langenfeld, James Curry, and Greg McMoore were eager to tell you about the history of the black community in Hastings and the families that lived in our community at that time.

As an organization, BR4R is just beginning to tell this important local history and we felt that the AAUW organization would be a perfect place to introduce our mission and purpose to the Hastings community.

We hope that BR4R will be able to rely on your support as we continue to talk with individuals and groups about our mission of creating a memorial about the early black community in Hastings. If members would like more information about BR4R please go to:

Facebook: Building Remembrance for Reconciliation

www.buildingremembranceforreconciliation.com

Thank you!

Deb Saunders

BR4R Secretary