



## **Celebrating and Caring for Women**

Hello, West Virginia Daughters!

There is a couple of things that I want to bring to your attention. This year the CMR is going to be a little different. They heard us at National and are going to make it a little easier. Instead of yes and no questions it will be fill in with numbers, how many did what. The deadline dates are earlier than normal. For the essay contest the deadline will be December 15. The deadline for the VOW application is November 1.

Sparkle a Spangle is something new. Checking on our older members or shut ins is a way of making them feel connected. Attached is some suggestions for this. Another challenge this year is a financial literacy challenge. On the CMR they are going to ask how many participated in one of the six things.

Please look at the attachments and try to challenge each chapter member to make contact with a shut in, and to participate in the financial challenge. I am attaching some ideas for different areas. I look forward to seeing your CMR and turning them into national.

Keep up the great work!

Mary Ellen Brown  
Women's Issues Chair



# Financial Literacy Challenge

Sparkle while  
Saving

Each of us can do one-thing



**No Spend Week Challenge** – No spending on new clothes, eating out, online shopping, entertainment, hair or nail appointments for one week.

**Holiday Helper Challenge** – Every Monday from July 2nd until November 26th, 2023, place \$20.00 in an envelope. By the end of November, you will have an extra \$420.00 to spend.

**Don't Sink Fund Challenge** – Every time you receive a \$1.00 bill back in change put it in a jar. This will add up to cover emergencies and unexpected expenses.

**Round-up Challenge** – There are banks/apps that allow for your everyday spending to be rounded up to the nearest dollar and that change is deposited directly into your savings account.

**52-Week Challenge** – Start with \$1.00 and increase it every week by an additional \$1.00. On week 52 you will set aside \$52.00 which will bring your one year's savings to \$1,378.00.

**Get Involved Challenge** – Volunteer to teach financial literacy to K-12. No degree required to inspire a child to save.

CELEBRATING AND CARING FOR WOMEN  
Women's Issues  
Committee  
2022-2025



# ESSAY CONTEST

## Share your thoughts and experiences in relation to Women's Issues National Theme, "Celebrating and Caring for Women"

The categories: Family Issues, Career Issues, Physical or Mental Health Issues. These categories will allow for diverse subject areas.

**Career Issues:** Do you have a woman to celebrate who helped you with your career? Have you had a challenge in your career you had to overcome?

**Mental Issues:** Do you want to celebrate a mental health issue you have overcome? Have you had a challenging mental health issue that you struggle with?

**Physical Health Issues:** Do you want to celebrate a physical health issue you have overcome? Have you had a challenging physical health issue that you struggle with?

**Family Issues:** Do you want to celebrate family members who influenced who you are today? Have you had a challenging family situation you had to overcome?

**State Deadlines: December 2023**

# Women's Issues "Sparkling" Monthly Themes

## January

Career:  
Connection Coach-  
National  
Mentoring Month

## February

Physical Health:  
Heart/Stroke  
Month (RED)

## March

Career:  
Women's History  
Month

## April

Family:  
Month of the  
Military Child  
(PURPLE)

## May

Mental Health:  
Mental Health  
Month

## June

Women Veterans:  
Women Veteran's  
Month (BLUE)

## July

Celebrate Women-  
Celebrate the  
Woman of DAR

## August

Physical &  
Mental Health:  
National  
Wellness Month

## September

Family:  
National Family  
Month

## October

Health:  
Women's Cancer  
Month: White for  
Lung cancer, Pink for  
breast cancer, Dark  
Blue for Colon cancer,  
Purple for pancreatic  
cancer and Teal for  
Ovarian/cervical  
cancer

## November

Senior Advocacy:  
Senior  
Caregiver's  
Month

## December

Financial  
Education:  
Holiday  
Financial  
(GREEN)





# Sparkle a Spangle

Did you know that Spangles are interspersed in all of our chapters? A Spangle is a Senior chapter member who is homebound and cannot attend chapter meetings? Our Spangles have so much to offer. Let's keep them engaged in the chapter.

One of the Wright Administration's goals is to promote belonging throughout our membership by acknowledging with gratitude and friendship each member and her dedicated service to God, Home and Country. Sparkle these Spangle chapter members and shine on their lives through our DAR Ties of Service and Friendship!

Through Senior Advocacy of the Women's Issues Committee, we encourage your chapter chair or a committee member to coordinate the partnering of individual chapter members to a Senior Spangle by committing to "Sparkle" and keep them connected to the chapter and its members through monthly interaction.

Suggested ideas:

**Cards:** Mail holiday cards, birthday cards or thinking of you cards. If possible, have cards signed by all chapter members at a meeting and include little personal notes.

**Chapter Minutes:** For those who do not receive email, mail a printed copy (large print) of the chapter minutes, so they are up to date on the chapter happenings.

**Phone Call:** In this age of electronic communication, we have almost forgotten how important it is to hear the voice of a friend. Make that phone call!

**Transportation:** Driving can be an issue for older members, offer to pick them up and take them to meetings and special chapter events.

**Visit:** Call ahead and arrange a home visit to check on absent members and inform them of DAR news.

**Daughters Newsletter and American Spirit Magazine:** Purchase or renew their subscription. These publications will keep them up to date on the latest news at the National, State and Chapter levels and benefit the chapter in its overall subscription count.

**National Senior Citizens Day:** Arrange something special for them on August 21st to celebrate National Senior Citizens Day.

**Spotlight their DAR Story:** With their permission, utilize the chapter Facebook page or chapter newsletter to share their DAR story. Include photos. Photo shoots require personal interaction - an added benefit.

**Dues:** Not all seniors use computers. Mail a printed copy dues notice to those who do not use electronic communication. Include a stamped, self-addressed envelope for their dues payment. Make it easy for them. Consider a by-law change to waive chapter dues for those members 90 years of age or older. Be sensitive to resignations or drops for nonpayment of dues of senior members. Many are on a fixed income. You may find a chapter member who would like to honor their chapter senior and her contributions by assisting with her dues.

**Life membership:** Make senior members aware of the benefits of Life Membership which provides a permanent association with NSDAR and saves on dues after reaching the age of 65.

**Genealogy:** Older members still love to research their ancestors. Provide computer assistance or a day at the library or archives and include them and offer to help with research.

**50 Year Club:** Many senior members may not know of the prestigious 50 Year Club. If qualified, they may join at the State and National levels for a very minimal fee and be included without attending any meetings.

**Special Recognition:** Consider special recognition for those who reach significant milestones. i.e., 90th or 100th Birthdays, 50 year membership in NSDAR, Chapter member with longest chapter membership, organizing chapter member, charter chapter member, first chapter regent, etc. Remember and recognize those on the State level, especially your Senior Honorary State Regents and Past National Officers who paved the way for us and made our National Society the amazing women's service organization it is today.



To support homeless female veterans' well-being, safety, and independence.



(Vivian's Outreach for Women (VOW) results from a generous bequest from DAR member Vivian Luther Schafer and which will fund awards made to 501(c)(3) organizations helping indigent, homeless women veterans

*The chapter is the link between the DAR and the shelter. The VOW Grant becomes the catalyst for the sponsoring chapter to establish a long-term relationship with the homeless women's veterans' shelter. Many sponsoring chapters have hosted special events such as supplying career day clothes, website updates, furniture refreshing, and making the shelter feel more like home. Possibilities for involvement are almost limitless.*

To apply for the VOW Grant there are specific Instructions and Timelines (WI-WP-2000) given, as well as forms to be completed. In general, the chapter identifies a local 501(c)(3) organization or shelter supporting women veterans. The organization fills out a Self Evaluation Form (WI-WP-2001) to determine if it is eligible. The form has questions specifying the details of the organization's structure and its most pressing needs.

The Women's Issues Committee Chapter Chair and the Chapter Regent, using the completed Self Evaluation Form as a guide, review the selected organization and its programs to determine if it meets the criteria for the VOW Grant, such as, is the organization a 501 (c)(3) organization and do they provide a residence for the women veterans.

If the organization is selected to proceed as an applicant, the organization and the sponsoring chapter complete the VOW Grant Application (WI-WP-2002), assembling the additional supporting documentation. The entire Application Packet is submitted electronically to the Women's Issues State Chair by November 1.