



January 2009

**Message from the President
Mary Sheahan**

The clean slate of a new year is stretching out in front of us. Traditionally we think "this is the year that I will do..." you name it, but generally some sort of health related change. And we may make it until March with our new plans and habits and suddenly it becomes too difficult to work out in the am or to give up dessert or that extra glass of wine. But what if you knew how who you are or what you are already doing could affect your health and longevity?

In my research on this topic, I came across an excellent article about longevity and what contributes to a longer and healthier life. So I thought I would share this new found wisdom with all of you! Prevention, a monthly health journal, is a great resource for common sense, simple, doable interventions that may help us become stronger and healthier.

So do you want to live to be 100? Take a look at this list:

1. *Your mom had you when she was young.* If your mom was under 25 when you were born, your chances of living to 100 are better.
2. *You love tea.* Two cups of either black or green tea have been shown to decrease the risk of heart attack and stroke; just be sure it is fresh brewed since the bottling destroys some of the positive effects.
3. *You would rather walk.* 30 minutes of walking per day gives you a four times greater chance of a long healthy life than if you do not exercise. Start with 10 minute spurts of activity.
4. *You skip soda (diet included).* Soda may increase your risk of metabolic syndrome, which includes a cluster of conditions like hypertension, elevated insulin levels, and excess fat around your waist.
5. *You have strong legs.* Reduce your risk of dangerous falls by having strong lower extremities and better balance.

6. *You eat purple food.* Grapes, blueberries, red wine all contain polyphenols which protect from heart disease and possibly Alzheimer's and dementia.
7. *You were a healthy weight teen.* You will have less risk of Type 2 diabetes.
8. *You don't like burgers.* Eating more than 18 ounces of red meat per week contributes to the development of colorectal cancer.
9. *You have been a college freshman.* Those who have more than 12 years of formal education are less likely to smoke!
10. *You really like your friends and they are healthy too.* Having close personal relationships helps to reduce stress levels and if our friends are healthy, we are more likely to practice healthy habits when we are with them.
11. *You embrace new challenges.* Set goals and challenge yourself to meet them in a defined time frame; stay disciplined and organized. Your brain power stays engaged and active.
12. *You don't have a housekeeper.* You can burn nearly 300 calories by doing your own housework (and save some money too!!)
13. *You are a flourisher.* These folks have a positive outlook on life, get involved and engaged in activities with a sense of community and purpose. They just don't languish and criticize the rest of the world.
14. *And lastly, throw out your leftover Christmas cookies and fudge(that was not really on the list but it is a good way to start a new year of health and wellness ☺)*



Happy New Year!!!! See you out and about walking, laughing, eating fish and drinking red wine!

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The monthly PWI newsletter is assembled & prepared by PWI member Sue Nicolini

DATE CHANGE

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**Next luncheon meeting -
January 21, 2009**

To all the members of PWI, Happy New Year!

Please note that our next meeting, which kicks off an exciting three part series on Leadership Development, is January 21st, not January 14th. The reason for the change is that many PWI members also want to attend the annual Rotary Roundtable on the 14th. We have experienced this conflict in our programming every year, and decided that the Rotary - and our speaker, Teri Fairchild, from Dale Carnegie Training - were both too important to miss either one!

We urge all our members to sign up early for both events. What a great way to start 2009!

Nancy Peterson
DMS

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January Luncheon Speaker Teri Fairchild

Teri Fairchild is a seasoned professional in the area of sales, employee development and training. Teri has built a reputation for excellence in the sales, service and delivery of Dale Carnegie products in Eastern Iowa. She supports organizations in facilitating change and uses a blend of accelerated learning techniques as she teaches employees to lead, supervise, build teams, manage conflict, communicate effectively, make presentations, assert themselves and create winning customer service.

Currently, Teri is Area Manager for Norman & Associates, licensed sponsor of Dale Carnegie Training in Minnesota, Iowa, Northwestern Wisconsin, and North Dakota.

She conducts training in global organizations identifying and determining their training needs. She consults with local organizations such as John Deere, Archer Daniels Midland, Hy-Vee, Lyondell, Von Maur, Rock Island Arsenal, McKesson and Alcoa.

Before joining Dale Carnegie, Teri had a successful sixteen-year career at the Telegraph Herald where she held positions ranging from outside sales representative to Advertising Director.

Teri is active at St. Columbkille's parish in Dubuque, Iowa, and is the director of the Adult Choir.

Teri holds a bachelor's degree from Loras College and resides in Dubuque, Iowa with her husband Riley and their children Colt, Matt, Emily, and Haley.



1st of a 3-Part Series in
Leadership Development

Attend all 3 or just 1 or 2 sessions. Other 2 sessions include "Words of Wisdom" panel discussion as well as another featured guest speaker

Networking to Build Your Personal Brand: A New Year, A New You

Featured Presenter: Teri Fairchild, Dale Carnegie Training



JANUARY 21st *

11:30 am – 1:00 pm

Ramada Galena

RSVP by January 16th to Jackie:
jrichardson@eagleridge.com

\$12 members, \$15 non-members

*note special event date

Personal branding is the message you send and the message that others receive about you. How do you want to stand out from the crowd and have people remember you? Do you want to be known as a problem solver, an outstanding team member, a diplomatic change agent? Do you want to be perceived as polished, professional, and friendly? For others to receive your intended message, it must be genuine and authentic.

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Community Connections & Member Toot Your Horn

As you know, Riverview Center is working toward creating a community free of sexual violence. If ever there was a time you could help; now is that time. I need you to watch a YouTube video and then spread the word of the video to your contacts! You will find that by simply watching this video about Riverview, you will have become a part of something much larger than yourself and will be helping thousands within our community. You may even recognize some familiar PWI faces!

The YouTube link is:
<http://www.youtube.com/watch?v=XdBt0Vf5HLY>

Until the violence ends,

Josh M. Jasper, M.S.W.
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"Creating a community free of sexual violence"

Safe Haven Craft Sale

Sunday, February 21, 10 am - 3 pm

Safe Haven is having a few "winter blahs" events to help animals shelter animals find their forever homes and get us out of the house. The first is on Saturday, February 21st from 10 am - 3 pm and will be at the shelter located on Highway 20, Just West of Elizabeth. **If you are a crafter looking to sell your wares, please contact Sue Nicolini at 815-845-2379 or snicolini@jcwifi.com. Admission is free.**

Everyone is invited to visit the craft tables and see the cats and dogs available for adoption. Free!

The March event is the **Safe Haven Horse Tack & Animal Apparatus Sale** on

Saturday, March 21st from 11 am - 1 pm at Safe Haven Humane Society, Highway 20, Just West of Elizabeth. Admission Free
www.safehavenforpets.org
815-845-2379

Wear your warm woolies and come down to the shelter. Animal lovers will unite on the grounds of Safe Haven Humane Society to sell/purchase their no longer needed animal apparatus! You may even find yourself taking home a new furry friend!

Anyone interested in selling their no longer needed animal apparatus at the Safe Haven Horse Tack & Animal Apparatus Sale should contact Sue Nicolini at 815-845-2379 or snicolini@jcwifi.com.

www.safehavenforpets.org
815-845-2379

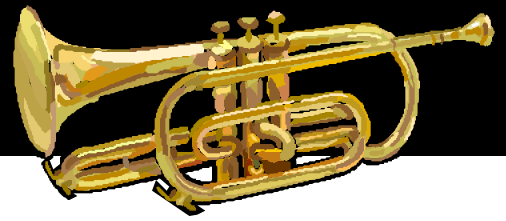
PWI Holiday Party Pix!



PWI members network and have fun at the holiday party on December 10th. We enjoyed the food and conversation! And thanks again to those who donated door prizes for the event. It was great fun and made the evening special!



“Members Toot Your Horn”



Just a reminder....

Please submit all articles for Member Toot Your Horn and Community Connections by the 15th of every month. We don't want PWI members to miss out on the important news and events that your organizations have to offer. One of the ways we network is through these monthly channels, so please let us hear from you.

We are sorry, but we are unable to send separate eblasts to our members regarding your organization. We hope that you will take advantage of the monthly communications to our members and get your message out there through our newsletter and website.

If you have any articles or questions, please email them to Nancy Peterson, at peteronnancy@mac.com. Thank you!

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