

## CARING CAMPAIGN



The Women's Issues Health and Family: **CARING CAMPAIGN** gives women a voice and a platform to inform and educate our members and community in the areas of Personal Finance, Mental Health, Physical Health, and Senior Advocacy. This caring campaign will provide both internal and external outreach opportunities to our members ***Celebrate and Care for Women*** through; one on one support, chapter programming and social media campaign.

### One on One Support

- Give rides to medical appointments
- Become an Elder Companion
- Do chapter member check ins
- Grocery Shop for older members
- Offer childcare for members with younger children
- Offer rides to chapter events for older members
- Connect with new member

### Chapter Programming

- Women's Health,
- Essential Nutrients as we Age
- Thai Chi and Yoga for better movement
- Bone Health as we Age
- Internet safety for women
- Depression in Women
- What a Good Night's Sleep can do for your health
- Stress Reduction Techniques
- Easy recipes for busy Families
- Activities for Family Togetherness
- Importance of Family Time
- Self Defense
- Being a Caregiver
- Health Care Proxies and Living Wills
- Child Care
- Positive Thinking for Good health

### Social Media Campaign

*Reshare the monthly thematic social media messaging from the committee*

**January:** Connection Coach-National Mentoring Month

**February:** Physical Health-Heart/Stroke Month (RED)

**March:** Career-Women's History Month

**April:** Family/Women Veterans-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-**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-(GREEN)