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(FORM UPDATED: 08/11/2010)

WISCONSIN STATE LEGISLATURE ... PUBLIC HEARING - COMMITTEE RECORDS

2005-06

(session year)

Senate

(Assembly, Senate or Joint)

Committee on Natural Resources and Transportation...

COMMITTEE NOTICES ...

- Committee Reports ... **CR**
- Executive Sessions ... **ES**
- Public Hearings ... **PH**

INFORMATION COLLECTED BY COMMITTEE FOR AND AGAINST PROPOSAL

- Appointments ... **Appt** (w/Record of Comm. Proceedings)
- Clearinghouse Rules ... **CRule** (w/Record of Comm. Proceedings)
- Hearing Records ... bills and resolutions (w/Record of Comm. Proceedings)
(**ab** = Assembly Bill) (**ar** = Assembly Resolution) (**ajr** = Assembly Joint Resolution)
(**sb** = Senate Bill) (**sr** = Senate Resolution) (**sjr** = Senate Joint Resolution)
- Miscellaneous ... **Misc**

* Contents organized for archiving by: Stefanie Rose (LRB) (June 2012)

November 3, 2005

EXECUTIVE SESSION HELD

Present: (5) Senators Kedzie, Stepp, Kapanke, Wirch and
Breske.

Absent: (0) None.

Moved by Senator Breske, seconded by Senator Kapanke that
Senate Amendment 1 be recommended for adoption.

Ayes: (5) Senators Kedzie, Stepp, Kapanke, Wirch and
Breske.

Noes: (0) None.

ADOPTION OF SENATE AMENDMENT 1 RECOMMENDED,
Ayes 5, Noes 0

Moved by Senator Wirch, seconded by Senator Kapanke that
Senate Amendment 2 be recommended for adoption.

Ayes: (5) Senators Kedzie, Stepp, Kapanke, Wirch and
Breske.

Noes: (0) None.

ADOPTION OF SENATE AMENDMENT 2 RECOMMENDED,
Ayes 5, Noes 0

Moved by Senator Breske, seconded by Senator Kapanke that
Senate Bill 282 be recommended for passage as amended.

Ayes: (5) Senators Kedzie, Stepp, Kapanke, Wirch and
Breske.

Noes: (0) None.

PASSAGE AS AMENDED RECOMMENDED, Ayes 5, Noes 0

Matt Phillips
Committee Clerk

Vote Record

Committee on Natural Resources and Transportation

Date: 11/3/05

Bill Number: SB 282

Moved by: Breske Seconded by: Kapanke

Motion: Adopt Senate Amendment 1

Committee Member

Senator Neal Kedzie, Chair

Senator Cathy Stepp

Senator Dan Kapanke

Senator Robert Wirch

Senator Roger Breske

<u>Aye</u>	<u>No</u>	<u>Absent</u>	<u>Not Voting</u>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Totals: 5-0 _____

Motion Carried

Motion Failed

Vote Record

Committee on Natural Resources and Transportation

Date: 11/3/05

Bill Number: SB 282

Moved by: Wirch Seconded by: Kapanke

Motion: Adopt Senate Amendment 2

<u>Committee Member</u>	<u>Aye</u>	<u>No</u>	<u>Absent</u>	<u>Not Voting</u>
Senator Neal Kedzie, Chair	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Cathy Stepp	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Dan Kapanke	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Robert Wirch	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Roger Breske	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Totals: 5 - 0 _____

Motion Carried Motion Failed

Vote Record

Committee on Natural Resources and Transportation

Date: November 3, 2005

Bill Number: Senate Bill 282

Moved by: Breske Seconded by: Kapanke

Motion: Passage AS AMENDED

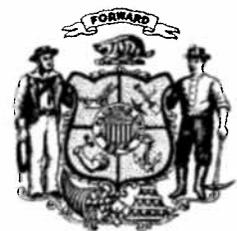
<u>Committee Member</u>	<u>Aye</u>	<u>No</u>	<u>Absent</u>	<u>Not Voting</u>
Senator Neal Kedzie, Chair	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Cathy Stepp	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Dan Kapanke	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Robert Wirch	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senator Roger Breske	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals:	<u>5</u>	<u>0</u>	<u> </u>	<u> </u>

Motion Carried

Motion Failed



WISCONSIN STATE LEGISLATURE



**Chairman's Notes: Senate Committee on
Natural Resources and Transportation
Public Hearing – October 20, 2005**

- Welcome to today's hearing of the Senate Committee on Natural Resources and Transportation. Today we are having a public hearing on a number of Transportation related bills. We will also be entering into executive session to vote on a number of Natural Resources bills that the Committee has previously held a public hearing on.
- Committee Clerk will take Attendance. The roll will be left open for members who have yet to arrive.
- I would like to remind individuals wishing to testify to fill out a hearing slip and give it to the member of the Sergeant's Staff.
- Also, because of the number of bills before the committee today, I would encourage everyone to limit their comments to 5 minutes or less. For those that have written testimony, I would encourage you to summarize instead of reading it verbatim.
- It is my intent to take up the items in the order listed on the hearing notice, and will take up Companion bills at the same time.

Senate Bill 282 (Kapanke)

Relating to: special distinguishing registration plates associated with the Wisconsin Women's Health Foundation and making an appropriation.

Summary: This bill establishes an authorized special group specifically enumerated in state law for persons interested in obtaining special distinguishing registration plates supporting the efforts of the Wisconsin Women's Health Foundation, Inc. (Foundation), to provide women's health outreach and education programs and support for women's health research that improves the quality of life for women and families in this state. In addition to the regular vehicle registration fee, special group members are required to pay a \$15 fee for issuance or re-issuance of the special plates and an additional \$25 annual fee that provides funds to the Foundation. The bill requires DOT to enter into an agreement with the Foundation with respect to these funds, and the agreement must grant DOT authority, without fee to DOT, to use any applicable trademark of the Foundation with respect to the special plates. The bill also requires the Foundation to annually submit an audited financial statement of its use of these funds, and requires DOT to discontinue funding if the Foundation dissolves or loses its tax-exempt status under federal law.

Fiscal Effect: A DOT fiscal estimate indicates that this bill will have a one-time cost of \$35,600, and that the first \$27,600 of contributions be retained in the Transportation Fund. The DMV estimates that only 500 plates will be issued the first year, generating only \$12,500.

Questions:

- What would this license plate look like – is there an agreement between the DOT and the supporters of the bill?
- What is the Wisconsin Women's Health Foundation, Inc (Sue Ann Thompson's organization)? Is it a for-profit or not-for-profit organization? How is it funded? Is there a stipulation in the bill as to how the Foundation can use the funds that they receive from the license plate?
- FOR DOT: How many different license plates does Wisconsin currently issue?

Senate Bill 282

Relating to: special distinguishing registration plates associated with the Wisconsin Women's Health Foundation and making an appropriation.

- MOTION TO ADOPT SENATE AMENDMENT 1 1271 \$ 8000 from rev. of plates to DMV for startup
- SECOND
- DISCUSSION
- ✓ ROLE CALL

- MOTION TO ADOPT SENATE AMENDMENT 2 1272 Funds from sales into new equipment DTPS for the foundation
- SECOND
- DISCUSSION
- ✓ ROLE CALL

- MOTION FOR PASSAGE AS AMENDED
- SECOND
- DISCUSSION
- ✓ ROLE CALL

DOT request

Senate Bill 332

Relating to: authorizing specific information signs on certain portions of USH 12.

- MOTION FOR PASSAGE
- SECOND
- DISCUSSION
- ✓ ROLE CALL

Assembly Bill 664 (companion to SB 332)

Relating to: authorizing specific information signs on certain portions of USH 12.

- MOTION TO RECOMMEND CONCURRENCE
- SECOND
- DISCUSSION
- ROLE CALL

Senate Bill 122

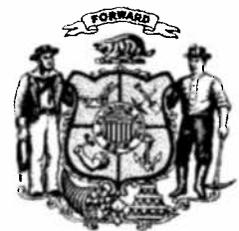
Relating to: the licensing of motor vehicle salvage dealers.

- MOTION TO ADOPT SENATE AMENDMENT 1
- SECOND
- DISCUSSION
- ✓ ROLE CALL

- MOTION FOR PASSAGE AS AMENDED ✓
- SECOND
- DISCUSSION
- ✓ ROLE CALL



WISCONSIN STATE LEGISLATURE



no date

Testimony of Sue Ann Thompson
on SB ~~282~~ 282

I'D LIKE TO BEGIN BY THANKING SENATOR
KAPANKE AND REPRESENTATIVE SCHILLING FOR
THEIR LEADERSHIP IN SPONSORING THIS BILL. AND
FOR THEIR LEADERSHIP IN MAKING WOMEN'S
HEALTH A PRIORITY. AND I WOULD LIKE TO THANK
THE COMMITTEE FOR ALLOWING ME THE TIME TO
TALK A LITTLE ABOUT THE WORK WE ARE DOING
AT THE WISCONSIN WOMEN'S HEALTH
FOUNDATION.

WORK THAT I PERSONALLY HAVE BEEN INVOLVED
IN FOR ALMOST EIGHT YEARS.

WHEN WE SAY WOMEN'S HEALTH WE ARE REALLY
TALKING FAMILY HEALTH. FOR WOMEN MAKE OVER
90% OF THE HEALTHCARE DECISIONS IN THE

FAMILY. WHETHER IT IS SCHEDULING APPOINTMENTS, SELECTING THE DOCTORS, FILLING PRESCRIPTIONS, HAVING THE CHILDREN IMMUNIZED OR LOOKING AFTER THE FAMILY'S NUTRITION AND PHYSICAL FITNESS; WOMEN ARE RESPONSIBLE FOR MAKING OVER 80 PERCENT OF HEALTHCARE DECISIONS IN AMERICAN HOUSEHOLDS. SO A HEALTHY WOMAN MEANS A HEALTHY FAMILY, AND HEALTHY FAMILIES MAKE HEALTHY COMMUNITIES.

THE WISCONSIN WOMEN'S HEALTH FOUNDATION IS THE ONLY STATEWIDE, NON-PROFIT DEDICATED 100% TO WOMEN'S HEALTH IN WISCONSIN. WE REACH OVER 75,000 WOMEN THROUGH OUR OUTREACH AND EDUCATION PROGRAMS.

**PROGRAMS THAT HAVE REACHED WOMEN IN ALL
72 COUNTIES.**

**WE KNOW IN ORDER TO INFLUENCE AND IMPROVE
THE HEALTH STATUS OF WOMEN AND FAMILIES IN
WISCONSIN. WE NEED TO:**

- TO CONTINUE TO EXPAND OUR DEFINITION OF
WOMEN'S HEALTH;**
- TO INVEST IN WOMEN'S HEALTH RESEARCH**
- TO TEACH WOMEN TO BECOME BETTER
ADVOCATES FOR THEIR HEALTH**
- TO GET INFORMATION INTO THE HANDS OF ALL
WOMEN.**

**AND THAT IS WHAT WE ARE DOING AT THE
FOUNDATION.**

ONE PROGRAM, FIRST BREATH, HAS HAD OVER 3,300 PREGNANT WOMEN ENROLL. THIS PROGRAM HELPS MOTHERS TO BE QUIT SMOKING AND TO GIVE THEIR UNBORN BABIES A HEALTHY START. IN THAT ONE PROGRAM, WE HAVE SAVED WELL OVER 1 MILLION IN HEALTHCARE COSTS. FOR EXAMPLE RESEARCH HAS SHOWN THAT MOTHERS WHO SMOKE, OFTEN HAVE PREMATURE UNDERWEIGHT BABIES. AND IT IS ESTIMATED THAT ONE PREMATURE BABY COST THE STATE MEDICAIDE SYSTEM \$500,000 IN THE FIRST SIX MONTHS. WE HAVE OVER A 35% QUIT RATE.

IN NORTHERN WISCONSIN OVER 400 WOMEN WHO HAVE ENROLLED IN OUR BADGER HEART

PROGRAM ARE LEARNING HOW TO USE EXERCISE, GOOD NUTRITION AND STRESS MANAGEMENT TO IMPROVE THEIR HEART HEALTH. AND PARISH NURSES ARE TEACHING WOMEN IN THEIR FAITH COMMUNITIES HOW TO DO SELF BREAST EXAMS WITH INFORMATION AND MATERIALS WE'VE PROVIDED THROUGH OUR GRAPEVINE PROGRAM. AND IN OUR URBAN CENTERS WE ARE PROVIDING HEALTH AND WELLNESS RETREATS. OVER 400 WOMEN ANNUALLY ATTEND OUR WOMEN OF THE WORLD CONFERENCE IN MILWAUKEE, WHICH IS FOCUSED ON TEACHING AFRICAN AMERICAN WOMEN ABOUT HEART DISEASE.

WE HELP WOMEN TO BECOME ADVOCATES FOR THEIR HEALTH. WE CONNECT THEM WITH

INFORMATION THEY NEED TO MAKE GOOD DECISIONS. WE EMPHASIZE DISEASE PREVENTION, ENCOURAGING HEALTHY BEHAVIORS. WE INCREASE WOMEN'S AWARENESS OF RESOURCES LIKE THE WELL WOMAN PROGRAM, AS WELL AS OTHER STATE AGENCIES AND WELLNESS PROGRAMS AVAILABLE IN THEIR COMMUNITIES. BASICALLY, WE ARE BRINGING CRITICAL HEALTH INFORMATION TO WOMEN IN ALL CORNERS OF WISCONSIN, WE ARE BRIDGING THE GAPS BETWEEN RESEARCHERS, HEALTHCARE PROVIDERS AND THE CONSUMERS.

JUST LAST MONTH, THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES OFFICE ON WOMEN'S HEALTH DESIGNATED US AS A RURAL FRONTIER

COORDINATING CENTER. THROUGH THIS INITIATIVE WE WILL DEVELOP A COORDINATING CENTER, INCREASE THE USE OF ALLIED HEALTH PROFESSIONALS, CONTINUE TO DEVELOP INNOVATIVE PROGRAMS AND WORK TO IMPROVE HEALTH FOR RURAL WOMEN BY PUBLISHING A RURAL WOMEN'S HEALTH RESOURCE DIRECTORY IN 2006. THE DIRECTORY WILL HELP TO BREAK DOWN THE BARRIERS THAT PREVENT RURAL WOMEN FROM ACCESSING ESSENTIAL HEALTH CARE RESOURCES.

THE FOUNDATION ALSO PROVIDES SCHOLARSHIPS AND GRANTS TO ORGANIZATIONS AND SUPPORTS CUTTING-EDGE RESEARCH RIGHT HERE IN WISCONSIN.

WE ARE NOT ASKING FOR ANY STATE DOLLARS TO PRODUCE THE LICENSE PLATE. WE ARE PREPARED TO COVER THE PRODUCTION COSTS FOR THE LICENSE PLATE. WE WILL RAISE FUNDS FROM PRIVATE DONORS. WHAT WE'RE ASKING FOR TODAY IS YOUR ENDORSEMENT OF WOMEN'S HEALTH...OF FAMILY HEALTH BY MAKING THIS LICENSE PLATE A POSSIBILITY. WE HAVE DEMONSTRATED OUR EFFECTIVENESS IN HELPING WOMEN AND FAMILIES IN THIS GREAT STATE. AS WE TRAVEL THE STATE WE ARE CONSTANTLY ASKED BY WOMEN HOW THEY CAN HELP, IN FACT SOME EVEN SPECIFICALLY ASK US ABOUT THE POSSIBILITY OF A LICENSE PLATE. THE PROCEEDS GENERATED FROM EVERY LICENSE PLATE WILL GO

**TO HELP US CONTINUE TO PROVIDE GOOD
PROGRAMMING IN COMMUNITIES ACROSS THE
STATE TO CREATE A HEALTHIER WISCONSIN. WE
MUST NEVER FORGET – IT ALL BEGINS WITH A
HEALTHY WOMAN.**



FORWARD...FOR WOMEN'S HEALTH



WISCONSIN
Women's Health
FOUNDATION, INC.



WISCONSIN
Women's Health
 FOUNDATION, INC.

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Gloria Sarto, MD, PhD

Sandi Thomas

Dear Friend,

Thank you for your interest in the Wisconsin Women's Health Foundation. The enclosed packet gives you details about the impact we have made on the lives of women and families in this state through our women's health education and outreach programs, research grants and scholarships.

The Foundation is a statewide non-profit organization devoted to helping women to become better advocates for their health. We focus on six primary areas: breast cancer, cardiovascular disease, smoking cessation, osteoporosis, mental illness/depression and domestic violence. These are issues which affect women from birth to death, affect women differently than men or affect women disproportionately.

We know that women aren't just small men and the new emphasis on studying women's health benefits us all. For the first time in history, we're recognizing that a one-size-fits-all philosophy of medicine just won't work. Gender-based biology allows us to uncover new information about the biological differences between men and women.

Women are responsible for making over 85% of the health care decisions within the family. So a healthy woman means healthy families. And healthy families make healthy communities. Never forget – it all begins with a healthy woman.

Yours in good health,

Sue Ann Thompson
Founder & President





Wisconsin Women's Health Foundation Accomplishments

- Enrolled over 3,800 women in *First Breath*, a program to help low-income pregnant women quit smoking. 34.45% of clients quit. Each woman who quits smoking through First Breath saves Wisconsin Medicaid \$1,674 per person.
- Conducted *Women's Health & Wellness Retreats* for over 3,000 women in 15 counties.
- Screened 322 women for heart disease in Wausau, Stevens Point, Rhinelander and Tomahawk as part of the *Badger Heart Program*. Enrolled 240 of those women in a 6-month lifestyle intervention program to help them make changes in nutrition, exercise and stress management and to improve their understanding of women's unique risks for heart disease.
- Raised awareness about women's health issues such as depression, heart disease, lung cancer, breast cancer among over 75,000 women through the *Women's Health Minutes* for radio in Madison and Milwaukee.
- Educated 1st and 2nd year medical students at UW Madison about domestic violence, breast cancer, women and heart disease through *UW Medical School Brown Bag Lunch Series*.
- Gave over \$200,000 in *women's health research* grants and scholarships. Supported the work of women scientists doing research in women's health at UW-Madison, UW-Milwaukee and the Medical College of Wisconsin.
- Presented the *11th Annual Women of the World Conference* in Milwaukee for 400 African American women.
- Presented *Women's Health Roundtable Discussions* for over 1,500 women in 60 Wisconsin counties.
- Over 500 women have attended *everywoman's journal* programs in 21 Wisconsin counties. Conducted focus groups to expand the program to Hmong and Latino women.
- Trained and enrolled 25 Rural Parish Nurses in the *GrapeVine Project*. Provided them with educational materials on breast and cervical cancer, heart disease and osteoporosis.



Wisconsin Women's Health Foundation (WWHF)

Mission

Reach all Wisconsin women with the information, opportunity, and support they need to be healthy;

Encourage women to become advocates for their health;

Improve the overall quality of life for women and their families.

WWHF Core Strengths

- Bringing critical health information to women in all corners of Wisconsin
- Bridging research, healthcare providers, and consumers
- Focusing on prevention, healthy lifestyle choices, and advocacy
- Leveraging resources of public and private entities for broader reach

Who We Are

Founded by Sue Ann Thompson, the former First Lady of Wisconsin, WWHF provides quality health initiatives to the women of Wisconsin and develops program models that can be used throughout the state and country.

WWHF draws upon the expertise of community and business leaders, physicians, women's health researchers and public health officials who serve on the Foundation's Board of Directors, Scientific Advisory Committee and Medical and Community Advisory Board. These groups select research grant and scholarship recipients, assist in program development, and serve as a resource for WWHF staff.

How We Do It

- Creating innovative education and outreach programs that connect with women through direct programming. Programs include Wellness Retreats, Roundtable Discussions, First Breath, Badger Heart Program, GrapeVine, *everywoman's journal*, Medicine Basket, Women's Health Minute, and many other rural and urban initiatives.
- Supporting cutting-edge research right here in Wisconsin through research grants that focus on cardiovascular disease, breast cancer, mental health, domestic violence, smoking cessation, and osteoporosis.
- Developing leaders in women's health through the Dr. Judith Stitt Woman Faculty Scholar award. Women in leadership positions can introduce health policies to eliminate cultural, ethnic, racial and gender prejudice, and contribute to scientific study to benefit the health of women.
- Serving as a network center for women's health resources through our website, resource library, research articles, working groups, newsletters and our statewide research report.

Who Do We Do It For

More than 75,000 women in all 72 Wisconsin counties are touched by the Wisconsin Women's Health Foundation each year. WWHF is especially effective in reaching rural and underserved women with the information and resources they need to be healthy.

"It all begins with a healthy woman – a healthy woman means a healthy family."

As I traveled as First Lady after my recovery from breast cancer and heard the personal stories of women all over this state, I quickly learned that not all women were aware of their health risks or had equal access to health information and care. I made a vow to do something to help, and in 1997 I established the Wisconsin Women's Health Foundation. I hope that as you learn more about who we are and what we do, that you'll join us as we move *Forward...For Women's Health.*



SUE ANN THOMPSON

Former First Lady of Wisconsin and President,
Wisconsin Women's Health Foundation



MISSION



Reach all women with the information, opportunity and support they need to be healthy;

Encourage women to become advocates for their own health;

Improve the overall quality of life for women and their families.

WHY WOMEN'S HEALTH?

- **Women are the heart of the healthcare system within the family.** Women make over 85 percent of the healthcare decisions in American households and spend four of every five healthcare dollars.
- **As baby boomers age, women's health will have an enormous social and economic impact in this country.** Women account for 52 percent of the population. Currently more than 75 percent of residents in long-term care facilities over the age of 75 are women, and the Census Bureau predicts that nearly 37 million women will enter midlife by 2005.
- **There is a significant lack of information about women's health issues.** Until 1988, women were excluded from research; clinical trials were conducted on men with the results generalized to women. There is a need for research regarding diseases which disproportionately affect women, as well as a need to understand how common diseases affect women differently than men.

BACKGROUND



What makes the Wisconsin Women's Health Foundation different?

Established in 1997 by Former First Lady Sue Ann Thompson, the Wisconsin Women's Health Foundation has the distinction of being the only statewide non-profit organization in Wisconsin whose mission focuses entirely on women's health.

What are our strengths?

- Our ability to bring critical health information to thousands of women in all corners of the state, to connect women with their community resources, and to meet the needs of both rural and urban populations.
- Our focus on prevention and healthy lifestyle choices, as well as health issues that affect women throughout their lives.
- Our independence from any healthcare system allows us to present women's health as a non-partisan, non-competitive issue.
- Our ability to leverage successful partnerships with private and public organizations both throughout the state and country in order to capitalize on scarce resources.
- An established scientific advisory group of recognized medical experts from the University of Wisconsin-Madison, University of Wisconsin-Milwaukee, and the Medical College of Wisconsin.



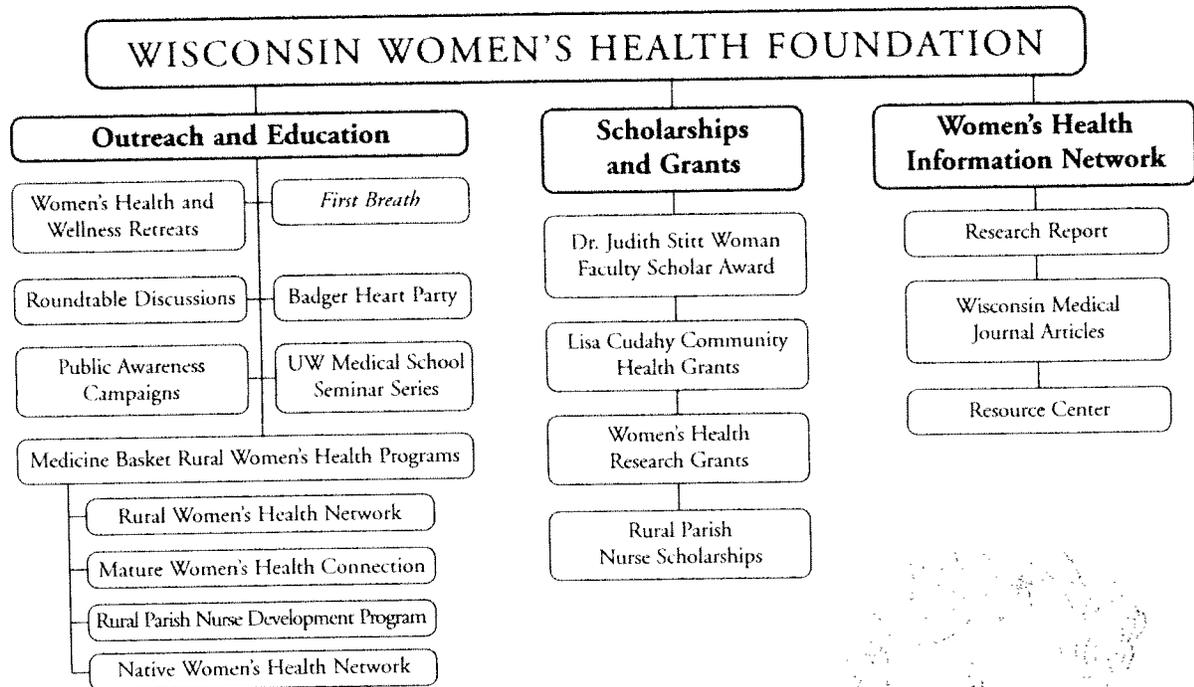
"Being able to tell my story of domestic abuse at the Roundtable Discussion was what I enjoyed the most. I told a lot of people (it hurt to tell)."

SIX KEY HEALTH ISSUES

The Wisconsin Women's Health Foundation focuses on six primary women's health issues: cardiovascular disease, breast cancer, mental illness, domestic violence, osteoporosis, and tobacco addiction. Each of these issues was chosen because they disproportionately affect women, affect women differently than men, and affect women over their entire lifecycle.

- **Cardiovascular Disease:** Cardiovascular disease is the number one killer of women – more than all cancers combined. Every year nearly 10,000 Wisconsin women die of cardiovascular disease. Nationwide, 42 percent of women do not survive a year following a heart attack versus 24 percent of men.
- **Breast Cancer:** One out of eight women will develop breast cancer during her lifetime. In Wisconsin this year, 3,800 women will be diagnosed with breast cancer and 700 will die from it. Early detection through self breast exams and mammograms is our best defense.
- **Mental Illness:** Major depression is the leading cause of disability in the U.S. and worldwide, and women are twice as likely as men to suffer from a depressive disorder. One out of four women will suffer from clinical depression; only one-fifth of those women will get the treatment they need.
- **Domestic Violence:** In the U.S., domestic violence is the leading cause of injury to women ages 15-44. Currently 90-95 percent of all victims of domestic abuse are women, and nearly one-third of American women (31 percent) report being physically or sexually abused by a husband or boyfriend at some point in their lives. In 2001, 27,454 incidents of domestic abuse were reported to the Wisconsin Department of Justice – an increase of nearly 10 percent from 2000.
- **Osteoporosis:** Eighty percent of those diagnosed with osteoporosis are women, and over 8 million women in the United States suffer from osteoporosis while millions more have low bone density.
- **Tobacco Addiction:** Almost 22 percent of all American adult women (22.2 million) are smokers, and over 65,000 women die of lung cancer each year. In 1987, lung cancer surpassed breast cancer as the leading cause of cancer deaths among women in the United States. Smoking is directly responsible for 87 percent of all lung cancer cases in America each year. In Wisconsin, smoking during pregnancy affects nearly 12,000 births each year, and approximately 39 percent of high school teenage girls reported tobacco use in the past 30 days.

PROGRAMS OF THE FOUNDATION



OUTREACH AND EDUCATION PROGRAMS

- **Women's Health and Wellness Retreats**

Day-long programs conducted in communities throughout Wisconsin to educate women about current women's health issues, to share information about regional and statewide women's health resources, to provide women's health networking opportunities, and to empower women to take charge of their health and well-being. Free health screenings are also offered.

- **Roundtable Discussions**

Informal, small-group discussions focusing on one of our six areas of women's health facilitated by a medical professional, held in communities throughout Wisconsin, and hosted by an individual woman from the community.

- **Domestic Violence & Mental Illness Public Awareness Campaigns**

Developed a 90-second movie trailer to raise awareness about domestic violence which played to over 2 million movie goers in 2002 and is now being marketed to other states. Currently serve on the Wisconsin United for Mental Health steering committee to educate, increase awareness, and reduce the stigma associated with mental illness through media and outreach events.

OUTREACH AND EDUCATION PROGRAMS

■ First Breath

A statewide program to help pregnant women quit smoking through one-on-one counseling and incentives offered at 78 sites in Wisconsin. *First*

First

A Wisconsin Womens Health Foundation Program

Breath Sites receive free smoking cessation materials, smoking cessation counseling training and are also eligible to apply for mini-grants to support their work with *First Breath* Clients.

First Breath operates within the reality of the client's life, addressing situations such as family violence, unemployment, lack of insurance and social isolation. To date, 43 percent of women enrolled in *First Breath* have overcome their addiction and quit smoking.

In Wisconsin, nearly 12,000 births are affected by smoking during pregnancy each year, and up to \$200,000 per infant is spent for first year medical costs associated with very low birth weight. *First Breath* will help reverse this trend, offering a healthy start for infants, mothers and other children in the house, through a unique partnership between private, public and non-profit organizations.

■ Medicine Basket Rural Women's Health Programs

Women's health in rural areas presents unique challenges. Rural women are geographically distanced from medical centers, are often self-reliant and rely on informal networks of family and friends for medical information. The high cost of healthcare, particularly for agricultural workers and small businesses, is often a challenge.

The Medicine Basket programs use innovative approaches to link the highest quality information on women's health, to women in rural areas. They also provide a framework for rural women to learn about local resources, as well as those outside their community. The programs cover four areas:

- **Rural Women's Health Network:** Includes our proactive health journaling program, *everywoman's journal*.
- **Mature Women's Health Connection:** Focuses on increasing awareness and access to local community services for senior women.
- **Rural Parish Nurse Development Program:** Includes a scholarship to support training for female nurses interested in becoming a Parish Nurse, as well as the GrapeVine Project, a community-based women's health outreach study series offered by Parish Nurses.
- **Native Women's Health Network:** Includes the *Jaimie Carroll Award* which recognizes a Native Woman for excellence in women's health education and screening outreach efforts.

OUTREACH AND EDUCATION PROGRAMS

■ Badger Heart Party

A program to increase awareness among Wisconsin women about their risk for cardiovascular disease through special events, a web site, clinician training and free health screenings for women over the age of 35.

■ University of Wisconsin Medical School Lunch Hour Seminar Series

A series of lunch hour presentations for first and second year medical students to raise awareness about women's health issues such as domestic violence, smoking cessation counseling, cultural competency, heart disease, and insurance basics/publicly funded programs.

SCHOLARSHIPS AND GRANTS

DR. JUDITH STITT WOMAN FACULTY SCHOLAR AWARD

To help women in academic medicine achieve leadership positions, The Wisconsin Women's Health Foundation established *The Dr. Judith Stitt Woman Faculty Scholar Award*, a \$50,000 grant which is given to an individual woman whose research focuses on women's health. The award is named in memory of Sue Ann Thompson's radiologist-oncologist who was a leader in women's health and was a vital part of her recovery from breast cancer and inspired her to start the Foundation, but who died of a rare form of cancer.

Historically, major advances in women's health research have been initiated by female academic leaders, yet the number of women entering leadership roles in academic medicine remains disproportionately small. Leaders in academic medicine set the nation's medical research agenda, inform policymakers, and are trailblazers for others to follow, thus it is critical that we have more women at the decision-making table.

"I was promoted to Associate Professor with tenure beginning in the fall of 2002, and I am certain that receipt of the [award] contributed significantly to the Divisional Committee's favorable ruling."

Linda Sabatini, Ph.D. – University of Wisconsin - Milwaukee
2000 Dr. Judith Stitt Woman Faculty Scholar Award Recipient

SCHOLARSHIPS AND GRANTS

- **Lisa Cudahy Community Health Grants**

Grants of \$500-\$2,500 to fund women's health education programs presented by other non-profit organizations in Wisconsin.

- **Women's Health Research Grants**

\$10,000 grants to fund women's health research projects relating to one of WWHF's six key areas.

- **Medicine Basket Rural Parish Nurse Scholarships**

\$500 scholarships to provide support to licensed female nurses to become a Parish Nurse. Parish Nurses provide healthcare to individuals who have limited access to healthcare, especially in remote areas where resources are limited.



WOMEN'S HEALTH INFORMATION NETWORK



- **Report on Women's Health in Wisconsin 2000**

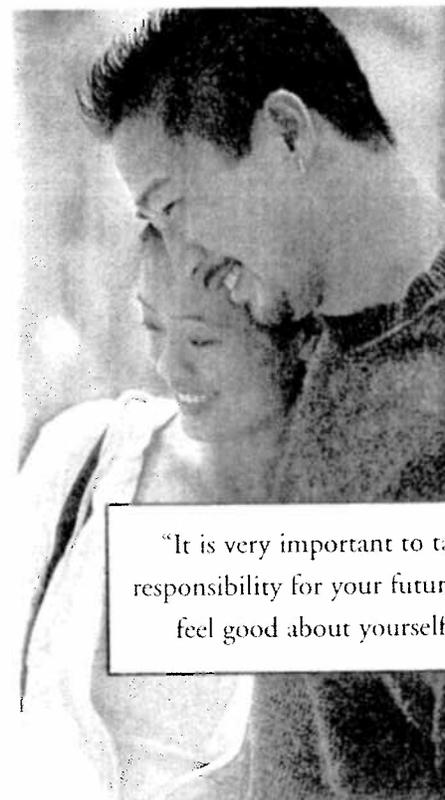
The first published and comprehensive source of existing statistics and information regarding the status of women's health in Wisconsin. We are currently working on an updated version of the report.

- **Women's Health Resource Center**

Development of a resource center of published materials, a web site, and speaker's bureau.

- **Wisconsin Medical Journal Peer Reviewed Articles**

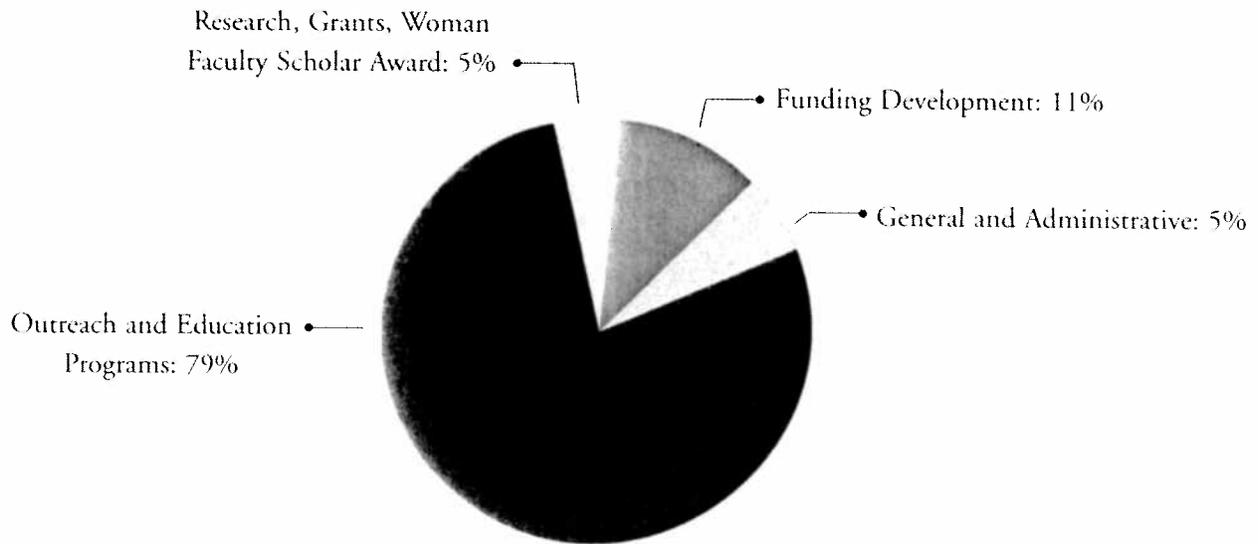
- WWHF has presented outreach and education programs to over 35,000 women in almost all Wisconsin counties.
- Surveys conducted six weeks following our education programs, indicate that over 50 percent of respondents make lifestyle changes or use the information learned to improve their interaction with healthcare providers, and 75 percent share information learned with friends and family.
- Sue Ann Thompson has shared her message with over 50,000 people through speaking engagements sponsored by other organizations in Wisconsin and throughout the country.
- WWHF educated over 2 million individuals about domestic violence through a movie trailer created in partnership with the Wisconsin Coalition Against Domestic Violence and Marcus Movie Theatres in 2002.
- WWHF has awarded over \$200,000 in grant money to support women in academic medicine, women's health research and other non-profit organizations in Wisconsin.
- Over 10,000 individuals receive the newsletter each quarter.
- Expanded First Breath from 15 to 78 sites. Will have helped over 900 women in their effort to quit smoking by end of 2003 with the goal of helping over 4,000 women by 2006.
- WWHF distributed 20,000 nicotine patch kits throughout Wisconsin and helped over 4,000 individuals quit smoking in partnership with the University of Wisconsin Center for Tobacco Research and Intervention.
- WWHF educated and screened over 2,500 women (with special outreach to Native women) for cardiovascular disease in 2002 as part of the Badger Heart Party.
- Educated first and second year medical students at the University of Wisconsin Medical School about domestic violence.



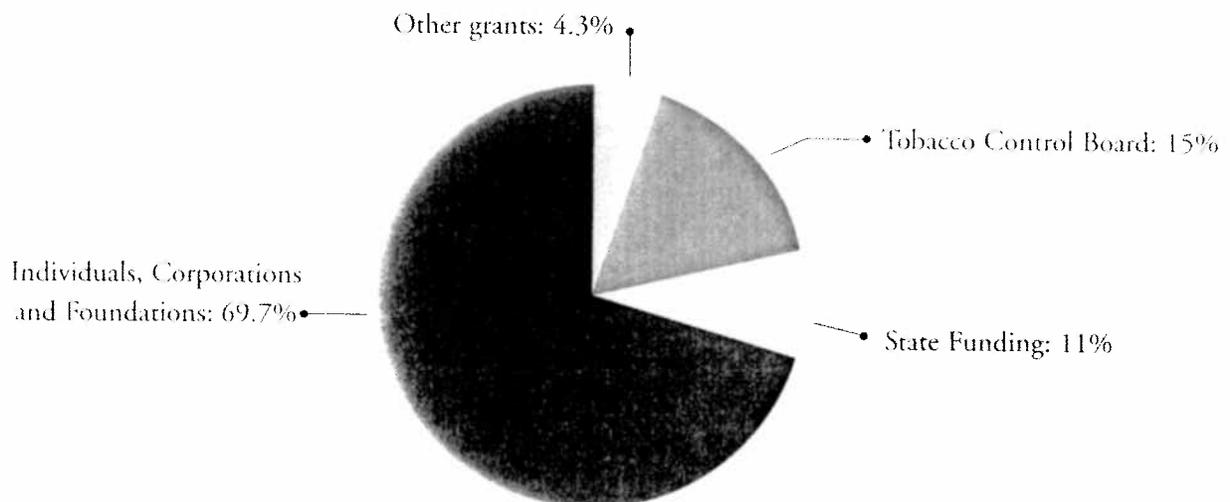
“It is very important to take responsibility for your future and feel good about yourself.”

FINANCIAL PICTURE

EXPENSES (2002)



INCOME (2002)



CAMPAIGN GOALS

- **Education, Prevention and Outreach Programs** **\$2,448,000**
Funding for Women's Health and Wellness Retreats, Roundtable Discussions, statewide media campaigns, First Breath, Medicine Basket Rural Women's Health Programs, Badger Heart Party and new program development.

- **Judith Stitt Woman Faculty Scholar Award and Endowment** **\$1,000,000**
Cultivation of an endowment to guarantee annual funding of a \$50,000 grant to support the development of women leaders in academic medicine.

- **Scholarships and Grants** **\$141,000**
Funding for Women's Health Research Grants, Lisa Cudahy Community Health Grants and Rural Parish Nurse Scholarships.

- **Women's Health Information Network** **\$136,000**
Funding for updates to the Report on Women's Health in Wisconsin and development of a Women's Health Resource Center including published materials, web site, public speaking engagements and a speaker's bureau.

2003-2005 Three-Year Goal: \$3,725,000

JOIN US AS WE MOVE FORWARD...FOR WOMEN'S HEALTH



We work hard to teach women of all economic groups, education levels, geographic locations, and ages how to become advocates for their own health. Through our women's health research and programs focused on education and outreach, we are improving the quality of care that women and families receive. You too, can help create healthier communities by supporting the Wisconsin Women's Health Foundation.

TESTIMONIALS

"The partnership between the Wisconsin Women's Health Foundation and the University of Wisconsin Center for Tobacco Research and Intervention is one of the best examples of working together to improve the health of real people. I am convinced that thousands of women across Wisconsin have successfully quit smoking. This proud accomplishment wouldn't have been achieved without the leadership of the Wisconsin Women's Health Foundation."

Michael Fiore, MD, MPH

Founder and President, Center for Tobacco Research and Intervention, University of Wisconsin-Madison

"The friendliness of the speaker in the Roundtable Discussion made you feel that you yourself were important, and the information was very interesting."

"I enjoyed the opportunity to meet and talk with women about women's issues. We in rural areas seldom have these opportunities."

"Our governmental base provides data and materials while the Wisconsin Women's Health Foundation provides the leadership and drive to push women's health issues forward. The relationship has gotten stronger every year, and we hope that as the Foundation grows, we can continue to stand with them. We applaud all that they have done for women in Wisconsin and hope that they continue to grow."

Meg Taylor

Director of Chronic Disease Prevention
and Health Promotion, Division of Public Health,
Wisconsin Department of Health and Family Services

"The Wisconsin Women's Health Foundation works tirelessly to level the playing field in healthcare. Their projects reach all areas of the state, ensuring all women have access to health education and screenings. They are the definition of prevention!"

Mary Carr Lee

Vice President of Community
Outreach - Meriter Hospital
Madison, Wisconsin

"We applaud the Wisconsin Women's Health Foundation on their innovative programming and collaborative approach to providing outreach to the women of Central and Northern Wisconsin! Through a sharing of resources and a unified vision for rural women of all ages, we have expanded our capacity to provide health education and resources that are changing lives."

Mary James - Women's Health

Saint Joseph's Hospital/Ministry Health Care, Marshfield, Wisconsin

Wisconsin Women's Health Foundation

FORWARD... FOR WOMEN'S HEALTH

WINTER 2004

Sue Ann Says...



Reclaim Your Life

Living a good life. It's what we all want for ourselves and those we love. Why do we so often fail to achieve it? I'm not talking about great wealth and an abundance of material things. Or some nirvana-like state of perpetual bliss. Just enough of those quiet moments to feel at peace, to feel content, to feel that all is right with you and your world.

Recently the Wisconsin Women's Health Foundation held its fifth annual Women's Health Research Luncheon in Milwaukee. Physician and author Nancy Snyderman was our keynote speaker. You probably know Nancy from her work as medical correspondent for ABC-TV's *Good Morning America* and *20/20*, where she brought women's health to the forefront of national attention. Although Nancy and I first met a few years ago, I've long admired her dedication to advancing the cause of women's health. We had a chance to catch up over coffee after the Foundation luncheon.

It's a good bet you know that I'm always on the soapbox about women being the epicenter of the family. So it was nice to

learn that Nancy also believes this passionately. We take care of our children, our husbands, our parents, our pets. We work, volunteer, chauffeur, coach, cook, clean and shop (well, some of us shop more than others). But how often do we stop to really take care of ourselves?

Nancy urges women to reclaim their lives. If we don't put ourselves first, after all, no one else will. And if we don't put ourselves first, eventually we will have a meltdown. We can't be effective caregivers unless we take good care of ourselves, both physically and emotionally. Nancy told me a hilarious story about her mother's moment of liberation back in the '60s. A traditional wife and mother of the time, she was at the breaking point. When her friends invited her for a girl's weekend, she announced to her husband, a physician, that she was leaving for a few days. He refused to allow it. Young Nancy overheard a fascinating back and forth of, "I'm going" and "No, you are not." Her father always had the last word. But on the morning in question, Nancy's mother was gone. The fact that Nancy's father met his wife at the airport upon her return with their children dressed in picket signs is neither here nor there. (Nancy's sign said, "Mommy, mommy, why did you leave us?") When her mother got off the plane, Nancy scarcely recognized her. "She didn't look like my mom," Nancy recalls. "This woman looked really good. She had color in her cheeks and a skip in her step. I thought, 'Wow! My mom looks fabulous!'" Nancy learned an important life lesson, one she never forgot. It is essential that women make time just for themselves.

Health care is an important piece of that, of course. If we aren't healthy, it has a ripple effect. It impacts our family. It impacts the workforce. It impacts the community and the economy.

But taking care of ourselves goes beyond physical health. It means rekindling our spirit. "Whether you close the bathroom door and put up a sign that says 'Give me five minutes of peace' or take off for a girls' weekend, every woman has to find a way to nurture herself," Nancy emphasized.

In this busy and stressful holiday season, I urge you to let go of the unimportant things, the rush and the stress and the madness. Who cares if the decorations are designer-perfect and the meal a gourmet feast? Make the time to savor the small moments. Regain a sense of wonder. Find the inner joy. And celebrate yourself.

Starting today, let's make a promise to get our priorities straight and make a commitment to doing something positive for our mental and physical health. Whether it's adding a few more fruits and veggies to our diets, moving more often and walking a few more minutes each week, or giving ourselves just five to ten minutes a day to meditate...let's make sure to take just a small step towards feeding ourselves in body, mind and spirit. As the Chinese proverb goes - "even the journey of a thousand miles begins with one small step."

Wishing you and your family a happy, healthy holiday.

Sue Ann Thompson

WWHF Awards Grants & Supports Women's Health Research in Wisconsin



Diane Button (mother of Diana Kerwin), WWHF President Sue Ann Thompson, Dr. Nancy Snyderman (keynote speaker, former medical correspondent for ABC News), Dr. Diana Kerwin, Medical College of Wisconsin, 2004 Dr. Judith Stitt Woman Faculty Scholar.

There are many dynamic, innovative women doing research in women's health right here in Wisconsin who often go unrecognized outside of academic circles. I'm very proud to introduce you to three such women who received grants from the Wisconsin Women's Health Foundation and were recognized at our *5th Annual Women's Health Research Luncheon* held on October 27 at the Italian Community Center in Milwaukee.

Diana Kerwin, MD, Assistant Professor at the Medical College of Wisconsin, received the *2004 Dr. Judith Stitt Woman Faculty Scholar Award* for her work investigating the effects of body weight and other risk factors for Alzheimer's disease in women. Alzheimer's disease is a devastating illness which affects approximately 4 million Americans and is more common in women than men with prevalence rates twice that of men.

The *Dr. Judith Stitt Woman Faculty Scholar Award* was created to facilitate the development of women as leaders in academic medicine and is given to a female junior faculty member (associate or assistant professor) whose research is in women's health. Dr. Kerwin, who is the third woman to receive the award, will be given \$50,000 in salary support over the course of two years.

The *Dr. Kit Allen Women's Health Research Grant*, a \$10,000 award, is being given to support a study on the physical and mental health and well-being of black African immigrant women in Dane County. The project is led by Sherrill Sellers, PhD, Assistant Professor at the University of Wisconsin-Madison School of Social Work. While the African immigrant population is small in Wisconsin, this is important work for all women as even a small percentage of the population can have a major impact on healthcare delivery. This study may also provide a successful model for healthcare for other immigrant women.

Linda Sabatini, PhD, Associate Professor at the University of Wisconsin-Milwaukee College of Health Sciences, will receive the *Markos Breast Cancer Research Grant*. This \$10,000 award will support her research investigating the molecular basis of lifestyle risk factors such as alcohol and hormone replacement use, as well as environmental risk factors on breast cancer development. Through her research, Sabatini hopes to develop more effective strategies for preventing breast cancer. Dr. Sabatini was also the first recipient of the *Dr. Judith Stitt Woman Faculty Scholar Award* given in 2000.



WWHF President Sue Ann Thompson and Dr. Sherrill Sellers from UW-Madison, Recipient of the Dr. Kit Allen Women's Health Research Grant.



Wisconsin Women's Health Foundation Board Member Carol Bluhm Markos and Dr. Linda Sabatini from UW-Milwaukee, Recipient of the Markos Breast Cancer Research Grant.

The Wisconsin Women's Health Foundation is proud to support Drs. Kerwin, Sellers, and Sabatini as they work to improve the health of women and families in Wisconsin. Scientific research influences health policy, the quality of health care, and our ability to make good decisions for our health, and that's why the Wisconsin Women's Health Foundation has made supporting women's health research in this state a priority.

For more information about WWHF's women's health research initiatives, visit www.wwhf.org. Other valuable resources for information about women's health research include: The Society of Women's Health Research, a non-profit organization based in Washington, DC (202-223-8224 or www.womens-health.org), as well as the Office of Research on Women's Health (www4.od.nih.gov/orwh/) and the Women's Health Initiative (www.nhlbi.nih.gov/whi/) which are both a part of the National Institutes of Health.

It all begins with a healthy woman

Doubling Our Numbers: Additional Parish Nurses Partner with Foundation to Reach More Rural Women

Ten Parish Nurses from rural counties across Wisconsin joined the Wisconsin Women's Health Foundation, Rural Women's Health Programs, *GrapeVine Project* in October. The orientation was held in Stevens Point.

"Additional resources from Johnson & Johnson gave us the opportunity to expand this program to reach more rural Wisconsin women," said Foundation Program Director, Julie Whitehorse. "We now have doubled the number of Parish Nurses we work with throughout the state."

"The *GrapeVine Project* provides Parish Nurses who partner with us, increased access to the latest information on our target women's health topics, public education materials, and adult teaching tools, like breast and artery models," she said. In their parishes and in their communities, they serve as healthcare referral and education resources.

The new Parish Nurse Partners are from Monroe, Winnebago, Marathon, Brown, Portage, Juneau, Douglas, and Fond du Lac counties. We'd like to welcome the following women: Helen Degner, Joyce Groshek, September Kozicki, Carol Lueders Bolwerk, Sandy Matuszak, Mary Pirwitz, Susan Schmitz, Kathryn Schumacher, Kathryn Stormo, and Gail Tomkowiak.



Parish Nurses

The *GrapeVine Project* is presented in collaboration with rural Parish Nurses, the Wisconsin Department of Health & Family Services, Division of Public Health, Wisconsin Well Woman Program and Johnson & Johnson.

For information about the *GrapeVine Project* contact WWHF Rural Women's Health Program Director Bobbie Kolehouse at 800-898-8818 or kolehoub@coredcs.com.

Sailboat Journey Raises \$500 For WWHF



On Labor Day weekend, Peter Mittelstadt set out in a 40-year-old, 9-foot dinghy with the goal of sailing north on Lake Michigan from Sheboygan to Manitowoc (a distance of twenty-five miles) to raise money for the Wisconsin Women's Health Foundation. Despite 15-20 mile an hour winds and 3-5 foot waves, Peter made it almost the entire distance and raised over \$500 for the Foundation with his "one man fundraiser."

Peter said the many hours he spent refurbishing the dinghy gave him a great deal of time to reflect, especially about the many women in his life who had faced significant health issues in the past year including breast cancer, stroke, cardiovascular disease and diabetes. He was inspired to make his first time out on the boat something special. He rallied his wife, family, friends and the Wisconsin Women's Health Foundation to support his adventure.

"While the trip and the fundraiser were somewhat unorthodox, I believe it made a difference in many ways," said Peter. "It raised a small amount of money for the Wisconsin Women's Health Foundation. It raised awareness of those around me about the prevalence of disease in women. It drove home the point that women make a majority of healthcare decisions in the family - and that affects all of us when they get sick. Most importantly, it was my way of thanking those special women in my life for their strength, unending support, courage and love."

Though WWHF first met Peter through Pfizer and his work with the Badger Heart Program, he has become a good friend of the staff. Professionally and personally, Peter has shown a commitment to improving the lives of women and families in Wisconsin, and we are deeply appreciative.

WWHF Respects Your Privacy

The Wisconsin Women's Health Foundation respects your privacy and does not share its mailing list with other organizations. On occasion, we may mail information to you on behalf of organizations whose women's health programs reflect the mission of the Wisconsin Women's Health Foundation or are presented in partnership with us.

Contributions to the Wisconsin Women's Health Foundation

\$25,000 - \$99,999

American Legacy Foundation
 Terrance & Judith Paul Family Foundation
 Pfizer Foundation
 Samuel H. & Maria Miller Foundation
 Third Wave Technologies
 Wisconsin Energy Corporation Foundation
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everywoman's journal Conference "Gathers" Women to Share Experiences and Enhance Well Being

"What is eternal?" Marshall Cook asked the group of women at the 2004 *Gathering* conference. "Now, is eternal," he explained a moment later. "Now is eternal. Now it's now, and now, it's now...you see, eternal. Now."

More than sixty women listened attentively, caught in the now as keynote speaker Marshall Cook presented, "Writing For Your Life: How Writing Helps Us Think, Feel, and Heal." Cook is a creative writing professor at the University of Wisconsin – Madison, Division of Continuing Education. Mr. Cook is also a published author.

The statewide networking conference was held on October 20th and hosted by Saint Joseph's Hospital's Women's Health Department in Marshfield. Saint Joseph's Executive Vice President, Terri Richards welcomed the Foundation and attendees to the conference followed by WWHF President Sue Ann Thompson who talked about the state of women's health in Wisconsin today compared to earlier times.

Part of the Medicine Basket Rural Women's Health Network, *The Gathering* brings together women who have attended an *everywoman's journal* workshop. It provides



Sue Ann Thompson & keynote speaker Marshall Cook

them with opportunities to learn new self care skills in interactive workshops and to meet others who might be resources to them.

From morning through mid-afternoon, women learned to use new tools to manage critical areas of their lives. From creative ways to feel better physically in Tai Chi Chih sessions, to writing to understand themselves better, to creative ways to reach their life goals, to ways to manage money to safeguard their health now and into the future.

Workshops were presented by specialists that included University of Wisconsin-Madison, creative writing instructor Marshall Cook

M.A., Madison; financial consultant and investment manager Georgette Frazer, CPA/PFS, CFP, Marshfield; personal development coach Jeanne Lewis, M.A., Stevens Point; and Tai Chi Chih specialist and WWHF First Breath Coordinator Kate Squire, MPH, Madison.

Learning to stretch and grow emotionally, physically and financially inspired women to carry this "good medicine" home with them.

Marie Tonnen, from Green Bay, said, "What a wonderful time I had at *The Gathering*....it was just perfect." Sue Ann's message was poignant, and she is an amazing lady. Marshall Cook's morning talk and workshop were fun, informative and refreshing." Next year's *Gathering* will be held again in Marshfield on Wednesday, October 26, 2005.

The *everywoman's journal* program is a proactive health journaling program available throughout Wisconsin provided by the Foundation on request. There is no cost to host or attend a workshop, and they are presented by trained, volunteer facilitators.

For information about becoming a *everywoman's journal* workshop facilitator or participant, contact WWHF Rural Women's Health Program Director Bobbie Kolehouse at 800-898-8818 or kolehou@coredes.com.

We'd like to thank our *everywoman's journal* facilitators. Through these dedicated volunteers, we have provided over 60 *everywoman's journal* workshops in 24 communities in Wisconsin.

Lorrie Blaylock	Leslie Flamp	Kristin Peters
Lucianne Boardman	Beverly Hochtritt	Carole Radeztsky
Tria Boardman	Nancy Jacobs	Cheryl Reinerio
Rhonda Christians	Fran Johnson	Nancy Rhodes
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Joyce Groshek	Chris Maghrak	Marie Tonnon
Polly Hagedorn	Allison Mead Schultz	Theresa Weiland
Kathie Hall-Tilor	Jolene O'Brien	Dee Wiseman

It all begins with a healthy woman

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The generosity of our individual and corporate donors allows WWHF to offer education and outreach programs to women all over the state. Donations also facilitate the growth of important women's health research initiatives. Call 1-800-448-5148, visit www.wwhf.org for more information, or complete the form below.

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To honor a loved one with a contribution in his/her name, complete and send the form above, go to www.wwhf.org/donations/memory.html or contact WWHF at (800) 448-5148 or wwhf@chorus.net. Each person will be recognized in this newsletter and be honored with a special certificate signed by Sue Ann Thompson.

Infinite Boundaries Breast Cancer Recovery Retreat

Monday, February 21 through

Thursday, February 24

Sundara Inn & Spa, Wisconsin Dells

Each Infinite Boundaries Retreat incorporates discussion groups, art activities, low intensity outdoor adventures and physical wellness components. The \$250 registration fee includes lodging, meals, activities and program materials (scholarships are available). This retreat is co-sponsored by the Breast Cancer Recovery Foundation and Wisconsin Women's Health Foundation.

Space is limited and is reserved for first-time participants. For more information check out www.bcrf.org or call 888-821-1140.

Thank You to Our Volunteers: We Couldn't Have Done It Without You!

Putting together gifts for our First Breath Moms, providing clerical support at our office in Madison, assisting at special events throughout Wisconsin...these are just a few of the many duties our loyal volunteers perform throughout the year. If you are interested in sharing your time and talent with WWHF, please contact us at 1-800-448-5148 or wwhf@chorus.net.

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- UPCOMING EVENTS**
- January 15, Cudahy Community Health Grant Applications Due
 - January 26, Grapevine Parish Nurse Training, Stevens Point
 - February 1, Parish Nurse Scholarship Applications Due
 - February 21-24, Infinite Boundaries Retreat, Wisconsin Dells
 - April 22, *everywoman's* Journal Facilitator Training, Stevens Point
 - April 30, Spring Gala, Madison
 - May 21, Women of the World Conference, Milwaukee

- WHF MISSION:**
- Reach all women with the information, opportunity and support they need to be healthy;
 - Encourage women to become better advocates for their own health;
 - Improve the overall quality of life for women and their families.

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