

From: Indiana Commission for Women [icw@subscriptions.in.gov]
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Indiana Commission for Women



Moving Indiana Women Forward - May 2011

In Honor of Mother's Day

Our moms do so many jobs and rarely get the recognition they deserve. Salary.com releases a fun piece every year that highlights all the services moms provide and sticks a price tag on it. *What's Mom Worth?* calculates the knowledge and skills moms have and compares it to the jobs employers pay money for including: janitor, cook, psychologist, laundry machine operator, van driver, computer operator, facilities manager, day care center teacher, housekeeper, and CEO because moms really do it all! Find out the grand total and calculate your mom's salary at Salary.com.

It's Your Time - National Women's Health Week, May 8 - 14

All week, organizations and partners with the National Office on Women's Health will provide gender specific health services and advice to encourage women to put their health first. Currently there are 22 registered NWHW events in Indiana. Find an event in your area at WomensHealth.gov. Another way to celebrate is by taking the [National Women's Checkup Day Pledge](#). Take a pledge to care for your health!

According to the U.S. Department of Health & Human Services, physical activity can improve your health by lowering your risk of

Heart disease

-
- Stroke
-
- High blood pressure
-
- Unhealthy cholesterol levels
-
- Type 2 diabetes
-
- Metabolic syndrome
-
- Colon cancer
-
- Falls
-
- Depression

Women need at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week. Join the [2011 Woman Challenge](#) to commit yourself to a physically active lifestyle, and you can receive the Presidential Active Lifestyle Award (PALA) for your accomplishment!

Look at more health information and resources in Indiana by browsing the [ICW's Gender Specific Health page](#), including information on free mammograms!

Listening Sessions Winding Down

The Indiana Commission for Women has been conducting a series of listening sessions around the state. This initiative, called Hoosier INsight: Women's Issues Listening Sessions, is designed to facilitate conversations with Hoosiers across Indiana to identify the primary issues affecting women regionally and statewide. These dialogues will help to prioritize the needs that should be addressed and will help to initiate an action plan to address those needs.

There's still time to help us to move Indiana women forward! The Women's Issues Survey is available at <http://www.surveymonkey.com/s/WomensIssues2011> until May 27, 2011. Our goal is to hear from women in all 92 counties. Help us by encouraging your friends and family to participate in our **Women's Issues Survey!**

For more information, contact Kristin Svyantek Garvey at (317) 233-6303 or kgarvey@dwd.in.gov.

ICW at Hoosier Women Veterans Conference

On April 16th, female veterans in Indiana gathered for another annual summit to recognize their service and contribution to the United States, in all branches of the military, as well as build awareness of the benefits available to them. Hosted by the Indiana Department of Veteran Affairs - Office for Women Veterans, attendance is free thanks to their event sponsors. Please read more on our blog at <http://wp.me/p1ig1X-3v>.

Upcoming Events

May through August - *In Her Honor* at the Indiana State Museum

May and June - FREE Skin Cancer Screenings

May 12 - Speaking of Women's Health, Merrillville, IN

May 18 - Breast Health: 2011 Multidisciplinary Webinar Series by Susan G. Komen

May 25 - The 11th Annual Doris H. Merritt, M.D., Lectureship in Women's Health, Guest Speaker Cheryl Taylor, PhD, MN, RN, "Promising Practices in African-American Women's Health Care"

May 26 - Impact of Trauma on Women in Girls Webinar *Women in the Military: Active Duty and Veterans*

June 3-5 - Women Veterans Wellness Retreat

For more events, please visit the ICW's Partner's page.

About the Indiana Commission for Women

The Indiana Commission for Women is committed to the full participation of women in all aspects of society in order to make Indiana a better place to live, work and raise a family. Our mission is to understand the needs of Indiana women and their families, and to work strategically both within government and in our communities to help bring about positive change. We work to remove the barriers that hinder women's participation by:

- Increasing awareness of the status of women in Indiana and the issues they face
- Recognizing and promoting contributions that Hoosier women make to their community, state and nation

Providing balanced analysis of public policy issues that impact women in Indiana.

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