

National Association of Women in Construction



Career

Education



Future



THE CONNECTION

*Connecting leaders and members
to news from NAWIC*

August 2015

Stay Ahead! The Connection is designed to keep you informed with pertinent Association news. Read up on timely announcements and messages from the NAWIC Board, and learn about the outstanding activities our regions, chapters and members are involved in!

ANNOUNCEMENTS

Get connected to what you need to know!

It's renewal time!

NAWIC's fiscal year is drawing to a close; it ends Sept. 30. This means it's time to renew your membership. Members with an email address listed in the NAWIC database have been emailed a link to renew online (a paper invoice will not be mailed). Members who do not have an email address on file or who indicated they preferred regular mail have been sent a renewal in the mail.

Printed invoices can be downloaded from the NAWIC website. Go to www.nawic.org > Member Sign In > Click Here to Renew. Select your membership type; verify or change your contact information; select "check" as form of payment; click "submit." A link to your invoice will be sent to the email address you have on file. If you chose check as form of payment, your renewal will not be complete until we receive your payment. To expedite the renewal process, please include a copy of the invoice with your payment. Renewals are processed by the date payment is received. To decrease the processing time of your renewal, we strongly recommend that you renew online. NAWIC accepts American Express, Discover, MasterCard and Visa, so renewing online is easy.

If your email address changes, please be sure to update your information by visiting www.nawic.org > Member Sign In > Edit My Profile.

Renewals must be received (not postmarked) by the NAWIC Office by Oct. 1, 2015. Beginning Oct. 2, a \$25 late fee will be assessed. There will be no exceptions.

Reminder: New members who joined after June 30, 2015 will not receive a renewal statement.

Which category do I choose when renewing my NAWIC membership?

When you renew your membership for the 2015-2016 year, you will be prompted to choose a membership category. It is important that all renewing NAWIC members choose the appropriate membership type, which depends on your occupation and type of business. Please note: An Associate member can move to an Active membership during the year if she becomes employed in the construction industry.

NAWIC Store is closed through Sept. 21

Due to NAWIC's Annual Meeting and Education Conference, the NAWIC Store closed on Thursday, July 30. The store will re-open on Monday, Sept. 21. Store orders received between July 30 and Sept. 21 will be processed after Sept. 21. If you are attending AMEC, you may purchase store merchandise onsite. If your order is urgent, please contact Crissy Ingram at 817-877-5551 or via email at crissy@nawic.org.

Advertise in the Daily Bulletin

Would you like to promote your company, announce news or recognize or congratulate someone at the 2015 Annual Meeting and Education Conference? If so, consider advertising in The Daily Bulletin, a daily newsletter distributed to all attendees at NAWIC's Annual Meeting and Convention on Wednesday, Thursday, Friday and Saturday.

Advertising in The Bulletin is an inexpensive and convenient way to reach members attending AMEC in Nashville. To advertise, complete The Daily Bulletin Advertising Form. It can be found online here. The deadline to run an ad in the Wednesday edition has passed. However, you may submit ads for the Thursday, Friday and Saturday editions up until noon the day before the issue publishes. Email your ads to autumnd@nawic.org or drop them off at the Conference Registration Desk during the Annual Meeting and Education Conference. Ads start at \$50. Limited space is available—first come, first served! For more information, contact autumnd@nawic.org.

NAWIC Awards Gala ticket exchange

There will be assigned seating for the NAWIC Awards Gala held on Saturday, Sept. 5, 2015. All AMEC registrants will receive a voucher for the banquet when they pick-up their name badges and information at the Conference Registration Desk. The vouchers must be exchanged for a ticket with assigned table numbers. Check the NAWIC Manual for step-by-step procedures for the exchange or [click here](#).

The Director's Banquet Ticket Exchange will be held Thursday, Sept. 4 from 2 p.m. to 3 p.m. in the Broadway Ballroom Foyer at the Omni Nashville Downtown.

Book your room at Conference hotel online

NAWIC has secured a special rate at the Omni Nashville Downtown for attendees of the 2015 Annual Meeting and Education Conference. Rooms are \$149 for a singles or doubles or \$159 for triples or quads. The easiest way to ensure that you receive this rate is to go to the website here to book your room. Room rates are guaranteed if booked by Aug. 17, 2015.

The Annual Meeting and Education Conference mobile website is coming

Once again, we will feature a special Annual Meeting and Education Conference mobile website. Check it out on your mobile device by visiting m.nawicconvention.org. It will help you keep up with all the happenings for this year's convention in Nashville, Tenn.!

It's not too late to register for the 2015 AMEC

You do not want to miss NAWIC's 60th Annual Meeting and Education Conference in Nashville, Tenn., Sept. 2-5, 2015. NAWIC's Conference is a wonderful opportunity to experience the power of NAWIC! Online registration closed on Aug. 3, but you can still register onsite at the Conference Registration

Desk in the Broadway Ballroom Foyer of the Omni Nashville Downtown.

Registration is now \$745 for members and \$845 for non-members. You can pay by check, VISA, MasterCard, American Express and Discover at the onsite Conference Registration Desk. For more information, go to www.nawicconvention.org.

News from NAWIC Sponsor Exelon

Looking for an outstanding opportunity to do meaningful work at an outstanding company? Check out BGE's Utility Trainee position! Click on the links below to hear from two of our outstanding female Utility Trainees about why they love their job!

BGE, an Exelon Company, is Maryland's largest natural gas and electric utility, delivering power to more than 1.25 million electric customers and more than 650,000 natural gas customers in central Maryland. BGE's field workers are the backbone of our reputation for reliability. Our field teams answer the call to install, maintain, and conduct emergency repairs on thousands of miles of gas pipeline and electric delivery infrastructure throughout Central Maryland. Visit www.exeloncorp.com/careers to apply and learn more!

The NAWIC/UPS Savings Program can help you ship more efficiently



When it comes to order fulfillment, inventory management, and customer billing NAWIC Members are always looking for ways to be more efficient and reduce costs in their outbound operations.

By integrating UPS shipping technology with your existing order management and accounting systems, you can reduce order fulfillment time and reduce errors. You can also prepare your shipments choosing from the broadest portfolio of package and freight services in the industry.

NAWIC Members can realize the following discounts:

- **Up to 28 percent on UPS Next Day Air® and Worldwide Express®**
- **Up to 21 percent on UPS 2nd Day Air®**
- **Customized pricing on LTL freight shipping (Call for a free quote)**

The NAWIC/UPS Savings Program offers free enrollment for all members, with no fees or minimum shipping requirements.

Enroll online!

Call: 866.443.9303, ext. 4082

Email: upsfreightassociations@ups.com

To learn more, visit savewithups.com/nawic.

CHAPTER OFFICER REMINDERS

Are you a chapter officer? Get helpful tips and reminders here!

Chapter Presidents

In October, new chapter officers will begin the 2015-2016 term. As the current chapter president, it is your responsibility to ensure a smooth transition into next year. So, if your chapter officers will be changing, make sure the outgoing officers have given the necessary materials to the incoming officers. Ensure each officer has completed the required duties to close out the 2014-2015 year, so you will be ready to begin the new year in October.

Chapter Treasurers

It is recommended that your chapter president appoint at least two or three people to an audit committee to ensure the accuracy of the chapter's financial records. To facilitate the audit process, each month's bank reconciliation, statement, deposit slips, checks and paid bills should be attached to the monthly treasurer reports. The audit committee will use this information to prepare its report. A copy of the audit committee's report should be retained in the treasurer's files. For more information about the recommended audit procedures, please see page 19 of the Chapter Treasurer's Handbook.

Chapter Membership Chairs

How can you help increase the possibility of all your chapter members renewing their memberships for the upcoming 2015-2016 year? For starters, be on the lookout for members who are not satisfied with their NAWIC membership. Once you know of someone who is not satisfied, communicate with the concerned member about her problem, and address it head on. Sometimes a member who is thinking of dropping her membership may make a comment about it when she is called. Experience shows about 20 percent of members who actually terminate their memberships will renew if someone will express genuine concern about their issues.

NATIONAL OFFICER'S MESSAGE



President Sandy Field urges members to take advantage of all NAWIC has to offer

By Sandy K. Field, CBT, CIT, NAWIC President

The time is now for NAWIC membership renewal. Yes, there are goals for membership retention and recruitment, but more importantly each and every member plays a vital role in accomplishing NAWIC's goals and mission. As I have stated throughout this year, there is value in NAWIC; however, to realize that value you must be an active participant. The saying 'you get out what you put in' is so true. NAWIC has certainly provided the opportunity for me to grow as a leader, not only in NAWIC but also in my career. I hope you take advantage of the education, mentoring, and networking offered through our chapter, regional and national meetings, events and activities. The resources offered through NAWIC are many. Renew your membership today, if you haven't already, and share NAWIC with women you know in the construction industry. Let's work together to enhance the success of women in construction.

NAWIC's 60th Annual Meeting and Education Conference is only about a month away. I invite you to join NAWIC members from across the country as we gather in Nashville, Tenn., September 2-5, 2015, for the Annual Meeting as well as a great lineup of educational seminars and workshops presented by a host of field experts. With the keynote speaker, Anita Renfro, you will certainly be encouraged, inspired and motivated. For the NAWIC member who has never attended an AMEC, I am confident that if you attend this year you will not want it to be your last. Make your reservation now.

And finally, I would just like to say that it has been a great honor to serve as your NAWIC President this year. Accomplishments have been made but there is still work to do towards the mission of NAWIC. Working together as a team we will accomplish more!

REGIONAL ROUNDUP

Region Directors report on NAWIC activities across the country.



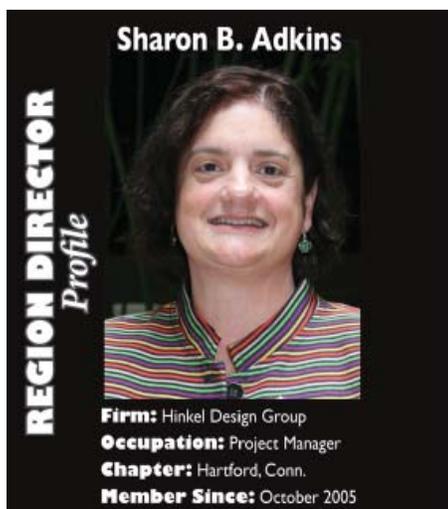
Midwest Region (13) | Diane I. Mike, CBT

We are just weeks away from the NAWIC 60th Anniversary celebration at the Annual Meeting and Education Conference. As we celebrate the past, we remember those who have blazed the trail for us. We also celebrate the present and all the positive changes that have taken place in the past year. We will celebrate our future by merging regions into stronger, healthier, more energized regions. This is the time for new beginnings; new chapter boards, new regional directors, and the new incoming national officers all working towards a better future for all NAWIC members.

NAWIC members throughout the Association have worked very hard to increase membership, maintain retention percentages, and create more value for our members through educational programs and other events, but most of all to build leadership within each and every one of us. Please take the time to celebrate successes whether they are individual, chapter, or regional—no matter how big or how small.

Midwest Region 13 can celebrate many successful achievements. As of July 1, the regional membership rose to more than 300 members and our voting percentage, as a region, was the highest in the association at 54 percent (which is more than double of last year's percentage). Every chapter in the region has gained at least one member, and we have three chapters on the verge of coming off the small chapter status. The younger presidents of the region stepped up to the challenges and many of our senior members mentored and shared their knowledge and experience.

It has been an honor and privilege to serve as your regional director for the past two years. I thank you for all your support, patience, and understanding. I have gained confidence, knowledge, and skills and I would like to thank each and every one of you for making my term as director a success. Most of all thank you for your friendship. See you in Nashville!



Northeast Region (1) | Sharon B. Adkins

Summer goes by so fast and even if you are no longer in school or do not have any children in school, August is still "back to school" season. I often think that this time of year feels more like the start of a new year than January. It is of course the end of our NAWIC year. Beginning with AMEC in Nashville, we celebrate our accomplishments in 2014-15 and gear up for the exciting things ahead in 2015-16!

Northeast Region 1 has much to celebrate. Hats off to the Washington D.C. and Hartford, Conn. Chapters who have turned their membership numbers around and are growing. Congratulations to the Wilmington, Del. Chapter celebrating its 50th anniversary! Two of our chapters have made positive changes this year to better serve their members and reach out for more membership opportunities. The Pittsburgh, Penn. Chapter is joining the North Central Region, and the Westchester, N.Y. Chapter has changed their name to the Lower Hudson Chapter. The two largest chapters in the region continue to provide valuable programs to their members as well as make significant contributions to their communities. The Philadelphia, Penn. Chapter once again sponsored a successful MAGIC Camp this year, and the Baltimore, Md. Chapter hosted their now annual WIC Week Bowl-a-thon fundraiser. Last but not least, the Greater New York/Long Island, N.Y. Chapter sponsored a terrific NEF CAD Design Drafting Competition, which produced the National winner!

It has been an honor and privilege to serve as Region 1 Director these past two years. Thank you to everyone in the Region—especially the chapter presidents and leaders and the regional committee chairs for your support, assistance and patience! I am looking forward to our future as the Northeast Region joined once again with our Region 14 sisters.



South Atlantic Region (11) | Samantha Hedgepath

We are in the middle of the construction season and I know members are all super busy between work and family activities. However, our members are working hard to capture as many members as possible before the end of the year. Now is the perfect opportunity to grab new members with the fourth quarter membership being in full effect. We only need 21 new members to reach our membership goal this year and I have all the confidence in the world that our members can do it. We have several chapters hosting 50-year anniversary events and industry appreciation nights, so I know our region is all abuzz with excitement.

Our Summer Leadership event is coming up on Aug. 1 in Burlington, N.C. and Director-Elect Lorie Lythgoe is planning a great event. Registration and online payment options are available at www.nawicsa.org/events.html. We will start at 8:30am and lunch will be left open for members to mingle and enjoy some local restaurants.

Annual Planning Conference will be held Nov. 13–15, 2015 in New Bern, N.C. with a beautiful riverfront location. Planning is well underway and registration packets will be available soon. Hotel Reservations can be made by calling the Doubletree in New Bern at 252-638-3585. Don't forget to tell them you are with the NAWIC conference so you get our discount rate of \$109 a night. With 12 workshops including four topics centered on NAWIC, you won't want to miss this conference with an all-new agenda layout. We're moving our conference into the future and focusing on educating our members.

Spring Forum 2016 will be held in Asheville, N.C. April 29-May 1, 2016. It will be hosted by the past region directors and elite members, so you know it will be a class act. So go ahead a plan your visit to the mountains of Western North Carolina to help us celebrate 50 years!

I am looking forward to seeing everyone in Nashville and until then I hope you all have a great summer!



South Central Region (5) | Miki Haas, CIT

The temperature is soaring and so is the attitude of the chapters of the South Central (5) Region. There is no slowing down for these ladies, who are still going strong with their recruiting efforts. They are busy making plans for the rest of the year with future programs for meetings and beyond. Excitement is still building for the merger with the South Central (7) Region and plans for partnerships.

Plans are also being made to get as many members to AMEC in Nashville, Annual Planning in Houston and Annual Forum in New Orleans as possible. Every newsletter and every meeting is encouraging each and every member of the Region to attend these events.

As my term draws to an end, I find myself feeling both sad for the term to end and excited and happy and looking forward to the next years. I am anxiously looking forward to taking part in all of the excitement that is ahead for us.



South Central Region (7) | Jennifer M. Swinney, CBT, CDS, CIT

Did you hear the news? Our “small but mighty” Corpus Christi, Texas Chapter is now just *mighty!* They brought in their third new member this year, bumping them to a total membership of 15! This is the first time in more than a decade that they’ve been this size! We are so proud of them! While the other chapters were celebrating the excitement of Corpus, they were also recruiting their own new members. We are still working hard to achieve the goal set by national for us this year of 10 new members per chapter.

This month we are gearing up to attend AMEC where we will proudly watch our very own President Sandy Field, CBT, CIT preside over the event. We know Sandy has been hard at work to give us a fun, informative, and educational meeting and we want to show up en mass to support our NAWIC Queen!



Southeast Region (3)| Jill Hanson, CIT

Here’s the weather report from Southeast Region (3); it’s hot and it rains every day. Not exactly the perfect conditions for construction. But we will prevail.

Southeast Region (3) is keeping busy through the summer. The chapters have held elections and new boards are getting ready to take charge. From meetings to community events, the chapters are staying busy and already planning for next year.

The Southeast Region (3) is happy to share our award winners announced at Forum this past May:

- Member of the Year: Rose Buchanan (Greater Orlando, Fla. Chapter)
- Rookie of the Year: Kami Ward (Southwest Florida Chapter)
- Safety Contractor: Community Asphalt (Greater Palm Beach, Fla. Chapter member Tina Laws)
- Safety Subcontractor: Crane Rental Corporation (Greater Orlando, Fla. Chapter member Martha Kirby)
- CAD Design Drafting: Jamieson Pye (Greater Orlando, Fla. Chapter)
- Recruiter of the Year: 1st Place, Kami Ward (Southwest Florida Chapter); 2nd place, Debbie Rodriguez (Greater Orlando, Fla. Chapter); and 3rd place, Jackie Wilson (Tallahassee, Fla. Chapter)
- Membership Contest Winners: Jackie Wilson (Tallahassee, Fla. Chapter) and Tree Tietsort (Southwest Florida Chapter)
- Membership Contest Chapter Winner: Southwest Florida Chapter
- Muriel Chippendale Winner: Southwest Florida Chapter

Congratulations to Angie McElroy, our new Southeast Region Director! We’re looking forward to Angie’s leadership as we merge Regions 2 and 3. We think you are the perfect person for the position and we’re behind you all the way.

Southeast Region (3) congratulates all of the NAWIC National officers for the coming year, but a special congrats to our own Region 3 member Riki Lovejoy, incoming National President. We’re so proud of you and are looking forward to your leadership of our wonderful organization!

We’re ready to represent at AMEC and look forward to seeing everyone!

CORNERSTONE

Get connected to the latest news from NAWIC Committees.

U.S. Transportation

By Cari L. Durbin, U.S. Transportation Chair

I looked at all the topics of my past Connection articles: the National Women in Transportation Committee, educating young people about construction careers, infrastructure funding, innovative technology, veteran businesses, traffic incident management, pedestrian and bicycle safety, women in trucking, women in the maritime industry, investment in infrastructure (a repeat well worth doing), and technology for the future.

What stands out for me and the members of NAWIC? What is near and dear to me is educating young people about construction careers. This ties in to many of the events that NAWIC members participate in. All the transportation topics have some connection to this. It's such a big world, and as I approach a time in my career where I can consider retiring, I have to think: where will the future women in construction come from? We have our *Core Purpose: To enhance the success of women in construction*. With that we must continue to advocate for investment in our infrastructure and investment in youth education whether it be for training in the trades or post-secondary education.

Keep up the great work NAWIC members! It has been my pleasure to share just a little about transportation.

If I may quote Connie M. Leopard, CIT, NAWIC National President-Elect, "The pace of change for NAWIC may be accelerating. However, our core purpose is the anchor that holds us together. We are here to enhance the success of women in the construction industry. A great way to practice what we preach is pulling together through times of change, bringing us closer and geared up and readied for accelerated growth!"

NAWIC/OSHA Alliance

By Schell Wood

The NAWIC/OSHA Alliance Committee will have a booth at the AMEC Mini Trade Show. As of today, we tentatively have an OSHA representative scheduled at the booth on Wednesday, Sept. 2, 2015 from 10 a.m. to 4 p.m. Please stop by, pick up some literature for your company and speak to the OSHA representative.

Free on-site consultation services available to help employers improve workplace safety and health



OSHA's On-site Consultation Program offers free and confidential occupational safety and health advice to small and medium-sized businesses across the country, with priority given to high-hazard worksites.

The services are separate from enforcement and do not result in penalties or citations. Consultants from state agencies or universities work with employers to identify workplace hazards, provide advice on compliance with OSHA standards, and assist in establishing injury and illness prevention programs.

In response to requests from employers seeking to reduce safety and health hazards at their workplaces, consultants visited about 27,000 worksites with more than 1.25 million workers in FY2014. For more information, see OSHA's Safety and Health Consultation Services brochure, available in English and Spanish.

OSHA heat app surpasses 200K downloads



This spring, OSHA released a new version of the app for Apple devices, with full-screen color alerts, improved navigation and accessibility options.

This improved version lets you know instantly if you are in a high-risk zone due to heat and humidity and precautions that need to be taken to prevent heat-related illness. The recently updated app gives users important safety information when and where they need it—right on their mobile phones. Download this life-saving app today.

More information on preventing heat-related illness is available on OSHA's website, where you can find fact sheets, training manuals, community posters, and more in both English and Spanish.

Membership

By Vickie Nickel, CIT, Membership Chair

"Whenever you see a successful business, someone once made a courageous decision." – Peter F. Drucker

My chapter, the Greater Kansas City, Missouri Chapter #100, just celebrated its 50th NAWIC anniversary and did we have a party! We had almost 100 in attendance—a charter member, past presidents, regional members, new members, friends of NAWIC, employers, prospects, and a city councilman. I had the pleasure of going through 50 years of history from past president scrapbooks to The Builders' Association library of Modern Builder magazines, which was truly a treat. It was a journey back to 1965 when we chartered with 77 members and 183 in attendance. NAWIC women from all over the country attended our chapter charting, including six members from Fort Worth, Texas including Ida May Bagby and Doris Efir; members from Cincinnati, Ohio; Indianapolis, Ind.; St. Louis, Mo.; and Tulsa, Okla.

Kansas City W.I.C. members attended their first national convention Sept. 16-20, 1965 in San Diego, Calif. *"W.I.C. is growing rapidly, and as of August 3, 1965, the membership totaled 4,101 with 113 chapter represented. Eighteen new chapters were chartered during the past year which brought five new states into the national organization and added 600 new members."* An impressive 20,329 tickets for a chance to win a Mustang were sold by the National W.I.C. (with all chapters participating) to promote funds for scholarships. The net profit was \$17,460.07.

I learned that W.I.C. liked to dance, which was a frequent event as a way to network and raise scholarship funds. Blueprint reading classes were sponsored; Chapter #100 participated in its first WIC Week on Sept. 11-17, 1966, hosted "Bosses Night" annually, and partnered with local industry associations to tour jobsites. What was important to our W.I.C. in 1965 remains relevant today. Professional education has always been at the forefront as NAWIC members continue to enhance their skills. Partnership and industry support have helped broaden our outreach in the community, reach local and national goals and help us emulate our core values and purpose.

My Ah Ha Moment ...

In 1953, 16 courageous women came together and formed a support group knowing that women represented only a

small fraction of the construction industry. In 1965 W.I.C. were commonly referred to as the "girl Friday;" today, the role of women in construction has diversified. We are business owners, tradeswomen, professionals, administrative, managers, just to name a few. Technology! Embrace the power that today's technology offers—social networks, email newsletters, websites, blogging, tweeting, etc. Every day brings new opportunities for NAWIC.

Successful membership growth depends on strong renewals, but relies on successful recruitment. It's impossible for an organization to renew its way to growth, so membership acquisition must be an ongoing effort or the organization will shrink.

TARGET GOAL: Membership = Awareness and Recruitment + Engagement and Renewal

Today, we have 130 chapters and 3,834 members. Where will we be this time next year? What is your vision for NAWIC? **Take Aim for NAWIC.**

"Life is so sweet, because of the friends we have made, and the things that in common we share; we want to live on, not because of ourselves, but because of the people who care. It is giving and doing for somebody else—upon that life's splendor depends; and the joy in the world, when we sum it all up I find, it the making of friend." – Bonnie Granger, 1965 Charter President of NAWIC Greater Kansas City, Missouri Chapter #100 and Past National President 1971-1972

Highlights

Discover how members and chapters are enhancing their success.

WE-USA names United Rentals one of the top 100 corporations of 2015 for Women-Owned Businesses

United Rentals has received its first-ever recognition from WE-USA as one of the top 100 corporations of 2015 for Woman-Owned Businesses. Jamie Crump, Director of Strategic Sourcing and Supplier Diversity at United Rentals, attended the national Women Business Enterprise National Council (WBENC) conference held in Austin, Texas on June 23-25. Crump shared these thoughts about the event, "United's efforts to engage diverse suppliers is a competitive advantage and a business model we can all be proud of. We are in good company with organizations who have had their program in place for many years. Congratulations to everyone who has helped make this possible!"

Earlier this year United Rentals was presented with the National Diversity Excellence Award in the Supplier Diversity category for the fourth year in a row due to the company's continual enhancement of its diversity and inclusion programs.

Source: *United Rentals*, www.ur.com.

Safety Newsletter

I hope everyone is having a phenomenal summer! Hard to believe this year is almost over and we will be welcoming our new board in just a couple short months! As this will be my last contribution, I'd like to take a moment to thank everyone in the NAWIC community for their support and dedication to safety and health. This year we really hit the ball out of the park and I can't wait to see what the future holds J

Don't forget AMEC in Nashville, TN is just around the corner! There are two safety specific programs taking place. The first is the Heartsaver® CPR & AED Course on Wednesday for an additional cost of \$50/person. There is also a professional seminar/workshop titled Consequences! Workplace Safety is Not Optional. Please consider attending if not one, but both of these educational opportunities. I look forward to seeing everyone there and announcing our Safety Excellence Award Winners at the Gala Saturday evening!

Regional Chair Featured in ISEA Magazine

I am pleased to announce that our very own Region 4 Health & Safety chair, Tammy Clark, was featured in the International Safety Equipment Association's magazine focusing specifically on fall protection. Take a quick read of the article here!

August is National Immunization Awareness Month

All adults should get various vaccines to protect their health. Even healthy adults are at risk for becoming seriously ill, and can pass certain illnesses on to others. Immunization is especially important for older adults and for adults with chronic conditions.

Why do I need a flu shot?

New flu vaccines are released every year to keep up with rapidly adapting flu viruses. Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses.

After vaccination, your immune system produces antibodies that will protect you from the vaccine viruses. In general, though, antibody levels start to decline over time — another reason to get a flu shot every year.

Who should get the shingles vaccine?

It's approved for people as young as 50. The CDC recommends it for everyone 60 and older who doesn't have a medical reason to skip it.

Shingles is most common in people 50 or older, those who have medical conditions that keep the immune system from working properly, or people who take medicines that suppress the immune system.

Tips for Managing Emotional Wellness

1. Awareness of Thoughts and Feelings

Sometimes it's difficult to understand what causes negative emotions to spring up. It might feel like emotions or moods come and go with no rhyme or reason. Taking time to become aware of certain thoughts or environmental triggers that cause these negative emotions will allow you to understand and manage your emotional health better. If emotional awareness and management is an area you feel you need to improve, there are activities you can do to help you understand your emotional-self better. For example, talk therapy with a qualified professional, guided meditation, mindfulness apps on your smart phone, journaling or even spending time alone to really get to know yourself without any distractions or others interfering.

2. Staying Positive

While we all get in a bad mood once in awhile and there is nothing abnormal about that, constantly maintaining a negative attitude will only eat away at your internal happiness. If you keep this mind-frame long enough, nothing will ever seem like a good situation when you only focus on the bad. Noticing how often you think or say negative things is the first step towards having a positive attitude. Then, work on limiting the amount of negative thoughts and speech you use every day. If you need help with this, try keeping a journal or asking a friend or family member to point out when you are being a "Negative Nancy".

3. Ask for Help

If you are suffering from emotional distress, it's okay to ask for help. There are no prizes handed out for who can bury their emotions the most. It doesn't make you stoic or strong to keep the emotional turmoil all to yourself. Talking to someone you trust can be enough to ease the negative emotions brought on by a bad day. If more help is needed, seeking the advice of a mental health professional doesn't mean you are weak, it means you are strong enough to take care of your mental health.

4. Keeping Boundaries

Establishing boundaries with people in your life will contribute to your mental well-being. While it's best to be nice to others in your life, there will be times when they cross the line and it's up to you to tell them what is and isn't acceptable for you. For example, it doesn't make you a bad person to tell your neighbors that they should give you a call or a text instead of coming over unannounced. Advocating for yourself and your emotional needs will keep you from feeling overwhelmed by other people's expectations and behaviors.

5. Self-Acceptance

Sometimes the expectations you set for yourself are more than the expectations others have for you. It's okay to give yourself a break and let the self-judgment and self-doubt go. You won't ever feel at ease in the world or with yourself if you are constantly talking negatively about yourself. If you wouldn't let a stranger call you "stupid", "ugly" or "not good enough" then you shouldn't let yourself say those things. Just like with negative thoughts in general, becoming aware and then learning how to manage negative self-talk is key to learning how to accept yourself.

Stay Engaged with this FREE Webinar

Innovative Technology for Confined Space Safety

August 11, 2015 at 12pm EST

Click [HERE](#) to register now!