

WON Today

Women of Nations Seasonal E-Newsletter



WON & Covid-19

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Here at Women of Nations the health and safety of our clients and staff is very important to us. We have been following all of the CDC's guidelines and have added additional policies and procedures to limit any spread of infection. Some of the additional policies and procedures are:

- Hand sanitizer is available throughout the building and at every entrance.
- Staff and residents have their temperatures taken upon entry into the building.
- Each team member is issued proper PPE (face shield, masks, and gloves) and must wear them at all times. Residents must wear a mask in common areas.
- Door knobs and commonly touched surfaces are wiped down and disinfected multiple times per shift.
- Social distancing is being practiced and enforced.
- We have been housing fewer clients in each room.
- We recommend our most vulnerable clients to JSHP.

Thank you for making our holidays great

Women of Nations would like to say thank you to all the generous donors who gave this past holiday season. During this time we received gift cards, winter coats, children's toys, and so much more for the women and children at the Eagle's Nest Shelter. You all helped make the holiday season much brighter!

We also want to thank the Ramsey County Sheriff's Office for organizing and holding a donation drive for Women of Nations. During that drive they collected over \$900 dollars and a lot of really nice clothing and toiletries for our clients.



And finally, we want to thank the U.S. Marine Corps and Toys 4 Tots for always supplying us with gifts and stocking stuffers for the children at Women of Nation year after year.



**Delicious sweets donated by
Caramel Sutra Pastries**

Joint Shelter Hotel Project

Women of Nations would also like to say a huge thank you to all of the amazing people at Praxis International and Violence Free Minnesota for all of the hard work they have put into the Joint Shelter Hotel Program (JSHP). The JSHP was developed as a response to the COVID-19 pandemic and Minnesota Governor, Tim Walz's executive order on March 25, 2020 to contain and mitigate the impact of the pandemic on the public. Since the start of the pandemic this program ensured that even if emergency shelters were at capacity, survivors of domestic violence had a safe place to stay and were able to receive all of the resources and services they needed. We are incredibly grateful for this partnership and know this program has been extremely helpful to so many during this difficult time.



Virtual Teachings

Hosted by Native American Community Clinic

We partnered with the Native American Community Clinic to provide virtual teachings to the residents at the Eagle's Nest Shelter. The first teaching was a virtual self-care traditional healing event where they talked about self-care and provided us with 7 kits for our residents to make their own sugar scrub!

The second teaching was shared by Linda Black Elk and was on the medicinal and nutritional components and benefits of Cattails! Each resident received a kit which included cattail pollen sample, a free download "How to harvest and cook cattails", NACC resources and their choice of either the Braiding Sweetgrass book or Sioux Chef Indigenous Cookbook.

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The Moons of Renewal and Growth (spring)

Each spring, the camp circle moved to higher ground. Men fixed and created weapons and resumed hunting. Women gathered early berries and roots and repaired the tipis. Children enjoyed the warm weather after the confines of winter. Spring is known to be the time for renewal and growth. Spring is represented by the yellow in the four directions. Spring can be viewed as the place and season of new beginnings, of a new day and birth. Seeds are being planted, trees and plants are in full bloom. The animals are coming out of hibernation about to walk the earth as it begins to warm up. The same holds true to individuals on a deeper spiritual connection, hoping to plant new seeds (goals) and to grow in whatever aspects in life. Make sure the proper care and nurture is given in the spring time.

Source: aktalakota.stjo.org



How to Support Women of Nations Year Round

Facebook Fundraiser: You can easily raise awareness and encourage your network to support our cause. No fees are deducted for donations made on facebook

Gift Cards: Gift cards to Target, Walmart, grocery stores and gas stations are useful to help Women of Nations fill immediate needs for our residents and outreach clients year round.

Amazon Smile: Your online shopping can create real impact for Women of Nations. Designate Women of Nations as your charity of choice, and the AmazonSmile foundation will donate 0.5% of the purchase price of eligible products to us.

www.women-of-nations.org

Crisis Line: 651-251-1609

Business Line: 651-251-1605