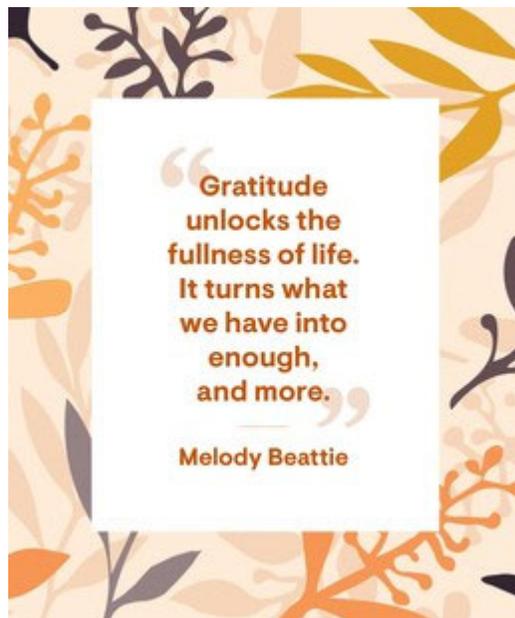




KANSAS WISE
WOMEN IN STATE EMPLOYMENT

Kansas WISE Newsletter | November 10, 2021



A Note from the Personal Development, Self-Care, and Wellness Subcommittee

Many of us at one time or another have felt burnout, but what does that really mean? According to the National Library of Medicine National Institutes of Health, "Burnout is a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job."

Take a moment to think about what burnout is for you and how it presents itself. To prevent or mitigate burnout, we've included the following resources with tips and advice on what you can do.

- [Job burnout: How to spot it and take action - Mayo Clinic](#)
- [7 tips to prevent burnout and improve wellness working from home: News at IU: Indiana University](#)
- [How Your Attitude and Self-Talk Affect Stress \(verywellmind.com\)](#)

Also important when you're experiencing burnout is to remember to give yourself grace.

Kansas WISE: Mentoring Co-Chair Applications Being Accepted

The Kansas WISE steering committee is looking for an individual to join the team as a member of the steering committee while also serving as co-chair of the Mentoring subcommittee. We're asking for a commitment of 3-5 hours a week for 12 months.

If you're interested in being a co-chair, please complete the application located [here](#).

Deadline to complete your application is November 19, 2021.



National Native American Heritage Month

Originally an effort in to establish a day of recognition for the contributions of Native Americans, November 1990 was designated "National American Indian Heritage Month" through a joint resolution approved by President George H. W. Bush. In the early 1900s, Dr. Arthur C Parker, a Seneca Indian, worked with the Boy Scouts of America (BSA) to recognize a day for the "First Americans." For three years, BSA continued this tradition. In 1915, during the annual meeting of the Congress of the American Indian Association in Lawrence, KS, a plan was approved calling for their president to implore the country to observe a day for American Indians. Through proclamations, government endorsements, and state support over the years, we now celebrate Indigenous Peoples Day in October and Native American Heritage Month in November.

Use this month to learn about the Native American women in Kansas and across the country who break down barriers and enrich their communities.

- [Congresswoman Sharice Davids](#) - On November 6, 2018, she became one of the first Native American women elected to Congress representing Kansas' 3rd Congressional District. She shares the honor with Secretary of Interior Deb Haaland who was also elected to Congress that same evening.
- [Lyda Conley](#) - A graduate of the Kansas City School of Law in 1902, Lyda Conley was a member of the Wyandot Nation's tribe. She became the first Native American woman to argue a case in front of the Supreme Court when she took up a fight to prevent the sale of sacred burial grounds of her ancestors in Kansas City. Despite her case being dismissed, the cemetery received federal park designation in 1916.
- [10 Historical Native Women to Know](#)



Veterans Day 2021



A bill introduced by Rep. Ed Rees of Emporia, KS, and signed on May 26, 1954 by President Dwight Eisenhower of Abilene, KS, established Veterans Day as a national holiday.

Women have long held a place in the history of service to one's country. From the more than 400 women who disguised themselves as men so they could fight in the Civil War to Gen. Ann E. Dunwoody who became the first female four-star general in military history in 2008, the role of women in the military has evolved over the years. On this Veterans Day, we hope you take time to acknowledge the contributions of female Veterans past and present.

If you're looking for ways to celebrate our Veterans, look to your local community or region for parades and memorials. A quick search online of Veterans Day events in Kansas will show you events happening in Overland Park, Lawrence, Leavenworth, Manhattan, and Great Bend.

In addition to in-person events, online resources include:

- [Women at War: 'Served Like a Girl'](#) - A panel discussion following the screening of the documentary *Served Like a Girl*. To learn more about the documentary and where to watch it, click [here](#). Panelists include local female Veterans:
 - Brooklyn Mosley was born in Kansas City and served in the Air Force from 2002-2013. She holds multiple service medals, including the Air Medal with 7 oakleaf clusters, Afghanistan Campaign Medal with 1 service star, and the Iraq Campaign Medal with 1 service star.

- Emma Toops is a retired Army Major serving on Active Duty from 1996-2013. Currently located in Lenexa, KS, she remains involved with the military community in a multitude of ways, including mentoring and coaching for transitioning military and military spouses.
- Amanda Cherry joined the Iowa Army National Guard from 1992-2000 as a combat medic. In 2018, she founded a non-profit theater company to serve military, veterans, first responders, and their families. Amanda resides in Kansas City.
- [Women in the Army](#) - A look at women in the Army over the course of history from the American Revolutionary War through the present



Celebrating Our Achievements



In October, Caroline Wroczyński (Program Coordinator, Office of Primary Care and Rural Health, KDHE) received the Emerging Leader Award at the National Organization of State Offices of Rural Health (NOSORH) annual meeting. Congratulations, Caroline!

This award is presented to an individual SORH staff member who has demonstrated new leadership, initiative, involvement or commitment to the mission of NOSORH or SORH. This individual will have shown exemplary communication, passion, or understanding of an issue to enhance education, advocacy or partnerships to improve rural health.



In October, Dr. DeAngela Burns-Wallace was elected as an At-Large Director of the Executive Committee for the National Association of State Chief Administrators (NASCA).

Dr. Burns-Wallace currently serves as Secretary of Administration and the Executive Branch Chief Information Technology Officer.

Her experience handling day-to-day operations as well as her ability to see the big picture of how policies and challenges intersect with and impact state operations, make her a great asset to NASCA's Executive Committee.

Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it!

Please submit awards or achievements to KansasWISE@ks.gov for inclusion.



Save the Date - Kansas WISE Mentoring Event



Need a Connection? Remote work, child care, health care, the economy and relationships - no question the pandemic has impacted us all. More than ever we must be deliberate about finding support and connecting with others.

We are asking – Who needs a connection? Join us for the **WISE Mentoring Event on December 14, 2021** to start this needed conversation!

More details will be distributed in the coming weeks that you can share with your teams. We hope to see you there!



Online Events and Resources

Check out these free online development opportunities:

- **Creating Financial Success for Women** - November 15 at 6:00 pm - Register [here](#).
- **Harrow Health Matters Present Women's Forum:** Join other women on a journey of sisterhood! A safe space to discuss life and its impact on health and wellbeing. A monthly women only event. A men's forum is also available. - November 17 at 1:00 pm - Register [here](#).
- **The Women Are Up to Something: Intellectual History, Revolutionary Ethics.** Benjamin J. B. Lipscomb introduces us to four remarkable women who shaped the intellectual history of the 20th century. - November 18 at Noon - Register [here](#).
- **Women of Wonder - "Forgiveness":** Every woman has a story. WOW gives anyone who identifies as a woman a safe space to share their stories and know that they can rise in spite of challenges. - November 21 from 4:45-7:00 pm - Register [here](#).
- **Relationships, Dating & Self-Love for Women - Peer Support Coaching Group:** Groups with trained peer coaches are offered to help give you new opportunities to gain knowledge and develop skills that can be useful for your personal and professional growth. - November 23 from 6:00-8:30 pm - Register [here](#).
- **Beating Burnout at Work: The Secret to Well-Being and Resilience.** Author and resiliency expert Paula Davis will show us how we must shift our attention to the *causes* of burnout and embrace a systemic, holistic solution. - December 15 at 11:00 am - [Register here](#).

Did You Know?

Did you know Kansas has a great online tool through Travel Kansas to find local events, regional activities, restaurants, and more? Check out [Travel Kansas](#) for fun things to do in your community during November or to plan your next weekend get away.

Questions? Wish to subscribe or unsubscribe?

Contact Kansas WISE

KansasWISE@ks.gov