

AWA Matters

For Members of American Workers Association

2021



5 Skills for Successfully Turning Ideas Into Reality

(BPT) - People across the world have tackled immense challenges since the start of the global COVID-19 pandemic, from social isolation to financial burdens, in a distanced and digitally enabled world. As a result, many important projects were put on hold. But at the same time, many people took the opportunity to make bigger and better plans - and are ready to make these dreams a reality.

In a recent global survey conducted by Project Management Institute (PMI), nearly four in five consumers (79%) said they consider 2021 to be a “do-over,” and an even greater number, 86%, plan to work harder this year to bring their ideas to life.

“The pandemic disrupted countless 2020 plans, but many leaders and innovative thinkers used the time wisely to map out their next moves,” says Mike DePrisco, chief operating officer for PMI. “As more communities and organizations across the globe cautiously turn to recovery and revival, teams are increasingly focused on turning their stalled projects into reality.”

But turning ideas into reality doesn't come easy. Whether you're looking to level up in your career, kick-start a new project or create a completely new business, PMI outlines the power skills you need to continue advancing:

1. Communication

Effective communication maximizes success and minimizes risk. It involves not only conducting outward-bound communication, but also listening, taking feedback, understanding nonverbal cues, and interpreting what is meant versus what is said. In a team setting, communication helps team members stay on the same page as they work toward success.

2. Empathy

Empathy allows team members to build greater trust and connections - with each other and with other stakeholders - by helping them understand the wide range of people and work styles they encounter. Empathy also strengthens teams by helping team members feel appreciated and heard.

3. Collaborative leadership

A collaborative leadership style is more effective in inspiring and bringing team members together in pursuit of a shared vision and common goals. Collaborative leaders recognize that each member of the team has something to contribute - in executing a plan and in helping shape objectives.

4. Innovative mindset

An innovative mindset ensures teams are applying new ideas and fresh perspectives to how they organize work and address the myriad obstacles that emerge when turning ideas into reality. An innovative mindset also allows teams to remain agile and pivot more quickly in the face of challenges.

5. Purpose-driven goals

Having a for-purpose orientation helps minimize risks and ensures the organization's values and commitment to social good are infused in all aspects of project design and implementation. Clear goals also empower changemakers to use their skills to bring about positive social change within teams, companies and communities.

To learn more about these skills and effective project management, visit [PMI.org/MakeReality](https://www.pmi.org/MakeReality), a virtual hub of inspiration with the tools you need to get started on your next big, bold idea. Find support and inspiration from changemakers across the globe turning their ideas into reality; determine your changemaker persona; and view PMI courses that help you take your project or idea and Make Reality, such as KICKOFF, a free, 45-minute digital course and toolkit that guides learners through the basics of project management with bite-sized content and downloadable templates they can quickly implement on the job.





Headache Pain

What To do When Your Head Hurts

Most of us get headaches from time to time. Some are mild. Others cause throbbing pain. They can last for minutes or days. There are many different types of headaches. How you treat yours depends on which kind you have.

Headaches might arise because of another medical condition, such as swollen sinuses or head injury. In these cases, treating the underlying problem usually relieves headache pain as well. But most headaches—including tension headaches and migraines—aren't caused by a separate illness.

A headache may feel like a pain inside your brain, but it's not. Most headaches begin in the many nerves of the muscles and blood vessels that surround your head, neck, and face. These pain-sensing nerves can be set off by stress, muscle tension, enlarged blood vessels, and other triggers. Once activated, the nerves send messages to the brain, and it can feel like the pain is coming from deep within your head.

Tension headaches are the most common type of headache. They can cause a feeling of painful pressure on the head and neck. Tension headaches occur when the muscles in your head and neck tighten, often because of stress or anxiety. Intense work, missed meals, jaw clenching, or too little sleep can bring on tension headaches.

Over-the-counter medicines such as aspirin, ibuprofen, or acetaminophen can help reduce the pain. "Lifestyle changes to relax and reduce stress might help, such as yoga, stretching, massage, and other tension relievers," says Dr. Linda Porter, an NIH expert on pain research.

Migraines are the second-most common type of headache. They affect more than 1 in 10 people. Migraines tend to run in families and most often affect women. The pain can be severe, with pulsing and throbbing, and can last for several days. Migraine symptoms can also include blurry vision and nausea.

Prevent Headaches

- **Ease stress.**
- **Get enough quality sleep.**
- **Eat regularly scheduled, healthy meals.**
- **Exercise regularly and maintain a healthy weight.**
- **Ask your doctor if medications might help prevent returning headaches.**

"Migraines are complex and can be disabling," Porter says. Certain smells, noises, or bright flashing lights can bring on a migraine. Other triggers include lack of sleep, certain foods, skipped meals, smoking, stress, or even an approaching thunderstorm. Keeping a headache diary can help to identify the specific causes of your migraines. Avoiding those triggers or using prescription medications could help prevent or lessen the severity of future migraines.

Be careful not to overuse headache medications. Overuse can cause "rebound" headaches, making headaches more frequent and painful. People with repeating headaches, such as migraines

or tension headaches, are especially at risk. Experts advise not taking certain pain-relief medicines for headaches more than 3 times a week.

A less common but more severe type of headache comes on suddenly in "clusters" at the same time of day or night for weeks. Cluster headaches may strike one side of the head, often near one eye, with a sharp or burning pain. These headaches are more common in men and in smokers.

In rare cases, a headache may warn of a serious illness. Get medical help right away if you have a headache after a blow to your head, or if you have a headache along with fever, confusion, loss of consciousness, or pain in the eye or ear.

"Know what kind of headache you have and, if you can't manage it yourself, seek help," Porter says. "Remember there are preventive behavioral steps and medicines that can help manage headaches. But if the pain is severe or lasting, get medical care."

Article reprinted from NIH-News In Health

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of American Workers Association will be held at 1630 Des Peres Road, Suite 140, St. Louis, MO 63131, on Thursday, November 18, 2021 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY **American Workers Association** **November 18, 2021 Annual Meeting of Members** **THIS PROXY IS SOLICITED ON BEHALF OF** **AMERICAN WORKERS ASSOCIATION**

The undersigned member of American Workers Association does hereby constitute and appoint the President of American Workers Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of American Workers Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:
Jay Delsing, Dave Ott, Nathan Dierking
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2021

Signature _____

Name (please print) _____

Please date and sign and return promptly to 1630 Des Peres Road, Suite 140, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
October 12, 2021
Date



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Log in to the association website at **www.americanworkersassociation.com** for complete benefit details.

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A Traditional Breakfast with a Twist



(Culinary.net) The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start your whole family's morning off on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage Fresh Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. It's a perfect way to fill your morning with joy, no matter if the hours ahead are filled with work, school or play.

A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional

deliciousness in one little roll. Drizzled with warm maple syrup at the end, even adults can't help but indulge in these breakfast bites.

This is a quick dish too, using few kitchen utensils, which makes for more time in the morning to enjoy the little things that matter most like moments with family before rushing out the door. This recipe can also be made when your family is craving breakfast for dinner.

Find more breakfast recipes at Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Sausage French Toast Roll-Ups

Servings: 12

12 sausage links
2 eggs
2/3 cup milk
3 teaspoons almond extract

1/2 teaspoon ground cinnamon
6 bread slices, crust removed, cut in half
3 tablespoons butter syrup

In skillet, cook sausage links according to package directions. Set aside. In medium bowl, whisk eggs, milk, almond extract and cinnamon. Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links. In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-side down, and cook until all sides are browned, approximately 10 minutes. Drizzle with syrup



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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Benefits may not be available in all membership levels. For more information, or to upgrade your membership, please call 1-800-387-9027.

American Workers Association (AWA) is a non-profit organization serving the goals and needs of the independently employed across the nation. Since its inception in 1995 AWA has been dedicated to providing benefits and resources to help its members, as well as advocacy opportunities so they can have a voice on issues to positively impact their lives.

Despite changes to the economy and the health care landscape that have made an uncertain future, AWA is focused on assisting its members in any way possible and growing into a leader for everyday families.

