



Women Supporting Women

Building Community Through
Collaboration & Care

12-Minute Presentation

Why This Moment Matters

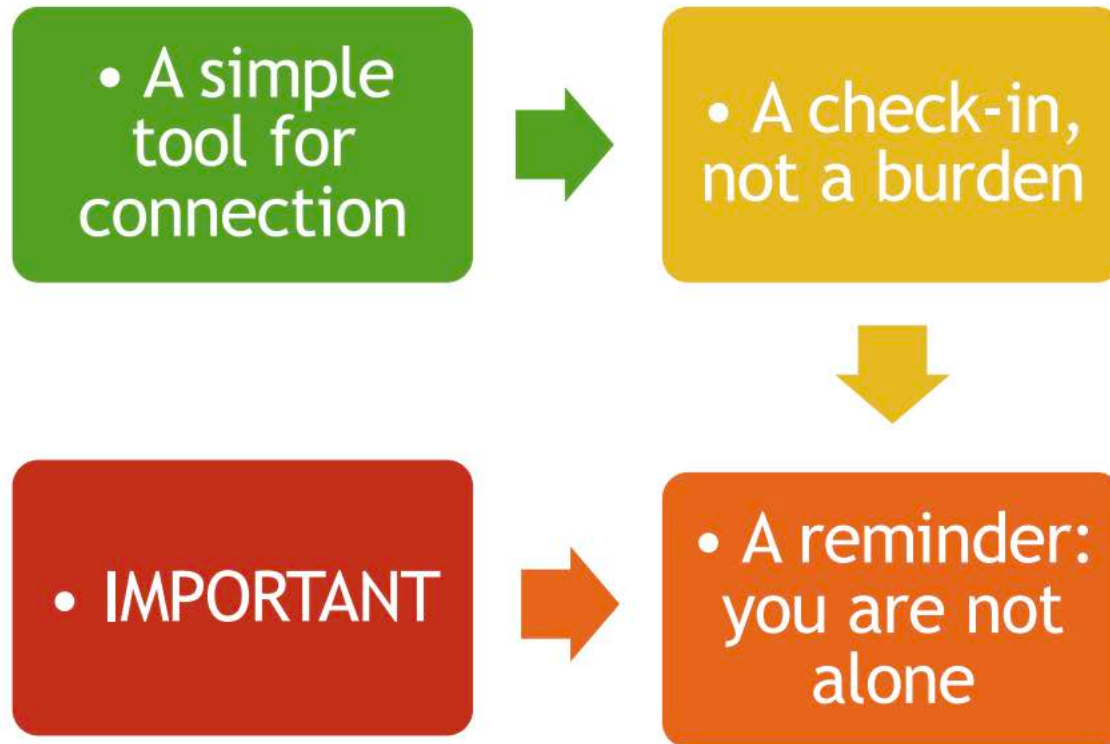
- Women carry leadership, care, and legacy
- Aging, farming, caregiving can be isolating
- Community must be built intentionally

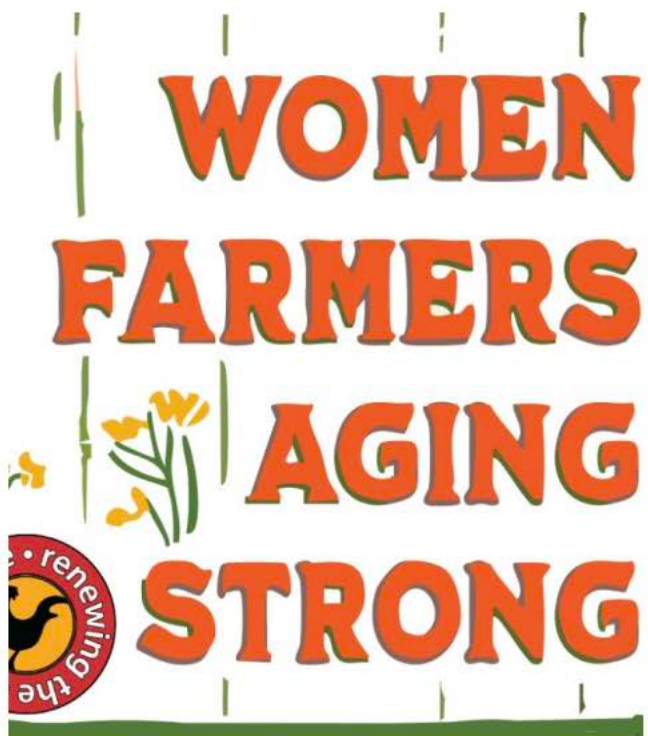


Community Is Care

- ▶ • Community is built through small acts
 - ▶ 10-minute Virtual Coffee via Zoom or Teams!
- ▶ • Listening is as important as leading
- ▶ • Care is infrastructure
- ▶ Love your neighbor as yourself.

Women Farmers Aging Stronger Postcard





WOMEN
FARMERS
AGING
STRONG

THINKING OF YOU!

Place
stamp
here

Name
Address
City, State, Zip

Receiver's Name
Address
City, State, Zip

Uniting women in agriculture Postcard Prompts



- How are you really doing?



- What support do you need?



- What are you proud of this season?



- Who should we check on next?

with Lisa Kivirist



How We Use It Together



- Send seasonally or during hard times



- Pair women or create small circles



- Normalize asking for help

Break into small groups

Questions:

- ▶ Other ideas to build community? What has worked for you?
- ▶ What do you think of the Postcard idea?
 - ▶ Is it practical, exciting, or something else for you to do...

Instructions

- ▶ We only have 10 minutes, so:
- ▶ A group leader has been appointed for your group
- ▶ Share time speaking
- ▶ Encourage everyone to contribute

Reconvene with the big group!

Call to Action

- ▶ • Identify one woman to check on
- ▶ It can be your best friend and SISTER
- ▶ • Commit to sending a postcard
- ▶ • Build community through care





- ▶ We do not age alone.
- ▶ We do not lead alone.
- ▶ We do not build community alone.

“At the end of the day, people won’t remember what you said or did; they will remember how you made them feel.” -
Maya Angelou