



HEALTH and WELLNESS HAPPENINGS

"Health is a state of complete mental, social, and physical well-being, not merely the absence of disease or infirmity."

~World Health Organization

AUGUST is:

Kids Eat Right Month

National Immunizations
Awareness Month

National Eye Exam Month

Aug 1 – 7
National Simplify Your
Life Week

Aug 7 – 13
Exercise with Your Child
Week

Aug. 21
National Fentanyl
Prevention & Awareness
Day

SEPTEMBER is:

Childhood Cancer
Awareness Month

National Childhood Obesity
Month

Gynecological Cancer
Awareness Month

Healthy Aging Month

Sept. 28
National Women's Health
and Wellness Day



Healthy Lifestyle

WELCOME

Welcome to the GFWC 2022-2024 Health and Wellness Community Service Program. I am honored to serve as your chairman and look forward to working with you as we promote the objectives of this CSP. It is my goal to provide you with information and project ideas to share with clubs, via a bi-monthly newsletter. I would also like to host periodic Zoom meetings with State Health and Wellness chairmen so you may share feedback and concerns.

Please download the GFWC Club Manual - Health and Wellness CSP Guide found in the GFWC Member Portal <https://gfwc.users.membersuite.com/auth/portal-login> and familiarize yourself with the objectives. I also suggest that, if you have not already done so, you subscribe to the *GFWC News & Notes* publication.

I am looking forward to a productive two years.

Please feel free to reach out to me at any time.

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The 3 Components of the Health and Wellness CSP

- **Disease awareness and prevention** is the knowledge of the factors that cause disease (including social determinants and health inequity), the symptoms, and the ways to prevent it. This is to include screenings, vaccinations, and shared information.
- **Nutrition** is a key element in the quest for good health. Wise food choices, proper usage of vitamins and supplements, and food allergy awareness help maintain a healthy lifestyle free of weakened conditions and chronic illness.
- **Physical and emotional care** encompasses behaviors to manage a healthy body, mind, and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental, and social wellbeing.



Spotlight on our GFWC Affiliates **Shot@Life**

shot@life.org

National Immunization Awareness Month

focuses on the importance of getting the recommended vaccines throughout your life. Talk to your healthcare provider to ensure that you are protected from serious diseases by being caught up on routine vaccines.

According to the Mayo Clinic recommended immunizations for adults include: Flu, tdap (tetanus, Diphtheria, and Acellular Pertussis, Pneumococcal, Shingles, COVID 19, and HPV (teens). <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/vaccines/art-20046750>

GFWC Affiliate, **Shot@Life** mission is to ensure that children around the world have access to lifesaving vaccines. Vaccines for measles, polio, rotavirus, and pneumonia save millions of lives each year.

Awareness, fundraising, and advocacy are ways in which our clubs may become involved.

* The Mary Ball Woman's Club, GFWC Virginia challenged their members with a "Get One, Give One" campaign. When a member received her routine vaccine she was encouraged to contribute \$25 to Shot@Life which will provide one child with lifesaving vaccines.



To supplement or not to supplement?

Have you experienced hair loss, brittle nails, or dry skin? Try Biotin. Have trouble sleeping? Melatonin might help. Or just feel a little foggy? Ginkgo Biloba is said to be a supplement for memory support and brain health. We've all seen the television ads for supplements or read articles in magazines about the herb to cure all. Some of us may have tried them and felt relief. But, please do your homework and consult your physician before beginning any herbal or supplement regimen.

Herbal/Prescription Interaction Awareness Month is observed in July each year. Its goal is to raise awareness about the potentially harmful interactions between dietary supplements with prescription medicine. The July 7th GFWC News & Notes provided information on a webinar with Johns Hopkins Internist, Bimal Ashar, M.D. This webinar was offered through Hopkins Health, *A Woman's Journey-Conversations that Matter*. This chairman viewed the webinar and found it very enlightening. Did you know that gummy-based products have more sugar? This should be considered especially by individuals with diabetes and other sugar-related restrictions. Some supplements may interact with blood thinners and blood pressure medications. And, ingredients like ginseng, red sage, cranberry, garlic, and ginger can interact with specific prescription drugs to either cause dangerous symptoms or make them less effective.

To view this webinar, and the future webinars list below, please visit:

<https://www.hopkinsmedicine.org/awomansjourney/webcasts.html>

What a great resource for our members!

September 13, 2022 – Long COVID
October 11, 2022 - Diagnosing Cancer Early
November 8, 2022 – Genetic Medicine
December 12, 2022 – Eating Disorders
January 10, 2023 – Signs of Arrhythmia
February 13, 2023 - Stroke Recovery
May 9, 2023 Vision Loss Reduction

National Eye Exam Month

Your eyes change over time. Visit your eye doctor every year or two and adjust your prescription as necessary to reduce eyestrain, and make your vision as clear as possible.



- ~ Through club programs, educate members about eye health.
- ~ Work with community day care centers or elementary schools assisting with eye screenings.
- ~ Assist sight impaired individuals at local senior centers and nursing homes with activities such as BINGO or simple crafts.
- ~ Partner with a local Lions Club. Contribute money for their sight fund or collect gently used glasses for their distribution to low-income clients.



September is: *Childhood Cancer Awareness Month*



Affiliate Spotlight

Wear gold or display a gold ribbon to bring awareness to childhood cancers in September. Why Gold? Gold symbolizes how precious children are and illustrates the resiliency of childhood cancer heroes.

After accidents, cancer is the second leading cause of death in children ages 1 to 14. Because of treatment advances, the survival rates of childhood cancers have increased from 10% in the 1960s to almost 80% today.

The most common adult cancers are breast, skin, lung, prostate, pancreas, and colon. Whereas childhood cancers tend to be neuroblastoma, leukemia, bone cancer, brain tumors, lymphoma, rhabdomyosarcoma, and retinoblastoma. Unlike adult cancers that often result from lifestyle and environmental risk factors, childhood cancers are more likely the result of changes in the cell's DNA early in childhood development.

So, how can GFWC members and clubs help? Support our GFWC Affiliate **St. Jude Children's Research Hospital**. Per their website, "The mission of St. Jude Children's Research Hospital is to advance cures, and means of prevention, for pediatric catastrophic diseases through research and treatment. Consistent with the vision of our founder Danny Thomas, no child is denied treatment based on race, religion or a family's ability to pay".

- Organize or participate in an existing Walk/Run for St. Jude.
- Partner with a local school and collect Caring Coins during September. Sponsor a party for the classroom that collects the most money. Encourage the students to dress up as *healthy heroes*, provide snacks, and offer activity sheets.
- Make *Waiting Room Fun Bags*.
- Dedicate a brick on the St. Jude campus pathway.

For more ideas refer to the Affiliate Guide in the GFWC Club Manual or visit the St. Jude Children's Research Hospital website - www.stjude.org.

National Simplify your Life Week

Aug. 1 – 7

It's time to refocus, de-clutter and simplify.

Get rid of items that cause you stress and anxiety. This includes physical objects, mental, emotional, and spiritual baggage.

Say no

Declutter or clean 15 minutes each day.

Throw away or donate one item each day.

Meditate for 15 minutes

Take a break from social media.

Make a schedule.

Treat yourself to a distressing activity – massage, manicure, yoga, dinner with friends.

Unsubscribe to services, lists, and websites you never use.

Get a good night's sleep.

Say no – this is worth repeating as so many of us struggle with this.



Fentanyl Awareness - #OnePillCanKill

The U.S. Drug Enforcement Administration will observe August 21, 2022, as Fentanyl Prevention and Awareness Day. According to DEA Administrator, Anne Milgram, "Fentanyl is the single deadliest drug threat our nation has ever encountered. Fentanyl is everywhere. From large metropolitan areas to rural America, no community is safe from this poison." Only 2 milligrams of fentanyl (the size of 5 grains of salt) is considered a deadly dose. In a twelve-month period ending January 2022, 107,375 people died from drug overdose and drug poisoning.

Fentanyl is a synthetic opioid that does have a legitimate use in pain management when monitored under the care of a physician. However illicit fentanyl, manufactured outside of the U.S., is being smuggled in through drug traffickers. Fentanyl is odorless, tasteless, and colorless. The pills are nicknamed "Blues" for their most common color or "M30s" for the stamp on the pills. Mixed with other drugs and sold by dealers, even on social media, teens never know what they are getting. One pill can kill.

<https://www.dea.gov/fentanylawareness>

What can your club do to address this issue?

- Sponsor a community forum – invite law enforcement, representatives from the medical and legal fields, and an individual personally affected by this crisis.
- Work with your school system to provide informational materials.
- Post flyers in restrooms in establishments frequented by teens and young adults.



Community Connection Initiative

GFWC club work through community service projects helps to create lasting community impressions, assists in bringing growth to membership, and strengthens the GFWC volunteer organization. GFWC has introduced new **Community Connection Initiatives**, formerly known as Challenge Projects that will provide opportunities to help your States SPARKLE!

The Health and Wellness Community Connection Initiative is **Physical Fitness, Give that Glimmer and Glow**. Why the focus on fitness?

- 19.3% of the nation's children aged two to 19 are obese.
- The risk of heart disease and stroke can be reduced with moderate-intensity aerobic activity.
- A regular fitness regimen can also reduce your risk of developing type 2 diabetes and several cancers.
- As we age, physical activity can slow the loss of bone density, reduce the risk of falling, and help with arthritis and other rheumatic conditions affecting the joints.
- Physical activity helps keep our minds sharp, reduces the risk of depression and anxiety, and helps us sleep better.

We are encouraging clubs to sponsor a project that will promote physical fitness for any age group.

• Build playground equipment for a shelter or special needs facility. • provide fitness apparatus for a senior center or nursing home and sponsor classes in their use. • Plan a fitness trail in your community. • Partner with a shopping mall to sponsor walking clubs which include weekly or monthly physical fitness and nutrition presentations. • Work with local schools to implement the Presidential Youth Fitness Program in their curriculum.

At our workshop at the GFWC Annual Convention in New Orleans a group of members brainstormed on the idea of a *Community Family Fun Fest*. Use a BINGO card to encourage attendees to visit booths and try activities like hula hoops, calistenics, wiffleball golf, etc. Have dance, taekwondo, and yoga demonstrations. Offer booths for other community civic organizations like Rotary, Girl Scouts and Soroptimist. Request that participating organizations and vendors promote the event through their social media too. Distribute information through the schools. Post community flyers. Solicit sponsorships from sports stores, athletic shoe stores, golf and tennis clubs, etc.

The ideas are endless. So, let's Get Fit Within our **Communities**. Give and get that glimmer and glow that physical fitness activity will add to life.

Exercise with your Child Week – Aug. 7 – 13 and Childhood Obesity Month – September are two observances to help set our Community Connection Initiative ideas In motion, Our lifestyle over the past 2 years has resulted in a lot of sitting as technology played a bigger part in our life. This sedentary way of life puts us and our children at risk of many physical and mental ailments. Our children and grandchildren need our guidance and support to lead a healthy life.

- Learn a new activity together.
- Take a nature walk, go for a bike ride, play hopscotch or Simon Says. (yes, we're all young at heart!)
- Every household has chores. Put on some fun music and get the children (and you) moving throughout the day.



September - Healthy Aging Month



Positivity has so much to do with healthy aging. Surround yourself with positive and enthusiastic individuals of all ages. SMILE – it is contagious. Stop watching negative news. Practice what your mother told you – Stand Up Straight! Shoulders back, stomach in, chin up. Don't brood at home. Interact with others, pick up the phone, take a class, or go out with friends. Nothing says "old" more than yellowing teeth. See your dentist regularly. Good oral hygiene is important to our overall health and self esteem. Find your inner artist. You're are never too old to learn to play an instrument, paint, or learn a new dance form. Get a pet. Don't act your chronologic age, act your mental age.