

## HALO: HEALTH BUDDY

### REACHING YOUR HEALTH AND WELLNESS GOALS



How can your Link Sister help you reach your health and wellness goals? The answer is by being a buddy. Often times being accountable to someone else will help us move our lives in a forward direction in a way that we are unable to do alone. Having clear goals and writing them down makes them real. To move that further, sharing your goals with someone you respect and who will hold you accountable and who will bring out the best in you.

In the pursuit of greater wellness for our Link Sisters the Health & Human Services FACET has established a buddy program. Each Link Sister is asked to support a chapter member to reach her health and wellness goals by setting up a monthly telephone call, email or meeting. It does not need to take more than 15 minutes.

During the call the person sharing her goals should review:

1. Her accomplishments for the last month.
2. The things she wanted to do but did not.
3. What is stopping her and what help she needs.
4. Allow for some feedback and guidance from Buddy.

After the call the person who discussed her goals should write down her health and wellness commitments for the coming month and email them to her buddy to hold her accountable.

We are re-launching the HALO buddy program with the hope that each of our Link Sisters reaches her health and wellness goals. You can assist by **"Helping A Link Out."**

Please add your name to the enrollment sheet available with a HHS facet member. You can select a health buddy at the chapter meeting.

Buddy support may include:

- Telephone call
- Email
- Card
- Text message
- Send articles
- Lunch/dinner

For more information on any HHS programs please contact a member of the Health & Human Services FACET:

Claudia L. Edwards  
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Mary L. Graves  
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Carol Morales Riggs  
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Mary Spells  
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## REDUCING HUNGER



Thanks to your efforts at the December Food Bank service event, Westchester Links repacked 2500 pounds of beets and 3000 pounds of potatoes — which served over 2000 senior citizens in the County.



**AFRICAN  
AMERICANS**

and Eye Health:  
Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

**GLAUCOMA**

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



MORE THAN **520,000**  
AFRICAN AMERICANS  
HAVE GLAUCOMA.  
MAY EXCEED  
**860,000**  
BY 2030

**January: Glaucoma Awareness Month**

Schedule your annual eye exam today, which includes glaucoma screening.

According to the Mayo Clinic, changing your diet to include more fruits and vegetables and other healthy foods may help you prevent vision loss. Incorporating more colorful fruits and vegetables in your diet provides antioxidant vitamins which contribute to eye health. Choosing healthy unsaturated fats such as olive oil may help protect your vision.

Fish contains Omega-3 fatty acids that may help reduce the risk of vision loss especially related to macular degeneration. Salmon, sardines and tuna are types of fish that contain high levels of Omega-3 fatty acids. Omega-3 fatty acids can also be found in supplements and nuts such as walnuts.



**February:  
American Heart Month**

Heart disease is preventable — raising your awareness about your food choices and taking action is key. Foods rich in certain Omega-3 fats can reduce cardiovascular disease, improve your mood, and help prevent dementia.

So why not begin by introducing a heart-healthy food or two into your everyday menu while reducing your intake of saturated and Trans fats.

- Reduce saturated and Trans fats in your diet by reducing the amount of solid fats like butter, margarine, lard, bacon and cream sauces.
- Instead try healthier choices such as: olive oil, canola oil, corn oil and cholesterol-lowering margarines.

**Westchester Links in Service**

**Tuesday, January 27, 2015**  
Colgate® Bright Smiles, Bright Futures™  
Two Dental Van Visits

8:30 am - 2 pm  
R. J. Bailey School, 33 Hillside Avenue  
White Plains, NY 1-6-7  
and 3 - 6 pm  
Boys & Girls Club of New Rochelle  
New Rochelle, NY

**Saturday, February 7, 2015**  
9 am - Noon  
Food Bank for Westchester  
200 Clearbrook Road  
Elmsford, NY 10523

**Saturday, February 28, 2015**  
Links Chapter Meeting  
Wear RED - HeartLinks to Heart Health  
Crowne Plaza Hotel  
66 Hale Avenue, White Plains, NY

**March:  
Colorectal Awareness Month**

A balanced diet can help to promote colon health, according to the Mayo Clinic. Their tips below provide information on foods that will maintain a healthy colon and overall health. What do most of these foods have in common? A high dose of fiber. Fiber, or roughage, can also lower your risk for diabetes and heart disease.



**Fruit** - Fresh fruits contain antioxidants, fiber and water, all of which can keep your colon healthy. Strawberries, blueberries and raspberries can provide all of these nutrients. Bananas, apples and pears are other options that are rich in fiber.

**Vegetables** - Vitamins B6 and B9 can help lower the risk of colon disease, according to the Mayo Clinic. Carrots, potatoes with the skin on, peas, spinach and dark, leafy greens all contain healthy doses of B vitamins

**Whole Grains** - Whole and multi-grains contain fiber that promotes the regular passage of waste products through the colon. Brown rice, whole grain bread and whole wheat pasta can be beneficial to colon health. Ready-to-eat cereals made with whole grains and oatmeal is other good choices.

**Legumes** - Kidney beans, black beans, split peas and lentils can promote colon health. Each of these foods contains at least 15 grams of fiber per cup.

**Nuts** - Nuts can provide fiber and also satisfy the craving for a salty snack without compromising the health of your colon. Pecans, almonds, pistachios and sunflower seeds are high-fiber snacks that, when eaten with a healthy diet, can reduce the risk of colon cancer.