

BUILDING A HEALTHY LEGACY: OUR PRESCRIPTION FOR THE FUTURE

RECONNECTING WITH YOUR HALO

The Links Incorporated National President Glenda Newell-Harris, MD asked all Links to implement Building a Healthy Legacy: Our Prescription for the Future into our transformational programming and as we are able to do so, we must not forget to be advocates for our personal health care.

A year and half ago, HHS Facet established HALO (Help A Link Out), a chapter healthy-buddy program to help us reach our personal health and wellness goals. **This is a reminder to reconnect with your HALO and if you do not have one, just contact a member of the HHS Facet and we will connect you anonymously.**

According the US HHS Office of Women’s Health, of all minority groups, African Americans have the most, and many times the largest, differences in health risks when compared to other minority groups. African Americans have more disease, disability, and early death as well. The illnesses and diseases featured here are among the top health concerns facing African American women. Many of



these problems are chronic, which means they last a long time, sometimes forever. Yet, many also can be prevented. Whatever the reasons for this health gap, African American women can take charge of their personal health and seek the health care they need. Knowing your risks gives you power. By reading about health conditions common in African-American women, you’ll know what tests to ask your doctor about.

As we answer the call to The Links, Incorporated’s 40th National Assembly. “Inspire, Connect, Engage” June 29 to July 3, let us make sure that when we arrive in Las Vegas, we are ready to fully participate in the educational, civic and inter-cultural activities that enrich the lives of our members and the larger community.

CELEBRATING HEARTLINKS



The members of the Westchester County (NY) Chapter of The Links Incorporated supported HeartLinks by integrating the heart health message into their February Chapter newsletter and their HHS Facet Chapter newsletter. The Go Red activity also included a message from the HHS Facet to remember

the factors that are major risks for heart disease, including obesity, physical inactivity high blood pressure, and diabetes. Tables were decorated with special Heart Health centerpieces provided by the Membership Committee. Chapter members wore red, and a special fruit punch was available at the end of the meeting.

CALENDAR OF EVENTS	
	HHS Facet Activity
March Chapter Meeting	National HHS Health Focus - Oral Health
Spring 2016 (date TBD)	Boys & Girls Club of New Rochelle SMART Girls Tea
April Chapter Meeting	National HHS Health Focus - Childhood Obesity
Saturday, May 07, 2016	Food Bank For Westchester 9:00-10:30am Repacking Elmsford, New York

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

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Dawna Michelle Fields

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Reducing Hunger in Westchester County

On May 7, 2016, The Westchester Chapter of the Links Incorporated will continue its 4 year partnership with the Food Bank for Westchester by providing “hands-on” support in a repacking effort to help build food pantries across the County.

Hunger is more than missing a meal. It’s a debilitating crisis that has almost one billion people in its grip. Families struggling with chronic food insecurity, hunger and malnutrition don’t consistently have the food their minds and bodies need to function, which then prevents them from having the resources to improve their lives. It’s a perilous cycle that passes hunger from one generation to the next. Here are some salient statistics:

Nationally

- Poverty and hunger increased at a faster rate in the suburbs than in urban and rural areas over the past 15 years.
- The suburbs have seen a 64% increase in that time period vs. a 29% increase in urban areas.
- Today, one in three poor Americans lives in the suburbs – suburbs which have not historically faced this kind of demand and have not developed networks for support for persons in need.

Westchester County

- In Westchester County, approximately 200,000 people are at risk of hunger or facing food insecurity.
- 33% of those are children. There are 25,000 grade school children in our public school systems who receive free or reduced lunch. These children need food over the weekends and on vacations.
- 22% are senior citizens. As our population gets grayer, we will see the numbers of hard to reach “seniors in need” increase.
- We need to develop and fund effective food delivery programs to reach the working poor and seniors who, because of physical challenges or work schedules, are unable to use traditional food pantries and soup kitchens. Malnutrition and diabetes usually accompany food insecurity.
- We need to find ways to source and deliver more fruits, vegetables, protein and dairy products to all segments of the population in need.

Lack of healthy food and proper nutrition affects every stage of life, trapping people in a cycle that passes hunger from one generation to the next.

