

WESTCHESTER COUNTY AND BRONX CHAPTERS CELEBRATE LINKAGES TO LIFE: DONOR SABBATH



On National Donor Sabbath 2015, the Westchester Chapter and Bronx Chapters celebrated Linkages to Life, organ, tissue and bone marrow donation awareness, at Antioch Baptist Church in Bedford Hills.

A signature program which educates Links members and the African-American community about the importance of and need for organ, tissue, and bone marrow donation as well as the importance of healthy living and prevention.

PINK BOA SNAPSHOT HONORING OCTOBER BREAST CANCER AWARENESS MONTH



The HHS October, 2015 newsletter, focused on breast cancer awareness, was on "Knowing Your Risks." Some factors — your sex, age, and genetics, for example — can't be changed. But many other factors — smoking cigarettes, exercising, and eating nutritious food — can be changed or modified. By making the healthiest choices possible, you can make sure your breast cancer risk is as low as possible.

Thank you to all The Links Westchester County (NY) Chapter sisters who were able to participate in the Pink Boa snapshot.



TAKE CHARGE OF YOUR HEART HEALTH FEBRUARY IS HEART HEALTH AWARENESS MONTH



Chances are high that you or someone in your family will be affected by Cardiovascular Diseases (CVD) at some point.

You can reduce your risk of heart disease and stroke if you start getting regular health checkups.

Regular checkups let your healthcare providers track changes in your health over time. Schedule a visit with

your healthcare provider to get started. Some risk factors you cannot do anything about, but others you can treat, manage or control with the help of your healthcare advisor.

Take action at GoRedForWomen.org and do not forget to reach out with your HALO (Help a Link Out) health buddy. Read more about National Wear Red Day on page two.

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

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Enjoy These Red Foods And Drinks

On National Wear Red Day® Make Every Part Of Your Celebration “Red”

Frozen Watermelon Bites
Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.

Ravin’ Red Smoothie
Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.

Red Pasta
Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.

Baked Red Apple Dessert
Fill 1 whole red apple (cored) with ½ cup chopped almonds, ½ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350° or until sugar bubbles.

Perfect Polenta
Cook polenta and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.

Stuffed Red Bell Peppers
Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ½ cup diced red onion, ½ cup ground turkey (browned), 1 tsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.

Red Bean Salsa
Combine 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ½ cup diced jalapeño (remove seeds), ½ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.

Roasted Red Cabbage Salad
In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ½ cup red wine vinegar, 1 tbsp. olive oil and sea salt.

Try This Heart-Healthy Recipe:

Fresh-Fruit ‘Sangría’

4 servings (1 1/3 cups/serving)

Ingredients

- 3 cups unsweetened cranberry apple juice blend, or 2 cups unsweetened cranberry juice and 1 cup unsweetened apple juice, chilled
- 1 cup sparkling water, chilled
- 1 small apple, such as Red or Golden Delicious, Gala, or Fuji, diced
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1 small lemon, cut into 8 slices
- 1 small lime, cut into 8 slices
- 1 cup crushed ice



Preparation

1. In a small pitcher or other container with a pouring spout, stir together the juice and sparkling water.
2. In a small bowl, gently stir together the apple, raspberries, and blueberries. Spoon into glasses. Place 2 lemon slices and 2 lime slices in each glass. Spoon the ice over the fruit. Pour in the juice mixture.®

American Heart Association

Nutrition Analysis (per serving)	
Calories	128
Total Fat	0 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Sodium	29 mg
Carbohydrates	32 g
Fiber	2 g
Sugars	26 g
Protein	0 g

Dietary Exchanges
2 fruit

Take action at
GoRedForWomen.org/WearRedDay.



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CALENDAR OF EVENTS		
DATE	ACTIVITY	
February	Chapter Meeting	Wear Red - February Heart Health Month
Saturday, May 7	Food Bank Repacking	EIGHT VOLUNTEERS NEEDED 9 am-10:30 am
March	Chapter Meeting	Oral Health Chapter Activity