



Linked in Friendship, Connected in Service
Westchester County (NY) Chapter

Health and Human Services FACET NEWSLETTER

May, 2016



L to R: AKA S Freeman; Link Hillary Anne Fleming and Link Mary Spells

HELPING THE HUNGRY

The Westchester Links continued to serve and support the HHS Facet goal to reduce hunger among the underserved in the County at the recent re-packing of food on May 7. Members of the Alpha Kappa Alpha Sorority were also present to support the work of the Food Bank.

Westchester Links HHS' goal is aligned with the mission and activity of the Food Bank. The Food Bank for Westchester serves over 300 community partners throughout Westchester, including food pantries, soup kitchens, child and adult day-care centers, and shelters.

The Food Bank provides 95% of all the food given to hungry families, children and seniors as cooked meals or groceries to take home.

SMART GIRLS LUNCHEON

The HHS Facet was honored and delighted to host the young ladies of Boys & Girls Clubs of New Rochelle's SMART Girls for a luncheon at Alvin's in New Rochelle.

The room was divided in topic tables which were led by Westchester Links and included a sister-Link from Kansas, our chapter president's sister! The conversations were engaging and memorable. Each SMART Girl was gifted an inspirational bracelet from HHS.

According to Link Dianne, "The girls were a real "treat" to be with.... but I think we got much more out of the afternoon than they did."

Thank you to the entire HHS Facet who rolled up your sleeves for SMART Girls!!

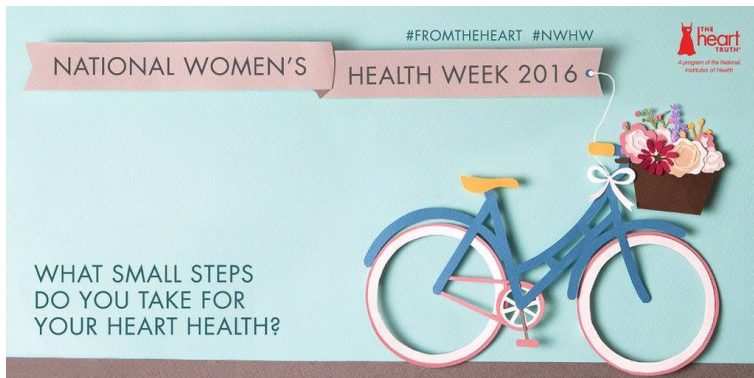


For more information on any HHS programs, please contact any member of the Health & Human Services Facet:

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National Women's Health Week



It's never too early or late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health. To improve your physical and mental health, you can: Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.

- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

MAY IS NATIONAL ARTHRITIS AWARENESS MONTH



May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than fifty million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children, and countless families are affected by arthritis. These numbers are only going to keep growing—unless we take a stand. The Arthritis Foundation is leading the way to conquer arthritis and its effects through our advocacy efforts at the state level and on Capitol Hill, our cutting-edge scientific research, and our tools and resources that help you live your best life.

The first steps in conquering arthritis are learning the facts, understanding your condition and knowing that help is by your side.

Arthritis by the Numbers:

- Nearly 53 million adults have doctor-diagnosed arthritis; that number is expected to grow to 67 million by 2030.
- Almost 300,000 babies, kids and teens have arthritis or a rheumatic condition.
- Arthritis is the nation's #1 cause of disability. Working-age men and women (ages 18 to 64) with arthritis are less likely to be employed than those of the same age without arthritis. One-third of working-age people with arthritis have limitations in their ability to work, the type of work they can do, or whether they can work part time or full time. People with osteoarthritis and rheumatoid arthritis – two major kinds of arthritis – miss a combined 172 million work days every year.
- Arthritis and related conditions account for more than \$156 billion annually in lost wages and medical expenses. There are nearly 1 million hospitalizations each year due to arthritis.
 - 57% of adults with heart disease have arthritis.
 - 52% of adults with diabetes have arthritis.
 - 44% of adults with high blood pressure have arthritis.
 - 36% of adults who are obese have arthritis.



MAY IS MENTAL HEALTH MONTH

The Links Incorporated National Mental Health initiative's goal is to educate Links members about mental health concerns such as depression, anxiety, and social issues that impact our physical and mental health so that our members can take the knowledge learned into our communities.

Life with a Mental Illness is the focus of Mental Health America 2016. Its effort is to build public recognition about the importance of mental health to overall health and wellness. In addition, Mental Health Month's purpose is to raise awareness about mental illnesses, such as depression, schizophrenia, and bipolar disorder. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

Mental Health Awareness Month also educates communities about psychological disorders, while reducing the stigma that surrounds them.

We encourage Westchester Links to learn more about mental health by contacting www.mentalhealthamerica.net.

