

HHS Facet 2019-2020

Working Planning & Action Document

Westchester Chapter HHS Programming

A. Eastern Area priorities (Maternal Health, Oral Health, Wellness & National Health Care Issues:

- Wellness: HALO- Help a Link Out (Health buddy/ Healthier You Series)
- National Health Care Issues: Crown Initiatives Breast Cancer, Heart Health
- Oral Health: Children's Dental Health
- Mental Health: Bullying Initiative & Alzheimer Awareness

B. Partnership with Girls, Inc.

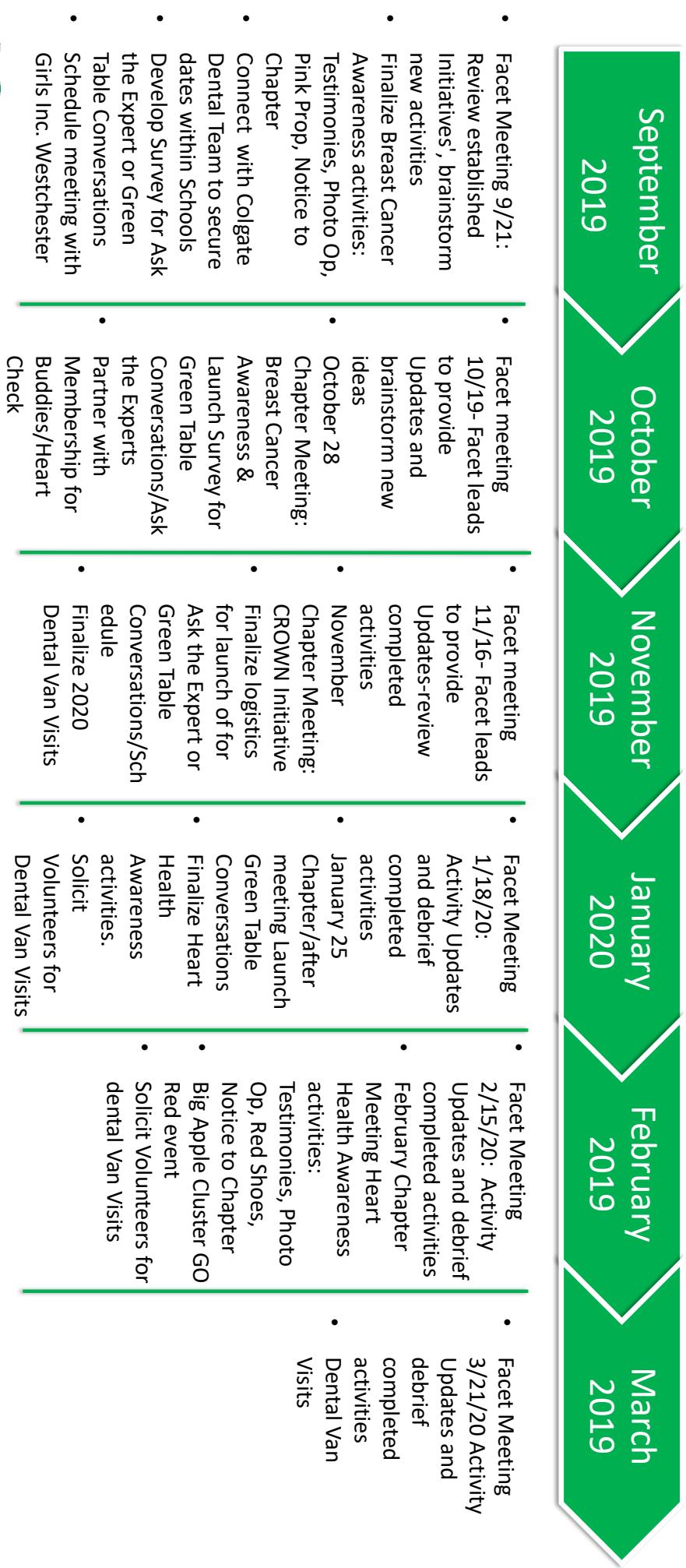
C. New Ideas: Health Professionals Briefings-Ask the Expert/Green Table Conversations

Health Fairs



Linked in Friendship, Connected in Service

HHS Facet Action Timetable as of 9/21/2019



Wellness

HHS Facet leader: Link Maxine

- Look and the Pros and Cons of different buddy models , ie : HALO- Help a Link Out, Healthier You Series, get Up and Move... to gain traction among Westchester Chapter Links
- Make sure it is not intrusive
- Wellness should include bonding activities: sending birthday cards, checking in, sitting with each other at a chapter meeting, etC.



Samples from Past efforts



Westchester Links in Pink

2018 Activity

HHS Facet Lead: Link Mary & Link Jackie

October 2019 Chapter Meeting

- Testimonies – Members
- Sharing Current Statics or an Experts
- Public Service Announcement
-ie Serena Williams
- Chapter Pink Moment Photo

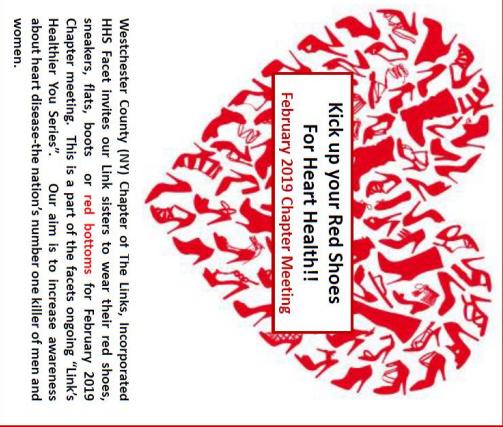


Linked in Friendship. Connected in Service

Heart Health

HHS Facet Lead: Link Dawna and All Facet Members

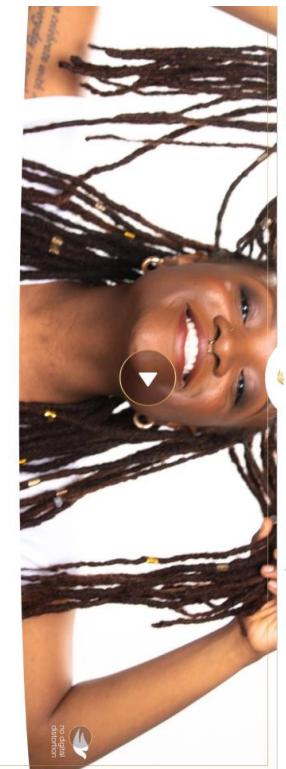
- Chapter Attendance at Big Apple Cluster Go Red Event
- Chapter Heart Health – Red Shoes went Well
- Current Data and Statistics
- Red Shoe Challenge with Prizes
- Heart Link Photo Op
- Discussion of Eastern Area HHS: Go Red and Smile



CROWN Initiative

HHS Facet Leads: Link Quay & Link Jennifer

- **Update Chapter Members on the Crown Initiative**
- <https://youtu.be/O-eORxI-iaQ>



- **Expert (Dianne DeCosta –TBD) to speak about natural hair at Chapter Meeting**

- **Sign the DOVE Petition;**
<https://www.dove.com/us/en/stories/campaigns/the-crown-act.html>



[Date:]

[Name]

[Street Address]

[City, State, Zip Code]

Dear Senator _____

I am a proud citizen living within your district and need your help to change the laws in our state by supporting the work of the CROWN Coalition to help end discrimination against people because of their hair.

Dove, along with the National Urban League, Color Of Change, and Western Center on Law & Poverty, has founded the CROWN Coalition (Creating a Respectful and Open World for Natural Hair) which supports the CROWN Act in California (SB188), New York (S609A, A7797), and New Jersey (S3945, A5564).

The CROWN Act (SB 188) has now been signed into law, making California the first state to make hair discrimination illegal. New York and New Jersey are closely behind. These bills will ensure that traits historically associated with race, such as hair texture and hairstyle, are protected from discrimination in the workplace and in K-12 public and charter schools. These bills are only the beginning, as the CROWN Coalition is galvanizing support for legislation to end hair discrimination nationwide. **We need to do this in our state as well! The time is now.** Please visit thecrownact.com to learn more.

Respectfully,

Oral Health Children's Partnership Activation

2018-2019 Sample Activity

HHS Facet Lead: Link Shelia Hankin & Link Dawna Michelle Fields

- Looks at New Rochelle Schools

- Ability to get through School contacts

- Link Chapter hosting Dental Van Visits (were available) to deliver free Oral health Education, Screening and Treatment Referrals. Links who are dental professional can provide visual screenings.

- Link Chapters conducting education presentations and sharing children's oral care kits for children to maintain their healthy smiles

- Link Chapters submitting activities to the "Community Impact Awards" to highlight and share their success at an area and national level.



Westchester Links Schools Schedule 2019 as of 2/14/19	
Date of Visit	School
No Visit this Year	
May 23, 2019	Highview Elementary School, 200 North Central Avenue, Hartsdale, NY 10530
May 1, 2019	Lee F. Jackson Elementary School, 2 Santiago Road, White Plains, NY 10603
June 1, 2019	Early Childhood Program 475 West Hartsdale Avenue Hartsdale, NY 10530
June 1, 2019	Bailey Elementary School, 33 West Hillside Avenue, White Plains, NY 10607
June 1, 2019	Interfaith Health & Wellness Street Fair 250 South Sixth Street Mount Vernon, NY Jen Coler Wigand is access and I will check with her

Mental Health

HHS Facet Leads: Link Jennifer & Link Jackie

- Follow up with Link Belinda on Bullying
- Alzheimer Awareness

Walk Donation Partner with NTS

Sample from Past efforts



Linked in Friendship, Connected in Service



Calling All Westchester Link Sisters...



Linked in Friendship, Connected in Service
Westchester County NFTI Chapter

National Trends & Services
and
Health & Human Services HALO Project
invite you to walk with us

Sunday, October 4, 2015

for the



Alzheimer's disease is a chronic neuro-degenerative disease that usually starts slowly and gets worse over time. The most common early symptom is short-term memory loss. Its cause is poorly understood. About 5.5 million Americans (1 in 9 people aged 65 and older) have Alzheimer's disease. It is the 6th leading cause of death in the U.S. About 2010 there were between 21 and 32 million people worldwide with Alzheimer's disease. It most often begins in people over 65 years of age, although 4-5% of cases are early-onset.

White Plains High School
550 North Street (Bryant Avenue entrance)
White Plains, NY 10601

Check-in 9:00 am
Welcome 10:00 am

Attire Green, white and black athletic wear/walking sneakers
Chapter hats will be provided on site.

Action If you cannot walk, cheer from the sidelines, take photos, give/collect donations payable to Alzheimer's Association

Contact Link Dozene Guishard (914) 469-2043 (cell)
Link Dawn Michelle Fields dawnmichellefields@aol.com (914) 282-9281 (cell)

*Assumption of Risk: You are solely responsible for your own health and safety.
Please make sure you have seek medical advice first if you have any concerns about your own health.*

Partnership With Girls, Inc. Westchester County

HHS Facet Lead: Link Dawna and All Facet Member

- Schedule a meeting where we can brainstorm partnership activities
- Support the Strong component of their Smart, Strong & Bold
- Look at activities where Westchester Links can host Girls, ie
- Westchester Women's Leadership
- Microsoft Experience
- Look at activities where we could bring in health professionals to speak to girls

girls
inc.

of Westchester County



Green Table Conversations: Ask The Expert

HHS facet Leads: Link Jennifer & Link Quay

- Conduct a Quick Survey (4 Questions) to understand who/what the chapter would like to hear about
- Coordinate Health Professionals and Experts to Speak about topics relevant to the Chapter
- Maybe After Chapter meetings



Contacts

HHS Committee Members Westchester County (NY) Chapter

Link Jennifer D. Lewis – Co Chair

Link Dawna Michelle Fields – Co Chair

Link Shelia Hankin

Link Quay Wallace Watkins

Link Mary Spells

Link Jackie Boucher

Link Carol Morales

Link Louis Quick Spann

Link Mary Graves

Link Maxine Jeffers

Link Kellye Davis

