



Linked in Friendship, Connected in Service

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

HHS Facet Action Timetable as of 9/21/2019

September 2019	October 2019	November 2019	January 2020	February 2019	March 2019
<ul style="list-style-type: none"> Facet Meeting 9/21: Review established Initiatives', brainstorm new activities Finalize Breast Cancer Awareness activities: Testimonies, Photo Op, Pink Prop, Notice to Chapter Connect with Colgate Dental Team to secure dates within Schools Develop Survey for Ask the Expert or Green Table Conversations Schedule meeting with Girls Inc. Westchester 	<ul style="list-style-type: none"> Facet meeting 10/19- Facet leads to provide Updates and brainstorm new ideas October 28 Chapter Meeting: Breast Cancer Awareness & Launch Survey for Green Table Conversations/Ask the Experts Partner with Membership for Buddies/Heart Check 	<ul style="list-style-type: none"> Facet meeting 11/16- Facet leads to provide Updates-review completed activities November Chapter Meeting: CROWN Initiative Finalize logistics for launch of for Ask the Expert or Green Table Conversations/Schedule Finalize 2020 Dental Van Visits 	<ul style="list-style-type: none"> Facet Meeting 1/18/20: Activity Updates and debrief completed activities January 25 Chapter/after meeting Launch Green Table Conversations Finalize Heart Health Awareness activities. Solicit Volunteers for Dental Van Visits 	<ul style="list-style-type: none"> Facet Meeting 2/15/20: Activity Updates and debrief completed activities February Chapter Meeting Heart Health Awareness activities: Testimonies, Photo Op, Red Shoes, Notice to Chapter Big Apple Cluster GO Red event Solicit Volunteers for dental Van Visits 	<ul style="list-style-type: none"> Facet Meeting 3/21/20 Activity Updates and debrief completed activities Dental Van Visits




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.





Health and Human Services FACET NEWSLETTER

March, 2019

BUILDING A HEALTHY LEGACY: Our PRESCRIPTION FOR THE FUTURE


RECONNECTING WITH YOUR HALO

The Links, Incorporated, National President, Gladys Hearn, MD asked all Links to implement Building a Healthy Legacy: Our Prescription for the Future into our transformed by advocates for our personal health care.

A year and half ago, HHS Facet established HALO (Help a Link Out, Healthier You Series) to help Links connect with each other, build 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 to the US HHS Office of Women's Health, "at all minority groups, African American women are at the highest risk for heart disease, stroke, and diabetes. In fact, African American women are 50% more likely to die from heart disease than white women. The top health concerns facing African American women. Many of these problems are chronic, which means they last a long time, the reasons for this health gap, African American women can they need knowing their risks gives you power by reading about health conditions common in African-American women, you'll

As we answer the call to The Links, Incorporated's 99th National Assembly, "Inspire, Connect, Engage" June 29 to July 1, let us participate in the educational, civic and their cultural activities that enrich the lives of our members and the larger community.



CELEBRATING HEARTLINKS

The members of the Westchester County Chapter of The Links, Incorporated celebrated the success of the Heart Health Month campaign by incorporating heart health into their monthly Chapter newsletter and their social media posts. The campaign also included a message from the HHS Facet to remember

the success of the campaign. The Links, Incorporated, National President, Gladys Hearn, MD, said, "The success of the campaign is a testament to the power of the Links, Incorporated. We are proud of the work you have done to promote heart health and we look forward to continuing this work in the future."

For more information on the HHS program, please contact the HHS Facet leader, Link Maxine, at (914) 231-1234.

CALENDAR OF EVENTS	
March Chapter Meeting	National HHS Health Focus: Oral Health
Spring 2019 (June 2019)	Heart Health Focus: Oral Health
April Chapter Meeting	National HHS Health Focus: Oral Health
Summer, May 27, 2019	Heart Health Focus: Oral Health
Heart Health Focus: Oral Health	Heart Health Focus: Oral Health

Samples from Past efforts



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

Health & Human Services Facet Launches 2019

LINKS' HEALTHIER YOU SERIES

HHS Facet invites you to create a healthy and vibrant life for yourself in 2019.

Throughout our Chapter's program year, the HHS Facet will continue to share and provide you with information and tools that will keep your mind and body sharp: promoting regular exercise and health eating to stay physically fit, as well as finding creative outlets to keep our minds strong while expanding horizons.

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 Op




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





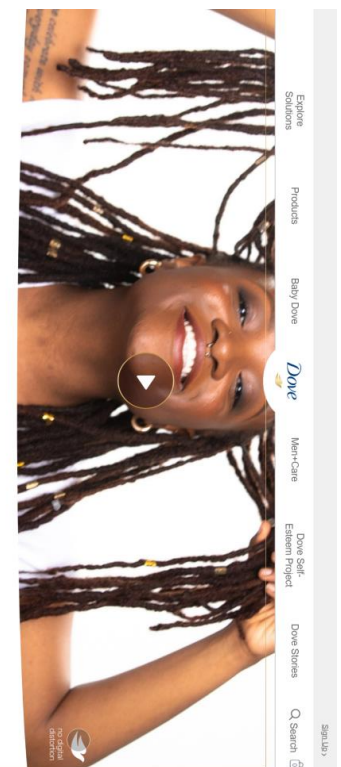
**Kick up your Red Shoes
For Heart Health!!**
February 2019 Chapter Meeting

Westchester County (WV) Chapter of The Links, Incorporated HHS Facet invites our Link sisters to wear their red shoes, sneakers, flats, boots or **red bottoms** for February 2019 Chapter meeting. This is a part of the facets ongoing "Link's Healthier You Series". Our aim is to increase awareness about heart disease-the nation's number one killer of men and women.

CROWN Initiative

HHS Facet Leads: Link Quay & Link Jennifer

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



United in Friendship. Connected in Service



[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 (S62096, 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

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.



2018-2019 Sample Activity

Vertebrate Links Schools Schedule 2019 as of 2/14/19			
Date of Visit	School	Contract/Notes	
No Visit this Year	Holmes School, 195 N. Columbus Avenue, Mount Vernon, NY 10553	Danielle Davis Marrow, Principal, 914-665-5110, called on 2/7/19 and left a message. Called again on 2/13 and was told that the district does not want the screening this year	
May 23, 2019	Highview Elementary School, 200 North Central Avenue, Harddale, NY 10530	Gary Martrangelo, Principal, Spoke to Martrangelo on 2/7/19 and he is excited to have the van return to his school. Consent forms sent 914-946-6946	
May 1, 2019	Lee F. Jackson Elementary School, 2 Saratoga Road, White Plains, NY	Patricia Simonee, Principal, sent an email on 2/6/19, Mr. Nash, the school nurse will be the contact person. consent forms sent 914-948-2992	
	Early Childhood Program, 475 West Harddale Avenue, Harddale, NY 10530	Dawna Maire-Male, Director, called and email and left a message on 2/6-7/19. Called again on 2/14 and left a message for Debbie 914-949-2745	
	Bailey Elementary School, 33 West Hillside Avenue, White Plains, NY 10607	Kiana Washington, Principal, sent an email on 2/6/19 914-948-8107. Called the school again on left a message for the principal	
June 1, 2019	Interfaith Health & Wellness Street Fair, 250 South Sixth Street, Mount Vernon, NY	Arlene Barnard, 646-370-9511, sent an email on 2/6/19, called on 2/7/19 646-370-9511, spoke to Arlene and she will have Emily call me regarding the event as she is not sure if they are having the health fair this year. Emily Fidal will be the contact person and she will call me and let me know.	

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



Calling All Westchester Link Sisters...



Westchester County (NY) 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 symptoms are problems with memory, but it can also affect language, judgment, and other abilities. The disease is poorly understood. About 70% of the risk is believed to be genetic with many genes usually involved. In 2010, there were between 21 and 25 million people worldwide with Alzheimer's disease, and the number is expected to rise to over 60 million by 2050, 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 Dawna Michelle Fields dawnamfields@aol.com (914) 282-9281 (cell)

Assumption of Risk: You are solely responsible for your own health and safety. Please make sure your 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



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 a bout
- 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