

**WESTCHESTER COUNTY CHAPTER  
OF  
THE LINKS, INCORPORATED  
FACET MINUTES & EXECUTIVE COMMITTEE REPORT**

**COMMITTEE/FACET NAME:** Health and Human Services

**CALL MEETING DATE AND TIME/ATTENDEES:** January 19, 2019 @ 9:20 am.  
Jackie Boucher, Quay Watkins, Jennifer Lewis, Mary Graves, Terry Joyner and Dawna Michelle Fields

**MEETING ENDED:** 10:21am

**ACTIVITY/ISSUES DISCUSSED:**

Announcement:

Link Jennifer Lewis, PHd has accepted the role as HHS Facet Co-Chair!

Recap - November 2018 Friendship Activity-Paint Party

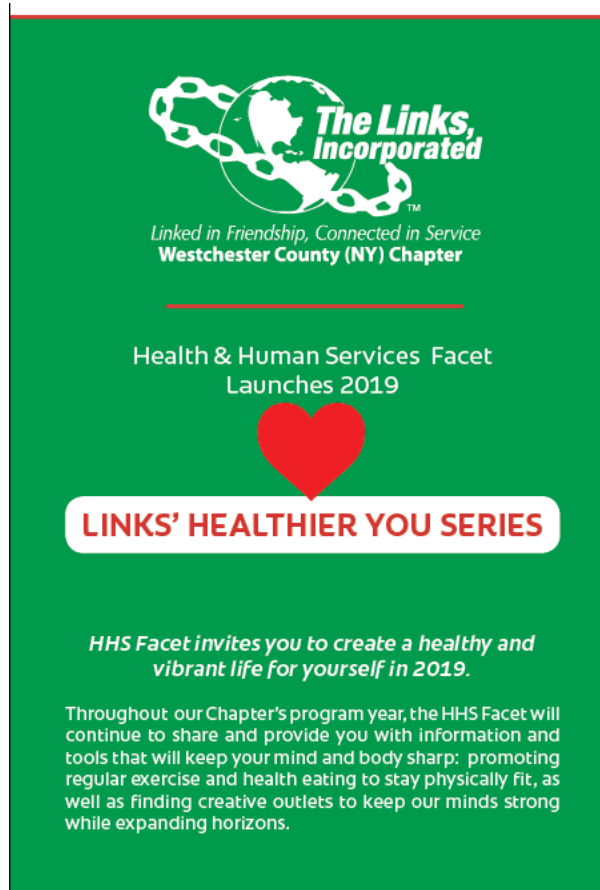
Received well by Chapter/High Participation by Members  
Research shows that Painting fosters a creative mindset



Links' Healthier You Series

January

1. Facet will distribute heart health information and smart trackers in preparation for Feb Heart health month. Brochure was reviewed and edited by Link Mary S., Quay and Jennifer.



2. Facet will launch its “Get Up & Move Moment” At January Chapter Meeting. 5 Minute low impact/from your seat activity. January “Get Up and Move Moment” will be led by Link Quay and Terry.
3. Facet will take a poll on how many and who will be supporting Big Apple Cluster “Go Red” Worship Service and Luncheon on February 10. Service is at First Baptist Church in Elmhurst 10:30am to 12:30pm and Luncheon is at Terrace on the Park 2pm to 6pm. Tickets can be purchased via eventbrite @ \$75pp.

## February

1. HHS (concerned about weather) decided not to have a speaker on heart health, but will have a “Get Up and Move Moment” at Chapter Meeting. We will reach out to Link Louise to see if she will lead the moment.
2. HHS Facet will send out a notice for the Go Red Photo Op, for members to wear red footwear, sneakers, heels, etc. and black pants.

### Initiatives/ideas

1. Mental Health: Partnering with Greater Hudson Valley on Mental Health. HHS members will attend My Sister Place for April 2019 Gala. Link Quay will follow-up with Link Paige to see where there are opportunities to partner.
2. Girls Inc. of Westchester Partnership: Focus on the Strong of the their Smart, Strong and Bold initiative, HHS would like to move forward with have the "Girls" partner with us in two walks: Alzheimer's and Making Strides for Breast Cancer Awareness. Link Dawna to follow up as she is on the board of Girls Inc.
3. Children's Dental Health: HHS wants Chapter to be a contender for the Link National Bright Smiles, Bright Futures Community Impact Awards. Link Tahira and Link Yolanda are connecting HHS with schools to access elementary schools for higher numbers. More to come.
4. Brainstorm at next facet meeting on how we can be more efficient and effective on projects that crossover several facets, ie: NTS with Mental Health.

### **Facet Calendar**

January 2019	Launch of Links' Healthier You Series with "Get Up & Move Chapter Meeting Moment"; distribution of heart health information; & gifting of smart tracker.
Feb. 2019	Red Shoe Heart Health Awareness Photo Op – Chapter Meeting
March-April 2019	Children's Oral Health – Colgate Dental Van - Greenburgh/Mt Vernon

### **Next Meeting:**

10:00am, Saturday Morning, February 16, 2018 @ Link Jennifer 1304 Midland Avenue, #c51, Yonkers, NY (Across from Cross County Shopping Center from Sears) Link Jennifer has cats.

### **ITEMS REQUIRING ACTION AT THE EXECUTIVE COMMITTEE MEETING:**

None

### **MOTIONS FOR THE EXECUTIVE COMMITTEE TO CONSIDER:**

NONE

**Submitted by: Dawna Michelle Fields**

**Date: January 19, 2019**

