

**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: March 16, 2019. Maxine Jeffers, Dawna Michelle Fields, Quay Watkins

Meeting Start/Finish: 9:30am-10:15am

ACTIVITY/ISSUES DISCUSSED:

Announcements:

Link Maxine Jeffers - newest HHS Facet member.

Link Dawna shared the history of HHS activities from Food Bank and dental Van to present activities that focus on member's health awareness.

Recap –Kick up your Red Shoes/Get Up and Move Moment!

During February Chapter Meeting, Get up and Move was led by Link Louise. Members supported by wearing red shoes Facet distributed heart health information and smart trackers in preparation for Feb Heart health month. Activity was received well. Prizes were given for High Heel, Flats and the most creative! Continuous Improvement: Opportunity to spend more time sharing important health information.



March Chapter Meeting

1. Link Quay to reach out to Link Louise to lead get up and move moment for March Chapter meeting and will bring music.
2. Health Awareness Message will be on Nutrition. March 2019 is National Nutrition Month. National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Initiatives

1. HHS Facet Spa Retreat:

Link Quay & Link Maxine recommended a weekend in June or July. Link Dawna has an agency that will provide facet complimentary day at spa. They will coordinate & research location in Westchester and Long Island. Why a day spa retreat: taking care of you is truly essential to your health and success. Four health benefits of going to the spa (in this case, for a massage):

- a. It reduces stress hormone levels: Several studies have shown that massage reduces levels of the stress hormone cortisol, which among many other benefits helps slow your heart rate, and brings your blood pressure down.
- b. It boosts your immunity; By reducing stress and stress hormones, massage boosts the levels of “natural killer cells” in your body, which are your first defense against invaders. Massage has been shown to even boost immunity in people with severely decreased immune systems, such as patients with breast cancer.
- c. It’s a great pain reliever: Whether you’ve got muscular pain, chronic headaches or a migraine, or even labor pains (!), massage has been shown to significantly decrease and relieve pain.
- d. It boosts your mood; As if a wonderful, healing, relaxing visit to a spa wasn’t enough (I already feel better, just walking in the door), treatments such as massage increase your brain’s level of feel-good hormones like dopamine and serotonin.

2. *Health Walks: No Update*

Link Jennifer to follow up with NTS on Alzheimer and Cancer health walks.

Link Jennifer to reach out to Greater Hudson Valley (Link Pat Hurlock) for combining efforts. Link Jackie reminded us that Woodland High school students would like to walk with us.

3. *Partnership:*

HHS Facet to Host Girls Inc. at Women's Leadership Institute on March 30 Link Jackie has coordinated details with Girls Inc. for 10 girls and 4 Girls Inc. chaperones. Link Dawna suggested that facet members there to welcome young ladies and socialize them into the event.

4. *Children's Dental Health:*

National Links Bright Smiles Community Impacts to be announced by Link National President in the next two weeks. Link Quay has a conference call this week coming with Colgate staff. Greenburgh Schools are confirming dates of dental van. Link Quay will contact schools/follow-up to make sure we are receiving consents. Link Mary G. will manage signup sheets of Link volunteers.

Facet Calendar

March 2019	Nutrition Awareness Month/Get Up and move – Chapter Meeting
March 30, 2019	HHS Facet hosts Girls Inc. at Women's Leadership Institute Conference at Westchester Community College
May 2019	Children's Oral Health – Colgate Dental Van – Greenburgh
April 11, 2019	HHS Facet supports My Sister's Place Spring Benefit
April 2019	Eastern Area Conference – Atlantic City, NJ

Next Meeting:

April 13: 8:30am, Live before Chapter Meeting

ITEMS REQUIRING ACTION AT THE EXECUTIVE COMMITTEE MEETING:

None

MOTIONS FOR THE EXECUTIVE COMMITTEE TO CONSIDER:

NONE

Submitted by: Dawna Michelle Fields & Jennifer Lewis, PhD

Date: March 16, 2019