

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: October 19, 2020 Dawna Michelle Fields, Shelia Hankin, Quay, Maxine Jeffers & Jackie Boucher (Excused: Mary Graves, Carol Morales and Jennifer Lewis)

ACTIVITY/ISSUES DISCUSSION

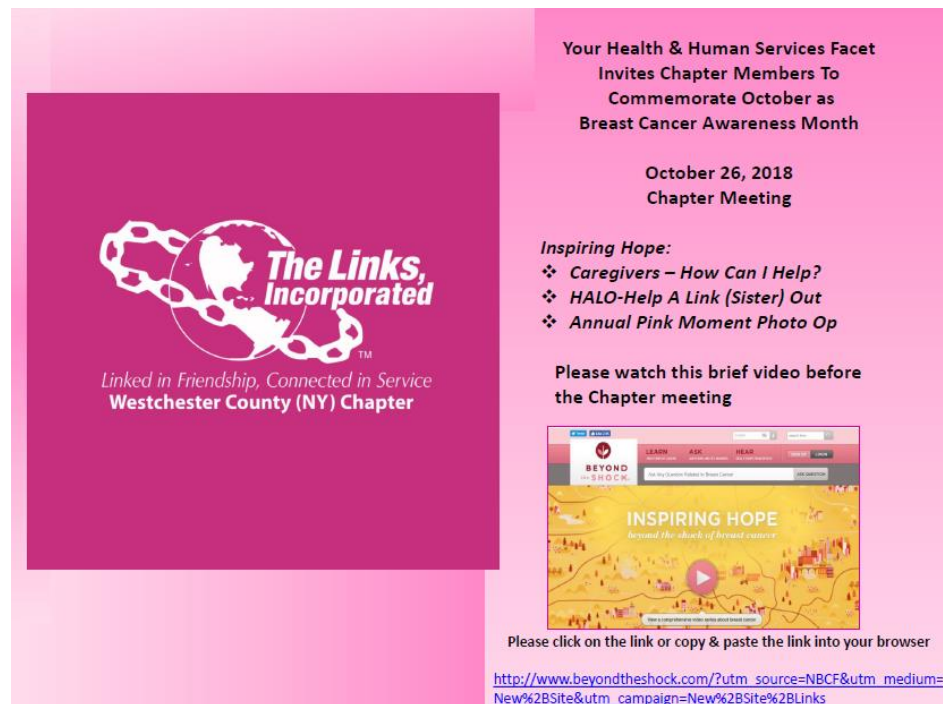
HHS Presentation at October Chapter Meeting

- A. HALO Flyer Completed - Research and written – Links Maxine & Shelia. Edits from Chapter President Link Terry were made. Link Maxine will bring to meeting. Link Shelia and Link Maxine will present. Buddies will be assigned at end of chapter meeting.



- B. Reminder to Chapter – Should include the video for chapter to view in advance. Dawna will ask Link Quay to send out to chapter. The draft

of the alert was sent to the executive board meeting.



**Your Health & Human Services Facet
Invites Chapter Members To
Commemorate October as
Breast Cancer Awareness Month**

**October 26, 2018
7:00 PM - 8:30 PM
Chapter Meeting**

Inspiring Hope:

- ❖ *Caregivers – How Can I Help?*
- ❖ *HALO-Help A Link (Sister) Out*
- ❖ *Annual Pink Moment Photo Op*

**Please watch this brief video before
the Chapter meeting**

http://www.beyondtheshock.com/?utm_source=NBCF&utm_medium=New%2BSite&utm_campaign=New%2BSite%2BLinks

- C. Breast Cancer Awareness Presentation Flow - Aligned and agreed to flow.

*HHS Facet Program
Breast Cancer Awareness
HALO: Help- A- Link (Sister) Out*

Occasion Link Jennifer

Beyond The Shock,
What Can I Do Next? Link Jackie
Link Louise*

*HALO Link Maxine
Link Shelia*

Pink Photo Moment Link Dawna

- D. Material for Breast Cancer Awareness – Research and Flyers Completed by Link Mary and Link Jackie: How can I Help and Caregiver Guides will be distributed at chapter meeting during presentation.



FOR CAREGIVERS

Make a Conversation Game Plan

Think about a conversation you've been wanting to have with the person you care for. When you need to talk about a difficult topic, it will help to have a plan. Knowing what you want to talk about is important, but it's just the first step. Finding the right time and the best way to say it is also helpful.



CHOOSE THE RIGHT TIME

Is the person you care for a morning person or more of a night owl? Plan to talk at a time when you are both in the right frame of mind.



FLEXIBILITY

Some people want to talk things out on the spot. Others need time to think. Would it help to bring up what you want to talk about, then sit down later to talk when you're both ready?



CREATIVITY

Maybe this topic is hard to talk about face-to-face. If so, get creative. Write a letter. Send an e-mail. Make a phone call. Find something that works for both of you.

COMPLETE THIS AHEAD OF TIME TO GATHER YOUR THOUGHTS

I want to talk about _____

This matters to me because _____

Some of the important points I want to make are:

1. _____

2. _____

3. _____

FOR THIS CONVERSATION, THE BEST...

TIME to have it is

Way to **START** it is

Way to **HAVE** it is

Merck Oncology

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The Breast Cancer Awareness Information bags were sourced and kitted by Link Dawna. They include the pink sunglasses for each chapter member for the Pink Photo Op.

CHILDREN'S ORAL HEALTH

- A. Link Shelia has connected with Colgate Bright Smiles, Bright Futures Dental van contact. She is working to pull together a schedule, New Rochelle, Lois Bronze Childcare, Greenburgh Schools, etc.

HHS CROWN INITIATIVE

- A. Link Jennifer and Link Quay to identify a guest speaker on natural hair care to speak to the chapter.
- B. Chapter President Link Terry was able to secure some materials on the CROWN Initiative. Link Dawna secured additional items for make sure all chapter members received items.
- C. Link Jackie suggested we do the presentation and give them at our Holiday Meeting.

Facet Chapter Activity Calendar

October 26, 2019	Chapter Mtg-Breast Cancer Awareness & Pink Moment Photo OP HALO Presentation
December 2019	Chapter Meeting – Crown Initiative
January 2020	Chapter/After Chapter Meeting – Green Table Conversations

February 2020 Chapter Meeting – Heart Health Awareness & Photo Op
Big Apple Cluster – GO RED

Next Meeting:

November 16, 2019 9:30am, Google/Telephone Meeting

ITEMS REQUIRING ACTION AT THE EXECUTIVE COMMITTEE MEETING:

HHS Requires time at chapter Meeting:

- Nov or December Meeting for the Crown Act petition-signing (20 minutes)
- January for Green Tables Conversations/Ask the expert (After Chapter Meeting)
- February for Heart Health Awareness

MOTIONS FOR THE EXECUTIVE COMMITTEE TO CONSIDER:

NONE

Submitted by: Dawna Michelle Fields

Date: October 20, 2019