

**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**

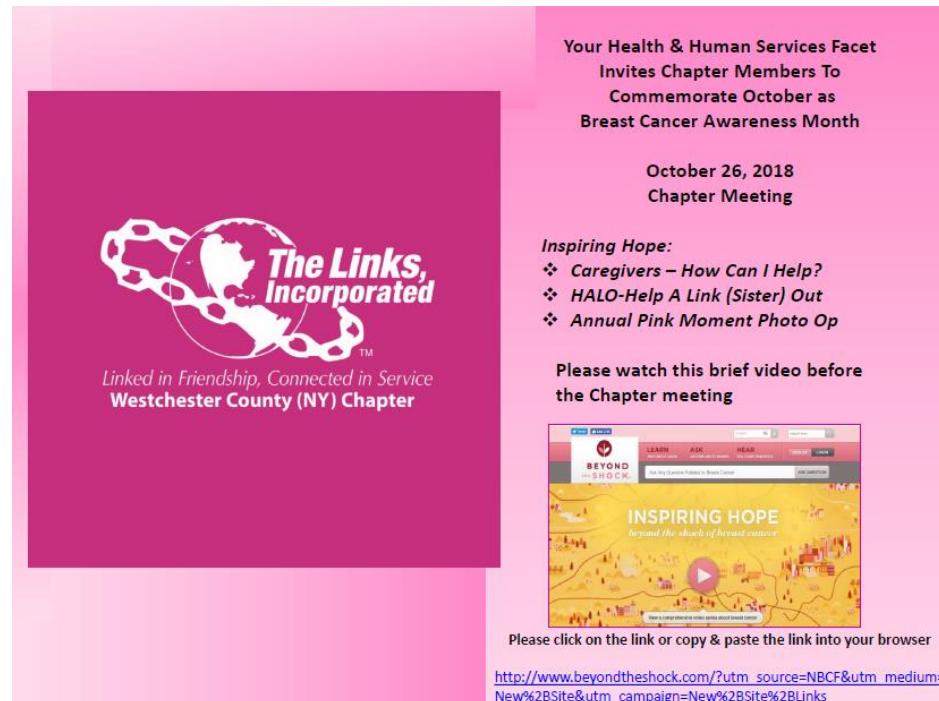
**HHS Presentation at October Chapter Meeting**

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.



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

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

<i>Occasion</i>	<i>Link Jennifer</i>
<i>Beyond The Shock*, What Can I Do Next?</i>	<i>Link Jackie Link Louise</i>
<i>HALO</i>	<i>Link Maxine Link Shelia</i>
<i>Pink Photo Moment</i>	<i>Link Dawna</i>

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.



**What can I do to help?**

**DIAGNOSIS**

**Learn to listen:**  
When a person is in decision-making mode, that's all they can think or talk about. A friend listens to you over and over again. Don't give advice, but acknowledge the difficulty of the situation. This in turn may help your friend formulate the questions needed to ask at doctor's appointments. Listening can be one of the most helpful things you can do.

**Be a note taker and advocate:**  
Offer to go with them to appointments and take notes. It's hard enough for your friend to focus and understand what's being told to them medically and this gives them the opportunity to research and have all of their care and concerns answered to make medical decisions.

**TREATMENT**

**Pamper them with attention:**  
Special treats can really perk up a cancer patient's day. Small gifts can lift a person's spirit especially after treatment.

**Send them lots of cards:**  
Survivors love getting cards – cards are a very meaningful sign of support. It makes them feel like they are worth something; that they matter to other people.

**RECOVERY**

**Don't forget them when it's over:**  
It's human nature for people to rush in to help at the beginning of a crisis, but having breast cancer or any cancer is a long road.

It's like when someone dies and people all huddle around at the beginning. But people get weary of others being sick for too very long. It's nice when you can still check on that person with a call or a note. Be a friend!

#### 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 <b>START</b> it is	Way to <b>HAVE</b> it is

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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**