



# HEALTH and WELLNESS HAPPENINGS

*"Healthy is an outfit  
that looks different  
on everybody."*

Wear your red outfit on Feb. 3<sup>rd</sup>.

## FEBRUARY is:

American Heart Month  
Wear **Red** Day Feb. 3

National Children's Dental  
Month

National Cancer  
Prevention Month

National Self Check  
Month

Feb 4 – World Cancer Day

Feb 14 National Organ  
Donor Day

Feb 18 – National Drink  
Wine Day

(I had to throw that in)

Feb 25 – Let's All Eat  
Right Day

## MARCH is:

National Nutrition Month

National Kidney Month

National Colorectal  
Cancer Awareness Month

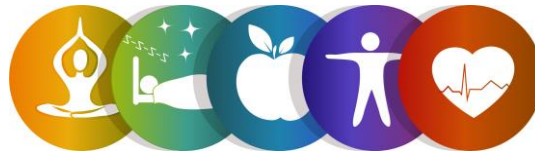
Save Your Vision Month

Multiple Sclerosis  
Awareness Month

March 4 – World Obesity  
Day

March 12-18 – Sleep  
Awareness Week

March 19-25 – National  
Poison Prevention Week



## Happy Healthy New Year!

### American Heart Month

Heart disease - blood vessel issues (coronary heart disease), irregular heartbeat (arrhythmia), congenital defects, diseases of the heart muscle, and heart valve disease - is the number 1 killer of women. Unfortunately, only 56% of women recognize this fact. Let's change this by promoting American Heart Month and celebrating **Wear Red Day on Feb. 3** to bring awareness to this concern. Heart disease is preventable!

Follow the 8 Health Behaviors as determined by the American Heart Association.

- Eat Better
- Be More Active
- Quit Tobacco
- Manage Weight
- Control Cholesterol
- Manage Blood Sugar
- Manage Blood Pressure
- Get Healthy Sleep

### National Cancer Prevention Month & National Self-Check Month

Research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes – things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

So, take charge of your health, and be proactive, not reactive! We've all heard the phrase "early detection saves lives." It is so true in the case of many cancers and heart problems. Doing self-checks on a regular basis helps you know your "normal". Check your temperature, and blood pressure, do a skin scan, and a breast exam.

This is a great month to do self-checks, schedule a visit with your healthcare provider and talk with your loved ones about health issues. Visit <https://selfchec.org/> for resources and info.

Distribute Breast Self Exam cards at your local gym or salon, to your co-workers, or school teachers.

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Enjoy a club outing where all members wear red.

Distribute club-personalized heart-healthy bookmarks, fact cards, or emery boards through local businesses or doctors' offices. Wear the American Heart Association's *Go Red for Women* lapel pin.

Sponsor a display at your local library or hospital.

Post an American Heart Month banner in a prominent spot.

Sponsor a PSA on the local radio station.

Examples may be found at:

[https://www.cdc.gov/heartdisease/american\\_heart\\_month\\_patients.htm](https://www.cdc.gov/heartdisease/american_heart_month_patients.htm)

For more information and Fact Sheets, visit -

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

Please share your Wear Red Day pictures on social media.



## March is: NATIONAL NUTRITION MONTH

Observed since 1980, National Nutrition Month aims to bring awareness and promote the importance of making informed food choices and developing responsible eating and physical activity habits.

This year's theme is "Fuel for the Future".

You will find throughout this newsletter, information on how nutrition affects numerous aspects of our physical being.

"Let thy food be thy medicine".  
~Hippocrates

<https://www.usda.gov/topics/food-and-nutrition>

All of the following foods have some level of sodium. Which one has the **least** amount?

- a. Burger King large chocolate shake
- b. Burger King veggie burger
- c. Dunkin Donuts corn muffin
- d. McDonald's large French fries

True or False:

Only animal foods contain cholesterol.

Potassium helps to regulate blood pressure. It is found in all of the following foods – but which one has the **most** potassium per serving?

- a. Medium-size banana
- b. one cup of broccoli
- c. 3 oz. halibut
- d. one cup of orange juice
- e. one cup of yogurt

Answers on page 4.

<https://www.usda.gov/topics/food-and-nutrition>

[https://www.uen.org/cte/facs\\_cabinet/downloads/FoodNutrition/DCR\\_NutritionQuiz.pdf](https://www.uen.org/cte/facs_cabinet/downloads/FoodNutrition/DCR_NutritionQuiz.pdf)

## Children's Dental Health Month



February is

## National Children's Dental Month

National Children's Dental Health Month, sponsored by the American Dental Association (ADA), is recognized each February to promote the benefit of good oral health to children, parents, caregivers, teachers, and others. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Our teeth are made of several layers of hard and soft tissue. The top layer- enamel, is the hardest surface in your entire body. However, unlike bones that can regenerate if broken, enamel cannot. Once lost it is gone for good. While bones and teeth have their differences, both need proper nutrients to stay functional and healthy.

Good nutrition is so important in getting the needed calcium and vitamin D to keep teeth healthy. Good sources include: salmon, egg yolks, milk, cheese, and other dairy foods, mushrooms, and green leafy vegetables like broccoli, cabbage, and spinach.

Avoid: crackers and pretzels, candies, and dried fruit.

Enjoy citrus fruits in moderation as they are a good source of vitamin C however they do contain a high amount of acid which can erode tooth enamel. Try to rinse with water after consuming to wash away the harmful acids.

Visit the American Dental Association for wonderful project ideas and resource materials.

<https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>

January 29 is National Puzzle Day. This is a day that recognized the benefits of exercising our brains with puzzles. Puzzle Day includes all types of puzzles -crossword puzzles, jigsaw, trivia, word search, brain teasers, or Sudoku. Studies show that when working on a jigsaw puzzle, we use both sides of our brains.

Collect and donate various types of puzzles to area senior centers, nursing homes, and memory care facilities. Play Federation Trivia at a club meeting. Develop a word search for Heart Health Month and distribute it to your members.

<https://puzzlemaker.discoveryeducation.com/word-search/result>

**POSITIVE PROMOTIONS** is a great resource for promotional products to observe many health-related issues. From coloring and activity books on nutrition, dental health, and fitness, to magnets and cards on self-breast exam and heart health, their offerings are numerous. And many products can be personalized to include your club's name and contact info. Visit <https://www.positivepromotions.com/>



When sponsoring a food drive, encourage nutritional donations. Visit *Feeding America* for a healthy-food donation list.

[https://nutritionhub2.wpenginepowered.com/wp-content/uploads/legacy/mp/files/tool\\_and\\_resources/files/healthy-food-donation-list.pdf](https://nutritionhub2.wpenginepowered.com/wp-content/uploads/legacy/mp/files/tool_and_resources/files/healthy-food-donation-list.pdf)

When posting your projects on social media don't forget to use hashtags. i.e.- #iamgfwc or #gfwcwearredday



## National Organ Donor Day

February 14th

**National Organ Donor Day** – a day to bring awareness and educate others on the need for organ, tissue, marrow, platelets, and blood donation.

Every 10 minutes a new patient is added to the national transplant waiting list, which currently consists of 113,000 individuals. The need is so much greater than the availability.

Most organs are donated upon death. A single donor can save up to 8 lives and help as many as 75 people. However, blood, marrow, platelets, tissue, and some organs can be donated while living.

According to the National Institute on Aging, NIH, “there is no age limit for donation or signing up. In 2021, one out of every three people who donated organs was over the age of 50. You’re never too old to make a difference — as of 2021, the oldest organ donor in the United States was 92.” You can sign up through your state registry or when renewing your driver’s license at your local Department of Motor Vehicles.

Does it cost money to donate your organs? Do medical conditions exclude someone from donating? For the answer to these, and more questions visit:

<https://www.nia.nih.gov/health/frequently-asked-questions-about-organ-donation-older-adults>

*National Organ Donor Day* would be a good day to sponsor a blood drive or organ/tissue sign-up. Work with your local hospital or American Red Cross office. Provide snacks and/or thank-you-for-donating cards to blood donors.

Visit the Organ Donation Alliance for information and resources.

<https://www.organdonationalliance.org/insight/february-14-is-national-donor-day>

## National Poison Prevention Week

Most poisoning occurs in the home. Smoke inhalation is the most common cause - inhalation of carbon monoxide, hydrogen cyanide, and other toxic substances. Children under the age of 6 account for approximately 50% of poison exposures. These include medications, household cleaning products, cosmetics and personal care items, and lawn/outdoor products.

### Recognize Poison Prevention Week

Educate club members

Do some spring cleaning disposing of outdated products. Always have proper ventilation when doing certain household chores.

Have a poster contest in your local school or within your club. Use the posters around town to bring awareness.

Produce and distribute refrigerator magnets that include brief awareness facts and the Poison Hotline.

Distribute poison prevention activity or coloring books to elementary schools or the library.

### Poison Hotline

1-800-222-1222

<https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week>

## March is: National Kidney Month



From the American Nephrology Nurses Association, the 2023 theme is “Kidney Health for All: Preparing for the Unexpected, Supporting the Vulnerable.” The campaign will focus on raising awareness about disastrous events (natural or man-made) and the impact on people living with kidney disease when access to appropriate diagnostic services, treatment, and care is impacted.

Our kidneys regulate fluid levels, activate Vitamin D for healthy bones, filter waste from the blood, direct the production of red blood cells, regulate blood pressure, and keep blood minerals in balance. Diabetes, high blood pressure, family history, and being over the age of 60 are common risk factors. Symptoms of kidney disease may include swelling of the face, feet, ankles, abdomen, and hands; increased thirst; puffy eyes, fatigue; difficult painful urination; and blood in the urine or foamy urine.

Nutrition is key to managing kidney health. A diet low in salt, sodium, sugar, sweets, fat, and red meat is important. A diet rich in fruits and vegetables, whole grains, low-fat dairy, fish, poultry, nuts, and seeds is recommended.

<https://www.kidney.org/kidney-basics>

*The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison. ~ Ann Wigmore*



# Community Connection Initiative

The new year is a great time to formulate your club's 2022-2024 **Community Connection Initiative** if not already done so. The Health and Wellness CCI is – *Physical Fitness, Give that Glimmer and Glow*. A great example of a creative and impactful project may be found in the winter issue of GFWC Clubwoman Magazine. The GFWC Cookeville Junior Woman's Club (Tennessee) organized a special needs playground project with a local school to provide fun equipment for mobility-challenged students. Get your members' creative juices flowing. How can your club promote and provide physical fitness opportunities for all ages in your community?

The Woman's Club of Laurel (MD) made 30 Mugs of Love and 30 Housebound Health Kits for clients in the local Meals on Wheels Program

The Glenwood Junior Woman's Club (IL) supported a woman in their community who needed a heart and liver transplant. The club was part of the team that cut and tied transplant ribbons on 400 trees all over town. The club collect money to print and distribute "Have a Heart" yard signs.



## Feb 25 – Let's Eat Right Day.

- In 400 BC Hippocrates establishes a connection between food and its health impact.
- In 1747 Scottish physician Dr. James Lind discovers that sailors who eat citrus fruits do not get scurvy.
- In 1912 the University of California, Berkeley sets up the first Department of Nutrition in the U.S.

What is the most perfect food? While there is no such thing as the "perfect food", there are some foods that are termed "nutrient-dense foods". They are salmon, garlic, kale, seaweed, shellfish, potatoes, liver, sardines, blueberries, egg yolk, and DARK CHOCOLATE/cocoa.

What can you do to recognize Let's Eat Right Day?

- Shop for an entire meal at your local Farmer's Market or fresh produce center.
- Make a dietary change. This does not need to be drastic.
- Resolve to serve only healthy snacks at club meetings.

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper". ~Adelle Davis

## Chocolate Date Snack Bars from *GUIDING STARS, NUTRITIOUS CHOICES MADE SIMPLE*.

Full of fiber, healthful fat, and protein, these no-bake bars make a perfect addition to any snack or lunch box, for kids or adults. A touch of high-quality cocoa powder makes these seem like a luxurious dessert.

### Ingredients

- 2 cups dates, pureed
- 2 cups whole almonds
- ¼ cup cocoa powder
- 5 Tbsp. flax seeds
- Pinch salt

### Directions

1. Line a 9" square baking pan with wax paper.
2. Combine all ingredients in a food processor.
3. Blend thoroughly, stopping occasionally to scrape down the sides.
4. When the mix comes together to form a dough, use wet fingers to press it into pan.
5. Refrigerate until firm enough to cut.

### Answers to quiz on page 2

- d.
- True
- e.