



HEALTH and WELLNESS HAPPENINGS

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Happy Holidays!

DECEMBER is:

Stress Free Family
Holidays Month

HIV/AIDS Awareness
Month

Handwashing Awareness
Month

Pear Month
Root Vegetable Month
Tomato & Winter Squash
Month
Tropical Fruit Month

JANUARY is:

Cervical Cancer
Awareness Month

National Blood Donor
Month

Glaucoma Disease
Awareness Month

Thyroid Awareness Month

Jan. 21: National
Pharmacists Day

Tips to Reduce Holiday Stress

Three things can significantly impact how you handle stress as well as affect your overall mood during the holidays and every day: **eat healthy**, **exercise regularly**, and **get enough sleep**.

Practice patience and forgiveness with yourself and others

Manage your expectations of family, friends, and yourself.

Take a break from social media.

Create a budget for spending on food, gifts, and other holiday-related festivities. Stick to it!

Manages your time. Use a planner or app to schedule your activities. Prioritize events that you are excited about attending and decline other offers without guilt.

Delegate. Don't feel like you must do everything yourself. Ask a guest to assist with a task to lighten your to-do list. You'll make them feel included and needed.

Avoid traffic and crowds. Shop online or during off-hours, like before work or in the evening. Take advantage of curbside pick-up.

Think virtually. For those still hesitant about attending a family gathering consider hosting a virtual meeting for loved ones. Set up a virtual station overlooking the festivities and in a place where loved ones can sit and engage with those attending virtually.

Practice self-care. Take time to unwind and recharge.

Practice generosity of spirit.

This really can be "the most wonderful time of the year"!

We are in the holiday season, a time of buttered rolls, mashed potatoes, creamy casseroles, and luscious desserts. After a sumptuous dinner, we may tend to cozy up to the TV when the brain and body fog set in. NO! Get up and take a walk after the meal. According to Philip Junglas, M.D. at Cleveland Clinic, "Taking a 30-minute walk after a meal- especially during the holidays, when meals are bigger and more tempting- does a lot of good things for your body and mind."

1. *It is good for digestion, helping move food from the stomach into the intestines, thus staving off the sleepy feeling and metabolizing some of those delicious calories.*
2. *It is calming. Are you a little unnerved after your child acted up at the dinner table or you had a political debate with an opinionated relative? A walk outside amidst nature significantly reduces the levels of cortisol, the stress hormone.*
3. *It controls blood sugar. The ideal time to head out on a walk is an hour or so after the meal when blood sugar levels spike. Clear the table, tackle the dishes then put on those walking shoes. You will return refreshed!*
4. *You will sleep better. A walk after a meal will burn calories and set the stage for a good night's sleep.*
5. *You will strengthen family bonds. Walk and reminisce, exchange holiday wish lists, sing holiday carols, or share goals and dreams for the coming year. Start a new tradition.*



Handwashing Awareness Month

As the flu season begins consider:

80% of communicable diseases are believed to be transmitted by human hands.

You should scrub your hands frequently with soap and water for at least 20 seconds.

The GFWC Brookings WC (South Dakota) shared info with their members on "Why hand washing could easily slow down an epidemic." This club also made Soap Scrubbys with cotton yarn. Each scrubby had a thumb loop and fit in the palm of your hand. They filled them with bars of soap and donated them to the food pantry and a local school's assistance cupboard.

Please take the opportunity to view one or more of the ongoing webcasts sponsored by Johns Hopkins University. **Conversations That Matter** They are very informative.

Upcoming:
12/13 – **Fact or Fiction? Combatting Common Myths about Eating Disorders**

And in time for Heart Health Month (February)

1/10 **Secret (and no Secret) Signs of Arrhythmia**

2/14 **Sex Differences in Stroke Recovery**
<https://www.hopkinsmedicine.org/awomansjourney/webcasts.html>

Past webcasts may also be viewed.



Cervical Cancer Awareness Month

More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year. Once the leading cause of cancer death for women in the United States, it is now the most preventable of all female cancers thanks to cervical cancer screening and HPV vaccination.

For more info and screening guidelines visit:

<https://www.cancer.gov/news-events/cancer-currents-blog/2020/cervical-cancer-screening-hpv-test>
<https://www.cancer.gov/news-events/cancer-currents-blog/2020/cervical-cancer-screening-hpv-test#:~:text=ACS%20recommends%20cervical%20cancer%20screening,Pap%20test%20every%203%20years.>

National Blood Donor Month

During the cold and winter months, donations of blood wane due to the holidays and the cold and flu season. Inclement weather also cancels many blood drives. This monthly observance is an opportunity to thank those who donate and to encourage others to give blood at a time when there is more need.

Did you know that blood does have a shelf life? Red blood cells may be stored under refrigeration for a maximum of 42 days, or frozen for up to 10 years. Platelets are stored at room temperature and may be kept for a maximum of five to seven days. Fresh frozen plasma is kept in a stored frozen state for up to one year.

Consider partnering with a church or business to sponsor a blood drive.

For resources and information visit your local American Red Cross or the link below.

<https://www.aabb.org/for-donors-patients/national-blood-donor-month>



1 blood donation
can save up to
3 lives.

GFWC Legislation/Public Policy and Health and Wellness

Did you know that GFWC has **Federal Legislative Priorities** for the GFWC Signature Program, Junior Special Program - Advocates for Children, and our 5 Community Service Programs? Those priorities pertinent to the **Health and Wellness Program** are as follows, as taken from the GFWC website:

Food Insecurity:
Suicide Prevention
Global Vaccinations

For the full-text visit:

<https://www.gfwc.org/wp-content/uploads/2022/08/GFWC-2022-2024-Legislative-Priorities-July-December-2022.pdf>

Please take note of the **Resolutions** pertaining to Health and Wellness as shown on page 3. The Resolutions may be found in the Digital Library of the GFWC Member Portal under Resources-(R).

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



Affiliate Spotlight HEIFER INTERNATIONAL

Since 1944, Heifer has helped over 22 million families in more than 125 countries through training in livestock development and livestock gifts that multiply.

This holiday season, give the gift of Heifer International. Giving an animal is like giving someone a small business, providing wool, milk, eggs, and more. Every animal gift comes with a free honor card to let your gift recipient know their holiday gift is providing families access to medicine, school, food, and a sustainable livelihood.

Your animal gift will support the lives of families in need. The choice is yours. Visit their gift catalog for ideas.

<https://www.heifer.org/gift-catalog/index.html>

Consider a fundraiser to provide that gift. Pass the Piggy Bank at club meetings to purchase a pig. Raise funds for a *Menagerie of Milk* – host a “Santa’s Cookies and Milk” party for children in your community. Or sell holiday ornaments shaped like farm animals. Stamp the back of the ornament with the GFWC emblem and your club’s name. Include a gift tag explaining the significance of the ornament.

<https://gfwc.users.membersuite.com/auth/portal-login>

From the U.S. Department of the Interior - **MLK Day**

Taking place each year on the third Monday in January, the Martin Luther King, Jr., **Day of Service** (MLK Day) is the only federal holiday that is also designated by Congress as a National Day of Service – a “day on, not a day off.” Participation in service activities has grown each year as more Americans are encouraged to provide meaningful change in their communities. What will your club do to recognize this day?

The first issue of [Health and Wellness Happenings](#) featured an article on Fentanyl awareness. As a follow-up, I thought I’d share this book review as published on 8/10/22 in the [New York Times](#).

“Dopesick,” Beth Macy’s deeply reported account of how opioids came to savage so many Appalachian families, concludes with the wrenching image of Patricia Mehrmann tenderly preparing her 28-year daughter, Tess Henry, for burial. Tess is a major figure in the book, with Macy detailing how, for nearly two years, the author herself would even ferry Tess to rehab support groups, hold her infant during sessions and visit her in psych wards. But despite Tess’s valiant efforts to wrest free of addiction, her body was found in Las Vegas on Christmas Eve in 2017, naked, covered with burns, inside a plastic bag at the bottom of a dumpster.

Tragically, since the 2018 publication of “Dopesick,” from which the popular Hulu series of the same name was loosely drawn, America’s opioid crisis has only gotten worse. During 2021, a pandemic year that isolated the vulnerable from friends, family and treatment, overdoses grew to nearly 108,000, a terrible record, according to federal data.

Now in “Raising Lazarus,” Macy, no longer struggling with why, has moved on to an even more impenetrable question: How the hell do we extract ourselves from this quicksand?

In many ways, the new book represents Macy, one of the pre-eminent chroniclers of the nation’s opioid epidemic, at her full-bore fearless best. Heartsick and determined, she grills drug policy scholars and former drug czars alike.

These books may be interesting reads for your club’s book club.

According to the GFWC Standing Rules, “Member clubs shall be responsible for carrying out the intent of the resolutions.” Resolutions are the backbone of GFWC’s legislative agenda. The following **RESOLUTIONS** pertain to the Health and Wellness CSP .

170-010 Autism Spectrum Disorder

170-020 Breast Cancer

170-030 Cancer

170-040 Child Survival in Developing Countries

170-050 Diabetes

170-060 Family Caregivers

170-070 Food, Drug, Cosmetic, and Medical Product Regulation and Safety

170-080 Freedom of Access to Health Clinics

170-090 Healthcare and Research

170-100 Heart Disease in Women

170-110 Long-Term Care

170-120 Mental Health Parity

170-130 Nursing Shortage Crisis

170-140 Nutrition and Obesity

170-150 Organ and Tissue Transplantation

170-160 Preventable Disease

170-170 Sexual and Reproductive Healthcare

170-180 Stem Cell Research

170-190 Substance Abuse and Rehabilitation

170-200 Support for Emergency Services Personnel

170-210 Tobacco and E-Cigarettes



Community Connection Initiative

I hope your clubs are considering a project to address our Health and Wellness Community Connection Initiative – **Physical Fitness, Give that Glimmer and Glow.** Begin making plans early in the year for an impactful project. Please feel free to contact me for ideas.



Often our healthcare workers find themselves working on Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day. Show your appreciation by delivering pizza, a crock pot of homemade soup, or a tray of holiday desserts to the hospital or rescue squad. Erect a thank you banner outside of the hospital, provide party hats and festive noisemakers, or deliver cards of thanks for their sacrifice of celebrating the holidays without their family and friends.

This time of year finds many clubs preparing food baskets for those less fortunate in the community, participating in Toys for Tots, and sending greeting cards to residents of memory care facilities and nursing homes.

The GFWC NC Statesville WC held *Angels for Advent*, a reverse advent calendar collection of food to prepare baskets and replenish the local food pantry. Just google "reverse advent calendar" and you will find lots of suggestions.

To add a little holiday brightness to residents of a local nursing home the GFWC Dover Area Women's Club (New Hampshire) donated battery-operated holiday window candles and other holiday decorations for the resident's rooms.

The WC of Arlington (Virginia) had a *Chase the Chill* tree decorated with handmade scarfs, hats, and gloves available for clients to take as they exited the food pantry. The GFWC Maury County Women's Club (Tennessee) sponsored a *Bless Your Heart Wall*, a fence alongside a church parking lot where they hang small bags with personal care items, laundry soap, snacks, and clothing) for the needy.



ROASTED ROOT VEGETABLES A PERFECT HEALTHY SIDE DISH FOR YOUR HOLIDAY MEAL

- 1 pound yams (orange sweet potatoes) - 2 small or one large, peeled
- 3/4 pound red potatoes scrubbed clean, peel on
- 1/2 pound beets (red or golden), trimmed and scrubbed clean
- 1/2 pound large carrots peeled and halved lengthwise
- 1 parsnip medium-sized (4-5 oz), peeled and halved lengthwise
- 1/2 red onion peeled
- 6 whole garlic cloves large sized
- 1/4 cup extra virgin olive oil divided
- 2 tablespoons fresh thyme leaves (or 2 tsp dried thyme)
- 5 sprigs fresh rosemary (or 3 tsp dried rosemary)
- 1 teaspoon ground cumin (can be omitted for Ashkenazi Passover)
- 1 teaspoon kosher salt or more to taste
- 1/4 teaspoon black pepper or more to taste



Place a rack in the bottom of your oven and preheat oven to 400 degrees F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast.

Place cut vegetables into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice and herbs.

Brush a large, rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Place the rosemary sprigs on top of the vegetables, evenly spaces across the sheet.

Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return baking sheet to oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes. Serve hot or at room temperature.