



HEALTH and WELLNESS HAPPENINGS

JUNE is:

PTSD Awareness Month

Men's Health Month

Migraine & Headache
Awareness Month

Scleroderma Awareness
Month

National Fresh Fruit &
Vegetable Month

6/4 Cancer Survivors' Day

6/27 National Sunglasses Day

JULY is:

National Cleft & Craniofacial
Awareness & Prevention
Month

UV Awareness Month

Juvenile Arthritis Awareness
Month

AUGUST IS:

National Immunization
Month

Psoriasis Month

Summer Sun Safety Month

National Eye Exam Month



*Nothing worth
having was ever
achieved without
effort.*

~Theodore Roosevelt

Good Health and Wellbeing

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GFWC Learning Gateway Webinar

Chocolate, Chardonnay, and Chanel - the Power of Personal Behaviors of Health and Wellness: Dr. Nagi Kumar, GFWC Health and Wellness Honorary Chairman.

I hope that you were able to view this GFWC Learning Gateway webinar. Highlights of information provided by Dr. Kumar are scattered throughout this newsletter. But first, take her quiz.

- What is the top disease that has an impact on women's health?
 - Cancer
 - Cardiovascular disease
 - Diabetes
 - Reproductive disorders.
- Among all personal behaviors, the most damaging that has an impact on all the organ systems in the human body is:
 - Obesity
 - Inactivity
 - Smoking
 - Unhealthy eating
- All fats are bad for the body:
 - True
 - False
- Sarcopenia is a condition where there is a decrease in
 - muscle mass
 - fat mass
 - blood loss
 - none of the above
- More than ___% of world adolescents do not get enough exercise.
 - 50%
 - 60%
 - 70%
 - 80%



June is: Men's Health Month

In her introductory response to accepting the position of GFWC Health and Wellness Honorary Chairman, Dr. Kumar commented - "I am so happy to be a part of this because women are the drivers of the family's health".

June is National Men's Health Month, a time for us women to encourage the men in our lives – husbands, fathers, sons, uncles, nephews, and significant others – to make a concerted effort to care for themselves by eating right, exercising, and by taking steps in the detection of diseases among men and boys.

Did you know that, on average, men die 5 years earlier than women? Reluctance to visit a doctor is one of the main reasons. In fact, studies show that women go to the doctor twice as much as men.

From menshealthmonth.org older men need more calcium, vitamin D, potassium, and fiber and should limit fat calories to 20-35 percent of their diet.

Wear blue to spread awareness of Men's Health Month. Encourage the men in your life to seek education and get check-ups for prostate and testicular cancers, cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.

For resources, visit:

<https://www.nia.nih.gov/hero/june-mens-health-month>

<https://www.uspm.com/celebrate-mens-health-month/>

Spotlight on our Affiliate

Operation  Smile



July is National Cleft & Craniofacial Awareness and Prevention Month

A cleft condition is a gap in the mouth that didn't close during the early stages of pregnancy, and this happens more often than you may realize. It is estimated that, worldwide, a child is born with a cleft condition — about one in every 500 to 750 births.

Children with orofacial clefts and other craniofacial conditions often have difficulty feeding which may result in malnutrition. Language development challenges, an increased risk for a greater number of ear infections, hearing issues, and problems with their teeth are other issues of this condition. According to the CDC, cleft lip and cleft palate are thought to be caused by a combination of genes and other factors, such as things the mother comes in contact with within her environment, what the mother eats or drinks, or certain medications she uses during pregnancy.

Operation Smile, founded in 1982, and affiliated with GFWC for 30 years, provides surgeries, dentistry, psychological services, speech therapy, and other essential cleft treatments. Working in low-resource environments Operation Smile provides training and education programs to help build the local community's capacity to provide surgery and dental care for thousands of children each year.

Operation Smile is grateful to our member clubs for their generosity, both monetarily for surgery expenses and for tangible donations of smile gowns, armbands, and blankets. Please see the *Operation Smile Project List* as found in the Member Portal>Resources>A – Affiliates>Operation Smile. <https://gfwc.users.membersuite.com/profile>

National Fresh Fruits and Vegetable Month

Dr. Kumar recommends including 10 servings of red, yellow, green, orange, blue, and purple fruits and vegetables each day.

It seems like a lot, but it is doable.

"Paint your plate like a painter's palette at each meal."

Mix colors, textures, shapes, and flavors.



The Charlotte Woman's Club (NC) allocated \$5,000 for weekly shopping at the Farmers' Market to purchase fresh produce for disadvantaged citizens.

The GFWC North Pinellas Woman's Club (FL) taught a healthy cooking class (food items and utensils provided) to a group of young adults aging out of foster care.

Make a smoothie that uses several kinds of produce. As a meal, add some protein such as protein powder, nuts, or cottage cheese to your smoothie.

For healthy recipes visit:

<https://www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/>

<https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/>

Thank you all for submitting great Health and Wellness reports to this chairman. It was very difficult to determine our award winners as you are all deserving of recognition! An outside panel of judges assisted in the selection of the Club Creativity Award and were so impressed with the entries.

The Top Ten Health and Wellness projects will be publicized following the GFWC Annual Convention. Because there were so many impactful projects, upcoming issues of this publication will feature Health and Wellness A-Z (really A-W) project ideas as gleaned from your state entries. This will provide you with additional ideas for your club's programming.



June 27 is: National Sunglasses Day
 July is: UV Awareness Month
 August is: Summer Sun Safety Month

Do you see the common thread? It is that time of year when we need to be mindful of the effects the sun has on our health.

National Sunglasses Day - Regardless of whether it's sunny or cloudy, warm or cold sunglasses are a major health necessity. Sunglasses and other UV-protective eyewear are key to protecting long-term eye health. The sun's unfiltered UV rays not only damage our skin but may have a negative impact on our vision. A full day outside without protection can cause immediate, temporary issues, such as swollen or red eyes, and hypersensitivity to light. Whereas years of exposure can cause cancer of the eye or eyelid, and accelerate conditions like cataracts and age-regulated macular degeneration.

UV Awareness Month – Ultraviolet (UV) radiation is a form of non-ionizing radiation that is emitted by the sun and artificial sources, such as tanning beds. While it has some benefits for people, including the creation of Vitamin D, it also can cause health risks. (CDC) The American Academy of Dermatology Association recommends individuals seek shade when appropriate, wear sun-protective clothing, and apply broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.

Summer Sun Safety Month - As we know exercising and enjoying time outdoors is important to good health but is also wise to do it safely. Try to avoid long periods of activity outdoors between 10:00 am and 4:00 pm when the sun is strongest. Wear sunglasses and use sunscreen with an SPF of 30+ (can't repeat this enough). Did you know that skin covered by clothing can still get sunburned? Dr. Davis, a Mayo Clinic dermatologist explains that "natural clothing without sun protective factors will have an SPF of approximately 1 to 4, based on how tight the weave is and how breathable the material is, so it actually does not give you that much sun protection." UV-protective clothing may be found at many retailers such as Lands End, Walmart, REI, Coolibar, and on Amazon.

Following Dr. Kumar's webinar presentation, a question was asked -*Some skin care products such as moisturizers and liquid makeup foundations state that they have Sunscreen Protection SPF15. Is this adequate protection for a normal day in and out of the office or shopping (not a day at the beach)?* Dr. Kumar's response "Yes- the skin products have SPF 15- and they do work to some extent and may be ok for work or the mall. The quantity in the makeup may not be adequate for full coverage. However, if you are near a window in an office this may not be adequate all day. If you are at high risk- and know your exposure for that day- an SPF50 would be better".

June is National Scleroderma Awareness Month

"Sclero" – Greek for *hard*
 "Derma" – Latin for *skin*
 Scleroderma is an autoimmune connective tissue and rheumatic disease with a visual manifestation of hardening of the skin.

The disease and treatment vary widely from person to person. The cause is unknown and there is no cure. It affects every age group, but its most common onset is from 25 to 55 years old.

Female cases outnumber male cases 4:1.

For more information visit the national Scleroderma Foundation.

<https://scleroderma.org/>



August is:
 National Eye Exam Month

Just as nutrition and physical activity are health priorities, taking care of your eyes should be too.

In addition to assessing your vision and need for glasses, an eye exam will check for cataracts, diabetic retinopathy (which causes damage to the blood vessels in the back of the eye), glaucoma, and age-related macular degeneration (which affects central vision).

Partner with a Lions Club in providing eye exams for children and adults at a Fall Festival, Health Fair, or Senior Center. Collect eyeglasses and donate them to a Lions Club.

Members of the GFWC Park City Athenaeum (UT) disinfected, sorted, and packaged gently used glasses for Hope Alliance.



National Immunization Awareness Month

Vaccine-Preventable Diseases touch children and adults. And they can be expensive, not only from the expense of the treatment but with the possible loss of wages. Find quizzes and infographics, social media, and print resources on:

<https://www.nfid.org/2021/08/02/how-to-support-vaccination-let-us-count-the-ways/> or at <https://shotatlife.org/>

Juvenile Arthritis Awareness Month (July) 1 in 250 kids is affected by JA. It's an umbrella term to describe the inflammatory and rheumatic diseases that develop in children under the age of 16. For more information and ways to help (send a kid to JA camp), visit:

<https://www.arthritis.org/juvenile-arthritis>

PTSD Awareness Month (June) - Raise awareness and spread the word. The number of people who experience Post Traumatic Stress Disorder is hard to determine however women are more likely to develop PTSD due in part to the types of traumatic events women face such as sexual assault. PTSD affects Veterans and survivors of assault, natural disasters, and serious accidents. <https://www.ptsd.va.gov/understand/awareness/index.asp>



Community Connection Initiative



GFWC clubs are “**Getting Fit Within our Communities**”. And we do have that Glimmer and Glow. This chairman is so pleased with the number of clubs and state federations that have put into action physical fitness programs and contests. Many clubs have walking groups or include a fitness activity in their monthly meeting agenda. Yoga, stretching, chair exercises, and dancing are a few of the ways we’re staying fit.

Members of the GFWC Covington Woman’s Club (GA) downloaded the Stridekick app, which tracks your steps and distance. The EPHIC Woman’s Club of Cleveland, (MS) used the Charity Miles app to log miles to support the Susan G. Komen Foundation.

The GFWC Marlborough Junior Woman’s Club experienced an evening of spinning, strength, and yoga training at a local fitness center. The workout also featured a fitness coach who shared information on body peace and food freedom. This event also served as a fundraiser for breast cancer research.

The GFWC Women’s Club of Rock Springs (WY) walks at the community college or the mall on inclement weather days. The date, time, and location are posted on Facebook and the community is invited to join them. Great PR for the club too.

Other clubs sponsored Walks and 5KRuns to benefit various organizations: St. Jude Children’s Research Hospital, Angels in the Outfield), Alzheimer’s Association, “Fit For French” (an education program), and suicide prevention and mental health organizations.

The Junior Women’s Club of Bellerose (NY) held four Walk/Run/5Ks – “Turkey Trot” for county firefighters, “Sham Rock N Roll for the Tunnel to Towers Foundation, “Pride 5K”, and “Out of the Darkness Suicide Prevention Walk”.

Dr. Kumar’s article in the Spring issue of the GFWC Clubwoman focuses on the biological effects and benefits of physical activity. She writes, “Getting started does not cost anything. You can just start walking briskly. There are 24 hours in a day! You can set aside 40 minutes a day for just YOURSELF!”

Our members and clubs are putting this into practice. Now let’s reach out, educate, and implement programs that will benefit the children and seniors in our communities.

The Henry Clay Woman’s Club (VA) sponsors a cheerleading squad of disabled young girls.

Several clubs support *Girls on the Run* a national organization that combines physical fitness with the teaching of life-building skills such as confidence, kindness, and decision-making skills. <https://www.girlsontherun.org>



National Day of Service
Saturday, September 30, 2023
Help us end hunger in the U.S.
www.gfwc.org

Answers to quiz on page 1

- 1. b.** Heart disease is a killer that strikes more women than men and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease is the cause of one out of every three deaths. (*American Heart Association*)
- 2. c.** Smoking has a damaging impact on all organ systems of the body.
- 3. b.** False Monosaturated fats or omega-9 fatty acids have been shown to protect against heart disease and cancer. Olive and canola oils, nut-nut milk-tree nuts, avocado, and salmon are examples of “good fats.”
- 4. a.** Sarcopenia is a type of muscle loss (muscle atrophy) that occurs with aging and/or immobility. Resistance strength and weight training and a diet rich in high-quality protein (i.e.- chicken (no skin) salmon, beans and rice, and eggs) may help reverse muscle loss.
- 5. d.** Globally, **80%** of adolescents do not get enough exercise. So let’s advocate, educate, and participate in fitness activities for our youth.