



HEALTH and WELLNESS HAPPENINGS

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SEPTEMBER is:

National Suicide Prevention
Awareness Month

Childhood Cancer Awareness
Month

Healthy Aging Month

National Ovarian Cancer
Awareness Month

Childhood Obesity Awareness
Month

OCTOBER is:

Breast Cancer Awareness
Month

National Down Syndrome
Awareness Month

Health Literacy Month

Pregnancy & Infant
Loss Awareness Month

World Mental Health Day
Oct. 10

International Day
Of the Girl
Oct. 11

National Mammography Day
Oct. 20

Teal Pumpkin Project Day
Oct. 31

"Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements interact."

– Tom Rath

GFWC Convention News

The GFWC Annual Convention in Louisville was an informative and celebratory event.

Congratulations to the Health and Wellness CSP Award Winners:

Category 1: GFWC New Jersey

Category 2: GFWC Georgia

Category 3: GFWC Delaware

Category 4: GFWC Kansas

Category 5: GFWC Oregon



Club Creativity Award: GFWC Semper Fidelis Club, ME – "The Yellow Tulip Project"

Club Creativity Award – Honorable Mention: GFWC Iowa Lake City Monday Club, IA "Files for Life"

All of our clubs are winners in their communities for the hope and happiness they bring to their neighbors. They truly are "enhancing the lives of others through volunteer service". Go to the GFWC Member Portal for a list of the Top 10 Projects. <https://gfwc.users.membersuite.com/auth/portal-login> Click on your Digital Library>Resources>T>Top Ten 2022

August was Hormone Awareness Month

Managing Hormonal chaos!

Nagi B Kumar, Ph.D. GFWC Health and Wellness Honorary Chairman

Derived from cholesterol, Steroid hormones are secreted by three "steroid glands"—the adrenal cortex, testes, and ovaries—and during pregnancy by the placenta. They are transported through the bloodstream by a family of transport proteins to the cells of various target organs where they carry out the regulation of a wide range of physiological functions. Steroid hormones are critical in health and disease and mediate endocrine, cardiovascular, and reproductive functions and play a role in cancer, neurological, bone, metabolic, renal, and cardiovascular diseases. Thus, disruption in the production of steroid hormones can impact the normal functioning of the human body.

With technological advancements in every health-related field, the life expectancy for US women is 79.3 years. However, US women start experiencing symptoms of menopause starting anywhere from the mid-40s to early 50s termed stages of perimenopause to menopause because of fluctuating steroid hormones - - estrogen and progesterone, resulting in the effects of hormonal chaos! Women experience varying degrees of symptoms such as irregular periods, hot-flashes, bone loss, loss of bladder control or bladder infections, changes in mood and sleep patterns, loss of muscle and weight gain, changes in vaginal health, and sexuality.

What can you do about this? Women who are concerned about these symptoms must consult with their doctors to weigh the risks and benefits of Menopausal hormone therapy (MHT)—also called postmenopausal hormone therapy and hormone replacement therapy that has been used to treat these symptoms and to address long-term biological changes, such as bone loss. Estrogen alone (for women who have had their uterus removed) or estrogen plus progestin may be recommended. Although some women may use natural sources of these hormones (plant estrogens from soy or black cohosh), there is no evidence that these sources may help with the biological consequences of

National Suicide Prevention Awareness Month

During September we are encouraged to come together and have honest conversations on the topic of mental illness and suicide. Suicide is the 12th leading cause of death in the U.S. Among teens and young adults, the rate is much higher. Your club can raise awareness and share information.

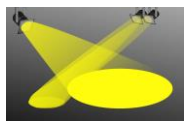
The GFWC Lake Butler WC (FL) held a program "The Semicolon is a Pause, Not a Period" to raise awareness about depression and suicide prevention. Attendees wore Teal and Purple, (SPA colors) and tables were decorated accordingly. Printed materials used the semicolon as a reminder that, as explained "a semicolon is used when an author could have chosen to end their sentence but chose not to."

The Junior Federated Women's Club of Chester (VA) distributed "Coping Kits" for middle and high school students. Sensory fidget toys, stress balls, journals and a silicone bracelet embossed with the national suicide prevention hotline phone number were a few items in the kits.

Visit the National Alliance on Mental Illness for data and resource materials

[https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-\(SPAM\)](https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month-(SPAM))

hormone loss. On the other hand, improving lifestyle factors by improving dietary habits (plant food intake, lean meats/fish), improving lean body mass and reducing fat by increasing physical activity and smoking cessation are better options to ensure health and quality of life during these years.



SPOTLIGHT ON OUR AFFILIATE ORGANIZATIONS



Join Shot@Life, to speak up for childhood immunizations. Learn about Shot@Life's work, tools, and tips for advocating to your members of Congress and your communities about global immunization programs.

The completion of your training will also make you eligible to join other Champions for the one-day, virtual *Mobilize to Immunize* Fall Summit on Friday, September 29, where you can learn more about the issues and connect with fellow Champions.

The registration link for the September 12, 7 p.m. ET webinar:

https://unfoundation.zoom.us/webinar/register/WN_Hw1_PMUkRkeA35ObNYdPpA



September is Childhood Cancer Awareness Month. In the U.S. one in 260 children and adolescents under age 20 will be diagnosed with cancer each year. Once again members and clubs are encouraged to get involved. Form a team or register as an individual for the St. Jude Walk. Participate in a local event or a virtual event. Visit: fundraising.stjude.org/gfwc

Download the new St. Jude Walk/Run app and raise funds on your mobile device. Visit the Apple or Google stores.

Would your club like to donate tangible items to St. Jude families and children such as electronics, gift cards, unused action figures, Barbie dolls, or Lego kits? Download the *Wish List* from the GFWC Member Portal <https://gfwc.users.membersuite.com>

Digital Library>Resources>A>Affiliate Organizations>St Jude Wish List.



August was National Breastfeeding Awareness Month. Lack of proper breastfeeding may lead to malnutrition, even death. For a baby with a cleft condition, proper breastfeeding can be a challenge. Operation Smile provides special feeding bottles to their clients and teaches alternative feeding techniques. Consider making a gift to Operation Smile in honor of a new mom. <https://www.operationsmile.org/ways-give>

For more information and project ideas for all our Affiliates, please visit the GFWC Member Portal <https://gfwc.users.membersuite.com/home> Digital Library > Resources > Club Manual > Affiliates.

"The partnership between GFWC and AOs is one of mutual benefit that helps millions of people in every community nationwide. It's these collaborative efforts that solve societal problems and allow for a collective impact that is greater as a result of our combined resources and efforts."

~Jolie Frankfurth, GFWC 2nd Vice President

Johns Hopkins – A Women's Journey: Conversations That Matter

Upcoming Webinars:

September 12 – Age-related Hearing Loss

October 17 – Gender/Sex Differences in Immunity

You can also view past webinars focusing on a wide array of topics. This series is a wonderful resource for newsletter articles and club discussions.

<https://www.hopkinsmedicine.org/awomansjourney/webcasts.html>



Health and Wellness A - Z (or W)



This publication and future issues will highlight *Health and Wellness A-Z*, a list of project ideas from each state.

Alabama: The GFWC Book Lovers Study Club held “Walk to Wellness Breast Cancer Awareness”. Proceeds directly assisted a woman with her travel expenses for treatment, the local hospital cancer fund, and a scholarship in honor of a child who suffered from cancer. GFWC Legacy’s provided items for COVID bags for homebound clients for Care Assurance System for the Aging and Homebound.

Arizona: The Paradise Valley Junior Woman’s Club financially supported a non-profit that provides equine therapy outreach to children & adults in hospitals, rehab centers, and brain training centers. The Southern District ESO Fifth Wheels recognize the importance of healthy food and nutrition choices. For refreshments, meeting hostesses provide salad greens. Other members bring a variety of salad fixins’.

Arkansas: At each meeting of the GFWC Amici Club, tips on food choices, stress management, mindfulness, exercise, and breathing techniques were shared. Magazines on health and wellness were also distributed to members. The GFWC Warren WC educated themselves and financially supported the MASH Program for young individuals desiring to be a nurse.

California: Ebell Club of Irvine assisted Free Wheelchair Mission by funding 7 wheelchairs for impoverished disabled in developing nations. GFWC Dublin/San Ramon WC made “Seatbelt Snuggies for breast cancer patients.

Colorado: The GFWC Chalets members collected and categorized 792 pieces of used jewelry. The Jewelry was delivered to Jewels of Hope, an organization that advocates for childhood diabetes. The Walsenburg WC donated Welcome Backpacks to all attendees at the Plains District Spring Convention. The totes contained an insulated drink cup, a healthy choice cookbook, a kitchen food scale, hand sanitizer, and a Resource Guide to Wellness Agencies in the local counties.

Connecticut: The Killingworth Organization conducted a one-day symposium for seniors about recognizing aging in themselves and others. The GFWC WC of North Haven held a citywide campaign using print and social media and collected 10,000 empty prescription bottles for Doctors Without Borders.

Delaware: The Zwaanendael WC received a proclamation from the Mayor of Lewes in recognition of Childhood Cancer Awareness Month. The Woman’s Club of Milton sewed Comfort Bears and distributed them to children of Hospice, grieving children at Dover Air Force Base, and nurses’ offices in elementary schools.

Florida: GFWC Melbourne WC make bags that attach to wheelchairs or walkers for nursing home residents and rehab center patients. GFWC Wesley Chapel Woman’s Club focused on members’ physical and emotional well-being. 4 challenges throughout the year Happiness Challenge, Taste the Rainbow Challenge (healthy fruit and veggies), Gratitude Challenge, and Maintain Don’t Gain Holiday Challenge.

Georgia: The GFWC Carrollton Civic WC provided sensory items for the Calming Room at a local school. The GFWC Dunwoody WC held a Day of Service for Ronald McDonald House. The club president, dressed in a costume similar to Ronald McDonald, and other members were stationed outside a grocery store and collected gift cards totaling \$1,735.

Idaho: The Boise Columbian Club supported a Rock-A-Thon benefiting Camp Rainbow Gold, a fun mountain escape for children with cancer. Members raised money by rocking in chairs lined up on Eagle Road and waving to drivers. The Woman’s Century Club participated in the “Battle of the Bells’ raising money for the Salvation Army.

International Day of the Girl



The Center For Disease Control and Prevention (CDC) lists three ways in which to better the health of girls worldwide.

End Gender-Based Violence
Girls are at a higher risk than boys of experiencing physical, sexual, and psychological abuse. Refer to the GFWC Signature Project Manual for more information and project ideas.

Prevent HIV Infection
Unfortunately, due to poverty, access to education, violence, and social norms, 63% of all new HIV cases in sub-Saharan Africa were among girls.

Ensure Menstrual Health and Hygiene
Girls in a resource-limited environment face challenges from a lack of basic supplies and in some cases sanitary surroundings. This often results in stress and shame, as well as time lost from school and work.

- Many of our clubs support:
- “Little Women Wellness Packs”
GFWC Alachua WC (FL)
 - “Period Project”
Morehead WC (KY)
 - T.O.M. Bags (Time Of the Month)
GFWC Auburn JWC (MA)
 - Period Poverty Packs
St. Andrews WC (SC)
 - P.A.D. Party (Providing Access & Dignity)
WC of Pittsford (NY)
 - Tampon Party
GFWC Southwest Region WC (CO)

National Mammography Day October 20

GFWC Mira Mesa WC provided pink ribbons for nurses to distribute to ladies after having their mammograms to thank them for remembering to take care of their health.



Readers' Corner

The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise by Michelle Segar, PhD

In this book, Ms. Segar shares advice for achieving lasting changes in eating and exercise to help readers reach goals and spark joy.

“What matters is that we continue to make small daily decisions that keep us in sync with ourselves and the people and things that matter most”.



Community Connection Initiative



It is that time of year when students return to school and fall sports programs begin. According to a Sports & Fitness Industry Association survey, only 38% of children from homes with an income of \$25,000 play sports. There are too many kids who drop out because their parents, schools and rec programs can't afford proper equipment. Did you know that girls drop out of sports at twice the rate as boys by the age of 14?

Sponsor a *Girls on the Run* team, purchase sporting equipment for a school or Boys & Girls Club or provide athletic shoes for an at-risk child.

Visit the following links for more information: <https://www.levelingtheplayingfield.org/>
<https://www.goodsports.org/she-who-plays/>
<https://everykidsports.org/>



Alzheimer's Virtual Walk

GFWC RESOLUTION

HEALTH AND WELLNESS

NEW #: **Dementia** (Convention 2023)

WHEREAS, Millions of individuals are living with cognitive decline, Alzheimer's Disease, and other forms of Dementia; and

WHEREAS, Deaths increase due to isolation and lack of medical care; and

WHEREAS, Most assistance to those with Dementia comes from family, friends, and other unpaid caregivers, with the majority of caregivers being women; and

WHEREAS, Cost of care is increasing annually; therefore

RESOLVED, That the General Federation of Women's Clubs urges its member clubs to support:

- Education on recognition of cognitive decline and other forms of Dementia;
- Funding for caregivers, respite care, and facilities that provide memory care;
- Legislation and research to improve treatment, access to treatment, prevention, and cures for all forms of Dementia.

Put an End to Alzheimer's! **Join the Walk.** Want to support the mission but don't have a team in your community? Donate to the **Diamond Daisies of GFWC**. This chairman has a goal of raising \$5,000 but I know we can do more! Click on the QR code or link below.

https://act.alz.org/site/TR/Walk2023/DC-NationalCapitalArea?team_id=831180&pg=team&fr_id=16447



National Day of Service

Saturday, September 30, 2023

Help us end hunger in the U.S.

www.gfwc.org

REGION MEETINGS AND DONE-IN-A-DAY PROJECTS

I hope you will plan to attend your Region meeting this Fall. GFWC Chairmen and Committee members will **creatively** share information in their respective areas.

Please see the informational flyer included as a separate attachment.

