

ISSUE 01
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HEALTH & WELLNESS CONNECTIONS

**“THE POWER OF COMMUNITY TO CREATE
HEALTH IS FAR GREATER THAN ANY
PHYSICIAN, CLINIC OR HOSPITAL”**

Mark Hyman, M.D.

WELCOME

Welcome to the GFWC 2024-2026 Health and Wellness Community Service Program. I am honored to serve as your chairman and look forward to working with you as we promote the objectives of this CSP. It is my goal to provide you with information and project ideas to share with clubs via a quarterly newsletter. I would also like to host periodic Zoom meetings with State Health and Wellness Chairman.

If you haven't already please download the GFWC Club Manual - Health and Wellness CSP Guide found in the new Member Portal. The September issue of the News and Notes publication has a Health and Welllness article..

I will be sharing Projects ideas that came out of the 2024 Convention workshop, and the Region Meetings.

I look forward to receiving your Annual reports. Please feel to reach out to me at any time.

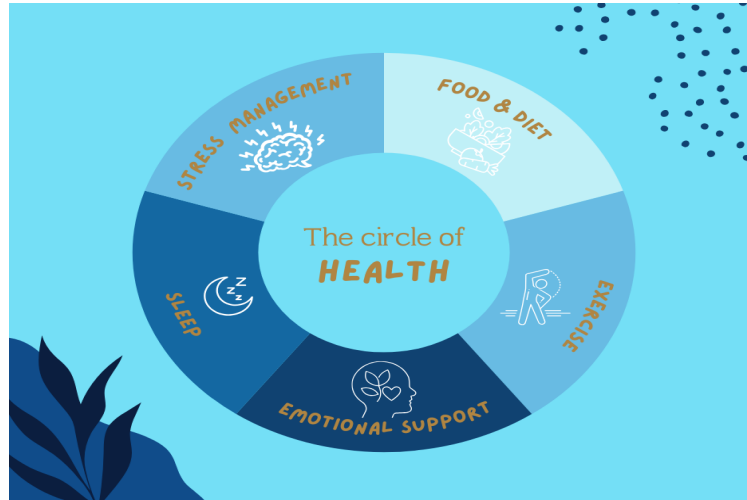
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this issue

Welcome	P-1
NEW! Community Connection Initiative	P-2
Awareness Months	P-3
Project Ideas	P-4



Community Connection Initiative



The Caregiver's Circle focus will build upon the importance of the connection between health and the importance of maintaining balance with nutrition, exercise, emotional support, sleep, and stress management, which will provide much needed and deserved support for caregivers. A caregiver is a person who tends to the needs or concerns of a person with short or long-term limitations due to illness, injury or disability. Many times, those who are providing care for others overlook their own well-being. Care givers are often an overlooked group who need support.

The Caregivers' Circle will encourage caregivers to prioritize their own needs, such emotional health, nutritional health and staying active. Clubs and members can start a community support group for club friends and others who would benefit.

November is Caregiver Recognition Month - my weekly Newspaper contains a "Hope for the Caregiver" A column for Family Caregivers—written by Peter Rosenberger who has cared for his wife with ever disabilities for four decades. His recent article is "Are they Seen". His radio show, Hope for the Care Giver airs weekly on 200+ stations. His latest book is "A Minutes for Caregiver—When Every Day Feels like Monday". www.PeterRosenger.com



Awareness Months

September Awareness:

- Childhood Cancer & Newborn Screening Awareness
- Leukemia & Lymphoma
- Ovarian Cancer
- Uterine Cancer
- Prostate Cancer
- Thyroid Cancer

October Awareness

- Breast Cancer
- Liver Cancer
- Minority Mental Health
- Sudden Cardiac Arrest

November Awareness

- Alzheimer's
- Care Giver Support (Community Impact Initiative)
- Carcinoid Cancer
- Gastric Cancer
- Lung Cancer
- Pancreatic Cancer



Project Ideas

- ◆ Invite someone from a local gym/wellness center to speak to club
- ◆ Be an organ donor to save someone's life
- ◆ Support a blood drive (provide juice - snack)
- ◆ Respite for caregivers
- ◆ Encourage awareness of Mental Health Issues
- ◆ Engage speakers on health relationships and social media
- ◆ Walk for health one Saturday a month with club or friends
- ◆ Lifeline Buttons
- ◆ Foot Care Clinic
- ◆ Vaccine—immunizations
- ◆ Create “healthy—but good recipe book” could be State - District or Club
- ◆ Start a WOW (women out walking)
- ◆ Exercise Programs such as “Stepping On” - focus on reducing fall risks through strengthening and balance; also “Strong Bodies—Strong Minds “

..... *More to come in future editions and read the Club Manual*