

ISSUE 02
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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.

Reasons for Hope 2024

I hope your Holidays have been wonderful, and that you are looking forward to 2025. I happened to catch this on CBS news thought it appropriate to share: “Bad News Breaks Suddenly, but Good News happens everywhere all of the time”. Key facts 2024

- Killer Bees eradicated in Washington State
- 20,000 victims of drug overdose survived, a 17% decline in overdose deaths.
- Ozone layer is declining at a lesser rate
- Not all “AI” is scary: Weather predictions, Diagnosing Diseases: Alpha Fold 3—identifying Proteins Shape Project
- More accurate adjusting of traffic lights

Let’s create our own Good News for our Communities!

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Reminders:

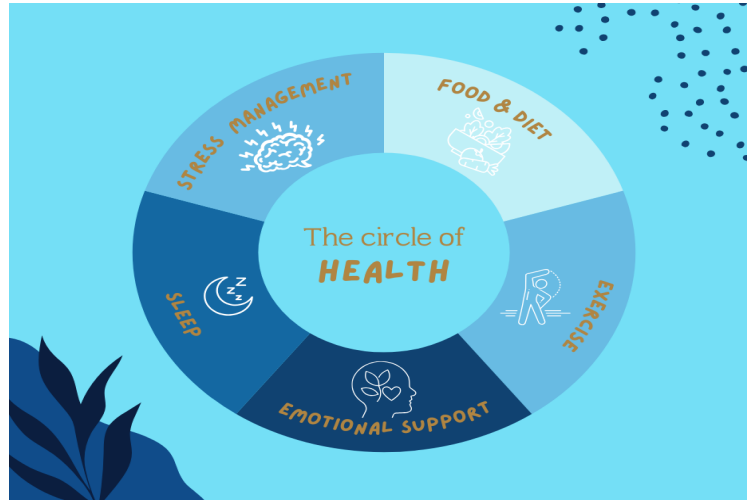
February 5—Heart Health Awareness Month

Take Legislative Action: Sign-up Now: Recent Health & Wellness related actions: Alzheimer & Other Dementia; Funding of advanced imaging for less invasive and earlier detection of breast cancer Caregiver Support, including Elizabeth Dole Foundation support for Military Families

Support for Affiliates listed in Club Manual Health & Wellness section; Alzheimer’s Association is also official.



Community Connection Initiative



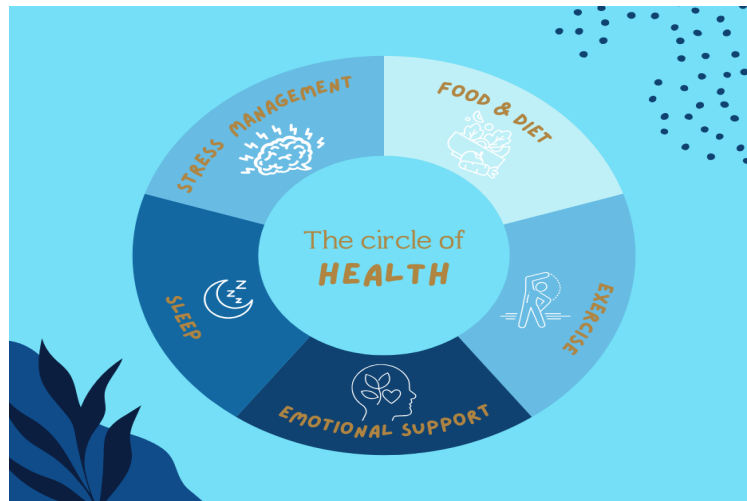
In my first newsletter information about the “Hope for the Caregiver Column” in my local weekly newspaper, written by Peter Rosenberger. I asked the Editor if I could get permission to include an article in my Newsletters, she reached out, and he contacted me. Little did I know that he actually lives here in the Madison Valley! In addition to his column, books, podcast he started a Caregiver support group that meets regularly. We talked and he invited me to attend an upcoming meeting, and asked if I would share my experience as a caregiver.

November was Caregiver Recognition Month—I am looking forward to read about your project (s); as well as any of your Health & Wellness Initiatives. Touching on the Circle of Health components, I will be joining the Strong Bodies—Strong Minds group that meets three times a week at the Senior Center. The focus is on building strength, and balance. The January 2025 Costco Connection magazine which offers a lot to consider concerning your well-being.

As you review the upcoming “Awareness” months, you will find that all of the disease specific sites strongly encourage early screenings. In October, our hospital went all out promoting breast cancer awareness, pictures follow (table of pink in lobby; and our Imaging Department Manager and Mammography technician dressed in “pink”. A staff potluck featured “pink foods”. You have plenty of time to plan ahead for next year.



Community Connection Initiative



Caregiver Column: **Putting Treasure Into Broken Machine**

Years ago, while attending a weekly support group, I often purchased a soda from a nearby machine. All went swimmingly until one evening when the device failed to dispense the beverage. Disappointed, I called the service number and then joined the meeting. Despite not hearing from the machine's owner, I tried again at the following week's meeting. To my surprise, two soda cans rolled out. Giving one to a friend, I accepted that I "broke even".

A week later, I again put coins in the slot, but nothing happened. Exasperated, I "fussed" at and even shook the machine, but to no avail. The following week, I tried once more, but the machine prevailed. The next time, I quit putting money into the machine, and instead brought a water bottle.

Those with impairments often can't act as they used to or desired. Expecting them to do so sets us up for disappointments and resentments. Coercing, yelling or swearing remains futile. Yet, just like me putting coins into a broken machine, we continue placing our treasure (self worth, hearts) into these broken vessels.

Accepting the impairment and making a healthier choice for ourselves is a better path toward peace and contentment.

Sometimes expectations can be embryonic resentments. —Anonymous

Peter Rosenberger hosts the nationally syndicated radio program, Hope for the Caregiver and has served as a caregiver for his wife, Gracie for four decades. www.peterrosenberger.com



Awareness Months & Resource Link

January Awareness

Cervical Cancer

National Glaucoma <https://discoveryeye.org/january-is-glaucoma-awareness-month/>

February Awareness

National Cancer Prevention Month

Gall Bladder & Bile Duct Cancer

American Heart Month—Go Red for Women

Heart Valve disease

Teen Dating Violence Month

March Awareness

Colorectal Cancer

<https://www.aacr.org/patients-caregivers/awareness-months/colorectal-cancer-awareness-month/>

Kidney Cancer

Multiple myeloma

National MS Education and Awareness Month

October Breast Cancer Month
Madison Valley Medical Center
Ennis, MT





Project Ideas

Bring someone from a local gym/wellness center to speak to club
Be an organ donor to save someone's life.
Blood drives
Respite provided for caregivers
Walk for health one Saturday a month with club and friends
Encourage awareness of Mental Health issues
Dementia-friendly clubs/Files for life
Mental Health awareness and Help, speakers and training on
 healthy relationships with social media
Promote Mental Health
Awareness of Mental Health crisis numbers
Lifeline buttons
Donate hygiene products
AED machines
Basic CPR
Foot care clinic
Vaccine-immunizations
Blood Pressure Checks