



# HEALTH and WELLNESS HAPPENINGS

October –  
November  
2022

**“It is health that is real  
wealth and not pieces  
of gold and silver.”**

~Mahatma Gandhi



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### OCTOBER is:

National Breast Cancer  
Awareness Month

National Bullying  
Prevention Month

World Menopause Month

International Day of the  
Girl Child 10/11

World Food Day 10/16

Teal Pumpkin Day 10/31

### NOVEMBER is:

Alzheimers Disease  
Awareness Month

National Family  
Caregivers Month

Prematurity Awareness  
Month

Lung Cancer Awareness  
Month

Great American  
Smokeout 11/17

For more health-related  
monthly observances visit:

[www.healthgrades.com/blog/  
health-observances-calendar](http://www.healthgrades.com/blog/health-observances-calendar)

## WELCOME



**GFWC**

**Health & Wellness**

**Honorary Chairman**

**Dr. Nagi Kumar**

GFWC is honored to welcome Dr. Nagi Kumar as the 2022-2024 Health and Wellness Honorary Chairman.

Dr. Kumar is a Senior Member of the Cancer Epidemiology, Genitourinary and Breast Oncology Departments at the Moffitt Cancer Center in Florida.

She is an author of over 120 peer-reviewed publications and several books including, *Nutritional Management of Symptoms of Cancer Treatment Effects*.

Dr. Kumar serves on multiple National Cancer Institute review panels and is a member of the Steering Committee, National Cancer Institute’s Center for Global Health.

Dr. Kumar will share her knowledge with us through GFWC publications and webinars.

She stated, “I am so happy to be a part of this because women are the drivers of the family’s health.”



October is Breast Cancer Awareness Month. One in eight women will be diagnosed with breast cancer in her lifetime.

Dr. Kumar writes – “Other than uncontrollable factors such as age and family history of breast cancer, there are other factors that contribute to breast cancer risk that are totally under our control. These include smoking, body composition and obesity, lack of exercise, and a lower intake of fruits and vegetables.

While diets rich in predominantly plant foods including fruits and vegetables have several other health benefits (heart healthy, control on insulin resistance, preventing obesity), research studies have shown the benefit of consuming fruits and vegetables to prevent breast cancer, especially aggressive breast cancer. These studies have shown that consuming several vegetables and fruits a day can provide a complex mixture of phytochemicals (bioactive compounds present in the plant-based diets) that can produce a plethora of biological activities that could have additive or synergistic effects against the cancer process. “

***What are the super vegetables and fruits?*** Here is a weekly must-have shopping list:

Oranges, grapefruit, mango, blueberries, strawberries, kiwi, papaya, tomatoes, carrots, broccoli, cauliflower, Brussels sprouts, cabbage, kale, spinach, grapes, green beans, asparagus, onions, garlic, and ginger. There are several fruit and veggie juices - ready to drink and easy to take to work or school. Try one new juice a week.

~ Dr. Kumar



## WORLD FOOD DAY

October 16, 2022

Food security and nutrition has been affected by the challenges of the COVID-19 pandemic, rising food prices, and international tensions. World Food Day, a United Nations initiative, brings together 150 countries worldwide to promote awareness and action for those who suffer from hunger and nutrition deficient diets.

Following your successful food drive on World Food Day prepare Thanksgiving Food Baskets, using the non-perishables collected. Add a gift card to a local grocery store for the purchase of a turkey. Distribute the baskets to those less fortunate through a church program, school district or social services.

## National Family Health History Day November 24th

November 24<sup>th</sup> is not only Thanksgiving Day it is also National Family Health History Day. Knowing your family's health history can help you, your children, and your grandchildren. Take time this holiday season to talk with family members – it may not be easy at first for some to share their health issues, but it is important to get the conversation started.

[https://www.cdc.gov/genomics/famhistory/knownot\\_enough.htm](https://www.cdc.gov/genomics/famhistory/knownot_enough.htm)

I DON'T HAVE HOT FLASHES...



I HAVE SHORT, PRIVATE VACATIONS IN TROPICAL-LIKE CONDITIONS!

## Menopause - a Mystery?

Hot flashes, mood changes, night sweats, and weight gain are just some of the symptoms of menopause. In Victorian times physicians believed that there was a link between the womb and brain thus making all women susceptible to insanity. (Yes, I admit, my husband probably did think I was insane sometimes). It was thought that if the ovaries stopped functioning, then a woman was not of sound mind and that the removal of the ovaries would make women more docile and hard-working. Thank goodness, the understanding and treatments of menopause have progressed over the years.

Every woman's menopause experience is unique, and every woman's body is different. What you may be going through is not necessarily what your best friend is going through. So, listen to your own body and mind. Symptom relief for some may not work for others. Consult with your doctor. And remember the benefits of exercise.

Invite a speaker from the medical field to a meeting to share information. Conduct a "Stitch and B\*\*\*\*". Make feminine product "purses" for a school's health clinic and while doing so share your menopause concerns and experiences.

*"Menopause is thicker than water. When we talk and laugh about it, we learn and relax. It's a life transition, not a disease."* ~ Anonymous

## National Bullying Prevention Month

According to StopBullying.gov, bullying is "unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance."

There are 3 types of bullying:

Verbal (includes cyberbullying): teasing, name-calling, threatening to cause harm.

Physical: hitting, spitting, kicking, taking or breaking someone's things.

Social: leaving someone out on purpose, embarrassing someone in public, spreading rumors.

Positive adult role modeling, mentoring, and age-appropriate lessons on kindness, acceptance, and inclusion can make a big impact on how children treat each other in the classroom, on the playground, at home, and in the community.

<https://www.pacer.org/bullying/info/info-facts.asp>

<https://www.stopbullying.gov/>

## Teal Pumpkin Project

1 in 13 children lives with food allergies, with peanuts and tree nuts, cow's milk, eggs, fish and shellfish, soy, and wheat being the most prevalent.

For children with allergies, Halloween may be a sensitive time. Consider participating in the *Teal Pumpkin Project* to make trick-or-treating safer and more inclusive.

<https://www.foodallergy.org/our-initiatives/awareness-campaigns/living-teal/teal-pumpkin-project>

Placing a teal pumpkin outside your home indicates that you are offering non-food goodies, such as spider rings and glow sticks, safe for all the little ghosts and goblins. Or participate in a community Trunk-or-Treat. Decorate the trunk of a member's car (of course using teal as an accent color) and fill it with an array of food alternative treats. Don't forget to include club information in your display. Make this holiday a treat for all children!

Visit FARE, (Food Allergy Research and Education) for ideas and resource materials.





## November is: *Prematurity Awareness Month*



### Affiliate Spotlight **MARCH OF DIMES**

In 1921, at the age of 39, Franklin D. Roosevelt was diagnosed with infantile paralysis, commonly known as polio. In 1938, after many years of rehabilitation, (though he would never be able to walk unassisted), he created the National Foundation for Infantile Paralysis (NFIP). The mission was to solve the puzzle of polio and assist Americans suffering from the disease. A fundraising campaign led by entertainer Eddie Cantor encouraged every individual to donate 10 cents to the cause, thus the name "March of Dimes". After the discovery and success of the polio vaccine, the organization broadened its focus to the prevention of birth defects and infant mortality. Its mission has since evolved to the organization's primary focus today on the research and prevention of premature birth.

GFWC and March of Dimes have had a long-standing affiliation. From fundraising and NICU care packages to knitted hats and quilted blankets, our clubs have offered sparkles of hope to families. To help get your club project underway, refer to the eight *Engagement Toolkits* found under "A" (Affiliates –March of Dimes), in your digital library in the GFWC Member Portal. <https://gfwc.users.membersuite.com/auth/portal-login>

## November is: Alzheimer's Disease Awareness Month

<https://www.alz.org/>

Almost two-thirds of Americans living with Alzheimer's are women. Not only are they more likely to have the disease than men women are also more likely to be a caregiver of those with Alzheimer's. Women in their 60s are approximately twice as likely to develop Alzheimer's than breast cancer during the rest of their life. Physical exercise, mental activity, social interactions, and a healthy diet all play in reducing the risks of Alzheimer's. How can clubs make a difference? Fundraise. Participate in your local walk to end Alzheimer's. Hold an informational club program or community event. Wear purple. Decorate your town in purple. See suggested ideas for caregiver support at right.



## National Family Caregivers Month

More than 90 million Americans care for loved ones with disabilities, diseases, or the infirmities of old age. The demands of tending to children with significant health needs, wounded veterans, or elders with Alzheimer's, take a toll and caregivers can sometimes sacrifice their well-being.

If you are the caregiver:

- ~ Learn to ask for and accept help.
- ~ Get regular physical activity.
- ~ Maintain a healthy diet
- ~ Keep humor in your life.
- ~ Make time for yourself.
- ~ Watch out for depression.
- ~ Keep your medical and dental appointments.
- ~ Join a support group.

How can you lend support?

- ~ Write notes of support and encouragement.
- ~ Help with household chores, meals, and errands.
- ~ Be there to talk, laugh, and cry.
- ~ Give the gift of savory or sweet treats, a book, aromatherapy, or massage.

The GFWC Dedham Junior Women's Club, Massachusetts, invited a local author, Liz O'Donnell to speak and address questions based on her latest book "**Working Daughter**" - a guide to caring for your aging parents while making a living. This book speaks on the challenges and rewards of being a family caregiver.



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Football Season  
has begun.  
Instead of exercise  
on the gridiron,  
here is a little  
Exercise For Your  
Brain.

Find the value of each icon in the multiplication table above.



# Community Connection Initiative

Have you seen the latest fashion trend - the wet look? Hollywood stars and models are on the red carpet and runways sporting slick-backed hair and gelled complexions. Well, we are going to get that wet look glimmer and glow the natural way, through physical fitness. As introduced in the previous *Health and Wellness Happenings*, the Health and Wellness Community Connection Initiative is **Physical Fitness, Give that Glimmer and Glow**. Clubs are encouraged to sponsor a community project that will promote physical fitness for any age group.

We have begun a new club year and are formulating program and project plans.

- Conduct a club Skull Session or brainstorming meeting.
- Utilize the GFWC Club Manual for ideas and resources. Don't just look in the Health and Wellness section, use the Fundraising and Communications & Public Relations sections to develop your course of action.
- Partner with other community and civic organizations, scout troops, local businesses, and schools. Reach out and visit their events and/or meetings. Consider a challenge.

The ideas are endless. So, let's **Get Fit Within** our **Communities**. **Give that Glimmer and Glow** that physical fitness activity will add to life.



From the 2018 Top Ten List: **Paint the Porch Pink** - The Porch Club of Riverton (NJ) hosted a Paint the Porch Pink Breast Cancer Walk. The club procured sponsorships, publicized the event, baked treats, and manned the porches. Walkers (455) received pink treats as they stopped at decorated pink porches along the three-mile route. Entertainment included events that appealed to all ages. The club provided prizes and coupons along with informational literature. Over \$23,000 was donated to the breast cancer research foundation.

Consider something similar for your Health & Wellness CCI. A walk or scavenger hunt for American Heart Month. "A Hearty Welcome". Sponsored doors decorated in red or with hearts. Funds raised could be used to build a playground, fitness trail, or provide exercise equipment for a senior center.

## A healthy salad from Dr. Kumar

### Spinach salad with warm feta cheese and toasted pine nuts (serves 4-6)

- Fresh baby spinach- 4 cups
- Red onions- ½ cup sliced rings
- Garlic 2 cloves, minced
- Shallots- 1 teaspoon minced
- Feta cheese- ½ cup
- Cayenne pepper crumbles – ½ teaspoon
- Salt- ½ teaspoon
- Wine vinegar – 4 teaspoons



Combine spinach, red onions, and red wine vinegar in a bowl. In a small saucepan, toast pine nuts in ½ teaspoon of olive oil or spray. In the same pan, heat EVOO and add red pepper, garlic, and shallots, and stir fry for 2-3 minutes. Add ¼ cup of water to this mixture and bring this mixture to a boil. Pour over spinach mixture tossing it slightly. Add crumbled feta and serve immediately. Garnish with toasted pine nuts.

Have you had your mammogram this year? Mammograms are the best way of detecting breast cancer early.