



Home Life/Health

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www.jerseyjuniors.com

Early Spring 2008

Ahhh! Relax and De-stress

April is National Humor Month and Stress Awareness Month *What is better than a hearty laugh?*

- Hearty laughter is a wonderful stress reliever.
- Laughter increases blood flow to the brain, encourages deep breathing and takes your focus away from the source of your stress.
- Learn to take life less seriously and allow yourself to find the humor in every situation.

Be a good friend and encourage others to lighten up!

A word about stress...

A little stress sharpens your senses and productivity, but too much can be harmful.

To prevent or cope with stress follow these tips:

- Express your feelings openly before stress builds up.
- Have realistic expectations of yourself and others.
- Accept that you cannot control every situation or decision.
- Get plenty of rest, exercise regularly, and eat a well balanced, low-fat, high-fiber diet.
- Make time for activities that help you relax, reading, listening to music or perhaps physical activity.
- Try to look for the best in yourself and others.
- Solve problems one step at a time.
- Learn to accept change and be flexible.

When things get tense, close your eyes, relax your body, and breathe deeply several times. You will be surprised at how much this helps.

Signs of Stress and Signals to Seek Help:

- Difficulty sleeping or other changes in sleep habits.
- Chronic irritability or anxiety.
- Changes in eating habits.
- Increased use of alcohol, tobacco, or other drugs.
- Frequent illness, including headaches and stomachaches.
- Cold hands, rapid breathing and heartburn, achiness, and muscle tension.



Take Note:



- April is National Stress Awareness Month
- Research has linked chronic stress with life-threatening illnesses such as heart attacks, stroke, depression, and chronic pain.
- April is Organ and Tissue Donor Awareness Month
- As of **January 15th, 2008** there are **98,063 people waiting for a life-saving transplant, 4,286** are here in New Jersey

April~ National Organ and Tissue Donor Awareness Month

Organ and tissue transplants offer patients a new chance at healthy, productive, normal lives and return them to their families, friends and communities. You have the power to change someone's world by being a donor. It's about living. **It's about Life.**

Did you know... Every year, an estimated **6,000** people **die while waiting** for organ transplants. One individual who donates after death can provide organs, corneas, skin, bone and tissue for 50 or more people in need. Almost 44% of people waiting for

organ transplants are between the ages of 18 and 49. The largest number of children who need organ transplants are waiting for kidney donations. There is no cost to be an organ and tissue donor. **Donation is a gift.**

Inside this issue:

HOW TO BECOME AN ORGAN DONOR	2
ORGAN DONATION CARD	2
EYEDOPT A CHILD	3
LIFEBOOKS	3
DOLLARS & SENSE: WIFE	3
DIRECTOR'S SPECIAL PROJECT: HEARTPOWER	4



An estimated 220,000 Americans are treated with transplanted bone and tissue each year. Tissues include tendons and ligaments, skin used to treat burns, heart valves and eye corneas.

How to Become an Organ Donor

1. Make it a license to save lives. Make the donor designation on your New Jersey driver's license or ID card.

The words "Organ Donor" will appear on the front of your license and will be included in your computer record with the Motor Vehicle Commission. For more information or to pre-register visit www.donatelifenj.org.

2. You should tell your family about your decision so they understand your wishes. If there is no designation on your driver's license or other legal means of donor designation, the final decision about organ and tissue donation will be made by your family. Your wishes can also be made through advance directives and living wills.

3. Until you get to MVC and make your donor designation, you can also sign and carry an organ donor card.

On December 20, Senate President Richard J. Codey (D-Essex) unveiled the "New Jersey Hero Act" – pioneering legislation aimed at increasing organ donation and educating residents on the importance of giving the "Gift of Life." The legislation would make New Jersey the first state in the nation to require two key components – organ donation decisions before applying for a driver's license and mandatory high school education.

"For the first time anywhere in this country, we are mandating a discussion - one that can, and will, save lives and make everyone a hero," said Senator Codey. "This is about more than just checking off a few boxes. This is a full-scale humanitarian effort that will save lives. One day, organ donation will no longer be an afterthought, but a forethought."



The Sharing Network

Foundation is committed to raising the monies needed and working with NJ sharing network, local and community groups dedicated to raising awareness about organ and tissue donation, the medical community and you to permanently "close the gap" in New Jersey.

Donate Life License Plates

The "Donate Life" specialty plate may be purchased for an initial fee of \$50 at all Motor Vehicle Commission agencies in the state. The fee, along with a yearly renewal fee of \$10, will go directly to the Organ and Tissue Awareness Education Fund and will help educate New Jersey residents about the life-saving benefits of organ donation.



ORGAN & TISSUE DONOR CARD

1-800-SHARE-NJ
www.sharenj.org

_____ I hereby make the following anatomical gift of any needed organs and tissues for the purposes of transplantation and therapy to take place upon my death.

_____ If my gift cannot be used for transplantation or therapy, I hereby authorize use for research or education.

Signature of Donor: _____

Date: _____

Donor's birthdate: _____

Next of kin: _____

Next of kin phone number: _____

You may also register your wish to be a donor when you sign up for or renew your New Jersey drivers license. This will place your information in a permanent registry. We also encourage you to share your donor designation with your family

This card is a legal document of gift under New Jersey's Uniform Anatomical Gift Act.

Eyedopt A Child and Save Sight!

Did you know that half of all blindness can be prevented?

By donating to Prevent Blindness Tri-State, you bring help and hope for a lifetime of vision to individuals throughout Connecticut, New York and New Jersey. Your donation will support:

- Vision screenings for children to prevent loss of sight from common eye problems like strabismus and amblyopia.
- Adult vision screenings to help find and prevent vi-

sion loss from devastating eye diseases such as glaucoma, diabetic retinopathy and AMD.

- Public education to promote better vision health, scientific research to find the causes and cure of blindness.
- Advocacy for public health policies that improve access to eye care and promote cost-effective blindness prevention efforts nationwide.

<http://preventblindness.org/tristate/eyedopt.html>

Imagine a child living with impaired vision...

\$25 donation screens 1 child!
\$100 donation screens 5 children!



Lifebooks

Foster care can be a scary, disorienting experience. The 500,000 kids in the American foster care system will move between foster homes an average of seven times each. Children in foster care have little stability until they find a permanent home. Because of this, many foster care kids have a hard time establishing

a positive sense of identity. They long for a sense of history, a sense of self.

Lifebooks can help foster care kids recognize their individual worth. A lifebook is a scrapbook-like creation that records a child's life, how he entered foster care, her experiences with different families, and her feelings along

the way. You can help a foster care child develop a greater sense of identity by participating in the creation of a lifebook. For more information:

<http://www.charityguide.org/volunteer/fewhours/foster-care.htm>



Dollars & Sense: WIFE

Every woman needs a WIFE, who counsels and empowers, who listens and advises, and offers comfort when needed. The Women's Institute for Financial Education (WIFE.org) is the oldest non-profit organization dedicated to providing financial education to women in their quest for financial independence. WIFE is a charitable organization under Internal Revenue

Code Sec. 501(c)(3). All donations to WIFE.org are tax-deductible.

Tax Strategies for Women: Despite the media frenzy each year about tax cuts and increases, truth be told, not much has changed for most middle-class women. So what's a financially savvy gal to do? Take advantage of

every tax break you possibly can! WIFE provides information to learn how to save on taxes in your retirement accounts, education planning, and tax credits for children. Visit: http://www.wife.org/money_taxes.htm

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut save you thirty cents?
-- Peg Bracken



Director's Special Project

Women's Heart Health

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Don't Forget to visit
www.jerseyjuniors.com for
 past bulletins filled with
 project ideas and
 information!

*Whenever you
 jump, jump, jump,
 Hear your heart go
 thump, thump,
 thump!
 That's because a
 jump, jump, jump
 Speeds up your
 heart's pump,
 pump, pump!
 Jump, jump, jump!
 Thump, thump,
 thump!
 Pump, pump, pump!*

HeartPower!

HeartPower! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.



HeartPower!'s four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade level. You can use these science-based online resources to introduce kids to healthy habits and choices that can improve their quality of life for many years. You can even help them learn decision-making skills that can save lives, including their own!

Facts about children and heart disease

- Children in the United States today are less fit than they were a generation ago and are showing early signs of cardiovascular disease risk factors such as weight gain, high blood cholesterol and cigarette smoking.
- Inactive children, when compared with active ones, weigh more, have higher blood pressure and lower levels of heart-protective high-density lipoproteins.
- If all health trends remain constant, about 35 million of today's 83 million children will eventually die from heart and blood vessel disease.
- According to some studies, up to one-third of American children are obese.
- Nine million children live with at least one smoker and are exposed to secondhand smoke.

Every day, 2,000 young people under the age of 18 in this country become smokers.



Don't Miss the Boat!
 NJSFWC-JM Convention
 May 16th-18th
 Parsippany Hilton



*Cruise on over if you get
 a chance and tell me
 about the ways you keep
 your heart shipshape!
 See you there!*