



# Home Life/Health

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Spring 2008

## Go With Your Own Glow Campaign

**Just like with hair styles, make-up trends and hem lines, tans have gone in and out of fashion.**

*So, it's like this. Coco Chanel was supposed to have dozed off on a long boat ride with some English Duke and when she woke up – poof! – she had a tan. Everyone thought that looked pretty cool (it was Coco Chanel after all) and next thing you know, everyone's slathering on all manner of oil and laying out, like so many fish on the shore, trying to get the same look. One thing leads to another and you've got people toasting their skin to a crisp – wrinkling themselves, aging themselves, who-knows-what-elsing to themselves and, well, with all due respect to Coco – enough's enough. She should have gotten more sleep the night before on that boat, and everyone should realize that tanning's fifteen minutes of fame are over. Nothing looks better than*

*the radiant glow you're born with. These days healthy – really healthy – is sexy. (Courtesy of the Skin Cancer Foundation)*

**The Skin Cancer Foundation** learned from a focus group of beauty editors that radiant skin is the new beauty ideal. That is what served as the inspiration for this campaign. Tanning is undesirable – it's not fashionable or healthy and therefore obsolete as a lifestyle. Natural, glowing healthy skin the look that everyone wants.

### **Skin Cancer Facts:**

- No one is immune to the sun's harmful rays.
- More than 90% of skin cancers occur on sun-exposed skin.
- Over 1 million new skin cancers are diagnosed annually.
- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- Most people receive nearly 80% of their lifetime sun exposure by the age of 18.
- Use of sunscreen with SPF 15 (for children under six, SPF 30 is recommended) or higher

during the first 18 years of life can reduce some types of skin cancer by nearly 78%.

### **Symptoms of Skin Cancer:**

- A small lump (spot or mole) that is shiny, waxy, pale in color, and smooth in texture.
- A red lump (spot or mole) that is firm
- A sore or spot that bleeds or become crusty. Also look for sores that don't heal.
- Rough and scaly patches on the skin.
- Flat scaly areas of the skin that are red or brown.
- Any new growth that is suspicious

If you want to be assured that a sunscreen is effective, look for The Skin Cancer Foundation's **Seal of Recommendation** on the label.



www.skincancer.org

### *Take Note:*

- May is National Skin Cancer Awareness Month
- Approximately 59,940 melanomas will be diagnosed this year, with nearly 8,110 resulting in death
- Exposure to tanning beds before age 35 increases melanoma risk by 75 percent
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam

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### ABCDE's of Skin Cancer

For many years, the early warning signs of melanoma have been identified by the acronym "ABCDE" (A stands for Asymmetry, B stands for Border, C for Color, D for Diameter and E for Evolving or changing was recently added.). While the ABCDE rule helps detect many melanomas, there are a group of melanomas that do not manifest the ABCDE features.

**A- Asymmetry:** Normal moles or freckles are completely symmetrical. If you were to draw a line through a normal spot, you would have two symmetrical halves. In cases of skin cancer, spots will not look the same on both sides.

**B- Border:** A mole or spot with blurry and/or jagged edges.

**C- Color:** A mole that is

more than one hue is suspicious and needs to be evaluated by a doctor. Normal spots are usually one color. This can include lightening or darkening of the mole.

**D- Diameter:** If it is larger than a pencil eraser (about 1/4 inch or 6mm), it needs to be examined by a doctor. This includes areas that do not have any other abnormalities (color, border, asymmetry).

**E- Elevation:** Elevation means the mole is raised above the surface and has an uneven surface.



#### **Spotlight on Hasbrouck Heights:**

The Home Life/Health Department of Hasbrouck Heights Junior Woman's Club took advantage the EPA's SunWise program and spread the word about staying healthy while having fun in the sun. The club purchased small bottles of sun block and attached the ABCDE's of Melanoma. These bottle were given out at a meeting and members were encouraged to perform monthly skin checks. Way to glow girls!

*For information on SunWise see the Resource section of the GFWC binder under Junior Special Project: Advocates for Children.*

**Early detection is the best defense against all forms of skin cancer. A monthly self-exam of your skin is easy, takes around ten minutes, and could save your life.**

### Top 5 Ways of Preventing Skin Cancer

- **Use sunscreen:** I know you have heard it a million times, but sunscreen really is one of your best bets in preventing skin cancer. Experts recommend choosing a sunscreen that is at least SPF 15 or higher.
- **Stay shady:** Staying in the shade not only will keep you cooler, it will reduce your risk of skin cancer. Keep in mind that even though you are in the shade, you will need to wear sunscreen.
- **Wear protective clothing:** Wearing hats and clothing that covers the skin are excellent ways to reduce your risk of skin cancer. Eyes are also susceptible to sun damage, so be sure to wear sunglasses that are UV protectant.
- **Avoid direct exposure to midday sun:** Avoid going outdoors from 10 a.m. to 4 p.m. when the sun's rays are brightest, causing the most damage to skin. If you have to go outdoors, be sure to lather on sunscreen.
- **Monitor childrens' sun exposure:** Did you know that many cases of skin cancer and melanoma link back to bad sunburns and exposure as a child? Children especially need to stay out of the sun, wear sun block and other protective clothing.



## Helping Hands is only ever a click away!



Simple online ways to protect the health and well-being of people, animals, and the planet.

The GreaterGood Network of websites offer the public a unique opportunity to support causes they care about at **no cost to them**.

Each person's daily click on the Click To Give™ sites displays sponsor advertising. One hundred percent (100%) of sponsor advertising is **paid as a royalty** to charity through the non-profit, tax-exempt GreaterGood.org.

Supporters can also **contribute directly to charity** by purchasing Gifts that Give More™, where one hundred percent (100%) of their donation is given to charity, or by purchasing one of the 4500+ products that they carry, including jewelry, apparel, and gifts. There is a **charity royalty of from 5-30%** paid on every item purchased from any of the GreaterGood Network's online stores.

Visit [www.GFWC.org](http://www.GFWC.org) for more information and links

### GFWC ~It's a Volunteer Thing!

In 2006, GFWC and its members raised nearly \$32 million on behalf of more than 230,000 projects, and volunteered more than 8.4 million hours.



## The Sense-able Ladies of Hasbrouck Heights

### Lucky Money Envelopes:

The Hasbrouck Heights Juniors were busy with innovative projects this year. Their *Lucky Money Envelope* was a great project for the Dollars and Sense section of Home Life/Health. Members were given red folders with Chinese Dragons on them that said "Lucky Money." These folders represented the Feng

Shui color of opportunity and wealth. In Chinese culture lucky money is always given in red envelopes. Each folder included a checklist to help organize members' important financial information in one convenient location. Luck was wished on every member in creating new opportunities and wealth.



## 81st Annual JM Convention May 16th-18th

*Come sail away, come sail away come sail away with the Juniors...*

That's right ladies it is time to sit back, relax and cruise on over to the annual convention in Parsippany to celebrate all your hard work. Too often the services we provide may seem to go unnoticed but

that's why I love convention; it is chance to see the rewards of all your hard work over this past year. As your Home Life/Health Department Chairman I have seen the work each of your clubs has done in supporting many worthwhile projects. Whether it was providing a warm coat, a smile to the face of a child

recognizing the many health programs important to us as women or getting smart about your finances-Jersey Juniors showed they had the power to change lives. I am so proud of each of your clubs and would love to tell you in person! So come see me at Convention...

Well, it's not far down to paradise  
At least it's not for me  
And if the wind is right  
You can sail away and find tranquility  
Oh, the canvas can do miracles  
Just you wait and see  
Believe me  
~Christopher Cross



**Director's Special Project**

**Women's Heart Health**

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**Don't Forget to visit [www.jerseyjuniors.com](http://www.jerseyjuniors.com) for past bulletins filled with project ideas and information!**

**Take the National Women's Check-Up Day Pledge**

Participants in National Women's Check-Up Day, will:

- use the interactive check-up wizard to get an idea of the types of screenings they may need;
- contact their doctor or nurse to discuss these and other tests or screenings they may need to get now;
- schedule an appointment for at least one of these preventive screenings to occur within the next 90 days; and Celebrate a healthier self and a healthier US.

**<http://www.4woman.gov/whw/pledge/>**



The 9th annual National Women's Health Week will kick off on Mother's Day, May 11, 2008 and will be celebrated until May 17, 2008. National Women's Check-Up Day will be Monday, May 12, 2008.

National Women's Health Week **empowers** women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH), encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. During the week, families, communities, businesses, government, health organizations and other groups work together to educate women about steps they can take to improve their physical and mental health and prevent disease, like:

- Engaging in physical activity most days of the week
  - Making healthy food choices
  - Visiting a healthcare provider to receive regular check-ups and preventive screenings
- Avoiding risky behaviors, like smoking and not wearing a seatbelt

**What is the WOMAN Challenge?**

Every May, thousands of women across the country embark on an eight-week physical activity challenge for better health. The WOMAN Challenge (**W**omen and girls **O**ut **M**oving **A**cross the **N**ation) is free and open to the public. It begins every year on Mother's Day, to kick off National Women's Health Week. The U.S. Department of Health and Human Services' Office on Women's Health coordinates the WOMAN Challenge to encourage women and girls to achieve healthy lifestyles, including at least 30 minutes of moderate activity or 10,000 steps (measured by a pedometer) most days of the week.

**<http://www.4woman.gov/woman/>**

***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!***