

Home Life/Health

Winter at a Glance

- World Aids Day
12/1
www.worldaidscampaign.org
- National Hand Washing
Awareness Week
December 5-11
- Cervical Health Awareness
Month
January 1-31
<http://www.nccc-online.org/awareness.html>
- National Poverty in America
Awareness Month
January 1-31
- Glaucoma Awareness Month
January 1-31
www.glaucoma.org
- American Heart Month
February 1-28
- National Wear Red Day
February 4th
- National Donor Day
February 14th

Happy Holidays Juniors !

One Present, Two Gifts

There's something for everyone on your holiday list at Amazon.com and for every purchase you make at Amazon.com, you can give two gifts with one purchase!

Amazon will automatically donate up to 15 percent of your total purchase to GFWC. The referral funds we receive will help build stronger volunteer programs.

For more information, visit: www.GFWC.org/GFWCMembers and click "Affinity Programs & Benefits."

THIS WINTER WHY NOT...

- ❖ *Help out at the local food bank*
- ❖ *Have collection areas for non-perishable food items at all of your events*
- ❖ *Donate gently used purses filled with personal items, cosmetics, reading materials and anything else that could be used by women who have just walked away from their homes to local women's shelters**
- ❖ *Donate PJ/T-shirt Emergency Kits. Each kit provides a woman who comes to a shelter with pajamas or a long T-shirt, toothbrush and toothpaste and other needed supplies for her first night in the shelter**

**Ideas borrowed from the Peoria-West Valley Woman's Club*

Home Life/Health Bulletin
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World AIDS Day is celebrated on December 1st each year around the world. It has become one of the most recognized international health days and a key opportunity to raise awareness, commemorate those who have passed on and celebrate victories such as increased access to treatment and prevention services.

This worldwide effort is designed to:

- Encourage public support and programming to prevent the spread of HIV infection
- Provide awareness and education about HIV/AIDS
- Demonstrate compassion for those infected or affected by HIV.

The CDC estimates that more than one million people are living with HIV in the United States. One in five (21%) of those people living with HIV is unaware of their infection.

Despite increases in the total number of people living with HIV in the US in recent years, the annual number of new HIV infections has remained relatively stable. However, new infections continue at far too high a level, with an estimated 56,300 Americans becoming infected with HIV each year.

More than 18,000 people with AIDS still die each year in the US. Gay, bisexual and other men who have sex with men are strongly affected and represent the majority of persons who have died. Through 2007, more than 576,000 people with AIDS in the US have died since the epidemic began.

HIV and AIDS were originally thought to affect mostly gay men. However, women have always been affected too. And even though more men than women have HIV, women are catching up. In fact, if new HIV infections continue at their current rate worldwide, women with HIV may soon outnumber men with HIV. The good news is that many women with HIV are living longer and stronger lives. With proper care and treatment, many women can continue to take care of themselves and others.

In some respects HIV and AIDS affect women in almost the same way they affect men. For example:

- Women of color (especially African American women) are the hardest hit.
- Younger women are more likely than older women to get HIV.

AIDS is a common killer, second only to cancer and heart disease for women.

Cervical cancer is one of the most preventable cancers today. If caught early, the 5-year survival rate is almost 100%. **Regular Pap testing is the best method to protect against invasive cervical cancer.** It is most important to remember that cervical cancer takes many years to develop. Regular Pap tests will help detect any precancerous or abnormal cells early enough so that cervical cancer can be prevented.

Cancer of the cervix tends to occur during midlife. Half of the women diagnosed with the disease are between 35 and 55 years of age. It rarely affects women under age 20 and approximately 20 percent of diagnoses are made in women older than 65. For this reason, it is important for women to continue cervical cancer screening until at least the age of 70.

In addition to routine Pap testing, you may want to consider minimizing risk factors that could contribute to cervical cancer. Those factors include:

- Multiple sexual partners
- Multiple full-term pregnancies
- Sexual intercourse at an early age
- Chlamydia infection
- Cigarette smoking
- Use of oral contraceptives
- Weakened immune system or HIV infection



For more information please visit: www.nccc-online.org

Poverty USA: The State of Poverty in America

Today, 37.3 million Americans - and 1 in 6 children (that's 18 percent of all American children)-are living below the poverty line. They live in families who are of necessity making hard choices between food, health care, heat and rent.

- The official poverty rate in the United States rose in 2008 to 13.2 percent, up from 12.5 percent in 2007.
- In 2008, 39.8 million people were in poverty, up from 37.3 million in 2007 - the second consecutive annual increase in the number of people in poverty.
- Between 2000-2008, the number of poor Americans grew by more than nine million.
- The number of people living in extreme poverty, that is, those with incomes below half the poverty line, rose to over 17 million people. That is the highest level on record since data first became available in 1975.

Source: U.S. Census Bureau, Housing and Household Economic Statistics Division: 2008

What can We do?

Some ideas from our GFWC Home Life/Health Chair, Barbara A. Cook

During the upcoming Holiday season, let's not forget those who are less fortunate and remember to support **Feeding America** through New Jersey's Community Food Bank or your local community food bank. Feeding America provides assistance to more than 25 million low income people facing hunger in the United States - more than 9 million people and 3 million children. The Community Food Bank and its affiliates are members of Feeding America.

The need for emergency food is up 45% since 2005. In New Jersey, 72% of the households receiving food from the local food banks have incomes below the federal poverty level of \$22,050 a year and nearly half of the members of these households are under 18 years old. Almost half of these families must choose between paying for food or paying their rent or mortgage.

What can You do?

Food Drives and Turkey Drives are easy to do. Work with your community to set up collection sites. Set up a date and time to receive frozen turkeys in collaboration with the food bank.

Check-Out Hunger runs every year from late September through the end of January. Shoppers can donate whenever they see the Check-Out Hunger slips at the grocery store's checkout aisle. Every \$1, \$2, \$3 and \$5 donation is added to the bill and appears on the receipt. For each \$1 donated, Feeding America helps provide 7 meals to men, women and children facing hunger in our country.

Volunteers are needed in most counties in NJ to help set up and monitor the campaign at supermarkets and special events. Volunteer by calling Mary O'Connell at Volunteer Services 908-355-3663, Ext 2235 or e-mail moconnell@njfoodbank.org.

Loose Change. By taking your loose change to a Coinstar location, you can make a donation to Feeding America. To donate that loose change, just choose the "donate" option from the screen menu, select the nonprofit organization (Feeding America) by their identification number on the keypad. Pour in your jar of mixed coins and take your tax deductible receipt. Coinstar machines are in various supermarkets such as A&P, Acme, Stop & Shop and Wal-Mart.

You can locate sites by going to www.coinstar.com

February is **American Heart Month**

Cardiovascular diseases, including stroke, are our nation's No. 1 killer.

About every 25 seconds, an American will have a coronary event.

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Know your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

The American Heart Association, the National Heart, Lung, and Blood Institute, the American Red Cross and the National Council on Aging have launched a new "**Act in Time**" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms. For some GREAT resources, visit www.nhlbi.nih.gov/actintime

If you think you're having a heart attack, get help at once.
Don't wait to be sure. Call 9-1-1 right away. Delay can be deadly.

What is **Go Red For Women?**

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created Go Red For Women – a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

What is the goal of **Go Red For Women?**

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

In 2010, the American Heart Association set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20% while improving the cardiovascular health of all Americans by 20% by the year 2020.

How can you help?

Plan a **Wear Red Event.**

- Invite club members to wear red to your February meeting and collect a monetary donation from each member to be donated to the cause.
- Encourage participants at your February events to wear red and donate a portion of the event's proceeds to the cause.



January is **National Glaucoma Awareness Month**, an important time to spread the word about this sight-stealing disease.

Glaucoma is the leading cause of preventable blindness. Everyone, from infants to seniors is vulnerable. Moreover, among African-American and Hispanic populations, glaucoma is the leading cause of blindness. According to the Glaucoma is 6 to 8 times more common in African-Americans than Caucasians.

Over 4 million Americans, and nearly 70 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Risk Factors - Are you at risk for glaucoma?

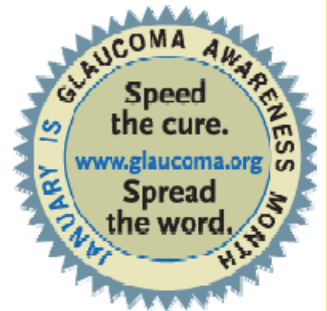
Those at higher risk include people of African, Asian, and Hispanic descent.

Other high-risk groups include

- People over 60, family members of those already diagnosed
- Diabetics
- People who are severely nearsighted.

Regular eye exams are especially important for those at higher risk for glaucoma and may help to prevent unnecessary vision loss.

Visit www.glaucoma.org for more information.



February 14th is **National Donor Day** - a day to give the gift of life.

Fill out an organ and tissue donation card, register with your State Donor Registry and make sure your family knows you want to be a donor.

- Join the National Registry of potential volunteer marrow and blood stem cell donors.
- Learn how you can donate your baby's umbilical cord blood stem cells at birth.
- Donate blood.



Why be a Donor? The need is great and growing.

As of February 1, 2010, there were 105,525 people waiting for an organ for transplant.

Approximately 35,000 children and adults in our country have life-threatening blood diseases that could be treated by a marrow/blood stem cell or cord blood transplant.

Every two seconds someone in America needs blood, more than 39,000 units each day, according to the American Red Cross.

Why do it Today?

Valentine's Day is the day of love and donation is the gift of life. Can you think of a more loving gesture than making February 14th the day you join thousands of Americans in making the donation decision?

For more information, visit www.organdonor.gov or for NJ info visit www.state.nj.us/mvc/Licenses/organ_donor.htm

Director's Special Project for 2010-2012: Childhood Obesity and Nutrition



Shape Up America!
Healthy Weight for Life

Nutrition Tip: Portion Control is Key

Most kids are famished when they get home from school, so who can blame them for wanting a snack to carry them over until dinner?

But with childhood obesity on the rise, you may want to think twice before turning your kids loose in the pantry. Most kids will fill up on snacks, and even healthy fare can pack a lot of calories. Peanut butter on whole grain crackers makes a great snack, but just 2 tablespoons of peanut butter has a whopping 190 calories, so they should be careful how much they eat.

Portion control is one of the keys to healthy eating. So, teach your kids about the relationship between serving sizes and calories. Show them how to use the Nutrition Facts label—found on all prepared foods and drinks—to find these three things:

Serving size—one container isn't necessarily one serving; measure your food to see how much you're really eating.

Calories—they're listed for one serving; 100-200 calories is about right for a snack. To control your calorie intake, always eat pre-measured food from a plate, bowl, or single serving size baggie, rather than straight from the container.

Nutrients—try to get 20 percent or more of protein, fiber, and some essential vitamins and minerals (such as vitamin C and calcium) in a single serving; but limit your intake of saturated fats and sodium to 5 percent or less per serving of food. Strive for 0 trans fat, or trans fatty acids—this harmful fat raises your bad cholesterol (LDL) and lowers your good cholesterol (HDL).

Keep two kinds of snacks in your home—healthy snacks that kids can take without getting your permission—and sugary treats that you should give out in limited quantities. And get creative. Instead of chips and dips, try hummus with low fat, whole grain pitas or tortillas.

For foods that aren't pre-packaged—nuts, grapes, orange sections, apple slices—prepare individual servings and put them into resealable plastic bags or containers. Keep them in convenient places in the fridge and pantry, so kids can help themselves.

Source: Shirley Blakely, Ph.D., R.D., FDA Senior Nutrition Policy Advisor

Get Outside!

20 Tips for Getting Your Family on Track

1. Park the car AS FAR AWAY from the entrance as possible
2. Use a pedometer to count the number of steps taken each day (2,000 steps equals about 1 mile)
3. Have a catch (football, baseball, softball, or Frisbee)
4. Make chores such as vacuuming, sweeping or raking your chance to be active
5. Go for family walks after meal times
6. Limit recreational screen time (television, video games, and computer) to less than 2 hours per day
7. Shoot some hoops
8. Select fitness-oriented gifts with your family member's skills and interests in mind
9. Try to ALWAYS use the stairs
10. Visit farms throughout the year where you can pick your own strawberries, peaches and apples
11. Plan cycling trips on safe trails by contacting your local bike shop or bike club
12. Tennis anyone?
13. Play soccer or just kick a ball around — it's fun!
14. Go hiking — locate a nearby trail
15. Jump rope — practice rhythms, rhymes, and tricks
16. Adopt a roadway, park, or beach and keep it clean
17. Enter a "bike-a-thon" or "fun run" and train for it (you can walk a "fun run" too)
18. Use a hula hoop — see how long you can keep it going!
19. Take a pet for a walk or jog
20. Put on some music and DANCE

About Shape Up America

The purpose of Shape Up America! is to educate the public on the importance of the achievement and maintenance of a healthy body weight through the adoption of increased physical activity and healthy eating. Their mission is based on the scientific evidence that obesity is not just an appearance problem; it is a condition that can lead to serious disease. Obesity is associated with five of the ten leading causes of death and disability in the United States — heart disease, some forms of cancer, type 2 diabetes, stroke, and hypertension (high blood pressure). By clearly defining obesity as a major public health issue, Shape Up America! is conducting a broad-based education initiative to encourage sensible eating and increased physical activity in all individuals and a modest weight loss in overweight individuals that can be maintained over time.

www.shapeup.org

'Tis the Season for spreading sickness

What can we do to stay healthy this season?

According to the Centers for Disease Control, "**the most important thing you can do to keep from getting sick is to wash you hands.**" Judicious hand washing can prevent not only common diseases like colds, but also more serious diseases like hepatitis A, meningitis and infectious diarrhea.

Why hand washing is important

- Children have weaker immune systems than adults and can become sick quicker.
- 1 in 3 E.coli outbreaks is caused by poor hand washing by food preparers.
- Germs that cause disease live in meat, vegetables, and more.
- Germs are spread from unclean hands to food, usually when the food handler doesn't wash after going to the bathroom. Germs are then passed on to those who eat the food.
- Germs spread from uncooked foods like hamburger to the hands, then from the hands to other foods like salads. The germs can remain in the salads and eventually affect those who eat the food.
- Putting cooked meat back into its original container re-contaminates the cooked food. Cutting vegetables on the same board used to cut meat contaminates the vegetables.

6 Main Rules of Hand Washing

- Always wash your hands after using the bathroom, changing diapers, cleaning up after your pets or handling money.
- Wash your hands when they're dirty.
- Always wash your hands before eating.
- Don't cough or sneeze into your hands.
- Refrain from putting your fingers in your eyes, nose, or mouth.
- Avoid touching people and surfaces with unclean hands.

Correct way of washing hands

1. Wet hands with warm water (not hot) and use soap.
2. Rub you hands together, making sure to scrub all areas.
3. Rub for a minimum of 15 seconds or sing "Happy Birthday."
4. Rinse thoroughly, then dry hands on a clean towel.
5. Turn faucet off with the towel, not hands, to keep away from recontamination.

Statistics

- 2/3 of adults in the US wash hands after using the bathroom.
- 1 in 4 adults don't wash hands after changing diapers.
- Less than 1/2 of Americans wash hands after cleaning up after pets.
- 1 in 3 wash hands after sneezing/coughing.
- Less than 1 in 5 wash hands after touching money.
- 1 in 3 E.coli occurrences is caused from not washing hands before handling food.

By frequently washing your hands, you wash away germs that you have picked up from other people or from contaminated surfaces or from animals and animal waste. The simple act of consistently performing this basic task properly will make a big difference in your own household as well as in work, school and public settings.

