



Home Life/Health

Winter at a Glance

December 2011:

- World AIDS Day

January 2012:

- National Cervical Health Awareness Month

February 2012:

- American Heart Health Month
- National Wear Red Day - 2/6
- National Donor Day - 2/14
- National Eating Disorder Awareness Week - 2/26-3/3

'Tis the Season for Junior Spirit!

Preparing for the Holidays is a busy time for all but also the best time to get active and make a difference through the good work of our Junior clubs.

Working together, ordinary people can perform extraordinary feats. They can lift things a little higher, a little farther, towards excellence."
Author Unknown

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 received will help build stronger volunteer programs.

For more information, visit:

www.GFWC.org. Click on Member Center, click on Member Benefits and Discounts and then click on Amazon.com Associates

Home Life/Health Bulletin
Winter 2011-2012
Pam Harmke
homelife@jerseyjuniors.com
www.jerseyjuniors.com

Highlighted Project



One Warm Coat

www.onewarmcoat.org

A One Warm Coat drive is an easy and convenient way to help people in need in your community. The goal is to provide any person in need with a warm coat, free of charge.

For tools and resources, visit:

<http://www.onewarmcoat.org/docs/2011guidebookv2.pdf>

<http://www.onewarmcoat.org/tools.php>

The Paskack Junior Woman's Club (PJWC) did this project last year and collected over 300 coats which were donated to Shelter Our Sisters.

PJWC worked in conjunction with their local libraries to set up drop-off locations for the coats and posted information about the collection in the local community newspapers and on their club website.

December 2011



December 1st is **World AIDS Day**
www.worldaidscampaign.org

December 1st is **World AIDS Day**, a global initiative to encourage countries and communities to take a stand against HIV/AIDS. Millions of people come together across the globe to commemorate people who lost their lives to HIV, applaud progress made in responding to the epidemic and recommit to ending the epidemic. The fight against HIV/AIDS can be recognized not only on World AIDS Day, but all through December and every day of the year.

AIDS is the final stage of HIV infection. It can take years for a person infected with HIV to reach this stage. One in 5 of the more than one million people living with HIV in the United States is unaware of his or her infection.

HIV is passed from one person to another by:

- Having unprotected sex (vaginal, anal, or oral) with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if a mother has HIV
- Getting a transfusion of blood that has HIV, which is rare in the United States

Women have been affected by HIV/AIDS since the beginning of the epidemic, an impact that has grown over time. Women of color, particularly Black women, have been especially hard hit and represent the majority of new HIV infections and AIDS diagnoses among women, and the majority of women living with the disease.

Many women with HIV are low-income and most have important family responsibilities, potentially complicating the management of their illness. Research suggests that women with HIV face limited access to care and experience disparities in access, relative to men. Women also experience different clinical symptoms and complications. Given these trends and issues, efforts to stem the tide of the U.S. HIV/AIDS epidemic will increasingly depend on how and to what extent its effect on women and girls is addressed.

January 2012



January is **Cervical Health Awareness Month**
www.nccc-online.org

Cervical cancer affects approximately 10,000 women in the United States each year. Cervical cancer is the second most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer. Deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year. This decline is primarily due to the widespread use of the Pap test to detect cervical abnormalities and allow for early treatment. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap test or have not had one in the previous three to five years.

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.

Raise Awareness about HPV and Cervical Cancer in Your Community

- Write to Magazines/Newspapers/Radio Stations to tell them about Cervical Cancer Awareness Month. Sample Press Release:
http://nccc-online.org/documents/PSA_PressRelease.pdf
- Talk to people you know – there should be no stigma about HPV and Cervical Cancer – share your personal story
- Bring information to your community
 - Hand out information cards on HPV/Cervical Cancer
 - Have a booth at farmer's markets or health fairs
 - Talk to girls middle school/high school sports teams
 - Create an awareness at work
- Fundraisers
 - Walks or runs for Cervical Cancer
 - Dinner - get a local restaurant to give proceeds to NCCC
 - Fashion Show
 - Casual Fridays at work
 - Local bands - free concerts - attendees purchase tickets - proceeds go to NCCC
 - Champagne Brunch

Visit the NCCC website frequently for updated information

To find out if you qualify for a free or low-cost mammogram and Pap test and where to get screened, call: (800) 328-3838

Cancer Education and Early Detection Program
New Jersey Department of Health and Senior Services
50 East State Street, Sixth Floor
PO Box 364
Trenton, NJ 08625-0364
(609) 292-8540
Fax: (609) 292-3580
<http://www.state.nj.us/health/cancer/njceed/index.shtml>

~~~~~  
**The need is constant. The gratification is instant. Give blood.™**

January is **National Blood Donor Month**

### **Why Donate Blood?**

A blood donation truly is a “gift of life” that a healthy individual can give to others in their community who are sick or injured. In one hour’s time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. The third component of blood, platelets, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients.

### **Where to Donate Blood:**

<http://www.aabb.org/resources/donation/Pages/bblocator.aspx>

### **Organize a Blood Drive**

The first step in organizing any blood drive is to contact the nearest blood bank or blood donation center. Once the blood donation center is contacted, a blood drive representative is usually assigned to help the person organizing the blood drive.

A date and time for the drive will be set, and an appropriate site will be selected.

Blood donor recruiters from the local blood bank will likely provide materials and instructions on making the blood drive successful. The following outline provides general tips for conducting a blood drive and ensuring its success:

- Work with the local blood drive representative
- Advertise two to three weeks in advance using various marketing materials and direct methods that include:
  - Posters - displayed in high traffic areas

- Flyers
- Email - when possible
- Ensure donors have had adequate fluids and have eaten prior to donating
- Follow up after the blood drive by making sure that the blood drive's success is reported in the local paper.
- Book the next drive right away! It is NEVER too early to schedule future drives.

---

## February 2012

February is American Heart Month

[www.heart.org](http://www.heart.org)

[www.goredforwomen.org](http://www.goredforwomen.org)



### **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.

February 14<sup>th</sup> is **National Donor Day**

[www.organdonor.gov](http://www.organdonor.gov)



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.**

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.

**The Need is Real**

18 people will die each day waiting for an organ  
1 organ donor can save up to 8 lives

For more information, visit [www.organdonor.gov](http://www.organdonor.gov) or for NJ info visit:  
[www.state.nj.us/mvc/Licenses/organ\\_donor.htm](http://www.state.nj.us/mvc/Licenses/organ_donor.htm)



Juniorette clubs can help raise awareness of this important issue! Check out the website for ideas.

National Eating Disorder Awareness Week is February 26 – March 3  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

NEDA Awareness Week is a collective effort of primarily volunteers, including eating disorder professionals, health care providers, students, educators, social workers, and individuals committed to raising awareness of the dangers surrounding eating disorders and the need for early intervention and treatment. For materials, resources and to find events and speakers in your area, visit the website

Tips for Kids on Eating Well and Feeling Good about Yourself  
<http://www.nationaleatingdisorders.org/nedaDir/files/documents/handouts/TipsKids.pdf>

---

**Great Program/Project Ideas from our  
GFWC Home Life Collaboration Chair, Judy Martin:**

- Consult with your local nursing home or senior center to provide personalized birthday cards and/or small gifts for senior birthdays.
- Coordinate with your local Health Department to co-sponsor a Medicine Take Back Day, where citizens bring unusable medicines for safe disposal and are given information on properly storing and inventorying medicines.

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



### **About *Jersey Fresh***

Jersey Fresh is an advertising and promotional program originally developed in 1983 to help farmers inform consumers about the availability and variety of fruits and vegetables grown in New Jersey. Through the almost thirty years of the program, consumers' awareness has increased, and it has become the benchmark for other states to initiate their own state-grown agricultural marketing programs.

New Jersey grows more than 100 different varieties of fruits, vegetables and herbs. We are also ranked nationally in the top ten as producer of such items as blueberries (2nd), peaches (4th), bell peppers (4th), squash (7th), tomatoes (8th) and cranberries (4th).

Visit the website for directories, tips for choosing fresh produce and recipes. You can also find out What's in Season and find listings of Road Side Markets and Pick Your Own's in your area!

**[www.state.nj.us/jerseyfresh](http://www.state.nj.us/jerseyfresh)**

We can promote healthy eating habits within our families using resources available within our own communities!

### ***Fun Project Idea***

***Challenge your club to go Jersey Fresh! Host a pot-luck at an upcoming meeting and require that all dishes include at least one Jersey Fresh ingredient.***