

Home Life / Health

www.jerseyjuniors.com

Kimmie Holt 99 Hamilton Ave Dumont, NJ 07628
201-338-9145 email: homelife@jerseyjuniors.com

Juniors
have
HEART!



Winter 2007

~Dollars & Sense~

Do you know how changes in your life may affect your financial future? Do you know the latest information on re-financing, loans and identity theft? Are you financial prepared for whatever disaster life may throw at you? **It's time to Wi\$e Up!!!** Wi\$e Up is a project designed for Generation X women in their 20s and 30s. The goal is to promote financial security through online education and to encourage responsible saving habits for future retirement. Wi\$e Up was developed by the U.S. Department of Labor Women's Bureau in support of the Department of Labor's *Strengthening the Family Initiative*. The Wi\$e Up curriculum was developed by Texas Cooperative Extension under contract with the Women's Bureau and is offered online, as well as in classroom settings in educational institutions and other organizations in seven Women's Bureau regions. **Wi\$e UP!** www.wiseupwomen.org



Speaking of being wise...As Juniors we are innately designed with a giving spirit, but are we giving **wisely?**

BBB Wise Giving Alliance

The Alliance reports on nationally soliciting charitable organizations that are the subject of donor inquiries. These reports include an evaluation of the subject charity in relation to the voluntary BBB charity standards. The BBB Wise Giving Alliance offers guidance to donors on making informed giving decisions through their charity evaluations, various "tips" publications, and publishes the quarterly *Better Business Bureau Wise Giving Guide*. **"Investigate Before You Donate!"** www.give.org

Looking for a program to bring to your next club meeting or to your community? Consider a program on financial planning to educate members and others about the importance of financial planning.

Be Aware...be protective of your **Social Security Number** (SSN.) Provide it only when you know it is required (employment, tax forms, banking...) If your SSN is requested by a government agency, look for the Privacy Act Notice.

Awards:

Club: \$50 will be awarded annually to one club in the nation to recognize creativity in implementing an effective *Women's Health* program. \$50 will also be awarded annually to one club in the nation to recognize creativity in implementing the *Dollars and Sense* program. Both awards will be based on report narratives.

State: A GFWC certificate will be awarded to one state federation in each membership category to recognize outstanding work in both the *Health* area, with award presentations being made at the end of the two-year administration based on junior and general membership participation. (Awards made possible by Merck & Co., Inc.) A GFWC certificate will be awarded to one state federation in each membership category to recognize outstanding achievement in the GFWC Dollars and Sense program. Award presentations will be made, annually, in honor of junior and general membership participation. And thanks to the generosity of **WISER** (Women's Institute for a Secure Retirement), awards will be given to the top three clubs in the nation for creativity in implementing the Planning Ahead: Building Retirement Income aspect of the Dollars and Sense program. Award amounts include: First Place, \$250 – Second Place, \$150 – Third Place, \$100. The awards will be based on report narratives.

~Women's Health Program~

March:

3/27 American Diabetes Alert Day:

Every 21 seconds another American is diagnosed with diabetes. It affects the lives of 20.8 million children and adults in this country and could rise to 50 million by the year 2025. It's a tragedy that doesn't have to happen. **What is the Alert?** The American Diabetes Alert is an annual, one-day call-to-action held on the fourth Tuesday of March for people to find out if they are at risk for diabetes. The Alert's goal is to raise the awareness that diabetes is serious, you can have diabetes and not even know it, and that taking the **Risk Test** is an easy way to find out if you are at risk for diabetes. Visit www.diabetes.org to learn more and take the risk test.

3/28 Kick Butts Day: Kick Butts Day is the Campaign for Tobacco Free Kids' annual celebration of youth advocacy, leadership and activism. It is an opportunity to raise awareness about the tobacco problem and support strong tobacco prevention policies. Visit the website www.kickbutts.org and request a FREE activity guide. Plan an event using materials found at the website as well. Team up with local scout troops or school in your community.

~Helping Hands~

Done in One

Projects for today's busy club woman

Make personal care boxes for homeless children. Using a shoebox, fill with a toothbrush, comb, toothpaste, soap, washcloth, hair ribbons, shampoo, etc. You may also decide to include activity books, crayons, books, etc.

~Juniorettes~

The **Souper Bowl of Caring** is a youth-led, grassroots movement consisting of thousands of young people fighting poverty and hunger in their communities. For more information on the organization or how to participate visit www.souperbowl.org



Director's Special Project...

The HEART for Women Act of 2006

On February 14, 2006, Senator Debbie Stabenow (D-MI) and Senator Lisa Murkowski (R-AK) introduced the Heart Disease Education, Analysis and Research, and Treatment (HEART) for Women Act. This bill would improve the prevention, diagnosis, and treatment of heart disease and stroke among women.

- **FACT:** Heart disease and stroke actually kill more women each year than men.
- **FACT:** Heart disease, stroke, and other cardiovascular diseases are the #1 killer in the United States and in Michigan.
- **FACT:** Heart disease and stroke kill more women each year than the next 5 causes of death combined. In fact, cardiovascular disease kills nearly 12 times as many women as breast cancer.
- **FACT:** In Michigan, 43% of all deaths in women are due to cardiovascular diseases.
- **FACT:** 1 in 3 adult women has some form of cardiovascular disease.
- **FACT:** Minority women, particularly African American, Hispanic and Native American women are at even greater risk from heart disease and stroke.

Summary of S.2278, the HEART for Women Act: The legislation takes a 3-pronged approach to reducing the heart disease death rate for women:

- **Education:** The bill would authorize the Department of Health and Human Services to educate healthcare professionals and older women about unique aspects of care in the prevention, diagnosis and treatment of women with heart disease and stroke.
- **Analysis and Research:** The bill would require that health information that is already being reported to the federal government be gender-specific and would require annual recommendations to Congress for eliminating disparities in, and improving the treatment of, heart disease in women.
- **Screening:** The bill would authorize the expansion of the Centers for Disease Control and Prevention's WISEWOMAN program. The WISEWOMAN program (Well-Integrated Screening and Evaluation for Women Across the Nation) provides free heart disease and stroke screening to low-income uninsured women, but the program is currently limited to only 14 states.

The NJSFWC-JM strongly urges clubs to support this bill by contacting your senators and representatives



Hey Team!!! How is training going? Are you participating in the Chairman's Challenge to "Tackle Heart Disease Before it Sacks Us?" As your "coach" I am here to motivate and inspire! But I also practice what I preach...to date I've walked over 30 miles on my elliptical, not to mention all the walking I do in my daily life! Visit www.jerseyjuniors.com for all the details on this project or call/email me!

FYI... Women's Heart Health is not just a "once-a-year" event. Heart health and wellness is something that should be promoted throughout the year...

In March...

National Nutrition Month

Purpose: to educate consumers about the importance of good nutrition by providing the latest practical information on how simple it can be to eat healthfully: "Eat Right America" Campaign. For information: The American Dietetic Association, 216 West Jackson Blvd, Chicago, IL 60606-6995. Ph 312-899-0040 extension 4759 Fax (312) 899-1739

Visit: www.womensheartfoundation.org for their full Wellness Calendar

The American Heart Association has a new program!!! **Start!** is an American Heart Association movement calling on all Americans and their employers to live longer, more heart-healthy lives through walking and other healthy habits. **Why walking?** Because walking is the easiest, most convenient form of activity — and it's free. You don't need special skills, the training of a marathon runner, or a membership at an expensive gym to benefit from walking. Don't hit the snooze button on your health... **Join Start! today** and for a limited time you can sign up to receive wake-up calls from celebrities including Jane Seymour, Vanna White and Hector Elizondo. www.americanheart.org



No time to exercise??? That's OK...don't think *exercise* think ACTION. Standing is better than sitting, walking is better than standing. Increase your physical activity to at least 30 minutes a day on most days of the week, even if you do it 10 minutes at a time... **Walking at least half an hour, six days a week, can cut mortality rates from heart disease in half!**

Save the Date!

NJSFWC-JM Convention
May 18-20, 2007
Parsippany Hilton

I'm looking forward to seeing you all there!!!

