



HEALTH



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HEALTH

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HEALTH DEPARTMENT

Overall Goal: To educate people, young and old and in every walk of life, concerning Physical and Mental Wellness and the Prevention of and/or Recovery from Substance Abuse.

1. PHYSICAL HEALTH DIVISION

GOAL: To raise awareness and educate member, their families and the community regarding health problems of daily life; to promote good health and public education of health issues; and encourage members and the community to serve as volunteers for local health organizations and agencies.

PROJECT IDEAS:

1. Distribute Organ and Tissue Donor information to families and community members and/or hold a drive to sign up new donors.
2. Sponsor a health fair for adults, women, men or children. Sponsor a Vision Screening.
3. Sponsor or assist with cancer detection and prevention awareness campaigns.
4. Organize weight control or exercise groups for members and distribute health conscious recipes.
5. Help or organize fund-raisers for health organizations, Breast Cancer Bracelet Sales, Cystic Fibrosis Walk-A-Thon, Relay for Life, Alex's Lemonade Stand, MS Walk-A-Thon, and American Heart Association - Daffodil Days.
6. Initiate a dental health campaign; TMJ, periodontal disease, or related oral hygiene information or assist in the oral hygiene programs at school.
7. Promote importance of eye health with information on vision exams, glaucoma, lazy eye and other disorders.
8. Sponsor a blood drive by contacting the American Red Cross.
9. Sponsor a First Aid or CPR certification class.
10. Make contact with Health related organizations such as the Connecticut Children's Medical Center and their Craniofacial Team, Lupus, SIDS, Bridgeport Burn Hospital, American Diabetes Foundation, Ronald McDonald House etc. to offer goods and/or services.
11. Support the handicapped citizens in the community
12. Stress personal health through annual check-ups, PAP smears, breast self-examinations, etc.
13. Inform your community about AIDS and make available the information on this deadly disease
14. Educate the community regarding free health programs in your area by publishing a brochure or listing.
15. Distribute magnets to the community with emergency phone numbers to be posted on refrigerators.
16. . Contact your local Visiting Nurse Association and inquire if there is a way to support them in your area.
17. Hold a Nurse Appreciation Day.
18. Hold a workshop to make Shining Stars Scarves or Healing Shawls.
19. Collect used Christmas cards for St. Jude's or Yoplait Yogurt Lids for Breast Cancer or Can tabs for Shriner's Hospital.

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2. MENTAL HEALTH DIVISION

GOAL: To increase the awareness and understanding of mental illness and its many forms such as behavioral problems, depression, etc.; to make the community aware of the agencies and programs available to them; to work with mental health agencies and to understand the causes of adolescent suicide and what can be done to help prevent it.

PROJECT IDEAS:

1. Sponsor programs regarding mental wellness such as relaxation techniques, stress management techniques, etc.
2. Educate community members regarding mental health issues through the use of speakers, printed materials and informal discussion groups.
3. Work with your local Association for Retarded Citizens
4. Sponsor awareness programs on the subject of teen suicide.
5. Work with school psychologists to develop a peer helper program such as teen phone hotline, Students Against Youth Suicide [SAYS], etc.
6. Hold an event for community members that would provide a 'mental health break' such as a stress free pajama party for moms and/or dads, or a parent-free fun time for kids.
7. Volunteer for Special Olympics on a local level or a state level
8. Increase public awareness of laws and advocacy agencies for retarded citizens.
9. Support the Paulie Magera Fund by making a monetary donation and/or sponsoring a candidate for the Paulie Magera Fund.
10. Assist with "Peer Mediation Groups" in an area school.

3. SUBSTANCE ABUSE DIVISION

GOAL: To educate the members and community about what substance abuse REALLY is by pointing out early warning signs and defining what and who may be a substance abuser; to continue to prevent substance abuse in youth; to provide information to members and the community concerning what they can do if they know a substance abuser.

PROJECT IDEAS:

1. Sponsor programs for adults and youth concerning what substance abuse is as well as its effect and warning signs.
2. Create and distribute a booklet or brochure of supportive services in your community.
3. Contact your local Police or Health Department concerning possible services your club can provide [i.e. Support for Dare Program]
4. Contact AA and support their programs. Provide refreshments for meetings. Educate the community on additional organizations working to solve alcohol abuse problems [i.e. MADD, RID, ALANON, ALATEEN, etc.]
5. Work with or start a Safe Ride program in your community
6. Increase awareness of the harmful effects of smoking and chewing tobacco.
7. Sponsor an awareness program on the street drugs available and the dangers they present to our youth and family.

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8. Distribute educational materials to high schools and colleges concerning the use of steroid drugs and the long term effects and legal ramifications.
9. Women to Women Outreach Substance Abuse and Pregnancy. Sponsor a workshop or seminar for community women and high school girls to educate them on the realities of newborns with dependencies [i.e. Fetal alcohol syndrome, drug addiction, low birth weight and heart abnormalities due to smoking on the part of the mother.]
10. Sponsor or assist with a SAFE Graduation.
11. Sponsor or assist with an After-Prom or After-Graduation "Substance Free" Party.

4. IN CLUB DIVISION

GOAL: To increase awareness and understanding among club members of physical and mental health problems and to educate them about substance abuse and to promote good health.

PROJECT IDEAS:

1. Hold blood pressure clinics at general meetings.
2. Serve healthy treats at all club functions.
3. Publish healthy recipes in club newsletter.
4. Make your events alcohol-free.
5. Hold a Mental Health Day for your members.
6. Publish Flu shot and self check reminders in club newsletter.
7. Hold a Poison control contest and clean out medicine cabinets.
8. Offer First Aid and CPR courses for your members.
9. Swap exercise tapes.
10. Put together First Aid kits and hold an in club fundraiser.
11. Have your members participate in the CJW Walk challenge.
12. .Education your members by having health related speakers at club meetings.

National Health Observances

Healthy Hearts, Healthy Minds

January – National Blood Donor Month & National Birth Defects Prevention Month

American Association of Blood Banks (AABB)

www.aabb.org

March of Dimes Birth Defects Foundation

www.marchofdimes.com

February – Heart Month & National Children’s Dental Health Month

American Heart Association

www.americanheart.org

American Dental Association

www.ada.org

March – National Nutrition Month & National Kidney Month

American Dietetic Association

www.eatright.org

National Kidney Foundation

www.kidney.org

April – National Sexual Assault Awareness Month & National Child Abuse Prevention Month

National Sexual Violence Resource Center

www.nsvrc.org

Administration for Children and Families

www.nccanch.acf.hhs.gov/topics/prevention/index.cfm

May – Mental Health Month & National Physical Fitness and Sports Month

National Mental Health Association

www.nmha.org

President’s Council on Physical Fitness and Sports

www.fitness.gov

June – National Cancer Survivor’s Month & Home Safety Month

National Cancer Survivor’s Day Foundation

www.ncsdf.org

Home Safety Council

www.info@homesafetycouncil.org

July – UV Safety Month & Fireworks Safety Month

American Academy of Ophthalmology

www.aao.org

Prevent Blindness America

www.preventblindness.org

National Health Observances

August – National Immunization Awareness Month & National Health Center Month

National Partnership for Immunizations

www.partnersforimmunization.org

National Association of Community Health Centers

www.healthcenterweek.org

September – Childhood Cancer Month & Healthy Aging Month

Candlelighters Childhood Cancer Foundation

www.candlelighters.org

Educational Television Network, Inc.

www.healthyaging.net

October – Breast Cancer Awareness & Down Syndrome Awareness Month

National Breast Cancer Awareness Board of Sponsors

www.nbcam.org

National Down Syndrome Society

www.ndss.org

November – National Hospice Month & American Diabetes Month

National Hospice and Palliative Care Organization

www.nhpco.org

American Diabetes Association

www.diabetes.org

December – Safe Toys and Gifts Month & World AIDS Day

Prevent Blindness America

www.preventblindness.org

Joint United National Program on HIV/AIDS

www.unaids.org

HEALTH DEPARTMENT RESOURCES

American Heart Association

Connecticut Affiliate, Inc.
5 Brookside Drive
Wallingford, CT 06492
203/294-0088
www.americanheart.org

American Red Cross

Connecticut Chapter
209 Farmington Avenue
Farmington, CT 06032-1911
860/678-2700
www.ctredcross.org

American Cancer Society

Meriden Executive Park
538 Preston Ave
Meriden, CT 06450
203/379-4700
www.cancer.org

American Kidney Fund

6110 Executive Boulevard, Suite 1010
Rockville, MD 20852
800/638-8299
www.kidneyfund.org

National Breast Cancer Coalition

1101 17th St., NW
Suite 1300
Washington, DC 20036
202/296-7477/ 800/622-2838
www.natlbcc.org

Office of Protection and Advocacy for

Persons with Disabilities

800/842-7303/ 860-297-4300
www.state.ct.us/opapd

State Commission on the Deaf

& Hearing Impaired
1245 Farmington Avenue
West Hartford, CT 06107-2668
800/708-6796
www.state.ct.us/cdhi

Wheeler Clinic

91 Northwest Drive
Plainville, CT 06062
888/793-3500
www.wheelerclinic.org

National Center on Addiction and Substance Abuse at Columbia University

633 Third Avenue, 19th Floor
New York, NY 10017-6706
212/841-5200
www.casacolumbis.org

American Diabetes Association

CT Affiliate
306 Industrial Park Rd, Suite 105
Meriden, CT 06450
203/639-0385
1-888-DIABETES
www.diabetes.org

American Lung Association

45 Ash Street
East Harford, CT 06108-3272
1-800-Lungusa
860/289-5401
www.lungusa.org

AIDS Healthcare Foundation

6255 West Sunset Boulevard
21st Floor
Los Angeles, CA 90028
323/860-5200
www.aidshealth.org

Dept of Mental Health & Addiction Services

410 Capital Ave
Hartford, CT 06134
860/418-7000
www.dmhas.state.ct.us/sig

Mental Health Assoc of CT Inc.

20-30 Beaver Road
Wethersfield, CT 06109
800/842-1501
www.mhact.org

Centers for Disease Control & Prevention

1600 Clifton Road
Atlanta, GA 30333
404/639-3311
800/458-5231
www.cdc.gov

CT Parent Advocacy Center

338 Main Street
Niantic, CT 06357
860/739-3089 800/445-2722
www.cpacinc.org

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HEALTH DEPARTMENT RESOURCES

MADD

565 Washington Ave
North Haven, CT 06473
203/234-6521
www.MADD.org/ct/

CT-Helps Info Line

Directory of Community Services
866/CT-Helps or Dial 2-1-1
www.infoline.org

Informational Websites:

Alcoholics Anonymous
www.aa.org

DARE
www.Dare.com

Prevention
www.healthlinkusa.com

Hotlines:

www.thebody.com/index

National Aids 800/232-4636
National Immunization 800/232-2522
National STD 800/277-8922
Safe USA Federal Safety 888/252-7751

Americans with Disabilities Act Info
& Assistance Hotline 800/514-0301

The internet has become a great learning tool in our time. By entering a topic under search, you should be able to find at least a few websites with information.



CONNECTICUT JUNIOR WOMEN, INC.

PAULIE MAGERA AWARD

PAULIE MAGERA AWARD PURPOSE

The Paulie Magera Award was established in 2003 in memory of CJW Director Evelyn Magera's son who passed away that year. The purpose of the fund is to provide financial assistance to adults/children who are intellectually disabled. The funds are awarded based on need and impact on quality of life. A portion of the fund balance will be awarded annually.

PAULIE MAGERA APPLICATION RULES

1. Applicant must be a child or adult who is intellectually disabled or a non-profit organization that helps children and/or adults who are intellectually disabled.
2. Previous Paulie Magera Award recipients may apply.
3. Each CJW club may only sponsor one (1) applicant each year.
4. Requests must be specific in nature and cannot exceed \$500.
5. Applications, including all necessary attachments must be submitted to the CJW Health Chair by CJW March Board meeting.
6. The funds must be distributed within 12 months of the award date.
7. Award winners will be announced at Spring Conference.
8. Applicant must submit request for payment of CJW Award form **Health Section 11-F**

PAULIE MAGERA AWARD APPLICATION

Name of applicant/Organization Name

Address

Telephone Number

Email address

Contact Person

1. Description of Organization (if applicable)
 - a. Please attach 501(c)3 documentation
2. Amount of Request
3. Purpose of Funding (attach any information that will help evaluate your request – literature, picture, budget etc.)
4. Is additional funding necessary? If so please explain amount and source of the funding.
5. How will this request benefit the applicant?



REQUEST FOR PAYMENT OF CJW SCHOLARSHIPS / CAMPERSHIPS & AWARDS

Date: _____

Award: _____

Amount: _____

Winners Name: _____

Address: _____

Telephone # _____

Email Address of winner: _____

1. **Either attach receipt (s) for re-imbusement
OR**
2. **Submit the following information and a check will be sent directly to your school to be applied in your account for books, etc.**

Name of School: _____

Bursar's Office Address: _____

Very important: Student # _____

Please send this completed form to:
Ann Whitman
CJW Treasurer

Thanking you in advance for your time and co-operation.

CJW HEALTH JOB DESCRIPTION

GOAL: To provide clubs with project ideas to educate the public & club members concerning health issues.

Job Responsibilities:

1. Paulie Magera Fund- refers to **Health Section 11 – E & F.**
 - a. To remind clubs during the year of the importance of monetarily supporting this fund.
 - b. To encourage clubs to submit applications from local citizens or organizations for this fund.
 - c. To accept applications, review those applicants and allocate funds at Spring Conference.
2. Submit monthly newsletter articles for the CJW Junior Bulletin.
- 3 Prepare a handout for Fall & Spring Conference, CJW September Board meeting & CJW March Board meeting.
4. Organize a workshop for the September Board meeting. This workshop can contain project ideas, discussion of club projects, hands-on training or review of past successes. This workshop should include a handout of workshop contents.
5. Assist clubs by answering their inquiries regarding this department, if you are unable to answer a question contact the CJW Director for help.
6. Attend events hosted by clubs that pertain to this department if available.
7. Judge club reports submitted in March. Submit a list of department awards, including the "Mental Health Award", to the CJW Report Writing Judging Committee.
8. Refer to **General Information Section 10 - H & I** for other responsibilities of CJW Board of Director members.