

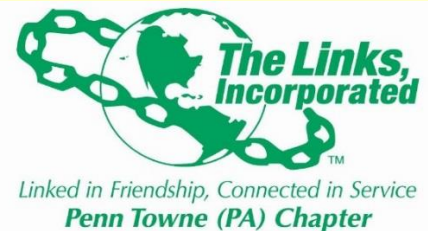
Voices of Penn Towne

Advancing Healthy Families & Promoting Health Communities

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Newsletter February 2018
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Healthy Families/Healthy Communities Umbrella Program
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Campaign for Engagement

Penn Towne Links is one of the most dynamic chapters in The Links Organization. We dedicate our services to helping families and children to become active advocates for their needs and civic rights. Leadership by Chapter members promotes awareness that impacts engagement by the Chapter and organizations we partner with throughout the region. In this issue, we celebrate the launch of our Umbrella Program, providing service to our community in partnership with Methodist Services.



“With close to 70 members, we dedicate our services to helping families and children live healthy lives and become active advocates...”



Methodist Home Services Participant Survey

By Link Yvette Bradford

The Health and Human Services Facet conducted a preliminary survey to determine a baseline for measuring participants' progress and the program's impact. Twenty-nine residents responded to the survey. The questionnaire will be given again at the end of the program year. Each Facet created 1 or 2 questions related to their potential services with Methodist Services (MS). The responses will help Penn Towne to identify and prioritize program responses. The questions focused on Penn Towne's strategic initiatives and Links National priorities. The survey results will help us to align our resources and services to address the needs of MS participants, who are mostly women and young children. Our activities and services will be customized to help them reach their life goals while reducing negative areas that put the residents at risk for poor health and well-being outcomes. Each facet is creating unique activities and experiences that will enrich the MS participants and like our National Links song says "do some good each year for those who need our aid."

What's Happening in February?

For **February** 2018, we are organizing a "Heart Health" collaborative event with the **American Heart Association (AHA)***. Penn Towne Links have connected with Chef Delilah, an AHA partner in community education on the "Simple Cooking with Heart" program. Chef Delilah will give a demonstration on healthy cooking / eating. The participants can experience the Arts through dance with a 45-minute Zumba class. The instructor is a heart disease survivor and will share her story with attendees.



www.goredforwomen.org



Link Vanessa Thomas Smith,
Instructor and
A Member of
The
Montgomery
Chapter of the
Links, Inc.

"The survey results will help us to align our resources and services to address the needs of Methodist Home Services participants, who are mostly women and young children."

**Don't Forget:
Wear Red on
February 2nd**

Events so Far!

Financial Literacy Program -- helped residents navigate and manage resources. (October 2017, NT/HHS)

Recipe book with healthy breakfast, lunch, and dinner recipes -- a family of four could meet the Supplemental Nutrition Assistance Program (SNAP) requirements of \$116 per week (October 2017, NT/HHS)

Trim-the-Tree event with Methodist Service parents and children (December 2017, Arts/STY)

Conflict Resolution/Bullying workshop with Youth Action Organization -- helped parents learn strategies to employ to help their children and themselves avoid and defend against bullies. (January 2018, STY/HHS)

***To learn about Heart Health and African-American women, go this this link:**

https://www.nhlbi.nih.gov/health/educational/hearttruth/downloads/pdf/THT_AfricanAmerican_FS_2016_Update_Z_Fold_V5_508v2.pdf