

ANGEL Network

African American Women Nurturing and Giving Each Other Life

A Chapter of Greater Stark County

January 2013

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Help is Needed!

If you have any suggestions for articles for the quarterly *ANGEL Network* newsletter, contact Linda Stevens-Butts at 330-452-6906 or email stevensL7@aol.com. Articles for the next newsletter are due by April 1, 2013.

E-Newsletter Available

Want to receive the ANGEL newsletter electronically? Submit your email address to becky.bondoni@cantonmercy.org. Help us conserve our natural resources and reduce printing and mailing costs.

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February is National Cancer Prevention Month

One out of three Americans will develop cancer during their lifetime. Approximately more than 500,000 people died from cancer in the United States in 2011. There is a belief that one third of these cancer deaths could be prevented by the proper lifestyle changes and by following cancer screening recommendations.



The Centers for Disease Control and Prevention recommends the following screenings:

- Research shows that screening for cervical and colorectal cancers helps prevent these diseases by finding precancerous lesions so they can be treated before they become cancerous.
- Screening for cervical, colorectal and breast cancers also helps find these diseases at an early, often highly treatable stage.

A person's cancer risk can be reduced in other ways by:

- Receiving regular medical care
- Avoiding tobacco
- Limiting alcohol use
- Avoiding excessive exposure to ultraviolet rays from the sun and tanning beds
- Eating a diet rich in fruits and vegetables and limit red meat and avoid processed meat
- Maintaining a healthy weight
- Being physically active

Resource: <http://preventcancer.aicr.org> and <http://www.va.gov/health>.

Diane's Corner

Happy New Year! Can you believe we are going into our eighth year together! I hope everyone had a blessed Christmas and was able to spend some time with family and friends. Our next meeting is February 18, and I would like everyone to be thinking of what we can do to improve our program. We have three programs coming up in April that I will need help with, and I will have the dates at our meeting.

Please continue to pray that our next Komen grant is accepted. I will not know until some time in March. I thank you for all the good work you do in educating women about the importance of good breast health practices. You are making in a difference!



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February is Heart Health Awareness Month

Heat disease is the number one cause of death in the United States. It is the result of narrowing of the coronary arteries, which supply a constant supply of oxygen and nutrients to the heart. Narrowing of the arteries, caused by accumulation of cholesterol and fat deposits, is a process called atherosclerosis. If enough oxygen does reach the heart, you may experience chest pain (angina). When the blood supply to a portion of the heart is completely cut off, the result is a myocardial infarction, or heart attack. As with any other part of your body, the result is tissue death when there is no supply of blood and oxygen.

Tips To Reduce Your Risk of Heart Disease

- Have your cholesterol checked every one to three years beginning at age 19, and yearly at age 65.
- Eat a diet low in fat and cholesterol. Include plenty of fresh fruits and vegetables, whole grains, fish and poultry without the skin. Try to limit red meat to once a week. Replace whole milk with one percent or skim milk.
- Get plenty of exercise such as brisk walking for 30 minutes most days of the week.
- Maintain a healthy weight. Even losing just 10 pounds can reduce your risk of heart disease. Your doctor can advise you on a diet to maintain or achieve a healthy weight.
- Control your blood pressure. High blood pressure can strain your heart and speed up the process of heart disease. If you blood pressure is high, limit your salt intake, and limit alcohol to two drinks or less a day for men and one drink or less a day for women. If your doctor prescribes medication to lower your blood pressure, make sure you take it exactly as prescribed.
- Don't smoke. Smoking reduces the amount of oxygen in your blood and damages the artery walls. Stopping smoking is the single most important thing you can do to reduce your risk of heart disease.

For more information, go to www.americanheart.org.



“Barbers and Beauticians Styling in the Pink”

The weekend of October 18, 19 & 20 a few barbers and beauticians in Stark County participated in an event called “Barbers and Beauticians Styling in the Pink.” They were able to assist the ANGELS with their mission in educating our African American women AND men, especially during Breast Cancer Awareness Month. Participants were able to give their customers information regarding early detection programs, access to screening, (especially for the uninsured and underinsured) and the importance of taking an active part in their own health care.

Thanks to Esquire Barber Shop, Hair Gallery, J Stylz Salon, Sanquanon Salon, Joezette Melton Salon, and Sharita Boler of Premier Studio Salon for their support and participation in this event. A very special thank you to Dee Mack, President of Ebone Image Makers, for organizing the event.



MY NEW YEAR'S PRAYER FOR YOU



May God make 2013 happy for you!
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
Not by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright, even in the shadows;
Not by making your life always pleasant,
But by showing you when people and their causes need you most,
And by making you anxious to be there to help.
God's love, peace, hope and joy to you for the year ahead.
In Jesus' Name, Amen.

Our Angels Spreading Their Wings in 2012

Faith in Pink



New ANGELS



Health Fairs



Mercy Primary Care at St. Paul Square Open House



Akron's Race For the Cure



ANGELS Sharing Their Journey



Mercy Hospice Style Show



Did You Know?

National Institute on Aging

Hypothermia: A Cold Weather Hazard

Almost everyone knows about winter dangers for older people such as broken bones from falls on ice or breathing problems caused by cold air. But, not everyone knows that cold weather can also lower the temperature inside your body. This drop in body temperature is called hypothermia, and it can be deadly if not treated quickly. Hypothermia can happen anywhere – not just outside and not just in northern states. In fact, some older people can have a mild form of hypothermia if the temperature in their home is too cool.

What Are The Signs of Hypothermia?

When you think about being cold, you probably think of shivering. That is one way the body stays warm when it gets cold. But shivering alone does not mean you have hypothermia. How do you know if someone has hypothermia? Look for the “umbles” – stumbles, mumbles, fumbles and grumbles – that show the cold is a problem.

Check for:

- Confusion or sleepiness
- Slowed, slurred speech or shallow breathing
- Weak pulse
- Change in behavior or in the way a person looks
- A lot of shivering or no shivering; stiffness in the arms or legs
- Poor control over body movements or slow reactions



Taking Action

A normal body temperature is 98.6°F. A few degrees lower, for example 95°F, can be dangerous. It may cause an irregular heartbeat leading to heart problems and death.

If you think someone could have hypothermia, use a thermometer to take his or her temperature. Make sure you shake the thermometer so it starts below its lowest point. When you take the temperature, if reading doesn't rise above 96°F, call for emergency help. In many areas, that means calling 911.

While you are waiting for help to arrive, keep the person warm and dry. Try and move him or her to a warmer place. Wrap the person in blankets, towels, coats – whatever is handy. Even your own body warmth will help. Lie close, but be gentle. Give the person something warm to drink but stay away from alcohol or caffeinated drinks, like regular coffee.

The Emergency Room

The only way to tell if someone has hypothermia is to use a special thermometer that can read very low body temperatures. Most hospitals have these thermometers. In the emergency room, doctors will warm the person's body from inside out. For example, they may give the person warm fluids directly by using an IV. Recovery depends on how long the person was exposed to the cold and his or her general health.

How Do I Stay Safe?

- Try to stay away from cold places. Changes in your body that come with aging can make it harder for you to be aware of getting cold.
- You may not always be able to warm yourself. Pay attention to how cold it is where you are.
- Check the weather forecasts for windy and cold weather. Try to stay inside or in a warm place on cold and windy days. If you have to go out, wear warm clothes including a hat and gloves. A waterproof coat or jacket can help you stay warm if it's cold and snowy.
- Wear several layers of loose clothing when it's cold. The

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Hypothermia: A Cold Weather Hazard

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layers will trap warm air between them. Don't wear tight clothing because it can keep your blood from flowing freely. This can lead to loss of body heat.

- Ask your doctor how the medicines you are taking affect body heat. Some medicines used by older people can increase the risk of accidental hypothermia. These include drugs used to treat anxiety, depression or nausea. Some over-the-counter cold remedies can also cause problems.
- When the temperature has dropped, drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Health Problems

Some illnesses may make it harder for your body to stay warm. These include problems with your body's hormone system such as low thyroid hormone (hypothyroidism), health problems that keep blood from flowing normally (like diabetes), and some skin problems where your body loses more heat than normal.

Some health problems may make it hard for you to put on more clothes, use a blanket, or get out of the cold. For example:

- Severe arthritis, Parkinson's disease, or other illnesses that make it tough to move around
- Stroke or other illnesses that can leave you paralyzed and may make clear thinking more difficult
- Memory loss
- A fall or other injury

Staying Warm Inside

Being in a cold building can also cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. People who are already sick may have special problems keeping warm. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. For some people, this temperature can contribute to hypothermia. This is a special problem if you live alone because there is no one else to feel the chilliness of the house



or notice if you are having symptoms of hypothermia; Set your thermostat for at least 68°F to 70°F. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters, but here are a few things to keep in mind:

- Make sure your space heater has been approved by a recognized testing laboratory.
- Choose the right size heater for the space you are heating.
- Put the heater on a flat, level surface that will not burn.
- Keep children and pets away from the heating element.
- Keep things that can catch fire like paint, clothing, bedding, curtains and papers away from the heating element.
- If your heater has a flame, keep a window open at least one-inch and doors open to the rest of your home for good air flow.
- Turn the heater off when you leave the room or go to bed.
- Make sure your smoke alarms are working.
- Put a carbon monoxide detector near when people asleep.
- Keep an approved fire extinguisher nearby.

Plan ahead for the cold weather. Make sure your furnace is working and you have a warm coat, hat and gloves in the closet. If necessary, get help with shoveling the ice or snow. Being prepared will help ensure a safe and warm winter!

Resource: National Institute of Aging Information Center (www.nia.nih.gov)

Upcoming Events & Dates to Remember

Please mark your calendars!

2013 ANGEL Network Meeting dates:

Mercy Hall Auditorium

February 18, 2013 • 5:30 p.m.

May 20, 2013 • 5:30 p.m.

August 19, 2013 • 5:30 p.m.

November 18, 2013 • 5:30 p.m.

National Wear Red Day

February 1, 2013

On this day, hundreds of thousands of women and men remember the women who lost their lives to heart disease and pledge to fight this No.1 killer of women.

“Beyond Surviving is Thriving”

A breast cancer survivors’ event

Monday, March 18, 2013

Glenmoor Country Club & Spa

For further information contact Diane Wofsey at 330-580-4727

Diabetes Health Fair

Thursday, March 21, 2013

Mercy Hall

3:00 p.m. - 6:00 p.m.

Community Health Fair

Thursday, April 18 • 10:00 a.m. - 2:00 p.m., Main Library

All ages: Health screenings and health professionals. Sponsored by Mercy Medical Center and the Stark County District Library.

Relay for Life, Canton

May 17 & 18, GlenOak High School

Race for the Cure, Akron/Canton

July 28, 2013

Firestone Stadium and Firestone Country Club and Golf Course

Susan G. Komen – 3 day Walk, Cleveland

August 2-4, 2013

Faith in Pink

Saturday, October 5, 2013

Watch for Further Details

THE ANGEL NETWORK

The ANGEL Network mission is to reduce the number of deaths within the African American female population by offering early detection programs, access to screening, and empowering African American women on breast health practices so that they will take an active part in their own health care.

All women are at risk for breast cancer.

But statistics show that although there is a lower incidence of breast cancer in African American women, there is a much higher mortality rate as compared to women of other races.

What is an ANGEL?

- One Voice At A Time – Women raising awareness in our community about the ANGEL Network and Susan G. Komen Breast Cancer Foundation and Northeast Ohio Race for the Cure.
- Certified breast health advocates provide education and guidelines on good breast health to women of all ages, but especially those 40 and older. ANGELS are breast health advocates teaching instructional breast exams to fellow women.
- ANGELS help women navigate the health care system so they have easy access to mammograms, breast exams and pelvic exams.
- ANGELS identify fellow women who need breast exams, mammograms, transportation and sometimes just a comforting and understanding ear.
- ANGELS help with the ANGEL education booth at health fairs and community events.