

Tacoma (WA) Chapter of the Links, Incorporated
HHS Facet Report November 2016

The HHS Facet met on November 15, 2016.

Follow up for National Mental Health Day – Chapter members observed National Mental Health day by engaging in a stress reducing activity and utilizing the Wellness journal. We will have a discussion of the various stress reduction activities during the November Health Moment at the chapter meeting.

Breast Cancer Awareness Month- October, 2016. Breast cancer awareness information distributed to chapter members via email. Both generic and African-American specific information distributed. Word Search puzzle used to help with information retention. Prizes awarded for first three members to indicate completion and provide information on if they have had their annual breast exam or mammogram. First three to return responses were Links Stephanie McGriff, Alicia Stephens, and Kirsten Watts. Also want to thank Chris Turner, Dorothy Williams and Mary Green for their quick responses.

January's Stress Reduction Retreat – Planning for the January retreat is well underway. We are looking at venues and lining up activities and presenters. This will be a relaxing and soul nourishing day for all of us.

Oral Health presentation - On Wednesday, December 7th, we will give an oral health presentation at the Al Davies Boys and Girls Club. The focus will be on overall oral health and how oral health can impact mental health in children.

Our next meeting date is December 13, 2016 at 7 pm.

Month	Event	Coordinator(s)
October Completed	National Mental Health Day Observance Stress Reduction Activity and Wellness Journal	Alicia
October Completed	Breast Cancer Awareness Month Education	Victoria

Respectfully submitted by Alicia Stephens and Victoria Fletcher, HHS co-chairs