

## HHS FACET REPORT

### MAY 2021

WE ARE COMPLETING OUR PLANNED ACTIVITIES FOR THIS PROGRAMMING YEAR. AT OUR MAY MEETING, WE WILL START PLANNING OUR PROGRAMMING FOR THE UPCOMING YEAR.

- **MONTHLY HEALTH MOMENTS.** We have one remaining health moments. Link Stephanie Williams presented at the April meeting and finished up our AARP caregiving series. Link Angela will wrap up the health moments in May with a presentation on mental health since May is Mental Health Awareness Month.
- **LINKS 75 MILLION STEP CHALLENGE.** The step challenge ended April 30<sup>th</sup>. We reported 1,800,536 steps for the March and April period. Several Sisters walked together and reported steps. Thirteen members reported steps to our facet.
- **HEALTH INFORMATION FOR MONTHLY NEWSLETTER.** Our facet submitted another mental health article for the May Newsletter. We will continue our submissions to the newsletter regarding mental health issues this next programming year.

RESPECTFULLY SUBMITTED,

ALICIA STEPHENS, HHS CO CHAIR

VICTORIA FLETCHER, HHS CHAIR

MEMBERS: MARY G, MELVA, CHRIS, STEPHANIE W, DENISE, ANGELA

PROGRAM CHAIR: LISA SHYNE