



NEWSLETTER

OCTOBER 2021



Integrative Health Empowerment Awareness and Literacy (I-HEAL) Initiative

Our President, Dr. Clyde Glenn, discussed the I-HEAL initiative and addressed the social determinants of health with the Pfizer Foundation's Executive Director. The I-HEAL initiative aims to improve health literacy, empower teachers, parents and students through goal setting and encourage the development of healthy, sustainable behaviors.

Here is a link to the Q&A.

https://www.pfizer.com/news/hot-topics/how_we_re_partnering_to_improve_health_outcomes_for_black_youth?linkId=132819294



The I-HEAL Parent Network meets monthly to provide encouragement and support, as well as tools and tips for effective parenting. Recent meetings included:

- Markisha Fipps, an A. W. James parent, provided insightful information on social media awareness. She reminded parents that as the first teacher, it is their role to ensure safety for their children while using Internet and social media. Parents were also reminded of the potential impact of their social media activity and the need for appropriate use in the workplace.
- Victoria Gholar, MSN, RN-BC, with the University of Mississippi Medical Center, discussed community health needs. She sought input from parents on questions related to health issues in their communities, available resources that keep them healthy, recommendations regarding additional needed resources, and suggestions for addressing issues related to health. Suggestions from participants included the need for additional health education, having such education offered in venues trusted by the community, and the engagement of community health workers to assist residents in navigating sources for their health care. Ms. Gholar stressed that their feedback was valuable, sincerely appreciated, and will be used as future programs are being developed.
- Dr. Reginald Rodges of Chiro Elite Health & Wellness Center in Cleveland stressed the importance of exercise as a way to build resilience. He cited that the purpose of exercise is to burn fat, and that it improves heart and lung health, as well as decreases one's chances of developing diabetes or hypertension. He recommended waiting 45 – 60 minutes after eating to exercise.

Like the I-HEAL Parent Network on Facebook at <https://www.facebook.com/IHEALCommunityNetowrk/>.

FOLLOW US ON SOCIAL MEDIA



LINK TO GIVE:

<https://glennfamilyfoundationms.org/donate/>



Mental Health Tips for Better Living

October is Mental Health Awareness Month. Mental fitness is as important as physical fitness and shouldn't be neglected. Consider these tips.

1. Treat yourself with kindness and respect.
2. Take care of your body.
3. Surround yourself with good people.
4. Learn how to deal with stress.
5. Set one small goal every day.
6. Get help from a licensed mental health professional when you need it.
7. Take time to disconnect from electronics and social media.
8. Engage in activities that provide meaning.
9. Challenge negative thoughts.
10. Plan and eat healthy meals.

Giving Tuesday

is a movement to create an international day of charitable giving at the beginning of the Christmas and holiday season. It was founded in 2012 by New York's 92nd Street Y in partnership with the United Nations Foundation. It occurs on the Tuesday after Thanksgiving and is a day set to benefit the community. Please consider including the Glenn Foundation in your generosity this year.



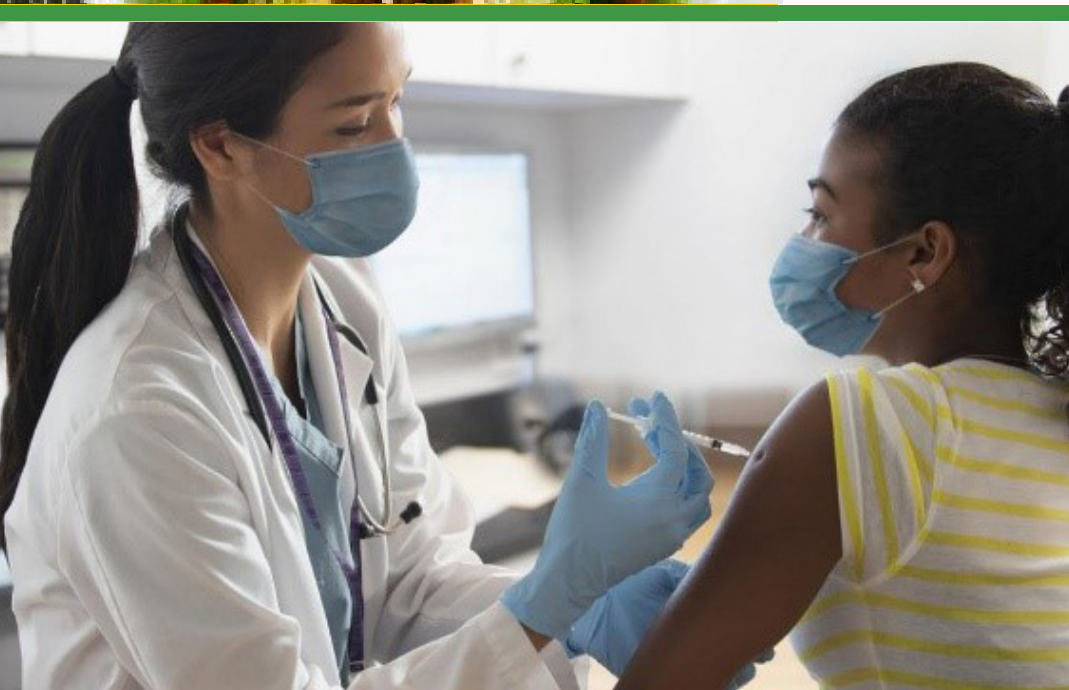
Healthy Eating for Better Living

Healthy eating is one way to strive for better living. And who doesn't want a healthy, one dish meal at the end of a busy day? Taco salad is a perfect option.

1 lb. lean ground meat (turkey or beef)
 1 pkg. (1 oz) taco seasoning mix
 2 tomatoes, chopped
 2 cups tortilla chips, coarsely crushed
 4 tablespoons taco sauce

1 onion, chopped
 ¼ cup water
 Romaine lettuce
 1 cup shredded cheddar cheese
 Sour cream (optional)

Brown meat with onions in large nonstick skillet on medium high heat and drain. Add water and seasoning and mix well. Divide lettuce among four plates. Top evenly with meat mixture, tomatoes, cheese and crushed chips. Drizzle with taco sauce and sour cream as desired.



Fight Flu

According to the Centers for Disease Control (CDC),

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example, flu vaccination has been associated with lower rates of some cardiac events among people with heart disease.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.
- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.

Upcoming Events

GLENN FAMILY FOUNDATION PRESENTS
Annual HEALTH, WELLNESS, & SAFETY TAILGATE MOBILE DRIVE

Friday, October 22, 2021
 9:00 a.m. – 1:00 p.m.

FREE to the public

- Food Boxes, Fresh Fruits, & Vegetables
- Flu Shots
- COVID-19 Test
- COVID-19 Vaccines
- Face Mask
- Blood and Diabetes Checks
- Rental Assistance Information
- Much, Much, More!

Cleveland Central Middle School
 601 Lucy Seaberry Blvd. - Cleveland, MS 38732
 (Front Lawn)

GET COVID-19 TEST & YOUR NAME IS ENTERED TO WIN A TV!

PARTNERS
 Esie B. & William Earl Glenn Foundations for Better Living
 City of Cleveland
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 Rehabilitation Services
 The County Pulmonary and Sleep Clinic
 UMMC School of Medicine & School of Nursing
 Walden of Cleveland
 LeTour's Bluff MS Chapter of The Links, Inc.
 Hollywood Black Education Resource Center
 Alcorn State University Agricultural Department & School of Nursing

GET YOUR FAMILY VACCINATED



cdc.gov/FightFlu