

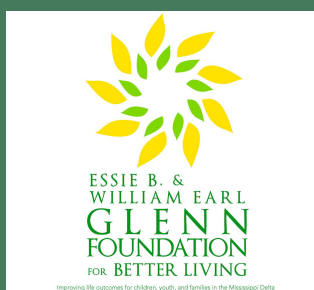
Essie B. & William Earl
Glenn Family Foundation
for Better Living
Newsletter

DECEMBER
2021



Announcement!

The Integrated, Health Empowerment Awareness, and Literacy (I-HEAL) initiative hosted its First Parent Meeting with Inverness Elementary School on Wednesday, November 17, 2021. The meeting consisted of an introduction and overview of the initiative, goal setting, and future orientation. The parents shared feedback regarding upcoming meeting topics.



**Upcoming event: Coat, Hat and
Glove Giveaway!**



HEALTHY HOLIDAY TIPS

The holiday season is a great time to be able to enjoy wonderful food and time with your family. Here are some tips to stay healthy during this time:

A MESSAGE FROM PRESIDENT, DR. CLYDE GLENN

Greetings Friends!

On behalf of the Board of Directors, I wish you and your family, a safe and joyous holiday season. As I reflect on the last year, I am forever grateful to the community, supporters, volunteers, and staff that contributed to the foundation's many successes, which include, the launch of the Integrated Health, Empowerment Awareness and Literacy Initiative, the Second Annual Virtual ACEs Trauma Awareness Symposium, and the Annual Health, Wellness, and Safety Tailgate. The Foundation will punctuate this active year of community outreach with our annual Winter Coat and Glove Giveaway. Through these events and initiatives, the Glenn Family Foundation will touch many lives and provide necessary resources to enhance overall health and wellbeing of underserved communities. We hope that you will join us in our continued efforts to be family focused, impact driven and community-based in the new year and beyond.

With deepest gratitude,

Dr. Clyde Glenn,

President, Essie. B. & William Earl Glenn Family Foundation

- 1. Eat early: don't skip breakfast**
- 2. Try to get a little exercise to keep your metabolism going**
- 3. Stay hydrated: drink water throughout the day**
- 4. Be sure to get your veggies!**
- 5. Choose lean proteins: Turkey without the skin**
- 6. Try smaller portions**
- 7. Use a smaller plate**
- 8. Don't crowd your plate**
- 9. Watch the alcohol**
- 10. Breathe and have fun!**

Support #GFFMS
Glenn Family Foundation
104 Chadwyck Court
Madison, MS 39110



ARE YOU AWARE?

**Be Heart
Smart!**



December and January are when we eat more and when our stress levels are highest. Studies have shown it is during these months that 33% more deaths are due to heart attacks.

MAKE YOUR LIFESTYLE AS HEALTHY AS POSSIBLE

THINGS YOU CAN DO

- Don't prepare the entire holiday meal by yourself. Ask friends and family to pitch in and challenge them to bring a dish that is rich in colorful veggies, fruits and whole grains.
- Stay rested. One of the easiest ways to strengthen your immune system is to get enough sleep. Infection and fever place extra strain on your heart.
- Don't ignore the signs and symptoms. Pay attention to how you are feeling and if you feel like something may be wrong, don't brush it off. It is better to be safe than sorry.



DON'T LET COVID OR THE FLU RUIN YOUR HOLIDAY

The holidays are approaching, and the pandemic will impact how we gather with family and friends. Now is not the time to let your guard down. Be careful and stay vigilant. Vaccinations do help. Remember to sanitize and use good handwashing techniques. Monitor symptoms and stay home if you're sick.

Flu, COVID-19 or the Delta variant?

Consult with our urgent care doctors online.

	Flu	COVID-19	COVID-19 Delta Variant
Runny Nose	✓	✓	✓
Stuffy Nose	✓		
Sneezing	✓		
Fever/Chills	✓	✓	✓
Cough	✓	✓	✓
Sore Throat	✓	✓	✓
Muscle/Body Aches	✓	✓	✓
Headaches	✓	✓	✓
Fatigue	✓	✓	✓
Vomiting		✓	
Diarrhea		✓	
Stomach Pain		✓	
Shortness of Breath		✓	✓
New Loss of Taste/Smell		✓	



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GIVE NOW!

www.glennfamilyfoundationms.org/donate

The holiday season affects mental health. All the merriment can increase a sense of depression, anxiety, and isolation. Festivities can exacerbate the stresses and symptoms of eating disorders. In general, the people, sights, smells, and sounds can be overwhelming for almost anyone living with a mental illness.

Try these suggestions to aid your mental health through the holiday season:

- Let time be on your side. You can go out to events, but feel free to not stay the entire time and leave when you are ready to go.
- Busy yourself. You can spend time staying busy when small talk or crowds get you anxious
- Be selective. Choose 1 or 2 events to attend, and politely decline other invitations
- Make yourself merry. Pamper yourself and do what you love.

Follow us on Social Media



family
focused

impact
driven

community
based