

May 2023 Newsletter

Coalition for a Healthy
Appling County

Insights for this Month

This month's newsletter for the Coalition for a Healthy Appling County (CHAC) focuses on Mental Health Awareness Month and includes a partner highlight of Becky Collins who has been selected for the Georgia Extension Association of Family and Consumer Sciences (GEAFCS) Community Partnership Award. CHAC is dedicated to impacting the Appling County community by ensuring access to healthcare, improving access to resources, engaging in strong collaborative alliances, and developing a universal message to communicate health to all generations of Appling County.

Interested in volunteering with CHAC?

The public is encouraged to get involved with this community effort. If you are interested in getting involved in CHAC, ask one of our community partners or contact our Program Coordinator, Olivia Davis: olivia.hiersdavis@sharehealthsega.org

Mental Health Awareness Month

May is Mental Health Awareness Month. The goal is to raise awareness about mental illness and to reduce the stigma that surrounds it. During this month, we strive to educate the community about the importance of mental health and how it affects us all, especially our youth. A great way to spread awareness about mental health is by engaging in events in your community or online to learn more and connect with others who are willing to share their experiences with mental health conditions.

Seven Things You Can Do to Reduce Stigma Surrounding Mental Health:

- Know the facts. Educate yourself about mental illness and substance use disorders.
- Be aware of your attitudes and behavior. Examine your own judgmental thinking, which may be reinforced by your upbringing and society.
- Choose your words carefully. The way we speak can affect the attitudes of others.
- Educate others. Pass on facts and positive attitudes; challenge myths and stereotypes.
- Focus on the positive. Mental illness and addiction are only a part of the person's larger picture.
- Support people. Treat everyone with dignity and respect; offer support and encouragement.
- Include everyone. It's against the law to deny jobs or services to anyone with these health issues.



Older Americans Month

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month. This month's theme is Aging Unbound, which explores the diverse aging experience and how communities can combat older adult stereotypes. Join the conversation by sharing the MyHealthfinder resources for older adults on general health, safety, getting vaccines, and oral health. You can also encourage older adults to stay active using the Move Your Way campaign materials. Lastly, learn about the Healthy People 2030 objectives to improve health and well-being for older adults.

For more information, visit:

<https://health.gov/news/202304/may-national-health-observances-physical-fitness-mental-health-older-adults-and-more>

Upcoming CHAC Event

CHAC Ribbon Cutting

CHAC will host its ribbon cutting ceremony with the Baxley-Appling County Chamber of Commerce on June 8th at 4:00pm. If you would like to attend, contact Livvy at olivia.hiersdavis@sharehealthsega.org for the location and more details. Light refreshments will be served. During this event, we will share information on who CHAC is, what programs we offer, and more.

Tackling COVID-19 Together

Here are some things you can do to eliminate the spread:



COVID-19 vaccine registration hotline for the Southeast
Health District: 1-855-473-4374
or visit their website: <https://www.sehdph.org/>

May CHAC Partner Highlight:

Becky Collins



Becky Collins grew up in Screven, GA (Wayne County). She has been married for 35 years and has two children and one grandson. Becky has her Master degree in Home Economics Education, and loves to spend her time flower gardening and being with her immediate and extended family. Becky says that a fun fact about her is, "I came from a large family of six children and grew up on a chicken farm. We learned early the value of hard work, picking up eggs, working in tobacco and in the garden. My husband also grew up on a farm in Wayne Co. in a large family of six children. And where else would we have first met but in the tobacco patch, where we worked together one summer." Becky works for the University of Georgia Cooperative Extension, Appling County, as the County Extension Coordinator/Family and Consumer Sciences (FACS) Agent. In her position, Becky offers research-based solutions to Georgia families where she connects them to the University of Georgia, and educates adults and youth on Health and Nutrition, Food Safety, Housing, Financial Wellness, and Child and Family Development.

What is UGA Extension? "We translate science of everyday living for farmers, families, and communities to foster a healthy and prosperous Georgia. For more than a century, we've provided research and education through a network of committed specialists, agents and volunteers to help Georgians learn, grow and do more."

What do you look forward to the most this year with your organization? Becky explains, "I look forward to building the Gleaning program. Since the pandemic, our numbers of volunteers have dropped, which has decreased the amount of food we have been able to glean and donate. My plan is to contact the farmers who have offered their crops to us in the past and form new relationships with more farmers. I want to recruit more volunteers by reaching out to the civic groups by giving a presentation on the gleaning program, and also collaborate with the high school about giving the students opportunities to volunteer, as they need volunteer hours for graduation. I'm also excited about offering nutrition education to the Hispanic population. Ms. Fani Orellana, UGA FACS Program Assistant is doing a four week series this month."

Community Partnership Award

Becky has been selected for the Georgia Extension Association of Family and Consumer Sciences (GEAFCS) Community Partnership Award. This award gives recognition for efforts in building community partnerships to meet the educational needs and/or concerns of families. Becky says, "I feel that this has been awarded to the whole Coalition for a Healthy Appling County. I only received this award because of the wonderful support and collaborative efforts of the whole group. On the application, I highlighted all the nutrition and health education efforts we've accomplished since the inception of the coalition, including OWG, PreventT2 program, Right Bite, programs for seniors, etc., but the Gleaning program was the main emphasis."

Highlight of UGA Extension in Appling:

"This year has been a busy and productive year with Extension in Appling County educating people to become healthier. The Family and Consumer Sciences (FACS) program has mainly focused on Chronic Disease Prevention through Nutrition Practices and Physical Activity. We offer the program to all ages, ranging from youth to the elderly. **Diabetes management and prevention** has been a large portion of our programming, with Right Bite Diabetes Cooking School classes for people with diabetes. This class meets bi-monthly. The PreventT2 Diabetes Prevention Program is a one-year program for people with pre-diabetes. In the beginning, the class meets weekly for 16 weeks for the core program. Then, the core maintenance program is for the remainder of the year, meeting bi-weekly, and then monthly. **The OrganWise Guys**, a healthy lifestyle curriculum for young children, has been implemented in first and second grade classrooms. FACS Agents and volunteers have been trained in this curriculum and are teaching a series of lessons at Fourth District Elementary. In this program, students learn about taking care of their bodies by learning about their organs and what healthy choices they can make to help each organ function correctly. Also, **The Gleaning program** is a favorite. Gleaning is the act of gathering leftover produce after the harvest. This year, volunteers have gathered 3,653 pounds of produce and donated it to people in need. We gleaned cabbage, citrus, Vidalia onions, red potatoes, pears, greens and satsumas. We are thankful for dedicated volunteer gleaners and for the farmers who have donated during this year's harvest. Gleaning provides fresh produce to limited income individuals and families."



Check out our website and follow us on Facebook & Instagram!

<https://www.sharehealthsega.org/>



@Sharehealthsega