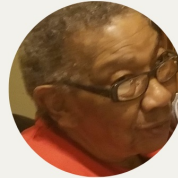


**Medi-Helpz, LLC**

## May 2024 Newsletter



**Christomer Louise**



**Mary Pearl**

### **Women of C.H.L.M.S**

"If you know whence you came, there is really no limit to where you can go."  
—James Baldwin, 20th-century poet, novelist, playwright and activist



**Sandra Louise**



**Henrietta Louise**

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"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both." \_ Eva Marie Lewis

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Welcome to our May newsletter! This month, we are shining a spotlight on: Physical Fitness, Mental Health Awareness, Older Adults Health and Well Being, Women's Health

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**May is Physical**

# Fitness Month

Physical fitness involves actively moving our bodies to take care of our heart, lungs, and muscles. By keeping our bodies healthy, we can think more clearly and precisely, leading to a smarter and happier life.

According to the Centers for Disease (cdc.gov) some of the benefits of incorporating physical fitness on a frequent basis include Weight Management, Reduction of Health Risk for conditions such as Cardiovascular Disease, Type 2 Diabetes, some Cancers, improvement of the ability to do physical activities and the decrease in Fall risks, life longevity, For more information on the importance of Physical Fitness visit the Active People, Healthy Nation website page at:  
<https://www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html>



According to information published on the Substance Abuse and Mental Health Administration (SAMSHA) website mental health includes our emotional, psychological, and social well-being. It impacts children, adolescents, and adults in the way that they think, feel, act, handle stress, make choices, and handle stress.

Many factors contribute to mental health conditions, including:

Biological factors, such as genes or brain chemistry

Life experiences, such as trauma or abuse

Family history of mental health problems

Early Warning Signs & Symptoms  
Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Having unexplained aches and pains

Feeling helpless or hopeless  
Smoking, drinking, or using drugs  
more than usual

Feeling unusually confused,  
forgetful, on edge, angry, upset,  
worried, or scared

Yelling or fighting with family and  
friends

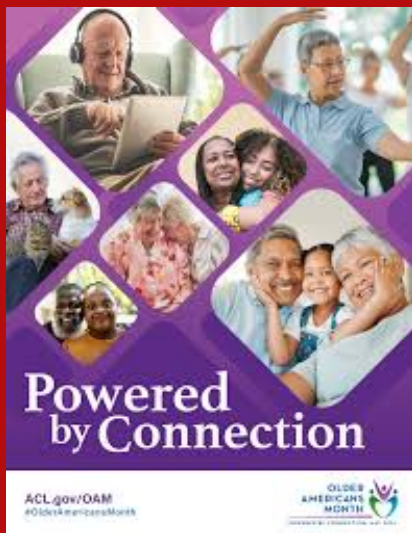
Experiencing severe mood swings  
that cause problems in  
relationships

Having persistent thoughts and  
memories you can't get out of your  
head

Hearing voices or believing things  
that are not true

Thinking of harming yourself or  
others

Inability to perform daily tasks like  
taking care of your kids or getting  
to work or school



## According to health.gov

By 2060, almost a quarter of the U.S. population will be age 65 or older.<sup>1</sup> Healthy People 2030 focuses on reducing health problems and improving quality of life for older adults.

Older adults are at higher risk for chronic health problems like diabetes, osteoporosis, and



According to the Food and Drug Administration National Women's Health Week (NWHW) is an annual observance that begins on Mother's Day and encourages women and girls to prioritize their health. Each year, FDA Office of Women's Health (OWH) chooses a theme to inspire women to learn more about their health and take action to live their healthiest lives.

## National Women's Health Week 2024

This year, NWHW is observed May

Alzheimer's disease. In addition, 1 in 3 older adults fall each year, and falls are a leading cause of injury for this age group.<sup>2</sup> Physical activity can help older adults prevent both chronic disease and fall-related injuries.

Older adults are also more likely to go to the hospital for some infectious diseases — including pneumonia, which is a leading cause of death for this age group.

Making sure older adults get preventive care, including vaccines to protect against the flu and pneumonia, can help them stay healthy.

12–18, 2024. NWHW is a reminder for women of all ages to prioritize their health. FDA OWH's NWHW 2024 theme is Know Your Bones, to empower women to take charge of their bone health, including preventing and managing osteoporosis. It's never too early or too late to protect your bone health.

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## May Patient Spotlight Testamomial

Hello, Sandra hope you had a pleasant holiday. Still forever grateful to you for your patience and guidance. Just an update: Sis is back with her original medical carrier, County Care (ie medicaid). We also conquered the hurdles of getting her medications, Nuerologist, and referrals for other much needed services via Univ. of Chicago. Still working towards a PCP.

After seeing a Neurologist and getting an accurate diagnosis, My husband and I begin the search for a supportive or alternative living facility. After visiting about 3 we discovered that she was not qualified either because of her age or her diagnosis. We're now doing the uphill battle of making arrangements with family or finding a Skilled Nursing Facility that will accept her insurance, as well as being 'a good fit'. (However, you can never please everybody so wish me luck). Thanks again for all you've done thus far.

I'll be sure to reach out if I come across any other issues, concerns, road blocks, or questions. Hope it's still OK! 😊

Y

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## JUNETEENTH CALENDAR

The C.H.L.M.S Medi-Helpz Foundation is excited to announce the upcoming celebration of Juneteenth in June. Below, is the June schedule of events.

June 1st- (vendor) 2nd Annual Building Wealth and Wellness Festival-Mandrake Park  
-3858 S Cottage Grove, Chicago IL, 12pm-6pm

June 6 (host) Digital Learning-Health in the Neighborhood event- Weiss Hospital- 4646 N Marine Drive- Chicago, IL, 10:00 am-2:00 pm

June 8 (host) Digital Learning-Health in the Neighborhood event- Salaam Wellnes Center- 613 E 67th Street, Chicago, IL 12:00-4:00 pm

June 15 (vendor) Welcome to Fatherhood Juneteenth Father Day Event- Oak Park , IL Time TBD

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