



The Wellness Coalition

Partners in WELLNESS

April 2024

Partner Updates On Efforts To Improve Wellness In Our Community



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Made possible with funding from The Centers for Disease Control and Prevention.

The Wellness Coalition provides no-cost coaching, education, and other services for River Region residents to manage and prevent chronic diseases, including diabetes, heart disease, high blood pressure, hypertension, obesity, and more.

UPCOMING EVENTS

- April 24** Milk Haven Committee Meeting - Join this Committee!
9am | Zoom | [Click to Register](#)
- April 24** Healthy Voices Committee Meeting - Join this Committee!
11am | Zoom | [Click to Register](#)
- April 26** CDC Updated Respiratory Virus Guidance Briefing
10am | [Facebook Live Stream](#)
- April 30** Trusted Messengers Committee Meeting - Join this Committee!
10am | Zoom | [Click to Register](#)
- May 17** Measles Outbreak Updates and Briefing
10am | [Facebook Live Stream](#)
- May 18** A Tour of Wellness Community Health Fair in Montgomery
9am-1pm | [Click to Learn More](#)

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Montgomery, AL 36108

[the wellness coalition](#)

(334) 293-6502

[the wellness coalition.org](#)

Program Updates

Engagement Activities & Accomplishments

Since our last issue, The Wellness Coalition:

- Provided a Facebook Live briefing on the importance of breastfeeding and International Board Certified Lactation Consultants
- Began working on a partnership with ADPH to support breastfeeding programs
- Provided health education and support in the Alabama News Network River Region Health Living Expo at Eastdale Mall
- Attended a Long-COVID awareness event at Alabama State University and provided vaccine information
- Held our first Trusted Messengers committee meeting to enhance program delivery through the communities in which we serve



Brittanie and Lindsey at the River Region Healthy Living Expo on March 28, 2024

Recent Updates & Announcements from CDC

New Resource: Commercial Tobacco Cessation Messaging Toolkit for Medicaid Healthcare Providers and Multidisciplinary Teams (Including Health Workers and Patient Navigators)

Access [Here](#)

SelfMade Health Network (SMHN) released a new user-friendly toolkit that shares evidence-based commercial tobacco cessation resources, assists members of multi-disciplinary healthcare teams with supporting patients, and provides tobacco cessation resources that address social determinants of health.

New Publication: Socioeconomic and Temporal Differences in Menthol Cigarette Use Among US Adults Who Smoke

Access [Here](#)

Monitoring menthol cigarette use allows for identifying potential health disparities. This new article in CDC's Journal of Preventing Chronic Disease examined sociodemographic and temporal differences in menthol cigarette use among US adults who smoke.

Employee Spotlight

Q&A with To'Maus King

Why is what you do at TWC important to you?

It is important to me because I get to formulate the data in a way that highlights the success of TWC programs.

What aspects of your job do you find most fulfilling and why?

Whenever I discover or do something new with data because it gives me the opportunity to learn and help improve what I am working on.

What are three words you would use to describe TWC?

Fun, creative, and caring.

Describe a TWC work experience that had a lasting impact on you.

The Christmas give-away because everyone contributed to help a family in need.

What motivates you at work?

The autonomy that I have when completing tasks.

What's the best trip you've ever been on and why?

Cozumel, Mexico because it was the first time I traveled outside of The United States.

If you could quickly and easily learn any new skill, what would it be and why?

Playing instruments because it would be nice to be a musical virtuoso.

What was your favorite subject in school and why?

History because learning about the significance of certain days and time periods was interesting to me.

Tell us something fun, unique, or silly about yourself.

Everyone in my family has a first name that starts with the letter T.



To'Maus King, Data Assistant



To'Maus, along with (left to right) Kaylee, Lindsey, and Brittnie at the Jackson Hospital & Clinic "Walk With a Doc" event on April 5, 2024.



Wellness Resources & Quick Tips

The Benefits of Breastfeeding

Babies who breastfeed have a lower risk of:

- Asthma
- Diabetes (type 2)
- Eczema (a skin disease)
- Gastrointestinal infections (diarrhea/vomiting)
- Infections (ear, respiratory)
- Inflammatory bowel disease
- Necrotizing enterocolitis (NEC) for preterm infants
- Obesity
- Sudden Infant Death Syndrome (SIDS)

Mothers who breastfeed their babies have a lower risk of:

- Breast and ovarian cancers
- Diabetes (type 2)
- High blood pressure

Click the button below to learn more about breastfeeding and to get free support.

CLICK HERE



FREE EVENT! A TOUR OF WELLNESS Community Health Fair

Bouncy House!

Fun Activities!

Door Prizes!

Each year, The Wellness Coalition hosts A Tour of Wellness community health fair series in River Region counties. The events are free and feature local organizations, vendors, and activities focusing on health and wellness. Events for 2024 include:

MONTGOMERY

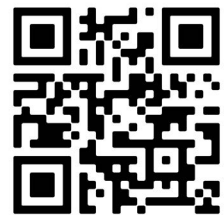
Saturday, May 18, 2024
9am-1pm
Oak Park

TUSKEGEE

Saturday, June 15, 2024
9am-1pm
Tuskegee Town Square

HAYNEVILLE

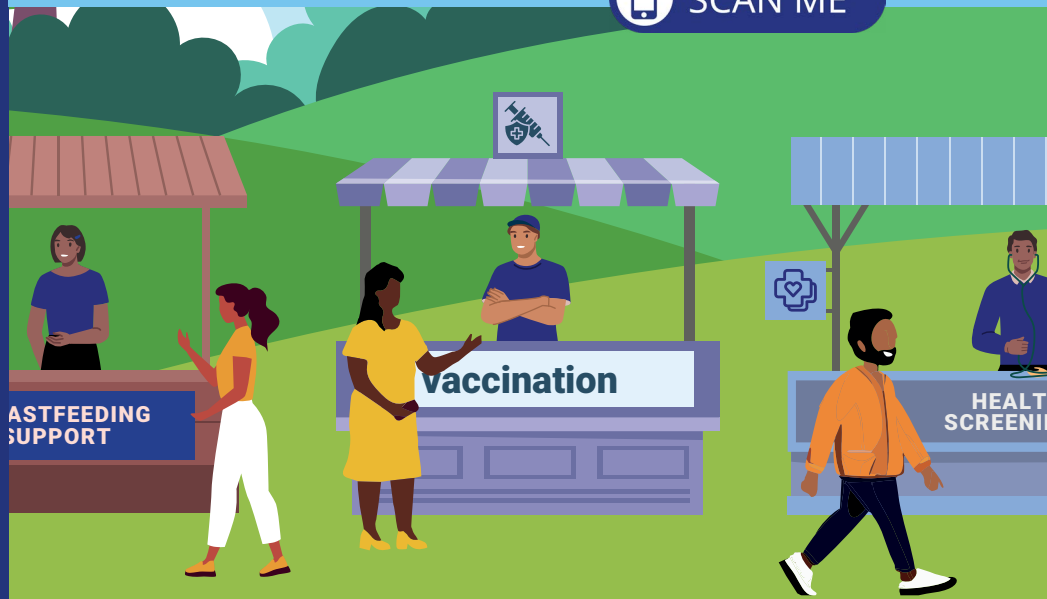
Saturday, June 29, 2024
9am-1pm
Hayneville Town Square



Scan the code, or visit thewellnesscoalition.org/TOW for more info.



SCAN ME



Become a Voice for Positive Change

Get Involved: Join a Wellness Committee



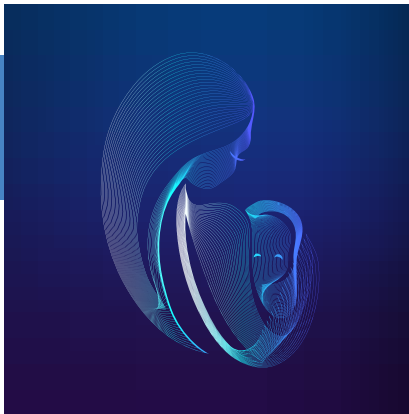
[Click Here to Register](#)

Healthy Voices Committee

Next meeting: April 24, 2024 at 10am

Join us to discuss ways we can make a difference with the Hearts of Alabama Food Bank. They are partnering with local healthcare providers to address the impact of food insecurity on overall health.

Speaker: Amy Dennis, Community Engagement Coordinator at Hearts of Alabama Food Bank



[Click Here to Register](#)

Milk Haven Committee

Next meeting: April 24, 2024 at 8am

Join us to learn how to support and aid breastfeeding in the community. Alabama's breastfeeding rates are lower than most states, yet breastfeeding has many benefits for the mother and child.

Speaker: Cha Cha Miller, Registered Dietitian



[Click Here to Register](#)

Trusted Messengers Committee

Next meeting: April 30, 2024 at 9am

Trusted messengers are members of the community that can help increase confidence in vaccines. This meeting will give updates on CDC's respiratory virus guidance and ways to direct people to factual and verified information.

Speaker: Lindsey Kilgore, Adult Vaccination Community Liaison for The Wellness Coalition



Don't You Deserve to

Feel Good?

Join our evening diabetes prevention program from the comfort of your home!

Change Your Lifestyle. Change Your Life. (CYL²)

is a lifestyle change program that can teach you to:

-  Manage stress
-  Eat well
-  Get more active
-  Sleep better
-  Take control of your health

A trained lifestyle coach and support system will be with you for a full year in 24 one-hour sessions to help you meet your wellness goals and **reduce your risk of developing type 2 diabetes by more than half**. CYL² is covered by many insurance companies, including Medicare.

We are now enrolling for April classes! Take the risk test or call Martine Rocker at (334) 293-6502 to get started.

Take a 1-minute quiz to see if the program is right for you:
bit.ly/CYL2TWC



 SCAN ME



The Wellness Coalition



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