

Appendix A:

Advertisements shared via social media for (a) February's Heart Disease Awareness (b) November's Diabetes Awareness month

a)

A teal-colored poster for Heart Disease Awareness. At the top, a white ECG line is shown against a teal background. A red heart is positioned over the ECG line, containing the text "ROWAN COMMUNITY HEALTH CENTER" in white. Below the ECG, the text "ROWAN COMMUNITY HEALTH CENTER PRESENTS:" is followed by "Heart Disease Awareness" in large white font. Underneath, it says "Join us for our February Preventative Health Series!". A red banner at the bottom contains the text "FEBRUARY 16TH, 2021 AT 7PM" and "RSVP: TINYURL.COM/RCHCHEART". At the very bottom, it says "Make your health always your priority. WebEx link will be sent the night before. We hope to see you soon!"

ROWAN COMMUNITY HEALTH CENTER PRESENTS:

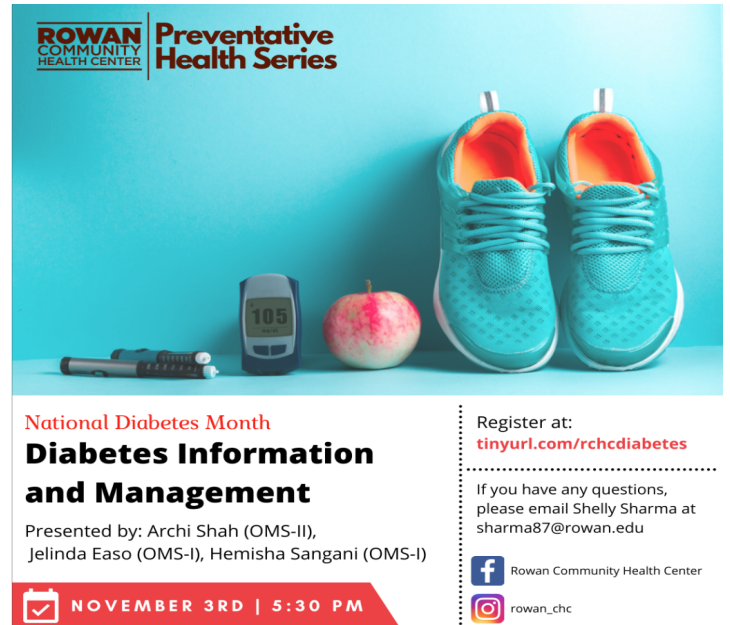
Heart Disease Awareness

Join us for our February Preventative Health Series!

FEBRUARY 16TH, 2021 AT 7PM
RSVP: TINYURL.COM/RCHCHEART

Make your health always your priority.
WebEx link will be sent the night before.
We hope to see you soon!

b)

A poster for Diabetes Information and Management. The top half features a teal background with a pair of teal sneakers, a red apple, a blue glucometer showing "105", and a black insulin pen. The text "ROWAN COMMUNITY HEALTH CENTER" and "Preventative Health Series" is in the top left. Below the image, it says "National Diabetes Month" and "Diabetes Information and Management". The presenters are listed as Archi Shah (OMS-II), Jelinda Easo (OMS-I), and Hemisha Sangani (OMS-I). A red banner at the bottom indicates "NOVEMBER 3RD | 5:30 PM". On the right side, there is a registration link "Register at: tinyurl.com/rchcdiabetes" and contact information for Shelly Sharma at sharma87@rowan.edu. Social media icons for Facebook and Instagram are also present, with the Facebook name "Rowan Community Health Center" and the Instagram handle "rowan_chc".

ROWAN COMMUNITY HEALTH CENTER | Preventative Health Series

National Diabetes Month
Diabetes Information and Management

Presented by: Archi Shah (OMS-II),
Jelinda Easo (OMS-I), Hemisha Sangani (OMS-I)

Register at:
tinyurl.com/rchcdiabetes

If you have any questions,
please email Shelly Sharma at
sharma87@rowan.edu

Facebook: Rowan Community Health Center
Instagram: rowan_chc

NOVEMBER 3RD | 5:30 PM


Appendix B:

Healthy Happenings pamphlet (a) Diabetes Awareness Month and (b) Mental Health Awareness Month

a)

Healthy Happenings

Diabetes Awareness



What is Diabetes?

- **Type 1 Diabetes:** when the pancreas does not produce insulin
 - **Insulin** is the molecule that allows glucose to be taken up by your cells from your blood.
 - Results in **high blood sugar!**
- **Type 2 Diabetes:** when does not produce enough insulin (aka **insulin resistance**)
 - Most common form of diabetes
 - Linked with **obesity**, family history of diabetes and **high blood pressure**
- **Blood Glucose:** the sugar in your blood. This is affected by food, exercise, illness, stress and medications
 - Level can be checked using a **glucose meter** or **A1C** level in blood test

Nutrition/Diet

MANAGEMENT is KEY for Diabetes!

Here are some helpful tips, when it comes to choosing healthy food options:

1. Carbohydrates come in many different forms – focus on **whole grain, fibrous, nutrient dense foods!**
2. Fiber comes from **plant-based foods**, such as fruits, vegetables, whole grains, nuts, and legumes
3. Average adults should try to eat **25-30 grams of fiber per day!**
4. Foods with natural sugars (milk, fruits, etc.) tend to have **more nutrients and less sugar!**
5. Food options that can help you control your blood sugar:
 - **Raw, cooked, or roasted veggies**
 - **Greens** – salad, kale, spinach
 - **Melon or berries**
 - **Whole grain, high fiber foods**
 - **Healthy fats** – olive oil, avocado, fish
 - **Protein** – lean meats, Greek yogurt, cottage cheese, beans

Complications

- **Cardiovascular:** heart attack, chest pain, high blood pressure
- **Nerves:** numbness, burning, pain in extremities
- **Kidney:** kidney damage
- **Vision:** blurred vision and blindness

Lifestyle Management

Here is a list of lifestyle modifications you can use in our daily life to help you manage your diabetes!

1. **Exercise** – walk for 20 minutes at least 3x/week
2. **Balanced and healthy diet** – establish a meal plan and track your daily meals, snacks, and blood glucose levels
3. **Weight loss programs**
4. **Smoking cessation** – talk to your doctor about options available for you!
5. **Stress management** – reach out to family, friends, co-workers, etc.


Local Resources

Talk to your doctor about **insulin/diabetes regimens** as well as **lifestyle changes** that can help you manage your diabetes!

Supermarkets: Clementon Groceries International, Deterding's Family Market, Lindenwold Grocery, Groceries Clemento, Patel Bazaar, Vahava Food Market

Local pharmacies: WalMart, CVS, Rite Aid, Bienestar Pharmacy and Wellness Center, Zallie Supermarket Pharmacy, Solus Pharmacy


Type 1 Diabetes Symptoms



b.

Healthy Happenings

COVID – 19 & Mental Health Awareness



COVID Stress?

What is causing your stress during this pandemic?

- Fear about your health
- Worry about the health of your loved ones
- Your financial situation or job
- Availability of assistance

Lifestyle

- Maintain a regular sleep schedule
- **Breathing Technique:** *Bring your attention to your breath and your body. Focus all of your attention on the here and now: noticing the sights, sounds, and smells around you and what you're feeling in your body. Continue to breathe slowly in and out—gently bringing your mind back to your body and breath every time it drifts—until you feel calmer.*
- Maintain a healthy balanced diet
- Physical activity boosts your immune system and lowers anxiety
- Get the COVID-19 vaccine
 - **Moderna's** vaccine found to be 95% effective
- Ask your doctor if you're unsure if you are eligible

Complications

- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.

Coping with Stress

- It is normal to feel sad, stressed, confused, scared, or angry during a crisis.
- **RADICAL ACCEPTANCE** - Accept that life is different now. Don't waste your energy fighting reality; apply it elsewhere
- Keep in contact with friends and family. Facetime, zoom, phone calls to keep connected.
- Find someone you can trust to confide in. Keep your friends and family in the loop. You are not a burden.
- If you must stay at home, maintain a healthy lifestyle.
- Reach out to your healthcare providers , counselors, therapists, etc.
- Limit/reduce how much media coverage on the pandemic you watch.

Resources

Mental Health Resources:

- [NJ Hope Line \(suicide prevention\)](#) 855-654-6735
- [ReachNJ](#) 844-732-2465
- [IME Addictions Access Center](#) 844-276-2777
- [NJ Connect for Recovery](#) 855-652-3737
- [The Peer Recovery Warmline](#) 877-292-5588
- [National Suicide Hotline](#) 800-273-8255
- [NJ Mental Health Cares](#) 866-202-HELP (4357)
- [Crisis text line: crisistextline.org](#)

COVID-19 Resources:

CDCINFO: 1-800-CDC-INFO (1-800-232-4636)
 TTY: 1-888-232-6348
 Website: [cdc.gov/info](https://www.cdc.gov/info)