



FARMER'S MARKET

MONTHLY UHS KEY CLUB NEWSLETTER

Jan-Feb 2022 - Volume 1 Issue 8



KEY
CLUB®

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The UHSC Board of the 2021-2022 service year wishes a great service year to the new officers! Congratulations to our new officers, and a big congratulations to Krystlove Yeboah for becoming the 2022-2023 Lieutenant Governor!

President: Jeremiah Alviola

Vice President: Meya Alverna

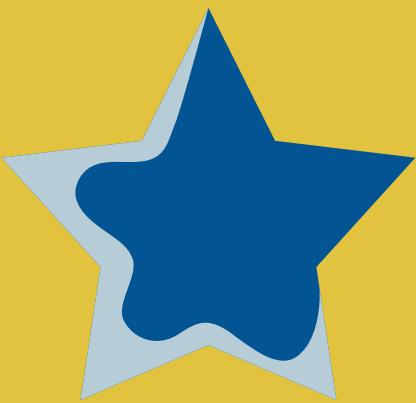
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MENTAL HEALTH

The Advocacy Focus for Key Club this year is Mental Health Advocacy. Mental health advocacy is very important because not only does it help people to learn more about mental health, but it also saves lives.

What is Mental Health?

Mental health, by definition, is a person's condition with regard to their psychological and emotional well-being. Overall, mental health is how someone is feeling emotionally and how they are physically and mentally responding to those feelings.

Why should we raise awareness for mental health?

People should raise awareness for mental health because it can help keep more people healthier in general. By having more people know about mental health and the struggles that people face mentally, people can be able to better recognize when they need help and how to help someone else who may be in need of support mentally. Mental health awareness can help people be more effective in helping people be more happy and healthy, which is the goal of life. As a result, people should raise awareness about mental health as a whole.

STATS ABOUT MENTAL HEALTH

Why is mental health important? Why should we raise awareness for mental health?

What is MENTAL HEALTH?

- There is no definitive way to describe mental health, as CDC pairs mental health with "our emotional, psychological, and social well-being. It includes how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices."
- Anyone can think of their mental health, but it would be wise to remember that it is essential to life!

Why is mental health important? Why should we raise awareness for mental health?

- It interferes with our physical well-being! Depression increases the risk for many types of physical health problems, particularly long-lasting conditions (diabetes, heart disease, etc.)
- Without it, we would NOT be us. We would not be seen if mental health was a priority.
- So many marginalized groups deserve better in areas with underfunded mental health facilities and lack of healthcare
- It could save a LIFE.

Facts to Keep in Mind (Literally!)

- The pain from being ignored is not an illusion.
- Artists have an 85 greater chance to suffer from RPD.
- Many with BPD are exceptionally intuitive and can accurately predict others.
- 75% of ADHD manifest symptoms.
- 3% Americans have a mental health issue.
- Physical pain can also factor into an individual's depression.
- Consistency is harder when no one remembers that you are your biggest fan!

What mental health needs is more sunlight, more candor, and more unashamed conversation.

	Male	Female	Not
Anxiety & depression	70%	75%	19%
Bullying	55%	70%	13%
Drug addiction	53%	59%	13%
Drinking alcohol	45%	59%	16%
Poverty	40%	47%	13%
Teen pregnancy	34%	44%	21%
Gangs	21%	33%	29%

Let's admit-not much goes on in January. **HOWEVER**, January is considered National Thank You Month. Members could provide gratitude to the healthcare workers during such difficult times. What a relevant topic considering the recent uptick in COVID cases!

Thank you!

This year's Advocacy Focus on the district level is Mental Health Awareness. Members can create posters on the importance of mental health, including substantial research (to prevent the spread of incorrect information.)

Posters must include: What is mental health? Why is mental health important? Why should we raise awareness for mental health?

Finally, we encourage diversity and leadership, which is why we celebrate black successes and the importance of MLK Jr.'s influence to upholding Key Club Core Values. As Martin Luther King Jr. Day is January 17th, 2022, UHSCC honors such an influential figure in history and educates others by gathering facts about MLK. For the Black History Month videos, any figure can be represented OR it may be a video that generally talks about why the U.S celebrates this month.

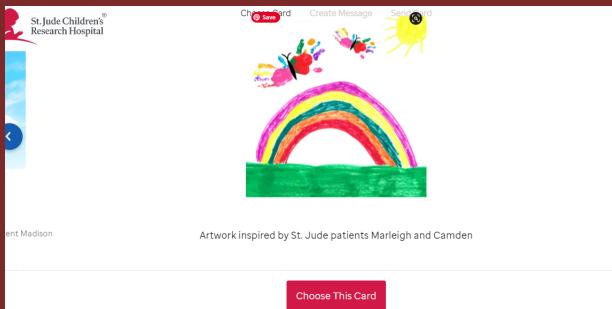
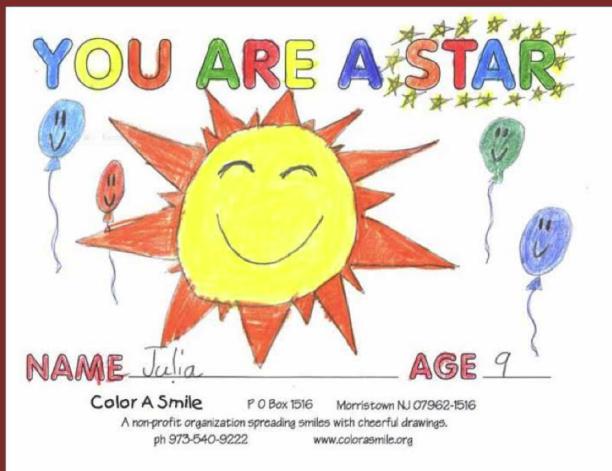
LOVE IS IN THE AIR



Let's not forget about February, where the month of love can range from all types of loves. This includes love for our elderly, in which members wrote festive and pretty card bring cheer to Clark Nursing Home Residents . After all, winter is a huge gloomy season, and though we may not have much to get around, I hope all the love and support was sent.

Love is also in the form of a smile! After school on February 24th, members joined to bring joy to seniors citizens, veterans, and troops overseas by coloring cheerful drawings with us. Coloring material (crayons, color pencils, etc) were provided, however we encourage you to bring your own if you have any. I picked up a turtle and an egg, and it was so nice to cool down in the midst of a rigorous workload.

We love reaching out to children, and since we could not get to see anyone's virtually, we were able to connect with patients at the St. Jude's Research Hospital. Pre-made images went along well with the many positive endorsements members wrote. We believe that it is such an important duty, and we did not want to miss out!



Upcoming Events

...for March



Football Concession Stands

When: Friday October 1st, 8th, (22nd if applicable), 2021

Time: 4:30pm - 6:30pm

Where: UHS Football Field

Max: 5 (4 members + 1 officer)

Hours: 2



Facility Cleanup

Where: UHS Track

Date: October 2nd, 2021

Time: 11:00am - 1:00pm

Max: 20 (18 members + 2 officers)

Hours: 2



Biertuempfel Park Cleanup

Where: Biertuempfel Park

Date: October 16th, 2021

Time: 11:00am - 1:00pm

Max: 20 (18 members + 2 officers)

Hours: 2



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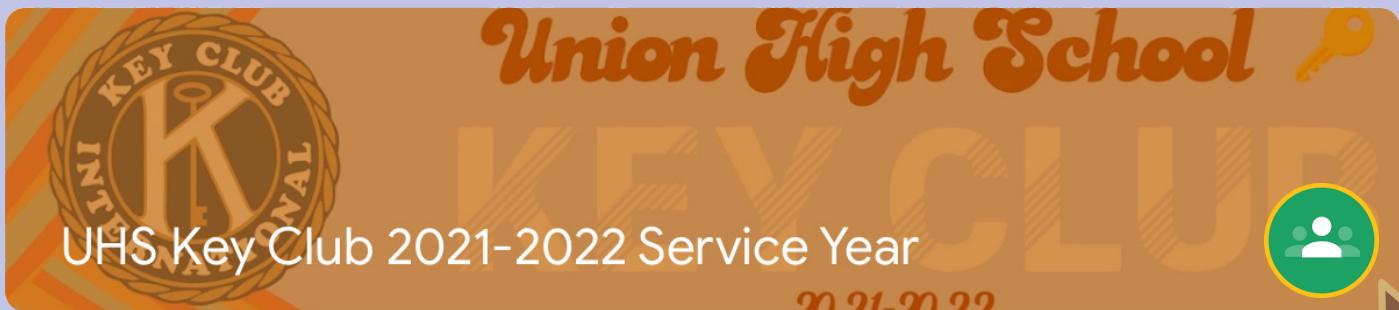
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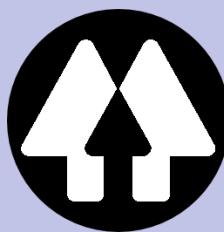
(can scan the QR code as well
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Remind

Text @b78cb2 to 81010

Class Code: @b78cb2



Linktree

Go to our official website to view our calendar, monthly newsletters, the Hours Spreadsheet, photo gallery, and information about our officers.

Website: <https://uhskey.club/index.html>