

THE PORTLAND CHAPTER OF THE LINKS, INCORPORATED
HEALTH & HUMAN SERVICES REPORT
SEPTEMBER 12, 2020

CHAPTER MEETING
10:00 A.M. – 12:00 P.M.

M. Yvonne Williams, *Chair*

I. September Healthy Moment
“Socializing During a Pandemic”

1. We know to wear a mask.
2. No gathering more than 10 people (including the caterer and the housekeepers.)
3. Social distancing by 6 feet.
 - Recommendations from WA, HHS Chair, Sherill

II. 75 Million Steps Challenge

1. The Walk for Healthy Living and the 75 million steps are both interconnected and promote the benefits of exercise and healthy life-styles to overall health
2. The 75 Million Steps Challenge encourages members to walk 5,000 steps per day.

III. Walk Schedules & Due Dates

1. **Reports are submitted to Link Yvonne monthly.**
2. *Walk* - June 2020 - August 2020; *Due* - September 5, 2020
3. *Walk*- September 2020 – November 2020; *Due* - December 5, 2020
4. *Walk* – December 2020 – February 2021; *Due* - March 6, 2021
5. *Walk* - March 2021 – April 2021; *Due* – May 3, 2021

IV. Virtual Annual Walk-A-Thon
“Healthy Living – 25th #Links on the Move

- A. Walk – (Outdoor Park) - *Option #1*
Saturday, September 26, 2020
Fernhill Park Track (See publicity in Links September Newsletter, Links website & social media.
- B. Virtual Chair Exercises: *Yoga & Beginners Yoga - Option #2*
Zoom- Link Maria will send a link for this section. (See Links September Newsletter, Links website and social media.
- C. Home Equipment: *Option #3*
You may also choose to use your home exercise equipment. If you choose this option, please take photos and send them to Link Maria.

V. Why are there (3) events?

1. Some Links cannot walk the distance planned and other Links choose not to.
2. Some Links may choose to participate in both events.
3. We set up the virtual exercise in case of rain.
4. The Links are encouraging ALL Link members to participate.