



THE IMPORTANCE OF HEALTH, WELFARE AND HAPPINESS

June Harris, Central Region Vice President,
Local 306 President, Women's Committee Chairperson

During the last meeting of the NPMHU Women's Committee, one of the topics that clearly touched the hearts and minds of our committee members is the well-being of our union members. Due to the length of the Covid-19 pandemic, many of our Brothers and Sisters have put off having any kind of doctor visits. In fact, some of us have decided to quarantine from everyone, even our personal physician. Many healthcare facilities are postponing various procedures, unless the life of the individual is at stake. But this failure to act during this prolonged span of the pandemic may cause long-term effects to our physical bodies.

It is extremely important for all of us to have regular physician visits. If you were scheduled for a particular test or procedure that was delayed due to Covid precautions, please contact your healthcare provider to reschedule. The month of October is dedicated to various awareness campaigns: Breast Cancer and Domestic Violence, to name a couple. There can be severe consequences when choosing to ignore either of these.

Breast Cancer is a disease that attacks both men and women. All members are encouraged to perform self-examinations and have routine checkups in order to detect possible issues early. If you feel a lump or other abnormality in your breast area, please schedule an

appointment with your physician for testing and diagnosis. According to the American Cancer Society, nearly 2,600 men will be diagnosed with Breast Cancer each year, with as many as 530 dying. This is a small number compared to women, but significant enough for concern. The number of women projected to get this same type of cancer is well over 330,000 in 2021. It is expected that approximately 36,000 women will succumb to breast cancer. Again, early detection is the key for increased survival. Get tested! Make scheduling your mammogram a top priority.



You also would probably be surprised to know how many of your co-workers are suffering from domestic abuse. The victim can be either dad, mom, or the kids. The abuser can be male or female. Many households are being disrupted and destroyed due to domestic violence. A negative impact is felt by all members of the family, which could be evidenced by mental health disorders, specifically depression. Because

the pandemic closed many schools and businesses, domestic violence has been hiding under the cloak of darkness. Victims are living in constant fear of the abuser and may not know the ways to get help. If you or someone you know is the victim of domestic violence, please report it. It is important that we educate our members and let them know that help is available. Stop ignoring the physical signs that show people who may be victimized and bullied. Sadly, the mental capacity of the abused can be damaged and may lead to suicidal thoughts. We may not want to admit it, but we need to look out for one another and help where we can. It starts with baby steps that can increase into a life-saving act. Don't stand back and allow your co-worker to be bullied and intimidated, by anyone, at home or in the workplace. The Employee Assistance Program (EAP) is a great resource for our co-workers and their families.

You may ask, what does this have to do with Domestic Violence Awareness? Quite a bit. Most of us spend just as many, if not more, hours with our co-workers as we do with our families. Please so not allow your home family or your work family to be mistreated. We must stand up for one another. We must be willing to do the right thing and mandate that the proper actions are taken. Safety is a fundamental right. See something, say something!

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH