

A winter greeting from the women of the Coventry Service Program!

Happy New Year! It is officially winter here in Maine at the Coventry Service Program. We try not to let cold temperatures stop our activity. We get outside to hike, walk, ski, and skate whenever we can. Indoors we spend our time practicing yoga or tai chi, reading, baking (and eating!), knitting, quilting, and staying [cozy](#).

In addition to the regular winter interests this year, we honor a historical milestone. Did you know that the year 2020 marks the 100th anniversary of the passage of the 19th Amendment that guarantees and protects women's constitutional right to vote? We immediately linked this 100-year anniversary to 100 years of improvement in women's health. Breakthroughs abound! The information on women's health in this e-newsletter is just as important for men in a supportive role as it is for women themselves. History confirms many men, who encouraged American women in the struggle for equal rights, made a difference in the 1900s. In our day, men and woman together work for better national health outcomes, scientific testing, and education benefiting all. Forward this e-newsletter to share awareness of health knowledge, and find out [how your state](#) is celebrating the centennial anniversary of the women's right to vote! Women's Equality Day is designated as August 21, 2020 for everyone to learn and take part. As you read, be sure to click on the [blue text](#) to take full advantage of the resources we share.



Why is women's health and wellness important?

Common diseases [look different](#) in men and women, from different [symptoms](#) to different treatments. Physicians and researchers [do not always know why](#), however it is important to consider these differences as we age. For example, of the estimated nearly 10 million Americans who have osteoporosis [nearly 80% are female](#). Women may wish to make changes or focus their health efforts based on diseases they know they are at a higher risk for, due to gender, age, genetics, lifestyle, or other factors. It's also [come to light](#) that [women's complaints, especially about pain, are more easily dismissed](#) at the doctor's office, and even that diseases that disproportionately impact women are [under researched](#). This is an important societal focus so that women can get the care and treatment they need.



Resources for Women's Wellness

There are many resources for wellness to share with you. Here are a few of our favorites. We start with [this site](#),



which offers a comprehensive tip sheet for women as they age, and [this article](#), which offers more general information about aging well. We learned that women tend to have more trouble sleeping than men, so we offer [this resource](#). We recalled [this story](#) about two lifelong friends who ultimately move into a care home together later in life, and we were inspired to read more about the importance of friendships

amongst females. We discovered female [friendships are important](#) for so many reasons and [our health](#) is amongst them! Lastly, we found this [wonderful resource](#) from the [Office on Women's Health](#), which offers information about healthy living organized by age.



How can Coventry Service Program help?

As always, no matter your gender, we are here to help. We talk with policyholders about their health and wellness, help them set goals based on what they want to focus on, and can offer information about local and national resources. Please reach out, share your thoughts about this information or tell us how we can support you with a 2020 new year's resolution. You can call or email us or send us a note to get an exchange of thoughts going. We look forward to hearing from you before winter is over.

A few notes from us:

We felt this topic was particularly timely given the centennial anniversary of the passage of the 19th amendment. This [wonderful site](#) gives some historical context, offers the opportunity for you to test your suffrage knowledge, and to learn about how you can join in the celebrations honoring the anniversary. We are a group of women here in the Coventry Service Program office, and so the topic of Women's Health and Wellness is one that is near and dear to our hearts. We look forward to talking with you about your own health and wellness goals.

To share with you:



A few winter scenes from Maine. Please share your seasonal photos with us. We would like to share them in our next newsletter! Wishing you a warm and cozy winter, and a sunny spring.

Erin, Diane, Jacki, Jane, Linda, & Mary

Resources for you:

We have found the following resources to be helpful in the development of this newsletter. [National Women's History Alliance](#), [Consumer Reports](#), [NICDH](#), [Rush.edu](#), [BBC](#), [The Atlantic](#), [Greater Good](#), [Health In Aging](#), [Office on Women's Health](#), [Psychology Today](#), [Seattle Times](#), [Women's Vote Centennial Initiative](#), and [Country Living](#).

Stay Connected in 2020!

Join in the celebration of women everywhere!

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You are encouraged to make use of these staff ideas to enhance your lifestyle; however, no content presented here should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.