



The Monthly Period-ical

November 2022

Thank You Donors, Volunteers, Partners and Supporters!

Renewing Dignity thanks its donors, volunteers, partners and supporters for their kindness and generosity. Together, we are creating a more equitable world where people who menstruate have the sanitary period supplies they need to live their best lives with confidence, health and dignity. With your support, we have:

- Distributed over 2,000,000 tampons and pads in our local community.
- All St. John's County middle and high school students have menstrual pads available in their bathrooms.
- Duval County Public Schools have expanded their access to menstrual supplies in Title 1 schools.
- With our partner Feeding Northeast Florida, we are distributing tampons and pads to over 125 agencies (homeless and domestic violence shelters, food banks, places of worship, women veterans' organizations and more).

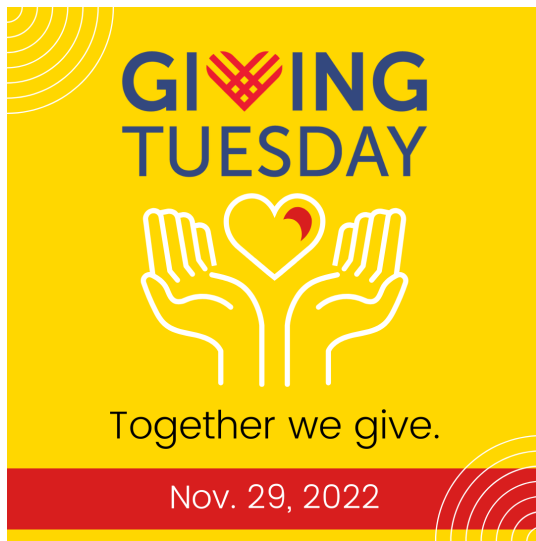
Thank you for caring! Together, we are changing lives. - Jan Healy, Founder



Free Period Packs for Kids

Volunteers from **Availity** packed 1,070 bags of menstrual pads for middle school students. 77,000 pads donated by **Honey Pot**, Inc. were packed in educational reusable bags designed and donated by **Natural Life**. These bags are distributed by our partner, **Feeding Northeast Florida**, with the weekend snack packs for Duval County Title 1 middle school students. These students will not miss school because they lack the period

products they need to be healthy and confident. Thank you Availity, Natural Life, Honey Pot and Feeding Northeast Florida – an amazing collaboration for good!



Your Donations MATCHED!

November kicks off the season of giving and your donations all month will be MATCHED, up to \$20,000, by Renewing Dignity's Board of Directors. Hurry, don't delay, double your contribution today!

[MATCH Your Donation Here](#)

Grateful for Our Periods???

Halloween is behind us and Thanksgiving is on the horizon! The holidays are a time when we reflect on the things, people and experiences for which we are grateful. Yet, one thing never makes the list - our periods! Yes, you read correctly. Those pesky 3-7 days each month of menstruation. There is a silver lining. Women's Health providers consider the menstrual cycle a vital sign and a part of the objective data we interpret to measure your health. Particularly, a regular, once a month period is typically an indicator of an intact hormonal system and a structurally normal uterus.



Still not convinced that your period is a worthwhile point of gratitude? Well, let me explain further. Appropriately functioning premenopausal hormones are an integral part of producing a regular period and also maintaining bone health, mental and neurological health, and cardiovascular health. And it indicates a healthy reproductive system and the potential for fertility. Estrogen levels that are at normal values (which is assumed if periods are regular), prevent low bone density, Alzheimer's Disease, and cardiovascular events such as heart attacks and strokes. Women who are no longer having periods take precautions to prevent compromises to their health. As it relates to fertility, a regular period usually indicates that there is ovulation which is a prerequisite to natural conception. Therefore, for those who desire future fertility, having a cycle each month is a reassuring part of your gynecologic history.

A cycle that is also of normal flow and not excessively heavy is another indication of a structurally normal reproductive system.

So, even though it may feel like an untimely interruption in your normal activities each month, take the time to recognize that having a period is a healthy part of your body's physical state. You don't have to bring it up at the table over turkey, but you can add your gynecologic health to the list of things you are grateful for this year!



Unique Holiday Gift

'Tis the season. The young and young-at-heart on your holiday gift list will enjoy receiving this adorable period pouch to store menstrual essentials. Several styles available. Your purchase will also benefit those who struggle to afford these basic menstrual supplies because our partner, [Natural Life](#), donates a portion of revenues to Renewing Dignity!

[Purchase Period Pouch Here](#)

Celebrate!

We Did It!

Renewing Dignity has distributed over 2 million tampons and pads in our community! That translates to more girls in the classroom, more women on the job, and more athletes on the field. With sanitary supplies, menstruators can engage in life's activities with better health, confidence and dignity. Congratulate yourselves for lifting others up in this critical but overlooked way!



If you like the Monthly Period-ical, please forward it to a friend!



RENEWING DIGNITY

Providing women the essentials

OUR MISSION is to eliminate period poverty through direct period product distribution, education, and advocacy. We believe that unmet menstrual hygiene needs are health and safety, dignity, equity, and social justice issues.

DONATE



Renewing Dignity
1001 Mayport Rd #330885, Atlantic Beach, Florida 32233
United States

You received this email because you signed up on our website or made a donation to us.

[Unsubscribe](#)

