

Minutes in a Minute

Minutes for February 24, 2005

Eighteen members were present for the February 24 meeting at Ford Career Technical Center. They were: Chris Smith, Jackie Smart, Judi Fisher, Lynne Elsesser, Esther Loskowske, Grace Morgan, Bonnie Franka, Joan Murray, Helen Mate, Pat Curd, Sherry Green, Marie Canzoneri, Amy Wainwright, Cindy Dietz, Colleen Retherford, Donna Colaianne, Sandy Becher, and Mary Jo Dreffs.

Tony's crew prepared a special meal for our last meeting at the Center: chicken Wellington, glazed carrots, rice, salad, rolls and a "swan" custard. It was delicious!

After dinner Amanda Quinn, Community Wellness Coordinator/ Health Educator, presented an informative power point entitled "What Every Woman Should Know About Heart Disease." She began with some myths about heart disease. She explained that heart disease is women's number 1 killer—a fact most women don't know. Amanda covered risk factors that can predict if a woman might develop heart disease. She also explained that some risk factors can be modified, such as smoking, cholesterol, obesity, and physical activity. Some risk factors like blood pressure and diabetes can be controlled. Amanda gave members a "Go Red for Women" pin that was shaped like a dress. This pin, and the color red, are symbols for women and heart disease. By wearing the pin, Amanda hopes this will raise awareness and empower women to take charge of their health, lower their risk of these often preventable diseases and live longer, stronger lives.

Next meeting is at Elliott Elementary on April 7, 4:30-6:30. We will be making stepping stones (prepay Grace \$38 if interested Contact her at:

delkene@aol.com

Grace will give you some particulars when you contact her. We will have a no-cost to members craft presented by Nancy C. Service Projects will provide the snacks. Please try to attend. RSVP to Lynne. By April 1. No fooling!

Date to be determined for planning meeting for Executive Board, Committee Chairmen **and** interested members. This is the meeting where we share ideas for next year's programs.

Amanda Quinn, Community Wellness Coordinator/Health Educator and Judi Fisher at FCTC prior to the heart smart meeting.

In case you forgot, the following are Committees and Chairs:

- Membership- Marie
- Nominations-
- Finance- Cindy
- Research-
- Professional Affairs- Marge
- Personal Growth- Barbara
- Service Projects- Esther
- Music-
- Legislation- Cindy

- Birthday Dinner- Gina
- World Fellowship- Carol H.
- Grant-in-Aid Mary Jo
- (This is yours forever!)
- Yearbook- Colleen R.
- Newsletter- Jackie
- Empathy- Carol A. & Nancy C.
- Historian- Sherry

Respectfully submitted,
Christine Smith, Recording Secretary