

# The Heartbeat

February 2019

Volume X Issue I



# *life is why*



The mission of the GFWC-Mississippi Federation of Women's Clubs, Inc. is an organization of women whose goal is personal enrichment leading to volunteer service that benefits the community, state, nation and world.

Founded on May 25, 1989 and a member of the General Federation of Women's Clubs Since 1904.

# **GFWC-MFWC Headquarters & Elected Officers**



**GFWC-MFWC Headquarters  
2407 North State Street  
Jackson, Mississippi 39216**

## **2018-2020 Elected Officers**

Becky C. Wright  
President

GFWC-MFWC Fine Arts Club of Bruce  
Northern District

Theresa Buntyn

Vice President, Dean of Chairmen  
Decatur Woman's Progressive Club  
Central District

Sherri E. Reid  
President-elect,

Advisor to District Presidents  
and State Membership Chairman  
Cosmopolitan Club  
Southern District

Frances H. Brown  
Secretary

GFWC-MFWC Twentieth Century Club of Bruce  
Northern District

Diane Rouse  
Treasurer

GFWC-MFWC Florentine Evening Club  
Central District



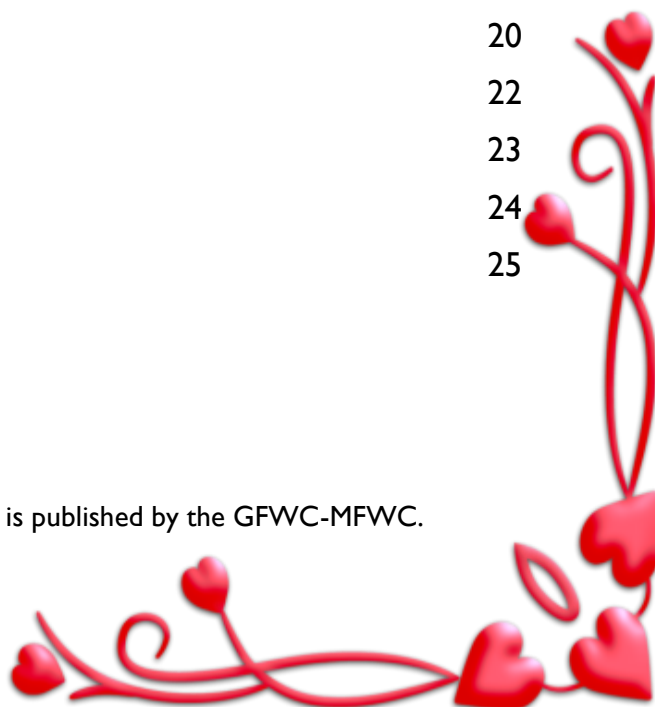
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The GFWC-MFWC Newsletter "The Heartbeat" is published by the GFWC-MFWC.

All submissions are welcome. Photographs are encouraged. Mail articles and/or photographs to Lisa A. Harris, 822 SCR 115 S, Raleigh, MS 39153 or email to [lisaharris@outlook.com](mailto:lisaharris@outlook.com)



# MFWC Facts

Taken from "A History of the Mississippi Federation of Women's Clubs"  
1898 - 1998

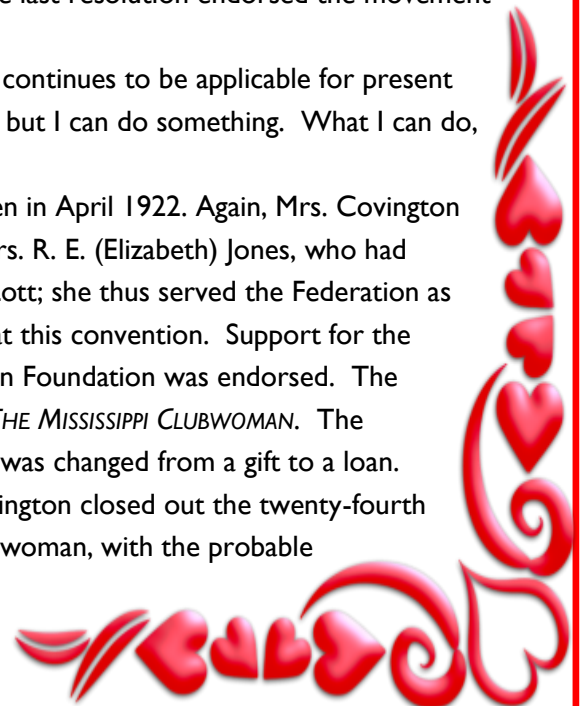
by Tommye Hogue Rosenbaum

## Administration of Mrs. Sam M. (Katherine R.) Covington 1920 - 1922

- Twelfth President of MFWC from Swan Lake, MS

### Highlights of this Administration

- \* During the twenty-first convention of the MFWC in Clarksdale in November 1919, the convention delegates voted to hold annual convention in the spring instead of the fall. This practice would later be changed before finally arriving at the custom of spring conventions.
- \* In the spring of 1920, the twenty-second annual convention of the MFWC was held at the courthouse in Gulfport, hosted by the First District. At this time, the MFWC had been re-districted into seven districts and was composed of approximately one hundred and fifty clubs.
- \* Mrs. Covington's administration was marked by several important accomplishments. Foremost of these was the launching of the State Federation *Quarterly Bulletin*.
- \* The work of the Legislative Committee was fruitful during the first year of Mrs. Covington's administration. Mrs. Covington, her Legislative Committee Chairman, and the Legislative Committee had worked diligently for the ratification of the Federal Suffrage Amendment. Mrs. Covington spent twelve days in Jackson meeting with Legislators pleading with them to give women the right to vote. Legislative work also addressed three other bills: compulsory education, a farm colony for mental defectives and a protective home for women.
- \* The twenty-third annual convention of the MFWC was held in Jackson in 1921. Several resolutions were adopted by this convention. The first of these resolutions called for more humane method than hanging be substituted as the penalty in capital crimes. A second resolution stated that the age of consent laws should apply to boys as well as girls. The third resolution endorsed the creation of a library for the blind. The last resolution endorsed the movement to create a Mississippi Art Commission.
- \* Mrs. Covington suggested a New Year's resolution for clubwomen that continues to be applicable for present day clubwomen: "I am only one, but I am ONE. I cannot do everything, but I can do something. What I can do, I ought to do, and what I ought to do, by the grace of God, I will do."
- \* The twenty-fourth annual meeting of the MFWC was held in Brookhaven in April 1922. Again, Mrs. Covington presided. A special tribute was presented in honor of Past President Mrs. R. E. (Elizabeth) Jones, who had recently died at the age of 72. Mrs. Jones completed the term of Mrs. Lott; she thus served the Federation as president from 1905 to 1908. Several important decisions were made at this convention. Support for the Federal censorship of movies was announced, and the Woodrow Wilson Foundation was endorsed. The name of the MFWC magazine was changed again from *THE BULLETIN* to *THE MISSISSIPPI CLUBWOMAN*. The Hebron Memorial Scholarship was increased from \$500 to \$675, and it was changed from a gift to a loan.
- \* Due to the change in the convention dates from fall to spring, Mrs. Covington closed out the twenty-fourth convention as having served as MFWC president longer than any other woman, with the probable exception of Mrs. Jones.





# Empowering the Heart to Make a Difference



## A Message From Becky C. Wright

Dear Federation Friends,

Wow! I was hesitant to begin my greeting with “wow” again, but upon searching for an appropriate synonym—nothing seemed more appropriate, so wow! You ladies are always amazing, but I must say for 2019— you have been what the cool kids call “so extra”! January is typically a time when clubwomen go into hibernation—reports, reports, reports! Oh yes, we have reports, and some wonderful reports I might add, but you ladies have continued volunteering—meeting the needs of your communities, participating in the Seven Grand Initiatives, and supporting the President’s Special Project.

January was Human Trafficking Awareness Month. By wearing blue, sharing information on Facebook, devoting your January program to bringing awareness, or by distributing information at local businesses on the dangers of human trafficking, your voice made a difference. Many of you have contributed to or volunteered to help get the Mississippi Children’s Advocacy Center Training Institute open, both literally and metaphorically, tearing down fences. The Children’s Advocacy Centers provide critical services to children that are the victims sexual abuse, severe physical abuse, drug endangered children, as well as human trafficking victims, and your support empowers these efforts. Thank you for bringing awareness to the dangers facing our state and for being advocates for children.

Furthermore, you ladies have continued to turn out in support of GFWC

*(Continued on page 6)*

# Detect. Correct. Protect.

(Continued from page 5 - A Message from Becky C. Wright)

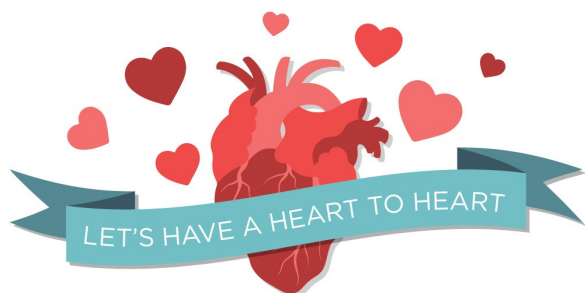
President Mary Ellen Brock's Grand Initiatives, empowering the difference in your communities through volunteer service. Martin Luther King, Jr. said it best when he said, "Love is the only force capable of transforming an enemy into a friend" and ladies it is my hope that the love and efforts that your clubs put forth on our MLK Day of Service will serve as a pivotal moment in the trajectory to living our motto, "Unity in Diversity" to the fullest. Your enthusiasm for doing for others was evident from painting school restrooms, picking up truckloads of trash, honoring firefighters, delivering soup and a warm smile, to assembling and distributing blessing bags. I must say that I loved seeing what you were doing.

My heart has truly been blessed this past few weeks, and most especially with the show of support for the President's Special Project. Your belief in the power of a woman's heart has taken center stage and you are most definitely taking a stand against heart disease. What an honor it was to represent you at our Mississippi Governor's Mansion for the Lighting of the Mansion Ceremony in recognition of Heart Month and then again to represent you at our State Capitol for Wear Red Day, visiting with our legislators and expressing our concerns for women's heart health. And how thankful I was to my Representative for honoring my request to wear red. I couldn't help but swell with pride as I received the news of all the Wear Red Day Proclamations across Mississippi. However, nothing made me as happy as seeing the Facebook posts of so many beautiful, Federated friends bringing attention to the number one killer of women on Wear Red Day. You ladies rock! Please continue to empower your own heart to make a difference by owning your lifestyle and being the cure, not the one in three.

I have enjoyed reading your reports and hearing about the ways that you are making a difference in your communities. You are the women who change the world and I look forward to seeing you in the upcoming weeks at District Conventions. Until then, may you see love in everything you do and may your heart be filled with gratitude.

With Federation love,

*Becky*



# FEBRUARY IS HEART MONTH

So let's show our hearts some appreciation.



## GFWC-MFWC President's Special Project

# American Heart Month

American Heart Month is a month long federal celebration in the United States that happens every February. President Lyndon Johnson issued a proclamation in December 1963 recognizing February as American Heart Month. Johnson wrote, "I urge the people of the United States to give heed to the nationwide problem of the heart and blood-vessel diseases and to support the programs required to bring about its solution." The "holiday" was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases and to support programs that solve the problem.

According to the American Heart Association, American Heart Month "is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice." Why should we care? We should care because heart disease is the leading cause of death for both American men and women. Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. Together we can change that and save lives.

Know the risk factors that lead to heart disease:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Physical inactivity
- Tobacco use
- Family history (While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.)

The biggest part of living healthy comes down to simply making healthy choice that help prevent heart disease:

- Daily exercise (It's never been easier to start exercising. Our digital world is overflowing with all sorts of apps and information to help you find an exercise regimen that works for you — and to stick with it.)
- Eating a balanced diet (Eating heart healthy doesn't necessarily mean giving up all your favorite foods. It just means making sure you provide your body with the nutrient-rich food it needs to survive and thrive. There plenty of good and healthy recipes out there. Why not whip one up? Maybe a chicken and bean tostada with avocado. Yum!)
- Maintaining a healthy weight
- Limiting sodium
- Avoiding tobacco
- Moderating alcohol consumption



# Are You At Risk for Heart Disease?

Source: *National Heart, Lung, and Blood Institute.*

Are you at risk for Heart Disease? The first step toward heart health is becoming aware of your own personal risk for heart disease. Some risks, such as smoking cigarettes, are obvious—every woman knows whether or not she smokes. But other risk factors, such as high blood pressure or high blood cholesterol, generally don't have obvious signs or symptoms. So you'll need to gather some information to create your personal "heart profile."

A crucial step in determining your risk is to see your doctor for a thorough checkup. Your doctor can be an important partner in helping you set and reach goals for heart health. But don't wait for your doctor to mention heart disease or its risk factors. Many doctors don't routinely bring up the subject with women patients. Here are some tips for establishing good, clear communication between you and your doctor:

Be sure to speak up and tell your doctor you want to keep your heart healthy and would like help in achieving that goal. Ask questions about your chances of developing heart disease and how you can lower your risk. Also ask for tests that will determine your personal risk factors. Listed below are several questions to ask your doctor:

- What is my risk for heart disease?
- What is my blood pressure? What does it mean for me, and what do I need to do about it?
- What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?
- What is my body mass index (BMI) and waist measurement? Do they indicate that I need to lose weight for my health?
- What is my blood sugar level, and does it mean I'm at risk for diabetes?
- What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
- What can you do to help me quit smoking?
- How much physical activity do I need to help protect my heart?
- What is a heart healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
- How can I tell if I'm having a heart attack?

If you already are being treated for heart disease or heart disease risk factors, ask your doctor to review your treatment plan with you. Ask: Is what I'm doing in line with the latest recommendations? Are my treatments working? Are my risk factors under control? If your doctor recommends a medical procedure, ask about its benefits and risks. Find out if you will need to be hospitalized and for how long, and what to expect during the recovery period.

When your doctor asks you questions, answer as honestly and fully as you can. While certain topics may seem quite personal, discussing them openly can help your doctor find out your chances of developing heart disease. It can also help your doctor work with you to reduce your risk. If you already have heart disease, briefly describe each of your symptoms. Include when each symptom started, how often it happens, and whether it has been getting worse.

If you don't understand something your doctor says, ask for an explanation in simple language. Be especially sure you understand how to take any medication you are given. If you're worried about understanding what the doctor says, or if you have trouble hearing, bring a friend or relative with you to your appointment. You may want to ask that person to write down the doctor's instructions for you.



## GFWC-MFWC President's Special Project

# What Are the Risk Factors for Heart Disease?

Source: National Heart, Lung, and Blood Institute.

Risk factors that lead to **Heart Disease** are high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, tobacco use and family history. Do you really know what each of the risk factors mean? I have listed below the definition of each risk factors.

**High Blood Pressure** is the force of blood pushing against the wall of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup. All levels above 120/80 mmHg raise your risk of heart disease. This risk grows as blood pressure levels rise. Only one of the two blood pressure numbers has to be above normal to put you at greater risk of heart disease and heart attack. Most adults should have their blood pressure checked at least once a year. If you have high blood pressure, you'll likely need to be checked more often. Talk with your doctor about how often you should have your blood pressure checked. Children also can develop high blood pressure, especially if they're overweight. Your child's doctor should check your child's blood pressure at each routine checkup. Both children and adults are more likely to develop high blood pressure if they're overweight or have diabetes.

**High Cholesterol** is a condition in which your blood has too much cholesterol—a waxy, fat-like substance. The higher your blood cholesterol level, the greater your risk of heart disease and heart attack. Cholesterol travels through the bloodstream in small packages called lipoproteins. Two major kinds of lipoproteins carry cholesterol throughout your body: 1) Low-density lipoproteins (LDL). LDL cholesterol sometimes is called "bad" cholesterol. This is because it carries cholesterol to tissues, including your heart arteries. A high LDL cholesterol level raises your risk of heart disease. 2) High-density lipoproteins (HDL). HDL cholesterol sometimes is called "good" cholesterol. This is because it helps remove cholesterol from your arteries. A low HDL cholesterol level raises your risk of heart disease. Many factors affect your cholesterol levels. For example, after menopause, women's LDL cholesterol levels tend to rise, and their HDL cholesterol levels tend to fall. Other factors—such as age, gender, diet, and physical activity—also affect your cholesterol levels. Healthy levels of both LDL and HDL cholesterol will prevent plaque from building up in your arteries. Routine blood tests can show whether your blood cholesterol levels are healthy. Talk with your doctor about having your cholesterol tested and what the results mean. Children also can have unhealthy cholesterol levels, especially if they're overweight or their parents have high blood cholesterol. Talk with your child's doctor about testing your child's cholesterol levels.

**Diabetes** is a disease in which the body's blood sugar level is too high. The two types of diabetes are type 1 and type 2. In type 1 diabetes, the body's blood sugar level is high because the body doesn't make enough insulin. Insulin is a hormone that helps move blood sugar into cells, where it's used for energy. In type 2 diabetes, the body's blood sugar level is high mainly because the body doesn't use its insulin properly. Over time, a high blood sugar level can lead to increased plaque buildup in your arteries. Having diabetes doubles your risk of heart disease. Prediabetes is a condition

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## Healthy Heart



## Healthy You

Women generally get heart disease about 10 years later than men do, but it's still women's #1 killer. Women need to talk with their doctor about their risk for heart disease and how to decrease that risk. Women may have questions that men don't: about hormone therapy, pregnancy, and tests to detect heart conditions that are more common in women than in men.



(Continued from page 9)

in which your blood sugar level is higher than normal, but not as high as it is in diabetes. If you have prediabetes and don't take steps to manage it, you'll likely develop type 2 diabetes within 10 years. You're also at higher risk of heart disease. Being overweight or obese raises your risk of type 2 diabetes. With modest weight loss and moderate physical activity, people who have prediabetes may be able to delay or prevent type 2 diabetes. They also may be able to lower their risk of heart disease and heart attack. Weight loss and physical activity also can help control diabetes. Even children can develop type 2 diabetes. Most children who have type 2 diabetes are overweight. Type 2 diabetes develops over time and sometimes has no symptoms. Go to your doctor or local clinic to have your blood sugar levels tested regularly to check for diabetes and prediabetes.

The terms "**overweight**" and "**obesity**" refer to body weight that's greater than what is considered healthy for a certain height. More than two-thirds of American adults are overweight, and almost one-third of these adults are obese. The most useful measure of overweight and obesity is body mass index (BMI). You can use the National Heart, Lung, and Blood Institute's (NHLBI's) [online BMI calculator](#) to figure out your BMI, or your doctor can help you. Overweight is defined differently for children and teens than it is for adults. Children are still growing, and boys and girls mature at different rates. Thus, BMIs for children and teens compare their heights and weights against growth charts that take age and gender into account. This is called BMI-for-age percentile. Being overweight or obese can raise your risk of heart disease and heart attack. This is mainly because overweight and obesity are linked to other heart disease risk factors, such as high blood cholesterol and triglyceride levels, high blood pressure, and diabetes.

**Smoking** tobacco or long-term exposure to secondhand smoke raises your risk of CHD and heart attack. Smoking triggers a buildup of plaque in your arteries. Smoking also increases the risk of blood clots forming in your arteries. Blood clots can block plaque-narrowed arteries and cause a heart attack. Some research shows that smoking raises your risk of heart disease in part by lowering HDL cholesterol levels. The more you smoke, the greater your risk of heart attack. The benefits of quitting smoking occur no matter how long or how much you've smoked. Heart disease risk associated with smoking begins to decrease soon after you quit, and for many people it continues to decrease over time. Most people who smoke start when they're teens. Parents can help prevent their children from smoking by not smoking themselves. Talk with your child about the health dangers of smoking and ways to overcome peer pressure to smoke. For more information, including tips on how to quit smoking, go to the Health Topics [Smoking and Your Heart](#) article and the NHLBI's ["Your Guide to a Healthy Heart."](#)

**Lack of Physical Activity.** Inactive people are nearly twice as likely to develop CHD as those who are active. A lack of physical activity can worsen other heart disease risk factors, such as high blood cholesterol and triglyceride levels, high blood pressure, diabetes and prediabetes, and overweight and obesity. It's important for children and adults to make physical activity part of their daily routines. One reason many Americans aren't active enough is because of hours spent in front of TVs and computers doing work, schoolwork, and leisure activities. Some experts advise that children and teens should reduce screen time because it limits time for physical activity. They recommend that children aged 2 and older should spend no more than 2 hours a day watching TV or using a computer (except for school work). Being physically active is one of the most important things you can do to keep your heart healthy. The good news is that even modest amounts of physical activity are good for your health. The more active you are, the more you will benefit.

An **unhealthy diet** can raise your risk of heart disease. For example, foods that are high in saturated and *trans* fats and cholesterol raise LDL cholesterol. Thus, you should try to limit these foods. It's also important to limit foods that are high in sodium (salt) and added sugars. A high-salt diet can raise your risk of high blood pressure. Added sugars will give you extra calories without nutrients like vitamins and minerals. This can cause you to gain weight, which raises your risk of heart disease. Added sugars are found in many desserts, canned fruits packed in syrup, fruit drinks, and nondiet sodas.

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**Stress** and anxiety may play a role in causing heart disease. Stress and anxiety also can trigger your arteries to tighten. This can raise your blood pressure and your risk of heart attack. The most commonly reported trigger for a heart attack is an emotionally upsetting event, especially one involving anger. Stress also may indirectly raise your risk of heart disease if it makes you more likely to smoke or overeat foods high in fat and sugar.

**Age.** In men, the risk for heart disease increases starting around age 45. In women, the risk for heart disease increases starting around age 55. Most people have some plaque buildup in their heart arteries by the time they're in their 70s. However, only about 25 percent of those people have chest pain, heart attacks, or other signs of heart disease.

**Gender.** Some risk factors may affect heart disease risk differently in women than in men. For example, estrogen provides women some protection against heart disease, whereas diabetes raises the risk of heart disease more in women than in men. Also, some risk factors for heart disease only affect women, such as preeclampsia, a condition that can develop during pregnancy. Preeclampsia is linked to an increased lifetime risk of heart disease, heart attack, heart failure, and high blood pressure. (Likewise, having heart disease risk factors, such as diabetes or obesity, increases a woman's risk of preeclampsia.)

A **family history** of early heart disease is a risk factor for developing heart disease, specifically if a father or brother is diagnosed before age 55, or a mother or sister is diagnosed before age 65.

When taking stock of your risk factors for heart disease, be sure to keep each of these facts in mind. It is never too late to **Detect. Correct. Protect.**

### ***The average adult heart beats:***

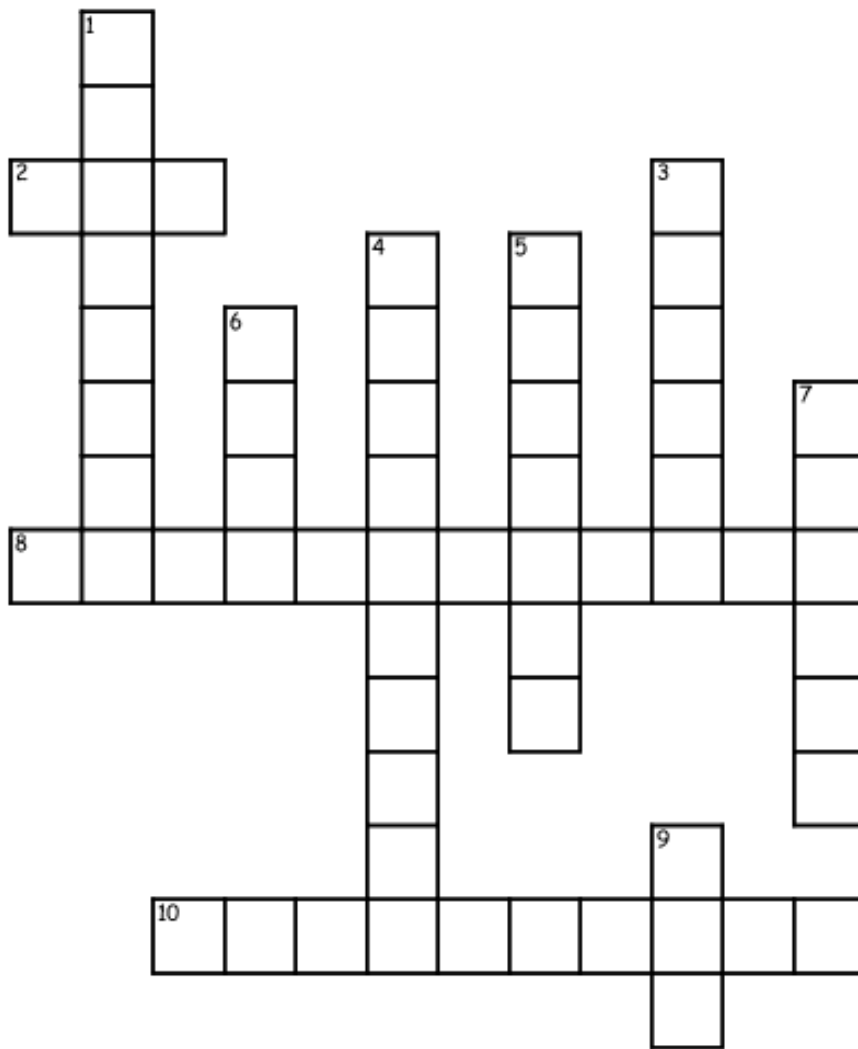
- ♥ ***72 times a minute***
- ♥ ***100,000 times a day***
- ♥ ***3,600,000 times a year***
- ♥ ***2.5 billion times during a lifetime***

***Christmas day is the most common day of the year for heart attacks to happen. However, most heart attacks happen on Monday.***

***Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional health and physical health are both important for maintaining a healthy heart.***



# HEART MONTH CROSSWORD PUZZLE



## Across

2. What color signifies heart month
8. Greater health threat to women than breast cancer
10. The heart beats an average of \_\_\_\_\_ million times per year?

***Long time smokers can benefit by refraining from cigarettes – Within three years of quitting, the heart attack risks for ex-smokers are the same as for someone who has never smoked before.***

## Down

1. Single most important activity that helps prevent heart disease.
3. This body part is the only one that does not get blood from the heart.
4. A normal heart valve is the size of this coin.
5. President who Proclaimed the first Heart month, hometown in Texas.
6. At what week does a fetus have heart cells beat?
7. The heart generates enough energy to drive a truck how many miles per day?
9. What fashion item represents awareness for women's heart health?

# HEART MONTH WORD SEARCH

M V F H O U V L F T R I G L Y C E R I D E S N N  
 W Z R B O M V B M U H O C E L E B R A T E M H M  
 R E N Y Y D J Z R B T S I G O L O I D R A C C N  
 G Q R E G S T A F Y H T L A E H Y Y L G Q S X C  
 J N Q U D G W G A Z L C M A P T F I I R B I H Q  
 M F N I S H F M L A Q Z N S S E R D D E R J T G  
 V T P J L S D R N O N Z W Q Y U D R P U F X I P  
 A I Z V Y O E A E V R L O X O V S K B L J S Z U  
 L N D Z M X B R F Z Y E T R C E A F T D A Q Y E  
 O L I U B B J A P I O R T A B E D R R B V B U G  
 R S E I R E T R A D R M B S C T A K X Z D Q Z G  
 V H Z T T O R B F Q O M H I E E I O X P A K L T  
 B N T M F U C J X F V O N U H L A V Z L H G I G  
 R E I R B E P T Y S J E L V S D O M P D O T Z S  
 X W E R A E T W Z R F X J B B O J H Z S D H J H  
 I V S H I Y N Q X Q I K P X D A J H C O U E P A  
 R U I Q E P W O K W E M S Z R R A N C G G E N S  
 M X C B Y C S L S R I S K F A C T O R S M F L O  
 T R R O A H Z A J L S I T A K X H G A Q R U S R  
 E S E G F T P I T N E M E R U S A E M T S I A W  
 I R X S O D D B M C P E Z R S K W O M E N B O C  
 D H E Z D D L Y F A X C P K J I V C I M S X Q J  
 Y N O J Z T U H U R B O D Y M A S S I N D E X Q  
 L K A S O H D L K G Y F E B R U A R Y K N V V V

|                        |                      |                  |                          |
|------------------------|----------------------|------------------|--------------------------|
| <b>Plaque</b>          | <b>Arteries</b>      | <b>Aspirin</b>   | <b>Blood Pressure</b>    |
| <b>Body Mass Index</b> | <b>Cardiologist</b>  | <b>Celebrate</b> | <b>Cholesterol</b>       |
| <b>Diet</b>            | <b>Exercise</b>      | <b>February</b>  | <b>Healthy Fats</b>      |
| <b>Heart</b>           | <b>Lipids</b>        | <b>Red Dress</b> | <b>Risk Factors</b>      |
| <b>Sleep</b>           | <b>Triglycerides</b> | <b>Women</b>     | <b>Waist Measurement</b> |



GFWC-MFWC President's Special Project: American Heart Association

## Dark Chocolate and Heart Health

*Submitted by PSP Co-Chairman Bethany Flint, MS, RD, LD.*

True or false – dark chocolate can fit into a heart healthy diet and even have positive effect on your heart?

If you guessed true then you are correct! Chocolate has many great qualities! It is a plant-based food that contains a category of phytonutrients called flavanols that may offer some heart healthy benefits. Chocolate contains many powerful free-radical fighting antioxidants. Also, the saturated fat found in chocolate, stearic acid, has unique qualities and may have a neutral effect on blood cholesterol, unlike saturated fats found in animal products like butter or steak. Some studies even suggest that dark chocolate may lower blood pressure. You may also be surprised to hear that good quality dark chocolate is rich in fiber, iron, magnesium, copper, and manganese.

To reap these benefits try to choose chocolate that is 72% cocoa or higher and cocoa powder that has not been Dutch processed. Milk chocolate contains more cocoa butter and is often loaded with added sugar. And remember white chocolate, which isn't really chocolate at all, doesn't count!

So this Valentine's Day, enjoy your (dark) chocolate (in moderation) guilt free! Have a square or two after a healthy romantic dinner and really savor the flavor! Maybe even pair it with a heart healthy glass of cabernet!







# **5** EXCUSES TO EAT MORE

## **DARK**

## **CHOCOLATE**



**1**

**REDUCES THE RISK OF STROKE**

**2**

**PROMOTES HEART HEALTH**

**3**

**LESSENS YOUR RISK OF  
CHRONIC DEGENERATIVE DISEASE  
LIKE DIABETES**

**4**

**MAY HELP SHARPEN YOUR BRAIN  
AND KEEP YOU SMART**

**5**

**BOOSTS MOOD AND HELPS  
WITH STRESS RELIEF**



# We Wear Red For



Detect. Correct. Protect.





# Our Hearts



*life is why*





*Mark Your Calendar!*

You won't want to miss  
these upcoming events!

# District Conventions



**Northern District**  
**March 2, 2019**



**Southern District**  
**March 16, 2019**



**Central District**  
**March 23, 2019**

***If you want to stay heart healthy, it might make sense to cut back on driving and watching the tube. In one analysis of data from nearly 30,000 people in 52 countries, those who owned both a car and a TV had a 27% higher risk of heart attack than those who owned neither.***

***However, the researchers caution that lack of physical activity - not the cars or TVs themselves - is the culprit.***

# *February Celebrates* **AMERICAN HEART MONTH**

HCA and its affiliated hospitals encourage heart healthy habits. Take steps to learn more about the dangers of heart disease and how you can include heart healthy decisions into your every day life.



## **IN THE DRIVE THRU**

**Drink water, skim or low-fat milk.** Regular sodas are loaded with sugars and calories.

**Skip the sides**, which are usually deep-fried. For a healthier side dish, **order a side salad or fruit cup.**



## **AT HOME OR WORK**

Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

**Take a break** from your desk and walk around the building.



## **IN THE GROCERY STORE**

Buy more fruits and vegetables that are **good sources of fiber**, including beans, peas, oranges, bananas, strawberries and apples.

Choose soft margarines that contain "**0 grams trans fat**" instead of buying butter.

**You only get one heart, so be good to it! Eat well, exercise regularly and do things that make you happy.**



## GFWC 7 Grand Initiatives

# Dr. Seuss Books

Goal: That clubs will donate 1,000 Dr. Seuss Books before June 2020

One of the Seven Grand Initiatives for the 2018-2020 Administration calls for clubs to donate Dr. Seuss books. It honors the tradition of GFWC clubs celebrating Read Across America Day every year. The observance, celebrated March 2 to mark Dr. Seuss' birthday, was established to encourage teachers, politicians, community leaders, and families to show kids that reading is fun. GFWC clubs always step up to the challenge!

Dr. Seuss is often best known for his zany Cat in the Hat character, but *Green Eggs and Ham* is his best-selling book! Published in 1960, it's one of his "Beginner Books" written with simple vocabulary to help young readers get started. Dr. Seuss books like *Green Eggs and Ham* have remained popular for decades. Get involved in this Grand Initiative and donate Dr. Seuss books to local daycare centers and Head Start programs! The colorful classics will not only help kids to read but will foster their love for reading.

### What is Read Across America?

It is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author Dr. Seuss. NEA who founded Read Across America Day, also provides NEA members, parents, caregivers, and children the resources and activities they need to keep reading on the calendar 365 days a year.

In cities and towns across the nation, teachers, teenagers, librarians, politicians, actors, athletes, parents, grandparents, and others develop NEA's Read Across America activities to bring reading excitement to children of all ages. Governors, mayors, and other elected officials recognize the role reading plays in their communities with proclamations and floor statements. Athletes and actors issue reading challenges to young readers. Teachers and principals seem to be more than happy to dye their hair green or be duct-taped to a wall if it boosts their students' reading.

### The Beginning

In May 1997, a small reading task force at NEA came up with a big idea. "Let's create a day to celebrate reading," the group decided. "We hold pep rallies to get kids excited about football. We assemble to remember that Character Counts. Why don't we do something to get kids excited about reading? We'll call it 'NEA's Read Across America' and we'll celebrate it on Dr. Seuss's birthday." And so was born on March 2, 1998, the largest celebration of reading this country has ever seen.

### The Purpose of Read Across America

Motivating children to read is an important factor in student achievement and creating lifelong successful readers. Research has shown that children who are motivated and spend more time reading do better in school.

### Read Across America Sponsors

At the national level, the National Education Association sponsors and spearheads the program with support from more than 50 national nonprofit and association partners. Locally, everyone-from schools to libraries to community centers to churches to hospitals to bookstores-is invited to host local events to celebrate and promote children's reading.

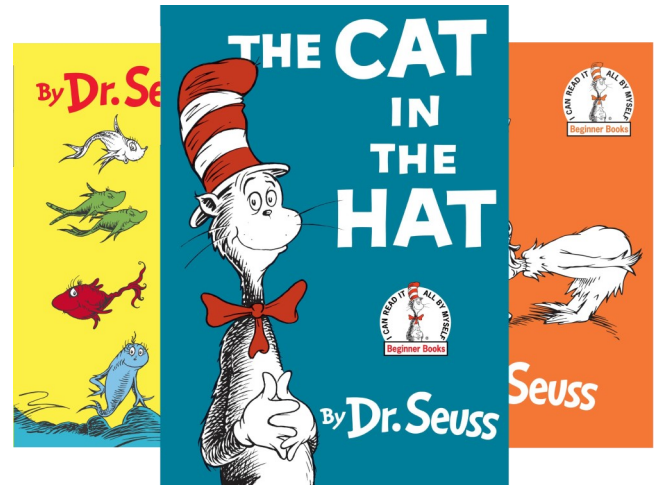
### Read Across America Partners

In addition to the 3.2 million elementary and secondary teachers, higher education faculty, education support professionals, school administrators, retired educators, and students preparing to become teachers who make up NEA

membership, some 50 national organizations and associations give their support.

### Get Involved!

Contact your local school, NEA local association, library, bookstore, or local chapter of NEA's Read Across America partner organizations about events that are taking place in your community. Explore [www.nea.org](http://www.nea.org) fully for information, ideas, and resources. This year, Read Across America Day is celebrated/observed on Friday, March 1st.



## ESO Reading with the President Challenge

### Selection of the Month

January -

*Educated: A Memoir*  
by Tara Westover

February -

*Before We Were Yours*  
by Lisa Wingate





# Announcements and Upcoming Events

## Important Dates (Overview)

|   |  |
|---|--|
| Feb. 22nd   | 2019 GFWC-MFWC <b>Finance Committee &amp; Executive Committee</b> Meeting at GFWC-MFWC Headquarters, Jackson, MS     |
| Feb. 23rd   | 2019 GFWC-MFWC <b>Winter Executive Board Meeting and Judging Day</b> at GFWC-MFWC Headquarters, Jackson, MS          |
| March 2nd   | GFWC-MFWC <b>Northern District Convention</b>  |
| March 16th  | GFWC-MFWC <b>Southern District Convention</b>  |
| March 23rd  | GFWC-MFWC <b>Central District Convention</b> , Florence, MS  |
| March   | GFWC-MFWC <b>Youth Art Reception</b> at GFWC-MFWC Headquarters, Jackson, MS, Date TBD                                |
| April 21st - 27th   | GFWC Volunteers In Action Week   |
| April 24th  | GFWC Federation Day  |
| April 25th - 27th   | GFWC-MFWC Annual <b>State Convention</b> , in Starkville, MS. The Northern District will be hosting this convention. |
| For a complete listing of Important Dates, <a href="#">click here</a> . |  |

### Postmark Deadline:

Please note: if the postmark deadline for an application /form/report /entry falls on a Sunday, the application/ form/report/entries **MUST** be postmarked by the prior Saturday.

# DEADLINES

## *approaching*

### WHEN WHAT

#### FEBRUARY 2019

- 15th GFWC-MFWC **Scrapbooks and Yearbooks** must be postmarked by this date each year to be eligible for consideration.

#### MARCH 2019

- 1st GFWC-MFWC **Club History Report** Form must be postmarked by this date each year.
- 1st GFWC-MFWC **Sarah Peugh Butterfly Scholarship** applications must be postmarked by this date each year to be eligible for consideration.
- 15th **GFWC-MFWC Club Newsletters and Club Websites** entries must be postmarked by this date each year to be eligible for consideration. Newsletter entries should be printed and sent via postal mail to Pattie Poe, GFWC Newsletter Contest Chairman, 7187 Rock Springs School Road, Nocona, TX 76255. Website entries must be made via email to ppoetfwc59@gmail.com.

### MAKE THAT HEART-HEALTHY CHOICE NOW!

1. *Focus on eating a diet of whole, unprocessed foods from healthy, sustainable sources.*
2. *Exercise regularly, incorporating high-intensity, interval-type training like Peak Fitness.*
3. *Manage your stress through meditation, prayer, social support, and emotional psychology tools.*
4. *Optimize your vitamin D levels.*
5. *Get enough high-quality animal-based omega-3 fats.*

### KNOW THE SIGNS OF A HEART ATTACK

*The signs of a heart attack can be different for women than they are for men.*

- *Chest pain (heavy ache or pressure)*
- *Pain in your upper body (arms, neck, jaw, back or upper stomach)*
- *Shortness of breath*
- *Breaking out in a cold sweat*
- *Unusual or unexplained tiredness*
- *Feeling dizzy or light-headed*  
*Feeling sick to your stomach (nausea)*



# MFWC Marketplace

The following Ways & Means items are available for purchase from GFWC-MFWC. For more information or to order any item(s), please contact Amy Jacobs or Abby May, Ways and Means Co-Chairs.



T-shirt with "Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23." White print on red heather shirt. T-shirt material is 52% cotton/48% polyester. Shirt is made by Bella Canvas in the unisex jersey short-sleeve V neck style. Click here for [Fit Guide](#). \$20.00 each.



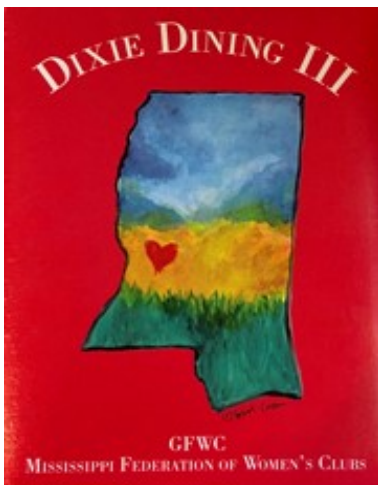
T-shirt with "And, Oh Lord God, let us forget not to be kind." Black print on marble white shirt. T-shirt material 52% cotton/48% polyester. Shirt is made by Bella Canvas in the unisex style. Click here for [Fit Guide](#). \$20.00 each.



White floral pillow with "And, Oh Lord God, let us forget not to be kind." Pillow is manufactured in Mississippi by The Little Birdie Company. \$25.00 each.



White floral pillow with "Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23." Pillow is manufactured in Mississippi by The Little Birdie Company. \$25.00 each.



Dixie Dining III Cookbook. A beautiful addition to your kitchen. This is a fundraiser for President Becky C. Wright's PSP: Empowering the Heart to Make a Difference: Detect. Collect. Protect. Funds raised will go to the American Heart Association. Heart Disease is the number one killer of Americans. Softback with 777 recipes from GFWC-MFWC Clubwomen. \$20.00 each.





# GFWC News & Notes

## Support GFWC When You Shop at Amazon.com

Help strengthen GFWC's volunteer programs the next time you shop at Amazon.com by making your purchases through GFWC's Amazon.com affiliate link. The link enables members to direct **up to 0.5% percent** of your total purchases to the Federation. For more information, [click here](#).

**amazon**smile  
You shop. Amazon gives.

## Terri Lynn

**Terri Lynn** has over 75 years of family tradition offering healthy and delicious gourmet products. Earn profits for you and your club selling premium nuts, chocolate confections, and scrumptious dried fruit selections. For more information, visit Terri Lynn at [www.terrilynnfundraising.com](http://www.terrilynnfundraising.com).



## Try an Easy Online Fundraiser

**Flower Power Fundraising** offers only the finest bulbs and plants available from growers in Holland and the United States with an unconditional 100% money-back guarantee. **Flower Power Resources. For more information, [click here](#).**

**FLOWER**  **POWER**

## Let Your Flag Fly

The time has never been better to let our Emblem-spangled banner wave. GFWC Flags come in 3'x5' and 4'x6' sizes. You can also order a GFWC Podium Banner or Road Sign. Prices start at \$35.00. The GFWC flag is a perfect, highly visible, and easily portable way to brand any event, publicity table, or speaking engagement. Go to [https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc flag](https://marketplace.gfwc.org/categories.aspx?Keyword=gfwc%20flag) to place your order today.



## Subscribe to News & Notes

If you haven't yet subscribed to News & Notes, the best source for all things GFWC, what are you waiting for? Signing up is easy and gives you access to timely news items from around Headquarters, our partners, and our work on a national and local scale.

Follow these steps to Sign Up for News and Notes: scroll to bottom of any page on the GFWC website and enter your email address in the provided spot under the heading "Sign Up for News & Notes". Be sure to press the "Sign Up" button after entering your email address.

If you are signed up for News & Notes and have an issue with your subscription, contact [GFWC@GFWC.org](mailto:GFWC@GFWC.org).

  
NEWS AND NOTES

Enroll to receive the WHRC (Women's History and Resource Center) Newsletter by following these steps: scroll to bottom of any page on the GFWC website and enter your email address in the provided spot under the heading "Enroll to Receive the WHRC Newsletter". Be sure to press the red "Sign Up" button after entering your email address.