**GFWC News & Notes** 

***GFWC — an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service***

**Carol Weldin, AWC Co-Liaison**

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**February is Wear Red Month**

**Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices.**

**Go Red for Women is the American Heart Association’s signature women’s initiative. It is a comprehensive platform designed to increase women’s heart health awareness and serve as a catalyst for change to improve the lives of women globally.**

**It is about women making a commitment to stand together with Go Red and take charge of their own heart health as well as the health of those they can’t bear to live without.**

**Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.**

**Use February, American Heart Month, to raise awareness about heart disease and how people can prevent it — both at home and in the community.**

**Get Involved**

**1.     Celebrate National Wear Red Day to raise awareness about women and heart disease. Encourage everyone in your community to wear red on February 1, 2019. Visit Go Red for Women for more information.**[**www.goredforwomen.org**](http://r20.rs6.net/tn.jsp?f=001Jf12eAqIlKh6lKabzBUuZds6tHEzMW7TwFmjOomH4k6NWKXjrOxsJwSqOjFVPOVk_qaW5VUTO11kI0yW9FDKlLKpAazWyZOjJv338XnPRl1Rmm5nDBo_YUy0fsO5sEgz0vjQSZUSv0IOY4X6f3_Sqw==&c=OD5KqNzg4LKz5wBKzGXwn__E9AC0Mxi5M3XZ9BYhNCBt9h_Dmn5Hkw==&ch=UAqaUGbGVFN5EzklrC0_AUPe69JMTWl6dTAJ-Stl5apRYm7WopbHfQ==)

**2.     Add information about living a heart healthy lifestyle to your newsletter.**

**3.     Host an American Heart Month event at a local school, health center, or library. Work with local recreation and fitness centers to spread the word about the importance of physical activity to prevent heart disease.**

**4.     Contact your local Red Cross,** [**www.redcross.org**](http://r20.rs6.net/tn.jsp?f=001Jf12eAqIlKh6lKabzBUuZds6tHEzMW7TwFmjOomH4k6NWKXjrOxsJwSqOjFVPOVkolZZ5jGbE4rEWx_zbFZ64LAqnsyGCkmYxrLCOJ04MQqTCj7SkNWcoxZRQluKPq9aP2D2iHpfxLapOvYatn_Zeg==&c=OD5KqNzg4LKz5wBKzGXwn__E9AC0Mxi5M3XZ9BYhNCBt9h_Dmn5Hkw==&ch=UAqaUGbGVFN5EzklrC0_AUPe69JMTWl6dTAJ-Stl5apRYm7WopbHfQ==)**,** [**www.redcross.org**](http://www.redcross.org)**, to host a CPR (cardiopulmonary resuscitation) training event in your community. Urge local community members to learn CPR and AED (automated external defibrillator). These skills can help save the life of someone who has sudden cardiac arrest.**

**5.     Host a 20-minute group walk around your office at lunchtime.**

**6.     Conduct a cooking demonstration using a heart-healthy recipe.**

**7.     Follow CDC’s Million Hearts® on**[**Facebook**](http://r20.rs6.net/tn.jsp?f=001Jf12eAqIlKh6lKabzBUuZds6tHEzMW7TwFmjOomH4k6NWKXjrOxsJwSqOjFVPOVkg571fcDRWLqlhcO01GrODlW2FLAHemYlM6CRWm6kJtuO8z-owhwWdHds-XHgbWkvaSm5k-E7HklkDkBRcXC0OsnZBWLPT12f&c=OD5KqNzg4LKz5wBKzGXwn__E9AC0Mxi5M3XZ9BYhNCBt9h_Dmn5Hkw==&ch=UAqaUGbGVFN5EzklrC0_AUPe69JMTWl6dTAJ-Stl5apRYm7WopbHfQ==)**and**[**Twitter**](http://r20.rs6.net/tn.jsp?f=001Jf12eAqIlKh6lKabzBUuZds6tHEzMW7TwFmjOomH4k6NWKXjrOxsJwSqOjFVPOVk7Dnx7qKapfV5xO9ZbQq4Fwp56PZifMju3nCjgjRtsxaJi-L4vZGHOn226LvR2_iuiDyYjVMJgR2c7a5Djp8F02Uud5Ap51dB&c=OD5KqNzg4LKz5wBKzGXwn__E9AC0Mxi5M3XZ9BYhNCBt9h_Dmn5Hkw==&ch=UAqaUGbGVFN5EzklrC0_AUPe69JMTWl6dTAJ-Stl5apRYm7WopbHfQ==)**to learn more about heart disease and stroke prevention.**

**MARCH OF DIMES**

**For 80 years, March of Dimes has helped millions of babies survive and thrive.  What began with President Franklin D. Roosevelt's personal struggle with polio led to the creation of the National Foundation for Infantile Paralysis, better known as March of Dimes. This organization pioneered the vaccine research leading to the eradication of polio in the U.S., and then they shifted focus to address some of the biggest health threats to moms and babies with innovations like folic acid, newborn screening and surfactant therapy.**

**About half a million babies are born premature or with birth defects in the U.S. each year. The March of Dimes leads the fight for the health of mothers and babies.  They advocate for policies to protect them and improve available health care. They pioneer research to find solutions to issues facing mothers and babies and empower families with the knowledge and tools to have healthier pregnancies.**

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**Today the March of Dimes educates medical professionals and the public about best practices; supports lifesaving research; provides comfort and support to families in NICUs; and advocates for those most in need. They are committed more than ever to guiding moms through every stage of the pregnancy journey and fighting for the smallest infants while advocating for their health each and every day.**

**Donna Shackel**

**CFWC Home Life Chairman**