

The Advisor

Calendar of Events

February

7 Let's Play Bridge
12 Board of Directors
21-23 Book Sale!

Upcoming Events Save the date:

March

7 Let's Play Bridge
12 Board of Directors

April

4 Let's Play Bridge
5-6 Purse Party!
9 Board of Directors
18 Let's Play Bridge
Make Up Game

May

2-5 Book Sale!
7-9 Nurses Week Treat
Cart
10-11 Plant Sale
10 Scholarship Award
Ceremony-COE
14 Board of Directors
17 Let's Play Bridge
Brunch
24 Spring Luncheon
28 Office Closed-
Memorial Day

New Life Members:

Kathy Barry
Todd Betzer
Dian Boysen
Peg Bradke
Roberta Haley
Shirley Miller
Nancy Stiles

Welcome to 2018

How about a New Year's Resolution to add one or two volunteer shifts for the Auxiliary if you did none last year? That is definitely a resolution that could easily be fulfilled.

The Auxiliary is heading into a very busy spring and we will need help in accomplishing all of our fundraising goals. None of the commitments are difficult. I have done them all. Two hours here and there, as long as you know they're coming, is pretty easy to handle. I have been able to volunteer for each event, even with my incredibly busy schedule.

First ask: We need about four retired teachers or others who like to work with children to step up and help with some of the Pediatric Tours. These tours are very informative and helpful for little ones. We have three left this spring-April 5, April 15, and May 3. Please call the Auxiliary Office and let Lisa know you can help with at least one of these. They take place at 9:30 am on Thursday mornings.

Second ask: The Books Are Fun Sale is a very easy commit and it is very entertaining to watch how Geoff works. All you have to do is smile and fill bags with the items that have been purchased and say, "Thank you." The two hour shift goes very quickly! You can call Lisa in the Auxiliary Office (319-369-7804), send an email to lisa.parrish2@unitypoint.org or use Sign Up Genius to volunteer.

Third ask: There will be a Purse Party in the A. Ave. lobby on April 5 and 6. If you have not been a part of this, it is amazing. There are purses of all price ranges and colors. This also is an easy shift. Mostly bag up purchases and keep an eye on the sale. Again, you can call Lisa in the Auxiliary Office (319-369-7804), send an email to lisa.parrish2@unitypoint.org or sign up on Sign Up Genius to offer your help for a couple of hours.

Fourth ask: We have our annual plant sale on May 10 – 11. The lobby is full of beautiful plants. This is also an easy commit and fun. Again, it is mostly bagging purchases. It is fun helping people try to decide on their plants.

Fifth ask: We have a treat cart that we take to all the nurses. It is part of Nurse's Week in May and we strongly want to support our nurses and all that they do. We did this for the first time last year and it was very much appreciated! We can use volunteers to stock the carts and volunteers to deliver the goodies on May 7, 8 and 9. This is also not a difficult task and the nurses love it!

Sixth ask: Mark down May 24th for the Spring Luncheon. I am again putting out my personal invitation to all the members who know me, but have not attended a luncheon in awhile and also to those who do not know me. The topic for our speaker is going to be near and dear to my heart and very informative. Every single Auxiliary member is invited to come and bring a friend or two. The luncheon will be at the Cedar Rapids Art Museum and will be handicap accessible. The goal is 80 people. Stayed tuned for more information.

All of these events help us to earn money which in turn goes toward hospital needs. Over the years we are proud to say we have gifted over \$7 million. We could not have done this without all of your help.

SO, COME BACK ON BOARD IF YOU HAVE BEEN AWAY FOR AWHILE AND ENJOY!

Patty



What is Go Red for Women?

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an older man's disease. To dispel the myths and raise awareness of heart disease & stroke as the number one killer of women, the American Heart Association created Go Red For Women, a passionate, emotional, social initiative designed to empower women to take charge of their heart health.



What is the goal of Go Red For Women?

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

In 2010, the AHA set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by 20 percent by the year 2020.

Why do Go Red For Women and other red dress campaigns target women instead of men and women?

In the past, heart disease and heart attack have been predominantly associated with men. Historically, men have been the subjects of the research done to understand heart disease and stroke, which has been the basis for treatment guidelines and programs. This led to an oversimplified, distorted view of heart disease and risk, which has worked to the detriment of women.

Because women have been largely ignored as a specific group, their awareness of their risk of this often-preventable disease has suffered. Only 55 percent of women realize heart disease is their No. 1 killer and less than half know what are considered healthy levels for cardiovascular risk factors like blood pressure and cholesterol. The Go Red For Women movement works to make sure women know they are at risk so they can take action to protect their health.

How can St. Luke's help?

St. Luke's is Your Heart Hospital.

UnityPoint Health -Cedar Rapids is a leader in heart care. People choose us when they want the best possible heart care team helping them prevent, manage and overcome heart or vascular disease.

What better month than February to love your heart and schedule a check up?

For more information about how St. Luke's can help you prevent heart disease, follow the link below:

<https://www.unitypoint.org/cedarrapids/services-preventing-heart-disease.aspx>

For more information on Go Red for Women, click below:

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/about-go-red/>



St. Valentine's Day falls on February 14th of each year. Although the name is Saint Valentine's Day, most people refer to the day as Valentine's Day, or even the Feast of Saint Valentine. It was originally a day to celebrate Saint Valentinus, who performed weddings for soldiers who were not allowed to marry. He was imprisoned for

this, as well as for ministering to Christians. Saint Valentinus wrote a letter to the daughter of his jailer before he was executed. His letter was signed 'From your Valentine'. He was buried on February 14th. Valentine's Day was not associated with romantic love until the middle ages. By the 1700s in England it began to resemble the Valentine's Day we know today. At this time lovers began to express their love with gifts of flowers, candy and cards, which were called 'valentines'.

After St. Valentine was buried, Julia, the daughter of his jailor, planted an almond tree with pink blossoms near his grave. The almond tree today is a symbol of lasting friendship and love.

What's Cooking

Valentine's Kool-Aid Pie

8 oz. fat free Cool Whip

1 can fat free sweetened condensed milk

1 pkg. strawberry Kool-Aid (can also use lemonade flavor)

Pour into a graham cracker crust and refrigerate.

Enjoy with your Valentine!

Did you know? At least 9 million people buy their pets a gift on Valentine's Day.

