



ATLANTA BRANCH NEWS

2015-2016 Leadership

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President's Message

Myra Carmon

I hope everyone is staying warm during this cold weather. Since January 1, it has been a challenge to remember to date items using the year 2016. I was looking at AAUW of Georgia's Value Promise, which states that belonging to AAUW you belong to a "community that breaks through educational and economic barriers so that all women and girls have a fair chance." I think that to have a fair chance and reach our potential we must be healthy.

February is Heart Month. In the United States heart disease is the leading killer of women, and one in four women dies of heart disease. A Women's Heart Disease Study conducted in 2012 found that the awareness and knowledge about heart disease in women still lags, especially in minorities and younger women.

Coronary Heart Disease (CHD) is the most common type of heart disease and occurs when plaque builds up on the inner coronary arteries. CHD can cause angina, heart failure, heart attack, and cardiac arrest. Angina is chest pain or discomfort. Heart failure occurs when the heart muscle cannot pump blood around the body effectively. Heart attack is the death of heart muscle due to lack of oxygen resulting from a blockage of a coronary artery. Cardiac arrest occurs when the heartbeat stops, the heart stops, blood circulation stops, there is no pulse.

Women are usually older than men when heart disease develops, and the cause is most often linked to hypertension, diabetes, valvular disease, and coronary artery disease. The good news is that women with heart failure have better survival rates than men.

You can control many CHD risk factors. Lifestyle changes, taking medication as needed, and medical and surgical procedures can help women lower their risk. Beneficial lifestyle changes include exercising as one is able, eating healthy foods, lowering fats and carbohydrates, maintaining a healthy weight, quitting smoking, reducing sodium intake, and lowering blood pressure.

Friday, February 5th is National Wear Red Day, part of the American Heart Association's Go Red for Women campaign. So wear your red and create awareness of heart disease. Also speak to your health care provider about a heart scan. Let's have a healthy 2016 with changes to reduce our risks for heart disease!

February Meeting

The February 6th meeting of the AAUW Atlanta Branch will be held at Nancy G's Cafe and Neighborhood Bistro at 4920 Roswell Road, Suite 55, in Sandy Springs. The cafe is located in the Fountain Oaks Shopping Center. There will be a buffet luncheon which will cost \$25.00

This meeting is the annual Legislative Update and the speaker will be State Senator Elena Parent, who represents Central and North DeKalb County. She was elected in 2014 and had served in the Georgia House of Representatives. She will be including information about issues relevant to women and girls.

Please RSVP to the Evite which is coming soon or notify Betty Arden if you have questions.

AAUW at Georgia State University

By: Jenniffer Stetler

The student chapter of AAUW at Georgia State University has just wrapped a busy fall 2015 semester. In the past semester, AAUW at GSU welcomed a new board of officers and board members with Jenniffer Stetler as President, Nykki Ogbomoh as Vice-President, Hannah Dore'Flewallen as Treasurer, Alicia Kovacevic as Secretary, and Mariam Shakeel as board members. These officers and board members were able to put together a series of events on a panel discussion on what to expect in graduate school, get out the vote, and awareness events on domestic abuse and HIV. The awareness events were in October for domestic abuse and December 1 on International HIV Day and on these days AAUW



members were able to give purple ribbons for domestic abuse and red ribbons for HIV. AAUW at GSU student chapter were able to raise awareness on domestic abuse and HIV as well as the importance being registered to vote in Georgia.

The upcoming semester for AAUW at GSU will be an exciting spring 2016 semester as the ladies prepare events that focus on leadership development, human trafficking, equal pay day, more get out the vote events, and serving as a safe site for the Great American Condom Campaign!

Membership Discount

By: Kay Collins

Now is a good time to introduce your family and friends to AAUW! Invite her to the legislative meeting Saturday, February 6! NEW members receive a 50% discount on national membership between 1/1-3/15/2016; a savings of \$24.50. This entitles her to full national membership until 6/30/2016. The state and Atlanta branch dues would be an additional \$5.00 (also discounted 50%) and \$18.00 respectively: \$ 47.50 total. This is a savings of \$29.50! So spread the word! Membership VP, Kay Collins.

Contemporary Lit Group

By: Kay Collins

The Contemporary Lit. group will meet Monday, February 8. This is one week later than usual. Gather about 10:30 AM at the home of Mary Hanson. We will discuss *Under the Wide and Starry Sky* by Nancy Horan. Questions? Call Kay Collins.



Travel Group

By: Betty Arden

The AAUW Travel Group will meet at 10 am on February 11th at Ansley Mall Kroger to carpool to the recently completed Ponce City Market. The Market is located in the former Sears-Roebuck building on Ponce de Leon Avenue. The Central Food Hall has an amazing number of eateries. Call Betty Arden for further information.



During the Atlanta Branch of AAUW's January trip to the Center for Puppetry Arts.

The Season of Hearts

By: Riana Smith

It's the season of love and your head has probably already begun being filled with images of chocolates, roses, and hearts. However, during this Valentine's Day season many women have started thinking less about the hearts filled with sweet candies and more about the one that is pumping their blood. According to a recent article by NBC News, "Despite stunning improvements in cardiovascular deaths over the last decade, women still fare worse than men and heart disease in women remains underdiagnosed, and undertreated." Additionally, "While the most common heart attack symptom is chest pain or discomfort for both sexes, women are more likely to have atypical symptoms such as shortness of breath, nausea or vomiting, and back or jaw pain," the Heart Association said. Although experts have known the significant differences in heart diseases based on gender, many are concerned that women still are ignoring heart risk. "The result is the same— when blood flow to the heart is decreased for any reason, a heart attack can occur," the NBC stated, "...that adds up to 53,000 women dying from heart attacks every year."

Calendar

Board Meeting (Northside Library) – Jan. 30 10am
 Program: Legislative Meeting – Feb. 6 11am
 Program: Gynecologic Cancer – Mar. 5 11am
 Annual Meeting – May 14 11am

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