



PLAN AHEAD

The newsletter of Soroptimist International of Palm Desert for February 2017

-Doris Churry, Editor

Taking Care of YOU!

For all the roles we women play the one thing we often forget is how to take care of ourselves. It is easy to talk yourself into avoiding the yearly physical exam and blood tests. The appointment for the mammogram keeps being put off. All of this avoidance can lead to some very nasty surprises, and yet we are all guilty of neglecting ourselves. Our families and our desire to provide service to others often take precedence in our minds. But, how efficient can we be in fulfilling our roles if we are not healthy?

February is the month that heart disease is often highlighted in newspapers and magazines.

Reading the latest statistics, women are dying at a higher rate than men of heart disease. Heart disease is the number one killer of women. Why? One reason is that often the symptoms of a heart attack in women are different than those of men. We often **feel discomfort** in our **neck and shoulders** and not the classic chest pain that men often feel. Presenting with these symptoms often leads to confusion for the medical community. Just the last few years the profession has started to recognize the differences in how men and women present when having a heart attack.

Heart Attack - Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Those heart attack symptoms can certainly happen to women, but many experience vague or even "silent" symptoms that they may miss. For women it can be pain in **your arm(s), back, neck, or jaw**. The pain can be gradual or sudden, and it

may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor or other health care provider.



Other times, women experience severe abdominal pressure that feels like an elephant sitting on your stomach. You can have **Shortness of breath, nausea, or lightheadedness**. If you're having **trouble breathing for no apparent reason**, you could be having a heart attack. **Breaking out in a nervous, cold sweat** is

common among women who are having a heart attack. **Fatigue** can also present as a symptom. Not everyone experiences all of these or even some of these same symptoms. **Know your body and pay attention!**

Discuss these symptoms with your significant other, partner and/or family. They may recognize these symptoms before your do.

The same drug used for stroke is sometimes used for heart attacks – tPA. In both events it does the same thing, it dissolves blood clots. And TIME is Critical for both events! If administered within 4 ½ hours of the beginning of each, you have a better chance of containing the damage to both brain and heart.

Stroke: Do you know about the drug that can save your life if you are having a stroke? It is the clot busting drug tPA. If you do not remember anything about this subject remember tPA. Tell you family about it and make sure

they remember. Every minute counts. It can make the difference in how much damage a stroke can cause in your brain. Put the notation in your cell phone. Place tPA on a card and place it in your wallet, along with your ICE information. **It is stated that the drug has to be administered within a 4 ½ hours from the time stroke symptoms appear but the faster the better. People who develop stroke symptoms, such as arm weakness, speech problems or face droop, should call for help immediately.**

Remember: If you think you are having a stroke, ask for a CT scan right away.

Drug Testing - It is now acknowledged that drug testing needs to include studies for men and women. Until the last few years most drug trials were made up of men test subjects. It is in the last few years we now know that men and women react to some drugs differently. Even with this knowledge some studies have been slow to include women.

If something is prescribed for you, ask your medical care provider if the drug has been tested on both men and women. With all the attention on breast cancer and that is important for women, heart attack and stroke are equally significant. Be good to yourself, know your body and keep this information close. —President Sherrie



Thank you Georgia Cross for inviting Samantha Paixao from the District Attorney's office and Becky Goebel for inviting Kristen Dolan from SafeHouse to speak on the vital topic of human trafficking in January.



Signs of a Stroke

F.A.S.T.

F is for FACE

If you are experiencing weird tics or anything similar, look in the mirror. Is one side droopier than the other? You may be experiencing a stroke.

A is for ARM

If you lift your arm into the air, does it fall back down? Do you feel weak, tingly or numb on only one side of the body? You may be experiencing a stroke.

S is for SPEECH

Are you having trouble getting words out? You may be experiencing a stroke.

T is for TIME

As soon as you think something odd is going on, call 911. You may be experiencing a stroke.

"A NIGHT AT THE RACES!"

Our New Fundraiser

LUCKY FRIDAY, JANUARY 13, 2017


-Betsy Kreger and Claudia Quiles, Event Chairpersons




Our fundraiser event was SO MUCH FUN!!! "A Night at the Races" was a real hit with the guests, many stating they will buy tables of 10 at next year's races. Out of the starting gate, Cathy Brown welcomed our guests, then our CBS Local 2 weatherman Patrick Evans got the evening's crowd rooting and yelling for their favorite horses in the six races. Leanna Pettit and "crew" organized over 40 Pick-a-Prize items that were raffled between the races. The racing decorations were fabulous thanks to Lori Oliver, Becky Goebel, Mary Kay Berlier and Rose Mary Jameson.

Betting was fierce! - but in the end, guest Jann Longman won the grand prize of the Napa condo vacation. Now for the important part---we raised over \$4,000!!! The final total is not ready as some expenses still need to be submitted. So ladies, we think we have a real winner with this event.





FEBRUARY



Thursday, February 9, 6pm – “Dream Jar” Workshop

This is the opportunity to make your own jar to collect spare change for the GWR Dream Maker Project to add funds for our GWR “Live Your Dream” award winners! Join service director Janice for some fun. Many materials will be available to decorate your jar. A “Beggar’s Banquet” of soup and fruit will be served. \$5.00 per person. -President Sherrie’s home



Sunday, February 12, 11am – Valentine’s Brunch for Ophelia Project

Members are asked to contribute an interesting and/or exceptional cake or pie or other sweet to be auctioned off at the brunch, which will be held at The Palms at La Quinta on Seeley Drive in La Quinta. Brunch will be served compliments of our member Liz Glowka. 100% of proceeds will be donated to the Ophelia Project to benefit area high school girls. R.S.V.P. Mary Kay Berlier

Monday, February 13, 6pm – SIPD Board of Directors meeting

Desert Falls Country Club in their prestigious Locker Room



Wednesday, February 15, 12 noon – SIPD Business meeting

Desert Falls Country Club

Thursday, February 16, 6pm – “Live Your Dream” Award Dinner

For members a “must see” and for member’s family and friends a “must see what Soroptimists are accomplishing in service to women in our valley”. It is amazing and inspiring to see and hear what young women are doing to persevere in today’s world. Heritage Palms Country Club. R.S.V.P. \$25 per person





MEMBERSHIP IN SOROPTIMIST!

-Doris Churry, Membership Director

Welcoming in 2017, we opened up the first page of our new SIPD club year with our business meeting on January 4th planning for the launch of our new fundraiser: "A NIGHT AT THE RACES"! With the deft and thorough



planning of our past presidents Betsy Kreger and Claudia Quiles, we were a big hit! All attending had a raucous good time and many were lucky in their horse racing (just the cutest set-up to "place your bets with the 'betting bucks' for a win on your horse's nose!). Leanna Petitt and her crew did a spectacular job of

showcasing the 40 pick-a-prize donations: Monica Gonzales won the prize sweepstakes with four, including the –much coveted (right Claudia?)– plush hobby horse. With this as our inaugural running of Race Night in Palm Desert, we expect great things in our future with the 2018 running of the ponies at our 2nd annual "Night at the Races".

We did have a good and successful turnout, but with more tickets sold for next year we can really win by a mile!

Did you enjoy the presentation of the attorney from the D.A.'s office and the human trafficking director at Safehouse of the Desert? A vital and interesting topic for local and national Soroptimists! Your presence is needed at our meetings to support our Soroptimist objectives and the Soroptimist Mission; community-based and international projects benefiting women and girls. "Best for Women" is what our organization strives to achieve; Soroptimists are women at their best working to help other women to be their best. Thanks Georgia Cross and Becky Goebel for making it happen.

February will be an excellent month for participation and feeling the personal rewards of being a Soroptimist!!

Have you made your jar yet? Our service director Janice is getting us together at President Sherrie's home to decorate jars (jars will be available) on February 9th @6pm. We will take them to Spring Conference in Phoenix on June 1-2-3 to support the Golden West Region fundraiser to fund GWR "Live Your Dream" winners! An excellent project and painless way to donate. \$100+ donors will be acknowledged at conference at the Pointe Hilton Resort in Phoenix. Sherrie is cooking (we love it when she does that!) her famous Beggar's Banquet again for us, so don't miss the evening to contribute in yet another way to "make a difference in the lives of women and girls".



On the 13th, our energies turn toward supporting young women in high school achieve their potential. With our unfettered donation of the proceeds from the Valentine's Brunch and Auction we will be able to send a good-sized support check to the Ophelia Project to continue their hands-on service to Valley high school students! Your cake or other sweet donation on February 13 will help to make this happen! Thank you to Liz Glowka for underwriting the cost of the luncheon, and to Bev Montgomery for having underwritten the lunch costs in the past. Our La Quinta

Soroptimist members have brought this worthwhile project to our attention and we will continue on in their tradition. Thank you everyone for your fullest participation!

The annual Coachella Valley Soroptimist clubs traditional "Live Your Dream" awards dinner is again being held at the Heritage Palms Country Club. Their facility nicely compliments our event and we look forward to television newswoman Laura Yanez and television and radio wealth management advisor Cathy Brown Wellins to again host our awardees and present their checks from our Soroptimist clubs in Palm Springs, Desert Cities of the Coachella Valley and Palm Desert. All friends and family are invited to share in our pride in presenting these cash awards to deserving women from our district on Thursday, February 16th @6pm.



Welcome back to Beth Irish! So glad to have her back in the club. Same to Mulu Alem, once she has helped her brother (who lives in LA) back to good health. We are missing Elaine Reynolds, Jackie Wilmeth and Diane Backovich and hope to be seeing them very soon! We don't see Wahneta Bowers and Renate Burns Knoblauch often enough. Lee Hanset was supposed to be flying in from the north but haven't seen her as of yet. Rosalin Schiller and Mary Walker are due to visit and we are eagerly awaiting! PP's Ann Miller and Donna Gomez may want to rejoin! If you know them, please encourage them!

PLAN AHEAD now and calendar the spring conference dates of June 1-2-3 to attend Point Hilton Squaw Valley Resort to bring our Dream Maker jars to display and our club check for our total donations. Once again we will be doing a "ROAD TRIP!" A big group going over to Phoenix will make for a repeat of the great fun we all had last year. PLAN AHEAD EVERYBODY!

Spring conference PLANNING AHEAD by our Golden West Region Membership Committee will include a membership workshop which focuses on club excellence. We will have a panel of the most dynamic clubs in Golden West Region. They will share their success secrets with us and be open to questions!

"COFFEECHATS" are still underway. This week I met with Monique Smith, Ph.D. who will be presenting a talk for us at our March "Reach for Your Dream" Career Workshop in conjunction with College of the Desert, Indio campus. She has also agreed to help facilitate an effort to develop a new Soroptimist club in Riverside County! Very exciting news ladies. I am creating a Steering Committee of members of our club who have interest in new club development. Thus far, Marilyn Alt, Becky Goebel and Claudia Quiles will be onboard; please let me know if this is an area which interests you as well. We will be planning a visitation near term and organizational meetings thereafter. As there is only one new club in all of the USA this club year (!), it would be a feather in our cap to be the sponsoring club behind a new club charter and a feather in the cap of Golden West Region as well.



REFLECTIONS ON SOROPTIMIST

Where do want your club to be in five years?

The next thing I need to learn in Soroptimist is ...

Check your contacts and consider: "These women would make great Soroptimists and
I should get in touch!"

My volunteer experience with Soroptimist is: a-important to me; b-a priority in my life;
c-meaningful and worth sharing

A personal challenge: "When was the date that I last WOWED someone
and what was it?"

RANDOM CHUCKLES from Lee Hanset

At an optometrist's office: If you don't see what you're looking for, you've come to the right place.

In a non-smoking area: If we see smoke, we will assume you are on fire and take appropriate action.

In a veterinarian's waiting room: Be back in five minutes. Sit! Stay!

