

OCWC Newsletter

PO Box 2102 | Oregon City, OR | 97045-0058 | www.oregoncitywomensclub.org



GFWC Oregon Federation of Women's Clubs



Connie's Corner...

Well, January is almost over and Valentine's Day is almost here! The month has gone by fast, the wonderful sunshine we had several days this month certainly helped. My daphne bush is showing just the tiniest bit of purple and the daffodils are up several inches...must be going to snow ❄️

This month our Board Meeting will be In-person for those that are comfortable being at my house, and, of course, on Zoom if you prefer. Watch for details in your email. The General Meeting will continue on Zoom.

Our generous monthly donations from you allowed us to fill 30 "parent bags" for those whose children are admitted to Doernbecher's Pediatric Intensive Care Unit. A huge thank you to those that donated items, volunteered their time and helped with funding to purchase the necessary items. Even with Covid-19, our wonderful members continue to help our communities!

QUICK REMINDER-

Hopefully you have written a few thank you letters for our veterans who served during Korea, WWII and Vietnam. To remind you, their Honor Flight from Portland was grounded due to COVID and we have some veterans who due to age or illness will never get to complete their last mission back to Washington, DC to be properly honored for their service. Instead they will be given a Quilt of Valor, a challenge coin, a flag flown over the capitol, and letters for their final "Mail Call". Please mail the letters, unsealed, to LINDA TATE, PO BOX 1242, CANBY, OR 97013. Children

*Be good to people
for no reason.*

*Love isn't what you say.
Love is what you do.*

Movie & Show Suggestions For Home Isolation!



- Dead to Me - 2 Seasons
- The Crown - 4 Seasons
- Heartland - 11 Seasons
- Emily in Paris - 1 Season
- The Kominsky Method - 2 Seasons
- Sweet Magnolias - 1 Season
- Virgin River - 2 Seasons
- Wine Country - 1 h 43 m
- Northern Rescue - 1 Season
- The Queens Gambit - 1 Season
- Secrets of the Great British Castles - 2 Seasons
- Somebody Feed Phil - 4 Seasons



- 800 Words - 3 Seasons
- Brokenwood - 6 Seasons



- Mystery Road - 3 Seasons

My wish today is that all my family and friends stay healthy.

If you have shows or movies that you would like to recommend please email them to clwads@gmail.com for next months newsletter.



Books to Read - Recommendations

Do you have books you have read lately that you would like to recommend to our members? Please send them to clwads@gmail.com to be included in future newsletters.

Please feel free to share a little information about the books as well.

*When you least expect it,
something great will come
along. Something better
than you ever planned for.
Be patient. Be smart.
Stay focused.*

*Maybe not tonight,
tomorrow or the next
day but everything is
going to be okay.*



Inspire Your Heart with the Arts Day - January 31st

This is a day to ponder how art affects your heart. Art is valued and appreciated for all sorts of reasons.

Always end the day with a positive thought. No matter how hard things were, tomorrow's a fresh opportunity to make it better.

Every day is another chance to change your direction and create a new beginning.

Wrinkles mean you laughed, grey hair means you cared and scars mean you lived.

Heart Health Month

The History of American Heart Month

American Heart Month was enacted in December of 1963 and first celebrated in February 1964. President Lyndon B. Johnson made it so via proclamation #3566, and the Congress issued a joint resolution that requested the standing President issue an annual proclamation designating February of each year as **American Heart Month**. As mentioned earlier, the rate of death from heart disease was more than 50% in the early 1960s — it is now less than 25%, according to the Centers for Disease Control and Prevention (CDC).

How to Celebrate American Heart Month

Year-round, but in February especially, consider the following ways to boost awareness of the importance of heart health by making a difference in your community, within your family, or in your own health-related choices. Here are some great ways to celebrate American Heart Month:

1. Schedule an appointment with your doctor

Instead of only reacting to health concerns when they arise, take a preemptive approach and schedule a full check-up with your general practitioner. Ask for a cholesterol test, a full blood panel, and ask your healthcare professional to check you out for any signs of disease or heart-related health concerns.

2. Quit unhealthy habits

If you smoke or use other forms of tobacco, make this the year you kick the habit. The CDC reports that 480,000 people die each year in the US from **cigarette smoking**, including those who die from secondhand smoke exposure. That accounts for about 1 in every 5 deaths. Even if you don't smoke yourself, a family member may be slowly reducing your life expectancy potential. In addition to tobacco, the CDC reports 88,000 deaths are linked to excessive alcohol consumption each year in the US. This represents a staggering 2.5 million years of potential life lost. The bottom line?

*Some paths are meant to
be traveled alone.*

Use this month as a catalyst to put those destructive habits in check.

3. Focus on healthy eating

Heart healthy meals, or those that are nutrient-rich, low in sodium, and contain only moderate amounts of fat and saturated fat, can add years to your life. Try to reduce the number of times you go out to eat each month, pack healthy snacks to carry with you, and minimize the temptation to stop at a fast food drive-thru for a quick bite to eat. Make it a point to cook at home more using fresh ingredients and minimal sodium or fatty additives.

4. Take prescribed medications

One contributor of higher mortality rates in those aged 50 and older is not taking prescribed medications as indicated by the doctor and pharmacist. In fact, the **National Library of Medicine** reports that approximately 50% of patients do not take their medications as prescribed. This can lead to serious health ramifications, especially in patients with heart-related health concerns, and the adverse effects can be irreversible, if patients don't begin to adhere to their medicinal regimens.

5. National Wear Red Day

One woman in the US dies every 80 seconds from heart disease, so do all you can to boost awareness of this tragic statistic by wearing red as often as you can in February. National Wear Red Day is usually the first Friday in February, but by incorporating more red into your wardrobe you may be able to spark conversations with others all month long.

6. Exercise is key

If there is one thing that can help improve your overall heart health virtually overnight, it is exercise. First consult with your doctor, then create an exercise plan that includes a few key steps. Step one, make sure you involve plenty of moderate-intensity cardiovascular work in your fitness regimen. Then, add in some weight training to improve your strength and mobility. The better you feel the more you'll be encouraged to work out and stay healthy.



I look forward to the day when my biggest decision I have to make is what cocktail I'm going to sip on while lying by the pool all day!

February 11th General Meeting

Hostesses - Trish Le Parc, Kelli Zook, Grace Humberston, Sherry Hyland, Robin May

Meeting will be by ZOOM and will begin at 10:00 AM

Sign on information will be emailed out to you.

Program: The Center at Heron Hill

Guest Speaker: Aaron Adamski



January 28th @ Noon

Sandra Browne

Claire Met

Susie Werner

Bev Spilseth

Dominique Gomez

Newsletter Submissions

Please send your information to Chris Wadsworth at clwads@gmail.com

Book Reviews

Movie and TV Shows to watch

Recipes

Quotes