

Ambassador

NEWSLETTER

February, 2007

The *Red Dress* Campaign
Women & Heart Disease • Providence Heart Institute

Special Heart Month Issue

Look inside for special women and heart disease awareness events happening this month!

A letter from Jeanna

It's

2007, and we're ready to roll! We have a lot of activities coming up for the new year and want you to be part of all of them. Make it your resolution to exercise, eat better and spread the word about women and heart disease!

This year will once again be filled with many great activities that will send our Ambassadors into our communities to raise awareness

about women and heart disease. And, we're already getting started! February is American Heart



Jeanna Moffett

Month. We kick it off with our Red Dress Rally at the State House on Feb. 1 at noon. I hope to see you there and at several of the other activities we have planned for this special month.

Thank you for your hard work and dedication as Ambassadors. You truly make a difference in your communities and in the fight against heart disease. Your willingness to help us spread the word is extremely vital, and I hope we can count on your continued support during American Heart Month and the coming year.

In good health,

Jeanna Moffett
Providence Heart Institute



THURSDAY
FEBRUARY 1
12 NOON

IT'S
TIME TO
RALLY!

FIRST FLOOR ROTUNDA OF THE STATE HOUSE

Dates to Remember...

February

National Heart Month

Red Dress Campaign Art Contest for Kids at Columbia Place Mall

1

Red Dress Rally
State House, noon

2

National Wear Red Day

17

"Take Heart and Smile"
EdVenture Children's Museum

21

Carolina Cuisine Heart Healthy
Cooking Class,
USC's McCutchen House

24

"Lady in Red: Healthy Heart
Program for Women,"
Seawell's Banquet Center

March

17

St. Patrick's Day Parade

24

Midlands Heart Walk

April

28

Sparkleberry Fair

May

5

Providence Heart & Sole Women's
Five Miller

It's Time to Rally

Join us at noon on Thursday, Feb. 1, at the State House where a proclamation from the Governor will dedicate this day to awareness of heart disease among women. Please wear your red dress and bring your mother, daughter, sister or best friend with you. Your presence will send a strong message that the number one killer of women must be taken seriously! The event starts at noon in the first floor rotunda of the State House.

Then remember to wear your red dress again on Red Dress Day on Friday, Feb. 2. Sign up for a reminder e-mail on our Web site. For more information, call (803) 256-5863 or check out the Web site at www.RedDressCampaign.com.



We love a parade!

Red Dress Ambassadors rode on the Dick Dyer Red Dress Fire Truck in the annual Carolina Carillon Holiday Parade in downtown Columbia on December 2. Join us on the fire truck for the St. Patrick's Day Parade in Five Points on March 17. Call (803) 256-5863 to reserve your spot!

Make it a **Red Letter** Year with Healthy Resolutions!

The new year has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Here are some helpful hints on how to keep those resolutions.

Be realistic: Don't make your goal unattainable. Strive for a goal that is realistic for you.

Make a plan: Decide how you will deal with the temptation to stray from your goal. This could include calling on a friend for help, practicing positive thinking and rewarding yourself for sticking with your plan.

Talk about it: Don't keep your resolution a secret. Tell friends and family members who will be there to support you. Find a buddy who shares your New Year's resolution and motivate each other.

Track your progress: Keep track of each small success you make toward reaching your larger goal. Short-term goals are

easier to keep, and small accomplishments will help keep you motivated.

Don't beat yourself up:

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one at a time.

Stick to it: Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and six months for it to become part of your lifestyle.

Keep trying: If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

The number one resolution people make is to lose weight or get healthier. We can help create a healthier you in 2007! Check out the list of health and lifestyle classes available at Providence. Visit our Web site at www.ProvidenceHospitals.com and click on the link to our calendar/classes.

Source: About.com, <http://about.com/>



It Takes **heart & sole!**

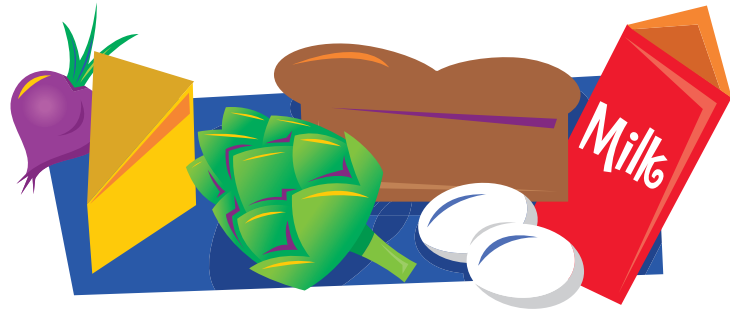
More than a thousand women of all ages are expected to pack the streets of downtown Columbia on Saturday, May 5, when Providence Heart Institute and WIS News 10 host the sixth annual Providence Heart & Sole Women's Five Miler. The state's only all-women road race includes a five-mile run and a three- and five-mile walk.

The event will begin with an opening ceremony at 8 a.m. featuring Dawndy Mercer of WIS News 10. The five-mile race begins at 8:30 a.m., and the walk begins at 8:35 a.m. For more information, visit the Web site at www.HeartAndSoleRun.com.

Get started early! Train with a special Heart & Sole running group at Strictly Running in downtown Columbia. The training group can help you train for the five- or three-mile run. Beginners are especially encouraged to participate. The nine-week session costs \$100 and begins March 4. It includes personalized weekly training schedules, twice-weekly group runs, yoga classes, massages, a 15 percent discount at Strictly Running and monthly educational sessions. For more information, call Strictly Running at (803) 799-4786.

Heart Healthy Recipes

Artichoke-Cheese Strata



- ½ cup green onion, chopped
- 1 teaspoon reduced-calorie margarine, melted
- 3 slices whole wheat bread, cubed
- ¾ cup extra sharp cheddar cheese, shredded
- 1 (14-ounce) can artichoke hearts, drained and quartered
- 1 (4 -ounce) jar sliced pimentos, drained
- 1 egg, lightly beaten
- 4 egg whites, lightly beaten
- 1 (12-ounce) can evaporated skim milk
- ½ teaspoon dry mustard
- ½ teaspoon salt (optional)
- ½ teaspoon ground red pepper

Sauté green onion in margarine in small skillet until tender. Remove from heat. Arrange half of bread cubes in 9-inch quiche dish coated with vegetable cooking spray. Top with half of cheese, half of artichokes, half of onion and half of pimento. Repeat layers. Combine all remaining ingredients in large bowl; stir well. Pour over artichoke mixture in quiche dish. Cover and chill at least 30 minutes. Bake at 350 degrees for one hour or until set. Yield 6 servings.

Nutritional analysis per serving: Calories: 171, Fat: 3.6 g., Cholesterol: 43 mg., Sodium: 297 mg

Source: *Do Your Heart Good Cookbook* by Kay MacInnis, Providence Heart Institute

Two Special Events for Heart Month...

Providence Heart Institute is partnering with the University of South Carolina's McCutchen House to offer special Carolina Cuisine Heart Healthy Cooking Classes. The first one will be on Wednesday, Feb. 21, at noon. For \$15, participants can dine on heart-healthy foods while learning how to prepare them. For more information or to reserve one of the limited spaces for this new program, call Becky Moody at (803) 777-8225.

Join Providence Heart Institute and the South Carolina Alliance of Health Plans (SCAHP) on Saturday, Feb. 24, for "Lady in Red – A Healthy Heart Program for Women." In this half-day seminar starting at 8:30 a.m. and ending at 1:45 p.m., participants can gather educational materials, listen to speakers and get free health screenings. Registration is \$5. For more information, call SCAHP at (803) 771-9855.

Change of address or e-mail?

Visit www.RedDressCampaign.com and update your information online – it's that easy!



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