

ZANESVILLE,  
OH CHAPTER  
MIDWEST  
REGION



# Soroptimist Signal

FEBRUARY 2015

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SOROPTIMIST  
Best for Women

## President's Letter—Debbie Gheen

Dear Friends,

There is no place like home. This is what I was thinking the night it was five degrees below zero and we were supposed to be having our January Soroptimist meeting. I don't know about you, but when it is dark outside and the temperature is below freezing the only place I can think of is home.

I imagine you were all thinking the same thing. So, it just made sense to cancel the meeting and for everyone to stay home and be safe. We will hope for better weather for the

February meeting.

Don't forget that we are having a potluck dinner. It worked out fine last month. If the weather is bad, it is easy for us to cancel everything.

The drinks and chicken strips will be provided. Please bring something for the potluck dinner. This is a chance to share some of your favorite recipes.

We have an interesting program.



Meg Deitrick will be discussing a service that is important to our area that many are not even aware is available. I assure you that you will find it informative.

Please come and enjoy and spend some time with friends.

Debbie

## February Member Meeting & Dinner

**Date:** Wednesday, Feb 4

**Location:** First Christian Church

**Board Meeting:** 4:45pm

**Member Meeting:** 6:00pm

**Menu:** Pot luck dinner

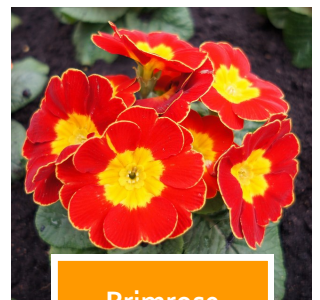
**Price:** \$5 to cover chicken and beverages

Regular meeting reservations:

Barbparmer@yahoo.com

740-872-6124 (home)

740-452-0099 (work)



Primrose

## Smile Zone



February is National Children's Dental Health Month. Here is some trivia about dental health. Tooth Decay is the most common childhood disease. It is almost entirely preventable. Three out of five children are affected with tooth decay. Tooth decay is 5 times more common than asthma. 51 million school hours are

missed a year due to oral diseases. For every \$1.00 spent on preventative care, you can save \$8 - 50 on restorative and emergency procedures. Tooth brushing 2 times a day and dental flossing one time a day can help keep tooth decay away.

Happy Smile! - **Valencia Clark**

## Day of Dance Colony Square Mall

Be part of the biggest dance party for better health in the United States. Day of Dance motivates women

and men to take action to improve their health with a focus on a health and wellness lifestyle. Bring your family and friends to dance, listen to music, participate in health screenings and learn about simple and fun ways to stay healthy. This event brings together women and men of all ages for a day of education, physical activity, community, celebration and fun. You'll learn about the risk factors, chronic diseases and lifestyle choices that contribute to heart disease and other leading health issues. And you can talk to health experts one-on-one.

Multiple screenings will be offered at Day of Dance from 8 a.m. to noon. Free screenings: Lipid profile and glucose (first 300 people), blood pressure, body mass index, cardiac risk assessment, peripheral arterial disease (PAD) screenings and more. Fasting for five hours is required for lipid and glucose screening. Reduced fee for higher level screening package: Cost is only \$99 (savings of \$46). Package includes: Stroke and carotid artery, abdominal aortic aneurysm, and atrial fibrillation. Fasting for three hours is required.

## Women's Heart Health

February 6 is National Wear Red Day in the United States. According to the National Heart, Lung and Blood Institute, coronary heart disease is the #1 killer of women in the United States. On February 6th, Women and men are encouraged to wear red to bring attention to the problem of heart disease and educate people on the

prevention and screening for heart disease.

The Times Recorder featured a poster about the Day of Dance on Saturday, February 28th at the Colony Square Mall which is billed at the "largest Heart and Vascular Health Event in SE Ohio." (see information above) It might

be fun to get a group of SIZ members to go en masse to "dance" and move around on that day to advertise "actions" by Soroptimist of Zanesville to improve the lives of women and girls.

If interested, contact **Linda White**



# Member Milestones

## February Birthdays:

- 1 Jamie Clark
- 26 Tammy Findeiss
- 4 Molly Ross
- 19 Allison Weeks

## February Anniversaries:

- Jamie Clark 2010
- Barbara Russell 1985 (30 years!)
- Taffy Tippett (30 years!)
- Connie Williamson 2005



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### Contact Information

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[www.zanesvillesoroptimist.or](http://www.zanesvillesoroptimist.or)

### Soroptimist International Mission Statement:

Soroptimist improves the lives of women and girls through programs leading to social and economic empowerment.

- President ..... Debbie Gheen
- Vice President ..... Lynn McGlade
- Recording Secretary ..... Kelly Moore
- Corresponding Secretary ..... Cindy Brandi
- Treasurer ..... Molly Ross
- Delegate ..... Jamie Clark
- Delegate ..... Donna Snider
- Director ..... Judy Rebic
- Director ..... Linda White

President's Theme: "Have fun and enjoy life- Together we can make a difference for women in need."

# Three-Month Meeting Info



**February 4** — Pot luck dinner/meeting at First Christian Church. Speaker will be Meg Dietrick, who will discuss 211 services

**March 4**— will feature our scholarship winners with a special dinner at Primrose Retirement Village. on North Pointe Rd. Cost for the dinner

is \$10.00 which includes Roast Beef, mashed potatoes, gravy, glazed carrots, salad, rolls, beverage and coconut cream pie. An optional tour of this nice facility will be offered at 5:30 before the meeting for those interested. When members sign up for dinner we need to know if they will take the tour (If no one is interested then Primrose won't need

to have someone there to lead the tour.) The meeting room is on the second floor with an elevator right inside the door and easy to get to.

**April 1**— theme is "Influential Person Night" - Members are asked to bring a person that has influenced them or who they have influenced to dinner