

President's Message

February is Heart Health Month. This designation brings us all face to face with a significant health issue, especially for women. One of the problems to face is that many of us do not know the signs of heart disease or what to do to lessen our risks. This is important because, on one hand, the statistics are alarming:

- ◆ 1 in 3 women over age 20 has some form of cardiovascular disease
- ◆ A woman is 10 times more likely to die of a heart attack than breast cancer
- ◆ 500,000 women in the US die of heart disease every year—double the number of deaths from all types of cancer.

On the other hand, 82% of heart disease is preventable.

Hadassah leads the way in promoting heart health awareness and life style changes to lessen the risk of heart disease in women. Help us get the word out to women like you about heart disease. Join thousands of women nationwide committed to promoting heart disease awareness through Every Beat Counts: Hadassah's Heart Health Program™.

Later this month you will receive information about a new ***Every Step Counts*** challenge. This time we will walk from Jerusalem to the National Convention in Atlanta. Let's all sign up and put Central States at the forefront for the most enrollees and the most steps walked. Take a laptop to your events and enroll attendees on the spot. Consider forming a group to walk together.

In Israel, The Linda Joy Pollin Cardiovascular Wellness Center for Women at HMO is spearheading efforts to reduce cardiovascular disease in women, particularly in populations at risk. Jerusalem women, especially those in the ultraorthodox Jewish communities and Arab sectors, need to start early to acquire healthy heart habits, explains Dr. Donna Zfat-Zwas, Pollin Center Director. At least one in three Jerusalem Arab women is overweight and has diabetes, according to her colleague, Prof. Gil Leibowitz, head of Hadassah's Diabetes Unit.

The Pollin Center has implemented outreach projects in both the ultraorthodox and Arab communities in Jerusalem to raise awareness about how to live a heart healthy lifestyle. Miriam Dissen, principal of the Bais Yaakov School in Jerusalem, was delighted to welcome the Pollin Center project to her school of 3,000 teens and young women. "The lectures and guidance," she said, "have had a lasting change on the teachers' habits. They still walk the stairs and wear their pedometers, and try to eat healthier." In addition, she notes, they have learned to incorporate health promotion concepts into their classes so that all the girls are benefitting.

Prevention begins with each of us taking steps to protect ourselves and the other women in our lives. Don't wait. Put on your walking shoes, jump in the pool, swing a tennis racket. Try to plan healthier meals and snacks. Educate yourself about the risk factors and take steps to help yourself avoid heart disease. We all can have healthier hearts and lives.

And don't forget to sign up for Every Step Counts. I will and I'm counting on my Central States sisters to join me.

B'Shalom,





Spring Forum in Columbus
March 5 & 6

***Purim, Passover and Pinot Noir—
Tastes of Hadassah and Israel***



Keynote Speaker—Dianne Gottlieb

National Vice-President presenting on
***Research in Service to Humanity—
Harnessing the Power of Giving to
Make Miracles for Mankind***



**The Power
Of Women
Who Heal**



Celebrate Havdalah with Judy Grundfast,
and enjoy Kosher wine, cheeses and desserts

Unreserved rooms released February 19.

*Handicapped rooms available by early request.

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**or call the hotel directly at 614-475-7551
and ask for the Hadassah Group Rate**

Forum reservation and related forms coming soon

Contact Meri King, central.states.hadassah@gmail.com
with any questions



National President, Ellen Hershkin, Opens New State of the Art Operating Rooms at Hadassah Sarah Wetsman Davidson Tower

Thirteen of the twenty operating rooms in the surgical complex at the Sarah Wetsman Davidson Hospital Tower were dedicated on January 10, 2016. Hadassah's high-level surgical teams will carry out complicated surgeries under optimal conditions, with a level of technology used by the world's top-tier hospitals. Most of the funds were contributed by Hadassah supporters in America and Hadassah International.

The OR complex is located deep underground, fortified to provide a safe operating space, even in the event of chemical and biological warfare. From atypically large rooms (55-85 square meters) to stainless steel walls for a more sterile environment to special lighting affixed to the ceiling, from sophisticated computerized imaging devices to flexible operating

tables that rotate to various positions, a myriad of high-tech innovations allow the surgical team a larger breadth of choices in operating.

The most unusual OR is the "hybrid room," a breakthrough concept in which an 83-square meter room contains both a special radiology scan as well as an operating table. Planned for the most complicated surgery—especially life-saving trauma cases—the room's design allows for many staff members from diverse specialties to do different surgical procedures in parallel.

According to Senior Surgeon Prof. Ofer Gofrit: "When there is a complex injury, there is always debate over whether to do imaging first to determine exactly where the injury to the blood vessels is

to operate immediately. The hybrid room allows the staff to do the imaging right away, to get a CT scan, and to start surgery without moving the patient from one place to another."

"This is the public's hospital," relates incoming Director General Professor Zeev Rotstein. "With this new surgery complex comes the highest quality of technology that complements the high quality of Hadassah medicine and patient care."

On hand with Professor Rotstein for the dedication were Minister of Health Yakov Litzman, Mayor of Jerusalem Nir Barkat, and National President of Hadassah, the Women's Zionist Organization of America, Ellen Hershkin, along with other dignitaries.



EVERY STEP COUNTS: Hadassah's Walking Program

the power of women who **HEAL**



Back by popular demand

APRIL 11 - JULY 21, 2016

The road is virtual
but the challenge is **real!**

- Tour the world on a virtual route as you take **real steps** towards a healthier life.
- Track your steps on a pedometer. See how many milestones you can pass.
- Three challenge levels: there's one for you!

TRACK STEPS THROUGH



Registration opens **February**
To sign up & for information:
hadassah.org/everystepcounts

HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.

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Special lifetime membership offer for 2015 gifted annual members

A gifted member can become a Hadassah lifetime member for the special rate of \$180 during 2016. The lifetime membership starts on the date the annual gifted membership expires. Set up the payments on a credit card for 6 monthly installments of \$30. Regular lifetime membership rate remains \$212. For more information, contact Hadassah National Membership at (800) 664-5646 or email membership@hadassah.org.



Welcome to Central States!

We welcome the Buffalo and Rochester, New York chapters.

These chapters recently joined Central States after a realignment of regions.

Chai Society Competition Back for 2016

HADASSAH
Chaisociety

We would like each chapter to encourage its members and associates to join the Chai Society. The chapter who enrolls the most **new** Chai Society members between now and National Convention in July will be awarded a \$180 grant to use for a chapter program honoring Chai Society members and other donors, including prospective donors.

Chai Society starts at \$180 per year or only \$15 per month. Silver Chai Society is \$360 per year or only \$30 per month. Set up is easy and the payments can be automatically paid from your bank account or credit card.

The regular payments made by Chai Society members help Hadassah plan and budget to continue its life changing work in Israel at the hospitals and the Youth Aliyah villages as well as support advocacy and Jewish continuity programs in the USA.

Let's see if your chapter can be the winner announced at the National Convention in July. Please check with me if you need further assistance. Good luck.

Odette Kaplan, Chai Society Chair Hadassah Central States
859-271-8332 or okmkaplan@gmail.com



February is Heart Health month Thank you from the heart for your support

Here are a few of the heart-saving miracles Hadassah Medical Organization performed in recent years:

Hadassah physicians diagnosed Atrio-ventricular Block (AVB) in a fetus and treated the baby in the womb with a special steroid that protected its heart from a life-threatening, life-lasting heart problem.

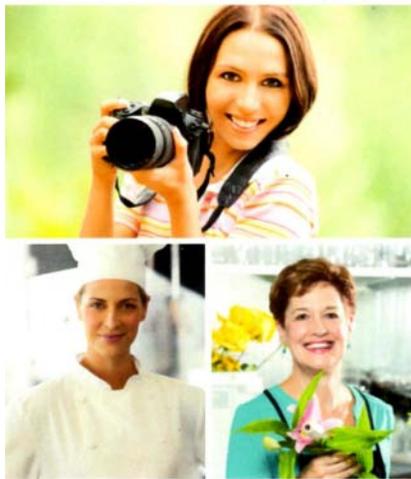
Hadassah researchers discovered a new approach to repair injured hearts by growing heart cells in a culture from a segment of the heart's left atrium. This segment is often removed during open-heart surgery.

Hadassah was the first to treat pediatric vascular defects with a multi-disciplinary approach.

Hadassah was the first medical center in Israel authorized to perform Trans-catheter Aortic Valve Implantation, a new noninvasive stent procedure, reducing the number of open heart surgeries performed for aortic valve replacement.

Hadassah physicians tested a novel noninvasive approach to diagnosing the severity of Coronary Artery Disease (CAD).

The many heart patients Hadassah has benefitted say thank you for your support of groundbreaking research and lifesaving patient care.



THE POWER OF CONNECTION

Hadassah Professional Business Directory

Exclusive **new** benefit for Hadassah Life Members & eMembers—moving and looking for a real estate agent? Need an attorney? Want to advertise your event planning business? Expanding your online marketing firm? The Hadassah online Professional Directory is your answer.

Register today and connect your business to Hadassah members throughout the country and in your community. First year free if you sign up by December 21, 2016.

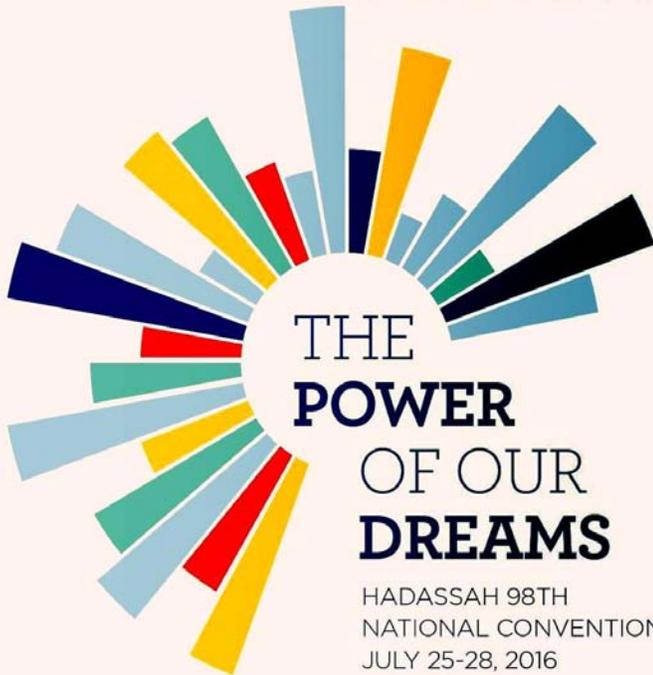
Go to [hadassah/.org/businessdirectory](http://hadassah.org/businessdirectory) to log in.

Start Searching today and access needed services.

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SAVE THE DATE!



**THE
POWER
OF OUR
DREAMS**

HADASSAH 98TH
NATIONAL CONVENTION
JULY 25-28, 2016
ATLANTA, GA



HADASSAH
the power of women who **DO™**

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Shalom Y'all!

Make plans to attend this year's National Convention in beautiful & exciting Atlanta, Georgia. Enjoy Central States Region dinner & live entertainment.

Subventions available.

For more information, contact your chapter President.

**LeeAnne Galioto
from Cincinnati
Central States
Convention Chair**

HADASSAH



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IT CONFUSES THE POST OFFICE! USE P.O. BOX ONLY.**

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