



March/April 2018

Danville

As we celebrate the traditions of our Jewish holidays of deliverance, Purim and Passover, it is important to remember that we must continue to oppose anti-Semitism, especially by our support for Zionism. The Oxford English Dictionary defines Zionism as “a movement for (originally) the re-establishment and (now) the development and protection of a Jewish nation in what is now Israel.” Hadassah, the Women’s Zionist Organization of America, continues to give us the opportunity to support Israel in a variety of ways through our donations to Hadassah Medical Organization and Youth Aliyah, among other programs in Israel, as well as combating the international BDS (Boycott/Divestment/Sanctions) movement which seeks to delegitimize the state of Israel.

Hadassah also supports tikkun olam on the home front with its advocacy on issues as varied as gender equity in medical research, human trafficking, and affordable child care. Most recently, in response to the school shooting in Parkland, Florida, Hadassah reaffirmed the position it has advocated since 2000, that stronger gun control legislation and increased enforcement of current laws are needed to protect our communities and our nation from gun violence.

As we munch our hamantaschen this Purim, please remember that Henrietta Szold named the organization she founded after the heroine of the Megillah who saved the Jewish people from destruction by the evil Haman. We may not have to put our life on the line as Queen Esther did but we can support the good work of Hadassah here in the United States and of course in Israel. Our Danville chapter is planning a lovely celebration of our 100 years of service on May 20th, with distinguished guests Gail Moskowitz, President of the Southern Seaboard Region of Hadassah, and Leah Cohen, our Area Vice President. Details will follow, but mark your calendar and plan to join us for this special event. And what better way to honor our 100 year history than to make a significant donation to Hadassah!

Martha Woody, President
Danville Chapter of Hadassah

Keeping Up with our Members

Flossie Tavss has just returned home from the hospital/rehab after a serious bout with the flu. If you would like her address to send a card, please let Martha know.

Did we miss your news? Be sure to contact Martha Woody, 276-638-4316, and we'll include you in our next newsletter!

Did You Know This About Our Danville Chapter?

*Our Danville Chapter will be celebrating its **100th anniversary** this year. Our donor will be a special birthday gala!

*There was an active Martinsville Chapter at one time, but it disbanded in 1964 and the members were invited to transfer to the Danville Chapter. We're so lucky to now have **Martha Woody** (our chapter president) and **Eydie Green** as members!

***Dovie Melnick** joined the Danville Chapter in September 1964, served as chapter president beginning in 1978, and later became president of the Southern Seaboard Region in 1991.

*In 1980, our **Angels of Mercy** project brought in \$6,000. In 2017, we brought in a little over \$15,000! Thank you to our members who participated, and the personals and business ads contributed by non-members.

What's Happening with our Danville Projects



Youth Aliyah – Did you forget to mail your card list and check to Susanne for our 2018 birthday/anniversary card project? You can still participate for the next three quarters. Let her know that it's on its way or that you need another one. Just email her at susannesinger1@hotmail.com.



No Show Ball – Invitations have been mailed and many of you have already returned your donations for this "non-event" to support the Sarah Wetsman Davidson Hospital Tower. If for some reason you have not received an invitation, please let me Jo Ann know (pkhlov@comcast.net) and another invitation will be sent to you. Be sure to join the fun and make a difference!



Candle Lighting – This is an opportunity for *every* Danville Hadassah member to participate in our beautiful candle lighting tradition! At the end of every meeting members light a Hanukkah menorah and share what is happening with their family and friends. Now, whether you can attend a meeting or not, you can light a menorah for just \$18. Take this opportunity to support Hadassah and at the same time participate in a wonderful tradition! Send your check, made payable to Hadassah, and information, to Jo Ann Howard, 326 Rosemary Lane, Danville, VA 24541.



Happy 100th Birthday Danville Hadassah!

Mark your calendar for Sunday, May 20th when will begin our celebration of Danville Hadassah's 100th Birthday at our annual Donor event. Southern Seaboard Hadassah President Gail Moskowitz and Southern Seaboard Area Vice President Leah Cohen will join us on that special day. More information will be forthcoming. Make your plans to attend!!



Break Esther's Fast – Our annual Break Esther's Fast was held on Wednesday, February 28th, at Cotton at Riverside Mill. Melanie Vaughan presented a very interesting program on Heart Health which included facts and myths, important signs to watch for, and how we should take an active role in our own health care. We need to remember not to be Haman and destroy our bodies, but rather to be like Esther and step outside our comfort zone to save what is precious to us.



The Facts

Heart Disease is the #1 cause of death among women worldwide. One in three women over the age of 20 has some form of cardiovascular disease.

Risk Factors for a Heart Attack

YOU CANNOT CONTROL

- ♥ Family history of early onset heart disease
- ♥ Age (55+ for women)
- ♥ Congenital heart defects
- ♥ Race/ethnicity

YOU CAN CONTROL

- ♥ Smoking
- ♥ High blood pressure
- ♥ High blood cholesterol and high triglyceride levels
- ♥ Poor eating habits
- ♥ Lack of physical activity
- ♥ Diabetes and Prediabetes
- ♥ Alcohol consumption
- ♥ Stress

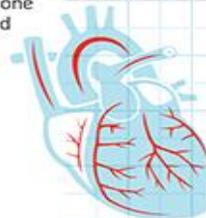
Warning Signs of a Heart Attack

- ♥ Chest pain, discomfort, squeezing or pressure
- ♥ Unusual upper body pain or discomfort
- ♥ Shortness of breath or difficulty breathing
- ♥ Breaking out in a cold sweat
- ♥ Unusual or unexplained fatigue
- ♥ Nausea and vomiting
- ♥ Light-headedness or sudden dizziness

DIAL 9-1-1 IMMEDIATELY!

**Reduce your risk factors.
Visit your healthcare professional
on a regular basis.
Know your numbers.
Be your own advocate, take action.**

Hadassah makes no representations and/or warranties, and does not endorse any of the speakers participating in this program, or any medical advice contained in this program and its applicability to particular persons. Hadassah shall not be responsible for any loss, damage or injury sustained by any one as a result of any information distributed during this program. We encourage all persons to consult with their own healthcare professionals prior to embarking on, or modifying any course of treatment.



FOR MORE INFORMATION,
HEALTH@HADASSAH.ORG

What's Happening on Hadassah's National Scene?

HADASSAH



Heart Disease: Six Insights for Women to Remember

From the wisdom of Dr. Donna Zfat-Zwas, Director, HMO

*Many of us know what we need to do to be healthy, but we don't seem to be able to translate this knowledge into our own daily reality. We need to empower ourselves to take action and take care of ourselves.

*We need to learn how to interact with our medical care providers; to overcome the gender barriers to accurate diagnosis.

*Women's threshold for pain is higher and it takes women about an hour longer than men to seek help when they feel sick. So we must learn to take our symptoms to heart and differentiate everyday pain from dangerous heart symptoms.

*Rather than be paralyzed by confusion because so many symptoms we experience can mean a heart problem is brewing, when we feel really bad, we need to check the situation out! This means that if we experience unusually severe pain and shortness of breath, for example, it's time to see a doctor.

* Studies reveal that, in general, women who are heavy but exercise regularly are healthier than women who are thin but don't exercise. So exercise because it is healthy for your heart--not to lose weight.

* If you are over age 18, the guideline is to try to get 150 minutes of moderate exercise each week. Moderate means you can get a sentence out, but it is difficult to speak. It means that you are working hard and sweating!

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Advocacy Update: Together We Can Make a Difference

On February 14, Americans woke up to the 18th school shooting to take place in 2018. These senseless acts of violence instill fear in the lives of families who are left wondering if their local school will be next. *The value of all human lives is central to our mission as a women's Zionist organization.*

In 2013, the National Board of Hadassah reaffirmed the statement it made in 2000 in support of stronger gun control legislation and enforcement of current laws to protect our communities and our nation from gun violence. There are several pieces of legislation that can work to prevent devastation like the tragic shooting at Marjory Stoneman Douglas High School in Parkland, Florida. Critical legislation is passed only if constituents demand it from their legislators. In addition to writing letters, Hadassah offers our members a unique opportunity to voice their opinions and shape legislative agendas through Day in the District. It is more important than ever to bring this subject to the attention of your legislators. Let your voices be heard. Send an email advocacy@hadassah.org if you are interested in a Day in the District.

We join our shattered hearts together to put an end to these terrifying acts.