

Women learn importance of self-care at Heart Wellness event at Griffin



Dee Klingaman talks about her family history of heart disease at the 11th annual Women's Heart Wellness Brunch at Griffin Hospital.

She described the history of heart disease that runs in her family. She is one of eight siblings.

Her mother died at 61 of a heart attack, and one of her brothers died at 49 after having a heart attack. Two other brothers had heart attacks and bypass surgeries, and a sister has had a heart attack, she said.

Klingaman urged people to pay attention to risk factors and symptoms.

Participating in cardiac rehabilitation helped her find a way to change her lifestyle.



Susan DeLeon, center, was presented with the eighth annual 'Caring Heart' Award at the brunch. She is pictured with her daughter, Aimee Zaleski, and her son, Anthony DeLeon.

By Patricia Villers

DERBY - Raising awareness about heart disease is the goal of the Women’s Heart Wellness committee at Griffin Hospital.

The committee recently hosted its 11th annual Women’s Heart Wellness & Caring Heart Award Brunch at the hospital.

The event raises money for the Women and Heart Disease Fund. Proceeds are used for education and outreach, and to connect women to services, with a focus on prevention.

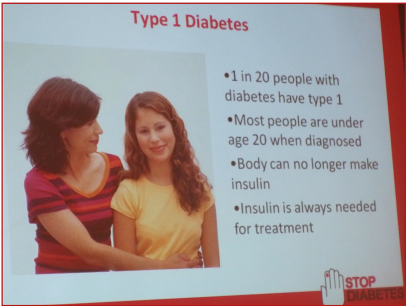
The theme of the brunch, “You Can’t Pour From an Empty Cup,” reminds women to take care of themselves first.

Medical professionals have learned women often will neglect their own health when they become caregivers for others.

The event included presentation of “Caring Heart” awards. Recipients were Susan DeLeon, who recently retired after more than 25 years as director of BHcare’s The Umbrella, a domestic violence shelter in Ansonia, and the Griffin Hospital Heart Wellness Clinic.

The award “recognizes community and individual initiatives that promote and improve the general health and wellbeing of all.”

Committee member Dee Klingaman, who survived a heart attack at age 39, said, “A lot of women have heart disease but don’t know it until they have an event.”



Klingaman said she learned meditation, which at first was “torture” for her. “I didn’t know how to relax,” she said. “I may not be able to choose how I will die, but I will choose how I live.”

Cardiac Rehabilitation Director Eunice Lisk said, “Exercise is truly the magic bullet. Regular exercise lowers the risk for heart disease, stroke, diabetes and some forms of cancer.”

Lisk said exercise increases strength and endurance. She also described sitting as the new smoking. “The risks of prolonged sitting are the same as smoking,” she said.


Devika Jagoo, M.D., chairwoman, Griffin Hospital’s Department of Radiology, offered advice on how women can take care of themselves.

Valley Parish Nurse Mary Swansiger gave a presentation about Type 2 diabetes. She said one in four people don’t know they have the disease. Some of the causes are obesity, a sedentary lifestyle ,and a family history of diabetes.

The event also included free blood pressure and diabetes testing and consultation.



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Ansonia 8th graders collect ‘Jeans for Teens’

Last week, Ansonia Middle School eighth graders Nikola Jaworska, left, and Malika Moseley-Williams brought several bags of donated jeans to Christian Community Center in New Haven.

The initiative, "Teens for Jeans," was a National Honor Society community service project, they said. The students collected 122 pairs of jeans to be distributed to homeless teens.

Collection boxes were placed at the school, Ansonia City Hall, Clinton A.M.E. Zion Church in Ansonia, St. Joseph Church in Ansonia, and The Tag Sale store in Ansonia.

Clients at St. Vincent de Paul in Derby receive Easter generosity

By Cindy Barbian
Special to The Valley Voice

DERBY - We at St. Vincent de Paul Helping Hands of the Valley know many Valley residents depend on us throughout the year, and that includes during the holidays.

We are pleased to report we were able to brighten Eastertime for 100 local families.

Each family received a ham, six bags of groceries, including fresh meats, fruits, and vegetables, butter, cheese, eggs, bread, and a pie. They also received a gallon of milk.

Each family member received either a colorfully wrapped Easter basket, or a bag of Easter candy.



According to Director Sandi Bailie the distribution was valued at \$61,159.

Last week after everyone left, we had two women come in seeking assistance. I must add that Sandi and I will never turn anyone away in need. We packed groceries for these women and they both started to cry and hug us, thanking God, and thanking us.

They kept saying, “I prayed and God answered my prayers with you two angels.”

After weeks of hard work preparing for the distribution, when someone breaks down in tears and is just so grateful, it makes it all worthwhile for us.

I came home tired, my feet hurting and a backache, but I came home smiling.

Barbian is manager of the St. Vincent de Paul Thrift Shoppe, 237 Roosevelt Drive.

CELEBRATE CT LIBATIONS AT
THC THE HOPS COMPANY
MONDAY, APRIL 25TH 6-9 PM

DERBY HISTORICAL SOCIETY

Join us at THC The Hops Company, 77 Sodom Lane in Derby, for a night of CT Libations, delicious food, great music and fun all to benefit the Restoration Project at the David Humphreys House & Museum

Your \$25 ticket to this event includes samples of craft beer from participating breweries, a \$5 food voucher to participating vendors, great music from “D dollar thanks to a generous grant from the Persbacker Family Foundation!

As the cornerstone of the Derby Historical Society, the David Humphreys House serves as both a museum and as a hands-on classroom for our “Day in 1762” program; introducing school children to Derby’s Revolutionary War Hero, David Humphreys and the region’s colorful colonial past. As you can imagine, a 300-year-old house requires quite a bit of upkeep. We are currently in the process of raising \$200,000 for a major restoration of the exterior of the building.

Back in 1657, Derby’s first permanent settler, Edward Wooster, was drawn to the Lower Naugatuck Valley on the quest of raising hops. Cheers to a great time for a great cause!!

The Valley Community Foundation
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The Valley-Voice CT Newsletter
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The Valley-Voice is published by:
Alcam Writing & Admin LLC, Derby, CT
203-305-9255, 293-893-8623
thevalley.voice@gmail.com,
Blog: <http://thevalley-voicect.blogspot.com>
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