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EWC JOINS WORKING HEARTS COALITION

One out of every three women in the US is affected by heart disease – the number one killer of women. Yet, there are far fewer educational and behavioral program for women’s heart health than for other well publicized diseases such as breast cancer or AIDS. The Pittsburgh-based grassroots women’s health movement, Working Hearts, is correcting this gap. Working Hearts promotes the message: Strong Women = Strong Hearts. Its coalition representing over a quarter million women is a catalyst for action, information, and resources. Working Hearts maximizes the power of women to improve their heart health through nutrition, physical activity, screenings, and stress management.

Over 50 organizations, representing 200,000 women, launched Working Hearts in February 2002, during Heart Month and Valentine’s Day. The region benefited from over 200 events or activities in which Working Hearts coalition members shared their message, resources, and energy, celebrated the launch of the Working Hearts website (www.workinghearts.org), and earned local and national media coverage. Since then, coalition members – now over 60 organizations – have ensured that Working Hearts has participated in over 300 events in the region. Working Hearts is gearing up for its first birthday in February 2003 when it plans to reach even more women in more venues.

Many thanks to members Sandra Solomon and Rosanne Saunders for making this connection.

DID YOU KNOW?

Signs and symptoms of a heart attack differ between men and women. As a woman, your warning signs of a heart attack might not be obvious. If you ever experience more than one of these symptoms, seek help fast – CALL 911.

- ☀ Shortness of breath
- ☀ Pain in the abdomen, back, jaw, or throat
- ☀ General unease, just feeling sick
- ☀ Unexplained anxiety
- ☀ Weakness or fatigue
- ☀ Palpitations, cold sweat, or paleness
- ☀ Chest discomfort lasting more than a few minutes, or is recurrent
- ☀ Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

-TALK WITH YOUR DOCTOR

Your doctor is your partner in maintaining your heart health. Plan ahead. In between regular doctor visits, record your questions, symptoms and concerns – write everything down. Bring this information with you to your appointment, where you can ask:

- ☀ What are my risk factors for heart disease?
- ☀ Does my family history place me at increased risk?
- ☀ Based on my risk factors, what can I do to lower my risk for heart disease?
- ☀ What are the effects of menopause on my health?
- ☀ What is my blood pressure? Is it a healthy level for a woman my age?
- ☀ What is my cholesterol? Is it a healthy level for a woman my age?
- ☀ Can you help me stop smoking?
- ☀ What is my blood sugar level? Is it considered healthy?
- ☀ Do I need to lose – or gain – weight for my health?
- ☀ What foods should I avoid? What foods should I eat?
- ☀ Are there changes in my health since my last visit that I should be concerned about?
- ☀ What advice and resources can you suggest to improve my heart health?
- ☀ How often should I return for check-ups to assure my heart health?



EWC Winter Holiday Social

**Thursday Evening, December 12th,
2002**

6:00 to 7:30 PM

**Schenley Park Visitors Center
(Oakland)**

**Across from Phipps Conservatory and
Botanical Gardens at 101 Panther
Hollow Road**

**Catering by Kaya and Dread Naught
Winery**

**Following the reception, join fellow
EWC members for a special candlelight
evening at nearby Phipps Conservatory
and Botanical Gardens.**

**See the conservatory in a spectacular
light!**

**Stroll along lush candlelit pathways
and enjoy live musical entertainment.**

**Cost - \$30 for EWC members and
guests**

**Send your registration form and checks
(payable to EWC) to:**

**Executive Women's Council
P.O. Box 3059**

Pittsburgh, PA 15230

Pre-Register by calling: 412.255.1095

**RESERVE THIS DATE FOR THE NEXT
PROGRAM – JANUARY 29, 2002!**

Ralph Bangs from the University Center for Social and Urban Research will speak on his research regarding the disparity that exists within political office in the region. EWC, Sustainable Pittsburgh, The Heinz Endowments, and The Pittsburgh Foundation are co-sponsors of this research.

**FYI: PENNSYLVANIA
COMMISSION FOR WOMEN**

The Pennsylvania Commission for Women (PCW) serves as a strong advocate for women's rights and works to ensure that women and girls have equal opportunity and treatment in all aspects of life. Their present priority issues are childcare, economic self-sufficiency, and family violence prevention.

The Commission consists of 17 members appointed by the Governor. To the extent practicable, the commissioners should represent diverse geographic, racial, and ethnic groups and shall have expertise in such fields as aging, health care, business, education, agriculture, public welfare, childcare, insurance and finance, labor, and corrections.

The present Chair is Donna I. Kreiser, Esq., from Lancaster County. Karen Shapira is the Commissioner from Allegheny County. Norma J. Gotwalt is the Executive Director.

The Networking Reception that Debra Ruckert, EWC President, attended is part of a series of Women's Regional Networking Receptions being held by the Commission throughout the state. During these Networking Receptions PCW distributes a survey to all in attendance in order to further investigate the pressing issues faced by women in the workplace today. The responses from around the state will be compiled and shared with the Pennsylvania women serving in an appointed or elected position.

To keep abreast of the activities of PCW visit their website at www.pew.state.pa.us.

"The greater the artist, the greater the doubt. Perfect confidence is granted to the less talented as a consolation prize."



MEMBERSHIP

WE NEED YOUR HELP! APPROXIMATELY HALF OF OUR 108 MEMBERS HAVE NOT SENT IN THEIR CHECK RENEWING THEIR MEMBERSHIP FOR 2002-2003. IF YOU HAPPEN TO BE ONE OF THESE PEOPLE, PLEASE SEND IN YOUR CHECK TODAY.

YOU CAN ALSO HELP US BY ASKING ANY EWC MEMBER YOU HAPPEN TO SEE, IF SHE HAS RENEWED FOR 2002-03 AND IF NOT, PLEASE REMIND HER ABOUT THE WONDERFUL YEAR THAT IS PLANNED AND ENCOURAGE HER TO SEND IN HER CHECK ASAP!

EVENT CALENDAR

Save these dates so that you can attend these very interesting and informative EWC sessions:

- **December 12, 2002** -Holiday Social (see information elsewhere in this newsletter)
- **January 29, 2003** - Lunch at the Rivers Club. Presentation by Ralph Bangs on his current research regarding the lack of diversity that exists among elected officials in the region.
- **February 11, 2003** -Susan B. Anthony Awards at the Sheraton Station Square
- **March 13, 2003** - Pre-Spring Networking Breakfast Speaker Maureen Murray will help us "Getting Out of a Rut;" very appropriate for our personal "spring cleaning!" To be held at the Rivers Club
- **April/May, 2003** - Presentation by Pennsylvania Ambassadors and/or the Pittsburgh Regional Champions
- **June, 2003** - Annual EWC Woman of Achievement and installation of new officers

Watch your email for more information on each event!

CONGRATULATIONS

TO EWC MEMBER JANE ORIE
For winning election to the Pennsylvania Senate!

EWC ON TELEVISION!

On November 8 and 10, EWC President, Debra Ruckert and EWC President Elect Cathy McCollom were interviewed by host Chris Moore on Black Horizons, WQED (the longest running minority program in the US). Debra and Cathy talked about the background of EWC and some of EWC's current programs, such as Women on Boards, Sustainable Pittsburgh Partnership (Ralph Bangs research), Women In Leadership, and the Women of Achievement Award. They also talked about the importance of outreach to the women in the minority communities and how EWC can assist these women with opportunities to become connected.

In December, EWC will be interviewed on AgeWise with Eleanor Schano. As it becomes available, EWC will email information regarding the viewing date and time for that show.

These media opportunities came about as a result of Cathy McCollom organizing a meeting between EWC and the WQED Vice President of Community Relations, B. J. Leber. Talk about the significance of networking!!

ATTENTION!
EWC HAS A NEW ADDRESS
 P.O. BOX 3059
 PITTSBURGH, PA 15230

We are in a transition with our administrative services. We ask your patience while we select our new service. We are trying to keep everything moving along, but it may happen that we are not as efficient during this time of change. For that we apologize and ask your patience.



WOMEN IN LEADERSHIP PROGRAM

In last month's newsletter we told you all about the Women In Leadership Program. That program is now looking for women leaders in local corporations who might be interested in being interviewed during the WIL program. Jeffrey O'Neale, from the Coro Center for Civic Leadership, has had great success in gaining interest from non-profit and public sector leaders but not as many corporate leaders. If you are interested in participating in a relatively painless but wonderfully rewarding activity, please call Jeff at 412.258.2676.

**MONTHLY COLUMN:
The Power of Presence**

Tips for creating the powerful presence necessary for professional success and advancement

**Powerful Nonverbal Communication,
Part 1**

Research on nonverbal communication reveals that women often unconsciously use postures that suggest meekness, deference or self-protection. People respond to these gestures by making assumptions---fairly or not---about a woman's leadership potential.

We need to be aware that we are being seen and evaluated before we even open our mouths to speak. And what we say non-verbally might be a message that is hard to overcome with our words. Highly intelligent, exceptionally capable women can and will get labeled incorrectly because their body language sends a different and weaker message than their words.

Following are **three tips** for creating more powerful presence through body language:

1. **Take up more space.** Many women are space conservers and it works to their disadvantage. When seated at a

conference table, lean forward and put your hands on the table, or rest your arms loosely on the arms of the chair rather than folding them in your lap. Rather than crossing your legs---which compresses you more--- cross your ankles or plant both feet firmly on the floor. If you have an option, choose one of the seats at either end of the table where you are more visible. They are the power seats. (A study showed that more than 75 % of jury forepersons were the people who occupied those seats.)

2. **Don't fidget.** Make as few extraneous movements as possible. Women who fidget with their clothing, hair, jewelry, and papers are weakening their presence. The fewer the movements, the stronger the image.
3. **Refrain from continual nodding.** This is a hard habit to break. Women nod to show understanding, while men nod to show agreement, so women who nod frequently are judged as being easily persuaded, even before they learn all the facts.

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Next Month: Powerful Verbal Communication, Part 2. EWC member Maureen Murray is a professional speaker, trainer, and executive coach. Email suggestions for column topics to mmurrayha@aol.com.