

February 2020 IPC President's Message

My sisters,

In Linkdom, we proudly wear our colors of green and white. In our off Linktimes, many of us proudly wear other colors. However, for the month of February, I am going to ask you to wear the color "red". The color red has long been associated with February 14th which is Valentine's Day. More recently the month of February and the color red have become associated with Heart Health. Did you know that heart disease is the leading cause of death of American women? Every year, Americans suffer more than 1.5 million heart attacks and strokes. Nearly 48% of African American women have some form of cardiovascular disease that includes heart disease and stroke.

So please consider wearing Red to show your support of a healthy heart and a healthy you. Additionally, please consider mentally wearing red to remind us to give support, encouragement and a hug to those you love. We have lost a number of members of our Inglewood Pacific Chapter family this year. Tomorrow is not promised so let the ones you love know it. Also love yourself. Take time to ensure that your heart is healthy by exercising and following your doctors' instructions for a healthy life style. Think about walking. Lula Morehouse and her HHS team would love for you to count your steps and participate in the Links, Inc. "Let's Move Program".

Are you participating in IPC's "Secret sister" activity? Have you taken the time to send a card or done something nice for your secret IPC sister? Now's the time. Remember tomorrow is not promised. So please wear red this month. However, for our February chapter meeting, the HBCU Committee has asked us to wear our favorite HBCU tee shirt to the meeting. You are always in my heart and thoughts,

Denise

IPC President