



Patty Van Vooren
President

FOCUS

Louisville Urban League Guild



Benjamin K. Richmond
President/CEO

Second annual Christmas Cheer set for December 3

Our second annual James S. Taylor Memorial Nursing Home "Christmas Cheer," chaired by Emma Spears, will be Sunday, December 3, 3:00-5:00 pm. Emma's and her Elves along with Santa and Mrs. Claus will provide gifts for the residents. **Help us provide some cheer in the life of an elderly person again this Christmas by donating new, unwrapped gifts in the \$1-\$2 range, spending between \$5-\$10.** Gifts for 110 residents (80 female and 30 male) are needed. Gift suggestions from the nursing home staff include: lotion, socks, puzzle book, body spray, hair cream, comb/brush set, games (i.e., checkers), coloring book and crayons, and sugar-free melt-in-your mouth candy.



The gifts will be due at our November 13 Guild meeting. Unable to shop? Emma's Elves can do that for you! Just be sure to call or see Emma before the November 13 deadline. Many thanks to Emma for chairing this wonderful event along with Santa and Mrs. Claus (secretly between us known as Jasper Crenshaw and Eva Goodrich).

Pick up an Angel Tree Card at the November 13 meeting

LaVaciette Griffin, Angel Tree Chairperson, will have Angel Tree cards at our November 13 meeting. This will be your *only* opportunity to obtain a card. Gifts in the \$20-\$25 range will be due on Monday, December 4 between 6:00-7:00 pm. We're also in need of Christmas candy/trinkets for treat bags. Please bring candy/trinkets to the November 13 Guild meeting or on Monday, December 4. There is an Angel Tree committee meeting on Monday, October 23 at 6:00 pm if you would like to help with the preparations.

Donations needed for The Healing Place

Our LUL next door neighbors, residents of The Healing Place (THP), are in need of everyday items. As a continuing community service project this year, we would like to provide some of these items to the men and women each month. We understand that you can't provide items every month, just donate when you can. As reported by Bobby Atchley during our September meeting, **our donations are socks for October and disposable razors and shaving cream for November.** Bobby will also take donations of used coats each month. She has arranged for them to be dry cleaned if necessary.



THIS MONTH

Guild Meeting - October 9
Angel Tree Meeting - October 23

NEXT MONTH

Guild Meeting - November 13
Portland B&G Club - November 21
Derby Cruise Meeting - November 27

2006/07 Officers and Executive Committee

President -
Patty Van Vooren (502-829-9323)

1st Vice President/Program Chair - Bobby Atchley (821-4926)

2nd Vice President/Membership Chair - Emma Spears (776-2520)

Recording Secretary - Sheila Carson (671-1187)

Asst. Recording Secretary - Shirley Fuqua-Jackson (239-8317)

Corresponding Secretary - Ann Kitchens (637-9990)

Treasurer - Mary Mahin (558-0554)

Members-at-Large - Hazel Calloway (776-5229)
Nanette Smith (772-2496)

Parliamentarian - Claudia Geurin (239-2846)

Immediate Past President - Elizabeth Caples (231-6713)

Committee Chairs
Bylaws - Claudia Geurin
Courtesy - Jerry Wright
Finance & Budget - Mary Mahin
Membership - Emma Spears
Program - Bobby Atchley
Public Relations - Barbara Eberhardt
Scholarship - Deathra Shipley

The mission of the Louisville Urban League Guild is to unite, strengthen, and support the Louisville Urban League in its endeavors with volunteerism and community service.

High Blood Pressure

THE FACTS

High blood pressure (hypertension) often has no visible signs or symptoms, giving it the name of 'the silent killer'. It is important to know your numbers.

What is blood pressure?

The force created when the heart pumps blood into your blood vessels is called blood pressure. Blood pressure is needed to deliver blood throughout your body, to organs such as the brain, liver and kidneys.

Blood pressure levels can vary greatly. It can go up when you are excited or nervous and go down when you are sleeping.

What is HIGH blood pressure (hypertension)?

Blood pressure levels can go up when your blood vessels tighten or constrict. This can happen for a number of reasons. When this occurs, the blood can press on the vessel walls with too much force; this is considered high blood pressure (hypertension). The heart has to work extra hard to pump blood through the body. This extra work can lead to serious health problems. Damage to the kidneys, heart, brain or eyes may occur.

High blood pressure can lead to:

- Heart attack
- Heart failure
- Stroke
- Kidney failure
- Eye damage
- Hardening of the arteries

Know your numbers!

Blood pressure readings are made up of two numbers:

120 Systolic pressure - measures the pressure when your heart is pumping

80 Diastolic pressure - measures the pressure when your heart is filling with blood

Normal blood pressure is 120/80. Pre-hypertension is when the numbers fall between 120-139/80-89. If one or both of your numbers stay at or above 140/90 consistently, you probably have high blood pressure (hypertension). Your doctor can tell you the numbers that are right for you.

Your blood pressure reading today: _____ / _____ mm/Hg (____ / ____ / ____ date)

Are you at risk for high blood pressure?

You may be at risk if you:

- weigh more than you should
- smoke
- are middle-aged or older
- have relatives with high blood pressure
- have diabetes
- exercise less than you should
- drink too much alcohol
- eat salty or fatty foods
- are African-American

How do you lower your numbers?

- lose extra weight
- quit smoking
- exercise
- manage your diabetes
- take your medication as instructed

When taking medication, be sure to:

- Always take your medication as instructed
- Take medication that was prescribed specifically for you – do not take other people's medication
- Continue taking medication, even if your numbers become normal, unless your doctor instructs you to do otherwise
- Keep a list of medications in your wallet/purse
- Talk to you doctor or pharmacist about any side effects you may be experiencing

If you have any concerns about your blood pressure, be sure to talk to your doctor.



With us, it's personal.

LUL Guild Announcements

Annual Dues

For less than \$100, your investment in the LUL and Guild pays you great dividends! Please make every effort to pay your dues at the October 9 meeting. Payment can be via cash, check, or Visa/MasterCard or you can join online at www.lul.org.

Sponsorships/Donations

The Program Committee requests everyone's help in securing donations. *Do you know someone who can donate a gift card or door prize?*

Portland Boys & Girls Club Thanksgiving Dinner

Our annual event is Tuesday, November 21, 5:00-7:00 pm. Thank you to the volunteers who have already signed up to help.



Callingpost

You may receive a phone call or message from "Callingpost." This will be an automated reminder of an upcoming Guild or committee meeting.

Election Day

Kids Voting Metro Louisville is seeking volunteers this November. This program gives pre-voting age kids the opportunity to go to the polls with their parents on Election Day to cast their own "Kids Vote." By doing so, youngsters learn at an early age that voting is easy and even fun. Studies have shown that such experiences increase the likelihood that these same youngsters will become voters when they reach voting age. Contact kidsvote@loumag.com or Honi Marleen Goldman at 292-6172 or 451-4564.

Membership Drive

The Membership Committee met recently and is planning a membership mixer for Saturday, November 11 from 2:00-4:00 pm. We're encouraging each member to bring two potential members to the mixer. Refreshments and hor d'oeuvres will be served along with chances to win door prizes. The committee will also have a Guild showcase displaying our community service projects, fundraisers, etc. This membership drive also coincides with our November 13 Guild/LUL Orientation meeting.



Breast Cancer Walk

Please call Patty Van Vooren if you would like to participate in the American Cancer Society's October 22 walk-a-thon.

The Healing Place donations requested for October are socks and for November disposable razors and shaving cream.

Halloween Treat Bags



Please donate candy/trinkets for our Halloween Treat Bags for THP "goblins." We'll assemble the bags immediately after the October meeting.

"October is a fine and dangerous season in America . . . a wonderful time to begin anything at all."

Thomas Merton

October Days

National Latino AIDS Awareness Day: October 15

Latinos account for 18 percent of all of the AIDS cases reported since the beginning of the epidemic, but only make up 17 percent of the population. Latinos also make up 20 percent of all new AIDS cases reported, and for people ages 35-44, it is the third leading cause of death.

Love Your Body Day: October 18

Do you love what you see when you look in the mirror? Hollywood and the fashion, cosmetics and diet industries work hard to make each of us believe that our bodies are unacceptable and need constant improvement. Print ads and television commercials reduce us to body parts—airbrushed and touched up to meet impossible standards. Is it any wonder that 80% of U.S. women are dissatisfied with their appearance? Women and girls spend billions of dollars every year on cosmetics, fashion, magazines and diet aids. These industries can't use negative images to sell their products without our assistance. Make a pact with yourself to treat your body with respect. Give yourself a break from women's magazines and the mass media. Try a new physical activity just for fun, not to lose weight. Stop weighing yourself, and change your goal from weight loss to improving your health.

Pink Ribbon Day: October 23

The pink ribbon has become a powerful symbol to increase awareness about breast cancer. Wear a pink ribbon to honor survivors, remember those lost to the disease, and to support the search for a cure. The best early warning system for breast cancer? A mammogram. Thanks to advances in treatment and early detection, breast cancer death rates are falling, but the disease is still a major cause of death of American women. So if you're a woman age 40+, it's no time to skip your yearly mammogram, which can find cancer early when treatments are most successful.

LUL Guild Calendar

October

- 9 Guild Meeting and Halloween Treat Bags for THP - 6:15 p.m.
- 23 Angel Tree Committee Meeting - 6 p.m.
- 30 Program Committee Meeting - 6 p.m.

November

- 13 Guild Meeting/Orientation - 6:15 p.m.
- 21 Portland Boys & Girls Club Thanksgiving Dinner - 5-7 p.m.
- 27 Derby Moonlight Cruise Committee Meeting - 6 p.m.

December

- 3 Nursing Home Cheer - 3-5 p.m.
- 4 Angel Tree Gifts Due - 6 p.m.
- 11 Guild Meeting/Angel Tree Party - 6:15 p.m.
- 18 Program Committee Meeting - 6 p.m.

January

- 8 Guild Meeting - 6:15 p.m.
- 27 VITA

February

- 3 VITA
- 10 VITA
- 12 Guild Meeting/Valentine Bags - 6:15 p.m.
- 17 VITA
- 24 VITA

- 24 Health Fair
- 26 Derby Cruise Committee Meeting - 6 p.m.

March

- 3 VITA
- 10 VITA
- 12 Guild Meeting
- 17 VITA
- 19 Derby Cruise Committee Meeting - 6 p.m.
- 24 VITA
- 31 VITA

April

- 2 Derby Cruise Committee Meeting - 6 p.m.
- 7 VITA
- 7 Easter Egg Hunt and Cookout
- 9 Guild Meeting - 6:15 p.m.
- 14 VITA

May

- 5 **Derby Moonlight Cruise** - 8:30 p.m. - 12:30 a.m.
- 14 Guild Meeting - 6:15 p.m.
- 19 LUL Diversity Soiree - TBA

June

- 11 Guild Meeting/Annual Reports/Election of Officers - 6:15 p.m.

hope starts here

Making Strides Against Breast Cancer

Sunday, October 22, 2006

<http://makingstrides.acevents.org/louisville>

MAKING STRIDES Against Breast Cancer

American Cancer Society 1.800.ACS.2345
www.cancer.org/stridesonline
Hope. Progress. Answers.®

Happy Birthday

Louise Penman - 10/13

Martha Pumphrey - 10/16

Ann Kitchens - 10/20

You may pay your dues, fundraiser reservations, and/or raffle tickets by check or credit card.

Please return to:

Louisville Urban League Guild
1535 W. Broadway
Louisville, KY 40203
Attention: Mary Mahin

Fax: (502) 585-2335



✂ Detach here

- Dues \$35
- Old School Dance # _____ @ \$30/each (minimum 1) \$ _____
- Derby Moonlight Cruise # _____ @ \$30/each (minimum 1) \$ _____
- Raffle Tickets # _____ @ \$1/each (minimum 5) \$ _____
- Total \$ _____

Payment:

Check enclosed for \$ _____ payable to "Louisville Urban League Guild"

MasterCard Visa Expiration Date: _____

Account Number: _____

Signature: _____ Name: _____

Phone: (Home) _____ (Work) _____

Address: _____ City: _____

State: _____ Zip Code: _____ E-mail: _____



You may also join online at www.lul.org