

Program Ideas from Gamma Chapter

Over the past couple of years we have had the following programs that were well received:

1. TAKING CARE OF YOUR HEART-- A heart specialist who talked about women taking care of their hearts. She emphasized the importance of recognizing heart attack symptoms for women, heart health care for women, preventive care etc.
2. A dermatologist who talked about cancer, prevention of skin cancer and skin disease.
3. END OF LIFE PLANNING-- A representative of a local funeral home who spoke to us about end of life planning. She had compiled a packet for each of us to use in helping to make decisions and plans about our funeral or after death care. This, of course, would be especially helpful for our surviving family members.

All three of these could be easily recreated by chapters that are near hospitals or funeral homes. Most medical departments are more than happy to educate people for preventive care etc., and of course, funeral homes love to "dig up" new business.

Purpose #6 – To stimulate the personal and professional growth of members and to encourage their participation in appropriate programs of action.

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