



The Roanoke Valley Democratic Women

February 24, 2023

Newsletter and Meeting Agenda

Montano's

11:30am for lunch ordering.

12:00 Program begins. Business meeting follows.

The Roanoke Valley Democratic Women wish to give special recognition to February - Heart Month and Black History Month.

It is critical that we take care of ourselves, get those check-ups, eat the right foods and above all exercise and spend quality time with friends. We have invited a special guest today who will be talking with us about establishing those kinds of goals in support of ourselves.

Black History month remains a powerful symbolic celebration and a time for acknowledgement, reflection and inspiration. The national 2023 Black History Month theme, "Black Resistance," explores how African Americans have addressed historic and ongoing disadvantages and oppression. We encourage all of you to become involved and do all that you can to foster an environment where we all are recognized for our abilities and valued for our contributions.

About our other speaker: we are pleased to have two young ladies with us today who are actively working in our community to further the education and support of our young people and of the rich history that Roanoke has to offer. You will learn more about them and their work in the bios later.

Again, welcome to our February meeting and we look forward to a great and productive meeting.

*From the Board of the
Roanoke Valley Democratic Women
Janice Dinkins-Davidson, President*

ABOUT OUR SPEAKERS TODAY:

Dr. Perkins is a Carilion family doc and, since 2017 has been the vice-director of the “Compress and Shock Foundation,” a Roanoke based 501-c-3 non-profit, whose mission is to bring free and equitable access to CPR and AED education to all communities, with a specific dedication to those communities most adversely affected by cardiac arrest due to race, ethnicity, primary language, or access to healthcare education. Since 2017 the foundation has trained about 6,000 learners for free and placed about 75 donated AEDs in the community. According to the



Centers for Disease Control and Prevention, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Meanwhile, Dr. Perkins reports, “Female victims of out-of-hospital cardiac arrest receive less bystander CPR and use of an AED than male victims.”

Eureka Park Artist in Residence, Robyn Mitchell, owner of [Lovelight Design Studio](#) works at the intersection of



creativity, entrepreneurship, design, consulting, and social justice. Providing design services for a wide range of civic and nonprofit organizations, Robyn is building a broad portfolio of clients while pushing her creativity into new arenas. As an artist in residence, Robyn will engage neighbors and

stakeholders in arts based participation strategies around the development of a new community center in Roanoke’s [Eureka Park](#).

Marlee Coles is a Texture Expert who specializes in Haircolor and the MIZANI Aircut. Luxury



Luxury is by **Marlee Coles** Marlee Coles is a Texture Expert who specializes in Haircolor and the MIZANI Aircut. Marlee is extremely active in the Roanoke area in her community and is an active member of Delta Sigma Theta Sorority, Inc. She also works with the youth in development of programs and education. We welcome Marlee as a visitor and supporter of our community.

MEETING AGENDA

Call to Order Wanda Ostrander - Treasurer

Reflection

Pledge of Allegiance to the Flag

Speaker Introduction Sandra Ryals

Speaker Introduction Helen Dean

Legislature Report Sandra Ryals

BUSINESS MEETING

Approval of Minutes Anne Apperson

Treasurer's Report Wanda Ostrander

Membership Jeanne Fishwick

Communications Gloria Manns

Ways and Means Christina Hatch Ballard

Next Meeting will be on March 24, 2023 at Montano's. Lunch ordering is at 11:30 and the meeting will begin at 12. Watch the website for our guests for this meeting.

Adjournment Wanda Ostrander

