



American
Heart
Association.

American Heart Association.



go red

2026 Kern County GO RED FOR WOMEN LUNCHEON

Friday, February 6, 2026

As women, our greatest resource
is each other. **Let's Go Red, Together!**

Dear Friends,

Welcome to the 2026 Kern County Go Red for Women Luncheon. It is an honor to gather with you today in support of women's heart and brain health. I'm also grateful to stand alongside so many passionate advocates, survivors, volunteers and community leaders who believe every woman deserves the opportunity to live a long, healthy life.

Cardiovascular disease remains the leading cause of death for women, yet far too many women are still unaware of their risk or lack access to the information and care they need. Go Red for Women exists to change that. Today is about more than wearing red. It is about coming together to raise awareness, spark conversations and take action that can save lives here in Kern County and beyond.

As women, we are often the caregivers, the decision-makers, and the anchors of our families and communities. When women are healthy, entire communities are stronger. Through education, research and advocacy, the American Heart Association's Go Red for Women movement is working to ensure women are seen, heard and supported at every stage of life.

Your presence here today matters. Your generosity matters. The funds raised through this luncheon directly support lifesaving research. They also support local education efforts and programs that help women understand their risks and take charge of their health. I encourage you to give generously when the opportunity arises and to continue supporting this critical work long after today.

Thank you for being part of this movement and for helping create a future where a woman's health is never determined by her zip code, income or access to information. Together, we are driving change and building healthier communities for generations to come.

With gratitude,



Emily Duran, MA

Chief Executive Officer, Kern Family Health Care
2026 Go Red for Women Chairperson

Dear Go Red for Women Guests:

On behalf of the American Heart Association in Kern County, it is my privilege to welcome and thank you — our volunteers, sponsors and donors — for continuing to make a difference through your support of the American Heart Association's mission.

Our work remains as important as ever and we know that we can't achieve our monumental goals alone. We remain grateful to you for your passion and commitment.

Together we've made impressive progress and we remain focused on our key impact areas: supporting patients navigating high blood pressure, improving nutrition security and adding more community members to our Nation of Lifesavers.

Some highlights include:

- Collaborating with four local clinics to support patients who are managing high blood pressure.
- Assisting three local food pantries with new equipment to store fresh foods, allowing them to offer healthier options to clients.
- Working alongside local organizations, like the Vineland School District, to develop cardiac emergency response plans that make sure they are ready to respond to cardiac arrest emergencies.

The American Heart Association is committed to fueling science and innovation, funding lifesaving research and boldly standing for the rights of patients and caregivers, to empower healthier communities. With your continued support, I have no doubt we will make an even greater impact in the place you and your loved ones call home.



With heartfelt thanks,
Kelley Berry
Executive Director, Central Valley/Kern County
American Heart Association

Event Schedule

10:00 A.M. – 11:45 A.M.

Health Expo & Silent Auction

10:30 A.M. | 11:00 A.M.

Educational Sessions

**Healthy Moms, Healthy Hearts:
Understanding Blood Pressure in
Every Stage of Pregnancy**

**Strokes for Stroke Paint Session
“heARTWORK”**

presented by Leslie Aldridge

Sponsored by
Centre for Neuro Skills

11:45 A.M.

Luncheon Program

Today's Speakers



Elaina Rusk

Anchor, KGET



Steve Matejka

Executive Vice President/Chief Operating Officer
Valley Strong Credit Union
Chairperson, Kern County/Central Valley Board of Directors



Emily Duran

President & CEO, Kern Family Health Care
Go Red for Luncheon Chair



Kelley Berry

Executive Director, Kern County



Ken Keller

President & CEO, Bakersfield Memorial Hospital
2026 Kern County Heart Walk Chair



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Owner, Bella



Freddie Silveria

Auctioneer



Faith Earnest

Passion Speaker



Deanna Blaise

Senior Vice President/Chief Business Officer
Valley Strong Credit Union



Live performance by

Matt Anspach

Thank you to our sponsors

Go Red for Women is nationally sponsored by



Live Fierce, Life is Why sponsor:



Live Fierce, Reduce Your Risk sponsors:



Locally sponsored by



Anthem Blue Cross
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Table Sponsors

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Kern Family Health Care

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California Cardiovascular Institute

Angela Barton
Barton Marketing Group

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Valley Strong Credit Union

Dr. Jasleen Duggal
Centric Health

Gabriela Gonzales
California Resources Corporation

Ricci Guillen
Kern Family Health Care

Cornelio Gutierrez Lozano
Bakersfield Behavioral
Healthcare Hospital

Louie Iturriria
Kern Family Health Care

Maritza Jimenez
Kern Family Health Care

NaTasha Johnson
Bakersfield College

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Michele Shain
Dignity Health

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The Open Door Network

Kristi Windtberg
LVL Fitness





**American
Heart
Association.**

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American Heart Association®

Cor Vitae Society

The Cor Vitae Society – Latin for heart of life – is the annual philanthropic giving society of the American Heart Association.

The society celebrates individual members who make annual gifts of \$5,000 or more to the mission of the Heart Association.

PACESETTER'S CIRCLE

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Shelly and Kurt Vote

Marsha Vucovic

Heather and Jason Wells

Passion Speaker
FAITH EARNEST
congenital heart disease survivor



Go Red for Women Ambassadors

Meet our 2026 Kern County Go Red For Women Ambassadors, proudly sponsored by Dignity Health. These inspiring community members are sharing their personal journey with heart disease and stroke and their words of wisdom. Take inspiration from their stories and pass along the learnings. Together we will stand up for women's health because losing even one woman to cardiovascular disease is too many.

Live Fierce. Life is Why sponsor



Dignity Health.

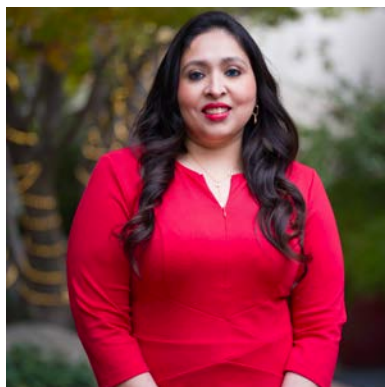
A member of CommonSpirit



BERTHA ACOSTA
stroke survivor

Bertha was at work when she was suddenly overcome by dizziness, confusion and an excruciating headache. Unsure what was going on, a co-worker drove Bertha to a nearby emergency room. She was diagnosed with a bleeding stroke caused by a ruptured brain aneurysm and spent over three weeks in the hospital. She then faced a long recovery marked by memory loss, headaches and anxiety. Today, Bertha is doing well and deeply grateful for her family's unwavering support. Now, she's committed to giving back by offering hope and encouragement to other stroke and aneurysm survivors on their journey.

Dr. Bardia is an Interventional Cardiologist and a volunteer medical expert for the American Heart Association in Kern County. As a physician she wants women to know that heart disease doesn't always look dramatic. Subtle symptoms like fatigue, shortness of breath, jaw or back pain matter. It's important to listen to your body and speak up if something doesn't feel right. She adds, "Taking care of your heart isn't selfish; it's an act of strength and self-respect."



NIKKY BARDIA, MD
heart health expert



EMILY DURAN
women's health advocate

Emily Duran is the Chief Executive Officer of Kern Family Health Care and is passionate about expanding access to health care, educating the community about good health and well-being and advocating for underserved populations. She is leading the Go Red for Women movement in Kern County because she believes when women have the knowledge, resources and care they deserve, they not only survive, but thrive. Working alongside Go Red for Women, she wants to make sure that all women have a fair chance at a long and healthy life.

Maria and her husband were excited to grow their family when she became pregnant in 2022. But at 33 weeks, she developed shortness of breath and a persistent cough she thought was bronchitis. Despite treatment and a subsequent visit to the emergency room, her symptoms worsened. After symptoms failed to go away, a friend urged her to call 911. That decision saved her life. Tests revealed her heart was functioning at only 19%, she had pregnancy-related heart failure. At 36 weeks, Maria delivered a healthy baby girl, but her heart challenges continued. Today, her heart function has improved, though she still lives with heart failure. Her advice to other women: trust yourself. Don't ignore symptoms or let anyone dismiss what you're feeling. Believing her instincts saved her life.



MARIA PELAYO
heart disease survivor



KIM PRICE
heart disease survivor

For more than 12 years, Kim has been living with an irregular heartbeat. When symptoms first appeared, her heart would pause then follow by a strong beat, she didn't know what was happening. Although she's been to numerous appointments and has undergone many tests, the cause of Kim's arrhythmia remains unexplained. Instead of focusing on the unknown, Kim focuses on what she can control: a heart-healthy diet, giving up caffeine and working closely with her medical team to manage symptoms and medication. Her message to other women is to advocate for your health. Never let anyone minimize your journey or talk you out of caring for your well-being.

Thank you to our generous auction donors

Angela Barton
Bakersfield Condors
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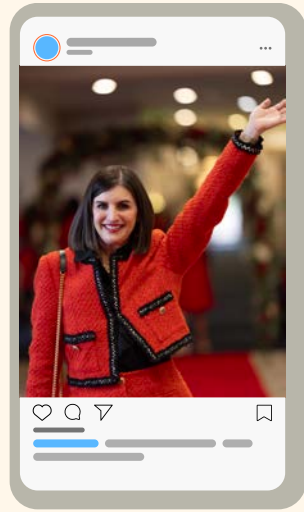


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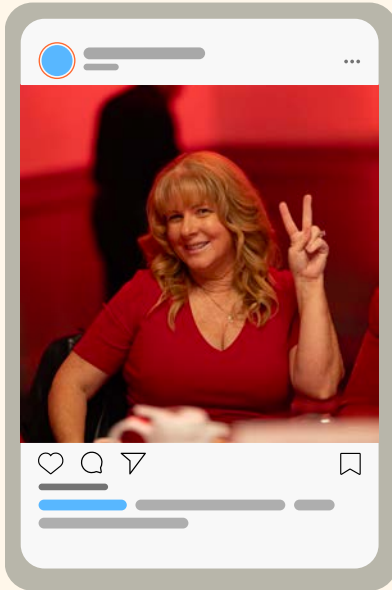


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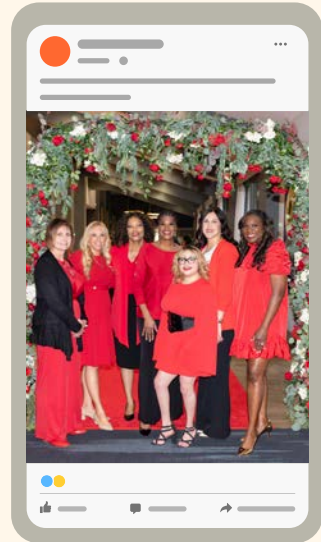
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Tag us in
your posts!



Show us your red.
Post your photos and use
#KernCountyGoesRed



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Auction Rules

SILENT AUCTION

The silent auction opens at 12:00 p.m. on Monday, February 2, 2026 and will close at 11:45 a.m. on Friday, February 6, 2026.

Only registered bidders with assigned bidder numbers may participate in the silent auction. Please visit registration with any questions.

The last bid placed will be the winning bidder. Winners will be names at the registration table. Auction items will not be available for pickup until the conclusion of the main program.

AUCTION TAX

In compliance with California State law, we must charge tax on tangible auction items. Sales tax for California is 8.25%. Tax will be applied to the winner's bill at checkout

Live Auction Item



7-10 Nights at Adult-Only The Club Barbados

Enjoy 7-10 nights of One Bedroom Suite accommodations for up to three rooms (double occupancy).

The Club Barbados, an adult-only Caribbean vacation destination, is located on the west coast of Barbados. The Club Barbados offers colorful gardens, cozy walkways, 3-tier freshwater pool, tennis court, spa and fitness center

Details: Valid for up to three rooms (double occupancy), up to ten nights each. Winner responsible for airfare and all-inclusive supplement of \$150+ tax and service per person, per night. Additional surcharge of \$25 per person, per night applies Dec. 21-Jan. 3 & Feb. 1-24.

Live Auction Item



An Afternoon on the Fairway

Enjoy one round of golf for four at Stockdale Country Club on beautifully maintained fairways, followed by a relaxed lunch for six at the clubhouse. While golfers savor a bit of friendly competition, others can unwind with a glass of wine and great conversation. It's the perfect blend of sport, style and social time for everyone.

Generously donated by
Stockdale Country Club

An aerial photograph of a tropical beach resort. The image shows a long, curved sandy beach with a row of white resort buildings and palm trees. The water is a vibrant turquoise color, transitioning to a deeper blue further out. In the background, there are green hills and a small island in the distance. The top of the image is partially covered by a red banner with white text.

Live Auction Item

7-10 Nights at The Galley Bay Resort & Spa in Antigua

Enjoy 7-10 nights of beach front adults only resort accommodations for up to three rooms (double occupancy).

Details: Valid for up to three rooms (double occupancy), and up to ten nights each. Winner responsible for airfare and all-inclusive supplement of minimum of \$306-\$323 + tax and service per person, per night. Additional surcharge of \$25 per person, per night applies Dec. 21-Jan. 3 and Feb. 1-24.

Live Auction Item



7-10 Nights at Los Establos Boutique in Panama

Enjoy 7-10 nights of scenic accommodations for up to three rooms (double occupancy). Enjoy various activities such as river rafting on the Chiriqui River, zip lining through rainforest, panoramic rainforest tour and spa treatments. *

Details: Valid for up to three rooms (double occupancy), and up to ten nights each. Winner responsible for airfare and all-inclusive supplement of minimum of \$165 + tax and service per person, per night. Additional surcharge of \$25 per person, per night applies Dec. 21-Jan. 3 and Feb. 1-24.

*Some restrictions apply. Excludes day of arrival and departure.

Live Auction Item



(4) 2-Day Park Hopper tickets to Disneyland, with Lightning Pass and \$100 Food Voucher

Make memories of a lifetime with four 2-Day Park Hopper Tickets to Disneyland. Including lightning passes and \$100 food voucher to make this experience once in a lifetime.

Generously donated by



Live Auction Item



Wine Pairing Dinner for eight and a bottle of wine

Enjoy an incredible evening of food and wine for you and seven of your friends at Hungry Hunter. Experience includes a multi-course menu paired with complimentary wines and includes a bottle of wine of choice to take home as a reminder of an evening shared in great company.

Select dates available.



TWO STEPS TO SAVE A LIFE

1

Call 911.



2

Push hard and fast in
the center of the chest.



**Know it. Feel it.
Push it. Keep it.**



Transforming a Nation of Bystanders into a Nation of Lifesavers.

Learn more: heart.org/nation



**CVS Health® is here for women
at every age and stage of life.**

**CVS Health proudly supports the American Heart
Association's Go Red for Women® movement**
as a national sponsor committed to supporting women's heart
health at every age and stage by funding lifesaving
cardiovascular research and education.

heart.org/lifeiswhycampaign

Go Red for Women is nationally sponsored by



American Heart Association.



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Every heart has a story.

Our experts can help you live yours.

Sharing precious moments with your grandkids, celebrating life's milestones – these are the chapters that make up your life story. A healthy heart is essential to experiencing them all. At Dignity Health—Memorial Hospital, our nationally recognized heart and vascular program offers comprehensive cardiac care in Bakersfield. Whether you have concerns or simply need a checkup, we'll help you write your next chapter with confidence.



Dignity Health.
Memorial Hospital



**Sarvanand Heart
& Brain Center.**





We're All In for Women's Hearts.

Kern Family Health Care is
proud to sponsor the 2026
Kern County Go Red for Women
in support of women's heart
health and a healthier future for
our community.



Kern Family
Health Care®



Together We Power Kern County

California Resources Corporation (CRC) is an independent energy and carbon management company committed to energy transition. CRC is committed to environmental stewardship while safely providing local, responsibly produced energy. CRC is proud to support the American Heart Association and the Go Red for Women Luncheon.



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2026 Go Red for Women Luncheon**

Heart Health is Brain Health



Getting to the Heart of Brain Injury



Centre for Neuro Skills is proud to be a local sponsor of Go Red for Women. For over 40 years, CNS has treated mothers, sisters, aunts, cousins, and friends who have survived heart-related brain injuries. We stand with all women taking charge of their heart health!

HEART Health is BRAIN Health

A proud supporter of the Kern County Go Red for Women Luncheon



Go Red for Women



Encompass Health

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Encompass Health is a national sponsor of Together to End Stroke



American Stroke Association.
A division of the American Heart Association.

Together to End Stroke®



Clinica Sierra Vista

Clinica Sierra Vista (CSV) is proud to support **American Heart Association's Go Red for Women Luncheon** to help change the future of women's health.

We believe **healthcare is a right**, not a privilege. CSV is proud to offer quality healthcare and beneficial programs to the communities of both Kern and Fresno.



Dr. Olga Meave
Chief Executive Officer
at Clinica Sierra Vista



Dignity Health Medical Network

is proud to stand with the **2026 Go Red for Women movement in Kern County.**

We are committed to promoting heart health, raising awareness, and advancing equitable care for all members of our community. Through education, advocacy, and meaningful action, we empower individuals and families with the knowledge and resources they need to lead healthier lives.

United by a shared dedication to cardiovascular well-being, we can create lasting change and make a meaningful difference across our community.

Thank you for joining us as we work together to build a healthier future.



Dignity Health Medical Network.



BUILDING A NATION OF LIFESAVERS

The Kids Heart Challenge and American Heart Challenge are service-learning based fundraising programs that give students the opportunity to feel good, while doing good. It's a way for students to better their lives — all while changing someone else's.



Raise funds to help kids with special hearts



Support the social, emotional, and physical health of your students, families and staff



Acquire the lifesaving skill of Hands-Only CPR

Join schools across the country in building a nation of lifesavers as we work to end heart disease and stroke!

Learn Hands-Only CPR. Save a Life.

90% of people who suffer an out-of-hospital cardiac arrest don't survive. Immediate Hands-Only CPR can double — even triple — a person's chance of surviving cardiac arrest.

By completing Finn's Mission

students, staff and families learn the lifesaving skill of Hands-Only CPR, creating a legacy of lifesavers.



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest.



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For more information, contact:
Jaime Schaffer-Harless
jaime.schaffer-harless@heart.org

UPCOMING EVENTS

KERN COUNTY HEART BALL



MAY 2, 2026
SEVEN OAKS COUNTRY CLUB

KERN COUNTY HEART AND STROKE WALK



SEPTEMBER 26, 2026
CALIFORNIA STATE UNIVERSITY,
BAKERSFIELD



Thank You

for supporting the **American Heart Association and Go Red for Women** in our fight against heart disease and stroke, the No. 1 killer of women. Your donation will make an impact and support women in being seen, heard and counted.

Let's continue to Go Red, Together.



American
Heart
Association.

American Heart Association®

