



American  
Heart  
Association.

American Heart Association.



# 2023 MID-SOUTH GO RED FOR WOMEN HEALTH EXPO, LUNCHEON & SURVIVOR FASHION SHOW

Thursday, September 28th | 10:30 a.m. - 1:00 p.m.  
Hilton Memphis



Mother. Daughter.

**Sister. Friend.**



## Protect your heart for the ones you love.

Expert vascular care can help protect your heart so you can be there for the ones you love. As Regional One Health celebrates Go Red for Women, we're proud to offer a team of leading vascular surgeons who can provide the screening, treatment and monitoring you need for a lifetime of better cardiovascular health.

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## OUR MISSION

*The American Heart Association is on a mission to be a relentless force for a world of longer, healthier lives.*

## OUR GOAL

*Every person deserves the opportunity for a full, healthy life. As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.*



**Proud  
Sponsor of  
Go Red for  
Women**

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# FROM THE HEART

Dear Friend of Heart,

On behalf of the American Heart Association Southeast, I want to welcome you to the 2023 Mid-South Go Red for Women Luncheon. Today is a celebration of all we have accomplished over the last year in pursuit of our mission to be a relentless force for a world of longer, healthier lives. It is because of business leaders, donors, and volunteers like you that we have been able to make such a significant impact on the health and well-being of the Mid-South.

The American Heart Association deeply understands the responsibility that we have to this community each and every day. Collectively, we are focused on improving nutrition security, so that no one goes without nourishing, healthy meals. We are breaking down barriers to health care access and quality, working to ensure that every patient everywhere receives necessary care according to the latest scientific guidelines. We are championing blood pressure control initiatives and tobacco-free living, empowering people to live active, full lifestyles that lower their risk for heart disease, stroke, and other major health problems.

Together, we also have our eye on the horizon and are investing in innovative research and bold initiatives to improve cardiovascular and brain health for future generations. Thank you for being here and for your continued, generous support of this community. Congratulations on a tremendous year of impact and I look forward to all that we will achieve in the years to come.

Enjoy the celebration!

With heartfelt gratitude,



**Jeremy Beauchamp**  
Executive Vice President  
American Heart Association, Southeast

# The trusted choice for rehabilitation

Encompass Health is the largest system of rehabilitation hospitals and is the trusted choice for patients and medical professionals.

We are proud to support the American Heart Association's Go Red for Women movement.



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

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**2023**

## Go Red for Women Luncheon

and the American Heart  
Association's mission.



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# FROM THE CHAIR

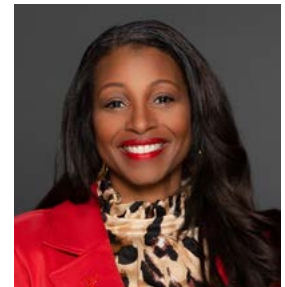
Dear Friends of Heart,

On behalf of the Go Red for Women 2023 Executive Leadership Team, I want to welcome you to the 2023 Mid-South Go Red for Women Luncheon, Survivor Fashion Show, and Health Expo. This event is a celebration of each of you - our dedicated and generous donors, volunteers and supporters - who have stood with us as we work relentlessly to keep our mission at the forefront of all that we do. It has been an honor serving as this year's Chairwoman alongside such a wonderful Executive Leadership Team of volunteers. These individuals have given up their time and resources to support the mission of the American Heart Association and have made this event possible.

I have a strong personal connection to this fight, as you will hear in my testimony today. This is a reminder every day of the seriousness of heart disease. AHA shares impactful education that will help save more lives, including the need for physical fitness, good nutrition, and trying to live with less stress.

Together, we empower women (and men) to take control of their health, listen to their bodies, and advocate for themselves.

Thank you for attending and partnering with us as we continue the AHA's legacy of making an impact for those counting on us in our community. Please enjoy the program and from the bottom of my heart, I thank you.



**Leslie Daniel**  
2023 Mid-South Go Red for Women Chair



## For the Ladies in Red

We are proud to support the American Heart Association's Go Red for Women movement to impact the lives of women affected by cardiovascular diseases and celebrate survivors.

**ORGILL**



## Making Connections That Matter

Since our inception in 2016, our firm has been committed to causes that champion health equity, accelerate science and advance public health policy. Dean & Associates is pleased to support the MidSouth chapter of The American Heart Association and their mission of "Empowering the women in our lives to reclaim what matters most; their health."



ANDRE DEAN  
PRESIDENT & FOUNDER





# EVENT PROGRAM

**10:30 AM**

**Health Expo**

**11:30 AM**

**Welcome & Opening Remarks**

*Gina Neely*

**2023 Go Red for Women Chair Remarks**

*Leslie Daniel*

**Survivor Fashion Show**

*Alexandra Nicole, Emcee*

**Open Your Heart Story**

*Lennon Laurenzi*

**2023 Women of Impact &  
Volunteer of the Year Awards**

*Lori Evans, Women of Impact Chair*

**Looking Ahead to the Centennial**

*Leslie Daniel*

**1:00 PM**

**Luncheon Ends**



# THANK YOU TO OUR SPONSORS!

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Leslie & John Daniel

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American Heart Association.



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**Methodist LeBonheur Healthcare**

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**Pinnacle Financial Partners**

**Shelby County Government**

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**Susan Springfield**

*The American Heart Association regrets any omissions due to production deadlines.*



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# EVENT LEADERSHIP

2023 Go Red for Women Chair



**Leslie Daniel**

Women of Impact Chair

**Lori Evans**

STEM Goes Red Initiative Chair

**Sheleah Harris**

Executive Leadership Team Members

**Belinda Anderson**

**Robert Burns**

**Andre Dean**

**Ptosha Jackson**

**Deborah Carter Johnson**

**Toni Wackerfuss**



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# 2023 MID-SOUTH BOARD OF DIRECTORS

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*MLGW*

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**Marques Young**  
*Edward Jones*



## Circle of Red™

Circle of Red is a society of passionate individuals who are in the fight against heart disease and stroke, the leading cause of death in women, to win. Circle of Red members are leaders in their communities and families.

### THANK YOU TO THIS EXCEPTIONAL GROUP OF WOMEN'S HEALTH CHAMPIONS

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#### CIRCLE OF RED LEGACY MEMBERS

Lydia Bors-Koefoed  
Robert Burns  
Dr. Cassandra & John Howard  
Stacey & Robert Hyde  
Angela Moss  
Sandra Quinn-Frieson  
Susan Springfield

#### CIRCLE OF RED MEMBERS

Belinda Anderson	Deborah Carter Johnson
Holley Cary	Carolyn Chism Hardy
Dr. Andrea Curry	Leslie & John Daniel
Andre Dean	Ptosha Jackson
Lori Evans	Joann Massey
Tim & Julia Finnell	Dr. Benjamin Waller



American Heart Association®

## Cor Vitae Society

Cor Vitae, Latin for heart of life, is the American Heart Association's annual giving society of individuals whose generous commitments are helping to change and save lives.

### MANY THANKS TO THE MID-SOUTH COR VITAE SOCIETY MEMBERS.

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#### **PRESIDENT'S CIRCLE**

**John & Leslie Daniel**

#### **PACESETTER'S CIRCLE**

**Peter & Judy Felsenthal**

#### **PULSE CIRCLE**

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**Dr. Eric & Cynthia Johnson**

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**Jeff & Belle Roth**

**Dr. Shyam Sathanandam**

**Susan L. Springfield**

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**Dr. Benjamin "Rush" Waller**

**Kevin & Dynisha Woods**

# **Mid-South American Heart Association Staff**

**Executive Director** - Trey Moore

**Go Red for Women Director** - Kate Staggs

**Senior Development Director** - Mandy Joyce

**Event Planning Coordinator** - Sarah Roaten

**Development Coordinator** - Courtney Ledbetter

**Communications & Marketing Director** - Alyssa Soto-Phipps

**Heart Walk Director** - Nichole Epsom

**Regional Director, West TN** - Amy Morris

**Community Impact Director** - Cheree' Albritton

**Youth Market Director** - Lauren Goff





# CONGRATULATIONS!

## 2023 WOMEN OF IMPACT



**Sheena C. Freeman**



**Dr. Andrea Curry**



**Dr. La Sonya Harris Hall**  
*Top Fundraiser*

*Portraits courtesy of Sandy Adams Photography*

# 2023 WOMEN OF IMPACT



**Andrea Jacobo**



**Katrina King**



**Mary Kanowitz**

*Portraits courtesy of Sandy Adams Photography*

# 2023 WOMEN OF IMPACT



**Dr. Shokea Miller**



**Dr. Mary McConner**



**Lori Sepich**



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## **Save the Date!**

### **2024 Mid-South Heart Ball**

February 24, 2024

Renasant Convention Center

### **2024 Mid-South Heart Walk**

April 20, 2024

University of Memphis

### **2024 Mid-South Go Red for Women Luncheon & Survivor Fashion Show**

September 26, 2024

Hilton Memphis



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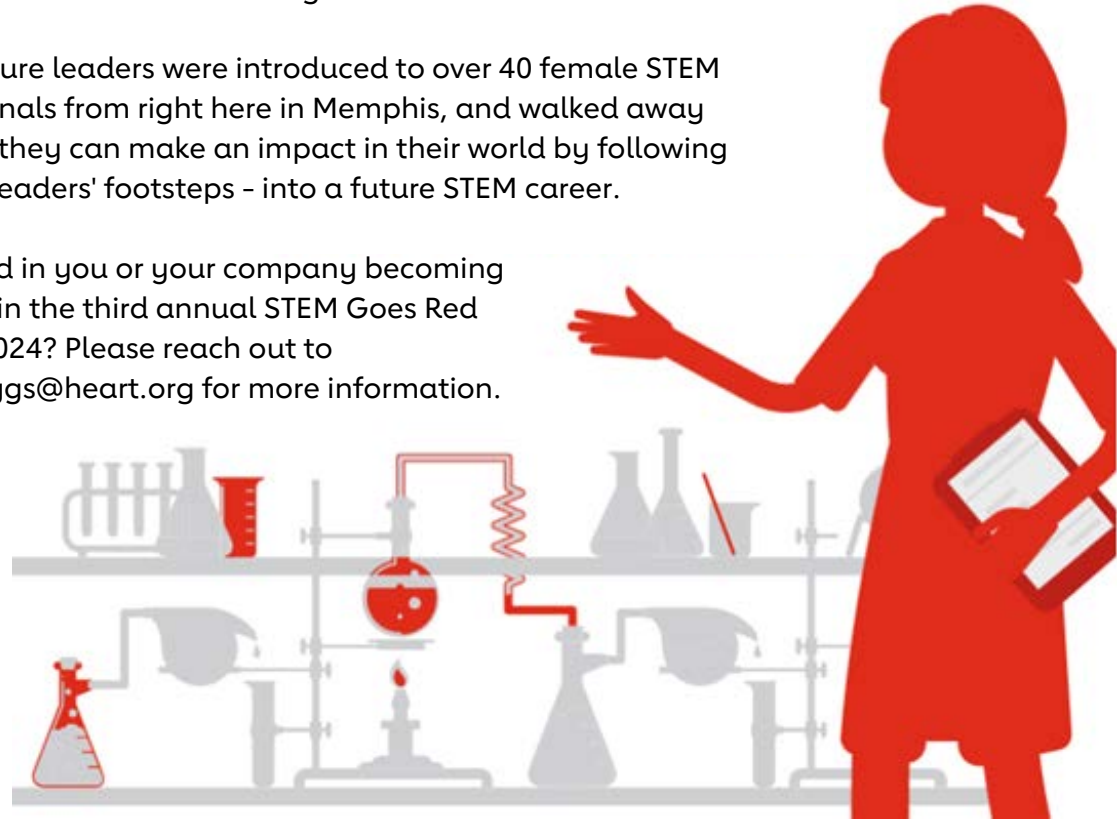
## STEM Goes Red

As cardiovascular disease continues to be the #1 killer of women, ensuring more women are at the forefront of developing science, technology, engineering, and math (STEM) solutions has never been more imperative.

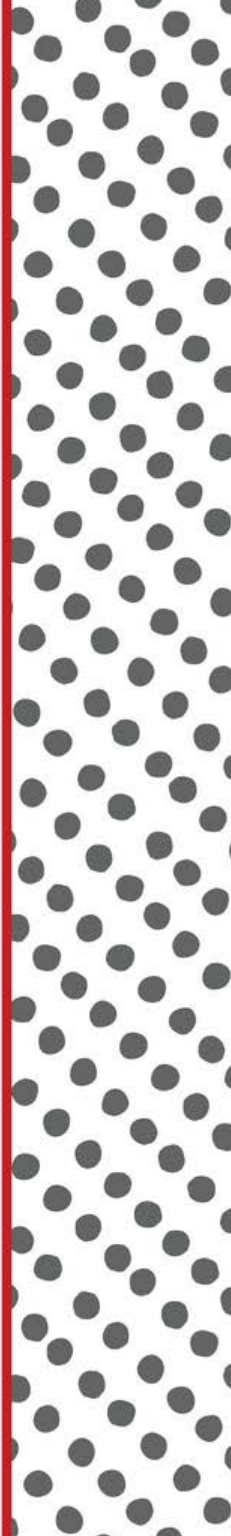
In May 2023, the Mid-South American Heart Association held its second annual STEM Goes Red - an inspiring, half-day event that brought an extraordinary group of 8th-grade young women in Shelby County together to explore STEM outside the classroom and taught them how they can one day join Go Red for Women's fight to save lives.

These future leaders were introduced to over 40 female STEM professionals from right here in Memphis, and walked away knowing they can make an impact in their world by following in these leaders' footsteps - into a future STEM career.

Interested in you or your company becoming involved in the third annual STEM Goes Red in May 2024? Please reach out to [kate.staggs@heart.org](mailto:kate.staggs@heart.org) for more information.



# 2ND ANNUAL STEM GOES RED FOR GIRLS



# SURVIVOR BIOS

## JOHN DANIEL

Three months after his marriage to Leslie in June of 2014, John's heart, damaged by a viral infection years earlier, began to fail. With no donor available, doctors installed a left ventricular assist device, better known as the LVAD, to keep him alive and allow him to wait for a donor. John received a new heart the following year. Profoundly impacted by the experience, John and Leslie, a breast cancer survivor, decided to devote their lives to one of healthful living and service. Since the transplant they have been actively involved in the AHA, serve on multiple non-profit boards and are building a new social enterprise in Bartlett, Bluff City Pickleball. Their club will focus on using the sport of pickleball to bring people together and promote health and well-being.

## ARNITRIA TAYLOR

At the age of 33, Arnitria was diagnosed with Super Ventricular Tachycardia (SVT). Her cardiologist was absolutely sure that he could successfully do a cardiac ablation - a procedure that scars tissue in your heart to block irregular electrical signals. It is used to treat heart rhythm problems. However, after several attempts, he discovered that the bottom portion of her heart was not functioning. At this point, he had no choice but to put in a dual-chamber pacemaker. A dual chamber pacemaker has one lead in an upper chamber, or atrium, of the heart and one in a lower chamber, or ventricle, of the heart. The bottom portion of her heart was then functioning at 100% on the pacemaker. Fast forward to 2023, she was diagnosed with another heart disease, cardiomyopathy, which was caused by the pacemaker. This is a disease of the heart muscle that makes it harder for the heart to pump blood to the rest of the body. Her cardiologist was very optimistic and immediately began treatment. By the grace of God, and medication, her heart function has drastically improved. She is here today because God kept her; she is a survivor, but more so she is a believer!

# **SURVIVOR BIOS**

## **LENNON & LINDSEY LAURENZI**

Our 2023 Honored Survivor is Lennon. She was born with a large ventricular septal defect (hole) in her heart. At just 10 weeks old, she had open heart surgery to repair and patch the VSD and a small PFO.

Lindsey is the proud mother of four, including Lennon. She and her husband, Lawrence, and their family are proud advocates of the American Heart Association, including participating in Kids Heart Challenge at the kids' school. Thank you to the Laurenzi family for sharing their story with the Go Red for Women Movement this year!

## **JACKIE WOODS**

Jackie had her first child at 27 years old. About a month after having her daughter, following a stressful labor, she began to feel very bad. She attributed it all to postpartum and decided to put it off until her 6-week OBGYN check-up. She was coughing non-stop, had to sit up to sleep, was becoming extremely winded, and could even see her heart beating through her shirt. At her 6 week check-up, the doctor immediately sent her to the ER for chest X-rays. She was diagnosed with postpartum cardiomyopathy, congestive heart failure, and mitral valve prolapse. She underwent 12 years of medication and had open heart surgery to repair the valve in 2012. She is so happy to still be here to spoil her only child!



# SURVIVOR BIOS

## LORI SEPICH

Lori Sepich was born with a family history of heart disease, but her personal journey started at age 17 when she was diagnosed with extreme hypertension. She would spend the next 43 years fighting the battle of heart disease and before age 60 survived two heart attacks and numerous complications. But Lori has found inspiration in community, both at her job and in the greater Go Red for Women family, leading her to quit smoking and find her passion leading spin classes! She is being honored as one of the nine 2023 Women of Impact in the Mid-South. Along with fellow survivor walker Hal Perry, she is the Co-Founder of Heart Quests, a local support group for those living with and impacted by heart disease.

Lori says, "I proudly stand here today to represent the 1 out of 3 women who will have this serious disease. Thank you to Go Red for giving me the honor of sharing my story! I fight every day to make sure the "beat" goes on. If you have heart disease love your heart and most importantly love yourself!!"

## APRIL ARMSTRONG

April Armstrong was 26 years old when, on a routine doctor's visit for an allergy shot, her doctor found an abnormality in her EKG. After several tests, she was diagnosed with cardiomyopathy, and was later diagnosed with fibromyalgia, both conditions that run in her family. April's father passed at 40 years old waiting on a heart transplant and her older brother received a heart transplant also at the age of 40 years old. April is 45 years old and says she's blessed that her cardiomyopathy is managed with medication. She relies on her strong faith in God and with the support from her family and friends she manages her conditions daily. She loves vacationing, family time and is awaiting the arrival of her first grandchild, a baby girl. April says "turn your worries into worship and watch god turn your battles into blessings!"

# SURVIVOR BIOS

## HAL PERRY

At 4:00 a.m., the morning of March 1st, 2021, Hal Perry woke up with crushing chest pain, and asked his wife to take him to the hospital. When the doctor came in and asked about his pain level, Hal said, "It's coming in waves but never really stopping," and the doctor replied, "That's because you're having a heart attack." In the midst of a pandemic Hal survived a triple bypass to resolve multiple 95% blockages throughout his arteries as well as an intensive 12-week cardio rehab program he credits as the inspiration for his 30-pound weight loss and new-found love of cooking heart-healthy recipes. Hal says as someone with a family history of heart disease, and as the father of three daughters, he is honored to be a part of the Go Red for Women movement to inspire women throughout the Mid-south to take charge of their heart health. Along with fellow survivor walker Lori Sepich, he is the Co-Founder of Heart Quests, a local support group for those living with and impacted by heart disease.





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# GET SOCIAL!

Use **#MemGoRed** in your social media posts throughout the luncheon.



@AHATennessee



**WEEKDAY MORNINGS FROM 5AM-9AM**

**WWW.1035WRBO.COM**

*To our 2023 Leadership, on behalf of the American Heart Association,*

# THANK YOU!

This event would not have been possible without the support of Leslie and the Executive Leadership Team. Thank you for your dedication to the Go Red Movement and your commitment to advocating for a healthier Mid-South!

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TVA is a proud sponsor of the 2023 Mid-South Go Red for Women Luncheon and the American Heart Association's mission.



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*Thank You*

SO HONORED TO BE HOSTING  
THIS YEAR'S FASHION EVENT IN  
SUPPORT OF AMERICAN HEART  
ASSOCIATION'S GO RED FOR  
WOMEN MOVEMENT

*Alexandra Nicole*

@alexandra.nicole

# Know the Warning Signs of Heart Attacks & Strokes



You Could Save Your Own Life



Cardiovascular disease is the leading cause of death in women. Heart attacks and strokes are life-or-death emergencies — every second counts. If you or someone you know is experiencing heart attack or stroke symptoms, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. This may improve your chances of getting better faster.



## Heart Attack Warning Signs

- Chest discomfort
- Discomfort in the upper body
- Shortness of breath
- Cold sweat, nausea or lightheadedness



## Stroke Warning Signs

- Numbness in face, arms or legs
- Vision impairment or headache
- Sudden confusion or trouble speaking
- Dizziness or loss of balance

*The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:*

**F - FACIAL DROOPING**

**A - ARM WEAKNESS**

**S - SPEECH DIFFICULTY**

**T - TIME TO CALL 911**



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THE CITY MAGAZINE

Since 1976

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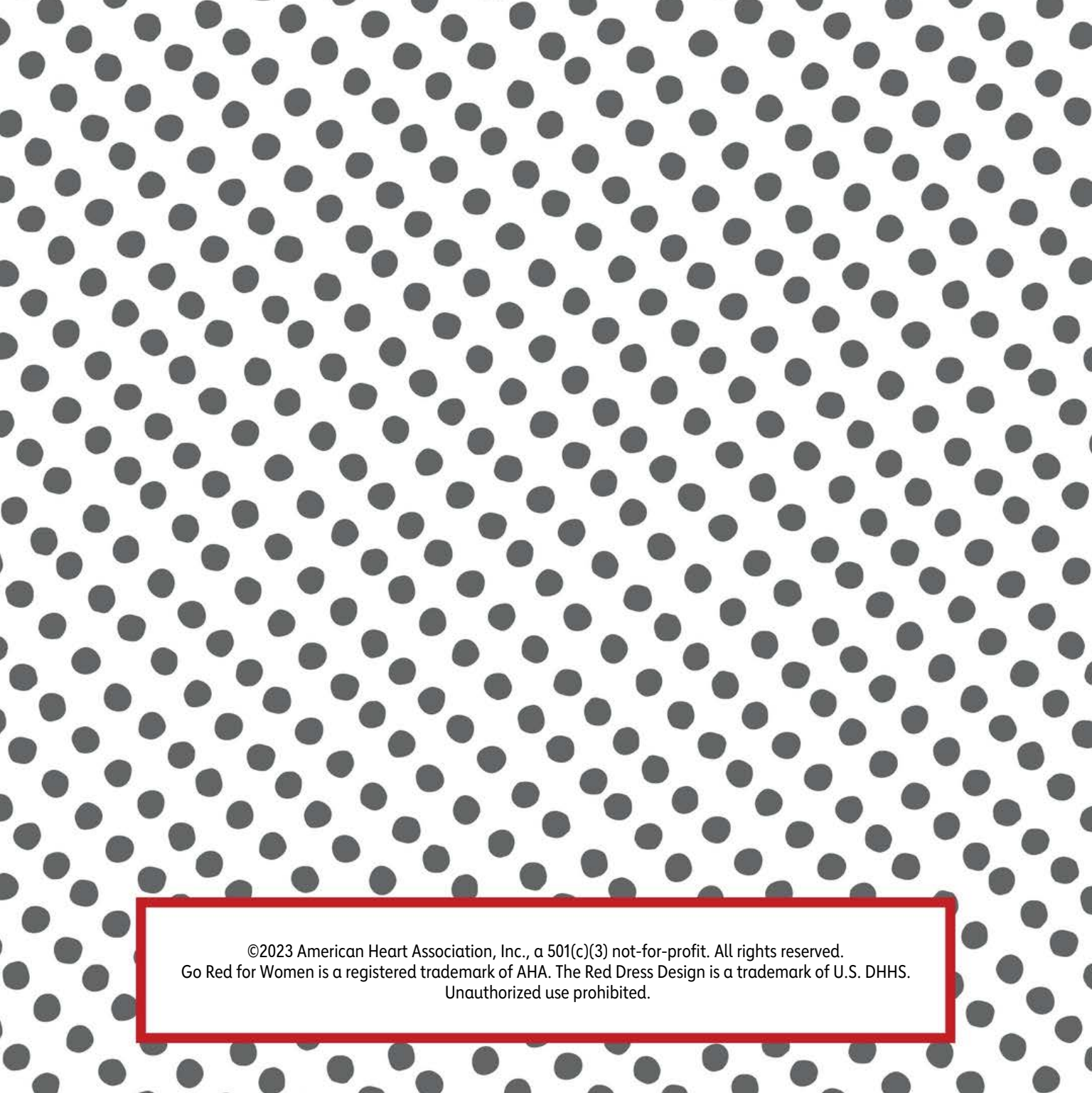


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