**Pine Mountain United Women in Faith Louise Miller Circle Minutes**

**February 10, 2025**

Light refreshments of strawberries and angel food cake were served as the women arrived for the meeting.  Our hostess was Bobbie Tarpley.

President Sara Godowns called the meeting to order.  She began by asking everyone to grab refreshments.  She then opened the meeting with prayer and thanked everyone for coming.

The minutes found on the table were approved with a motion made by Tricia Browne and a second made by Judy Westbrook and accepted.

Jane Logan gave the treasurer’s report which was approved and accepted.  We have a balance of $1112.59.

Peggy Elder passed out new directories and asked everyone to please check for any errors.

Winky Parker explained the Valentine Home visits and asked everyone to  pick up a card and candy valentine heart and deliver them to the homebound.

John 14:1 says, "Do not let your hearts be troubled. You believe in God; believe also in me." and Proverbs 3:5-6 says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.".  These are just two of the examples used by our guest speakers.  The scriptures mention the word “heart” almost 1000 times in the Bible, Lisa Powers, Director of Outreach , St. Francis Hospital in Columbus, Ga informed our group.  She then told us that loneliness is the key to depression and Alzheimers.  She then introduced us to Ashley Ingram, nurse practitioner in the cardiac unit.

Ashley informed us that heart disease is the leading cause of death in the United States, even more so than cancer in women.  Ashley said that high blood pressure, high cholesterol, smoking, and an unhealthy diet could cause heart disease.  Symptoms of heart disease are chest pain, shortness of breath, racing heartbeat, and shoulder or back pain.  Eating healthy, exercise and stress management can help prevent heart disease.  She closed saying that treatment included diet, exercise and medication.  Ashley concluded her talk by offering our attendees pens and individual hand sanitizers.  They also offered information about their programs at St. Francis and also answered questions individually after dismissal.

Members in attendance were as follows:  Wendy Bayer, Tricia Browne, Sally Cobb, Peggy Elder, Sara Godowns, Jane Logan, Marian Milliron, Winky Parker, Jan Simmons, Mary Ann Smoot, Bobbie Tarpley, Mary Helen Terrell, and Judy Westbrook,.

Respectfully submitted,

Mary Helen Terrell, Secretary