



# Record Crowd Attends Heart Truth for Women Luncheon

A record-breaking crowd of 433 people attended St. Francis' Seventh Annual Heart Truth for Women luncheon February 8. The event featured columnist and author Jackie Gingrich Cushman, who inspired guests by explaining the principles from her book, "Five Principles for a Successful Life: From Our Family to Yours." The book was written with her father, Newt Gingrich.

Cushman, whose maternal grandmother Linda Battley was a nurse at St. Francis, also encouraged women to take better care of their health.

"You can't take care of anybody else unless you take care of yourself first," she said. Like many other women, Cushman, a mother of two, faces the challenges of balancing family life with her career.

Physician-speaker Laura Ford-Mukkamala, DO, FACC, a cardiologist, explained heart attack signs in women.

"Fatigue is the number one symptom women experience before a heart attack. Rather than chest pain, a woman might complain of chest discomfort, tightness or pressure," she said.

Dr. Ford recommends having a plan in place in case of a heart attack.

"First, call 9-1-1. Chew two or four baby aspirin. And, if you have been diagnosed with heart disease and your doctor has given you nitroglycerin, take one of those, too, while waiting for an ambulance," she said.

Heart disease continues as the number one killer of American women, claiming more than 500,000 women's lives annually. The Heart Truth for Women campaign aims to change this fact by educating the public about heart disease in women.

The Heart Truth for Women luncheon was held at the St. Luke United Methodist Church ministry Center in uptown Columbus.



(L-R) Sandy Scarborough, Lane Woolfolk and Martha Cargill were among the 433 guests.



(Clockwise, from front L) Teresa Watkins, Mildred McAfee, Joan Oliver, Becky Davis, Barbie Beattie, Emily Miller and Gwen Hayes sat together.



(L-R) Sally Walden, Diane Andrews and Maudie Huff visit before lunch.

AUTHOR AND COLUMNIST

# Jackie Gingrich Cushman: Living a Successful Life

Author and columnist Jackie Gingrich Cushman says that you must define success for yourself to live a successful life.

"We all think about success differently. Each one of us has special God-given talents," she explains.

Cushman's personal definition of success involves spending time with her family while contributing to the world.

"My goal is to inspire and energize people," the author says. "There's this constant tug to find a balance between that and time with my family."

Using her gifts as a writer and communicator, Cushman penned the book "5 Principles for a Successful Life: From Our Family to Yours." The book, which was co-written with her father, Newt Gingrich, focuses on principles Cushman applies to her own life: Dream Big, Work Hard, Learn Every Day, Enjoy Life and Be True to Yourself. Having campaigned twice and lost before her father won a congressional race, Cushman conveys the importance of dreaming big and working hard through failure.

Cushman has big dreams of her own. She hopes to write a New York Times Bestseller and has been working hard on a novel about a southern political family for the past five months.

She says that if people don't laugh at your dream or at least question it, it's probably not big enough.

The third principle, Learning Every Day, comes naturally to Cushman. It

has a lot to do with paying attention and listening for valuable insight and knowledge. She began her speech at St. Francis' Heart Truth for Women luncheon with what she'd already learned from the speakers who came before her.

Cushman Enjoys Life, the fourth principle, by devouring books.

"I'm a voracious reader," she says. "I'm currently reading 'Port Mortuary.'"

She also enjoys life spending time with her family, walking their dog and attending a Beth Moore Bible study on "Breaking Free."

When asked how she goes about Being True to herself, the final

principle, she says, "That is the hardest. It's difficult to know when to say "yes" and when to say "no." I think this is a huge struggle for many of us, but asking yourself, 'Is this something that only I can do?' helps."

Aside from the book's principles described, Cushman offers other advice for living a successful life.

"In today's environment, where we're so connected, we need to work on being disconnected. For example, I turned off my email yesterday, and I got so much done."

Finally, she suggests being patient with life.

"If we don't enjoy the moments we have, they're gone," she says.

(L) Author and columnist Jackie Gingrich Cushman discussed the "5 Principles for a Successful Life" at St. Francis' Heart Truth luncheon February 8. She is pictured with physician speaker Dr. Laura Ford, a cardiologist.

