

**Corpus Christi Chapter  
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April 1, 2013

Samuel L. Neal Jr.  
Nueces County Judge  
901 Leopard Street, 303  
Corpus Christi, Texas 78401

**Re: Nueces County Contract #20120108**

Dear County Judge Samuel L. Neal Jr.,

Enclosed please find the final report for the Heart Disease and Stroke prevention projects that took place throughout the 2012 year. It was a great educational effort in providing great information and speakers to our HWNT members and also to the community at large.

This is information that has been vital to our members that in the 2013 year we are continuing to provide information on heart disease and stroke prevention.

Once again thank you so much for all your support on this important endeavor for our community and most importantly for the HWNT members. We look forward to working with you on this and other projects important to our community.

Sincerely,

*Veronica R. Trevino*

Veronica R. Trevino  
HWNT Chair

FY 11-12

Outside Agency  
Report

\$1,000

Commissioner Oct 2

**RECEIVED**

JCM JUN 26 2013  
Nueces County  
Commissioners Court  
Administration

**OUR MISSION STATEMENT**

**THE HISPANIC WOMEN'S NETWORK OF TEXAS PROMOTES THE  
ADVANCEMENT OF WOMEN IN PUBLIC, CORPORATE, AND CIVIC LIFE.**

Hispanic Women's Network of Texas  
Corpus Christi Chapter  
Final Report  
For  
Stroke & Heart Disease Prevention  
2012

The Hispanic Women's Network of Texas (HWNT) Corpus Christi Chapter is appreciative of playing a part in our community of informing our two (200) hundred members and additional community members of stroke and heart disease prevention information during the 2012 year.

Mission:

Hispanic Women's Network of Texas (HWNT) promotes a diverse population of members in public, corporate, and civic life. The major goals of HWNT is to provide our members an opportunity to learn, share and rally around issues critical to our community such as stroke and heart disease prevention; and because of their partnerships with corporations and organizations that support HWNT it helps empower the members to continue learning about the health issues that affects our local community.

The funding of \$1,000 was able to provide information, speakers, testing and pertinent information in the area of stroke and heart disease prevention. The following report outlines the activities and information that was provided to the HWNT members and non-members.

- January 2012:       Speaker Jennifer Larivey on Women's Wellness  
Topic: Discussed maintaining balance and stress as well as distributing additional tools to help with health issues especially in the area of heart disease and stroke.
- February 2012:     HWNT members and non-members received the February 2012 newsletter issue on Heart Disease and "Go Red for Women"; Understanding Warning Signs of a Heart Attack. HWNT newsletter provided wellness tips which consisted of exercise.
- March 2012         HWNT Newsletter provided tips on nutrition and how to eat healthier to prevent heart disease and stroke.
- July 2012:         Information and tips on understanding the Silent Killer Heart Disease and Stroke.

HWNT through this grant promoted health on a personal level and had some of their own members and community leaders educate the membership on opportunities for promoting better health. This grant was also able to open doors and dialogue with our members on the importance of health.

### **Speakers:**

**Evy Coppola** a certified health counselor talked to the members about total wellness which included nutrition and stress reduction. The four elements requested by members were the following:

- Introduction to Natural Holistic Health
- Nutritional guidance: Diet plans that will work the best for you.
- Stress reduction: Introduction to meditation
- Individualized body system assessments for each participant

### **Dr. William Curtis and Kimberly Curtis:**

- Spoke about his program called Future Focus-Family Medicine
- The mission is to improve energy and healing from within.
- Believing outer beauty and inner health goes hand in hand.
- Promoting exercise, accurate nutrition, peace of mind and nurturing of face and body.
- Chiropractor, nutritional counseling, fitness counseling and acupuncture.

**Hispanic Women's Network of Texas Corpus Christi Chapter**  
**Stroke and Heart Prevention Grant**

	<b>Projected Budget:</b>	<b>\$1,000.00</b>
<b>8/31/12</b>	<b>Fund Received</b>	<b>\$1,000.00</b>
<b>2/28/12</b>	<b>HWNT Meeting – Purchase of utensils, Plates, etc.</b>	<b>\$ 29.16</b>
<b>2/28/12</b>	<b>February Meeting-HEB receipt for food- Driscoll Children's Hospital- Healthy Habits and Stroke Awareness</b>	<b>\$ 210.01</b>
<b>3/12/12</b>	<b>Gift Cards-Door Prizes-March Meeting Kindred Hospital "What is an LTAC?"</b>	<b>\$ 20.00</b>
<b>4/30/12</b>	<b>Replenish copy supplies for Feb/March mtg.</b>	<b>\$ 24.24</b>
<b>9/30/12</b>	<b>Printing costs for monthly newsletter- Educate On healthy habits</b>	<b>\$ 783.00</b>
		<hr/> <b>\$ 1,066.41</b>