

The National Coalition of 100 Black Women, Inc.

Bergen/Passaic Chapter

is a community advocacy organization made up of 60 progressive women of African descent whose voice and force for gender equity and socio-political advancement drive meaningful change to benefit women of color. NCBW advocates on behalf of Black women and girls through national and local actions and strategic alliances that promote its national and international agendas on leadership development and gender equity in the areas of health, education and economic empowerment. We invite you to visit our website at www.ncbwbergenpassaic.org

The American Heart Association is a society of health communities where all individuals reach their highest potential for health. AHA is committed to advance the health of individuals and communities. AHA leads, represents and serves hospitals, health systems and their related organizations that are accountable to the community and committed to health improvement.

Englewood Hospital & Medical Center's commitment to quality, safety, and patient satisfaction is demonstrated by distinction from many national, regional and state organizations. EHMC values comprehensive, state of the art patient services. EHMC emphasizes caring and other human values in the treatment of patients and in relations among employees, medical staff and community and is a center of education and research, as demonstrated by its affiliation with the Mount Sinai School of Medicine. EHMC provides employees and medical staff with maximum opportunities to achieve their personal and professional goals.

Horizon Blue Cross Blue Shield New Jersey seeks to build mutually beneficial relationships in local communities and support those organizations that make New Jersey a better place to live. HBCBSNJ provides sponsorships for community activities that help them further engage organizations to improve the health and well-being of HBCBSNJ members, employees and the community-at-large.

Special Thanks And Acknowledgements

- Dr. Icilma Fergus, President, Association of Black Cardiologists
- Ms. Phyllis Brown Edwards and Ms. Lori Villa, Englewood Hospital and Medical Center
- American Heart Association Representatives, Dr. Carol Gill, Ms. Margaret Cammarieri and Ms. Michelle Oliver
- NCBW Bergen Passaic Membership
- NCBW Role Model Mentees
- Kings Supermarket, Cresskill, NJ
- Zenza Wellness Spa, Englewood, NJ
- Mary Kay Cosmetics
- Stew Leonard's, Paramus, NJ
- Jerry's Gourmet, Englewood, NJ
- Bartolomeo Italian Deli, Englewood, NJ
- Matisse Chocolatier, Englewood, NJ
- Blue Moon Café, Englewood, NJ
- Conrad Concessions
- Juice Plus+
- 201 Magazine
- The Positive Community
- Christian Times Magazine
- Whole Foods, Paramus NJ
- Mr. Edward Cheesman
- Pedro's Wine Collection
- A Bite of Heaven Catering
- Mr. Tracey George
- Mr. Robert Pytel
- Stop & Shop, Teaneck, NJ
- Enroll America



Horizon Blue Cross Blue Shield of New Jersey



National Coalition of 100 Black Women, Inc., Bergen/Passaic Chapter

in partnership with **Englewood Hospital & Medical Center**

presents its **6th** annual

Heart Healthy Wine Tasting

"A Woman's Wellness Initiative"

National Coalition of 100 Black Women, Inc.,
Bergen/Passaic Health Committee

Menen Mathias Fredericks, MD, Chair;
Traci Burgess, MD and Stephanie Stokes, Co-Chairs;
Gail Gravely Cheesman, Afriye Amerson, MD,
Shewon Roper Erie, Paula Madison Ryner, Diane Tabron Felder
Janice Griffith Johnson, Ketsia Alerte Sadler, Tami Weaver Henry

This event has been made possible by donations from
Horizon Blue Cross Blue Shield New Jersey and
Englewood Hospital & Medical Center

Friday, February 6, 2015

Englewood Hospital & Medical Center

Program

Doors Open

Wine-tasting and discourse by Pedro's Wine Collections
Hors D'oeuvres by A Bite of Heaven Catering
Chocolate Fountain Display by Conrad Concessions
Music by Tracey George

Welcome

Ms. Yvonne Witter, President
National Coalition of 100 Black Women, Inc., Bergen/Passaic

Press Acknowledgement

Ms. Janice Griffith Johnson, PR Chair

American Heart Association Introduction

Ms. Paula Madison Ryner, Past Chair, Health Committee,
National Coalition of 100 Black Women, Inc., Bergen/Passaic
Guest Speakers: Dr. Carol Gill and Ms. Michelle Oliver

Introduction of Keynote Speaker

Dr. Menen Mathias Fredericks, Chair, Health Committee
National Coalition of 100 Black Women, Inc., Bergen/Passaic

Keynote Speaker

Heart Disease in African-American Women
Dr. Icilma Fergus, President, Association of Black Cardiologists

Enroll America

Ms. Gail Gravely Cheesman, Board Member at Large,
National Coalition of 100 Black Women, Inc., Bergen/Passaic

Closing Remarks/Acknowledgements

Dr. Menen Mathias Fredericks, Chair, Health Committee
Dr. Traci Burgess and Ms. Stephanie Stokes, Co-Chairs,
Health Committee, National Coalition of 100 Black Women, Inc.,
Bergen/Passaic

Keynote Speaker



Icilma V. Fergus, MD, FACC

Icilma V. Fergus, MD is Associate Professor of Medicine and Director of Cardiovascular Disparities at Mount Sinai Medical Center. Prior to that she served as Chief of the Division of Cardiology at Columbia University Harlem Hospital Center for three years. Her undergraduate and graduate education were at Barnard College, Columbia University and SUNY Downstate. She completed her residency and Chief residency at Albert Einstein Medical Center. Dr. Fergus completed her cardiology fellowship at Weill Cornell Medical Center. She is board certified in Internal Medicine and Cardiology.

Dr. Fergus has authored numerous articles related to heart disease and congestive heart failure in peer-reviewed journals including her contribution to the book entitled "Cardiovascular Disease in Ethnic Minorities". Her current clinical and research interests involve cardiovascular disparities, Hypertension, Heart Failure and heart disease in women. She has been an investigator in several clinical trials.

Dr. Fergus is an active member of many professional memberships, including the American Society of Hypertension, American Heart Association, and the American College of Cardiology. Dr. Fergus is National President of the Association of Black Cardiologists and has served on the board of the Association of Black Cardiologists for six years including two years as secretary and also served as the Chair of Community Programs for six years. She is a prominent educator in the local community where she works including member of the Community Advisory board of Touro College and board member New York City Affiliate of the AHA.

Dr. Fergus is the founder and director of the series of Healthy Hearts projects - "Harlem Healthy Hearts, Montserrat Healthy Hearts and Nigerian Healthy Hearts" which involves education, demonstration and screening for chronic conditions that lead to heart disease. She has embarked on three medical mission visits to Montserrat since 2011 and plans for a first mission to Nigeria in 2015.

Dr. Fergus is also Mrs. Rowe mother of three and married to Robert Rowe. She enjoys decorating, gardening, reading and traveling. She is an active member in her community and is the Chapter president of Jack and Jill Incorporated- Rockland County Chapter. She has been featured in numerous articles and magazines including Essence, Heart and Soul and Girlfriends Magazines. She has also been a guest speaker on several radio and TV stations. Dr. Fergus continues to be very active in communities where health care disparities are present.