

SISTERS WITH HEART AWARD



Founder Denice Whalen-White was recognized at the St. Agnes Hospital *Sisters with Heart Award* reception the evening of February 8, 2009 in Baltimore at the Reginald Lewis African American Cultural Museum. Out of the hundreds of submissions sent in last fall to be considered for the coveted Sisters with Heart Award, Ms. Whalen-White was one of 20 nominee finalist who could be selected for the five awards that night. The evening began with a beautiful spread of delightful and tasteful foods. Most in attendance were dressed in red

in honor of Red Dress Day initiated by St. Agnes Healthcare in 2005 designed to educate women in the Baltimore region about heart disease and prevention. Since that time, more than 100 Black churches throughout the region have joined and over 75,000 women are attending religious services and wearing red to express their understanding of the devastating effects of heart disease.

Keynote speaker, Susan Taylor, Emeritus Editor of Essence Magazine, spoke about taking time to assess yourself and do something special every day just for you. We must get into a routine to eat well, exercise and ask ourselves "how are you?" and answer ourselves truthfully. Only then can we get back on track and be happy.

Ms. Whalen-White was not one of the five recipients of this year's Sisters with Heart Award, but she states she was "honored to be selected as one of the twenty women recognized and pleased to be one of the many accomplished women who continue to work hard to bring about change for the better in their communities." Ms. Whalen-White's nomination had been submitted for her work with the prayer blanket ministry at her church, Mt. Calvary United Methodist Church, and the formation of her non-profit, All Shades of Pink, to help families fight breast cancer through the comfort blanket program, emergency financial assistance fund and youth education program. In recognition of her nomination she did receive the latest book by the evening's keynote speaker which was personally autographed by the author.