

**Richmond Metropolitan Chapter**

**of The Charmettes, Incorporated**

**ISSUE**

**February 2024**

“Charm is the essence of a woman’s power.”

On January 13, 2024, the Richmond Metropolitan chapter honored National Anti-Human Trafficking Awareness Day by wearing blue to our regularly scheduled monthly meeting. We were educated on the trafficking situation within our area by a guest speaker, Ms. Katharine Moore from Safe Harbor. Ms. Moore is the Volunteer and Administrative Manager for Safe Harbor, an organization whose mission is to provide “support that survivors of sexual and domestic violence and human trafficking need to overcome their crisis and to transform their lives.” Ms. Moore’s presentation was very informative and she provided resources for us to share with others so that we will all be more aware of what human trafficking looks like; who are it’s most likely victims; and how we can help those who are affected by this terrible situation.



On January 24, 2024, the Richmond Metropolitan Chapter donated $100 of gas gift cards to The Hawthorne Cancer Foundation located in the Sarah Gammon Building of Johnston-Willis Hospital in Midlothian, Virginia. The gift cards will be used to support cancer patients with transportation to treatment and other medical services.

In honor of National Heart Health Month, Charmette Bonita Grant shared information on heart health at our February chapter meeting. Her presentation informed us of the differences between cardiac arrest and heart attacks; the signs and symptoms of each condition; how to perform hands only CPR; and tips to take care of our hearts and prevent heart disease.



On Valentine’s Day, two of our members- Charmette Gayle Heath-Clark and Charmette Joyce Oliver visited our adopted Preschool class. They took cookies and Play-Doh to the students to make their Valentine’s Day special.