



THE PULSE

January - 2025



New Year, Same Mission: Saving Lives Together

As we welcome 2025, we are reminded of the incredible difference we can make when we come together. At Gwyneth's Gift Foundation, our commitment to saving lives through Hands-Only CPR & AED training, providing life-saving AEDs, and raising awareness about sudden cardiac arrest continues to drive our mission forward.



NEW LEADERSHIP

We're excited to welcome Amy Stanford, Kevin Powell, and Joe DiStefano to our Board of Directors! Amy's passion for wellness and community, Kevin's sharp business acumen, and Joe's leadership and financial expertise will be key to advancing our mission. Together, they will help us expand our impact and strengthen our efforts to create a heart-safe community in 2025 and beyond.

New Year, New Opportunities to Save A Life!

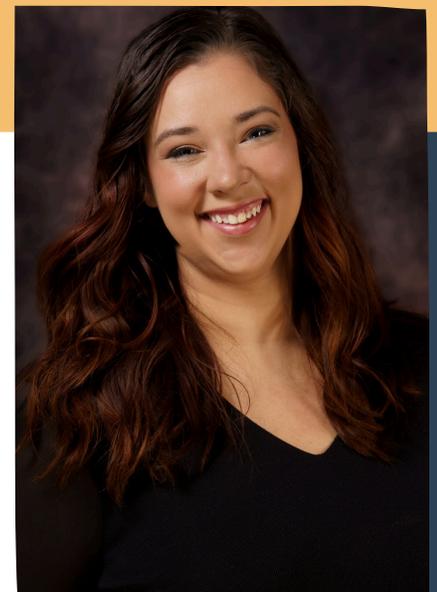
Join us in creating a **Culture of Action** and making a difference in our community.

Register to Volunteer
www.gwynethsgiftvms.org



NEW FACES AT GGF

Tiffany Kay is Gwyneth's Gift Foundation Program Manager, overseeing CPR training and AED placements. With a background in journalism and five years as a co-host on WFLS radio, she is well-known and deeply connected to the Fredericksburg community. In addition to her work at the foundation, Tiffany teaches dance and is planning her October 2025 wedding.



Volunteer Organization of the Year

In appreciation for their unwavering support, the **Target Massaponax #2138 Team** was presented with the Gwyneth's Gift Foundation 2024 Volunteer Organization of the Year award on December 5th at our annual Thank You Party. Their combined efforts resulted in over 70 hours of service.

Kathy Digman, the Executive Team Lead for HR, brought her team of passionate, hard-working individuals after hearing about the volunteer needs of Gwyneth's Gift Foundation.



"I have been nothing but impressed with the organization's mission, founders, and staff," said Digman. "The volunteer program at Target has helped me meet so many wonderful, caring individuals and, in a way, I feel that it's helped me to become a better person."

Volunteer of the Year



David Ruiz-Rivera was chosen as Gwyneth's Gift's Volunteer of the Year for 2024. His immense passion for helping others has deeply benefitted our organization.

Want to find out how you can volunteer? Register at:

www.gwynethsiftgiftvms.org

APPLY FOR OUR SCHOLARSHIP!



Deadline:
March 5th, 2025

AED SPOTLIGHT

In 2024, Gwyneth's Gift Foundation successfully placed 24 AEDs, thanks to the incredible support of our community and partnerships. Your continued help is essential to expanding this lifesaving effort and ensuring AEDs are available in businesses and public spaces. Together, we can make our communities safer—every donation truly makes a difference.



Heppe Chiropractic
2024 AED Recipient

BE A VOLUNTEER!

Join the fun at Mom Prom 2025: A Night at the Disco! We're seeking female volunteers to make this ladies-only event unforgettable. Sign up today: www.gwynethsgiftvms.org



MOM PROM

A NIGHT AT THE DISCO

On April 12, 2025, Gwyneth's Gift Foundation will host our annual Mom Prom at the Fredericksburg Convention Center. This year's theme, A Night at the Disco, promises an unforgettable evening filled with glitz, glamour, and fun—all in support of saving lives.

This ladies-only night out is the perfect opportunity to dress to impress (anything goes!) and enjoy a signature drink, delicious hors d'oeuvres, live entertainment, and plenty of dancing. Guests can also enjoy a complimentary glitter bar and participate in the exciting Mom Prom Queen drawing, where one lucky winner will be crowned and take home a basket of disco-inspired gifts.

But beyond the sparkle and excitement, Mom Prom supports a meaningful cause. All ticket sales directly fund Gwyneth's Gift Foundation's mission to create a Culture of Action, empowering communities with the skills and confidence to save lives through Hands-on CPR and AED education and awareness.

Tickets are limited, so don't miss out on this groovy evening! Gather your friends, wear your best disco shoes, and join us in making a difference.

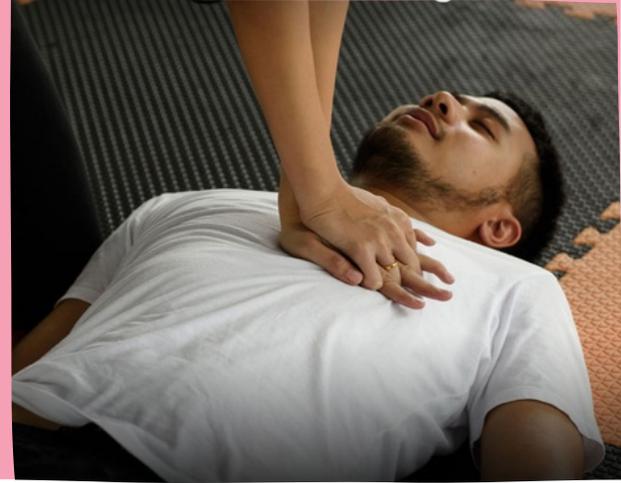


Emily Aylor, Stafford County substitute teacher crowned Mom Prom Queen 2024.



Health Hub

Did you know that 73.4% of out-of-hospital cardiac arrests happen at home? Starting CPR immediately can double or even triple the chances of survival. Be sure the person is lying on a hard surface—move them to the floor if needed—before beginning chest compressions to ensure effectiveness.



THE BOARD

Bruce Davis, **Board Member, MWH Foundation Board**

Scot Ebron, **Executive VP Shore United**

Joe DiStefano, **President of REDCO**

Rhonda Fried, **Community Volunteer**

Jennifer Griffin, **Founder & President Gwyneth's Gift Foundation**

Joel Griffin, **Founder & Chairman Gwyneth's Gift Foundation**

Dr. Greg Kauffman, **Cardiologist with Cardiology Associates of Fredericksburg**
Ginni Matern, **Founder & President Matern Staffing**

Kevin Powell, **Founder, President ACEs Blue Business Consulting**

Charlotte Rouse, **Top 1% Agent Worldwide, Coldwell Banker Elite**

Dr. Aaron Schatz, **MWH Cardiologist**
Amy Stanford, **Private Personal Trainer**



VERONICA



TIFFANY



ERIN



AMELIA (Intern)

OUR TEAM

Meet the team at Gwyneth's Gift Foundation! Together they work very closely to grow our **Culture of Action.**



www.gwynethsgift.org

540-681-1632

UPCOMING EVENTS

- APR 12 Mom Prom **A Night at the Disco**
- MAY 11 Mother's Day Run **Old Mill Park**
- MAY TBD Guest Bartender **at Sky Bar**
- JUN TBD Annual Rouse Rally
- SEP 19 Whiskey Business **Japan**
- OCT 6 Golf Tournament
- DEC 2 Giving Tuesday

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