



PUTNAM COUNTY DEPARTMENT OF HEALTH

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www.putnamcountyny.gov/health

A PHAB-ACCREDITED HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Putnam County Goes Red to Honor Judge Reitz and Support Heart Health for All

BREWSTER, NY—Despite the rainy, cold weather, dozens of Putnam County employees from commissioners to clerks, came out on Go Red Day to honor Honorable Judge James F. Reitz who passed away suddenly from a fatal heart attack last June. His widow Barbara joined the group in support of Go Red Day, the first Friday of every February, which is designated as American Heart Month. Every year, from coast to coast, Americans unite for a common goal—the eradication of heart disease and stroke. The slogan, Go Red for Women, calls attention to the fact that more women die every year of heart diseases than all cancers combined.

The overarching message is to encourage everyone, men and women, to spread the word and get your numbers checked. A basic annual physical and bloodwork should check your heart rate, blood pressure and cholesterol.

In April, residents will have the opportunity to join the 2020 Putnam Heart Walk, which will also honor Judge Reitz. Walkers can recognize him further by joining the community team called “‘Honoring Our Heart,’ Remembering Judge James F. Reitz.” The event takes place on Sunday, April 26, 2020 at 9 a.m. at Brewster High School. Walking is a heart-healthy exercise and participants can join this community team or create their own. Either way they will be joining with the American Heart Association to create a world of longer, healthier lives free of cardiovascular diseases and stroke by participating, fundraising, volunteering or sponsoring the Heart Walk. To learn more, visit www.PutnamHeartWalk.org and register!

The Health Department’s mission is to improve and protect the health of the Putnam County community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion and health education. For more information, please visit the PCDOH website at www.putnamcountyny.com/health or visit the social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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