

For Immediate Release:
January 11, 2017

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Valentine's Day for 13.6 million Widows/Widowers Nationwide:
A Time of Hope While Remembering Love Lost



Love will soon be in the air next month as millions celebrate Valentine's Day. But for 13.6 million widows and widowers the pain of loss is real during this time of the year. Over 800,000 people are widowed each year according to the United States Census Bureau and with death of a spouse being the number one stressor, especially during holidays.

Given your stories of ordinary people doing the extraordinary while inspiring hope during their own difficulties, I thought you'd be interested in featuring Susan Lee Mintz on your show during Valentine's Day. "Susan is voice of encouragement for widows across the nation."

A widow herself for the past 23 years, HIV/AIDS activist and Hospice advocate Susan Lee Mintz's compelling story of hope and commitment to love after the loss of her husband Jeffrey is leaving audiences touched by her strength and courage to help others like herself grieving love lost.

High-school sweethearts, they married young and embarked on a life together. Fast forward and Susan learned Jeffrey was gay, had a lover and had contracted AIDS. She was committed to love and their vows and not only remained married to him, but cared for him until the end. With hospice help, Jeffrey's dignity and quality of life remained until the end. While their marriage was unconventional, their love was authentic.

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Susan has documented this captivating story in two journals, which were recently published in paperback books entitled "*Committed to Love*" *A Woman's Journey Through Love and Loss*. This autobiographical book details her 25 year marriage and the subsequent death of her husband from AIDS.

Her second book "*And I Held Their Hands with a Hospice Heart*" *stories of faith, hope, love, and loss* includes 24 stories about people Susan met during her hospice work and how hospice helped them through one of the most difficult times in their lives. Both books are human interest stories, motivational, inspirational, but most of all they are true.

About the Author

Susan Lee Mintz is a baby-boomer, motivational author, lecturer and fitness guru from Troy, New York. She currently resides in Boca Raton, Florida.

Susan is an HIV/AIDS facilitator for support groups within her area including at her church Jesus People Proclaim International Church in Deerfield Beach, Florida and at Century Village Retirement Community in Boca Raton. She serves as the Executive Director of the "I Love My Life Ministry" and the wellness center at Jesus People Proclaim. Susan has served over the years in multiple capacities and with multiple agencies to include Hospice by the Sea in Boca Raton and for 6 years was an 11th hour volunteer both at their care center and for people in their homes. Susan was a volunteer with Disaster Services of The American Red Cross, The American Association for Suicide Prevention and the Boca Raton Chamber of Commerce to name a few. Her advocacy and support of HIV/AIDS patients and families has been instrumental in helping many hurting people get through their personal stories of love and loss.

Susan's legacy includes having written several weekly motivational columns for the Boca Raton Newspaper and had been a guest speaker at the 2008 National Black HIV/AIDS Awareness Dinner (NBHAAD) held in West Palm Beach. Susan's abstinence only program was presented before the Women of Tomorrow Organization at Booker T. Washington Senior High School in Miami and throughout Florida. Susan was a volunteer with the Comprehensive AIDS Program of Palm Beach County, Real AIDS Prevention Program (RAPP), Area 9 Minority AIDS Network, and the Palm Beach County Substance Abuse Coalition (PBCSAC). Susan's lecture series entitled "**[YOU DON'T GET AIDS FROM LOVING SOMEBODY](#)**" has been presented throughout South Florida as she speaks openly about abstinence and testing in order to stop the spread of this deadly disease. Susan gives her testimony before youth and single ministries, in high schools, churches, synagogues, organizations, and other venues in regard to HIV/AIDS testing, education, and awareness. Susan is still an HIV/AIDS advocate for testing and believes that mandatory legislation for testing of all STD's should be put in place.

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Susan is available for on/off air interviews, speaking engagements and personal appearances. For a full bio or more information, please visit the website at www.SusanMintz.com.

5 Statistics for Widows

1. According to the U.S. Census Bureau **800,000 people are widowed** each year in the United States. “Nearly **700,000 women lose their husbands** each year and will be widows for an average of 14 years”-U.S. Bureau of the Census (1999)
2. There are **13.6 million** widows in the United States. Over 11 million of the widowed, in the US, are women. (American Association of Retired Persons 2001)
3. UNITED NATIONS (AP) 6/23/2010 — **At least 245 million women** around the world have been widowed and more than **115 million of them live in devastating poverty**
4. **Death of a spouse is ranked as the #1 Stressor**
5. **60%** of those who lose a spouse or significant other will **experience a serious illness** in the 12 months following that loss.

5 Statistics for Hospice Care

6. In 2014, an estimated 1.6 to 1.7* million patients received services from hospice
7. In 2014, 58.9% of patients received care at home. The percentage of hospice patients receiving care in a hospice inpatient facility increased from 26.4% to 31.8%.
8. In 2014, approximately 84% of hospice patients were 65 years of age or older—with 41.1% being 85 or older.
9. Approximately 56% of hospice patients each year are female compared to the 44% male.
10. Hospice care may prolong the lives of some terminally ill patients.

5 Statistics for HIV/AIDS

11. In 2015, 18,303 people were diagnosed with AIDS. Since the epidemic began in the early 1980s, 1,216,917 people have been diagnosed with AIDS.
12. At the end of 2013, the most recent year for which such data are available, an estimated 1,242,000 adults and adolescents were living with HIV.
13. An estimated 161,200 (13%) had not been diagnosed.
14. More than 1.2 million people in the US are living with HIV, and 1 in 8 of them don't know it.
15. Gay and bisexual men, particularly young African American gay and bisexual men, are most affected.