

Community Outreach Education

- Our women's heart health group, which is comprised of hospital employees, professional business women, and other volunteers from the area, holds luncheons/work sessions.



- We recently had a wonderful luncheon for our community with Dr. Skelding from Geisinger. There she presented the results from our screenings. Dr. Skelding also gave us some updated information on Women's Heart Health and some cutting edge procedures that she performs for women.

- We currently have over 525 women on our mailing list who are invited to each luncheon/events. These are women who have shown interest in becoming involved with the Women's Heart Health Initiative.
- During these luncheons, we set goals and plan for upcoming events/projects. A portion of each meeting is spent on education, where one of our clinicians shares journal articles/other educational pieces with the rest of the group.
- We have been to several health fairs this spring, summer and fall including:
 - Tussey Mt. Health Fair
 - Mt. Union Street Fair
 - Mead/Westvaco Health Fair (Alexandria)
 - Huntingdon County Fair
 - Westminster Woods
 - Juniata College
- We have come up with a brochure to be used in doctor's offices/lobbies and all our community events. This brochure contains information on women's heart health risk factors as well as signs/symptoms of cardiovascular disease in women. It also contains information about who we are and what we do.
- Our Wear Red Day 2009 was held at the Huntingdon Career and Tech school. The HOSA students got involved and planned the itinerary for the day, catered the event and offered manicures for the women. Terry Roche from Rapid Transit in State College spoke to us about choosing the proper footwear for exercise and the importance of



weight bearing activity and the mechanics of your foot.



- We have our next Wear Red Day scheduled for February 5th, 2010 at Juniata College. We are involving some students from Mt Union, who will have a fashion show for our community.

Heart Health Screenings

- We have taken the screenings on the road in 2009.
- Since taking over in January we have had screenings at:
 - Mead/Westvaco Screening (Alexandria)
 - Shade Gap Screening
 - Huntingdon School District Screening
 - Mt. Union Screening
 - September 19th Screening at JC Blair
 - October 3rd Screening at JC Blair
 - October 31st Screening at JC Blair
 - November 14th Screening at JC Blair



- We have set out to target a younger population of women for the screenings. We have found that going into the school districts have been a large success in that we have really gotten to our target age group.



- We had our 1st success story return to us. A woman from the very 1st screening returned to our Mt. Union screening to see if her results had changed. She dropped nearly 100 lbs and changed her lifestyle to lower her cholesterol to a healthy level. She says that the Women's Heart Health

Initiative was the wake-up call that she needed to change her way of life and is very thankful for our help. She is interested in helping her get the word out about her success.

- We have partnered with the Alliance for Breast Care, funded by a grant from the Pittsburgh branch of the Susan B. Komen Race for the Cure, and have an all inclusive Women's Health Screening which included our Heart Health Screenings at the hospital this fall.

- September 19
- October 3
- October 31
- November 14



- We are currently working with the Juniata Valley and Southern Huntingdon School Districts, Juniata College and a Women's group from Southern Huntingdon County for February and Heart Health Month.

Education for the Medical Community

- Our new brochure is being utilized in doctor's offices/lobbies.
- Dr. Skelding visited and we entertained 30 area health professionals for a breakfast on September 10th. The breakfast session for our Doctors, Nurse Practitioners, Nurses, Pharmacists etc. educated health professionals on some cutting edge procedures and



more recent statistics with Women' Heart Health. While there, Dr. Skelding presented the results of our Huntingdon County Screenings and talked to the front line folks from Dr. offices in hopes of helping them understand what the signs and symptoms' of a heart event are, so that they can get patients in to see the Docs.

- Dr. Skelding traveled throughout the hospital to talk with health care professionals and patients about women's heart health.
- Doctors, nurses and other medical professionals are learning by volunteering their time at our screenings and the group has grown exponentially in the past 6 months.
- We are planning a spring 2010 conference.