


# Women's Heart Health 2010 Report



- Wear Red Luncheon
  - Friday, February 5 from 12noon – 1
  - Over 175 women attended this event at Juniata College. Hollie Kratzer spoke about stress and how it relates to heart health. Then, Mount Union High School graduate project students organized a Wear Red Fashion Show to present to the women.



- Women's Heart Health Presentation at the Rotary Club
    - Tuesday, February 23 from 12noon – 1
    - Leigh Bizak presented the Women's Heart Health Initiative to the Rotary Club.
  
  - Women's Heart Health Presentation at Juniata College
    - Tuesday, February 23 from 12noon – 1
    - Terry Gaudlip presented the Women's Heart Health Initiative to Juniata College employees at a monthly lunch and learn.
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- Women's Heart Health Screening at Juniata College
    - Thursday, February 25 from 3 – 5:30
    - Twenty-six female employees from Juniata College were screened.

- **Girltime at Curves**
  - Thursday, March 25 from 6:15 – 8:15
  - Curves hosted an event comprised of numerous women’s activities. The Women’s Heart Health Initiative and the ABC shared a table to discuss the importance of women’s health.



- **Women’s Heart Health Screening at JVSD**
  - Wednesday, April 7 from 2:30 – 5:00
  - Twenty-four employees from JVSD were screened.
- **Senior Expo**
  - Thursday, April 15 from 10am – 2pm
  - Rachelle Hopsicker provided BMI and waist circumference for participants
  - Nearly 100 women passed through, and numerous men stopped as well.

- **Southern Huntingdon Area Health Fair**
  - Thursday, April 15 from 8am – 2pm
  - Rachelle Hopsicker took heart health educational information and measure students’ BMI
- **Cassville Women’s Prayer Group**
  - Wednesday, April 21 from 12noon – 1
  - Terry Gaudlip presented on Women’s Heart Health.



- **Containment Solutions Health Fair**
  - Thursday, April 29 from 11am – 3 pm
  - Rachelle Hopsicker and Marlene Dunwoody took heart health information to share and did BMI’s

**Fair**

- Saturday, May 8
- Rachelle Hopsicker did a basic heart health screening on women, including height, weight, waist circumference, BMI, and blood pressure.
- **Mount Union Relay for Life Health**
- **Women’s Heart Health Screening for Nurses**
  - Thursday, May 13 from 12pm – 2pm
  - Kayla, Rachelle, Cindy Keith and Cindy Shaffer did the 3 B’s

- Huntingdon Middle School Health Fair
  - Friday, May 14 from 8am – 2pm
  - Rachelle Hopsicker and Marlene Dunwoody did Portion Distortion and 197 BMI's



- Women's Heart Health Screening at Mutual Benefit
  - Wednesday, June 23 from 2pm – 5pm
  - 25 Mutual Benefit employees were screened



- Mead Health Fair
  - Thursday, July 15 from 11am – 4pm
  - Lydia Lane, RN, and Heart Health Volunteer, shared information about heart health and conducted BMI screenings.
  - Over 100 Mead employees were in attendance.

- Women's Health at the Huntingdon County Fair

- August 13-21<sup>st</sup> – Several of our Women's Health Initiatives volunteered to promote Women's Health and Blood Pressures at the fair throughout the week.

- Health Screening for Uninsured Women
  - Saturday, September 11 from 8am to 12pm at J.C. Blair
  - Twelve women, who were uninsured or underinsured, participated in a screening event. They received a clinical breast exam, a



mammogram, a heart health exam, a pap and pelvic exam, a bone density heel scan, a massage, and a yoga session. The Alliance

for Breast Care, the Women's Heart Health Initiative, Tapestry of Health, and various allied health professional participated in the event.

- Women's Alumni Health Dinner
  - Tuesday, September 14 from 5pm to 7pm at J.C. Blair's Education Building
  - Volunteers and patients from the 2009 Women's Health Screenings came together to discuss how women can continue to take care of their health. A representative from Tapestry of Health, Dr. Maria Pettinger, and Dr. Molly Ettenger spoke about various aspects of women's health. Chris Gildea, Rachelle Hopsicker, and Kayla Thompson were also present at the event.



- Peebles Health and Wellness Event
  - Saturday, September 18 from 10am to 2pm
  - Terry Gaudlip shared various women's health information with Peebles employees and customers.
- Women's Heart Health Presentation in Alexandria
  - Monday, September 27<sup>th</sup> from 6-8pm
  - Chris Gildea presented the Women's Heart Health Initiative to the Soroptomists meeting.
- Bonney Forge Health Fair
  - Thursday, April 15 from 8am – 2pm
  - Rachelle Hopsicker took heart health educational information and measure students' BMI
  - Lydia Lane did Blood Pressures
- Health Screening for Uninsured Women
  - Saturday, October 2 from 8am to 12pm at J.C. Blair
  - Sixteen women, who were uninsured or underinsured, participated in a screening event. They received a clinical breast exam, a mammogram, a heart health exam, a pap and pelvic exam, a bone density heel scan, a massage, and a yoga session. The Alliance for Breast Care, the Women's Heart Health Initiative, Tapestry of Health, and various allied health professional participated in the event.



- Westminster Woods Heart Health Presentation
  - Wednesday, October 6, 2-3:30pm
  - Terry Gaudlip and Rachelle presented Heart Health to the Westminster Community

- Juniata College Health Fair
  - Monday, October 25 from 11am to 3pm
  - Rachelle Hopsicker presented heart health information and did BMI's for the Juniata College community.
  - Other J.C. Blair services were also present.



- Health Screening for Uninsured Women
  - Saturday, October 30 from 8am to 12pm at J.C. Blair
  - Twenty-three women, who were uninsured or underinsured, participated in a screening event. They received a clinical breast exam, a mammogram, a heart health exam, a pap and pelvic exam, a bone density heel scan, a massage, and a yoga session. The Alliance for Breast Care, the Women's Heart Health Initiative, Tapestry of Health, and various allied health professional participated in the event.



to 12noon

- Kish Bank Health Screening
  - Monday, November 1 from 8am-9:30am
  - Terry Gaudlip did Glucose and Blood Pressure while Rachelle did BMI's and shared Heart Health Inforamtion
- Career Link Health Fair
  - Friday, November 12 from 10am

- Provided heart healthy information and BMI calculations
  
- Health Screening for Uninsured Women
  - Saturday, November 13 from 8am to 12pm at J.C. Blair
  - Nineteen women, who were uninsured or underinsured, participated in a screening event. They received a clinical breast exam, a mammogram, a heart health exam, a pap and pelvic exam, a bone density heel scan, a massage, and a yoga session. The Alliance for Breast Care, the Women's Heart Health Initiative, Tapestry of Health, and various allied health professional participated in the event.

