

Title: You've Gotta Have Heart

Part I:

- Other community groups involved, if any (list):(5 points) _____
- Number of members involved in planning or putting on the program (5 points) 3
- Number of nonmembers involved in the program (5 points) 3 - Presenter, Hospital Employee, 1 guest
- Number of members who attended or benefitted (5 points) 40
- Number of nonmembers who attended or benefitted (5 points) 1
- Number of new members who joined (if any)(5 points) 1 planning to join

Part II:

Describe your project/ program/ event in 75-150 words. Be sure to include: *See Attached description and flier*

- how the project addressed AAUW's mission (15 points)
- branch goals in doing this program (10 points)
- specific action steps in planning this program (15 points)
- steps taken for community visibility (Attach newsletter and newspaper articles.)(10 points)
- measurable impact on the community (10 points)
- lessons learned for future programs/ projects/ events (10 points)

Attach copies of newsletter and newspaper articles about this project/ program/ event.
(No more than 4 pages maximum)

Mail or email the original of your entire application with supporting materials to:

- Peggy Kelland, AAUW-NYS Program Vice President
- 13 Susan Lane, Poughkeepsie, NY 12603
smkell45@aol.com
Questions? (845)297-0507

Individual Project/Program/Event

Program Description

Recent research has indicated that women are often under-diagnosed and undertreated for cardiac disease because they present symptoms and signs which differ from those of men. On February 23, Dr. Nishith Amin, director of the Heart and Vascular Institute at the Arnot Ogden Medical Center, Elmira, NY, spoke on this issue. Major points highlighted the *What, Why and How* of heart disease in women.

Dr. Amin's presentation included what does heart disease in women look like, what are the risk factors of heart disease in women, and how do we reduce the risks so that our lifestyle promotes maintaining healthy habits.

As with all of our programs throughout the year, this one was intended to provide members with vital information that will help them to be well-informed about all aspects of their lives, and to give them the tools to be advocates for themselves in a variety of ways.

Information on the program was in our local paper, with the invitation extended to non-AAUW members to attend. Most of those in attendance were members. However, an AAUW member who recently moved here from Buffalo attended, and is planning to join our local branch.

“You’ve got to Have Heart”

02-23-2010

Arnot Ogden Hospital
Petrie Room
(lower level)

Dr. Nishith Amin,

Director of the Heart and Vascular Institute at the
Arnot Ogden Medical Center,
will speak on:

The *ABCs* of Women’s Heart Health

Social Time: 6:30PM

New Members will be introduced

Presentation: 7PM