



## Alma y Corazon

The Heart & Soul program represents a partnership of several local organizations: The Archdiocese of Philadelphia, Thomas Jefferson University Hospital (TJUH) Office to Advance Population Health, SILAMP, the Cuban Club and the Cardiovascular Institute of Philadelphia. Our mutual goal is to provide cardiovascular risk reduction education, counseling and follow up support to at-risk populations in faith community settings throughout the extended greater Philadelphia Region.

The program will use the traditional parish and fellowship environment to provide education on a variety of the following topics:

- Overall heart health education
- Nutrition & healthy food preparation demonstration
- Physical activity coaching
- Stroke
- Diabetes
- Hypertension
- Heart Failure
- Tobacco Avoidance and Smoking Cessation
- Women & Heart Disease

CVI has developed a library of basic level heart health presentations on these and other topics for use by qualified health professionals at Heart & Soul faith communities. The Cuban Club and SILAMP will help translate presentations into Spanish.

Heart & Soul faith communities will commit to a heart health program, implementing one to six modules over the course of a year. A cardiologist or other allied health professional will present the topic, and allow for participant questions and answers following the program. A Spanish language presenter and/or interpreter will be available on an as-needed basis.

Presentations will be interactive and straight-forward for the benefit of the participants. Resource materials will also be available during the program. Participants will be encouraged to take home materials to share with their families and communities.

Depending on eligible funds, the program series will hope to incorporate free screenings for participants. Results will be reviewed with participants and recommendations for follow up when necessary will be provided.

Depending on available funding, screenings may include:

- Blood Pressure
- Cholesterol
- Blood Glucose
- Stroke
- Body Mass Index

### **Program Goals**

By working collaboratively with each partner congregation, TJUH, SILAMP, Archdiocese of Philadelphia and CVI will enhance the cardiovascular health and quality of life of individuals and families by providing a Faith- Based Cardiovascular Risk Reduction Program focused on: heart health, improved nutrition, and increased physical exercise. Each session will provide education, counseling and follow up support.

### **Heart Health Sunday**

The Program Coordinator or Pastor may want to introduce the program to the congregation formally during Sunday Service and volunteers can host an information table and program sign-up after church.

### **Example Program Session Overview:**

#### 1. Heart Health Education

- Basic heart health workshop, highlighting disease process of cardiovascular disorders, risk factors, and disease prevention strategies

#### 2. Nutrition Education

- Strategies to incorporate heart healthy nutrition into daily living; session may include culturally appropriate meal planning and food tasting

#### 3. Physical Activity Education and Demonstration

- Interactive physical activity workshop to promote heart health; session may include innovative gospel line dancing

#### 4. Smoking Cessation and Tobacco Avoidance

- Strategies for ceasing various types of tobacco use, the effects of tobacco use on the heart, and how to encourage young people and non-users to avoid beginning tobacco usage

### **Promotion**

The CVI will provide customizable posters for the church's use, as well as examples of bulletin inserts and sign-up sheets. Pulpit mentions and newsletter articles are recommended to draw attendees.

Please consider these other free methods of promotion:

- Invite neighboring churches to send interested individuals
- Put up posters and signs in the community to bring in new people
- Advertise on your church's website
- Place the event on local online community calendars
- Craigslist.com
- Send press releases to community newspapers
- Have members take flyers or posters for their Office Bulletin Boards
- Send emails to your mailing list or current groups who meet
- Invite established groups to attend: diabetes support groups, bereavement groups, or senior clubs

### **Budget**

A church will receive a reimbursement for each module based on their actual program expenses up to \$200 per module. Reimbursements are intended to help off-set the costs related to the attendees' participation in the program. Program coordinator may be asked to submit budgets for approval at the beginning of the series.

- Reimbursable expenses include: heart healthy refreshments, attendee giveaways, program supplies, educational materials, copies, facility set-up/tear down, etc.
- Non-reimbursable expenses include: space rental, honorariums, staff time, etc.

In order for a module to qualify for reimbursement, the session must host at least 25 attendees. Receipts for items must be submitted for reimbursement within 30 days of hosting a module. The maximum reimbursement is \$1000 per church per program year, based on \$200 per module.

### **Follow- up Support**

Congregation representative will commit to following up with any at-risk patients identified through programs and screenings. CVI will provide support in this endeavor as needed.

## **Partnering Organizations Roles & Responsibilities**

### **CHURCH IS RESPONSIBLE FOR:**

- Choosing a member of the congregation to be the Program Coordinator and insure that the individual attends scheduled meeting for the *Heart & Soul* program.
- Sponsoring and participating in one to six topics from the *Heart & Soul* program to be presented over a year's time.
- Collaborating with a CVI representative to customize the modules to fit the needs of your congregation.
- Collaborating with a CVI representative to determine the timeline for implementing the various activities of the program and to maintain time schedules for the various events.
- Maintain accurate records of member's activities: registrations, attendance, any health necessitated follow-up
- Maintaining communication with the CVI for assistance (problems, advice, information, etc.). Cardiovascular Institute of Philadelphia will be available for consultation by mail, phone, email, fax, and in-person site visits.
- Providing feedback and update reports to the CVI in a timely manner
- Providing adequate space for any scheduled blood pressure screening sessions.
- Providing support and oversight for the Program Coordinator.
- Providing, in collaboration with the Program Coordinator and the CVI, a budget and receipts for the program stipend.

### **CARDIOVASCULAR INSTITUTE OF PHILADELPHIA IS RESPONSIBLE FOR:**

- Providing *Heart & Soul* outline and sample materials to the church implementing the program
- Training the Church Coordinator on how to implement the *Heart & Soul* program.
- Providing a credit of up to \$200, for health education materials, food, and facility needs for each module the Church chooses to host as part of the *Heart & Soul* program.
- Fulfilling requests for CVI materials and literature to be used at *Heart & Soul* events.
- Mentoring, overseeing, and evaluating the Church's execution of the *Heart and Soul* topics and participant evaluations.
- Managing all records relating to the *Heart & Soul* activities and providing program outcomes to any organizations providing grant funding or supplemental screenings
- Identifying and responding to the program related needs of the *Heart & Soul* Church.