



WomenHeart Science & Leadership Symposium at Mayo Clinic

**A Special Training for
New Patient Support Group Leaders**

**Mayo Clinic
Rochester, Minnesota
October 7-10, 2011**



This year, the focus of WomenHeart's 2011 Science & Leadership Symposium is to train women with heart disease to establish and lead patient support groups for women with heart disease in their local communities. Our goal is to have two women from a community attend the training, and return to their community to co-coordinate this new WomenHeart Support Network. Symposium curriculum addresses the science of women's heart disease and training about the necessary steps and tools for establishing and maintaining a WomenHeart Support Network.

Who is WomenHeart?

As the leading voice for the 42.7 million American women living with or at risk of heart disease, WomenHeart: The National Coalition for Women with Heart Disease is the only national patient-centered organization dedicated to promoting women's heart health through advocacy, community education and patient support.

Founded in 1999 by three women heart attack survivors, WomenHeart's founders transformed the isolation, confusion and ignorance about women's heart disease into a call to action to save women's lives. WomenHeart's goal is to make sure that all women heart patients can receive quality health care and have access to education and emotional support.

How does WomenHeart provide support?

WomenHeart Support Networks provide peer-to-peer, patient support for women living with heart disease. Support for a woman with heart disease is crucial to her recovery and wellbeing, and that of her family. WomenHeart has found that through its peer-led support networks, women are able to make conscience and well informed decisions about their health and health care based upon educational programming and emotional support that these networks provide.

WomenHeart Support Networks meet on a monthly basis and provide women with heart health educational information with an emphasis on secondary prevention, as well as personal support, as they face their journey living with various types of heart disease. WomenHeart Support Networks are generally affiliated with a hospital, cardiac clinic, cardiac rehab facility, or a faith-based community. Currently, there are 75 WomenHeart support networks in 27 states. It is WomenHeart's ultimate goal to have multiple WomenHeart Support Networks in every state!

Why is support so important?

Support makes a difference. A recent survey of patients who participate in WomenHeart support network meetings indicated that:

- 93% felt their quality of life has been enhanced.
- 85.3% have improved their ability to communicate with their health care provider.
- 93% have increased their understanding of heart disease.
- 85.6% believe that attending meetings has helped them deal with challenges in maintaining their treatment/ medication regimen.
- 86.2% believe attending meetings has helped them better communicate and explain their heart disease with family members, friends, co-workers, etc.

How will WomenHeart support you as a Support Network Coordinator?

In addition to the training and education provided at the Science & Leadership Symposium, WomenHeart will support new Support Network Coordinators in all aspects of starting a WomenHeart Support Network in your community. WomenHeart will provide you with:

- A curriculum of twelve (12) program modules on various heart-related topics that can be used as the discussion topic for your monthly meetings (topics include diet and exercise, anxiety and stress, healthy eating, depression, communication, etc.) Each module includes a facilitator's guide, a short DVD presentation by an expert in the field and a handout for your participants.
- Collateral materials to market your network.
- Information on how to integrate the WomenHeart HeartScarves program into your Network.
- District Leader Support – every Support Network receives the support, encouragement and advice from WomenHeart District Leaders (WomenHeart Champions who have previously led Support Networks or are currently leading them).
- Templates to help with your meeting announcements, newsletters, power point presentations, etc.
- On-line resources specifically for Support Network Coordinators.
- Continuing education via webinars and in-person training.
- National events calendar to help market your support network and local heart health events.
- Monthly e-newsletter to keep you current on WomenHeart initiatives around the country and from the national office.
- A WomenHeart email account.

Make a difference in your community!

The time you invest in being a WomenHeart Support Network Coordinator will make a significant impact in the lives of the women and families whose lives you touch with support and encouragement while they face their heart journey.

Please consider applying today for the WomenHeart Science & Leadership Symposium. It is one of the most worthwhile things you can do for yourself and others. It will “do your heart good.”

Here is what one WomenHeart Support Network Coordinator has to say ...

“After my emergency by-pass surgery, I was trying to wrap my arms around what had happened to me. Fortunately, there was a WomenHeart Support Network Group in my area with other women experiencing same or similar difficulties. The support, comfort, friendship and knowledge gained have helped me cope with this life altering change. As a Support Network Coordinator now, I feel true satisfaction knowing that other women will benefit as I have benefited from the genuine caring support from ‘heart sisters’. The smiles, laughter, tears and friendship of the women outweigh the small time commitment. Heart disease lives with me 365 days a year and to dedicate a few of those days helping others makes all my days worthwhile.”

—Marilyn

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October 7-10, 2011 Rochester, MN

What:

A four-day science and leadership training course for women living with heart disease who want to:

- Set up and run an in-person support group (WomenHeart Support Network) for other women living with heart disease.
- Advocate for excellence in healthcare.

Attend lectures and workshops to learn the basic science of women's heart disease – prevention, diagnosis and quality care – and discover new techniques to heal your mind and body. Meet and bond with other women living with heart disease, just like you. Learn from leading health care professionals, health educators, women's health advocates, other support network leaders and professional communication trainers.

Where:

Mayo Clinic, Rochester, MN

When:

Friday, October 7, at 6:00 p.m. to Monday, October 10, at 12:30 p.m.

Who may apply:

Women with diagnosed heart disease and who agree to:

- Establish and maintain a monthly in-person WomenHeart Support Network (minimum of 8 meetings per year) for women living with heart disease in your community for a minimum of 1 year (approximately 8-10 hours a month) which also includes:
 - Submitting monthly timely reports on all volunteer activities
 - Participate in quarterly conference calls with District leaders and other Support Network coordinators
- Be present at all sessions during the four days of the symposium
- Participate in mid July in a one-hour conference call to review expectations
 - You will receive details about how to dial in for the conference calls upon receipt of your application. Calls are tentatively scheduled for:
 - July 20 at 6:00p.m. ET
 - July 21 at 3:00pm ET
- Participate in three one-hour mandatory scientific webinars (dates in September still TBD) :
 1. Introduction to Heart Disease in Women
 2. Diagnosing Heart Disease in Women
 3. Drugs and Device Treatments for Women with Heart Disease
- Read course materials and answer work sheets prior to the symposium
- Have an e-mail address and check it at least three times a week



Cost?

WomenHeart pays for tuition, hotel room (double occupancy with another heart sister), and meals. (You may upgrade to a single room at your own expense.) Participants are responsible for travel expenses, including air fare and ground transportation.*

How to apply:

Please submit the completed application form, essay question responses and letters of recommendation via e-mail, mail, or fax.

E-mail:

applications@womenheart.org

Subject line: WomenHeart Science & Leadership Symposium

Mail:

WomenHeart

Attn: Science & Leadership Symposium

818 18th Street NW Suite 1000

Washington, DC 20006

Fax:

888-343-0764

DEADLINE TO APPLY: FRIDAY, JULY 8, 2011. Applicants are notified via e-mail when application is received. Acceptance notifications will be mailed in mid-August.

Who is selected: Participants are selected based on the strength of their essays and letters of intent for partnership. Additional consideration is given to geographic and ethnic diversity.

Health caution: The symposium is physically and emotionally intense, and not suitable for women who have been hospitalized or experienced severe cardiac symptoms during the previous six months. If this sounds like you, please delay your application until 2012.

The WomenHeart Science & Leadership Symposium is co-sponsored by WomenHeart: The National Coalition for Women with Heart Disease, Mayo Clinic Women's Heart Clinic, and Mayo Clinic Office of Women's Health.

2011 Science and Leadership Symposium
APPLICATION FORM



Contact Information

Name: _____

Address: _____

City/State/Zip: _____

Telephone: *Indicate your preferred contact number with a check mark.*

Work _____

Home _____

Cell _____

E-Mail Address: _____

Age/Race/Ethnicity: _____

Cardiac Diagnosis: _____

Background Information

Profession: _____

Employer: _____ Title: _____

Leadership/Volunteer Experience

1. Have you ever attended a cardiac or other type of support group? Yes No
a. If yes, where, when and how was it conducted?

2. What experiences/settings have you had organizing and facilitating discussions with groups of people?

3. List any civic and volunteer associations/organizations/memberships you are involved with at a local or national level (i.e. Junior League, Rotary Club, faith-based communities) and please describe your involvement.

4. List any heart organizations your are involved with currently and your role (i.e. Mended Hearts, AHA)

5. Do you have any public speaking experience? Please describe:

How did you initially find out about the Symposium?

Do you speak a language besides English? YES NO
If YES, indicate the language(s) and level of proficiency:

1. *Essay Questions*

On a separate sheet of paper, answer the following five essay questions. Return answers and completed Application Form (*Please limit responses to one page per question*).

1. Describe your experience with heart disease and your current health status.
2. In your opinion, what are the three most important messages about heart disease or the importance of heart health you want to convey to other women? Why?
3. What unique life, educational, volunteer and/or employment have you had that make you a good candidate for this symposium? How will these experiences help you be a dynamic Support Network Coordinator?
4. Please describe why forming a support network in your community is important to you, and what support you may have in your community – i.e., hospital, physician offices etc.?
5. Give three examples (about one paragraph each) of how you will incorporate your knowledge and training from the Symposium into your support network. The Symposium training will help you develop an action plan for your group and WomenHeart will provide you with resources for running your group, but please include specific examples of your initial ideas or opportunities for your network (i.e., How will you market your group? How will you make connections?).

2. *Letters of Recommendation*

Two letters of recommendation are required for consideration. Additional letters will be accepted, but are not necessary. Letters of recommendation may be sent directly to WomenHeart or submitted by the applicant.

1. A letter of recommendation from your cardiologist or cardiac nurse not only approving your health status for travel and participation in the symposium, but also supporting your plan to start a network at either the professional medical facility/hospital or another local venue, such as a faith-based community.
2. A letter of recommendation from a coworker, community leader or volunteer colleague explaining what makes you an ideal candidate to attend the Symposium and become a WomenHeart Support Network Coordinator/WomenHeart Champion.

3. *Travel Scholarship*

*A limited number of travel scholarships are available for women in special financial circumstances. If you are seeking a travel scholarship, a letter of request is required. Check the box below and attach the letter of request before mailing ***ONLY if you are applying for a scholarship.***

- YES, I am requesting a travel scholarship in order to attend the symposium.
- NO, I am not requesting a travel scholarship.

Letter of request must include:

- Family's 2010 annual income.
- Number of people in your family.

Questions: Contact Libby Clarke at lclarke@womenheart.org or 202-728-7199.