

**2025 Fundraising Award
Over 100 Beds**



**South Arkansas Regional Hospital
El Dorado, Arkansas
Southwest District**

“Heart Beat of the Community”

1. WHY the service was initiated.

To educate the community on heart healthy lifestyles with speakers who have had heart issues. Heart disease is identified as the number one cause of women’s death. Women do not have a pattern of symptoms to know they’re having a heart attack.

2. WHEN the service was begun and **WHEN** completed.

In 2018, we chose February because it’s the heart month, to conduct an annual seminar to educate women on heart disease. This is our Auxiliary’s most successful fundraising event. This event is on-going, interrupted only during the Covid epidemic.

3. HOW MANY VOLUNTEERS were involved in the service?

Every member of the Auxiliary is involved in this fundraiser.

4. **DEVELOPMENT** of plans to achieve your goal.

The Auxiliary assists the Community Wellness Board to organize and conduct the seminar. Committee members are assigned tasks such as decorating, food, speakers, table sponsorships, location, silent auction and the auction of a donated necklace from a local jewelry store. Participation tickets and raffle tickets are sold by committee members and in the Auxiliary gift shop.

5. **RESULTS** achieved.

Special speakers Paul Mounsey, M.D. Chief of UAMS, Cardiovascular Medicine and Michelle Temple, Gray's Army gave motivating speeches on heart attacks and the symptoms leading up to them. They also discussed heart recovery and heart-healthy lifestyle changes to prevent a heart attack.

Healthy Heart Healthy You has continued to grow each year. This year garnered 45 table sponsorships of \$500 each and outside donations of \$6,000. This event netted the Auxiliary \$20,200. This seminar is reaching people in the community to save lives from heart disease.