

American Heart Association | American Stroke Association Stroke Ambassador 2013 - 2014 APPLICATION

Deadline — June 1, 2013

Thank you for your interest in becoming a Puget Sound Stroke Ambassador!

As you know, stroke is a disease that affects the arteries leading to and within the brain. It is the No. 4 cause of death and a leading cause of disability in the United States, including here in our Puget Sound region. Every year, about 795,000 Americans suffer a new or recurrent stroke. That means, **on average, a stroke occurs every 40 seconds**. An even more devastating fact about stroke is that, in many cases, with proper risk factor control, preventative care, and awareness of the signs and symptoms, many strokes CAN BE prevented or experienced without devastating loss of life or long-term impairment.

Created in 1997, the American Stroke Association is dedicated to prevention, diagnosis and treatment to save lives from stroke. We fund scientific research, help people better understand and avoid stroke, encourage government support, guide healthcare professionals and provide information to enhance the quality of life for stroke survivors.

One of the most powerful tools the American Stroke Association has to increase public awareness about stroke is the dedicated work of volunteers like you! We invite you to consider the opportunity of serving as a Stroke Ambassador in order to share your passion with members of your community in an effort to save lives and reduce disability from this devastating disease.

Stroke Ambassadors are volunteer leaders committed to raising awareness about stroke. They are passionate about sharing their stories and knowledge with the goal of persuading members of their local communities to take control of their own health by pledging to:

- ♥ Understand and embrace the mission of the American Heart Association/American Stroke Association: "*Building healthier lives, free of cardiovascular disease and stroke.*"
- ♥ Raise awareness in the local community and through your own circle of influence
- ♥ Serve as a local face of the American Stroke Association
- ♥ Attend as many AHA/ASA events as you can in order to consistently shed light on the disease of Stroke

The Stroke Ambassador role is one of our most dynamic local volunteer opportunities and it will expose you to the life-saving mission of our organization through participation in a myriad of programs and community events that the AHA/ASA coordinates in the Puget Sound Region.

The term of service as Puget Sound Stroke Ambassador is one year, from July 1, 2013 – June 30, 2014.

To be considered, individuals should take these steps:

1. Review the activities listed below and think about which of these appeals most to your experience and personality. The goal of this program is to provide our Ambassadors with key opportunities and events with which to spread awareness and education about stroke – thinking critically about your strengths and interests will help us to ensure that your Ambassador experience will be both challenging, and fulfilling!

2.

Samples of Ambassador Activities Include:

Complete and submit a copy of this application by the deadline of June 1, 2013. Applications must be submitted either typed in a Microsoft Word document and submitted via e-mail to cherish.hart@heart.org or mailed to American Heart Association, ATTN: Stroke Ambassadors, 710 Second Avenue, Suite 900, Seattle WA 98104. All applications must be signed by the applicant being nominated.

- ♥ Attend the Go Red For Women Luncheon
- ♥ Attend Washington State Lobby Day
- ♥ Be a Media Spokesperson for the American Stroke Association
- ♥ Participate in Stroke Month (May) Public Health Fairs / Awareness Events
- ♥ Attend the annual Heart Ball gala
- ♥ Promote the importance of Risk Factor Awareness at local health events
- ♥ Participate in the Heart & Stroke Walk – Be a Top Walker!
- ♥ Attend local Puget Sound AHA Board of Directors Meetings
- ♥ Accompany AHA/ASA Staff to sponsorship meetings or to meet key donors
- ♥ Share your story with healthcare providers at a Get With The Guidelines Stroke workshop
- ♥ Become an advocate by joining the AHA's You're the Cure grassroots network
- ♥ Encourage CPR and AED Awareness in the local community

NOMINATIONS

- All Individuals nominated will receive an official letter sent by the American Heart Association, acknowledging their nomination.

- Any individuals who are nominated, but not chosen for the Puget Sound Stroke Ambassador position may re-apply for the next fiscal year timeframe.
- We encourage all individuals to remain active with our local American Heart Association/American Stroke Association throughout the year.

The AHA/ASA will evaluate all applications locally, with input from the Puget Sound Board of Directors and/or a Volunteer Advisory Panel.

Stroke Ambassador FAQs:

Are Only Stroke Survivors Eligible to Apply?

No, any member of our local community who has been deeply affected by stroke can apply to serve as an Ambassador. This includes, but is not limited to: caregivers, family of survivors or stroke victims, or stroke educators, researchers or clinicians. Most important is your willingness to dedicate your volunteer service to raising awareness and reducing the risk of death & disability from stroke.

What will I be doing?

As a Puget Sound Stroke Ambassador, you will be raising awareness and increasing support for us in your local community. This could include delivering informal talks and presentations to local organizations (such as support groups) and supporting local community events including fundraising activities and stroke awareness events.

What skills and experience do I need?

- You enjoy meeting people and are comfortable representing our organization in public.
- You are comfortable sharing your stroke experiences in public (spokesperson training provided).
- You are flexible and willing to travel within a reasonable distance from your home.
- You are enthusiastic, passionate and self-motivated.
- You associate strongly with what we stand for.
- You are committed to serving a one-year term and making the most of your time as an Ambassador.

What skills and experience will I gain?

- Experience of presenting to a wide range of people.
- Meeting fellow survivors, caregivers, researchers, donors, clinicians, and other community members who are passionate about stroke.
- Confidence in talking to the general public.
- An understanding of stroke and its effects.
- Knowledge of the local community.
- A well-rounded knowledge of the work of the AHA/ASA.

When do you need me?

This is a flexible opportunity that will depend on when events are held throughout the year. We will do our best to provide each Ambassador with an appropriate number of engagements that suit your interests & availability. We would like each Ambassador to anticipate committing to at least 6 events during their term.

How many Ambassadors will be chosen?

The number of Ambassadors chosen annually is dependent upon the volume of applications that we receive. Typically, we will choose at least two Ambassadors, but this number may vary.

Are there age restrictions?

Nominees must be over 18 years of age or have written permission from a parent or guardian.

STROKE AMBASSADOR APPLICATION

If handwritten, please print as clearly and legibly as possible. Applications may be submitted in Microsoft Word version. Please e-mail to cherish.hart@heart.org.

I AM APPLYING FOR:

- Puget Sound Ambassador
(King/Snohomish County)
- South Sound Ambassador
(Pierce/Thurston County)

Individual's Name

Mr. Mrs. Ms. Dr. Phone Number: ()
 cell home work E-mail:

Street Address:

City: County: State: ZIP Code:

For each question below, please provide as much detail as possible. Please use additional pages as necessary.

Please describe any past or current involvement you have had with the American Heart Assoc/American Stroke Association:

Please provide a brief description of how stroke has affected your life:

Please describe what you hope to gain through the experience of serving as a Stroke Ambassador:

SUBMISSION METHOD

Please e-mail this Microsoft Word document to cherish.hart@heart.org or send via US Mail to:

American Heart Association
ATTN: Stroke Ambassadors
710 Second Avenue, Suite 900
Seattle, WA 98104

By submitting this application, you certify that the information contained within is accurate, truthful, and complete to the best of your knowledge.

By applying to be a Stroke Ambassador, you agree to serve for a term of one year and will make every effort to fulfill the role of Ambassador as outlined on pages 1-4. Should you become unable to serve your full term, you agree to allow the AHA/ASA to choose a runner-up candidate to serve the remainder of your existing term.

The American Heart Association/American Stroke Association reserves the right to make a final determination based on the information contained in this application. The American Heart Association reserves the right to withhold recognition if criteria are not met to the satisfaction of the volunteer panel.

Should you be chosen as a Stroke Ambassador, you hereby grant permission for the AHA/ASA to use your name, image, and Stroke Ambassador status in materials regarding any of our AHA/ASA programs and announcements.

Applicant Signature

Date

OUR MISSION

To build healthier lives, free of cardiovascular diseases and stroke.
That single purpose drives all we do.
The need for our work is beyond question.