



HeartLinks Program



HEARTLINKS PROGRAM SITE PROFILE – NORTH TEXAS CLUSTER

Program Information

Link Chapter/Program Site: North Texas Cluster representing the Dallas; Forth Worth; Mid-Cities Texas; Plano North Metroplex & Trinity Chapters

Link Chapter Presidents: Dallas – Cassandra Washington; Forth Worth – Mattie Peterson Compton; Mid-Cities Texas – Doris Johnson; Plano North Metroplex – Helen Watkins; & Trinity – Ann Williams

Link Program Coordinator: Roslyn Thibodeaux Goodall

Link Program Co-Coordinator: Shari K. Lamb

PROGRAM MANAGEMENT

- **Program Team Structure:** Link Program Coordinator, Link Co-Coordinator, Link Chapter Presidents & Link Chapter Volunteers

PARTICIPANT RECRUITMENT & RETENTION

- **Number of Sites Recruited/Retained:** 4/4 (i.e., public housing authority & the Plano North Metroplex-, Trinity- & Forth Worth Link Chapters)
- **Number of Participants Recruited/Retained:** 100/in progress
- **Recruitment/Retention Strategies:** Participant recruitment from public housing authority community partner & each Link Chapter; gift cards; give-aways; exercise equipment; & walking shoes
- **Number Screened:** 100

EDUCATIONAL SESSIONS

- **Course Schedule:** Four monthly sessions on Saturdays from 10:00 a.m. – 1:00 p.m. from January to June
- **Course Instructors/Facilitators:** Cardiologists; physicians (internal medicine, general practitioner, OB/GYN); nurse; & community healthcare professionals
- **Participant Involvement:** Actively participated in sessions; prompted discussions concerning personal health questions & experiences; & bonded with group participants, facilitators & course instructors

COMMUNITY HEALTH PARTNERSHIPS

- **Number of Partners:** 4
- **Community Event/Number Screened:** Community Screening in partnership with The University of Texas Southwestern Medical Center & HealthFest at KwanzaaFest in Dallas/112
- **Red Event/Number Attended:** North Texas Cluster Link Chapters collaborated to present the Red Dress Jazz Brunch/95
- **Partner Contribution:** Screenings; *HeartLinks* Facilitators; venue for *HeartLinks* sessions; give-aways; Red Dress pins; pens; pedometers; cookbooks; & literature

PRODUCTS

- **Materials/Merchandise Produced:** Photo journal of the *HeartLinks* program activities & participants