



Healthy Hearts on the Hill Community Coalition

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Dear Neighbor,

Healthy Hearts on the Hill (HHH) is a coalition in Albany's West Hill neighborhood that seeks to improve Heart Health by empowering members of the community to make healthy choices and by making opportunities for better health options more widely available. Through educational workshops, free health screenings, and nutrition events like community dinners and healthy food samplings, our coalition has reached hundreds of people in West Hill and we plan to reach hundreds more through our next project: **The Biggest Winner***(see enclosure). Project planning is well underway, with a Kickoff Event scheduled April 23, 2009, and we are now reaching out to our neighbors to offer an opportunity to be a part of this communitywide project. Opportunities include serving as a **Portal Site** and/or **becoming a Community Partner Site**.

A *Portal Site* serves as entryway for participants to learn about **The Biggest Winner** events and helps track progress and explore health promotion activities. The role of a *Portal Site* includes:

- distributing monthly **Biggest Winner** score cards;
- informing your members/consumers about the project and how they can get involved;
- collecting score cards submitted to your organization by participants; and
- distributing/posting **Biggest Winner** materials as you receive them (updated calendar of events, exercise guides, etc.).

The HHH coalition will provide all *Portal Sites* with a toolkit containing promotional materials and score cards. Ongoing technical support throughout the project will also be provided.

You may also want to consider becoming a *Community Partner Site*. *Community Partner Sites* sponsor **Biggest Winner** events such as, health education programs, community dinners, health screenings, and exercise activities at their location(s). Hosting health promotion events throughout the community is crucial to provide point earning opportunities to participants so they qualify for monthly prizes as well as grand prizes drawn in December 2009. The HHH Coalition will be a resource for *Community Partner Sites* throughout the project.

Will you join us in empowering our communities to live Heart Healthy? Signing on as a *Portal Site* and/or as *Community Partner Site* shows your commitment to the health of the community. Your support will be highlighted in our promotional efforts for the project. Please contact us at HealthyHearts@albany.edu or 518-442-5779 to learn more about the **Biggest Winner**, project goals and other ways that you can help. We really look forward to hearing from you!

Thank you,

Enclosure

The Healthy Hearts on the Hill Coalition envisions a time when all of our neighbors in the West Hill Community will have the means and access to live heart healthy lifestyles within and supported by the West Hill community.

Co-Founders

Koinonia Primary Care
Center for Excellence in
Aging Services

Member Organizations

Albany Community
Action Partnership

Albany Medical Center

Albany United
Methodist Society

Cancer Services
Program Partnership of
Albany County

Capital Region Family
Life Institute

Fidelis Care

Healthy Capital District
Initiative

Holy Family Parish

Jean Marks,
Neighborhood Health
Advocate

Lillian Samuel,
Neighborhood Health
Advocate

New Jerusalem Home of
the Saved Church

Northeast Health
Cardiac & Stroke
Services

NYS Academy of
Family Physicians

St. James Missionary
Baptist Church

St. John's Evangelical
Lutheran Church

Star of Bethlehem
Missionary Baptist
Church

Sonshine Fitness

Townsend Park
Apartments

West Hill Improvement
Corporation