



TulalipCares.org

## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Ironheart Foundation

**ADDRESS:** 15125 61st Ave SE, Snohomish, WA 98296

**CONTACT:** (425) 829-0783; <http://ironheartfoundation.org/>

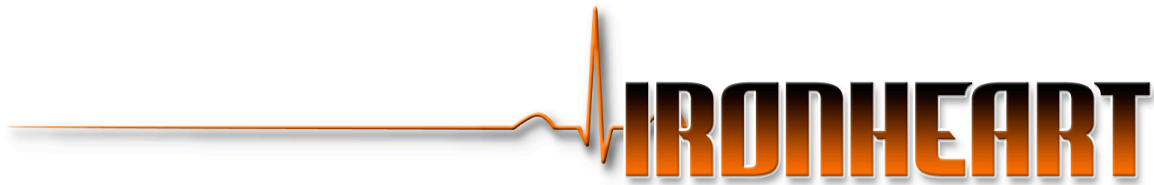
**GENERAL GOALS:** To get the world heart-smart and heart-healthy.

### SPECIFIC USE FOR THIS AWARD:

To support the purchasing automatic external defibrillators for public places in Snohomish county.



For more information regarding the specific uses of the award, see the following page from Ironheart Foundation.



## IRONHEART IMPACT REPORT

On behalf of Ironheart Foundation, we would like to thank Tulalip Cares for its generous contribution. This contribution was used to make a positive impact in the following areas:

- **Purchasing AEDs for requested areas in Snohomish:** When Sudden Cardiac Arrest, a condition that takes place when the heart unexpectedly stops functioning, occurs the only way to restore a normal heart rhythm is through defibrillation, which is administered through an automated external defibrillator (AED). About 47% of sudden cardiac deaths occur outside a hospital, and, therefore, placing AEDs in strategic locations in the community is critical to proactively saving lives. In 2015, Ironheart Foundation has been able to fulfill requests to place multiple AEDs in Snohomish Youth Lacrosse and Monroe Youth Lacrosse.
- **Expanding Ironheart Alive:** Ironheart aspires to more than double its patient referral program from 610 patients to 1600 patients in 2015. Funding is required for follow-up, for HIPPA compliance, correspondence, and ensuring the highest level of satisfaction. Approximately 25 hours a week is spent on this effort on a volunteer basis. In 2015, Ironheart was able to make a difference in the lives of many patients experiencing open heart surgery.
- **Completing “HEART: Flatline to Finish Line:”** Ironheart is in the final stages of completing a documentary “HEART: Flatline to Finish Line” in 2015. This documentary features Ironheart members and cardiac patients who train to compete in an Ironman competition. This documentary will promote healthy heart awareness in the community and beyond. Upon the film’s release, we will acknowledge Tulalip Cares in the credits.

More information about “HEART: Flatline to Finish Line” including a movie trailer can be found on our website at: <http://ironheartfoundation.org/flatlinetofinishline>.

2016 will be an exciting year for Ironheart Foundation. As our membership has grown so have the needs of the community we service. With that said, Ironheart will be rolling out a new initiative in 2016 called “Ironheart Academy.” With our partnership with EdCast, Ironheart will build an online educational platform which allows members and those seeking information on heart disease a multitude of courses and videos that share information and inspiration.