The American Heart Association

Agency Overview
The American Heart Association is the nation’s oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. Founded by six cardiologists in 1924, our organization now includes more than 22.5 million volunteers and supporters working tirelessly to eliminate these diseases. We fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to save and improve lives.

Agency Mission
Building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do.

Youth Lobby Day
Youth Lobby Day is an opportunity for students to participate in educational workshops and training on state legislative and lobbying processes, and meet with lawmakers and key decision makers to discuss important issues that affect Idaho’s youth. This year, we asked our lawmakers to support the physical education and CPR education proposal that was approved by the State Board of Education earlier this year. I helped recruit students from across Idaho to attend, help plan the logistics of the day, help formulate one-pagers for legislators, manage volunteers, and finished with some follow up after the event.

Heart Ball
Heart Ball is a black-tie fundraising event that celebrates: the work and mission of the American Heart Association; the donors and volunteers; and most importantly, lives saved and improved from AHA’s work. I was there to support with any tasks such as reaching out into the community and getting silent auction items, helping with decorations, and helping with the logistics the day of the event.

National Sponsorship Campaign: Ross Stores
Ross is an incredible supporter of the American Heart Association. They have raised over $20 million for AHA since 2003! This year, Ross stores focused on youth, by “creating heroes” by training students in CPR in over 1000 schools across the country! This campaign has created over $20,000 of revenue for the Idaho American Heart Association. I was assigned the task to visit and call all the Ross stores in Idaho to thank them for their support.

Heart Walk
Heart Walk is a fundraising event for the American Heart Association that promotes physical activity and heart-healthy living in a fun, family environment. This year, over one million walkers will participate in over 600 Heart Walk events across the country! I have helped out in recruiting community teams, encouraging participants to fundraise and donate, and helped plan logistics such as entertainment.

What I Learned
This internship has been an incredible opportunity and learning experience. I have been lucky enough to work on various events throughout the semester, as well as help out with different tasks in the office. I have gained knowledge in non-profit work, government affairs, and fundraising. I have also improved skills such as written and oral communication, leadership, and relationship building. I have really enjoyed taking what I have learned in the classroom, and applying it to a “real life” situation!

Words of Advice
• Always say yes! Whenever you are given an opportunity or a task, take it, because you will learn from it!
• Remember that this is a learning opportunity and don’t be afraid to ask questions.
• Always put 100% of your effort into your internship.