



American
Heart
Association.

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Welcome to the **2024** **Go Red** **For Women** **Luncheon**

Go Red for Women is nationally sponsored by:



Go Red for Women is locally sponsored by





With bold hearts, the American Heart Association’s volunteers, supporters and staff forge ahead into the organization’s second century. The Association will continue to fuel science and innovation, fund lifesaving research, stand for the rights of patients and caregivers, work with communities, and transcend the way we live, work and play. This relentless pursuit will continue until heart disease and stroke no longer exist.

FROM THE CHAIRPERSON

Dear friends of heart,

It is my pleasure to welcome you to the 100th Anniversary of the American Heart Association and 20th Anniversary of the Go Red for Women Movement! The Go Red for Women mission is personal for me as a survivor of both Afib and diastolic heart failure. I am grateful and excited to have you here today and have been honored to serve as the Chairperson for this year's Middle Tennessee Go Red for Women Campaign.

This is a day to celebrate our accomplishments and the amazing Woman of Impact Honorees. It is an opportunity to extend our gratitude to survivors, caregivers, sponsors, researchers, and health care providers. Our partnership and dedication can assure that heart disease is eliminated as the #1 health risk for women.

Through our work in areas such as STEM Goes Red, Woman of Impact, National Wear Red Day, Heart Month, Maternal Health and so much more, the American Heart Association is making a difference. With bold hearts, we now move into our Second Century, continuing our success in science and innovation, funding lifesaving research and programs and boldly standing for the rights of patients and caregivers, to empower healthier communities and change the way we live, work and play.

Our goal today is to raise awareness and demonstrate that your critical funds make a difference and are an investment in women's heart health. I encourage you to join me in celebrating life and in continuing our work to be a relentless force against heart disease and stroke in women. Today, open your heart for someone you love!

With heart,

Vicki Shepard

2024 Go Red for Women Chair



FROM THE HEART

Good afternoon!

What an incredible anniversary we are celebrating today, our 20th anniversary of the Go Red for Women movement, during our centennial year as an organization. Because of the incredible work of visionary volunteers, we have accomplished extraordinary things as an organization across the nation and here locally in Middle TN.

Already in 2024, our work has reached 710,000 people through policy and systems changes around smoke-free spaces, complete streets, blood pressure management, and nutrition security.

We live longer, healthier lives today because of the work of the American Heart Association. And the work of the American Heart Association is the work of its volunteers.

As we pause to celebrate these anniversaries, we take a moment to reflect on these extraordinary accomplishments and ask ourselves what is next.

We are inspired by our new vision statement, advancing health and hope for everyone, everywhere.

Where do we want to go next as an organization, in the community, focusing our impact? What story will we tell in the next one hundred years? We face real and challenging disparities in our community, leaving tangible and lasting impact. Neighbors who live in one zip code have a fifteen-year lower life expectancy than people who live just a few miles away.

When we apply the magnificent power of our volunteers, the strength of our science, and the power of our grassroots, policy approach, we can continue to reimagine the next century.

Thank you for joining our us, with Bold Hearts, into our Second Century!

Annie Thornhill

Executive Director, Middle Tennessee
American Heart Association



OUR AGENDA

11:00 A.M. – Networking & Mocktails

11:45 A.M. – Luncheon Seating

12:00 P.M. – Chair's Welcome

12:15 P.M. – Open Your Heart Moment

12:20 P.M. – Honor Woman of Impact Nominees

12:30 P.M. – Women's Panel

12:55 P.M. – Closing Remarks

OUR MENU

Signature Mocktail

Sparkling Pomegranate w/ mint sprig
Water and Mint Iced Tea

Entree

Lemon Herb Chicken with Fresh Mango Salsa

Orzo with Roasted Vegetables

Butter Lettuce with Strawberries, Shaved Parmesan, Candied Pecans, White Balsamic

Farm Bread, Multigrain Bread

Dessert Trio

Cappuccino Brownie Bite, Lemon Tartlets,
Blondie with Salted Caramel Icing and Popcorn Garnish

OUR EMCEE



Tracy Kornet

WSMV 4

Tracy is a seven-time Emmy Award-winning news anchor, host, and writer who anchors WSMV4 at 3, 4, 6:30 and 10 p.m. Music City has brought some of the memorable moments of Tracy's career: interviewing three U.S. presidents; field anchoring the 2020 Presidential debate at Belmont; co-moderating the Tennessee gubernatorial debate and the Nashville mayoral debate; and field anchoring coverage of the NFL Draft and Stanley Cup Finals. She's also field anchored from the Super Bowl in Dallas; the World Series in Phoenix, Dallas, New York, and San Francisco; the NBA Finals in Miami and Dallas; and multiple National Championship runs with the Kentucky Wildcats.

Sports has been a constant thread in her life, thanks to her husband Frank and their 3 kids, who all played college basketball. The couple met as undergrads at Vanderbilt, where his Milwaukee Bucks jersey hangs in the school's Hall of Fame. Their youngest son, 7'2" Luke, was a stand-out Vanderbilt Commodore and now plays with the Boston Celtics.

Tracy spent several semesters working in Japan as Cinderella at Tokyo Disneyland and touring with a Japanese pop star as a backup singer/dancer.

Other professional highlights include:

Co-hosting The View in New York.

Playing "Nurse Tracy" on General Hospital.

Interviewing Will Ferrell in the Saturday Night Live costume closet.

OUR PANEL



Jessica Huston, MD
Medical Director -
Cardiac Transplant Program
Ascension St. Thomas

Dr. Jessica Huston is a Cardiologist specializing in Advanced Heart Failure, Cardiac Transplant, and Pulmonary Hypertension. She attended Undergraduate at Appalachian State University, Medical School at the University of Tennessee and graduated from Internal Medicine Residency at the University of Utah. Dr. Huston completed a Cardiology Fellowship at Vanderbilt University Medical Center where she served as chief fellow and ultimately finished an additional year of Advanced Heart Failure Training. After training she joined faculty at University of Pittsburgh Medical Center where she served at principal investigator on multiple clinical trials in Pulmonary Arterial Hypertension and Heart Failure with Preserved Ejection Fraction. While in Pennsylvania she served as Pennsylvania Chapter of the American College of Cardiology Women in Cardiology Co-chair and co-directed the Mid-Atlantic Women in Cardiology regional conference. Dr. Huston joined Ascension St. Thomas West Advanced Heart Failure Team in June 2023, now serving as Medical Director of the Cardiac Transplant Program. Outside the hospital, Dr. Huston is mom to two young boys, a trail runner, and field hockey player.



Jennifer Berry, PhD
Director of STEAM and Science
MNPS

Jennifer Berry, PhD, is the Director of STEAM and Science for Metro Nashville Public Schools. As a former science teacher and administrator, Dr. Berry has been recognized locally, nationally, and internationally for her work supporting STEM including Department of Energy's Albert Einstein Distinguished Educator, U.S Embassy Teacher to Teacher award in Russia, Japan Fulbright Teacher Award, Presidential Award Finalist for Tennessee in science teaching, Nashville Emerging Leader in Education, Nashville Technology Educator of the Year, and Metro Nashville Public Schools Academy Coach of the Year. She has a Bachelor of Science in Zoology and Masters from the University of Arkansas and a Doctorate of Education from Capella University.

OUR PANEL



Anika Gardenhire, RN
Chief Digital Information
Officer - Ardent Health

Anika Gardenhire, RN, CHICO, is the Chief Digital Information Officer (CDIO) at Ardent Health. As the CDIO, she oversees the development and implementation of Ardent's digital strategy across the organization. She is responsible for ensuring digital initiatives into Ardent's strategic plan with a focus on leveraging data to support digital transformation. Ms. Gardenhire also oversees Ardent's IT infrastructure and systems, as well as data strategy and governance.

Prior to join Ardent, Ms. Gardenhire served as Chief Digital Officer and Regional Vice President of Digital and Clinical Systems at Centene Corporation. She holds a Bachelor of Science in nursing from the University of South Carolina's Mary Black School of Nursing and master's degree in clinical informatics and management from Duke University.



**2024 Middle TN
Woman of Impact
Winner**

Also joining our panel discussion is our 2024 Woman of Impact winner, which we are revealing in the program as a surprise. These nine amazing women live right here in our community and were called to step up, tell their stories, and engage their friends, family, and co-workers in our movement. But there was one winner, the woman who was able to reach the most people in her impact efforts and raise the most dollars for the American Heart Association.

Who is the 2024 Woman of Impact winner?

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Cardiologist, Jenna-Lyn Johnson, MD

Keeping hearts strong

When you choose Ascension Saint Thomas Heart for your care, you get an entire team of cardiovascular specialists dedicated to your heart health. From AFib to heart failure to heart attack, we provide all the care you need across Middle Tennessee.

ascension.org/SaintThomasHeart



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GO RED FOR WOMEN CHAIRPERSON



Vicki Shepard
Vice President
Tivity Health

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Dr. Casey Chollet Lipscomb – Tennessee Oncology
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Kate Shortle – Schneider Electric
Katherine Ungar
April Wade – US Bank
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Life Is On

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Life is On
everywhere, for
everyone and at
every moment

We are proud to help build
sustainable communities, where
we live and work.

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**is proud to support the lifesaving mission of the
American Heart Association and the
Middle Tennessee Go Red for Women Luncheon.**



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JOIN THE GO RED FOR WOMEN MOVEMENT

**CARDIOVASCULAR DISEASE IS THE LEADING CAUSE OF DEATH
AMONG WOMEN, AND NEARLY HALF OF ALL WOMEN ARE
LIVING WITH SOME FORM OF CARDIOVASCULAR DISEASE.**

**REDUCING DISPARITIES IS AN INTEGRAL PART OF THE
AMERICAN HEART ASSOCIATION'S COMMITMENT TO
ADVANCING CARDIOVASCULAR HEALTH FOR ALL.**



Join the movement by reaching out to Brennen.Smith@heart.org.

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20 Years of Go Red for Women



2004-2005 Launching a Movement

Go Red for Women officially launches in 2004, and within a year, over 70 Go Red for Women Luncheons are held nationwide, raising \$7 million. Twenty years later, over 150 signature Go Red for Women events are held annually, collectively raising more than \$700 million for women's cardiovascular health.



2006 – Going Global

Go Red for Women goes global with its first international license. Today, Go Red for Women is licensed in over 50 countries supporting over 55 sister societies. Licensees can develop their own women's heart health initiative and benefit from Go Red for Women's strong brand reputation and resources.

2007 – 2013 – Innovating to Meet Women's Needs

Go Red for Women continues efforts to support women taking charge of their heart health and expanding our reach by creating a robust presence on social media, stepping into pop culture, advocating for public health policies for women and addressing inequities. To help shine a spotlight on the real challenges women living with heart disease and stroke, the Go Red for Women Real Women Class of Survivors campaign launches in 2008 to highlight stories of everyday women surviving and thriving.



2014 – Iconic Red Dress Collection

Go Red for Women begins hosting the iconic Red Dress Collection in February to kick-off American Heart Month, bringing together powerful voices to amplify a singular message – cardiovascular disease is the number one killer of women. Today this annual event where entertainment, fashion, health and philanthropy collide for a common cause, continues to generate billions of media impressions driving significant public awareness and engagement.



2015-2016 – Launching Lifesaving Research

The American Heart Association launches its first Strategically Focused Research Network (SFRN). The Go Red for Women SFRN focuses on five centers studying key women's health issues. The SFRN's findings were published in 2021 as well as expanded to continue research in critical areas including stress, sedentary behavior, poor sleep, pregnancy and heart failure.

2017 -2018 Current and Future Women Leaders

STEM Goes Red is launched to engage young, diverse girls in STEM careers, addressing a troubling issue around the underrepresentation of women in STEM fields. In addition, the Go Red for Women National Leadership Council is established and recruits influential women executive leaders from some of the largest companies in the U.S. including CVS Health, Amazon and Big Lots to help guide Go Red for Women into the future.



2019 – Engaging More Women in Research

Research Goes Red launches to increase the number of women participating in cardiovascular research with the goal of creating the world's largest and most engaged women's health registry and platform for research. Today, more than 22,000 women (about the seating capacity of Madison Square Garden) have consented to participate, resulting in multiple scientific publications.



2020-2023 – Addressing Critical Needs

Go Red for Women broadens its focus to maternal health and moms, mental wellbeing in women and research including launching new studies through Research Goes Red, establishing new campaigns for moms like My Health is Our Health, and deepening our work in community health with a focus on improving health outcomes in women. In addition, Go Red for Women launches new peer-to-peer fundraising campaigns: Woman of Impact and Teen of Impact engaging over 500 participants and raising more than \$5 million annually.



Today

As Go Red for Women celebrates its 20th year alongside the American Heart Association's centennial celebration, we will continue to walk hand in hand with women across the country and around the world in an effort to save more lives of women everywhere. Why? Because losing even one woman to cardiovascular disease is too many.





MIDDLE TENNESSEE AMERICAN HEART ASSOCIATION STAFF

Julie Taylor | Region Senior Vice President, Development & Community Health
Annie Thornhill | Executive Director, Middle Tennessee

Brennen Smith | Development Director, Go Red for Women

Kelly Jamerson | Vice President of Development

Caleb Bone | Senior Development Director, Heart Challenge

Lauren Carr | Development Director, Heart Challenge

Holly Furches | Development Director, Heart Challenge

Lauren Rinehart | Development Director, Heart Gala

Ahnessa Black | Logistics and Data Intern

Tea Goodmanson | Development and Community Events Intern

Allie Corder | Development Director, School Engagement

Mozetta Jackson | Vice President of Community Impact

Candace Jones | Community Impact Director

Sarah Adair | Government Relations Director

Evon Glasgow | Senior Business Operations Coordinator

Joyce Hayag | Development Coordinator

Kelsey Brown | Event Planning Coordinator

Sophie Marini | Marketing Communications Director



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Cor Vitae Society

Cor Vitae, Latin for heart of life, is the American Heart Association's annual giving society of individuals whose generous commitments are helping to change and save lives.

MANY THANKS TO THE MIDDLE TENNESSEE COR VITAE SOCIETY MEMBERS.

President's Circle

William T. Coakley Foundation

Pacesetter's Circle

Sandra Schatten Foundation

Pulse Circle

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Deborah & Keith Pitts
Shannon & Charles Martin
Evelio Rodriguez, M.D. & Lisa Bellin, M.D.

Marc Sparks
Timothy & Judy Fabling Wallace
Keith Wolken
Terry Hardesty

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Angela & Greg Allen
Sloan & Duncan Allen
Mike Arthur
Jennifer & Jud Baldock
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Marty Bonick
Robyn Booth
Josh Bruegman
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Dave Doherty
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Mitch Edgeworth
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Lauren & Jason Zachariah



Circle of Red™

Circle of Red is a society of passionate individuals who are in the fight against heart disease and stroke, the leading cause of death in women, to win. Circle of Red members are leaders in their communities and families.

THANK YOU TO THIS EXCEPTIONAL GROUP OF WOMEN'S HEALTH CHAMPIONS

Sloan Allen
Russell Bates
Robyn Booth
Meagan Brasher
Joe & Tomilu Braxton
Amy Cason
Amy Couvillion
Aimee DeCamillo
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GET SOCIAL!

Use **#NashGoRed** in your social media posts throughout the event.



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2024 HEART MONTH





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Live Fierce™
Reduce Your Risk



HEARTS OF HOPE

IMPROVING HEALTH OUTCOMES

Thursday, May 30 & Friday, May 31
Holiday Inn - Vanderbilt
2613 West End Ave | Nashville, Tennessee 37203

Topics will include: chronic disease management, social determinants of health, quality improvement and more to improve patient health outcomes; Speakers include representatives from the American Medical Association, American Heart Association, Ascension Medical Group, IMPaCT Care, and Tennessee Department of Health

Register Today!

Online registration is available until May 15, 2024

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WOMAN OF IMPACT

Every year across the country, a select group of individuals are nominated to be a part of Woman of Impact because of their passion and drive to make a difference. This 9-week blind competition is relentlessly focused on women's heart health.

Launching on National Wear Red Day, nominees work to build campaign plans, recruit impact teams, and inspire their networks to support the American Heart Association's lifesaving mission.

At the end of the campaign, this special group of changemakers will be celebrated for the overall impact they have on our mission and community. The nominee who makes the greatest impact and raises the most funds locally will be named the 2024 Middle Tennessee Woman of Impact Winner. Additionally, the nominee who makes the greatest impact nationwide will be named the American Heart Association 2024 National Woman of Impact Winner.





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2024 Woman of Impact Nominee: Robyn Booth

I lost my father-in-law less than a year after my husband and I married due to cardiac arrest. Not only did my husband lose his dad, but his mom also lost her soulmate and it had a great impact on her life. In addition, my own parents have dealt with heart-related issues which have required timely treatments to maintain their health. We must fight for better representation in medical research; Fight for equitable access to care and treatments; Fight to spread lifesaving information to our sisters.





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2024 Woman of Impact Nominee: Angela Courtney



My 'why' is because heart disease can be prevented and we can save women's lives – including our own. I'm an example of the power of early detection of the warning signs of heart disease – in my case high cholesterol. My doctor swept it under the rug initially but I voiced concerns, advocated for myself, and did research on how to decrease cholesterol and the risk of heart disease. By switching to a whole food, plant-based diet my cholesterol dropped to normal levels without the use of prescription drugs. Even with great doctors, we all have to look out for ourselves and all of the women in our lives to prevent and protect against heart disease. The great news is that the power is in our hands (and forks!).



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2024 Woman of Impact Nominee: Amy Couvillion

Heart disease struck close to home when it affected my mother in her 30s. Witnessing her transformational journey – quitting smoking and embracing lifelong exercise – instilled in me the power of proactive wellness. Yet, the grief of losing my father and grandparents to heart disease and stroke fueled my fire for prevention.

As a daughter, mother, wife, friend, and caregiver, I understand the constant juggling act women face. But through my experience as a clinician, I know the critical importance of prioritizing your own health. By managing our risk factors and building healthy habits, we become stronger versions of ourselves – better equipped to care for those we love.





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2024 Woman of Impact Nominee: Julie Dormady



At only 13 days old, around 700 grams, Aspen was rushed into emergency heart surgery.

I am passionate about helping other moms who have children with heart conditions. These conditions can be silent killers.

No mama wants to see their children go into heart surgery or have their child have a heart condition. It's scary. You never want your kid to be an experiment, especially when it comes to their hearts.

Aspen was an experiment, but we had no choice. I WANT there to be more research on children and their hearts. I want more babies and children's lives saved.



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2024 Woman of Impact Nominee: Kaylyn Harris



At the age of 25, I experienced my first warning signs of a stroke.

I want to use my platform to educate other women about the warning signs and remind them that stroke does not discriminate.

Cardiovascular diseases kill more than 50,000 Black women annually.

Only 39% of Black women are aware that chest pain can be a sign of a heart attack; only 33% recognize that pain spreading to the shoulder, neck, or arms is another potential heart attack sign.

Many African-American women aren't even aware that they are at risk, which is why education is so important.



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2024 Woman of Impact Nominee: Heather Land



Personally, my why are my two babies at home, Arianna and Miller. I didn't have the opportunity for my mom to ever meet my kids, nor did I ever get to meet either of my grandmothers. Women's Health has been put aside for too long. Now is our time to change that. Let's help make more mothers, grandmothers, and great-grandmothers.

The more I learn about cardiovascular disease in women, especially new moms and the staggeringly high number of maternal-deaths, I don't just want to help, I NEED TO.



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2024 Woman of Impact Nominee: Savannah Maddison

I have been serving as a Volunteer Firefighter since 2021. This journey led me to become an emergency medical technician, where I've seen countless preventable deaths in my community. I campaign for the American Heart Association for every patient whose hand I've held. I stand for the patients who should have lived but didn't. I fundraise because we can change this statistic.

YOU can save lives.





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2024 Woman of Impact Nominee: Lindsey Morgan



Both of my grandmother's have been affected by cardiovascular disease, and unfortunately, I lost one of them in 2022 to stroke. I can't help but wonder if they had earlier education on the disease, would things have been different?

To the women who have come before me, standing beside me today, and the ones who will follow, I am ready to make a difference in all of our lives.



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2024 Woman of Impact Nominee: Kristen Nicholson

It was important for me to participate in the campaign because it is a part of what I do every day. In my work, the focus is on alternative and holistic ways to improve our health. As a woman founder in the wellness space, it is important that we know the statistics around women's heart health and can share with those that we love.





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2024 Teen of Impact Nominee: Trishita Paul



The American Heart Association mission is deeply personal to me. I have lost most of my family in Bangladesh prematurely to heart attack and stroke. With this long family history of cardiovascular disease, I've learned how important it is to take care of my health.

Many teens believe that such health issues are distant concerns, but the reality is different. Limited opportunities for physical activity, lack of access to nutritious food, and the stress of our daily lives make us all vulnerable to cardiovascular disease. The influence of big tobacco companies only adds to the challenges we face.



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2024 Teen of Impact Nominee: Jordan Weybright

Heart disease and stroke can affect anyone at any age, and shockingly, heart attacks are on the rise in younger populations.

Still, so many teens think, "It can't happen to me!" Especially when we are offered less opportunities to be active, don't have access to healthy, nutritious, affordable foods, or are stressed from trying to juggle school, work, sports, clubs, and all the other items on our everyday to-do lists.





American Heart Association.

Middle Tennessee
Heart Gala™

MIDDLE TENNESSEE HEART GALA

The Middle Tennessee Heart Gala marks a moment in time to reflect, honor and celebrate the progress made through the determination, dedication and passion of all who support this mission of the American Heart Association in Middle Tennessee.



Mitch Edgeworth
2025 Heart Gala Chair
HCA TriStar Division President

To learn more about what's in store for the
2025 Heart Gala, reach out to
lauren.rinehart@heart.org.



American Heart Association.
Heart Walk.

2024 GREATER NASHVILLE

HEART WALK

SEPTEMBER 2024

WHY WE WALK

Having a company walk team can

- Create Company Culture
- Support Employee Health
- Increase Philanthropic Engagement

**I WALK
TO SAVE LIVES**



Join the movement and register your walk team
by reaching out to caleb.bone@heart.org.

NashvilleHeartWalk.org



American Heart Association.

DRIVING COMMUNITY IMPACT

As an organization, our community impact priorities are delivered in various ways. Although here at the local level we have a greater focus on nutrition security, our organizational priorities expand to many other categories with equity always at the center of our work, guiding all that we do.



2024 IMPACT GOAL

Every person deserves the opportunity for a full, healthy life. As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

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A thank you from the bottom of our hearts to

2024 chair *Vicki Shepard*
and *Go Red for Women*

for keeping our communities healthier
and changing the lives of so many.



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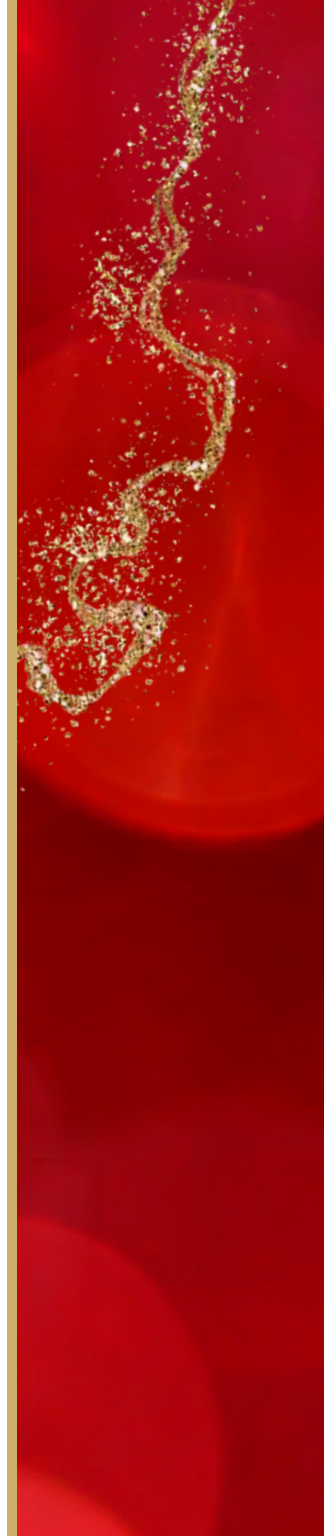


Elizabeth Goodwin
Senior Managing Director and
Tennessee Market Leader, CBRE
2025 Go Red for Women Chair

Elizabeth is responsible for the financial performance of the Nashville region which includes budgeting, actual results, forecasting, reporting and business development for all service lines. She interacts regularly with clients to ensure that goals and objectives are established and achieved. She listens effectively to clients and then accurately structures a solution that meets or exceeds the client's expectation that results in a positive outcome.

Elizabeth completed her Master's Degree with Honors from Vanderbilt University in Civil Engineering with a concentration in Construction Management. She is an active member of the NAIOP, ULI, Williamson County Chamber of Commerce, American Heart Association, and Go Build Tennessee. She is a graduate of the AGC's Construction Leadership Program, the Young Leaders Council, and a LEED G.A. She is currently serving on the NAIOP Board. She has also served on the Go Building Tennessee Board, ACE Nashville Board, American Heart Association PULSE Board, the Williamson, Inc. Women in Business Committee, and Chaired the Developing Leaders Committee for NAIOP.

Elizabeth has been recognized for her outstanding achievements by being awarded: the NAIOP National Developing Leader of the Year, the Nashville Business Journal Employee of the Year, the Nashville Business Journal 40 under 40, the Constructech Woman of the Year, the NAIOP Nashville Outstanding Member of the Year Award and NAIOP Nashville Developing Leader of the Year.





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