



American Heart Association - Virtual Volunteerism Options

Research shows that employees engaged in meaningful activities live happier, healthier lives, and virtual volunteerism provides the opportunity to make a difference any time and from anywhere. In these unprecedented times due to the coronavirus pandemic, people are reaching out to us here at the American Heart Association as a trusted community partner to learn ways they can provide comfort and support to their communities while social distancing. The good news is that the American Heart Association offers a variety of virtual ways to safely engage volunteers to support our mission of being a relentless force for a world of longer, healthier lives.

[Advocate for Change](#)

Problem: Every day, American's lives are touched by heart disease and stroke. Whether it is our own health that is impacted or the lives of family members, friends or co-workers, there is a lot at stake when it comes to fighting our nation's No. 1 and No.5 killers. We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Solution: By joining You're the Cure, our online advocacy community, volunteers can begin taking actions to change communities and lives immediately. Our action center makes it easy to connect with local representatives to help inform legislative and regulatory policies locally and nationally. Visit www.youarethecure.org to register and visit the [Action Center](#) to learn about current priorities.

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[Support a Virtual AHA Event](#)

Problem: Nonprofits need financial support now more than ever as many are helping to solve different aspects of the coronavirus crisis. We need help to continue funding our lifesaving mission in support of research, education and local community impact initiatives.

Solution: By making a donation to the American Heart Association, you can help fund research, advocacy, CPR training, patient education, and programs that your local community impact programs. Parents can also find family-friendly activities for their homebound children and companies can find tips to encourage their work-from-home employees to remain active while supporting the AHA's life-saving work.

- [Make a tax-deductible contribution to the American Heart Association.](#)
- Support a local school's [Virtual Kids Heart Challenge.](#)
- Register as a [Virtual Walker](#) for a Heart Walk.
- Check out [fun and creative fundraising ideas](#) or come up with your own!

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[Support Heart Patients and Caregivers](#)



Problem: When someone experiences a cardiac event or a stroke, the patient, their caregivers and family members often feel alone in their experience.

Solution:

- Our [Support Network blog](#) offers a place for volunteers who have experiences as a heart or stroke patient or caregiver to offer tips and insights. This opportunity allows volunteers to go beyond a medical story – they can share practical information in our online community, offering comfort and advice. This is an ongoing opportunity and volunteers can submit posts as often as they would like.

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[Become a Power Ambassador for your Congregation](#)

Problem: Heart disease is the No. 1 killer for all Americans, and stroke is also a leading cause of death. As frightening as those statistics are, the risks of getting those diseases are even higher for [African Americans](#).

Solution: The American Heart Association and WW (Weight Watchers Reimagined) are committed to ensuring equitable health for all people. We are on a mission to support the ongoing health journeys of African American women and their faith-based communities, and are looking for [Power Ambassadors](#) willing to rally their church groups together virtually once a week to view online health lessons. Group attendees will take a quick online quiz after each health lesson, and power ambassadors will help attendees take charge of their health.

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[Review Translated Documents for Diverse Communities](#)

Problem: The AHA is committed to helping **all** communities access lifesaving news and information to help people live longer, healthier lives. The need for translated resources is more urgent than ever.

Solution: The AHA is working to translate vital documents for many audiences. Volunteers who understand our mission and our emphasis on scientific accuracy and cultural sensitivity can help review professionally translated documents to help us quickly get this information to those who need it most. Those who are fluent in the following languages and who have experience in translating written documents are needed to assist:

- Spanish
- Vietnamese
- Chinese (traditional or simplified)
- Mandarin
- Hmong
- Korean

Qualified volunteers should contact us at translations@heart.org.

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[Become a “Heart Healthy Influencer” on Social Media](#)



Problem: The American Heart Association wants to amplify our social media content authentically and with a variety of audiences. We need volunteers who are active on social media to share important information and inspire others to engage with our mission.

Solution: By joining us in our social media efforts, we can engage with more people and ultimately save more lives! Remember, you are powerful – sharing content through your personal network can influence friends, family and even strangers to make healthier decisions. You can help us by following our accounts, engaging with our content or taking part in social media challenges. Interested in getting involved? Fill out our [volunteer form](#) and check “social media ambassador”.