

cardiacAWARE

Because Only Together We Can Become #cardiacSAFE



Hello, my name is Steve Englert. I'm the President and Co-Founder of cardiacAWARE. Since 1999, my wife Charlotte and I have lived in Moon Township, a suburb west of Pittsburgh. We have two grown children, Ashley and Stephen Jr., Kyle our Son-in-law and two wonderful granddaughters.

Since 2018, I've been fighting heart disease when I was diagnosed with Left Bundle Branch Blockage. Over the years, my heart got weaker to the point that in 2018 I wore a ZOLL Lifeshield for 3 months because I was at high risk for sudden cardiac arrest due to the heart only pumping less than 34% of the my blood. At that time, I was diagnosed with Cardiomyopathy with Hypertension due to exertion. As a third-generation male with a strong family history of heart disease, my family realized that knowing the warning signs and symptoms of heart disease are extremely important.

In 2018, Gabe Jackson and I co-Founded the Pittsburgh 501(c)(3) non-profit cardiacAWARE because we believe that "Heart Disease" continues to be a very serious health issue w/o awareness. Today, even though there are many heart related organizations that have great programs, heart disease is still the #1 killer in America. That statistic needs to change! With the lack of knowing the warning signs and symptoms of heart disease, far too many people are dying that could have been saved through simple awareness.

As Co-Founder of cardiacAWARE, Gabe's involvement is due to his mother having heart disease and because he would bring awareness, education, and fitness tools to help people live a much healthier life.



cardiacAWARE Mission

The purpose of cardiacAWARE is to bring cardiac awareness to the fore-front through our programs by providing individuals with information and direction, thus creating a cardiac safe environment.

Such environments include: Schools (Elementary, Middle / High School and Private), Colleges / Universities, Community Parks & Recreation Centers, Public & Private Businesses, Office Buildings, Faith Based Facilities, Municipalities and even States.

Our Vision...

is accomplished by empowering all individuals with...

"The Knowledge" for knowing and recognizing the warning signs and symptoms of a heart attack, stroke, or sudden cardiac arrest.

"The Understanding" with the resourcefulness to call 9-1-1, start administering Hands-Only CPR and knowing where an AED is located and how to use one.

"The Ability" to allow them to be the individual who reacts in a pro-active manner and becomes that needed lifesaving bystander.

cardiacAWARE Solution

Becoming Pro-Active is solving a future possible problem, cardiacAWARE solves the problem of cardiac awareness, by creating community outreach programs that not only will grow within the community and environments but will be backed and endorsed by local corporate partnerships and national organizations. In 2018, cardiacAWARE partnered with Allegheny County in their campaign to improve the health and wellbeing of Allegheny County residents and became a "Live Well Allegheny" Partner. In 2019, we became a member of the Pittsburgh Airport Area Chamber of Commerce and in 2020, cardiacAWARE partnered with both the American Red Cross and MedExpress where they volunteer and present Hands-Only CPR [American Red Cross] and Blood Pressure Screening [MedExpress] at our future cardiacSAFE sessions.

Programs & Events

cardiacSAFE Program/Sessions

This program is based on the HeartSAFE program for Sudden Cardiac Arrest. However it has been enhanced to cover all Heart Disease including Heart Attack and Stroke. The program empowers individuals with the ability to create cardiac safe environments. Environments such as: Schools, Universities, Community Parks and Recreational Centers, Businesses, Office Buildings, etc. By knowing the Warning Signs and Symptoms, the "Chain of Survival", Learning Hands-Only CPR or becoming certified in CPR/AED and increasing the number of Public Accessible AEDs [PAD]. Individuals can become pro-active within these environments and save a life in the event of a cardiac emergency.

Jeans 'n' Jerseys Gala

February 20, 2021 All Star Sports Bar & Grill - Robinson

This unique casual event will be held during "National Heart Awareness Month" on Saturday, February 20, 2021 at the All-Star Sports Bar and Grill located at Heritage Square near the Mall at Robinson in Pittsburgh, PA. Come enjoy Great Food and Sports on a variety of Big Screen TV's complete with Buffet Dinner, Silent Auction and much more.

Our Partners



Want To Save Lives? You Can!

Make a difference today.

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We Would Love to Hear from You

Please write or call us with your questions or comments

Contact

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