



20 Ways to Support and Engage!

2025 marks the 20th anniversary of the Sudden Cardiac Arrest Foundation

(SCAF). We are proud of all that we have accomplished to date, but we have more work to do, and we need your help!

Here are **20 ways that you can support SCAF** in 2025 with outreach, awareness, and fundraising initiatives:

1. **Donate:** Make a one-time or recurring donation of \$20 (in honor of SCAF's 20th anniversary) to help further our mission.
2. **Planned Giving:** Include SCAF in your will or estate planning; consider donating Required Minimum Distribution (RMD) from IRAs to SCAF.
3. **Engage on Social Media:** Like, follow + share SCAF social media, and invite 20 friends to do the same!
4. **Fundraise on Social Media:** Set up a fundraiser on Facebook or Instagram for SCAF.
5. **Stock Donations:** Donate stock or securities to SCAF. If you are 72 or older and own a traditional IRA, consider a Qualified Charitable Distribution. Your donation will not only support our programs but will reduce your taxable income.
6. **United Way/Workplace Giving:** Check to see if you can set up a recurring donation to SCAF through your payroll and share the opportunity with your colleagues. You may also donate to SCAF through your local United Way.
7. **Matching Gifts:** Check to see if your employer has a matching gift program to make your contributions to SCAF go even further.
8. **Subscribe to Our Newsletter:** Don't miss the latest updates from SCAF. Be sure to sign up for our electronic newsletter and invite 20 of your family + friends to do the same!
9. **Participate in Awareness Campaigns:** Whether it's National Heart Month, National CPR & AED Awareness Week, National Sudden Cardiac Awareness Month or other campaigns, we are always looking for help in educating others about sudden cardiac arrest (SCA) and SCAF's initiatives to help save lives. Be sure to follow our social media to learn more.

10. **Share Educational Resources:** SCAF has extensive material about sudden cardiac arrest, including web content and downloadable fact sheets and infographics. Share these resources digitally or in hard copy with your network to help educate others about SCA!
11. **Volunteer:** We are always looking for talented volunteers to assist with a variety of volunteer responsibilities. Reach out to learn more! Email gina.peattie@sca-aware.org.
12. **Host a Fundraiser to Benefit SCAF:** Use your creativity and organize an event such as a lemonade stand, bake sale, concert, dress-down day at work, or other activity, and donate the proceeds to SCAF.
13. **Write a Review:** Head to the [GreatNonProfits.org](https://www.GreatNonProfits.org) website and leave a positive review for SCAF to help us receive a top-nonprofit award.
14. **Birthday Donations:** In lieu of gifts, ask for donations to SCAF in honor of your special day.
15. **Cash Back Programs:** Use credit cards that offer cash-back programs that donate to nonprofit organizations, and designate SCAF as the beneficiary.
16. **Spare Change:** Collect your spare change and donate it to SCAF.
17. **Make an In-Kind Gift:** Contribute a pro-bono service or item from SCAF's wish list.
18. **Host an Information Table:** Distribute SCA materials at local health fairs or community gatherings to educate others and let them know about the foundation.
19. **Refer SCA Survivors to SCAF for Support:** If you have a friend, relative or colleague affected by SCA, refer them to the Cardiac Arrest Survivors Alliance (CASA), a program of SCAF, for support and resources.
20. **Spread the Word:** Talk to your friends and neighbors about SCAF and why you support it. Share information about SCAF's programs and services and encourage your networks to get involved and support the cause!

Reach out to Gina Peattie, MPA - SCAF Executive Director, with questions or for more information on any of the above ideas: gina.peattie@sca-aware.org or 518.291.9181.

Thank you for your support!

www.sca-aware.org



**Sudden Cardiac
Arrest Foundation**

