

March 7, 2023

# HEALTHCARE JOURNAL of Arkansas

## Search form

Search

- [Home](#)
- [The Journal](#)
- [eNews](#)
- [About HJAR](#)
- [Contact](#)
- [Sponsorship](#)
- [Subscribe](#)

## CHI ST. VINCENT, NATIONAL PARK MEDICAL CENTER PARTNER TO PRESENT HOT SPRINGS SWEETHEARTS CLASS OF 2022–2023

---

For the first time, National Park Medical Center (NPMC) and CHI St. Vincent Hot Springs will join forces to present the 2022–2023 American Heart Association (AHA) Hot Springs Sweethearts program. This year's program, which welcomes 41 young women from the Garland County-area, will mark its 17th year. The Hot Springs Sweethearts consist of high school sophomores and juniors who have committed to improve heart health in their community by learning about cardiovascular diseases, leading healthy lifestyles, and participating in heart healthy activities.

"This is an exciting moment for the Hot Springs Sweethearts because this year's class will have access to the widest range of heart health resources, medical professionals and life changing experiences thanks to the now combined efforts of CHI St. Vincent and National Park Medical Center," said Hot Springs Sweethearts founder and chair, Kathryn Russell. "We are thankful for their support and look forward to what this means for this year's sweethearts."

Between October and February, the sweethearts will participate in a now expanded range of educational opportunities, heart-healthy activities, and community involvement. Some activities include CPR certification, fundraising for the American Heart Association, Cath Lab tours, volunteer opportunities, and other educational programs.

“The sweethearts' program has been incredibly successful and beneficial to the Hot Springs-area as we engage more and more people in the fight against heart disease. We had long discussed joining forces with CHI St. Vincent to make the program even stronger in the future and decided that this is the right moment,” said NPMC CEO Scott Smith. “This collaboration marks a great step forward for our community as we all work together for the common good.”

The Hot Springs Sweethearts was founded by Paul and Kathryn Russell who established the program in memory of their daughter, Caroline Grace, who was lost at age two following a suspected undetected heart condition.

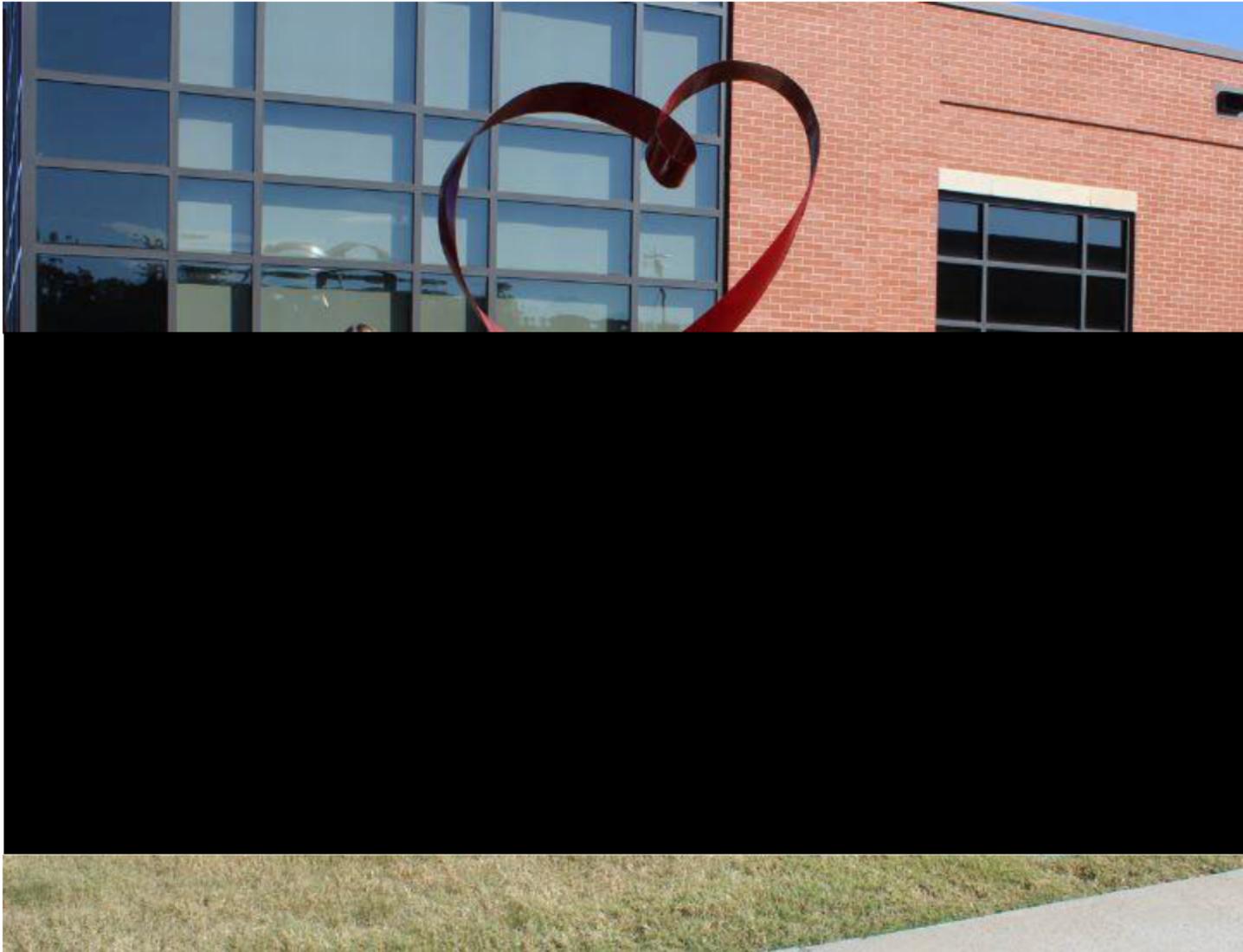
“The disproportionately high rate of heart disease in Arkansas is a generational challenge and it begins with young people like our Hot Springs Sweethearts who make a commitment to not only learn about heart healthy lifestyles and activities, but to put them into practice for themselves, their families and their communities,” said CHI St. Vincent Hot Springs President Douglas Ross, MD. “We’re honored to partner with our colleagues at National Park Medical Center to make this year’s program the best and most successful experience possible.”

The 2022–2023 program will culminate with the introduction of the sweethearts at the AHA Heart Ball on Feb. 11, 2023 in Hot Springs. The sweetheart who demonstrates the greatest dedication to the program and the most knowledge about cardiovascular disease will receive the title of Sweetheart of the Ball and will receive the \$2,000 Caroline Grace Russell Memorial Scholarship. Other recognitions will include a Leadership Award with a \$500 scholarship presented by Dr. Tim and Cindy English in honor of their daughter Lauren’s involvement with the AHA. The very special Catie Cooper Spirit Award, created in memory of 2010 “forever sweetheart” Catie Cooper who was tragically lost during her tenure as a sweetheart, will also be awarded the night of the Heart Ball.

US HEALTHCARE JOURNALS © 2023

**For all media inquiries, please call Marketing and Communications  
at [REDACTED]**

**CHI St. Vincent and National Park Medical Center Partner to Present the Hot  
Springs Sweethearts Class of 2022–2023**



For the first time, National Park Medical Center (NPMC) and [CHI St. Vincent Hot Springs](#) will join forces to present the 2022–2023 American Heart Association (AHA) [Hot Springs Sweethearts](#) program. This year’s program, which welcomes 41 young women from the Garland County-area, will mark its 17th year. The Hot Springs Sweethearts consist of high school sophomores and juniors who have committed to improve heart health in their community by learning about cardiovascular diseases, leading healthy lifestyles and participating in heart healthy activities.

“This is an exciting moment for the Hot Springs Sweethearts because this year’s class will have access to the widest range of heart health resources, medical professionals and life changing

experiences thanks to the now combined efforts of CHI St. Vincent and National Park Medical Center,” said Hot Springs Sweethearts founder and chair, Kathryn Russell. “We are thankful for their support and look forward to what this means for this year’s Sweethearts.”

Between October and February, the Sweethearts will participate in a now expanded range of educational opportunities, heart-healthy activities and community involvement. Some activities include CPR certification, fundraising for the American Heart Association, Cath Lab tours, volunteer opportunities and other educational programs.

“The Sweethearts program has been incredibly successful and beneficial to the Hot Springs-area as we engage more and more people in the fight against heart disease. We had long discussed joining forces with CHI St. Vincent to make the program even stronger in the future and decided that this is the right moment,” said NPMC CEO Scott Smith. “This collaboration marks a great step forward for our community as we all work together for the common good.”

The Hot Springs Sweethearts was founded by Paul and Kathryn Russell who established the program in memory of their daughter, Caroline Grace, who was lost at age two following a suspected undetected heart condition. They pour their hearts and souls into the program each year and participation is also a significant commitment made by the young women of Garland County that impacts both their lives and the lives around them. Past participants have been inspired to find their own path to continue the fight against heart disease, whether through volunteerism and philanthropy or dedicating their future careers to healthcare by attending nursing school, radiology programs and even medical school.

“The disproportionately high rate of heart disease in Arkansas is a generational challenge and it begins with young people like our Hot Springs Sweethearts who make a commitment to not only learn about heart healthy lifestyles and activities, but to put them into practice for themselves, their



The 2022–2023 program will culminate with the introduction of the Sweethearts at the AHA Heart Ball on February 11, 2023 in Hot Springs. The Sweetheart who demonstrates the greatest dedication to the program and the most knowledge about cardiovascular disease will receive the title of “Sweetheart of the Ball” and will receive the \$2,000 Caroline Grace Russell Memorial Scholarship. Other recognitions will include a Leadership Award with a \$500 scholarship presented by Dr. Tim and Cindy English in honor of their daughter Lauren’s involvement with the AHA. The very special Catie Cooper Spirit Award, created in memory of 2010 “forever sweetheart” Catie Cooper who was tragically lost during her tenure as a sweetheart, will also be awarded the night of the Heart Ball.

For more information about the Sweetheart program, visit: [facebook.com/HotSpringsSweethearts](https://facebook.com/HotSpringsSweethearts)