



A Note from our Executive Director, Nick Brodnicki:

Can you feel that? I know you can. Daylight keeps getting longer, school breaks are rapidly approaching, and spring is just about here!

What better way to celebrate the coming of spring than a spring-cleaning checklist? This one is fun, I promise.

1. Plan a few ways to get outside more in the nicer weather (like signing up for the Heart & Stroke Walk at pdxheartwalk.org)
2. Spring is celebrated right after International Women's Day, so you should spend some time showing your appreciation to a woman in your life (good for mental well-being.)
3. Use Daylights Savings Time to evaluate if you are getting enough sleep (amazing for heart health)
4. Add some new colors to your plate at every meal because spring means new fruits and veggies are coming (do I even need to comment on this one?)

So, there you have it. A sure-fire way to celebrate the coming of spring. I hope you'll join me in tackling some of the options on this list!



Nick Brodnicki
Executive Director
American Heart Association, Oregon and SW Washington

Thank you for a wonderful American Heart Month!



The community went **RED** on Friday, February 4th as we kicked off **National Wear Red Day!** News anchors, health allies, community leaders, sponsors, volunteers, survivors, and friends all joined the American Heart Association in raising awareness of women's greatest health threat, cardiovascular disease. Wear Red Day is always a joyous event as we rally together for a common mission. Thank you to all who participated and mark your calendars for next year; Wear Red Day is always the first Friday in February.

The 2022 Heart Ball was a wonderful success!

Thanks to the support of many generous sponsors, donors, and volunteers, the 2022 Heart of Portland campaign raised \$888,565! The campaign culminated on February 3rd with a virtual Heart Ball celebration. Check out the [video highlighting our local impact](#), generously produced by local media sponsor Fox 12 Oregon.

Cheers to Brooke Olzendam for the *Brooke Hearts Your Heart* campaign!

We wanted to extend a special thank you and congratulations to our local Board member, Brooke Olzendam with the Portland Trailblazers for an incredible [Brooke Hearts Your Heart campaign](#).

Brooke shares her personal story to help raise awareness around heart health while also fundraising for cardiovascular research. In its 3rd year, the campaign exceeded all expectations raising more than \$25.5K thanks to the generosity of the Portland and Trailblazers communities. Amazing!



During American Heart Month, we reinforce the importance of heart health, the need for more research, and efforts being made to ensure all people live longer, healthier lives. **Thank you to our incredible Oregon & Southwest Washington community for supporting our mission!**

Live Fierce Podcast Launch



Live Fierce / Atrévete a Vivir is a new duo-delivery English and Spanish podcast series engaging Black, Gen X and Latina millennial women to find their fierce. Hosted by American Heart Association volunteer and CIEN+ CEO and Co-

Founder, Lili Gil Valletta, and the American Heart Association Executive Vice President of Marketing and Communications, Katrina McGhee, the podcasts motivate women to lean into their strengths and prioritize their overall well-being. The goal is to educate women about their biggest health threat and help them become their own advocates. By intentionally including culturally relevant content in two languages, the American Heart Association aims to help drive further systemic public health change to remove barriers to equitable health. Season launched on March 8 and a new episode will be released every week.

The *Live Fierce* and *Atrévete a Vivir* podcast series are available on all major podcast platforms. To learn more and start listening, visit heart.org/livefiercepodcasts or heart.org/atreveteavivirpodcasts.

Join Us! Upcoming Events Heart & Stroke Walks are back in person!

Vancouver Heart & Stroke Walk - May 21, 2022

Portland Heart & Stroke Walk - June 4, 2022

Join us as the community comes back together in person for our 2022 Heart and Stroke Walks! The Vancouver Walk will take place on May 21 at Esther Short Park and the Portland Walk will return on June 4 at Tom McCall Waterfront Park. We cannot wait to celebrate heart and stroke survivors across our community and walk together for heart and brain health! The event is free, family and dog friendly and open to all! Visit pdxheartwalk.org for more information.

Still work to be done in Washington County – VOTE NO IN MAY

Last November, Washington County became the first county in Oregon to restrict the sale

Woman of Impact

The Oregon & SW Washington Woman of Impact Campaign is approaching its midpoint. Each year a select group of individuals are

of flavored tobacco products. Three Washington County Commissioners, Chair Harrington, and Commissioners Fai and Treece, answered the call of tobacco control advocates by passing a policy to remove all flavored tobacco products from store shelves across the county. We know that flavors hook kids. E-cigarettes are available in thousands of youth-appealing flavors, including fruit, candy, mint, and menthol, so the passage of this policy marked an exciting milestone in our work to prevent the next generation of kids being addicted to tobacco.

Unfortunately, tobacco retailers feel their profits are more important than our kids and began gathering signatures for a referendum to repeal the policy which has qualified for the ballot in May. We need Washington County residents to VOTE NO to keep the policy in place and finally remove these egregious flavors from the marketplace. We will keep you up to date as we have more information on the measure number, but we need your help now to spread the word that THIS POLICY SHOULD NOT BE REPEALED AND TO VOTE NO in May.

If you would like to learn more or get involved with our campaign, please reach out to [Christina Bodamer](#).

nominated to be a part of this initiative because of their passion and drive to make a difference. Four local women are bringing together their own network to form an impact team, set a goal, raise funds, and have a direct impact on our community.

Throughout the first 4 weeks of the campaign, nominees have shared their stories and raised awareness for health advocacy, moving more, and knowing your numbers. To highlight International Women's Day, nominees are encouraging their networks to join [Research Goes Red](#), and initiative calling on women across the United States to contribute to health research.

Learn more about Woman of Impact and our local nominees [HERE](#).



Volunteer Spotlight - Welcome Brad Nantz!

The Oregon & SW Washington team is excited to welcome Brad Nantz, President of the Partners Group as our newest board member. We are thrilled to have Brad's 30+ years of experience working in employee benefits and his passion for the outdoors integrated into our mission of helping everyone live longer, healthier lives. Please join us in welcoming Brad to our AHA family!

Follow us at @AHAOregon



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