

CELEBRATING



YEARS of Twin Cities Heart Walk

Target Field, May 18

TwinCitiesHeartWalk.org



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A FAMILY HONORS THEIR DAD



Meet the Arseneau Family. Wife, Shannon and her three daughters, Hannah, Haley and Abigale honor the memory of their husband and father, Tom through their Heart Walk team, Artie's Army.

Shannon, Tom's wife remembers his sense of humor. Hannah the eldest daughter loved that "you could always pick dad out in a crowd of people because of his laugh." Haley remembers him as her "coach," and the "the baby," Abigale, remembers his empathy. Tom Arseneau was the life of the party. He "lit up the room with his smile" and he had the ability to make anyone laugh. Those are the lasting memories that carry the Arseneau family forward after they lost Tom suddenly of a heart attack on October 4, 2017.

Last year, after a difficult season of grieving, the women were inspired to take their loss and turn it into something actionable and for a good cause through the Twin Cities' spring Heart Walk. That's when they created the team, Artie's Army, lovingly named after Tom's nickname "Artie."



Shannon explains, "Last year's Heart Walk was a blessing from God to be with other families that knew exactly how we were feeling and knew how sad we were."

For so many Minnesota families like the Arseneau's, the Heart Walk is a way for their entire family to come together and celebrate the memory of a loved one that they've lost too soon to heart disease or stroke and to raise funds for the American Heart Association in their honor. It's an annual celebration of a life well-lived and a way to process grief. This spring will be Artie Army's second Heart Walk and they'll be sporting their matching red team shirts as Tom looks down with a big, proud smile.

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ROCKSTAR NOLAN

Heather and Scott Ferguson, parents of Nolan, created the Heart Walk team, "TEAM NOLAN" to celebrate that he is a congenital heart defect survivor.



At a routine 20 week ultrasound, expecting parents, Heather and Scott were given a blow of disappointing news. Doctors discovered coarctation, or narrowing of the aorta and holes in his heart. After several fetal echo-cardiograms and close monitoring in the weeks before birth, Nolan Ferguson was born on July 20, 2017 and went straight to the NICU. Luckily for Nolan, the holes in his heart closed and repaired on their own and no surgical intervention in the first year of his life was needed.

"Everyone thought Nolan was going to be a complicated case where he'd need heart surgery right away and our little rockstar hasn't needed it so far. He's doing great!" says Scott. Nolan's heart is carefully monitored to ensure the aortic valves remain open and healthy, but so far, so good for this strong kid.

In celebration of Nolan's miraculous little heart, Heather and Scott created "TEAM NOLAN" a Heart Walk team for their rockstar kid last year. Thirty of their family and friends walked as a team to show their support, and this year they'll be back with bigger, thankful hearts again.



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A FATHER'S LAST GIFT

The gift of family history saved Jason Tschetter's life. This May, he'll celebrate his new lease on life at the Twin Cities Heart Walk.

Headaches had become a weekly occurrence for Jason over the last few years. More of an annoyance than a hindrance since they were intermittent. But one thing that kept bugging him in the back of his mind was his father's suffering and ultimately death from a stroke in 2016. Even though Jason was a healthy, active 44-year-old, he knew the chances of a stroke for him were higher now that there was a family history. Could these pesky headaches be the early signs that a stroke was in his future too?

"I remember my dad complained of headaches before he had his stroke, so I really felt like I needed to pursue this and be an advocate for my health," recalls Jason. That concern pushed him to see a physician and get it checked. Because of the family history, his doctor ordered an MRI to rule out anything. An abnormal MRI of his heart prompted a CT scan. After weeks of testing, Jason was ultimately diagnosed with an aortic aneurysm which required immediate attention before it ruptured. Jason was incredibly lucky. Eight out of 10 people with a ruptured aortic aneurysm either die before they reach the hospital or don't survive surgery. "My dad's stroke created a family history that got us to pay much closer attention to our health. My father saved my life" explains Jason.

In April 2018, Jason had a repaired heart and went through intensive cardiac rehab with an ambitious goal in mind: to walk at the Twin Cities Heart Walk the next month. "I wanted to set a goal for myself. It was an opportunity to get out of the house, feel normal again and celebrate my recovery," recalls Jason.

This spring, Jason alongside his wife and son will walk and raise funds for the American Heart Association at the Heart Walk again, this time with a full year of recovery behind him. The walk is truly a celebration of his new lease on life and of his father's final gift to him.



"My dad's stroke created a family history that got us to pay closer attention to our health. My father saved my life."

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CELEBRATING PATIENT CARE

Mary Jo "MJ" Swanson has participated in the Twin Cities Heart Walk almost every year since it started 25 years ago. This year she'll be honored for her dedication to the American Heart Association's mission.

Mary Jo "MJ" Swanson, DNP, MPH, RN, has many acronyms in her title to be proud of. She is an RN, holds a Masters in Public Health, holds a doctorate in nursing, and is currently the Service Line Executive for Heart and Vascular, University of Minnesota Health, a collaboration between Fairview and University of Minnesota Physicians. She has dedicated her life and career to patient advocacy and care and this spring at the Twin Cities Heart Walk, she'll be celebrated and honored for her community impact.

"The Twin Cities Heart Walk is extremely important to the health of our community, and it is very personal for all of us who work in health care," MJ explains. "Every day we care for patients who are affected by cardiovascular disease. Many of us have lost loved ones to cardiac conditions, so we are deeply committed to our partnership with the American Heart Association because we know that by bringing people together we can save many lives and advance life-saving research and innovation."

The American Heart Association will present MJ with the "David A. Ness Impact Award" for being a consistent long-standing advocate for patient care, community health, and employee engagement at the Heart Walk for many of years.



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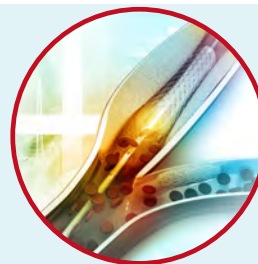


**25
YEARS**

OF HEART & STROKE ADVANCEMENTS

1994

FDA approves use of stents to open blocked arteries.



1995



California is first state to enact state-wide public indoor smoking ban. Studies have shown smoking bans drive down heart attack rates by one-third.

1997

Florida is first state to enact laws requiring AEDs, external defibrillators, be in public spaces. Today, all states require AEDs in public spaces like schools and airports.



2001

First internal artificial heart implanted.



2002

First robotically-assisted heart surgery in U.S.

2004



Go Red For Women launched to raise awareness of women's No. 1 killer – heart disease. Today, 34 percent fewer women die of heart disease.

2007

Minnesota becomes 20th state to go smoke-free with the Freedom to Breathe Act, restricting the act of smoking tobacco products in all public places and protecting Minnesotans from secondhand smoke.

2012

Minnesota passes CPR in Schools law requiring all students learn "Hands-Only CPR" before graduation.



2014

More than 50 percent fewer people die of cardiovascular disease than in 1994.

2015



Minnesota first state to establish state-wide stroke system of care.

2019

More than 20 cities and counties in Minnesota have raised the tobacco purchase age to 21 preventing 30,000 Minnesota youth from ever starting the deadly addiction.



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I walk to **celebrate** my new lease on life.

Jason Tschetter will walk May 18th
to celebrate the medical
advancements that detected
and saved his life last year.



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May 18, 2019 | Target Field

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people celebrating life.

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