

Issue II 2019

Cor Vitae *Society*



American
Heart
Association.

The Pulse

IN THIS ISSUE



Robert A. Harrington, MD, FAHA
AHA President

**Survivor Spotlight:
Olympian Michael Johnson**

**More Control Needed to
'Put Out' E-cigarettes**

Member Spotlights

**AHA Tackling Social
Determinants of Health**

SPECIAL MESSAGE

AHA INCOMING PRESIDENT

Serving with the American Heart Association, since the early 1990s, has been one of the highlights of my life. Across multiple roles, including membership in the AHA Council on Clinical Cardiology in 2005 and chair of the Committee on Scientific Sessions Program in 2013 and 2014, I have been challenged and inspired by our lifesaving mission and amazing volunteers. Now, I am honored to be the National Board President as we rise from a leader in cardiovascular and stroke science to a global authority in overall health and well-being.

My passion is promoting the science that informs our clinical practice guidelines and influences our policy positions. I will be talking a lot about evolving technologies, including digital ones, and how they are changing the way we conduct science and clinical care. Additionally, I intend to think about how to overcome disparity in science to engage early career investigators, so we can solve the global burden of cardiovascular and brain diseases.

In this issue of *The Pulse*, we're pleased to profile you, members who are shaping health in communities across the country. You will also find breaking AHA news on a myriad of topics, including the rise in use of e-cigarettes and newer tobacco products, especially among young people, and updates on investments by the AHA's Social Impact Fund.

As a Cor Vitae Society member, you have a profound impact on our mission, and you enable us to fund research, advocate for stronger health policies and reach diverse audiences.

I hope you enjoy this member-only communication celebrating you, and I look forward to sharing more news and advancements in the year ahead. Thank you.



Robert A. Harrington, MD, FAHA
AHA President



Robert A. Harrington, MD, FAHA
AHA President

Our Mission

*To be a relentless force for a
world of longer, healthier lives.*

IN THIS ISSUE

Survivor Spotlight	3
AHA News	4
Member Spotlights	5
Mission in Action	9
Events	10

SURVIVOR SPOTLIGHT

Stroke slowed Olympic sprinter Johnson, but responding F.A.S.T. sped his recovery

by AMERICAN HEART ASSOCIATION NEWS

Michael Johnson, once the fastest person to run 200 meters, was so confident of setting the world record that he wore gold spikes on the Centennial Olympic Stadium track in Atlanta. On that memorable night in 1996, he ran 19.32 seconds to win the gold medal.



But on an afternoon in 2018 in Santa Monica, California, he wore a powder-blue patient's gown, leaned into his walker and made a lap around the fourth floor of UCLA Medical Center to reach the finish line of his bed.

It was the start of Johnson's recovery from stroke.

Johnson's saga began August 31, a few weeks before his 51st birthday. Life was good. He's president of Michael Johnson Performance, a facility in a Dallas suburb where everyone from kids to world-class athletes go for training, nutrition and rehabilitation. He's also a motivational speaker and a track analyst for the BBC.

After helping his son settle into New York for his freshman year of college, he and his wife moved from San Francisco to Malibu, California.

That afternoon, during 45 minutes of high-intensity strength and cardio exercises, he stumbled. His left ankle didn't flex, and his left arm tingled and twitched.

His wife drove him to a nearby urgent care center, where doctors quickly sent him to UCLA Medical Center.

Doctors couldn't find a cause, a classification called cryptogenic stroke, and it only affected his movement. His therapist became his coach for the most important race of all.

"I'll make a full recovery," he vowed to his wife, "and I'll do it faster than anyone."

Eight months later, only Johnson can detect the differences in his stride pre-stroke and post-stroke. His recovery was boosted by having the body and mindset of an elite athlete. He also sought help as soon as symptoms hit.

Johnson continues to eat healthy and exercise regularly, and he's trying to manage stress better.

He still has some numbness on the side of his left hand, in his left pinkie finger and on the bottom of his left foot.

"It shouldn't have happened the first time," Johnson said. "Hopefully it won't happen again. But being a stroke survivor is now part of who I am." ■

F.A.S.T. is how we come together to end stroke®

Learn the stroke warning signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

More control needed to “put out” e-cigarettes among youth

by AMERICAN HEART ASSOCIATION NEWS

Cigarette smoking rates are at an all-time low in the United States. That’s good news. But e-cigarette use is increasing — especially among youth — and threatening to undo decades of successful tobacco control efforts.

An estimated 3.1 million high school students used e-cigarettes in 2018.

According to the American Heart Association, e-cigarettes are the most popular tobacco product among youth in the United States:

- Between 2017 and 2018, 1.5 million more youth used e-cigarettes.
- That’s a 78 percent increase among high school students and nearly a 50 percent increase among middle school students.
- An estimated 3.1 million high school students used e-cigarettes in 2018, compared to 22,000 students in 2011.

E-cigarettes such as Juul can deliver a far higher concentration of highly addictive nicotine than most other e-cigarettes. Juul refills, called pods, contain the same amount of nicotine as 20 cigarettes. Because of their sleek design and resemblance to USB drives, Juul products are easy for students to conceal and use in school.

In 2018, Juul accounted for about 40 percent of the e-cigarette market. While these vaping products may appear to be as harmless as water vapor, they contain toxic chemicals linked to cancer, respiratory problems and heart disease.

We don’t yet know all the long-term effects, but we know that early exposure increases the risk of addiction that could shorten the lives of 5.6 million kids. It also puts adolescents at a higher risk for depression, anxiety and substance abuse.

The American Heart Association advocates — and needs your support — for strong tobacco regulation and prevention, including raising the minimum legal age to buy tobacco and nicotine products. Together, let’s “put out” e-cigarettes and break tobacco’s hold on young Americans. ■

To learn more on how you can help, visit yourethecure.com



Juul cigarettes

SOCIETY MEMBER SPOTLIGHT

Eileen Hamra | Chicago, Illinois

PRESIDENT'S CIRCLE



Eileen Hamra

Eileen Hamra's passion for bridging health equity gaps and community-focused efforts in Chicago is evident in her recent bundled gift to the American Heart Association.

Her support for the Social Impact Fund, Office of Health Equity, Chicago Go Red for Women and Chicago Heart Ball Gratitude Project is enhancing stability and longevity for these AHA initiatives. And her

collaboration with local leaders and community members will foster meaningful health change in her city and across the nation.

"I am honored to support AHA's holistic efforts to transform our most at risk communities and its members."

Eileen's crusade started with the death of her sister Patricia from heart disease many years ago. She recently lost her good friend Nina to the same disease. In their memory, she supports the Chicago Heart Ball Gratitude Project.

During the recent Chicago Go Red for Women luncheon, Eileen was amazed at the elevated giving during the Open Your Heart portion of the program. Inspired, she created The Eileen Hamra Challenge Gift for the Chicago Go Red for Women movement. Her aim is to encourage peers to equal her exemplary generosity.

"I am honored to support AHA's holistic efforts to transform our most at risk communities and its members. Solving issues of heart health is more complicated than just providing testing, medication, or teaching people to eat and exercise more. AHA understands that, and I'm proud to support their efforts to make an impact." ■

American Heart Association.



Commit to Health Equity Among Women

We're encouraging women to join a friend or family member in making a Go Red commitment to fight heart disease. When all of us come together – women and men – we can build a culture of health for all.

You can also take a stand for women's health equity in your industry by:

- Creating an environment that addresses women's health issues
- Ensuring accurate and equal representation for women's health issues in your projects
- Using the AHA's resources and vast scientific expertise to educate your colleagues about health disparities among women

To take action and join the movement, visit goredforwomen.org or speak to your local American Heart Association staff.

SOCIETY MEMBER SPOTLIGHT

Christine Gustafson | Phoenix, Arizona

CHAMPION'S CIRCLE



Christine Gustafson

As senior vice president of wealth management for UBS Financial in Phoenix, Arizona, Christine Gustafson knows her clients want their dollars to represent their values.

That's why she connects them with "mission-aligned investing" — like the American Heart Association Donor Advised Fund (DAF) Program, the only choice for donors to invest in a tobacco-free portfolio.

Christine, and her husband David, are also passionate about involving their children in philanthropy and the AHA DAF Program.

"We're giving our kids a dollar amount that they can grant each year to continue a lifelong generational process," she said. "I know my son and daughter will continue this legacy because they realize that heart disease runs in our family."

"I felt there was no better organization to have a volunteer commitment to."

Christine's family created the Gustafson Family Foundation to support their favorite causes, especially the AHA through its DAF Program. "It's easy to set up and the current tax laws support it," she said. "We're recommending putting money into DAFs because you get a higher charitable deduction and have more money to give."

"I felt there was no better organization to have a volunteer commitment to," said Christine, who also volunteers for the Heart Ball, Heart Walk and Go Red Executive Leadership Team.

Christine also supports the AHA because she's lost her grandparents and other family members to heart disease. "I asked my mother if it ran in our family and she said, 'Obviously, it does,'" Christine said.

"The AHA is important to our family. I give to other charities, but the AHA is the only organization that's dear to my heart." ■

Simplify Your Charitable Giving with the American Heart Association Donor Advised Fund Program

Donor advised funds (DAF) have recently experienced a surge in popularity due to their simplicity and the benefits they offer.

A DAF is a charitable vehicle similar to a foundation, but it's much easier to create and manage, offers more flexibility, and provides greater tax benefits. In response to the new demand for DAFs, we've created the American Heart Association Donor Advised Fund Program.

The fund is established with a simple application and your initial contribution. You can add to your fund at any time, and almost any asset can be used to create or contribute to your fund. This includes stocks, bonds, real estate, retirement accounts, and any number of specialty assets.

Call us toll-free at 1-888-227-5242 or email plannedgiving@heart.org to be put in touch with the gift planning specialist in your area.

SOCIETY MEMBER SPOTLIGHT

Charles and Libby Dalton | Greenville, South Carolina

CHAMPION'S CIRCLE



Chad Dalton (Charles' son) and his wife Claire, Charles and Libby Dalton

For the past 10 years, Charles and Libby Dalton have been exemplary volunteers and donors because they avidly support the American Heart Association mission.

But the purpose for their passion became personal when their 54-year-old son Chad suffered a stroke in May.

Today, Chad is successfully recovering, attends rehab three times a week and works out at the YMCA daily with his wife.

“We had no idea the time and treasure we were investing into the AHA and the relationships would be so critical for our family.”

“We’ve been consistent donors to the AHA for years and enhanced our commitment with our role on the leadership team and board,” said Charles, who joined his local AHA Leadership Team in 2013. “We had no idea the time and treasure we were investing into the AHA and the relationships would be so critical for our family.”

In 2015-16, Charles and Libby served as chairs for the Open Your Heart and Heart Ball fundraising events. As chairs in 2017, their Heart Ball became the first million-dollar AHA fundraising event in South Carolina. “We had the most amazing team who made it happen.” They credit their success to the great chairs that preceded them: Joe and Bobbi Swann, Mark Nantz, Rick and Katherine Davis, Ambassador David and Susan Wilkins, and Tim and Susan Reed.

Charles is also making an impact in his current role as chair of the Upstate Board of Directors and “loves being involved in the Cor Vitae Society,” he said. “We hope others will be inspired to join and give what they can to invest in the organization to have better health for them and their community.” ■



American Heart Association.

Support Network



The AHA's Support Network can lessen the emotional impact of stroke for survivors and their families — like the Daltons. Through the network, you can:

- Share your story with others
- Comment on others' stories and give feedback
- Get answers from health care professionals
- Speak to others on your forum
- Learn about regaining independence

The network also provides forums related to:

- Caregivers
- Pediatric stroke
- Chronic heart conditions
- Emotional well-being

Visit the Support Network for more information at supportnetwork.heart.org.

SOCIETY MEMBER SPOTLIGHT

Hazel and John Clendening | Dallas, Texas

PACESETTER'S CIRCLE



Hazel and John Clendening

Since 2005, Hazel and John Clendening have passionately supported the American Heart Association's Heart Walk, Heart Ball and Go Red for Women campaigns.

The programs are public, but their reasons for participating in them are personal.

While planning a trip to her hometown in the Philippines in 2008, Hazel's father suffered a fatal heart attack before his scheduled heart valve surgery.

Ten years later, John's mother had a blockage discovered after she underwent hip replacement surgery. She needed bypass surgery, but her body was too weak. Sadly, she passed away.

"Having both lost parents too soon to heart disease, we know awareness and prevention are keys to longer, healthier lives," Hazel said. "We want to ensure we're here for our children and future grandchildren. We invest in the mission because we trust and have confidence in how our funds are used."

While living in San Francisco, John leveraged his corporate position at Charles Schwab to become an executive leader for the company's Heart Walk team.

After he and Hazel moved to Dallas in 2016 and as the CEO of Blucora, a financial services and fintech firm, they increased their participation in local AHA activities.

"It's been amazing to hear from AHA-funded researchers on the advancements made to extend people's lives."

"The local AHA staff organizes incredible events and stays connected with us as supporters," John said. "They do a great job of keeping donors informed of how the dollars are being used to advance the mission of the AHA."

John and Hazel are avid supporters of AHA-funded science, research, technology and innovative solutions to heart and brain health.

"It's been amazing to hear from AHA-funded researchers on the advancements made to extend people's lives," Hazel said. ■



The Impact of Your Support

1956

AHA's first statement of smoking and heart disease issued

1959

Cholesterol inhibitors developed

1960

First successful pacemaker surgery

1961

First successful long-term artificial heart valve

1961

CPR techniques and standards developed

1990

Treatment for Infant Respiratory Distress Syndrome

1998

American Stroke Association formed

2000

Get With The Guidelines launched

2003

Drug-coated stents approved for use

2004

Go Red For Women launched

2007

Mission: Lifeline formed

2014

AHA launched its work with precision medicine

2016

One Brave Idea launched

2017

New blood pressure guidelines released

MISSION IN ACTION

AHA invests \$1.2 million to combat disparities in health outcomes

by AMERICAN HEART ASSOCIATION NEWS

The American Heart Association has provided \$1.2 million to help social entrepreneurs combat disparities that adversely impact health outcomes.

Investments in eight enterprises in Flint, Michigan and Boston, Massachusetts are the first disbursements



from the AHA's Social Impact Fund. The Fund helps local entrepreneurs, small businesses and organizations in under-resourced communities address social

determinants of health — environmental and social conditions in which people are born, grow, live, work and age.

These conditions negatively affect people living in the poorest pockets of our society as a result of unsafe or unaffordable housing, limited access to healthy foods and even stressful relationships. Such inequity can significantly impact cardiovascular health, quality of life — and even life expectancy.

Socially conscious philanthropists Stevie and David Spina of Wayland, Massachusetts donated \$5 million in August 2018 to establish the fund.

"Making financial investments in community organizations to help them scale their business for maximum health impact is a new approach aimed at driving community transformation," said Neil Meltzer, president and CEO of Life Bridge Health and a member of the AHA's Social Impact Fund Investment



Advisory Committee. "We believe this model has the potential to accelerate health impact."

The newly funded social enterprises are:

BOSTON

- **Smart from the Start:** \$250,000 to support efforts to promote the health and well-being of vulnerable families while providing resources to help secure long-term financial security and sustainability.
- **Fathers' Uplift:** \$150,000 for operational needs and sustainability.
- **HomeStart:** \$250,000 to expand its eviction prevention program in subsidized housing properties across Boston.
- **Fresh Truck:** \$150,000 to aid in developing its new food prescription platform, Fresh Connect.
- **bosWell:** \$50,000 to reduce the impact of social determinants through a scalable technology pathway.

FLINT

- **MADE Institute:** \$100,000 to establish a sustainable business model that will support thousands of people in successfully reentering society.
- **Urban Renaissance Center:** \$100,000 to help expand job-creating social enterprises, increase access to clean water and reduce pollution in one of the poorest neighborhoods in the city.
- **Flint Fresh:** \$150,000 to meet the urgent need for healthy foods for the city's low-income residents, traditional consumers and businesses, and spur economic growth by driving increased revenues to local farmers.

"We are incredibly proud to be investing directly in these communities," said Dr. Regina Benjamin, former U.S. surgeon general and fund committee member. "Together, these solutions have a chance to create a lasting positive health impact in the communities they serve." ■

SOCIAL EVENTS

BALTIMORE, MARYLAND

Baltimore at Heart Heart Ball

The Heart Ball took place on February 23 at the Waterfront Marriott.



Chris and Susan Helmrath, Pulse Circle; Chris is also a Baltimore board member

TAMPA BAY, FLORIDA

Executive Leadership Breakfast

The Tampa Bay Heart Walk hosted an Executive Leadership Breakfast for sponsors and key supporters for the upcoming Walk on November 9.



Dr. Ravi Chari, alongside Chuck Sykes, Champion's Circle

LAS VEGAS, NEVADA

King and Queen of Hearts Heart Ball

Wayne Sermon, lead singer from the band **Imagine Dragons**, served as passion speaker sharing his personal story about his daughter **Sunnie** who was born with Transposition of the Great Artery (TGS) and operated on just a few days after being born.



ABOVE *Imagine Dragons' lead singer Wayne Sermon with Steve and Debbie Ikirt who won the bid on the band's autographed guitar along with VIP tickets to a show.*

RIGHT *Wayne holding the winning guitar.*



ATLANTA, GEORGIA

Atlanta Heart Ball

The 2019 Atlanta Heart Ball took place on February 23 at the St. Regis Hotel.



Rick Baker and Mariela Romero, Champion's Circle members

MENLO PARK, CALIFORNIA

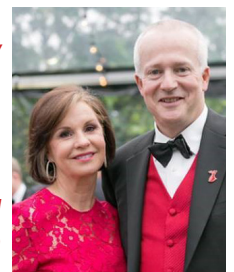
Silicon Valley Heart & Innovation Ball

The Silicon Valley Heart & Innovation Ball in Menlo Park, California on May 28 was chaired by **Dr. Bob Harrington**, Chairman of the Department of Medicine at Stanford University and President of the American Heart Association.



ABOVE *Matthew McIntyre, Thesia Gouw, Champion's Circle, Dr. Calvin Kuo and Cecile Chartier*

RIGHT *Rhonda and Dr. Bob Harrington*



SOCIAL EVENTS

JACKSONVILLE, FLORIDA

First Coast Heart Ball

The 2019 First Coast Heart Ball in Jacksonville, Florida entertained over 450 guests on April 13.



*Jim and Elaine Stallings,
Champion's Circle*



*Corkie and Clarence Gooden,
Champion's Circle*

ROCHESTER, NEW YORK

Heart Ball

Champion's Circle Cor Vitae member, **R. Wayne LeChase** accepting the Dr. Arthur J. Moss Community Leadership Award at the 2019 Rochester Heart Ball. This annual award was bestowed on Wayne for his history of philanthropy, community leadership and championing health in Rochester, NY.



R. Wayne LeChase, Champion's Circle

TAMPA BAY, FLORIDA

Go Red for Women Luncheon

The 2019 Tampa Bay Go Red for Women luncheon reached 400 guests with impactful messages from the heart.



Susan Stackhouse, 2019 Tampa Bay Go Red for Women Chair, Pacesetter's Circle; Jake Fisher, 2019 Tampa Bay Men Go Red Chair, Champion's Circle; and Debbie Lundberg, 2019 Tampa Bay Circle of Red Chair, Champion's Circle

CINCINNATI, OHIO

Year-End Celebration

Cincinnati's Year-End Celebration on June 12 celebrated over 65 volunteers, society members, donors and researchers of the American Heart Association.



ABOVE John and Kerry Mongelluzzo, Champion's Circle, with Bill and Jenny McCloy, Champion's Circle



RIGHT Jeff Hock, Champion's Circle and Mark Jahnke, Champion's Circle

SAN DIEGO, CALIFORNIA

Go Red for Women Luncheon

Nearly 500 women came together on February 28 for the San Diego Go Red for Women Luncheon to raise awareness of heart disease as the number one killer of women.



Donna Marie Robinson, Champion's Circle and Circle of Red Vice Chair and Linda Niggli, Pulse Circle and Paul Dudley White Legacy Society member



American
Heart
Association.

Cor Vitae *Society*

THE HEART OF LIFE

National Center
7272 Greenville Avenue
Dallas, TX 75231
heart.org/corvitaesociety
corvitae@heart.org

Let's Be Well Healthy Heart Box™



The new **Let's Be Well Healthy Heart Box™** offers you valuable tools and practical steps to help empower you to manage your condition in a personal way. AARP has teamed up with the American Heart Association to create and curate a selection of items that make your journey easier and will be delivered straight to your door.

Be sure to use the code **AHA15** at checkout and you will receive a 15% discount on your order.

To learn more about the kit, please visit letsbewell.com.

Join The Conversation



@American_Heart



Facebook.com/AmericanHeart



Instagram.com/American_Heart