

Spring 2018



The Pulse

of the Cor Vitae Society

**COR
VITAE**
Society

THE HEART OF LIFE

Love Healing Community Initiative Discovery Seek Learning
Community Encourage Encourage Strength Grow
Support Seek Knowledge Life Impact Research Technology Life
Impact Advocate Educate Practice Knowledge
Healing Compassion Love Impact

LETTER FROM THE CEO

The American Heart Association achieved several milestones in recent months, and I'm delighted to share some of them with you. Most notably, the association issued new blood pressure guidelines that redefine hypertension, impacting patients and practices; and celebrated an exciting Heart Month in February, including the Go Red For Women Red Dress Collection.

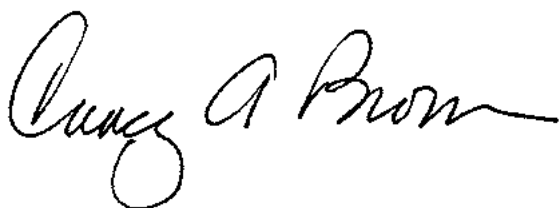
During our annual Scientific Sessions, the American Heart Association and American College of Cardiology announced major new blood pressure guidelines — for the first time in 14 years. The big news is that high blood pressure is redefined as a systolic measurement of 130 or higher or a diastolic of 80 or higher. As a result, about 14 percent more people will be alerted to their need to reduce or better control their blood pressure — an important step in combating heart disease and stroke in the future. Read more about these important guidelines on page 8.

This February, Academy Award-winning actress Marisa Tomei hosted the successful Go Red For Women Red Dress Collection, as part of New York's Fashion Week. Stunning red dresses on a sisterhood of women actresses, activists, models and recording artists helped raise awareness about heart disease in women, which for years was considered a "man's disease." These incredible women showed that preventing heart disease in women is important and empowering.

None of this would have happened without you, our loyal Cor Vitae Society members. Your generosity, compassion and commitment help us help people live healthier and longer. To our new Cor Vitae Society members, welcome. You have joined a dedicated group of supporters.

Through your commitment and support, you've contributed to these major developments. You make a difference every day, and I am sincerely grateful.

All my best,



Nancy Brown
Chief Executive Officer



Our Mission

To build healthier lives, free of cardiovascular diseases and stroke.

IN THIS ISSUE

Events	3
Survivor Spotlight	4
Member Profile:	5
Linda and Acie Vickers Potomac, Maryland	
Member Spotlights	6
New Blood Pressure Guidelines	8
City Wide Executive Challenge	8
International Stroke Conference	9
Red Dress Collection	10

EVENTS

CHICAGO, ILLINOIS:

Chicago's Cor Vitae Society and Circle of Red members on the Trolley Tour of landmarks supporting Heart Month. See back cover for more.



Dr. Joseph N. Carre and Mary Foster-Carre, Patron's Circle, and AHA National Executive Lead Darryl Griffin

AHA Executive Director Brian Shields, with Patron's Circle members Kim Feil, Kimberly K. Bors and Kathryn Bors

PHOENIX, ARIZONA:

The Phoenix Board wearing red for Heart Month.

Sitting, left to right: Dr. Katherine Kenny, Champion's Circle; Jeri Jones, Champion's Circle; AHA Senior Vice President Cayci Oliver; and AHA Senior Community Impact Director Kerrin Kleinschmidt

Standing, left to right: Linda Lewis-Scott, Patron's Circle; Rick Degraw; Board President Dr. Aye Win; Dr. Sarika Desai; Board Chair Justin Kelton; AHA Executive Director Debra Wilson; Carolyn Jackson, Pacesetter's Circle; and Kristine Thompson



NASHVILLE, TENNESSEE:

In January, Cor Vitae Society members were celebrated at the Big Hearts Under the Big Top Middle Tennessee Heart Gala.



Dick and Sharalena Miller, Patron's Circle

Connie and Carl Haley, Pulse Circle, with Mary Lankford and John Harlin



Michael and Lisa Wiechart, Pacesetter's Circle

SURVIVOR SPOTLIGHT

LAPD officer steps up commitment to his health

Once he discovered his problem, he began addressing it

by Nancy Brown, CEO of the American Heart Association

In the South Central area of Los Angeles, the Harvard Park neighborhood has a reputation as a tough neighborhood.

But things are changing. In September 2017, the Los Angeles Police Department placed about 10 more officers in Jackie Tatum Harvard Park as an expansion of its Community Safety Partnership. The goal is for their presence to help make a difference, with the chance for residents to trust them even more once they get to know them.

The American Heart Association got involved, too, setting up a pilot program called STEPS (Strategic Dialogue That's Empowered by Public Safety) with the LAPD and the Los Angeles Department of Recreation and Parks that encourages officers and residents to walk together on Saturday mornings. The second and fourth Saturday of each month also include health screenings.

"I've got to get a handle on this to make sure I'm around for my kids."

Marcus Whitehead is one of the LAPD officers assigned to Harvard Park. He had so much fun at the kick-off event for STEPS that he returned. He took advantage of the free health screenings and found out his blood pressure was 160/130 – well into the danger zone.

At 34, Whitehead still looked like a guy who'd played college football. Whitehead was a semi-regular at the gym. He had a physical exam each year and never had a problem with his blood pressure.

But long shifts and a long commute meant eating what he could, including a staple of fried food.

The nurse gave Whitehead a quick lesson about the dangers of high blood pressure, also known as hypertension, and his increased risk of heart disease and stroke. She recommended he see a doctor.



Officer Marcus Whitehead

About 10 days later, Whitehead hadn't gotten around to a checkup when he felt a mild headache at work. This happened from time to time in recent months and he figured it was job stress. Soon, he became nauseous and lightheaded.

Whitehead went straight to a doctor. His blood pressure was even higher than it had been at the park.

Whitehead took the next week off work and used that time to commit to a new lifestyle. He stopped drinking soda, cut way back on fried foods and became more of a regular at the gym.

His blood pressure is now between 130 and 139, but he aims for a normal range of less than 120.

Back on the beat, Whitehead is a regular at the Saturday walks. The program was created by Eric Batch, vice president of advocacy for the Western States Affiliate, who won a nationwide challenge to improve the health of communities, receiving a grand prize of \$100,000 to make it a reality.

Whitehead shared his story at a local AHA board meeting and continues to share it in hopes of inspiring others to learn more about their health and to take action. "I've got to get a handle on this," he said, "to make sure I'm around for my kids. If it weren't for STEPS, I may have never known my situation. I'm proof that it works." ■

We are proud to share Officer Whitehead's story as a follow-up to *The Pulse* Winter 2017 "Transforming Communities" article featuring the STEPS program. To read more about how the AHA is making a difference in your community, visit heart.org/CorVitaesociety.

MEMBER PROFILE

LINDA AND ACIE VICKERS | Potomac, Maryland

PRESIDENT'S CIRCLE

Linda and Acie Vickers of Potomac, Maryland have witnessed the devastating impact that heart disease has had on both sides of their families.

Linda's 50-year-old sister, Stacey Richardson, was born with congenital heart disease (CHD), which wasn't diagnosed until she was 18 months old. Stacey suffered from Tetralogy of Fallot, a serious heart condition that occurs in five of every 10,000 babies. As a result, Stacey was unable to crawl or walk before she underwent her first surgery to repair her heart. When she was 4, a second surgery was performed.

Linda's parents were scared about Stacey's health, but always encouraged her to do what other kids normally do.

“She is one of those miracles that just keeps going.”

“Stacey was a fighter from a young age,” Linda says. “She is one of those miracles that just keeps going.”

But living with a chronic heart condition isn't easy, as both Stacey and Linda can attest. At age 34, Stacey required a defibrillator to treat her cardiac dysrhythmia. Now on her second defibrillator, she may one day need a heart transplant.

Stacey, who is married with one son, has attended the Greater Washington Region Heart Ball for the past several years with Linda and Acie.

The sisters are grateful for the AHA's Support Network, which provides emotional and practical support to people living with heart disease and stroke. This type of support would have helped their parents when Stacey was growing up.

“It's was a hard thing for my parents to go through,” Linda says. “They didn't know if Stacey was going to live or die.”

Linda and Acie's ongoing support and involvement with the AHA will continue to help others – like Stacey – live healthier and longer.

“Stacey really is an inspiration for other adults and children living with CHD,” Linda says. ■



Linda and Acie Vickers, President's Circle



Linda Vickers and her sister Stacey Richardson

SOCIETY MEMBER SPOTLIGHTS

Mark W. Connolly, M.D., FACS, FACC | Paterson and Jersey City, New Jersey

CHAMPION'S CIRCLE



Dr. Mark Connolly

Dr. Mark Connolly, a renowned cardiovascular surgeon at St. Joseph's Regional Medical Center in Paterson, New Jersey, has operated on more than 10,000 patients during his 30-year career. But as a self-described "cardiovascular activist of the new millennium," his advocacy efforts with the American Heart Association are what allow him to reach and influence many more people to live heart healthy. Dr. Connolly not only performs patients' surgeries, but he helps them with their recovery to ensure they quickly return to their normal routines — with a longer life expectancy and a better quality of life.

Dr. Connolly, who has volunteered with the AHA for 15 years, is the President of the Northern New Jersey Board of Directors. In 2017, he also chaired the Bergen Passaic Heart Walk and the New Jersey Affair of the Heart Ball, which culminates in an evening celebrating survivors, researchers and physician champions across New Jersey.

Elva Ritter Estate | Allen County, Kentucky

PULSE CIRCLE



Elva Ritter and Kloie Widenhouse

The late Elva Ritter's commitment to the mission of the AHA was only surpassed by her passion for teaching. An educator for 40 years, Elva spent her first 20 years teaching in four, one-room school houses and the next two decades teaching first grade and reading in Kentucky.

Elva was a strong believer in physical education for children and supported Jump Rope For Heart (JRFH) through her great niece, Kloie Widenhouse. With her aunt's generous support, Kloie attained top JRFH fundraiser status at her school — helping provide the school much needed physical education equipment.

The Elva Ritter Estate continues to support healthy activities for children through a recent gift to the AHA's Youth Market Children's Health Platform (YMCHP) for Western Kentucky. The YMCHP works with school districts and individual schools to improve the health of America's youth through events like JRFH and Hoops For Heart. Elva would be proud to

know that her estate gift to YMCHP provides educational resources, programs, physical education materials and fun activities at Kloie's school and throughout Western Kentucky.

Adam Roth | Orange County, California

CHAMPION'S CIRCLE



Adam Roth

For Adam Roth, chair of the 2018 Orange County Heart & Stroke Walk, heart disease is personal. That's why employees of his company, Roth Staffing, one of the largest privately held staffing companies in the country, will be helping to drive this year's walk.

Heart disease has touched not only Adam's family, including his grandparents and parents, but also some of his friends and co-workers. Adam's two young children — 4-year-old Parker and 2-year-old Grayson — are added reasons for his involvement with the AHA. He hopes they will have access to better cardiac prevention and treatment than is available today.

Adam got involved with the AHA three years ago, when he was introduced to Max Page, who was born with a congenital heart defect and has endured 12 surgeries in his short life. Hearing Max's story led to Adam chairing the 2018 Heart Walk.

SOCIETY MEMBER SPOTLIGHTS

Bernie Savransky | Lancaster, Pennsylvania

CHAMPION'S CIRCLE

PAUL DUDLEY WHITE LEGACY SOCIETY



Bernie Savransky

Bernie Savransky believes in the power of giving. At 94 years young, he's provided multiple gifts beginning in 1999, through a bequest and 20 charitable gift annuities — gaining him membership to the Cor Vitae and Paul Dudley White Legacy Societies.

Bernie grew up during the depression, began working at age 14 for Western Union, and later joined the Navy, where he remained for 20 years. He credits the Navy for teaching him about computers. He would eventually retire working for the federal government in Washington, D.C.

Bernie's wife of 50 years, Elizabeth, died in 2002 from natural causes. He's had one heart attack and his father and brother both passed in their 60's from heart disease. That's why he and Elizabeth started giving to the AHA.

"I give the money to charity because it helps keep people alive," Bernie says. "We didn't need the money. We figured why not give now through gift annuities and then the rest when we pass."

Bernie plans to continue giving till the end. "The money I have is doing someone good instead of just sitting in a bank. It's something I can do in my lifetime."

The Paul Dudley White Legacy Society, named for one of AHA's founding members, recognizes donors who establish a gift through their will, trust, retirement account or life income gift. Bernie is one of more than 7,500 society members.

Vicki and John Crum | Houston, Texas

1924 CIRCLE



John and Vicki Crum

The mantra "Everyone has a heart" drives Vicki and John Crum's passion for heart health.

John, a former executive for a large oil and gas company, understands the impact of healthcare costs for employers. In 2012, he was invited by a business partner to be a company champion and join the City Wide Executive Challenge at the 2012 Houston Heart Walk. Through their involvement, they have learned about the AHA's resources and tools for employers and have been instrumental in introducing other business leaders to the program. John and Vicki are also passionate about eliminating food disparities in Houston, and beyond. They want to make sure everyone has the opportunity to eat a heart healthy diet.

Vicki and John have a personal connection to heart disease: John's father recently passed away, but his life was extended for many years thanks to his pacemaker. The Crums also have lost several friends to cardiac conditions, including a friend who did not receive CPR. These tragedies inspired them to support CPR efforts in their community and to host trainings for family and friends. They also recently funded the first Go Red For Women CPR Kiosk in the country.

In five years, John and Vicki have made a tremendous impact. John served as chair of the Men Go Red For Women Society and joined the local board of directors. John and Vicki also co-chaired Houston's 2017 Go Red For Women Luncheon, leading the campaign to its most successful year.

New Blood Pressure Guidelines

The American Heart Association has redefined high blood pressure: a systolic measurement of 130 and higher, or a diastolic measure of 80 and higher.

The AHA's new guidelines also recommend earlier intervention to prevent future complications.

The new guidelines result in more people being actively counseled on lifestyle changes to reduce blood pressure, but only a small increase in the percentage of U.S. adults for whom medication is recommended in conjunction with lifestyle management.

The new guidelines also stress using proper technique to measure blood pressure. The only way to know if you have high blood pressure — known as the “silent killer” because there are often no symptoms — is to have your blood pressure tested. Blood pressure levels should be based on an average of two to three readings on at least two different occasions.

To learn more about the new blood pressure guidelines, how lifestyle changes can impact your health and how you can “know your numbers,” visit heart.org/bloodpressure. ■

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

AHA's City Wide Executive Challenge

This year, more than 1 million people will participate in nearly 300 Heart Walks, the American Heart Association's premier fundraising event to save lives from heart disease and stroke.

The AHA is proud to recognize the top fundraisers within the AHA's City Wide Executive Challenge who champion local Heart Walks.

Last year, more than 6,940 executives from across the country participated in the challenge — raising more than \$12 million. We are grateful for these exceptional volunteers and their leadership.

To learn more about or to participate in the City Wide Executive Challenge, contact your local AHA office. ■



Wilf and Diane Wainhouse, Champion's Circle

MEMBERS IN ACTION

“I support the AHA to give back to the community in such a way that both saves lives and builds hope for so many people. The mission of the AHA resonates with just about everyone in our community. Like so many, heart health has hit close to home. The incredible history of the AHA's research and training, coupled with continued advancements in the science of heart health, is worth whatever time and resources I can offer.” — Wilf Wainhouse

Top 2016-2017 Leaders:

- Wilf Wainhouse, Champion's Circle | Puget Sound, WA
- Moe Kent, Champion's Circle | Collier, FL
- Keith Wolken, Champion's Circle | Nashville, TN
- Jim Iovino | Columbus, OH
- Bob Clark, Patron's Circle | Sacramento, CA
- Mike Lukemire | Columbus, OH
- Chris Tsakalakis, Patron's Circle | San Francisco, CA
- Mark Widmar | Phoenix, AZ
- Bob Shapard, Champion's Circle | Dallas, TX
- Albert Pylinski, Jr., Pulse Circle, | Utica, NY

SCIENTIFIC MEETINGS

International Stroke Conference

More than 4,300 professionals from 55 countries participated in the American Stroke Association's annual International Stroke Conference (ISC), held in Los Angeles this past January. ISC, the world's premier meeting dedicated to the science and treatment of cerebrovascular disease, featured more than 1,500 presentations in 22 categories that emphasize basic, clinical and translational sciences.

ISC 2018 Highlights:

- **New Acute Ischemic Stroke Guidelines**
- **Simple test to help paramedics recognize stroke**
- **Diet that slows cognitive decline in stroke survivors**
- **Data showing Asian-Americans are particularly impacted by stroke**
- **Stress strongly linked to brain bleeds**

The AHA hosted a luncheon at ISC for Cor Vitae Society members, volunteer leaders and friends.

Dr. John Warner, president of the American Heart Association, and 18-year-old stroke survivor Gracie Doran spoke during the luncheon.

Dr. Kathy Magliato, immediate past president of the Western States Affiliate Board of Directors, led a distinguished panel discussion on the "Latest Advances in Stroke Prevention/Treatment and Brain Health" featuring:

- **Dr. Sepideh Amin-Hanjani**, professor and program director of the Neurovascular Surgery, Department of Neurosurgery, University of Illinois at Chicago
- **Dr. Philip B. Gorelick**, medical director of the Hauenstein Neuroscience Center, Saint Mary's Health Care, Grand Rapids, Michigan
- **Dr. Thomas Hemmen**, director of the UCSD Stroke Center and clinical chief of Adult Neurology at the University of California, San Diego; oversees the AHA/ASA Stroke Committee in San Diego
- **Dr. Lee Schwamm**, executive vice chairman of the Neurology Department, director of the MGH Comprehensive Stroke Center and professor of neurology at Harvard Medical School; co-chair of the AHA's Taskforce on Brain Health and Healthy Aging



Karen Oxman, Champion's Circle; Julie Carruthers; and Ted Baxter, Patron's Circle



Science and Technology Hall Tour: Hank Wasiak; Ambassador Dr. Pooja Khatri; and Ted Baxter, Patron's Circle



Marsha Gaswirth, Patron's Circle, and Suzie Upton, Patron's Circle and Paul Dudley White Legacy Society



Panelists: Dr. Kathy Magliato, Patron's Circle; Dr. Sepideh Amin-Hanjani; Dr. Philip B. Gorelick; Dr. Thomas Hemmen; and Dr. Lee Schwamm

MISSION IN ACTION

American Heart Association Go Red For Women Red Dress Collection presented by Macy's

Red dresses, heart signs and dance steps all traveled down the runway as celebrity models showed their support in kicking heart disease by kicking off New York's Fashion Week in February.

Celebrity models, actresses, social influencers and musical artists all donned red designer gowns — and a couple of pantsuits — at the American Heart Association's Go Red For Women Red Dress Collection 2018, presented by Macy's.



En Vogue

The show, held at the Hammerstein Ballroom, was hosted by Marisa Tomei, Best Supporting Actress Oscar winner, and featured musical performances by Tony Award winner and Disney legend Lea Salonga and R&B-pop group En Vogue.

Tomei spoke about the importance of women's health and told of the startling underrepresentation in clinical research involving women and the role gender plays in health.

The diversity of the celebrity models stretched from women in their 20s to their 80s and mirrored how cardiovascular disease strikes women of all ages and colors.



Celebrity models included: Niki Taylor, Marion Ross, Kathy Ireland, Maye Musk, Ginger Zee, Adrienne Bailon Houghton, CeCe Winans, Liz Hernandez, Elizabeth Rohm, Grace Helbig, Kate Walsh, Lynn Whitefield, Melissa Joan Hart, Rachel Lindsay, Tatyana Ali, and Zuri Hall.

American Heart Association's® Go Red For Women® Red Dress Collection® 2018

Presented by  Macy's

The show, held at the Hammerstein Ballroom, was hosted by Marisa Tomei, Best Supporting Actress Oscar winner, and featured musical performances by Tony Award winner and Disney legend Lea Salonga and R&B-pop group En Vogue.

Tomei spoke about the



Niki Taylor

MISSION IN ACTION

Also joining the celebrities on the runway were heart disease survivors Karen A. Hill of Washington, D.C., who is living with cardiomyopathy, and Lilly Rocha of Pasadena, California, who survived a heart attack at the age of 37.

The Red Dress Collection was founded in 2003 by the National Heart, Lung, and Blood Institute's *Heart Truth Campaign* in partnership with America's top fashion designers. The event has been presented by Macy's since 2014.

Beautiful women in beautiful designer gowns put the issue of women and heart disease in the national spotlight. About every 80 seconds a woman dies of a cardiovascular disease, making it the leading cause of death among women. ■



Lea Salonga



Marisa Tomei

Photos courtesy of American Heart Association's Go Red For Women Red Dress Collection, presented by Macy's



While in New York City kicking off American Heart Month, National Go Red For Women Volunteer Star Jones hosted an intimate lunch at Michael's New York. Eight women joined Star to talk about women's health and the role the AHA plays in empowering women to live healthier lives.

Left to right: Liz DeLuca, Heart and Torch Circle; Ellen Wasserman, Pulse Circle; Andréa Frazier, Pulse Circle; Carol Bramson, President's Circle; National Go Red For Women Volunteer Star Jones; Keli Jenkins, President's Circle; Taylor Snyder; Linda Vickers, President's Circle; and Stacey Richardson

The morning of the Red Dress Collection, AHA CEO Nancy Brown hosted an intimate brunch for Cor Vitae Society members and volunteers. The brunch featured Dr. Calum MacRae, chief of cardiovascular medicine at Brigham and Women's Hospital, and the leader of the One Brave Idea team. Launched in 2016 through a \$75 million investment from the AHA, Verily and AstraZeneca, the One Brave Idea team has set out to find the weapons and strategies to win the fight against coronary heart disease. To learn more visit www.OneBraveIdea.com.

*Front: Taylor Snyder
Back, left to right: Judy Hendrick, Patron's Circle; Kambria Callantine, Pulse Circle; AHA National Executive Lead Katie Pryor; Keli Jenkins, President's Circle; and AHA SouthWest Affiliate Executive Vice President, Midge Epstein*



COR VITAE Society

THE HEART OF LIFE

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

The 2018 Heart Month had historic success with individuals — and buildings — “going red” to raise awareness. In Chicago, Cor Vitae Society and Circle of Red members were treated to a special trolley tour around the city to view the newly “red” sites in the city. For more photos from Heart Month and Cor Vitae Society events, see inside.

