

Fall 2018

Cor Vitae *Society*



American
Heart
Association.

The Pulse

IN THIS ISSUE

Heart Walk celebrates 25 years

**AHA launches
Social Impact Fund**

EmPOWERED Voices

**Mission: Lifeline — improving
patient care**



Letter from our Chairman,
James J. Postl
Heart and Torch Circle

LETTER FROM THE CHAIRMAN

In July 2017, I began my tenure as chairman of the American Heart Association National Board of Directors, and I am proud of the advancements the association has made and continues to make.

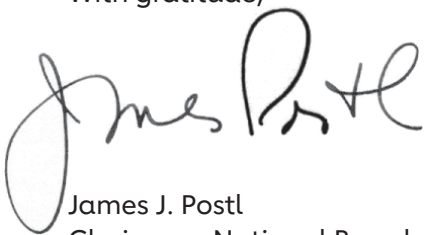
We remain committed to fighting cardiovascular diseases and stroke, but our work is so much more than that, thanks to you. As a result, this summer, we unveiled a new mission statement — only the third in our organization’s more than 90-year history — *To be a relentless force for a world of longer, healthier lives.*

We also launched the latest Strategically Focused Research Network (SFRN) to target atrial fibrillation, or AFib. An estimated 6.1 million people in the United States are living with AFib, making it the most common heart abnormality in the country. This new SFRN is possible thanks to the generous support of Cor Vitae Society Heart and Torch Circle members, Linda and Joe Chlapaty and Sarah (Sally) Ross Soter and her husband, Bill. The other eight AHA SFRNs focus on prevention, hypertension, health disparities, women’s heart health, heart failure, obesity, children and vascular disease.

Stevie and David Spina, who are also Cor Vitae Society Heart and Torch Circle members, contributed \$5 million to seed the Social Impact Fund. This novel initiative empowers communities to change the trajectory of their health and longevity through economic growth, healthy food access and education. To learn more, see page 3.

By funding cutting-edge research and investing in community-based programs, you’re making an indelible difference. Thank you for your support and passion for our mission.

With gratitude,



James J. Postl
Chairman, National Board of Directors
Heart and Torch Circle



*James J. Postl, Chairman,
National Board of Directors*

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

IN THIS ISSUE

AHA News	3
Society Events	4
Survivor Spotlight	6
Member Spotlights	7
EmPOWERED Voices	10
Mission: Lifeline	11

Heart Walk celebrates 25 years

Celebrating its 25th anniversary, the Heart Walk remains focused on its initial goal — funding groundbreaking research through the passion of walking together to change lives. Over those 25 years, the American Heart Association has funded \$3.4 billion in research.



The Turkey Walk, as it was named when it began in 1984, was tested in the Mississippi and Texas affiliates with a potential to raise \$30,000 or more in metropolitan areas. Nearly a decade later, Turkey Walk evolved into Heart Walk and would be the first AHA event conducted at the same time nationwide.

Since those early days of the Heart Walk, the millions of dollars raised have helped many, including survivors of congenital heart disease, heart attack and stroke.



Chicago Heart Walk

Today, Heart Walks across the country are filled with families walking together, many wearing memorial stickers on the backs of their T-shirts as they cross the finish line, and co-workers building a workplace where the healthy choice is the easy choice.

To participate in your local Heart Walk visit heartwalk.org. ■

AHA launches Social Impact Fund

In August, longtime supporters Stevie and David Spina of Wayland, Massachusetts donated \$5 million to create the AHA's first Social Impact Fund.

The fund will support and empower communities to change their trajectory of health and well-being by advancing ideas and initiatives that address the social determinants of health.

Beginning in Boston and Flint/Southeast Michigan, the fund will rely on the community's knowledge of what's needed to create solutions and make an impact.

According to the County Health Rankings, only 20 percent of a person's overall health is determined by clinical medical care, while another 50 percent is determined by social and economic factors and physical environment.

While we've made significant advances in cardiovascular disease prevention and treatment, the health results are disparate across economic, racial and ethnic groups.

"Conditions where people live, learn, work and play vary widely and impact their health and longevity, which is why access to affordable housing, fair



David and Stevie Spina, Heart and Torch Circle

wages, strong school systems, safe streets and healthy foods are vital to help the millions of Americans burdened by these social determinants of health," AHA CEO Nancy Brown said.

"The association's Social Impact Fund is the catalyst needed to diminish disparities and transform communities so that every person can reach their full health potential, neighborhood by neighborhood through organic solutions and powerful partnerships."

Community organizations, individuals, educators and others will be invited to apply for funds to positively impact local communities. ■

SOCIETY EVENTS

PROVIDENCE, RHODE ISLAND:

Cor Vitae Society members, board members, executive leadership team members and sponsors in Rhode Island were treated to a special evening featuring Dr. Ryan McTaggart, who shared how Rhode Island is a leader in stroke care. Members also enjoyed musical entertainment from a 19-year-old survivor and an exclusive preview of HEARTTALKS, a new local series of scientific updates and inspirational survivor stories.



Ed Pieroni; survivor Jason Pieroni; Joan Pieroni; Heather Provino, Champion's Circle; and Renu Englehart

Lisa Abbott, Patron's Circle; Larry Sadwin; and Ed Santos



ORLANDO, FLORIDA:

Cor Vitae Society members in Orlando were invited to an "Evening of Gratitude" in celebration of their impact on our mission. David Markiewicz, AHA Greater Southeast Affiliate Executive Vice President, showcased these individuals' lifesaving support by sharing mission updates and a community year-in-review video during an intimate dinner.



Marlin Hutchens, Patron's Circle, and David Cross



Kyle Sanders, Patron's Circle, with Melodi and Jon Wood



Sonja and Tony Nicholson, Paul Dudley White Legacy Society, and AHA Executive Vice President David Markiewicz, Champion's Circle

SOCIETY EVENTS

CINCINNATI, OHIO:

In September, Dr. Frank and JoAnne Noyes, Pulse Circle, hosted a special Night of Gratitude in their home for local Cor Vitae Society members. Each member had the opportunity to learn more about the impact they are making locally and received a blood pressure monitor to check their own numbers. The evening also included a special awards presentation recognizing Dr. Creighton Wright for his outstanding leadership over the past 25 years and a synchronized swimming performance by the Cincinnati Synchrogators Team.



JoAnne Noyes, Pulse Circle; Dr. Creighton and Carolyn Wright, Patron's Circle; Dr. DP Suresh, Champion's Circle; and Mark McDonald, Patron's Circle



More than 30 Cor Vitae Society members and AHA volunteers gathered to hear about local AHA initiatives, including tobacco cessation, blood pressure reduction and healthy living.

POTOMAC, MARYLAND:

Over the summer, President's Circle members Linda and Acie Vickers opened their home to all Greater Washington Region Cor Vitae Society members. Local members were invited to socialize, hear from an AHA funded researcher, and learn about the community and national impact they've made possible.



Acie Vickers, President's Circle; Dr. Roquell Wyche; and Keith Krom and Ines Luengo de Krom, Patron's Circle



Marty Cummings, Pulse Circle; Cheryl Campbell, Patron's Circle; and Cheryl Waldrup, Pulse Circle



AHA Vice President Michele Werner, and Linda Vickers, President's Circle Member

SURVIVOR SPOTLIGHT

She's half the woman she used to be — going from 380 pounds to certified personal trainer

by AMERICAN HEART ASSOCIATION NEWS

Annabelle Jimenez's knees and back ached constantly. Having long struggled to control the quality and quantity of her diet, her weight had ballooned to 380 pounds.

Annabelle grappled with polycystic ovary syndrome, a hormonal condition that increased her risk of diabetes, metabolic syndrome, heart disease and high blood pressure. For years, doctors urged her to lower her cholesterol level. But she didn't take it seriously enough.

Then she endured a series of wake-up calls, all in a short span.

"I am stronger than I thought I was and I don't want to go back to where I was," she said.

Her doctor said she was prediabetic. Her son's father had just survived a cardiac arrest and a triple bypass operation. And she knew her family history of heart disease was another major risk factor.

At 34, it was time to make some major changes for herself and her son, Jaylin, who was 9.

In August 2015, after considering gastric bypass surgery for more than a decade, Annabelle underwent the procedure. She then devoted herself to lifestyle modifications needed to ensure its success.

She's cut her weight nearly in half and inspired her family to get healthier. Annabelle became so devoted to fitness that she's been certified as a personal trainer. In March, her efforts were recognized with the Go Red for Women New York Lifestyle Change Award.

"I am stronger than I thought I was and I don't want to go back to where I was," she said.

For many years as a single mom who worked full-



Annabelle Jimenez (left) received the New York Lifestyle Change Award from Macy's executive vice president Molly Langenstein at the 2018 Go Red for Women Luncheon in New York City.

Photo courtesy of Annabelle Jimenez

time, she fell into the habit of skipping meals during the day, then gorging on fast food or low-quality snacks from convenience stores.

Since the surgery, she now maps out each meal and snacks for an entire week. To fully appreciate the difficulty of this change, consider her circumstances.

Annabelle lives in Queens, New York in an urban neighborhood filled with fast-food restaurants and convenience stores — but not a grocery store. The closest one requires walking 10 blocks to the subway and then riding four stops.

Annabelle convinced her mother to make changes to her traditionally carb-heavy Puerto Rican diet. As a result, her Type 2 diabetes is under control for the first time in a decade.

Having overhauled her health and improved her family's, her next aim is inspiring others to change their lives, too.

"I honestly believe that once someone is serious about changing their life and take on the challenge of enduring a difficult road, success can be achieved," Annabelle said. ■

SOCIETY MEMBER SPOTLIGHT

Joan and Bert Hash, Jr. | Ellicott City, Maryland

PULSE CIRCLE



Joan and Bert Hash, Jr.

Joan and Bert Hash are passionate about health equity and multicultural health.

Heart disease runs in Bert's family and those of his and Joan's friends. Bert's mother and father raised him and his brother to honor and care about their family and community, which they do through the Joan and Bert Hash Foundation.

"Joan and I know that we have been blessed in life," Bert said. "We try to share our blessings

with contributions that make a difference in the lives of our fellow human beings. We support education through our alma mater, Morgan State University, and select private schools in Baltimore. We also support our respective churches and make contributions to various charities."

Joan and Bert recently made a generous gift to the AHA in honor of Bert's mother, Stella Jean Hash. The gift will help meet the needs of their local African-American community and other communities at higher risk of heart disease and stroke.

As commissioner of the Baltimore City Fire Department, Bert's focus is centered on the chain of survival — critical steps to treat life-threatening emergencies — especially in communities with the highest rates of heart disease and stroke.

Bert's vision is to train 25,000 people in CPR in neighborhoods where the number of heart attacks is high, and the CPR intervention rate is low. He also wants a more collaborative relationship between Baltimore residents and the fire department.

As part of Morgan State University's pledge to train all students and staff in AHA Hands Only CPR Training, they launched a call to action kick-off on September 29, 2018 at the Hughes Football Stadium. Over 250 students, staff and community residents were trained.



Morgan State University President David Wilson at the CPR training kick-off

Chain of Survival: Establishing a new standard of care to improve cardiac arrest survival

Despite advances in resuscitation science and emergency care systems in the last 20 years, the impact of cardiac arrest is alarming.

- About 560,000 cardiac arrests occur every year in the United States — claiming about 475,000 lives.
- Only 12 percent survive out-of-hospital cardiac arrests nationally, which reflects the critically time-sensitive need for a well-organized system of care.
- About 24 percent survive in-hospital cardiac arrests, despite occurring near trained medical professionals. The odds of survival can vary by as much as 42 percent between hospitals.

High-quality CPR makes the difference between life and death

The AHA's Resuscitation Quality Improvement Program (RQI[®]) is a proven approach for achieving and sustaining high-quality CPR skills within hospitals and healthcare organizations. The program combines simulations and quarterly audiovisual coaching at the point of care with robust performance analytics to deliver continuous quality improvement in a hospital resuscitation program.

SOCIETY MEMBER SPOTLIGHT

William “Bill” N. LaForte, Esq. | Rochester, New York

CHAMPION’S CIRCLE



Bill LaForte with AHA Executive Vice President Heather Kinder, Patron’s Circle

Bill LaForte, a principal attorney representing real estate developers for Trevett Cristo P.C. law firm, is a long-standing, dedicated American Heart Association volunteer.

“Twenty years ago, a close business associate asked if I would help secure corporate sponsorships for the Rochester Heart Ball, which I did for a couple of years,” he said. “Soon after, I was invited to join the Rochester Board of Directors” (on which he served for more than 10 years and was chair in 2012-14).

Under Bill’s leadership, the Rochester board achieved the AHA’s Gold Standard Board, which recognizes boards for implementing best practices to drive mission and revenue impact while forming sustainable volunteer leadership in local communities.

In 2013, Bill joined the Founders Affiliate Board of Directors and now serves as chair.

Bill relishes his membership in the Cor Vitae Society.

“As the Founders board chair, I issued a challenge that we become a top board when it came to our Cor Vitae Society membership,” he said. “I would contribute \$1,000 to an association event of a fellow board members’ choosing. Additionally, for every board member who joined Cor Vitae, I presented them with a great bottle of wine from my wine cellar. Then, I went to all the regional boards and issued the same challenge. It was very well-received, and membership increased substantially.”

For his passionate commitment to the association’s mission, Bill was awarded the Founders Affiliate Nick Racanelli Torch of Strength Award in 2018.

Bill’s personal connection to heart health is his father Joseph, who lived into his early 90s. Bill credits his father’s longevity to advances in cardiac care and prevention. His mother, however, died from complications due to a stroke 15 years ago.

His daughter Cynthia was the top fundraiser in New York’s City’s inaugural CycleNation event.

“If you’re going to become involved, it has to be all-in... 100 percent,” Bill said.



American Stroke Association.
A division of the American Heart Association.

CycleNation™

CycleNation empowers people across the country to use road and stationary bikes to get brain and heart healthy — all while raising funds for programs that help prevent stroke and heart disease.

Since 2016, the AHA has hosted more than 30 CycleNation events across the country with more than 10,000 participants.

To find a CycleNation event near you, visit cyclenation.org.



Bill and his daughter, Cynthia, at CycleNation in New York City

SOCIETY MEMBER SPOTLIGHT

Tiffany and Lonnie McGowen | Dallas, Texas

PATRON'S CIRCLE



Tiffany and Lonnie McGowen

Over the last four years, Tiffany and Lonnie McGowen's passion in spreading the message of stroke and heart attack prevention is rooted in both personal and professional experience.

In 2016, Lonnie almost lost his father Lonnie, Sr. from a stroke caused by 80 percent blockage in his aorta. Since receiving an aortic stent, Lonnie, Sr. has fully recovered and leads a healthier life.

Lonnie's boss, Monty Griffin, President and General Manager at Sherwin Williams, survived a heart attack — causing employees to embrace the AHA's mission and participate in the Dallas Heart Walk.

Lonnie's AHA volunteer activities include the Go Red for Women Executive Leadership Team, Sherwin Williams Heart Walk Team Captain and the Dallas Board of Directors.

Tiffany and Lonnie want to impact underserved communities and increase health equity for all. Their aim is to help minority populations better understand how to achieve longer, healthier lives. They also advocate for smoke-free policies and CPR training in schools and work.

"I've learned more than I'd ever thought I'd know about heart and brain health," Lonnie said. "It has made me more aware of the decisions I make that affect my long-term health.

"When I look at my dad, he's a great reminder that I'm a Jr. I have to stay healthy to remind him to stay healthy, so he can see his grandkids."



American Heart Association.

EmPOWERED to Serve™

EmPOWERED to Serve is a movement inspired by American Heart Association multicultural volunteers around the country who are passionate about driving change in their communities through health justice.

These committed ambassadors are impacting gaps in health equity through advocacy, policy, education and social change.

EmPOWERED to Serve strives to:

- Inspire and equip communities to adopt healthy living behaviors.
- Increase the number of people trained in CPR.
- Increase the use of 911 in response to signs of stroke and heart-related issues.
- Empower communities by improving access to quality health care.
- Support the elimination of food deserts.
- Increase access to safe environments for physical activity.
- Share success stories and best practices that communities can implement.

To learn more, contact your local AHA office or visit empoweredtoserve.org.

MISSION IN ACTION

EmPOWERED Voices

In August, the American Heart Association hosted its second annual EmPowered Voices Experience on Martha's Vineyard, highlighting the association's efforts to diminish health disparities in communities at greatest risk of poor health.

Hosts Brenda and Mark Moore, President's Circle, Linda and Mark Chastang, and Nancy Brown, AHA CEO and Cor Vitae Society member, welcomed more than 80 influential guests, volunteers and connectors to discuss building bridges of health and well-being community to community.

Brunch featured a panel including U.S. Surgeon General Dr. Regina Benjamin and two dynamic young social entrepreneurs, Lauren Robinson and Cecil Wilson. Cecil is the founder and CEO of Gophers Inc., an on-demand service that delivers fresh food and other goods to economically challenged residents in Chicago. Lauren, an 8th grader, founded Foodvie, an app that helps kids with allergies and their parents find suitable foods.

Nancy Brown also announced the newly created Social Impact Fund (see page 3), made possible by the generous support of Stevie and David Spina, Heart and Torch Circle members.

The program concluded with a rousing performance by Tanya and Michael Trotter, the voices behind *The War and Treaty*. Michael, an Iraq war veteran, is also an EmPOWERED to Serve Ambassador.

Guests later attended a special competition at the Martha's Vineyard African-American Film Festival, where the AHA presented three grants to aspiring young filmmakers. The event concluded with a special conversation about empowering your health led by Tarana Burke, founder of the #metoo movement, and Dream Hampton. ■



Urban Storytelling Competition winner Cecil Wilson of Chicago, 16th Surgeon General Dr. Regina Benjamin and social entrepreneur Lauren Robinson of Chicago



Event Co-Chair Linda Chastang (right) welcomes guests Amy Goldson and Emily Robertson, long-time Vineyard residents



Dr. Keith and Leslie Churchwell, Patron's Circle



The War and Treaty members Michael and Tonya Trotter

MISSION IN ACTION

Mission: Lifeline® — improving patient care, outcomes

The American Heart Association's Mission: Lifeline program is a proven, national system of care to ensure patients have the best access to emergency treatment and improved outcomes.

In 2007, Mission: Lifeline started with a focus on STEMI, or ST-elevation myocardial infarction, a type of heart attack that may be reversed with specific, urgent hospital care (intervention) to open a blocked coronary artery, including medical or catheterization-based treatment. It brought together key stakeholders — hospitals, EMS and communities — to work collaboratively.

The program, which now covers 85 percent of the U.S. population, has recently expanded to stroke.

The AHA has Quality Improvement staff, volunteers and regional task forces throughout the U.S. committed to the common vision of saving and improving more patient's lives through efficient and effective patient-centric systems of care.

To learn more about Mission: Lifeline, email missionlifeline@heart.org or contact your local AHA office. ■

In August, the American Heart Association announced a statewide commitment of \$6.5 million for its Mission: Lifeline Stroke initiative to expand and enhance stroke care in Nebraska. The foundation of this new initiative is a three-year grant of \$5.35 million from The Leona M. and Harry B. Helmsley Charitable Trust.



Walter Panzirel of The Leona M. and Harry B. Helmsley Charitable Trust and AHA Executive Vice President Kevin Harker, Patron's Circle and Paul Dudley White Legacy Society, with three stroke survivors at the August announcement.

MEMBERS IN ACTION



Judy Foss, Pacesetter's Circle, and her sister Sue Gaston

Through her support of Mission: Lifeline and partnership with the AHA, Judy Foss, Pacesetter's Circle, is passionate about improving the system of care for the entire diverse state of Alaska.

"It's important to have individual and institutional levels of care within the health system," said Judy. "This project will pave the way and improve the future of Alaska. It will help to provide a lifetime of information and data that will make it easier for people who have these health issues."

In addition to Mission: Lifeline, Judy and her family are active Go Red for Women supporters. Judy's sister Sue Gaston of Anchorage, Alaska is a survivor and AHA volunteer. Sue's daughter Charlotte said she is alive today because of the Go Red for Women Luncheon.



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Cor Vitae *Society*

THE HEART OF LIFE

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Chicago, Illinois

In August, Chicago-area AHA supporters and society members gathered at UChicago Medicine to learn more about the latest in cardiovascular medicine and “scrubbed in” for an open heart surgery.



Join The Conversation



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