

Legacy of Heart

Vaping: A National Crisis

You may have seen ads that claim e-cigarettes and other “alternative” smoking devices are healthy. Not true!

While the long-term consequences of e-cigarette use are not currently known, the use of e-cigarettes has been related to illness and injuries, including individuals who have recently died from serious lung injuries associated with vaping. In addition, millions of youth who would have never smoked a traditional cigarette are using e-cigarettes and risking a lifelong addiction to nicotine.



E-cigarette devices are sometimes called e-cigs, vapes, e-hookahs, vape pens, electronic nicotine delivery systems (ENDS). Products are becoming sleeker and more colorful, some even resembling a USB drive. Vaping involves a diverse array of products that typically include a cartridge or tank, heating element and battery. When the e-cigarette is heated, a liquid solution that typically includes nicotine and flavorings creates an aerosol that users inhale. While using an e-cigarette is often called vaping, the devices produce an aerosol — not a vapor. That aerosol includes particles of metals and toxic chemicals that have been linked to heart disease, respiratory disease and cancer.

Sadly, people of all ages are embracing this trend. Even worse, more than one in four high school students use e-cigarettes. Although cigarette smoking is at an all-time low, the tobacco industry is rapidly evolving and aggressively marketing its products to youth, people of color, those with mental illness, and underserved communities.

Our 30-year fight against the tobacco industry has taught us that rigorous science and research is essential to change policy and behaviors – and ultimately protect the health of our youth. The rapid pace of e-cigarettes entering the marketplace requires an ambitious, aggressive approach. Our goal is to reach communities that Big Tobacco targets. That’s why the AHA is committed to an ambitious initiative to fight the vaping epidemic through:

- A \$20 million research investment
- An impactful, multi-year fund dedicated to public policy change at all levels of government to prevent vaping and nicotine addiction with foundational support from Kaiser Permanente
- A nationwide focus on youth engagement, currently centered around a campaign called **#QuitLying**, (QuitLying.org)
- A focus on educating parents, educators and school nurses by providing solutions and helping them understand the impact on youth
- Facilitating dialogue with community, regional and national audiences to identify and accelerate solutions

Join the fight by emailing your local representatives. In 60 seconds, you can help combat the growing youth tobacco epidemic. Visit: <https://act.yourethecure.org/srdAF91>. Follow the simple prompts and your letter will be created for you. Let’s put out the smoke!



American Heart Association.
Donor Advised Fund

The AHA Donor Advised Fund Program offers a unique tobacco-free investment portfolio. It’s like a charitable investment account, simplifying giving so you can make grants over time to causes you’re passionate about. The tobacco-free investment portfolio provides you with the confidence of mission-aligned investing by avoiding companies that derive revenue from manufacturing tobacco or tobacco-related products.

Sean Summers Saved His Dad's Life – Twice!

By American Heart Association News

Sean Summers was sitting on the couch while his dad, Terry, nursed a bad headache. The two had just returned to Kansas City, Missouri from a trip to California. While watching TV, Terry started to ask Sean a question, but the words came out garbled.

"It was like I was talking in slow motion. I knew the words weren't coming out right, but I just thought I must be really tired," said Terry. Sean took one look at his father and said, "You're having a stroke. I'm calling 911".

Terry's stroke symptoms became more obvious while Sean was on the phone with the emergency dispatcher.

"I had heard the signs for FAST – Face Drooping. Arm Weakness. Speech. Time to Call 911 – so often, I knew as soon as I heard him trying to talk that it was a stroke," said Sean.

Emergency medical teams arrived quickly and took Terry to the nearest hospital where he received alteplase, a clot-busting medication. He was then transferred to another hospital where doctors performed a procedure in which a device retrieves a clot from the brain.

Sean was recognized with a Brain Saver Award from the American Heart Association, along with the first responders and medical team who treated Terry.



Terry Summers and his son, Sean.

It was the second time Sean saved his dad's life by calling 911. In 2007, Terry had a heart attack and needed two stents to reopen blocked arteries.

"The only reason I'm around to tell my story, is because my son saw and knew the signs of a stroke and had the gumption to call the ambulance even though I was telling him not to," says Terry.

For more information, visit StrokeAssociation.org.

Giving Back and Making Things Happen



Sabrina Pritchett-Evans (top row, third from left) at Michigan Go Red for Women luncheon

Sabrina Pritchett-Evans practices what she preaches to her clients about being creative to achieve charitable goals.

The passionate State Farm agent recently co-founded Tendaji with Belinda Tate, Executive Director of Kalamazoo Institute of Arts. Tendaji started with 21 women in 2018 and now has 26 members who provide financial support to cultural, educational, and human services organizations in Greater Kalamazoo, Michigan. Tendaji means "make things happen" in Swahili. Five grants totaling \$47,325 have been distributed to local nonprofits since 2018.

Sabrina is also a committed donor and volunteer to the AHA, generously donating through life insurance policies and monetary gifts, making her a member of the Cor Vitae Society and the Paul Dudley White Legacy Society.

"Creating a life insurance policy in a charity's name is the easiest way to leave a legacy and maximize your dollars," said Sabrina, a member of the Go Red for Women executive leadership team in Kalamazoo.

"Here's how it works: I take out a life insurance policy for \$100,000 in the charity's name. I make the payments monthly and once the policy is paid up, the money accumulated goes to the charity."

Sabrina gets her family involved in philanthropy too. At 21, her youngest son already has a life insurance policy supporting a favorite cause.

Supporters like Sabrina are the lifeblood of the American Heart Association — giving back to communities and addressing disparities among diverse populations.

"I like the American Heart Association because it's all about communities and making them healthy," Sabrina said. "When communities are healthier, they become more productive, and I want that for my children and grandchildren."

His Heart's in the Game



Michael Collins* is an avid baseball fan — go Red Sox!

In the past 25 years, he's collected baseball memorabilia and visited all 30 major league stadiums.

After playing legion ball as a teenager in New Jersey, he tried out for the Philadelphia Phillies and St. Louis Cardinals. When he didn't make the teams due to an arm injury, he dedicated himself to studying health and physical education.

Michael began his career as an elementary PE teacher informing his classes with American Heart Association guidelines. He later obtained a Ph.D. in sports sociology from Syracuse University in New York.

During the next 32 years, he was a professor at three universities in the College of Health Sciences.

Michael became involved with the AHA when he was asked to chair the Jump Rope for Heart program — his physical education background making him a perfect fit.

He decided to make an even greater impact by including the AHA in his will. He knows health issues are related to exercise and athletics and has lived his life imparting that message to others.

Michael, whose family instilled giving back at a young age, donates to over 15 charities. But health causes are most dear to his heart.

"I chose to give to the American Heart Association because of the work I've done with them in the past," Michael said. "My wish is to educate the public on healthy aging, lifestyle and prevention without total reliance on medications."

Recently, Michael donated a gift of real estate. When properly structured, a gift of real estate can be one of the best ways to support your favorite charitable causes.

"This home was in Florida and I wasn't living in it anymore," Michael said. "I didn't want to go through the hassle of selling it. By donating it to the American Heart Association, they get the benefits from it now."

Michael had a stress-free transfer and saved on capital gains taxes by working with an AHA gift planning representative.

"My father lived until his 90's and died of congestive heart failure," he said. "My mom died in her 80's from a stroke. I had a serious AFib episode about 10 years ago. I've been fortunate and feel it's right to share with others who have health issues."

Michael wants his commitment to heart health to be his legacy.

"I can't spend all my money in my lifetime," he said. "Why not give it to people who need it a lot more than I do?"

*Name has been changed at the request of the donor

If you'd like to learn more about gifts of real estate, return the enclosed response card to receive your free brochure — Real Gifts, Real Benefits or call 1-888-227-5242.





Your gift saves lives

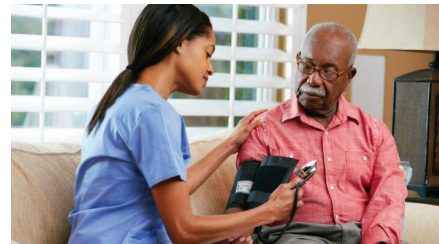
When you give to the American Heart Association, you are making a dramatic impact in the fight to save and improve lives and ultimately cure heart disease and stroke -- our No. 1 and No. 2 global killers. The following are some of the ways that your gift improves lives within our community, our state and around the world.

Leading Breakthroughs in Science & Technology



Your gift is driving the most innovative research and technological solutions that are helping us get closer to finding a cure. Top researchers are working through our community of networks to find solutions more quickly, precision medicine is becoming closer to a reality.

Transforming Health Care



Your support is radically changing the future of cardiovascular care and health. Together, we are ensuring that every person has access to quality healthcare. By working with hospitals, we are closing the window of time for cardiac arrest and stroke patients, giving them a better chance of surviving.

Changing Systems



Your support is transforming communities through accreditation and certification initiatives that improve our quality of food and health care. Your support also helps form strategic alliances and partnerships, so that we all are working toward a healthier world.

Transforming Communities



Your gifts are used to develop initiatives that are implemented in communities to enhance the quality and length of life for every person living in the U.S. We implement evidence-based strategies for prevention and health management, and we provide support to address complex health challenges for communities.

Changing Policy



Your support is bringing positive change to the laws that govern us. Together we advocate for more cardiovascular research funding for the National Institutes of Health. We also push for health policies that focus on improving health care, serving under-resourced communities and ensuring that everyone has equal access to care.

Our Mission

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