



Legacy of Heart

VOLUME 37 SUMMER 2017

91 year old volunteer raises more than \$5 million for the American Heart Association



Bob Clark

resident, who's spent nearly five decades as a volunteer for the association.

"I always tried to follow a pattern where I helped people if I could, whether they could help me or not," said Bob, who began donating his spare time to the association in 1968.

That's been the spirit of volunteerism since 1974 when the first National Volunteer Week was declared. Research has shown a strong relationship between volunteering and health. Those who volunteer have lower mortality rates, function better and suffer less depression than those who don't volunteer, according to a 2007 report from the Corporation for National and Community Service.

In 1968, heart disease death rates, which rose steadily during the first half of the 20th century, had peaked, artificial heart valve replacements were new and the country was still decades away from developments like drug-eluting stents. All Bob knew was that he liked what he learned about the American Heart Association, especially the organization's commitment to research.

Today, he's still going strong, having raised more than \$5 million for the association in nearly 50 years.

Bob Clark usually works out at the gym, but he also gets his steps in at the American Heart Association's Central Iowa Heart Walk. The event, and the fundraising that goes along with it, are nothing new for the West Des Moines

"I discovered that if you want people to help you, you have to ask them, and it's so easy to ask them if you feel strongly about an organization," said Bob. "The personal contact produced the best results, and in my opinion, the personal way produces the same results today."

Bob's commitment to volunteering began early in his career. He was working in the legal department of a power company in 1953 when his boss encouraged him to join the Jaycees. He did and eventually became the civic organization's national president.

In 1968, he had just started a bank job in Des Moines, when curly hultman, his friend and the U.S. attorney for the Northern District of Iowa, called and asked if he'd raise money for the American Heart Association.

Bob agreed, a commitment that started out by raising funds in local church basements and has since taken him as far as Geneva, Barcelona and Seoul.

The more volunteer experience he gained, the more he was asked to do, taking on a variety of local and national roles for the association. It seemed he couldn't spread himself too thin, and today he stays busy volunteering with a handful of organizations.

Bob is not only a volunteer, he also supports the organization in other ways. He and his wife Mariann have included the American Heart Association in their will.

Long ago he adopted the Jaycees' creed, which he says is his too. "Service to humanity is the best work of life," Bob says. "I've always tried to follow that."

American Heart Association News



My Research Legacy is a network of everyday people who are donating their lifestyle, genetic and wearable device data to a secure platform as part of a new way to fight the top two killers in the world – heart disease and stroke. This next-generation community is built by the American Heart Association, in collaboration with the internationally renowned Broad Institute of MIT and Harvard.

The core of My Research Legacy is the data that will be stripped of any personal information and collected on a secure platform. Scientists will take that data and turn it into solutions that will help prevent, treat and erase heart disease and stroke.

My Research Legacy is all about collecting information. Researchers will crunch the numbers compiled from consumers in hopes of uncovering previously unrecognized patterns, pointing out new areas for researchers to investigate. **We'd like to have 250,000 people sign up... including you!**

The pilot study seeks 2,000 people in the U.S. who are between the ages of 21 and 49, who have survived a heart attack, stroke, atrial fibrillation, aortic dissection or systolic heart failure/cardiomyopathy. If you don't fit those categories, but are over 21, there are still opportunities to be involved.

It only takes a few minutes. You'll answer five basic questions, then learn more details through a research consent form. This isn't an actual enrollment – it's simply saying you're interested in being involved. There's nothing to lose and much to be gained.

Data from participants will be coded and stripped of personal identification on a secure platform. You can rely on the trustworthiness of the American Heart Association with 92 years of scientific research and the expertise of the Broad Institute, a biomedical and genomic research center with one of the world's largest genome sequencing facilities, launched in 2004 by MIT, Harvard, Harvard-affiliated hospitals, and visionary Los Angeles philanthropists Eli and Edythe L. Broad.

"The most transformative thing about scientific research – it's not going to be a fancy molecular biology lab, it's not going to be some high-powered microscope, it's not even going to be powerful computers," said Dr. Eric Lander, President and Founding Director of the Broad Institute. "It's going to be patients. We can learn so much more from patients than from anything else. Everything in the research enterprise eventually is going to get organized around patients because that's where all the information about clinical medicine really lies."

Cutting-edge research such as this could pave a path to something we all want - longer, healthier lives. This is our wish for our generation and, most of all, for younger and future generations.

With only a few clicks, you and your loved ones could be part of this potentially transformative program. Go to **myresearchlegacy.org** to learn more.

American Heart Association News

Ways to Give

Giving to the American Heart Association and American Stroke Association

Thank you for your consideration in making a gift to support our mission of building healthier lives free of cardiovascular diseases and stroke. Your heartfelt generosity, either through an outright gift or donor advised fund, will make a difference and help save lives. There are many ways to make a gift to show your support, while taking care of yourself and your loved ones.

Our Mission Advancement Team can assist you in choosing the gift option that is right for you, and answer your questions on gifts donated over time.



GIFTS BY CASH, CHECK OR CREDIT CARD

Donations given through any of these methods can be done easily, conveniently and securely.

IRAs

IRAs are a popular way of making gifts to the American Heart Association.



ACH AND WIRE TRANSFERS

ACH (Automated Clearing House) and wire transfers are gladly accepted by the American Heart Association.



DONOR ADVISED FUNDS

Donor advised funds may give our donors the ability to decide which areas of our mission they want to fund. If you plan to use a donor advised fund to make your gift, please talk with your mission advancement team member.



WILL OR TRUST

Through a will or trust, you can plan for a future gift to the American Heart Association while also ensuring your loved ones will also receive benefits.



STOCKS, BONDS & MUTUAL FUNDS

Investors can contribute marketable securities that have been owned for more than one year and have grown in value.



CHARITABLE GIFT ANNUITIES

Charitable gift annuities can provide you with a way to maintain your current lifestyle, and increase your financial security. You will receive fixed annual payments for as long as you live, and your gift will make a difference for our mission.



LIFE INSURANCE

If you have a life insurance policy that is no longer needed, you can transfer ownership of the policy to support our mission. If you choose to keep your policy but want to make a future gift, you can leverage your policy simply by naming the American Heart Association as a beneficiary.

CHARITABLE LEAD TRUST

With a charitable lead trust, you can donate to the American Heart Association, and then pass your assets to your heirs at reduced tax rates. You can fund your trust with cash, bonds, stocks, land or other assets.



For more information, contact mission.advancement@heart.org, or visit heart.org.

The American Heart Association cannot provide tax advice. Donors should consult with their financial advisor for answers on tax-related questions.



Planning from the Heart

Q: How do I provide for my pet in my will?

A: People love their animals. Pet ownership positively impacts your health by reducing stress and depression. News articles suggest 66% of pet owners treat their animals as members of their family. Sound familiar?

Have you considered what would happen to your pet if you became incapacitated due to illness or passed away unexpectedly?

There's a way to ensure your pet receives the care they deserve after you're gone. It's called a Pet Trust.

You simply express in writing that you give your pet, and a sum of money, to a trusted person (the trustee), who has a special duty to follow directions for your pet's proper care. The trustee then delivers your pet, and the money you set aside, to a person you select as the caretaker. It's best to name two different people for these positions. As separate persons they act as a check and balance in the care of your pet.

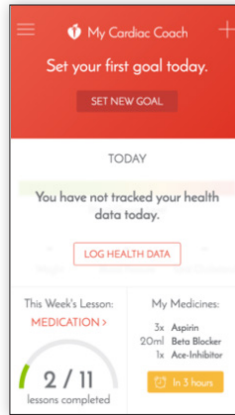
The best part of the Pet Trust is you can leave specific instructions about your pet's food and diet, grooming, socialization and veterinary care. You can also name a contingent beneficiary such as the American Heart Association if any money remains in the trust after your pet passes away.

Pets become part of your family. Make plans now so they don't get forgotten when the time comes.

Courtesy of Peter Canalia, of the law offices of Canalia and Clark, LLC, serving the Chicago metropolitan area and Northwest Indiana.

Email plannedgiving@heart.org or call 1-888-227-5242 to submit a question.

Free smartphone app helps heart attack survivors manage their heart health



My Cardiac Coach app, introduced by the American Heart Association, helps monitor vital statistics, tracks medicine and gives exercise reminders. "The app is full of great information. It makes it black and white what your numbers are,

what your cholesterol is and whether you've gained a pound or lost a pound. It keeps you on track," said Melissa Murphy, who suffered a coronary artery dissection two years ago.

The app uses association data to guide users in their treatment plans and help them track their progress. It can be downloaded for free.

"It also teaches you how to ask your doctor questions about everything from nutrition to exercise to medicine," Murphy said. "It gives you lessons on types of things you didn't know about before you were suddenly thrust into heart disease."

About 20 percent of heart attack survivors older than 45 will have another heart attack within five years of their first. Association research from 2016 shows that many heart attack survivors have trouble understanding

their condition, sticking to their treatment plan and making the necessary lifestyle changes to prevent another heart attack.

John Osborne, M.D., Ph.D., a cardiologist, researcher and founder of State of the Heart Cardiology, tested **My Cardiac Coach**. He said the app works to simplify recovery in the information age.

"After a catastrophic event occurs, patients have no idea where to start. This app is very intuitive and educational. It walks people through a variety of topics related to cardiovascular disease and it boils down the information and makes it easy for a layperson to understand. And it's all there right on your phone."

All app users sign a consent form outlining terms and conditions. No data is shared without the patient's permission, although the association does look at aggregated, de-identified patient data to measure the effectiveness of the app.

My Cardiac Coach also connects patients with other heart survivors through social media and the association's Support Network. "Putting people together with others who've had similar experiences is extremely helpful psychologically," Osborne said. "It makes you feel you're not alone."

American Heart Association News

Eat Healthy, Live Brightly

For quick and easy ideas on how to add color to your plate, visit healthyforgood.heart.org

Z E V X B I J B K H T C A F D
V F V V L V C J M F P I Y Q Q
F Y M M T N K W H V L B R R D
F R C S G D I F E E P A I A Z
A F U R N O P K A Z W K V F Q
H D P I H A M F L Z Y T G O M
H K R B T K C O T C I F M I R
L K O X L S P K H S O Z P O I
H Q D V B R K K Y H L L E S Y
W H U F D N F D K L I P O E B
E H C C A M O V E M E N T R L
F V E G E T A B L E S R I V S
S Y H W Q O C K J I X V N I H
J D G S H E A R T N D L M N C
Q K V J B V K U M V Q I V G F

COLORS
FLAVOR
FRUITS
HEALTHY
HEART
MOVEMENT
PRODUCE
SERVING
SNACK
VEGETABLES

Legacy Leader: David Downs – Research is Why



David Downs

Like many Americans, David Downs has a personal connection to heart disease. Both of his parents suffered from it, but only his father survived. In fact, after a quadruple bypass surgery at age 82, his father lived another 12 years without further heart issues.

David's mother was 75 when she suffered a heart attack. Like many women, her symptoms were not typical of what a man might experience, so she spent the day in bed thinking she just wasn't feeling well.

"My father, who was a retired medic in the army had checked her pulse, and noticed that she had a rapid heart rate, so we decided to take her to urgent care," David said. "We were immediately sent to a hospital where an EKG showed nothing abnormal. The doctor wasn't as convinced and called a cardiologist."

It was determined that David's mother had suffered a heart attack, had two leaky valves and two of her primary coronary arteries were blocked at 90 and 95 percent. Prior to surgery, a balloon pump was inserted, but sadly, she passed while on the operating table.

It was many years later that David's lawyer asked him what charities he wanted to support in his Living Trust. Recalling his parents' heart issues, the American Heart Association came to mind.

"I'm not a big fan of writing checks to the government," he admitted. "With a Testamentary Charitable Lead Trust, I can avoid taxes, while supporting reputable charities. It's my general philosophy that charities can do more good with my money than the government can."

A Testamentary Charitable Lead Trust also allows David to maintain control of his money, which was important to him. After he passes, the charities David has selected, including the association, will receive the remainder of the trust over a ten-year period.

Although David himself has had five stents placed in his heart, he hasn't had any issues since 2009, which may be attributed to his healthy diet and exercise. It may also be a result of the advancements made in cardiovascular medicine and research since his mother's heart attack.

"There's been such progress made on the research front," he said. "Here in southwest Florida, I read that a local hospital is doing valve replacements using a minimally invasive process instead of open heart surgery. Who knows, maybe one day, the American Heart Association will develop a pill that puts you out of business."

To learn more about leaving a gift through your will or estate plan, return, return this form to:
American Heart Association, Charitable Estate Planning, 7272 Greenville Avenue, Dallas, TX 75231-4596,
email us at plannedgiving@heart.org or call 1-888-227-5242.

☐ Send me my complimentary brochure **Your Will and Estate Planning Guide**. (XCA)

☐ Please have a representative contact me to discuss my will and estate plan. (XCD)

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone: (____) _____ Email: _____

Grilled Chicken with Strawberry and Pineapple Salsa

Serves 4 | 3 ounces chicken and ½ cup salsa per serving

Grilled pineapple and fresh mint and strawberries combine with tangy lemon and a bit of hot pepper flakes to make an interesting salsa for grilled chicken.

Salsa

- ☐ 1 teaspoon canola or corn oil
- ☐ 2 slices fresh pineapple, each ½ inch thick, patted dry
- ☐ 1 cup whole strawberries (about 5 ounces), diced
- ☐ ¼ cup finely chopped red onion
- ☐ 3 to 4 tablespoons chopped fresh mint leaves
- ☐ 1 to 2 teaspoons sugar
- ☐ ½ teaspoon crushed red pepper flakes
- ☐ 1 medium lemon

Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together the remaining salsa ingredients

Chicken

- ☐ 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- ☐ 2 teaspoons salt-free steak seasoning blend
- ☐ ¼ teaspoon salt

except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.



NUTRITION ANALYSIS (per serving)

Calories.....	191
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol.....	66 mg
Sodium	223 mg
Total Carbohydrates.....	14 g
Dietary Fiber	2 g
Sugars	10 g
Protein	27 g
Dietary Exchanges: 1 fruit, 3 very lean meat	

Recipe copyright © 2009 by the American Heart Association.