



Police sergeant's heart stops after dialing 911



Dean Oshiro with his children (from left) Colton, Kagan and Taylor, and his wife, Sandra.

Dean Oshiro has to rely on his family to fill in the blanks when it comes to what happened on Aug. 20, 2010. That's when the Santa Monica, California police sergeant survived a cardiac arrest caused by a heart attack. He was 45 years old.

Dean was lifting weights in the garage when he suddenly came into the house and complained he wasn't feeling well.

His wife Sandra got a call from her then-11-year-old daughter Taylor, asking her to come home. Sandra put her off initially, thinking she was exaggerating. Only then did Taylor tell her, "Dad feels like he's having a heart attack."

Sandra told them to call 911 if they were being serious. Still believing it was just an overreaction, she called home to let them know she was on her way back.

That's when she learned paramedics were there, attempting to revive her husband.

"I went from thinking he just wanted me to make him lunch to thinking he was dead," Sandra said.

Dean had felt his chest tighten and called 911. He was on the phone with the dispatcher when his heart stopped. The couple's son Colton, then 13, picked up the phone to deploy help.

Paramedics quickly arrived and started CPR. They shocked Dean's heart twice with an automated external defibrillator

before it resumed a normal rhythm. At the hospital, he faced additional complications as doctors struggled to inflate a stent after poking a pinhole-sized hole in the artery on the way to the blockage.

Sandra and the couple's kids held a vigil at the hospital, joined by the family's network of friends. Dean woke up from a medically induced coma two days later.

"It was an answer to my prayers," she said.

Dean returned home a week later and spent the next month undergoing physical therapy and working with a nutritionist to overhaul his diet that had previously included ice cream, cheese and red meat.

Although he had managed high blood pressure for about a decade and had a family history of heart disease, Dean hadn't taken his own risk seriously. The gravity of what happened hit him when he saw that other patients in cardiac rehab were all significantly older than him.

"I realized this was going to be part of my life for the next three or four decades," Dean said.

"I'm a lot more conscious of my heart health now. I used to just ignore it if I got a headache. Now I stop to consider if it could mean my blood pressure is too high."

The Oshiros have shared their story at community events, including the American Heart Association's Los Angeles and Santa Clarita Heart Walks, and encourage others to take their heart health seriously.

"I'm just grateful for the time I have with my family and all the support I have," Dean said.

Learn more about cardiac arrest and its symptoms at heart.org/cardiacarrest.

Scientific Sessions: Today's Research is Tomorrow's Cure



The American Heart Association's annual Scientific Sessions was held in New Orleans in November, where thousands of doctors, researchers and healthcare professionals gathered to learn and network with colleagues from around the globe. The five-day event is the oldest and most visible expression of the association's latest scientific discoveries and innovations.

The first Scientific Sessions was held on May 26, 1925, just one year after the association was founded. It attracted 200 attendees and had 10 presentations. It also laid out this challenge to attendees: "What can the American Heart Association accomplish?"

While Scientific Sessions has grown to more than 16,000 people plus 2 million virtual attendees, the sentiment of what can the association accomplish remains steadfast.

This year was no exception. More than 5,000 sessions and 4,000 presentations took place, covering a diverse educational program. In particular, two exciting announcements combining healthcare and technology were made.

The first is a collaboration with Amazon Web Services to create the American Heart Association Precision Medicine Platform, a secure, cloud-based marketplace for storing and sharing health data. Researchers from around the world can access data from multiple sources, and have the ability to study large numbers of patients at once. The goal is to speed up research time for scientists by hosting rich and diverse data in one location.

The second is the creation of My Research Legacy, which invites anyone to contribute their lifestyle, health and genetic information to the scientific community. Information provided will be stripped of personal identification, and allow scientists to search for patterns within the network that can be used to treat and beat heart diseases and stroke. What's more, the network can be used to find patterns specific to an individual, leading to more personalized treatment plans for patients.

The American Heart Association has come a long way from its first Scientific Sessions. But the passion and commitment by its attendees to cure and treat heart disease and stroke endures. This level of dedication is fueled by you, our supporters and advocates. Together, we are making an impact today so that more people can live longer and healthier lives.



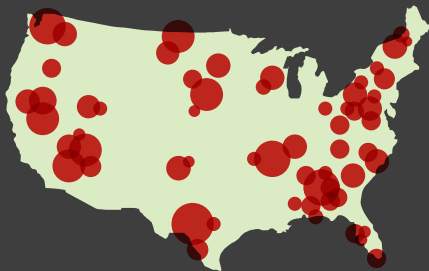
Donors John and Carol Simpson, Paul Dudley White Legacy Society members



Our Fight To End Stroke

THE PROBLEM

Stroke is a leading cause of **death**



long-term disability,

cutting them off from important people and activities that can include

If only they knew...

nnmm...

talking, walking, working and **enjoying** what they once did so easily.

WHAT we do:

PREVENT. TREAT. BEAT.

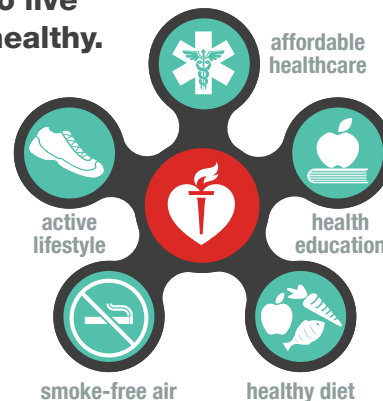
What **you** can do

1 PREVENT STROKE

The AHA/ASA is building a **CULTURE OF HEALTH**

*Making the **healthy choice** the **easy and popular choice**.*

We can lower stroke risks for everyone by making it easier to live healthy.



2 TREAT STROKE

effectively from **911 to Discharge**

We work with EMS and hospital systems to ensure stroke patients receive the fastest and best care based on scientifically-proven practices.



Patients will have improved outcomes if treatment is provided in the first three hours.



Through programs like **Get With the Guidelines - Stroke** and **Target: Stroke** now more than

1,700 hospitals

have adopted this data into practice which has **reduced stroke** to the

#5 cause of **DEATH** **DOWN FROM** **#3** cause of **DEATH** **IN JUST 5 YEARS**



3 BEAT A STROKE through improved stroke care and recovery. So far we have helped **20 states** pass legislation ensuring programs that monitor the best stroke care. We are continuing efforts in other states as well, with the goal of **198,000 patients covered in 2017**.



TAKE ACTION and visit www.YoureTheCure.org



Every patient

should have **ACCESS** to



& better CARE



SUPPORT



Supporting the stroke community is **critical** to helping people beat stroke.

2017 GOAL: to support **80% of all stroke survivors**



heart.org/SupportNetwork



JOIN OUR SUPPORT NETWORK

and refer others who may benefit. It's a place where survivors and their family can connect for support.





Planning from the Heart

You can amend your Estate Plan, usually a Living Trust whenever and however you like. The general rule is: You make changes as “your world” changes. Below are five common reasons for amending a Living Trust.

1. Your children are now adults and you recognize some challenges with managing money or substance abuse, etc. You can protect a child’s inheritance from risk of mismanagement or loss with a “Protection Trust.”
2. You remarry and you want to include your second spouse as a beneficiary. This may involve including a plan to protect your second spouse’s inheritance from challenges by family members who may find it difficult waiting for your second spouse to pass before they inherit.
3. With the estate tax exemption at a record-high \$5.49 million, there is no longer a need for a mandatory split of your joint trust estate into “Trusts A & B” following your death. You can replace those provisions with an optional “A/B” split. Otherwise, you leave your surviving spouse with a big hassle for no reason or purpose.
4. You want to change a general charitable bequest to a specific charitable bequest. Instead of leaving a gift to the charity to use for any purpose it deems appropriate, you state the specific reason.
5. You are concerned about what will happen to your pets. People who consider their pets as family want to die knowing that their pets will be cared for and comfortable. That is accomplished with a “Pet Trust” where a trusted relative or friend receives funds to be used for pet purposes and a small salary for his/her efforts.

Submitted by Jeffrey L. Condon an estate planning attorney based in Santa Monica, California. Mr. Condon is principal in the firm of Condon & Condon. He is also author of *The Living Trust Advisor: Everything You Need to Know About Your Living Trust*.

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

Support Network



“My stroke felt like I was going through the end of the world alone. But the Support Network healed me.” – Jackie, stroke survivor

The Support Network connects you with fellow cardiovascular disease and stroke survivors and caregivers, so you don’t have to go it alone. It’s a free online community, where you can share experiences and advice, ask questions and learn from others who’ve walked in your shoes.

Giving back is very important to us! We realize that when you’re faced with the challenge of recovering from heart disease or stroke, it’s important to have emotional support. That’s why

we created an online Support Network, of, by and for survivors and caregivers.

If you’re a patient living with heart disease, we’re here to support you on your recovery journey. Share your real-world heart experiences to regain a sense of encouragement and help other heart patients and their caregivers. Tell us how it happened and what you experienced after your heart diagnosis. The Support Network also gives you access to heart disease and stroke experts via monthly online chats and webinars.

We’d like your help in spreading the word that this community exists. Inform your network, sign up for free and start sharing your stories, questions, ideas and more.

Join today at heart.org/supportnetwork or strokeassociation.org/supportnetwork or contact us at 1-800-AHA-USA-1.

Tax Tips for Your Charitable Contributions

You’ve been charitable all year, now it’s time to get a little credit for it!

1. Big or small, for your donation to be deductible, it must go to a nonprofit group that is approved by the IRS. Usually, these are charitable, religious or educational organizations, but they could also include your local volunteer fire department or a group for the prevention of cruelty to animals.

Not sure if your gift qualifies as tax-deductible? See IRS Publication 526, Charitable Contributions.

2. You can write off cash contributions, no matter how small, but you’ll need a canceled check, bank record or receipt with the charity’s name and donation amount. For text message donations, a telephone bill with the date, organization’s name and amount given will do.

3. Deductions are not unlimited. The basic rule is that your contributions to public charities, colleges and religious groups can’t exceed 50 percent of your Adjusted Gross Income (AGI). Gifts of appreciated property are limited to 30 percent of

your AGI. If these restrictions limit your write-off in the year of the gift, the excess deduction carries over to the next year.

4. Donating used goods such as clothing, linens, electronics, appliances and furniture gets you a write-off for the item’s fair market value at the time you donated it, but it may be less than what you originally paid.

Check out the IRS Publication 561: Determining the Value of Donated Property.

5. Do you volunteer? You may be able to write off many out-of-pocket expenses, including what you pay for materials, supplies, uniforms, stationery, stamps, parking and tolls while serving your community.

You can also deduct the cost of driving to and from your volunteer work, at a rate of 14 cents per mile. If you take public transportation, that bus or rail fare is deductible, too.

For more information on how to maximize your charitable contributions, go to irs.gov.

A Purposeful Life: Jeanean M. Bryant



Jeanean Bryant, in red pants, with her Heart Heroes

When people meet Jeanean M. Bryant, they often notice her red dress lapel pin. Jeanean wears her red dress every day in honor of her mother Annie Bryant, and she proudly tells everyone what it means to her. “Wearing this dress makes me happy. It is part of me; reminds me that she’s still with me and I can persevere through anything. I’m a strong advocate for the American Heart Association.” Jeanean says. Sometimes individuals ask if they can have it.

Jeanean tragically lost her mom as a result of a home explosion. Prior to this, her mom was in a car accident that required her to have heart valve surgery. A pig valve was inserted, which was later replaced with a mechanical valve that prolonged her life. This was Jeanean’s first introduction to the importance of a healthy lifestyle.

Jeanean does more than wear a red dress on her clothes to show her support of the American Heart Association. She

hopes to influence people as an advocate, delivering the heart healthy message with honesty and love, and people listen. People like her **Think. Respect. Ambassadors/Mentees** at Detroit’s Mumford High School where she advised students for five years on securing college scholarships, grants and financial aid. As a mentor, Jeanean quizzed her students on the importance of heart health. “I asked my kids to tell me what a healthy heart meant before I gave them a red dress pin. I wanted them to research it” Jeanean says.

Jeanean fondly states “My scholars call me their mother and auntie. They know I have their best interests at heart. I tell them, I’ve got your back, your front, your middle and your sides.”

Jeanean lives the association’s mission every day. She has been CPR certified for 23 years and recently became a CPR instructor. She models annually in the Go Red fashion show at her local Macy’s, walks in and raises funds for the Detroit Heart Walk. She has also designated the American Heart Association as a beneficiary of her life insurance in memory of her mother Annie Bryant.

When asked how she would like the association to eventually invest her life insurance gift, Jeanean doesn’t hesitate to reply. “I’d like for The American Heart Association to facilitate a program that educates young scholars on healthy lifestyles. If they get it when they’re young, it will live with them for a lifetime.”

To learn more about leaving a gift through beneficiary designations of your life insurance or retirement accounts, 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 **Giving Retirement Assets**. (XFA)
☐ Please have a representative contact me to discuss my will and estate plan. (XFD)

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone: (____) _____ Email: _____

Vegetable Gumbo

Serves 4 | $\frac{3}{4}$ cup gumbo and $\frac{1}{2}$ cup rice per serving

- ☐ 2 tablespoons all-purpose flour
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion, chopped
- ☐ 1 medium green bell pepper, chopped
- ☐ 1 medium rib of celery, thinly sliced
- ☐ 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- ☐ 1 cup frozen sliced okra
- ☐ 1 teaspoon seafood seasoning blend
- ☐ 2 medium dried bay leaves
- ☐ $\frac{1}{2}$ teaspoon dried thyme, crumbled
- ☐ $1\frac{1}{2}$ cups water
- ☐ $\frac{1}{4}$ teaspoon salt
- ☐ 6 to 8 drops red hot-pepper sauce, or to taste
- ☐ 1 cup uncooked instant brown rice

Heat a large saucepan over medium-high heat. Cook the flour for $1\frac{1}{2}$ to 2 minutes, or until beginning to turn light golden, stirring constantly. Don't overcook. Transfer to a small plate.

In the same saucepan, heat the oil, swirling to coat the bottom. Cook the onion, bell pepper, and celery for 3 minutes, or until the onion is soft and the other vegetables are tender, stirring frequently. Stir in the tomatoes with liquid, okra, seasoning blend, bay leaves, and thyme. Stir in the flour until well blended. Stir in the water. Increase the heat to high and bring to a boil.

Reduce the heat and simmer, covered, for 25 minutes, or until the okra is very tender and the mixture has thickened, stirring frequently. Remove from the heat.

Stir in the salt and hot-pepper sauce. Let stand, covered, for 15 minutes so the flavors blend. Discard the bay leaves. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine.

Spoon the rice into bowls. Ladle the gumbo over the rice.



NUTRITION ANALYSIS (per serving)

Calories.....	161
Total Fat	2.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol.....	0 mg
Sodium	327 mg
Total Carbohydrates.....	31 g
Dietary Fiber	4 g
Sugars	7 g
Protein	4 g
Dietary Exchanges:	1 starch, 3 vegetable

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