

heartsandminds

February is Heart Month



Finding answers. For life.



Happy Heart Month! In this issue we are delighted to celebrate and feature our volunteers across the province. Volunteers have been at the core of the Foundation since our first door to door campaign in 1955. To this day, dedicated and passionate volunteers are vital to our life-saving work.

As we enter our 55th year of service to the province of British Columbia, we are humbled and gratified to have the support and commitment of thousands of British Columbians who will be canvassing their friends and neighbours in support of our work.

In this issue you'll find out about a few of those volunteers, some of which have been supporting us for 20, 30, or even 40-plus years. Their commitment has helped us to reduce the mortality rate from heart disease and stroke by 70% and, with the continued support of British

Columbians, we will realize our vision of *generations free of heart disease and stroke*.

You'll also read about our groundbreaking research into treatments for arrhythmia or irregular heartbeats, which are a growing concern in Canada as our population ages. The generosity of donors like you has allowed us to fund the important work of researchers like Dr. Chris Ahern, whose work is ensuring a healthier future for all Canadians.

This February is a particularly exciting Heart Month here in British Columbia as our province plays host to the 2010 Winter Olympic Games. We hope that this unique time inspires active living here at home and around the world. You'll read in this issue how our Jump Rope for Heart program inspired one young athlete to pursue his athletic dreams, which have taken him all the way to the 2010 Paralympics. He is an inspiring reminder that active living is for everyone, regardless of their physical limitations.

Once again, thank you to our valued volunteers and donors who tirelessly support our life-saving work. Your vision and determination will see an end to heart disease and stroke. You are truly the heart of the Foundation.

Bobbe Wood
President and CEO
Heart and Stroke Foundation of BC & Yukon

inthisissue

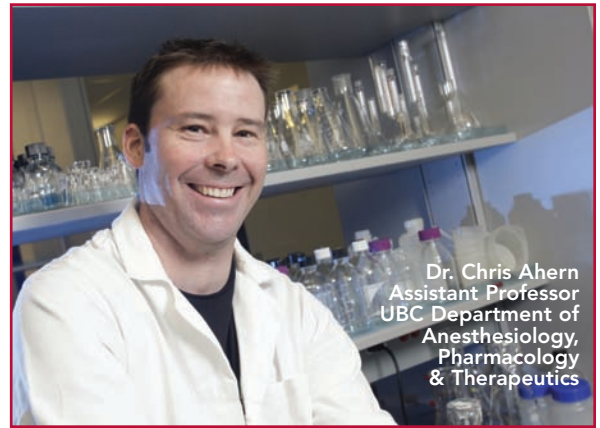
- 02 **The Rhythm of the Heart**
Arrhythmias are a growing concern in Canada's aging population
- 02 **Leave a Legacy**
Volunteer Ann Douglas proves that you don't need to be a millionaire to leave a legacy
- 03 **Volunteers: The Heart of Heart Month**
Volunteers have been at the heart of the Foundation for 55 years
- 04 **Hearts Helping Hearts**
Protect your own heart health while helping those with heart disease
- 05 **Our Heartfelt Thanks**
Recognizing our most generous donors
- 06 **Jumping into the Games**
Long before Tyler Mosher was a world-class athlete, he was participating in Jump Rope for Heart

The Rhythm of the Heart

The heart's electrical system keeps it beating in rhythm. Any disturbances to that rhythm (called arrhythmias) can result in heart attack and death. Arrhythmias are a growing concern in Canada's aging population, which is why the Heart and Stroke Foundation funds a number of researchers who are studying the causes, processes of, and treatments for this condition.

One such researcher is **Dr. Chris Ahern** who is studying the root causes of cardiac arrhythmia. Drugs used for arrhythmias prevent the heart cells from beating off kilter, but scientists don't know the details of how or why.

Dr. Ahern is working from the cell out to discover how these drugs interact with the heart cells in order to better tailor treatments for arrhythmia.



Dr. Chris Ahern
Assistant Professor
UBC Department of
Anesthesiology,
Pharmacology
& Therapeutics

The Heart and Stroke Foundation also funds research into many other aspects of arrhythmias, such as the genetic underpinnings of arrhythmias and how to best treat arrhythmia in children.

Arrhythmia remains a significant health burden in Canada but, because of the ongoing commitment of our generous donors, the Foundation is taking action to treat these conditions and to educate Canadians about them. One such education tool is our new atrial fibrillation website. Atrial fibrillation (or a-fib) is a type of arrhythmia that affects approximately 250,000 Canadians. For more information about atrial fibrillation visit www.a-fib.ca.

Leave a Legacy



Heart disease and stroke had taken the lives of many people she loved, so when **Ann Douglas** retired at the age of 60 she decided to give back to her community by becoming a Heart and Stroke Foundation volunteer. Since that time, Ann has proven herself to be invaluable to the Foundation.

"It's wonderful to be part of an organization that funds world-class research, which results in earlier, more accurate diagnosis, breakthroughs in treatment and recovery, and new insights into preventions," says Ann.

But Ann's dedication to the work of the Foundation extends beyond her volunteer work. She is also supporting the vital work of the Foundation by leaving a bequest in her Will.

"What I have found is that after a person has taken care of their family and loved ones, they may be

surprised they can also include a gift to charity and continue their support of important community work into the future," Ann says.

Leaving a legacy isn't just for the rich and famous. Everyone can leave a legacy, from the young to married couples, families and retirees.

"It was really easy to set up," says Ann. "And I think it shows that you don't have to have millions to leave a legacy."

If you are considering how to leave a life-changing legacy, please contact:

Linda Netherton, Director of Personal Gifts • Heart and Stroke Foundation of BC & Yukon

Tel: 604-737-3421 • **Email:** Lnetherton@hsf.bc.ca.

Volunteers: The Heart of Heart Month

Our Heart Month Person to Person campaign has come a long way since it was known as Heart Sunday 55 years ago. At that time a handful of British Columbian doctors went door to door to collect \$3000 but the campaign expanded after Premier W.A.C. Bennett designated February as Heart Month in 1957. Today nearly 10,000 British Columbians volunteer each year to raise awareness and funds for the Foundation.

The Heart and Stroke Foundation is grateful to have the loyalty of so many volunteers who canvass for us year after year – and even decade after decade – in order to fund our life-saving work. These volunteers are at the heart of everything we do. Together, we will see *generations free of heart disease and stroke*.

The Rookie

Nancy Pugh has made a huge impact since joining the North Shore Area Office as a volunteer in October 2009 and has donated more than 60 hours of her time in the past month alone. No task was too small for her to pitch in, roll up her sleeves and work through. Each one of our volunteers allows us to expand our reach in our communities by giving so generously of their time and skills and Nancy is no exception. Heartfelt thanks to Nancy, and all our invaluable volunteers. We are grateful to have you as part of our team.



10 Years +

Leigh-Anne McElgunn started out as a canvasser with the Richmond Area Office 17 years ago and stepped up to become a Captain seven years ago – eventually overseeing two areas. When she expressed an interest in getting even more involved with the office three years ago she became a Zone Leader in her community of North Delta. On top of her vital support for our P2P Campaign, Leigh-Anne has gone on to support just about every program from health fairs to Jump Rope for Heart to Big Bike. We rely so heavily on Leigh-Anne's support in so many ways, and we count ourselves very lucky to have her as an integral part of our team!



20 Years +

Donna Plante has been a P2P Captain and Canvasser in Richmond for 22 years. She also shows her support for the Heart and Stroke Foundation by rallying her colleagues from Mary Kay to put together teams to support other Heart and Stroke Programs, first for Walk for Heart and more recently for Big Bike. Donna is also renowned for her creative spark and has been the driving force behind some of the most unique ideas.





30 Years +

Bea Duquette is a tireless advocate for the Foundation who canvasses an area so big that it would normally be assigned to an entire team. Last year, she brought in more than \$2,170 in donations during the 77 hours she canvassed. Bea's volunteerism with other organizations, such as the Ladies Auxiliary and the Fraternal Order of Eagles, has been a great benefit to the Foundation because she has recruited many Canvassers for us from her various networks. We are so lucky to have the loyalty and support of such a dedicated and influential woman!

40 Years +

Maria Sadegur began volunteering with the Foundation in 1965 in the community of Princeton and has been a leadership volunteer ever since.

Initially a canvasser, Maria quickly progressed to Campaign Leader, a position Maria has held for 36 years and her efforts were officially recognized when she became the recipient of the coveted Heart of Gold Award in 1996.

Maria retires from her leadership role this year and we would like to recognize her enormous impact on the lives of British Columbians. In her years as a Foundation volunteer, Maria has helped to generate over \$250,000 toward critical cardiac research and she truly is our heart health hero. Words cannot express our appreciation of Maria's commitment to the Foundation and to her community over the years; she has truly put her heart into it.



If you would like to learn more about volunteer opportunities, please contact:

Heather Fleming, Manager, Volunteer Resources • Heart and Stroke Foundation of BC & Yukon
Tel: 604-737-3424 • E-mail: Hfleming@hsf.bc.ca

Hearts Helping Hearts

Heart disease continues to be the leading cause of death in Canada, but what does that statistic mean for your own health? London Drugs is offering consultations with their patient-care pharmacists at in-store Heart Health Clinics, with partial proceeds going to the Heart and Stroke Foundation.

London Drugs Heart Health Clinic participants will identify and assess their risk factors for developing heart disease and learn measures to reduce the risk of heart disease. The 45 minute clinic is \$15 per person plus GST. For more information about how to minimize your own heart disease risk while helping others, visit www.londondrugs.com.



Our Heartfelt Thanks

Caring Heart Circle donors who generously gave \$1,000 and over from August 1, 2009 – November 30, 2009
Some donors wish to remain anonymous

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Jumping into the Games



BLAKE JORGENSON PHOTOGRAPHY

Tyler Mosher is an inspirational athlete who is 40% paralyzed below the waist and competes in both Adaptive Snowboarding (World Champion 2009) and Para-Nordic Skiing. Tyler is a member of Canada's National 2010 Para-Nordic Cross Country Ski Team and the National Adaptive Snowboard Team. But before he was a world champion, Tyler was participating in the Heart and Stroke Foundation's Jump Rope for Heart program.

"One of my favorite events when I was in grade school was Jump Rope for Heart. I loved jumping rope. I was so into it that I would go door to door for days selling pens and gathering pledges to get the most in my school and earn the incentive prizes. I thought it was a great cause then and, as I've grown older and truly understand what I was raising the money for, I know it is a great cause I am happy to support."

– Tyler Mosher

National Adaptive Snowboard Team Member 2009/10
2010 Paralympic Hopeful – Cross Country Skiing
ActNow B.C. Athlete Ambassador

Scotiabank proudly presents

February is Heart Month!

Join the Heart and Stroke Foundation and our *Celebrities with Heart*. Healthy living can lower your risk of heart disease and stroke by up to 80%. Put your heart into it and take one small step each day.

Heart&Stroke

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Let's Get Heart Healthy!

"Eat seven different colours of food every day – shades of white don't count! Wear a pedometer, and whatever distance you normally walk – work at adding 3000 steps a day."

~ Rhonda Low, Family Physician and Host of 'Your Health' CTV News at Five

To follow our *Celebrities with Heart* on Facebook, visit:

www.heartandstroke.bc.ca/celebritieswithheart

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GO GREEN!

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