

# AROUND<sup>the</sup> TRACK

Spring 2009

## 2008 Scholarship Winners

The CCRF sponsored graduate scholarships worth \$3,000 each to assist four students with their studies at Canadian Universities. Each student was required to submit a research paper in their area of interest in cardiac rehabilitation. These scholarships were distributed on October 25, 2008 at the CACR Conference in Toronto.

Congratulations to:

Ms. Ada Tang, University of Toronto,  
Ms. Julie Houle, University of Laval  
Ms. Kelly Russell, McMaster University  
Ms. Arlana Taylor, University of British Columbia

All four winners gratefully accepted their scholarships and were eager to advance their research and career in the cardiac rehabilitation field. This year at the upcoming CACR Conference in Edmonton, Cardiac Health will be distributing another four scholarships of \$3,000 each. Good luck to all of the qualifying students! If you are a student and would like more information on how to apply, please visit [cacr.ca](http://cacr.ca).

## Dr. Kavanagh's "Take Heart" Book

Although we are just getting ready for Spring to arrive and the flowers to bloom, it's never too early to start reading up on tips to help you during the Summer season. A great source is Dr. Terence Kavanagh's "Take Heart" book.

Call the office if you would like to order a copy today.

Suggested reading for the upcoming Summer season:

Do Beware Summer Heat, pg. 283-291  
Air Travel, pg. 322-324  
Fitness Levels for Sports, Appendix E, pg. 338-339

## Dr. Terry Kavanagh Fellowship

As many of you already know, when Dr. Kavanagh retired on March 31, 2000, as the medical director of the Cardiac Rehab Program at the Toronto Rehab Institute, the Cardiac Health Foundation (then known as Marina Lodge) set up a Fellowship at the University of Toronto, Faculty of Physical Education and Health in Dr. Terence Kavanagh's name.

Since then the Fellowship's endowment has grown and the current market value now stands at \$352,757. This Fellowship continues to allow the Faculty of Physical Education and Health, University of Toronto, the opportunity to attract the very best and brightest research students. On November 24th, 2008, the 2008 graduate student recipients of this award were Shawn Lacombe and Sam Liu. Each of the two recipients of the award received \$6,482.50 towards their education. Congratulations to both of the students!

*To preserve health is a moral and religious duty, for health is the basis of all social virtues. We can no longer be useful when we are not well. ~ Samuel Johnson*

## Walking Tips: from John Stanton

John Stanton, founder of the Running Room/Walking Room has written a very comprehensive WALKING TIPS! It's just in time for the Spring and Summer seasons and of course, the 25th Walk of Life!

Walking Form Checklist:

Is your posture erect?  
Is your chest open?  
Are your hips moving forward?  
Are your arms loose at your side or at 90° angles?  
Do you feel your foot roll smoothly from heel to toe?

Read the whole article at [cardiachealth.ca](http://cardiachealth.ca).

## Date Bran Muffins Recipe

Courtesy of Dr. John Schaman, Cardiac Fitness Association, Breslau Very moist and very tasty!

1 tsp baking soda  
½ cup molasses  
1½ cups skim milk less 1 tbsp to allow for vinegar  
1½ cups whole wheat flour  
1½ cups wheat bran  
½ cup dates or raisins

Dissolve soda in molasses. Add milk with vinegar, flour, bran and dates. Place in 10 Pam sprayed and wiped muffin tins, with water in the 2 empty tins. Bake at 350°F for 20 minutes.

**Around the Track** is published by the Cardiac Health Foundation to keep donors, their families and friends up-to-date with current projects and goals, and to encourage participation in our events.

Please address your letters, comments or ideas to [cmellos@CardiacHealth.ca](mailto:cmellos@CardiacHealth.ca)  
Cardiac Health Foundation, 901 Lawrence Ave. W., Suite 306, Toronto, Ontario M6A 1C3 Tel 416 730 8299 | Fax 416 730 0421  
Email: [info@CardiacHealth.ca](mailto:info@CardiacHealth.ca) (formerly Canadian Cardiac Rehabilitation Foundation)

Please let us know by phone or email if you have moved, changed your email or mailing address. If you would like the Around the Track Newsletter sent to you electronically, please email us at [Info@CardiacHealth.ca](mailto:Info@CardiacHealth.ca)

[CardiacHealth.ca](http://CardiacHealth.ca) | [walkoflife.ca](http://walkoflife.ca)

**CARDIAC HEALTH** | **WALK®**  
FOUNDATION OF CANADA | **OF LIFE**



## SPECIAL THANKS TO THE BRAND FACTORY

Barbara Kennedy - Executive Director

On behalf of the Board of Directors, members, sponsors, donors, volunteers and our office, I would like to thank Joseph Sulpizi and The Brand Factory for sponsoring the Cardiac Health Foundation of Canada by donating the entire re-branding. The official relaunching ceremony will take place appropriately at our 25th Anniversary of the GTA WALK OF LIFE® on April 26, 2009.

It has been a monumental process to create the beautiful new newsletter, logos, stationery, posters, brochures, banners and the soon to be released website. The creativity and tireless efforts of not only Joseph, but his wonderful team – Roberto Campagner, Anita So, Lucien Grecu, Tony DeFrenza and Sean MacLean – is so very much appreciated.



**Leo DelZotto,**  
President, Cardiac Health  
Foundation of Canada

*"We are  
Celebrating  
our Success."*

**Consider these questions.**

- Are you at high risk for experiencing a cardiac event?
- Do you suffer from diabetes mellitus?
- High blood pressure?
- High cholesterol?
- Are you a smoker?
- Obese?
- Inactive?
- Do you have a family history of heart disease?

*If you answered 'YES' to THREE of these questions, did you know that you can ask your physician to refer you to a cardiac rehabilitation program as a prevention strategy? Did you also know that once you have experienced a cardiac event/surgery, you can become proactive in preventing another event from occurring with lifestyle changes, exercise and cardiac rehabilitation?*

***"...The foundation has raised more than \$9 million to date..."***

**Rewind in Time to June 1984**

A young Dr. Terry Kavanagh sets-up the very first WALK OF LIFE with the assistance of the Board of Marina Lodge for cardiac rehabilitation patients and friends. Location is Sunnybrook Park and several hundreds walk 1-3 miles for the cause. \$20,000 is raised for the Toronto Rehabilitation Centre.

**Fast Forward to February 2009**

This is a time to celebrate! From its humble beginnings 25 years ago, the WALK OF LIFE is now a National Event. Over 5,000 participated last year from over 35 different Cardiac Rehabilitation Centres across Canada and it is anticipated that another 10 new centers will join in for the 25th Anniversary. Many centres are located within hospitals whereas others are in independent locations. All are part of the National Walk Campaign, and in addition to funds raised for each centre, each program also shares in the proceeds from the National and Local Sponsors of the Toronto Walk. Walks and events are staged during the year, however many centres are trying to co-ordinate their Walk of Life event to coincide with the Toronto **NATIONAL WALK OF LIFE DAY - April 26, 2009!**

**2009 marks the 25th Anniversary of the Walk of Life, and also marks the launch of the CARDIAC HEALTH FOUNDATION OF CANADA.**

This is one of the messages that the newly re-branded CARDIAC HEALTH FOUNDATION of CANADA (formerly the Canadian Cardiac Rehabilitation Foundation) is trying to promote to heighten its visibility to raise public awareness of its profile and cause. The foundation has raised more than \$9 million to date and most of the general public is not aware of its existence. With the increased stresses associated with the economic downturn, coupled with an aging population with emerging chronic conditions and risk factors, it is now imperative that people become proactive in their heart health.

The new name has a positive connotation and the tag line "Prevention, Education & Cardiac Rehabilitation" is an important part of the new profile. Prevention is being stressed with a more informative, interactive website to keep the public informed with news. Education is being addressed through free public awareness lectures on various heart health issues and cardiac rehabilitation topics. In addition, four graduate scholarships are presented nationally at the CACR Symposium along with an endowment for two graduate scholarships at the University of Toronto. The major WALK OF LIFE campaign raises funds for Cardiac Rehabilitation programs across Canada.

So get involved and entice your family and friends to WALK, RUN, CYCLE, DO SOMETHING as heart disease is the number one cause of premature death in Canada and can affect people from ALL WALKS OF LIFE.

Leo DelZotto has served as President of the Board of Directors of the former Canadian Cardiac Rehabilitation Foundation (now the CARDIAC HEALTH FOUNDATION of CANADA) for the past nine years. He is also President of Tridel Corporation and strongly encourages his employees, friends and family to emulate his beliefs in active, healthy living.

**Article Taken from:** Premier Issue of the Cardiac Chronicles – Spring 2009 – the official publication of the Rouge Valley Health System in Conjunction with the Cardiac Health Foundation of Canada (publisher Matrix Group Inc.)

**For more information, contact:**  
[walkoflife.ca](http://walkoflife.ca) or [CardiacHealth.ca](http://CardiacHealth.ca)  
Email: [Info@CardiacHealth.ca](mailto:Info@CardiacHealth.ca) Tel.: 416 730 8299



**CELEBRATING OUR 25TH WALK OF LIFE!**

Join us for our 25th Walk of Life! Get your friends, family and neighbours together and come out to the 2009 GTA Walk of Life at the Queen Elizabeth Exhibit Hall, Exhibition Place, on Sunday, April 26, 2009. We would like to invite all Torontonians to join our special guest (soon to be announced on our website ) and enjoy the early Spring sunshine and take part in one of the first 'walks' of the season!

This year promises to be bigger and better than ever, with more interactive displays, the very popular KidSport FunZone, Teletoon Area courtesy of Rogers, complimentary snacks and refreshments generously donated by Whole Foods, Tim Hortons, Today's Parent Kids Contest, prizes, free parking and lots more. Start collecting your pledges now to win fantastic Brooks prizes. Don't forget to design that "special" hat to enter into the Hat Contest.

This year the Walk will be 3, 5 or 7 km with turnaround points at each. The Walk takes place along the beautiful Martin Goodman Trail with water stations and other necessities. Enjoy the musical entertainment keeping you company along the trail.

Visit [walkoflife.ca](http://walkoflife.ca) to register online at our secure site or to print the walk brochure. Get your teams together, because last year, teams of 25 or more won fantastic prizes! We are looking for 1,500 walkers and looking to raise a minimum of \$450,000. Hope to see you all there!

**A SPECIAL INVITATION TO ALL PAST**

Board of Directors, Members, Donors, Sponsors, Volunteers, Scholarship Winners, Dr. Terry Kavanagh Fellowship Recipients and ALL Walk Participants from the past 25 years to come to this year's 25th Walk of Life. We would like to make a Tribute to all of you!

**10TH ANNUAL CARDIAC GOLF TOURNAMENT**

*Wednesday, August 5th - Cardinal Golf Club in Newmarket!*

For the past 8 years, Stephen Upton and David LeFevre have delivered resounding success. Last year, the event sold out with 36 registered foursomes and record-breaking hole sponsors!

Upon arrival, golfers are treated to a bucket of practice balls and each participant will receive lunch delivered to their golf carts. Afterwards, golfers are invited to relax with cocktails before dinner, catered by the Cardinal's staff, and followed by raffles and prizes. To register, please call the office at 416.730.8299 or visit [CardiacHealth.ca](http://CardiacHealth.ca)

**BOARD ANNOUNCEMENT**

The Board of Directors is pleased to welcome Terry Fair, Paul Sawyer & Brian Shedden to the Board and Dr. Paul Oh and Dr. John P. Schaman to the Medical Advisory Committee.

**NEWS UPDATE**

*Barbara Kennedy - Executive Director*

It gives me great pleasure to announce that a new Semi-Annual Magazine called Cardiac Chronicles is being published by Matrix Group Inc. for the Rouge Valley Health System in conjunction with the Cardiac Health Foundation of Canada.

The premier issue will be released this week to Rouge Valley's cardiac rehab participants, over 450 cardiologist's offices and 30 cardiac rehab programs across Ontario. An online PDF version will be available on our new website. Hard copies will also be available through our office.

Future plans include making the publication available nationally and for more info on how advertising in the Chronicles can partially support cardiac rehabilitation please contact our office. Congratulations to Brian Shedden (our newest Board member) for his brainstorm & his team for bringing it to fruition.

The following testimonial is from a vibrant 90-year-old commenting on cardiac rehab & the Cardiac Chronicles:

*"As one to whom cardiac rehabilitation has proven a great help in the nine years since my triple by-pass, I benefited greatly through the example of Dr. Kavanagh and his championship of walking. With well-targeted content, matched by striking design, Cardiac Chronicles is a valuable accompaniment to your foundation's mission. It brings home to all of us the powers within ourselves to work with responsibility at exercise and avoidance of such hazards as high cholesterol, excessive fats and trans fats, and high sodium content in our diet. Congratulations on an auspicious debut."*

*Ben Viccari - Television commentator and past president of Canadian Ethnic Media Association*

**In Celebration. In Memorium.**

Sending your personal message is a unique way to honour that special occasion or to express your sympathy and still donate to a worthwhile cause. If you would like to send a card for any occasion, please call the Cardiac Health Foundation at 416.730.8299