

2009 National Walk of Life Summary

This photo shows the smiling faces of the representatives of the cardiac rehabilitation programs who participated in the 2009 National WALK OF LIFE campaign after receiving their cheques from the Cardiac Health Foundation of Canada. The photo was taken at the CACR Conference in Edmonton, Alberta (note that all the recipients were not present).



Walk Date	CITY	PROV	PROGRAM NAME	2009 Participants	2009 Gross Amt. Raised
April 24 - May 24/09	Toronto	ON	Women's Cardiovascular Health Initiative	29	2,045
April 24/09	Lindsay	ON	The Beat Goes On - Ross Memorial Hosp.	113	9,887
April 25/09	Toronto	ON	Rouge Valley Health System	511	57,575
April 26/09	Toronto	ON	Toronto Rehab Institute Cardiac Rehab Prog.	34	5,267
April 26/09	Breslau	ON	Cardiac Fitness Association	437	58,553
April 26/09	Orangeville	ON	Headwaters Cardiac Wellness Program	40	4,250
April 26/09	Oshawa	ON	Lakeridge Health Cardiovascular Prevention & Rehabilitation	215	46,377
April 26/09	St. Catharines	ON	Brock University Heart Institute	43	11,741
April 26/09	Toronto	ON	Toronto Western Hospital - Cardiac Care & Heart Health	100	9,273
April 26/09	Moose Jaw	SASK.	Cardiaction	59	6,280
April 29 & April 30/09	Sudbury	ON	Sudbury Regional Hosp. Cardiac Rehabilitation	150	11,000
June 28/09	Hamilton	ON	Cardiac Health & Rehabilitation Centre, Hamilton Health Sciences	109	10,857
June 6/09	Goderich	ON	Healthy Hearts	31	2,605
May 23/09	Kelowna	BC	C.O.A.C.H.	64	14,527
May 23/09	London	ON	London Cardiac Rehab & Secondary Prevention Program	150	11,234
May 24/09	Burnaby	BC	Burnaby Hospital - Healthy Heart Program	294	22,240
May 24/09	Fraser Lake	BC	Fraser Lake Cardiovascular Wellness Program	100	2,179
May 24/09	Langley	BC	Cardiac Rehab	included with Burnaby	included with Burnaby
May 24/09	New Westminster	BC	YMCA Healthy Heart	70	10,345
May 24/09	North Shore	BC	Cardiac Rehab	included with Burnaby	included with Burnaby
May 24/09	Peace Arch Hospital	BC	Cardiac Rehab	included with Burnaby	included with Burnaby
May 24/09	Richmond Hospital	BC	Cardiac Rehab	included with Burnaby	included with Burnaby
May 24/09	St. Paul's Hospital	BC	Healthy Heart Cardiac Rehab	included with Burnaby	included with Burnaby
May 24/09	Surrey	BC	SMH Cardiac Rehab Program	5	1,175
May 24/09	Moncton	NB	Cardiac Wellness Program / Coeur en Sante	122	7,485
May 25 - May 28/09	Mississauga	ON	Credit Valley Cardiovascular Risk Management Program	122	8,000
May 30/09	Hamilton	ON	McMaster University MacTurtle Cardiac Rehab Prog.	345	27,583
May 7/09	Newmarket	ON	Southlake Regional Health Centre, Cardiac Prevention & Rehab Prog.	125	21,976
Oct. 17/09	Winnipeg	MB	Reh-Fit Centre	270	24,871
Sept. 12/09	Bathurst	NB	Cardiac Rehab-Chaleur Regional Hosp	105	8,432
Sept. 12/09	Caraquet	NB	Fondation de l'Hopital de L'Enfant-Jesus	50	4,681
Sept. 12/09	Saint John	NB	Cardiovascular Health & Wellness Program	120	12,700
Sept. 12/09	Chatham	ON	Chatham-Kent Cardiac Rehab & Secondary Prev. Prog.	25	2,650
Sept. 19/09	Medicine Hat	AB	Living Healthy Program	52	3,738
Sept. 19/09	Etobicoke	ON	Trillium Health Cardiac Wellness & Rehab Centre	170	53,583
Sept. 23/09	Ingersoll	ON	Oxford County Cardiac Rehabilitation & Secondary Prev. Prog.	34	3,405
Sept. 25/09	Windsor-Essex	ON	Cardiac Wellness Centre	97	9,774
Sept. 27/09	Sydney	NS	Cape Breton Heart Lung Wellness Centre	130	10,544
Sept. 27/09	Sarnia	ON	Vascular Protection & Cardiac Rehab Prog.	30	4,405
	PROGRAM TOTALS			4,351	501,238
April 26/09	Cardiac Health Foundation GTA Walk Participants			850	412,726
	TOTAL FOR ALL SITES			5,201	913,964

AROUND the TRACK

Spring 2010



CARDIAC HEALTH
FOUNDATION OF CANADA

WALK OF LIFE®



GTA WALK OF LIFE®
NEW 5 KM RUN or 3 KM & 5 KM WALK

Saturday May 15, 2010 8:00 a.m. - 12:00 pm
Ontario Science Centre & ET Seton (Sunnybrook Park)

A special thank you to our national sponsors, local sponsors, donors and participants who make it all possible. Last year over \$900,000 was raised for cardiac rehabilitation across the nation for 40 centres participating in the WALK OF LIFE®! Four graduate scholarships were graciously awarded at the CACR annual symposium.

Register at walkoflife.ca or call 416.730.8299

Prevention, Education & Cardiac Rehabilitation

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Leo DelZotto,
President, Cardiac Health
Foundation of Canada

**"We are
Celebrating
our Success."**

Message from the President:

It has been quite year for most of us. We have all had to work our way through many changes and challenges. Our new name and new profile have been positively received and more people

are becoming aware of our foundation and the importance of cardiac rehabilitation and the prevention and education aspect. I encourage you to visit the following link to view the Toronto Cares profile on the Cardiac Health Foundation. It succinctly captures the essence of cardiac rehabilitation and our new PROACTIVE focus. Coverage includes the background of the foundation, the WALK OF LIFE® event and several cardiac rehabilitation programs. Testimonials and info from the Toronto Rehab Institute & Rouge Valley Health System-Cardiac Prevention & Rehab Services are also featured.

<http://www.rogerstv.com/option.asp?lid=237&rid=16&mid=52&gid=57055>

Read through our newsletter to find out more information about our exciting new changes!

The 2010 WALK OF LIFE® is an annual event put on by the Cardiac Health Foundation of Canada. An emphasis is placed on participation by the whole family and all ages and stages of life are represented. This year is particularly special with the Foundation going back to its roots by returning to the site of the original WALK OF LIFE® over 26 years ago!

The original WALK OF LIFE® raised funds for one cardiac rehabilitation program and over the past few years it has grown into a National campaign helping programs all across the country. Nowadays the funds raised are distributed to over 40 cardiac rehabilitation programs across Canada for medical equipment, facilities, patient & public information, research and professional education. In addition, four graduate scholarships of \$3,000 each are given out at the annual CACR Conference (Canadian Association of Cardiac Rehabilitation) And with heart disease being the number one cause of mortality and with the aging population, the prevention aspect is as important as the follow-up treatment.

This year's WALK OF LIFE® on May 15, 2010 promises to be a SOLD OUT event with all the new ideas and incentives being offered. Eager participants have already signed on to reserve their spot – and each person receives a backpack, pedometer, fabulous breakfast, entertainment, complimentary parking ... and even a FREE Polar Heart SPORTS BRA*! (*based on raising \$100 minimum in donations for adults; \$50 for students) Spaces are limited and admittance will be capped at 1800. A special early bird registration fee is being offered to those who register by April 20th, 2010.

There are many new ideas happening this year. The day has been changed to Saturday rather than Sunday to accommodate people who intend on using public transportation as it is available earlier in the morning. And the event is set to begin earlier and finish earlier also.

Other changes include the new LOCATION AND DATE.

The new date is in the middle of May rather than the end of April to ensure nicer weather. The new venue is the Ontario

Science Centre and the new park is ET Seton Park – part of the Sunnybrook Park system. A liaison has been established with the Ontario Science to make the event educational as well as entertaining. Activities are being offered in addition to the WALK for both kids and adults

to accommodate everyone's needs – particularly the elderly & disabled.. Some of these include:

- **E² Science Centre Modules:**

- "The Computer Aging Machine" (age your facial features 30 years!)
- "George The Human Torso" (up-close, hands on interaction)
- "Interactive Experiments"

- **TELETOONS**

Special "Body Works" Show in the OSC Auditorium – OSC Scientists present an entertaining look at the anatomy and physiology of the human body. Observe real mammalian organs and use technology to observe the HUMAN HEART. Repeated again after the walk at 11:15 am.

And, in addition a special 20% discounted general entrance fee to the OSC is being offered after the WALK for all participants

The most dramatic addition is a new 5 KM RUN!!!! This is being added to the 3 km WALK and 5 km WALK. Extraordinary prizes will be awarded to the Top 3 Men and Women Runners (1st place: 2 Platinum Blue Jays Tickets; 2nd & 3rd place: \$50 merchandise gift certificates)

With all these changes there are still MANY continuing traditions and happenings. The Cardiac Health Foundation of Canada is thankful to their generous sponsors, loyal donors and wonderful volunteers. National Sponsors include: TRIDEL, ROGERS Cable Communications, the MIKEY Network,

Universal Workers Union LIUNA Local 183, The Printing House, Great West Life / London Life / Canada Life, The Brand Factory and Bank Of Montreal. A heart healthy breakfast will again be supplied by WHOLE FOODS and ParticipACTION is again donating pedometers to all participants. In addition, more fabulous draw prizes, outstanding fundraising incentive prizes, contests and celebrities will still be a part of the day. A special gift from POLAR CANADA - Polar Heart Sports Bra (retail value \$49.00) will be available at registration as part of the incentive package. Returning and new Local Sponsors include: Travelers Canada, Active Green & Ross, Mercedes-Benz Downtown, Chartwell Seniors Housing Reit, Sigmund Soudack & Associates, AON Risk Services, BNP Paribas, Dorsay Development Corp., Crown Wallpaper & Fabrics, Cervini Painting & Decorating, Today's Parent, Del Condominium Life, Del Property Management, Pool People Ltd, Drive Agency, Media Profile, Airstream Group, The Running Room, Toronto EMS Cardiac Safe City and more...

And the ambiance and camaraderie amongst participants and competing teams will still be evident as people have fun while raising money for a most worthwhile cause.

Looking forward to seeing you at the GTA WALK OF LIFE® – SATURDAY, May 15, 2010!

Article written by Barbara Kennedy – Executive Director – Cardiac Health Foundation of Canada

For further information or to register on-line : www.walkoflife.ca or 416-730-8299 or info@cardiachealth.ca

Mikey On The Path with Walk Of Life®
Cardiac Health Foundation of Canada is excited to announce their new National Sponsor for the Walk of Life –The Mikey Network. Founded in 2003, The Mikey Network has installed more than 700 MIKEYS – PUBLIC

ACCESS DEFIBRILLATORS – in office buildings, libraries, universities, community centre, senior centre, hospitals, YMCAs and major attractions. Their goal is to place MIKEYS in public places, and promote heart-healthy living in the hope that these defibrillators won't be needed.

The Mikey Network has generously offered to donate a MIKEY and training to cardiac rehabilitation programs participating in the National Walk of Life that have over 150 participants at their Walk/Run event! Morty Henkle, Executive Director of The Mikey Network stated, "We are happy to walk the road together to help people keep fit while raising money toward this common goal". For more information, visit www.mikeynetwork.com.

Lecture Series events

Over 150 enjoyed the private showing of the Body Worlds & The Story of the Heart Exhibit and Dr. Jack Goodman's educational lecture on "Exercise and the Heart – How Much is TOO Much ?" at the Ontario Science on October 16th, 2009. This evening was generously sponsored by Universal Workers Union LIUNA Local 183.

2009 Scholarship Winners

The Cardiac Health Foundation of Canada 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 24, 2009 at the CACR Conference in Edmonton, Alberta. The winners gratefully accepted their scholarships were eager to advance their research and career in the cardiac rehabilitation field.

Congratulations to:

- Ms. Jill McSweeney, Dalhousie University
- Ms. Suzanne Ferrier, Dalhousie University
- Ms. Megan Johnston, University of Alberta
- Ms. Shamila Shanmugasaram, York University

The Dr. Terry Kavanagh Fellowship

The Cardiac Health Foundation of Canada set up a fellowship at University of Toronto, Faculty of Physical Education and Health, to honour Dr. Terry Kavanagh, a world renowned medical scientist in cardiac rehabilitation. This graduate fellowship is awarded to a new or returning student who is studying cardiac rehabilitation, cardiovascular disease prevention or a related field in which physical fitness is a prominent component in research related to the improvement of health and quality of life.

Over the past decade, the Fellowship's endowment continues to grow and the current market value now stands at \$300,000. The 2009 graduate student recipients of this award were Shazareen Khan and Sam Liu, and each received \$6,000 towards their education. Congratulations to both of the students!

Special Volunteer Awards

At the Body Worlds Lecture with Dr. Jack Goodman on Friday, October 16, 2009, the Cardiac Health Foundation presented three Volunteer Recognition Awards to Patricia MacKellar, Susan Marzolini and Kerseri Naidoo. These recipients have been involved with the organization for many years and they have all donated countless volunteer hours with the WALK OF LIFE® and other special events. Their dedication and support to our organization is truly appreciated.

Board Announcement

The Board of Directors is pleased to welcome Carrie Lavack to the Board and Dr. Joseph Ricci to the Medical Advisory Committee.

A cross-promotional Lunch and Learn Lecture for the Cardiac Health Foundation Of Canada was sponsored by TRIDEL Corporation at Delmanor Northtown on July 29, 2009. Dr. Don Mertens gave an informative talk on his soon to be published book "SEE your way to better Health" (SEE representing proper sleeping, eating and exercising)

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