



Heart  
**NIAGARA**  
[www.heartniagara.com](http://www.heartniagara.com)

# 2008 Annual Report

*September 25th, 2008*





## Heart Niagara Presents Reducing **Child Obesity** in Niagara

7:30am - 8:00am	Breakfast Reception and Display Symposium
8:00am - 8:10am	Opening Remarks
8:15am - 8:45am	Dr. Goutham Rao Keynote Address
8:45am - 9:00am	Questions and Discussion
9:15am	Heart Niagara's 31st Annual General Meeting

Tickets are \$15.00 per person.

*Please RSVP before Friday September 12th, 2008  
to 905-358-5552 or [info@heartniagara.com](mailto:info@heartniagara.com).*

### K E Y N O T E S P E A K E R



Dr. Goutham Rao, a leading specialist in child obesity, will provide insight into the alarming situation transforming North America's youth and address his latest publication, *Childhood Obesity: Highlights of AMA Expert Committee Recommendations*.

Dr. Goutham Rao is clinical director at the Children's Hospital of Pittsburgh Center for Pediatric Weight Management and Wellness, associate professor in the Department of Pediatrics at the University of Pittsburgh School of Medicine (UPMC) and family physician at Bloomfield-Garfield Family Health Center, Pittsburgh, Pennsylvania. Dr. Rao serves as director of medical informatics at the UPMC - St. Margaret Hospital.

Dr. Rao is a graduate of McGill University's Faculty of Medicine and completed his residency at the University of Toronto. He is also a graduate of the Faculty Development Fellowship at UPMC St. Margaret. He is the author of numerous publications, including *Child Obesity, A Parent's Guide to a Fit, Trim, and Happy Child*.



# Heart Niagara's 31<sup>ST</sup> Annual General Meeting

## A G E N D A

*Thursday, September 25th, 2008*  
*Four Points by Sheraton*  
*3530 Schmon Parkway, Thorold, ON L2V 4Y6*

- 7:30 - 8:00    Breakfast Reception  
                  Poster presentation  
                  Exhibits
- 8:00 - 8:25    Opening Remarks
- Ms. Karen Stearne, Executive Director  
  - Launch of *It's never too early to learn CPR*
  - Dr. George Zimakas, Board Chair
  - Dr. Stafford Dobbin, Schools' Program Medical Director
  - Dr. Heather Kilty, Researcher Schools' Program
  - Dr. George Zimakas introduction of Goutham Rao
- 8:25 - 8:55    Dr. Goutham Rao, Keynote Address  
                  Reducing Child Obesity in Niagara
- 8:55 - 9:15    Questions & Discussion  
                  Mr. John Carter
- 9:15 -            Annual General Meeting
- Remarks from Dr. George Zimakas
  - Adoption of 2008/2009 Board membership
  - Adoption of AGM Minutes of September 27th, 2007
  - Adoption of Committee Reports as presented  
  in 2008 Annual Report
  - Adoption of Financial Statements for 2007-2008
  - Adoption of Accounting firm for 2008-2009
  - Introduction of 2008/2009 Board Chair
  - Remarks from Mr. John Carter
  - Motion to close Heart Niagara's 31st Annual  
  General Meeting



# Strategic Planning

Heart Niagara (1977) has a distinguished record of guiding advances in cardiac health education and services in Niagara that are yielding improvement in access to primary and secondary prevention programs, training in bystander CPR and public access defibrillation

Much goodwill exists for Heart Niagara for its considerable contributions to the Niagara health care agenda. This respected not-for-profit charitable organization has mapped out its direction and strategy for the next phase of its evolution. This juncture has allowed Heart Niagara to consider “what’s possible”, based on vision and values.

Heart Niagara empowers our community to take control of heart health by providing children and adults with education, training and tools and through strategic partnerships.

The Board of Directors with support from staff and consultants will provide greater detail on success indicators, timelines, and accountability to increase the success through to 2012.

## **To improve Heart Niagara’s ability to provide quality services and health promotion which will have a positive measurable impact on health status in Niagara.**

**Strategy 1.1** The Healthy Heart Schools’ Program is a primary prevention program which aims to provide grade 7 and grade 9 students with enough information about their individual heart health profiles to guide them toward positive lifestyle decisions. The impacts from these decisions will be demonstrated in the reduction of obesity, pre-hypertension, diabetes and inactivity in adolescents. Each student is trained in bystander CPR to increase their ability to respond in case of emergency.

**Strategy 1.2** The Healthy Daily Living (HDL) Program is designed to help people reach and/or maintain a low risk score for heart disease and stroke. Target population includes those interested in reducing their risk of heart disease and stroke, anyone with a history of heart disease or stroke, and anyone who has one or more of the following risk factors: overweight; high cholesterol; diabetes; physically inactive; smokes tobacco; and/or has high blood pressure

**Strategy 1.3** Through strategic partnerships the community preparedness program targets adolescents and adults with risk factor education. The most important first step in reducing pre-hospital deaths due to heart attack is having the public provide immediate aid until medical assistance arrives. CPR training and public access defibrillator tools, placement and training services are offered to improve the community’s ability respond in case of emergency. The program provides practical education that can readily be applied in the workplace, the community and/or at home.

## **To increase Heart Niagara’s financial health and viable sustainability to increase the ability to provide services, encourage research and health promotion.**

**Strategy 2.1** Develop a business case for each current program with defined deliverables, criteria; need; and a strengths, weakness, opportunity, threat (SWOT) analysis.

**Strategy 2.2** Develop strategy to secure resource grants and identify possible corporate funders with similar and/or like agendas.

**Strategy 2.3** Create case for each funding opportunity (e.g.: sponsorship, planned giving, etc) and overall case-for-giving for HN.

**Strategy 2.4** Develop strategy to secure research partners and funding sources to match Heart Niagara 2008-2012 programs

Heart Niagara is developing a business case for programming based on the current and emerging agendas in cardiovascular health.



# Executive Director's Report

As the Executive Director it has been a pleasure to lead the celebration of the 30th Anniversary. Every event from journal clubs, to the Sapphire Gala re-affirmed “what’s possible”, based on vision and values - not to mention 300 runners, 800 cyclists, 153 golfers, 850 lbs of lobster, 600 guests looking good in sapphire blue, sales from 2,000 cookbooks and you the supporter, donor, volunteer to remind me with a warm welcome and accolades for Heart Niagara. No one told me 30 could look so good.

On to the next thirty, Heart Niagara’s architects have built a sound foundation. The vision Stafford Dobbin and his peers led with from 1977 may have been considered ahead of the times - however the world is catching up or should I say catching on.

Heart Niagara owes a debt of gratitude the hundreds of volunteers, thousands of donors, community partners and corporations that have invested in the health of Niagara residents by enabling Heart Niagara to delivered positive messages and health services for thirty years, 2007 was no exception.

Research overwhelmingly supports the concept that increasing high density lipoprotein (HDL) is an effective preventative approach to cardiovascular disease. The TC/HDL ratio from the Framingham study is the best predictor of future risk. Increasing HDL with activity appears to significantly improve endothelial function. Heart Niagara is pleased to announce in 2008 the addition of HDL measurement to the random cholesterol test to over 4,000 grade nine students through the Healthy Heart Schools’ Program and the launch of the Healthy Daily Living (HDL) Program to better support Niagara residents who want to lower their risk of future heart disease and increase their “HDL”.

These are only two of the exciting advancements Heart Niagara has made based on the strategic cooperation among non-profits, corporate, industry, academia and government and the input they provided into the strategic planning process. The Board and Staff absorbed the input to map a course through to 2012.

Thank you to our partners and key influencers who have welcomed an energized Heart Niagara in 2008; built on the organization’s well-earned reputation for innovation, collaboration, speed and leadership.

Our staff and to those who graced Heart Niagara with their hard work and commitment in the past - well done! The Niagara community is better off today based on your integrity and spirit to see Heart Niagara succeed.

Heart Niagara has arrived!

*Respectfully submitted*

Karen Stearne,





# Chairman's Annual Report

Cardiovascular disease is the most prevalent and expensive life-threatening disease in our society. It affects the majority of adults past the age of 60 years, and unfortunately accounts for a large proportion of deaths in younger individuals as well. Many of the important risk factors for cardiovascular disease are modifiable by specific preventive measures. In the worldwide INTERHEART study of patients from 52 countries, nine potentially modifiable factors accounted for over 90 percent of the risk of a first heart attack. These included smoking, dyslipidemia, hypertension, diabetes, abdominal obesity, psychosocial factors, daily consumption of fruits and vegetables, regular alcohol consumption, and regular physical activity.

This large burden of disease consumes a great deal of the attention of health-care providers. Treatment of its acute manifestations, such as heart attack and stroke, requires emergency recognition and management. Prevention of this disease, however, requires lifelong attention to habits and lifestyle, a difficult task to address for both the health-care provider and patient.

Heart Niagara Inc.'s mandate is to augment our health care system by participating in multiple levels of cardiovascular health services. Beginning with the Healthy Heart Schools' Program, attention is drawn to the cholesterol levels, blood pressures and fitness levels of all Niagara grade 9 students reinforcing positive choice. To better prepare adolescents to respond in case of emergency Heart Niagara provides CPR training to over 6,000 adolescents annually. Workplace Cardiovascular Risk Awareness is a service to industry to assist employees in recognizing their cardiovascular health risks. The Healthy Daily Living Program, in partnership with the YMCA, is designed to help people prevent and reduce their future risk of heart disease. The Diagnostics Program utilizes stress testing and echocardiography in recognizing and managing heart disease.

As more Family Physicians approach retirement age, the severe shortage of primary care doctors will become even more critical. Since 2005, when the Niagara District Health Council was disbanded by the province, Heart Niagara has agreed to act as the reporting body for the Physicians Resources Planning Task Force for the Regional Municipality of Niagara.

As Chairman over the last two years it has been my pleasure to see each of these strategies positively impact our community. In 2007 the Board embarked on a strategic planning process to map our direction through 2012. The process allowed us to critically examine Heart Niagara's roles in this community, and to establish where we want to channel our efforts. In looking back over 30 years of service, the value of this organization to our community has been profound. It is clear that the challenges in the next 30 years will be met with the same enthusiasm, creativity and dedication that have defined Heart Niagara.

*Respectfully submitted,*

Dr. George Zimakas





# Healthy Heart Schools' Program

The Healthy Heart Schools' Programme is now entering its 20th year. After all the controversy surrounding our initiation and the years spent swimming against the tide of medical opinion, the weathercock is finally facing in our direction. Driven by society's concern at the growing prevalence of childhood obesity, diabetes and inactivity, the need for a programme that impacts directly on vulnerable individuals has become essential. Our programme is the only one in Canada that interfaces with all Grade 9 students and includes their parents and family during the only period in their lives when they are easily accessible. The good sense behind our initial design of a whole population approach that also identified a population at higher risk has finally become apparent.

Thanks to the research of Heather Kilty and Dawn Prentice, we have been able to show that referring students with a potential for future Cardiovascular Disease to their Physician – accompanied by their parents – does not result in negative consequences. A high proportion of students and parents referred, visited their Physician. A high proportion of the Physicians provided follow-up and management. Many of those referred were shown to have risk factors that were manageable by standard practice guidelines.

Now our strategy has been supercharged by the interest shown by Dr. Brian McCrindle of The Toronto Hospital for Sick Children and hence the University of Toronto. The contract which we have signed with Toronto Sick Kids includes an exchange of data; the recognition of the collaboration strengthens the programme as a whole. It gives all of us involved a boost and is invaluable in establishing a wider acceptability in our region.

The Physical Education teachers in each Board remain solidly behind Heart Niagara along with support of the superintendents and School Councils; this support afforded Heart Niagara the ability to reach over 4,000 grade nine students in 2007/2008. The Elementary School CPR Programme has benefited from the collaboration and input of the Regional Emergency Medical Services; in 2007/2008 we trained over 2,000 students in grade seven and distributed 500 Family & Friends CPR Anytime kits with in the system. Heart Niagara has launched a video to showcase the benefits of CPR teaching in School System which will be a signature piece in a funding campaign to support CPR teaching in every grade seven classroom annually.

As always, we are grateful to our partners in the Niagara Region Public Health, the school nurses and their team leaders, Gloria Morris, Laurie Columbus, Dr. Andrea Feller and Dr. Robin Williams and for their ongoing input.

The agenda for 2008/2009 includes the extension of resource materials to family physicians and paediatricians to provide guidelines and recommendations for the management of risk factors identified by referral from the Schools' Programme. Other organizations including the National Institute of Health in the US, are working on similar guidelines, ours will serve as a pilot project which we hope will be helpful to all those in the Niagara Region involved in CVD Primary Prevention in Adolescent.

Karen and I are grateful for the work and dedication of Don Gibson and his Team to make the Schools' Programme a success.

*Respectfully Submitted*

Dr. Stafford Dobbin





# Community Preparedness

## WHEN PREVENTION . . . FAILS

Heart Niagara's mission is to empower both children and adults to take control of their own heart health through programs, training and education.

For the most part Heart Niagara is in the business of prevention of heart disease. However, when prevention fails and someone suffers a sudden cardiac arrest, the Community Public Access Defibrillation (PAD) program may be there to help. Over the course of the past year, this program continues to increase in both numbers of defibrillators in public locations and in the numbers of organizations we at Heart Niagara partner with to place these machines in both public and private venues.

When our community defib program started nine years ago, we were one of the first of its kind in Ontario. Back in 1999, we often had to explain the way defibrillators help victims of sudden cardiac arrest. In 2008 people have gotten used to seeing defibrillators at airports, health clubs, malls and in businesses. Publicity over the last several years and some very high profile "Saves" with defibrillators has brought PAD into the main stream. Many people have seen the clip of the Detroit Red Wings player being "shocked" back to life during an NHL game in 2006. Heart Niagara's PAD program has had similar success stories to tell.

In the last year, our program has expanded its reach to now provide 140 defibrillators in partnership with 100 local organizations!! Heart Niagara defibrillators are in numerous public places around the peninsula. To name a few: The YMCA's, Ontario Power Generation, Club Italia, GM and in arenas in every local municipality in the Niagara Region from Grimsby to Fort Erie.

This year for the first time we joined forces with the Heart & Stroke Foundation of Ontario. Together we placed 20 new defibrillators in St. Catharines, Port Colborne, Welland, Wainfleet and in Niagara Falls. Providing CPR to someone who collapses in a heart emergency is critical for survival. Recent medical literature strongly suggests that the "New CPR" as per new AHA guidelines and training in the last two years is very positively affecting the outcomes. Ontario statistics gathered in that time suggests an improvement of 60% to an overall survival rate of 8% for sudden cardiac arrest since the introduction of "New CPR". Heart Niagara is still very active in promoting and training in CPR. It is not our prime mandate as it once was, but we recognize CPR's importance for PAD's success.

Heart Niagara's message is still that "prevention is the best medicine" . . . but it is still nice to know, that should a sudden cardiac event occur . . . Heart Niagara's Public Access Defibrillation program has prepared our community to help. With early CPR and early access to the "Box that Shocks", the victims of cardiac arrest in Niagara will have a fighting chance to survive.

*Respectfully submitted,*

Dr. Doug Munkley







# Healthy Daily Living Program

The Healthy Daily Living (HDL) Program is a new program that was planned, developed and initiated in 2007-08 following Heart Niagara's strategic planning process. Heart Niagara has a wealth of knowledge and expertise on cardiovascular disease prevention developed from almost 30 years of providing a regional cardiac rehabilitation program. When the Niagara Regional Cardiac Rehabilitation Program closed in 2006 the opportunity was created to move the prevention model from post cardiovascular disease secondary prevention to pre-cardiovascular disease primary prevention. This change in addressing cardiovascular disease earlier in the spectrum required re-engineering of the way we develop a program and communicate with participants and partners. Communication is now from a health focal point versus communication from a disease focal point as it was in cardiac rehab. This has required significant modifications to the way we think about "prevention", our approach to people, programming and materials.

The core emphasis in the HDL Program is a primary prevention learning process. People participating in the program experience a structured learning process based on a curriculum. This will take years to develop completely. A curriculum developer at Niagara College has given advice on the initial steps in developing curriculum and these initial steps were implemented in the pilot.

The HDL Program is a promising new program to help reduce the risk of developing heart disease. The HDL Program pilot results indicate people were able to reduce their risk score for developing heart disease by an average of 40%. Some of the specific ways people reduced their risk was a 4% reduction of their waist size, a 3% decrease in their blood sugars (HgA1c), a 14% decrease in both systolic and diastolic blood pressures, and a 14% increase of HDL cholesterol, a 6 fold increase in physical activity and a 3 fold increase in fruit and vegetable intake.

The HDL Program design is based on the principle that to reduce your risk of developing plugged up arteries you have to make the lining of your arteries (endothelium) function at the best level possible. To make the artery lining function its' best you need to eat the right kind of foods, in the right amounts, and, squeeze in as much physical activity as you can into a day, everyday.

The HDL Program is 12 weeks long and has both educational and physical activity components. A workshop every other week focuses members on understanding how to eat better and be more active, and, why the right food and activity makes our heart arteries stay as clean as possible. Another component of the program is helping people to quit smoking.

*Respectfully submitted,*

Don Gibson



*continued page 10*



## **SMOKE CESSATION**

The smoke cessation component was a specific component designed using the “New Approach to Smoke Cessation” algorithm and access to this component was and continues to be free to patients. Patients are provided risk assessments, HDL workshops, smoke cessation counselling and a Champix prescription if needed.

## **PARTNERSHIPS**

Heart Niagara and the YMCAs of Niagara deliver the program in partnership. The next 12 week session starts on September 15th and runs through to December 8th. People register at the YMCAs in Niagara Falls or Fort Erie.

## **FUNDING**

People have 3 options to access the program, \$165 which includes a risk assessment, a three month YMCA membership, workshops and program materials, \$75 which includes a risk assessment, no YMCA membership, workshops and program materials, and, \$25 for existing YMCA members only which includes a risk assessment, workshops and program materials. Industry has provided start-up funding and the Nurse Practitioner is funded by the MOHLTC.

## **REFERRALS**

Once the program is developed further and there is more outcomes data the program will be marketed to physicians who may consider referring patients who need help in reducing their risk for a cardiac event.

## **INTAKES**

The pilot saw 17 patients with 8 completing the program. Two patients enrolled in a cardiac rehab program, and one left the program due to injury and will return to the program in September. Five patients were lost to follow-up, and one patient left the program after successfully quitting smoking.

## **ATTENDANCE**

Operating in the Niagara Falls and Fort Erie YMCAs. Pilot assessments and workshops constitute the attendance total. The program offers supervised exercise to those who need it, e.g., very high risk patients, post MI patients, post CABG patients and CHF patients. There were no very high risk patients in the pilot.

### **Total patient visits:**

Pilot: 64

## **ON-GOING DEVELOPMENT**

In previous years the Niagara Vascular Risk Management Program was recognized as the umbrella program which included cardiac rehab, Workplace and cessation program. Other organizations within Niagara have adopted the term “Vascular Risk Management” in their programming, to reduce confusion Heart Niagara rebranded the strategy – Healthy Daily Living (HDL). The HDL Program is the umbrella for the workplace and community clinical services. The Workplace Cardiovascular Risk Awareness Program will be redesigned in 2009 to include HDL on-site. Many of the services are offered a la carte to corporations. The Workplace Cardiovascular Risk Awareness Program delivered programming to Ontario Power Generation, Hotel Dieu Shaver Rehab, Skylon Tower, Father Fogarty Adult Learning Centre, Hatch Acres Engineering, Ministry of Transportation, Public Health, Niagara Health System, Henry Schien, plus others.

### **Total patient visits:**

Workplace: 689



# Niagara Physician Recruitment



The objective of the Niagara Physician Recruitment Program is to provide effective family physician recruitment services for the region of Niagara to address local physician shortages. Currently the program acts as a single portal of entry to attract, recruit and retain physicians in Niagara using a supportive and collaborative approach with key stakeholders.

The program also measures the number of physicians investigating a potential location for practice; the retention rate of the physicians recruited; and solicits feedback from relevant stakeholders with respect to their degree of satisfaction with coordination and support provided by the program.

The annual recruitment target is 10 – 15 family physicians as set by the Advisory Committee Chaired by John Carter; membership includes Regional Councillor Bob Saracino, Mayor Damian Goulbourne, Dr. David Dec, Dr. Fraser Mackay, Dr. Jeff Remington, Ron Leavens, Don Jackson, Fran Geikie, Joan Hatcher, and Jill Cappa.

To date the program has recruited 90 family physicians to the Niagara Region an impact felt by almost 125,000 people in Niagara, who now have access to a family physician. For 2008 to the end of August we have recruited 13 physicians and anticipate that we will have an additional 6 new family physicians by the end of the year.

On behalf of the Advisory Committee thank you to Heart Niagara for administering the program on behalf of the Region of Niagara who fund it.

*Respectfully submitted,*

Jill Cappa

*Niagara Physician Recruitment & Retention Coordinator*



# Niagara on the Move

April 1, 2007 – March 31, 2008

Reinforce healthy living knowledge and increase physical activity rates in the Niagara Region. The campaign included: public speakers, an e-mail newsletter, support of healthy community events, presentations to workplaces and community organizations, and the signature event Fit for the Future

- Distributed additional 3,500 kits (2006-2007 5,000 kits)
- Over 15,391 people over the age of 18 participated in a Niagara on the Move strategy
- 85 female running clinic participants received a kit to help them stay committed to their fitness goals
- 4,489 students at 22 schools completed a 1 km walk and raised awareness of physical activity and walkable communities
- Collaborated with the Youth Tobacco Conference and distributed 200 kits
- Reached 4,018 employees at 30 different workplaces for Niagara on the Move presentations and the World Record Walk
- Workplace Programs

*McDonald's Restaurants in Niagara Falls*

*Brock Students*

*Brock Faculty*

*Bethlehem Place*

*Niagara Casino's*

*Hatch Acres*

*Ontario Power Generation*

*Public Health*

*Niagara Emergency Medical Services*

*More...*

- Delivered standardized programming to support running/walking programs in Welland, Niagara Falls, St. Catharines and Fort Erie
- Reached 3,500 people at Fit for the Future
- Trained 50 volunteers for Fit for the Future
- Linked with Niagara coaches to deliver session at Active Living Conference
- Linked with Niagara coaches to deliver a panel discussion to Parents at Fit for the Future
- Participated in the World Record Walk project to link with a provincial strategy
- Linked and shared resources with Poco Loco (Port Colborne CIAF recipient)
- Increased linkages to Brock University; Health Sciences, Athletics, Recreation Services, Community Nursing, Sport Management and Community Outreach Faculty
- Realigned our strategy to support Trekzone growth
- Organized the largest single family event linking more than 40 community sport organizations at Brock University – Fit for the Future
- Largest community event celebrating Family Day, February 18, 2008
- Fostered the development of a Niagara Region sport council
- Strengthened community's relationship with an academic centre



Heart Niagara is proud of the strength Niagara on the Move gained based on a solid commitment by over 30 organizations. The Ministry of Health Promotion and the Province of Ontario were widely acknowledged for the funding January 2006 - March 2008.

Heart Niagara continues to work with collaborators and workplaces to increase daily physical activity in Niagara under Niagara on the Move.



# Donors

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Keith Lindberg	Mark Mudford	John Riley	Jessie Thompson	Robert WeltonAllan West
Mary Catherine Lindburg	Craig Muir	Doug Robertson	Joe Thompson	Fred Weston
Wayne Little	Edward Mulligan	Gregory Robinson	Kit Thompson	Rick White
Jim London	Doug Munkley	Pat Romeo	Linda Thwaites	Brandon Whitehead
Rose Long	Lynn Munkley	Bonnie Rootes	Dirca Toffolo	Brian Whitworth
Tony Longo	Franklin Munkley	Gloria Ann Ross	Roger Toffolo	Brian Wilkie
Paul Lord	Ron Munkley	Jerry Rougoor	Bill Tomlinson	Pat Wilkie
Mariella Lobbier- Rodrigue	Nick Murphy	Raymond Rousseau	Sterling Tooke	Dave Wilkinson
Frank Luca	John Nagy	Olive Royston	Steven Toth	Dianne Wilkinson
Al Luciano	Albert Naslund	Arthur Ruckle	Patrick Truone	Robin Williams
Tim Lychy	Joe Nava	Anthony Rufrano	Carlo Turavani	Ellen Wodchis
Deralyn MacKenzie	Andrew Ness	Linda Rufrano	Dave Turineck	Sam Yablo
Gale MacKinnon	Michael Neudorf	John Rufrano	Bob Turnbull	Belinda Yetman
James McPherson	Margaret Newton	Gary Russell	P. Turner	Mark Young
Dan McRae	Pearl Nicholle	James Russell	Ben Vacca	Joanna Zalewa
Allison MacTavish	David Nicholson	Vito Russo	Dennis Van Patten	Roy Zanatta
Lloyd Madden	Claire Noohan	Fred & Jo-Ann Sacco	George Vasco	Steve Zelic
Chris Malkiewich	Kevin Nooran	Pacifico Sacco	Frank Vescio	George Zimakas
Deb Markovich	Eddy Odoricu	Walter Sacco	Maryann Villella	
Trevor Marsh	Richard Oldland	Richard Sacco		
Leo Martin	Stan Opprenduk	Battista Sacco	1083320 Ontario Inc. O/A Wardco	
Ben Martin	Charles Ort	Mark Saccone	2095527 Ontario Limited	
David Martin	Betty Ortlieb	Ted Salci	738055 Ontario Inc. O/A Ward Holdings	
Gary Martin	Katherine Ouder Kirk	Dennis Savriga	768840 Ontario Inc.	
Robert Martin	Felix Pagano	David Saxby	Bridgman & Durksen Chartered Accountants Professional Corp.	
Dave Martineau	Janie Palmer	Vito Scaringi	Brock Ford Sales	
Mary Matthews	John T. Palmer	Harry Schlange	Canadian Auto Workers & Retirees Chapter Local 1054	
Bart Maves	Doug & Susan Palmateer	Aldo Schonewille	Chemtura Bio-Lab Canada Inc.	
David Mawson	Jim Panetta	Albrecht Seeger	City of Niagara Falls Service Centre Staff	
John Maywood	Lucy Paone	Peter Senese	Club Italia Bingo	
Marion Mazi	Benny Parillo	Mary Ann Seppala	Crawford Smith & Swallow	
Eileen Macrae	Francois Paroyan	Cliff Sexton	Cytec Canada Inc.	
Lois McCabe	Virginia Parr	Archie & Dianne Sheppard	Dante Lodge 19 Order of the Sons of Italy Welland Inc.	
Charles McCormick	Mike Pasco	David Sheppard	DV8	
Greg McDonald	Patti Pasco	Sue Sherren	Folk Family Farms	
Roderick McDowell	Pauline Pastachak	Mark & Kate Sim	Fort Erie Kinsmen	
Donald McGregor	Peter Patterson	Eva Simons	Irwin's 2 X 4 Diner	
Gordon McInnes	Derek Pedersen	Richard Skelton	Lead Centre	
Woodward McKaig	Angelina Pegalo	Nancy Slade	Martin, Sheppard, Frazer LLP	
Fay McKee	Ian Penn	Al Slatery	Monte Carlo Bingo Association	
Mary McKenna	Ian Penney	Ken Snider	Niagara Falls Camera Club	
Dan McKenzie	Paul Peressotti	Don Snyder	Niagara Health Services	
Mary-Ann McKinley	Maggie Perri	Diane Somerville	Olsen-Sottile Insurance Brokers Inc.	
Joanne McKinley-Molodynia	Sal Pietrangelo	Daryle Somerville	Oneida	
Ian McMichen	Eugene Pilato	Margaret Sorley	OPG Employees' & Pensioners' Charity Trust	
Brant McPherson	Aimee Pinder	Mary Speck	Osprey Publication	
Vivian McRae	Al Pizzi	Kristina Speck	P. Tomlinson Insurance Broker Inc.	
Ed Meleskie	William Potter	Donna Stadnyk	Provincial Construction (NF) Limited	
Richard Merritt	Bill Potton	Norman Stalker	Queen Street Pharmacy	
Charles Mewett	John Potts	Karen Stearne	Rankin Construction Inc.	
Richard Michaud	Diane Pouliot	Alan Stewart	Al Reid Memorial Tournament	
Philip Miles	William Puckering	Sydney Stocks	Russell Technical Services	
Susan Miles	Jack Quagliariello	Thomas Stokoe	Scotiabank	
Ralph Miller	June Quagliariello	William Storrington	Scotland Properties O/B 603755 Ontario Inc.	
Alexandra Mills	Eva Quagliariello	Gino Stranges	Taro Pharmaceuticals Inc.	
Fred Mitchell	Cherie Race	Richard Stuckey	The Branscombe Family Foundation	
David Molnar	Nick Radice	Alfred Stutzmann	The Review	
D. Molnar	Enrico Raffin	Terry Suess	The Standard	
Doug Monteith	K. Rajagopaul	Estate of Arlene Szikszai	The Tribune	
Fred Moodie	k Rampado	Jodi Szoke	Vineland Grower's Co-operative Ltd.	
Ken Moore	Kundavaram Reddy	Mary Szuch	Welland Minor Midget A Tigers	
			West Lincoln Firefighters	
			Wine Council of Ontario	
			Zippo Canada Sales	



# 2008 Sponsors

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Al Reid Tournament  
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City of Niagara Falls  
CBI Physiotherapy & Rehabilitation  
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Claude Pilato  
Club Italia  
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Crawford, Smith & Swallow Chartered Accountants  
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McDonald's Restaurant of Niagara  
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Niagara Falls Lions Club  
Niagara Falls Lioness  
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Save a Life Niagara  
Schering Plough Canada  
Servier  
Sleep Cheap Charities  
Stamford Lions Club  
St. Michaels Athletic Council  
Speck Family Fund  
The Cares Foundation /Niagara Fallsview Casino Resort  
The Love Boat  
The Review  
The River 105.1  
The Standard  
The Watering Can  
Town of Fort Erie  
Upper Canada Cheese  
(UEM) Urban & Environmental Management Inc.  
Walker Industries Holdings Limited  
Washington Mills Electro Minerals Corporation  
YMCA of Niagara





# Heart Niagara Staff

Jill Cappa, *Regional Physician Recruitment*

Sherry Collins

Anita Fiorentino, *Schools' Expeditor*

Aisling Flarity

Jo-Anne Gale, *Office Manager*

Don Gibson, *NC-PHC*

Joyce Harris, *Bookkeeper*

Christopher Haynes, *Graphic Design/Marketing*

Tracey Kavanaugh, *Stress Technician*

Olya Makerewich, *Schools' Program*

Terra Pasco

Diane Pouliot, *Sonographer*

Roxanne Russell, *Diagnostic and IT Co-ordinator*

Janet Standish, *Sonographer*

Karen Stearne, *Executive Director*

Nancy Tkachuk, *Fund Development*

Ben Vacca, *Bingo Chair*



Heart Niagara works with over 30 independent contractors to provide health services, CPR training, First-aid training, Automatic External Defibrillation training and Public Access Defibrillation Programs.





# Heart Niagara Inc.

## Annual Board of Directors Meeting

*Thursday, September 27th, 2007 - Niagara Shrine Club*

**Present:** Dr. George Zimakas (Chair), John Carter, Karen Stearne (Executive Director), Dr. Stafford Dobbin, Mary Fickel, Carol Maidens, Ellen Wodchis, Jo-Anne Gale (recorder)

**New Board Member:** Laurie Columbus

**Regrets:** Dr. Doug Munkley (Past-Chair), Mary Catherine Lindberg

1. Dr. George Zimakas (Chair) welcomed everyone to Heart Niagara's 30th Annual General Meeting.
2. Dr. Dobbin spoke briefly about the accomplishments of Heart Niagara over the past 30 years.
3. Adoption to accept Annual General Meeting Minutes of September 19th, 2006.  
Motion made by John Carter and seconded by Mary Fickel.
4. Adoption of Committee Reports as published. Motion made by Dr. George Zimakas and seconded by Ellen Wodchis.
5. Adoption of Financial Statements for 2006-2007 as prepared by Crawford Smith & Swallow.  
Motion made by John Carter and seconded by Karen Stearne
6. Adoption of Accounting firm Crawford, Smith & Swallow for 2007-2008.  
Motion made by John Carter and seconded by Dr. George Zimakas
7. Adoption of the 2007-2008 Slate of Officers.  
Motion made by John Carter and seconded by Mary Fickel.

### **2007 – 2008 Slate of Officers**

Dr. George Zimakas, (Chair)  
Mr. John Carter, (Vice-Chair)  
Ms. Karen Stearne, (Executive Director)  
Dr. Douglas Munkley, (Past-Chair)  
Ms. Laurie Columbus  
Mr. John Cunnane  
Mrs. Mary Fickel  
Mrs. Mary Catherine Lindberg  
Ms. Ellen Wodchis (Strategic Planning)

*Carol Maidens will take a brief leave of Absence*

### **Professional Advisory Committee**

Dr. Stafford Dobbin, Chairman  
Dr. Yun K. Chan - NHS Internal Medicine  
Dr. Rose Tannous - NHS Cardiology  
Dr. George Zimakas - HNI Internal Medicine  
Dr. Douglas Munkley -Regional Public Access Defibrillation

8. Motion to close Heart Niagara's 30th Annual General Meeting.  
Motion made by Dr. George Zimakas and seconded by Laurie Columbus.

Meeting Adjourned.



**HEART NIAGARA INC.**  
**STATEMENT OF REVENUE, EXPENSES AND FUND BALANCES**  
for the year ended March 31, 2008

	2008	2007
	\$	\$
<b>Revenue</b>		
Donations	80,362	94,032
Grants		2,668
Fundraising events	309,210	210,928
Program	964,537	907,324
Other	3,225	4,465
Physician recruitment	100,949	98,431
Amortization of deferred contributions	6,816	8,976
	<u>1,465,099</u>	<u>1,326,824</u>
<b>Expenses</b>		
Advertising and promotion	11,857	31,628
Travel	938	2,092
Interest and bank charges	3,156	3,655
Office supplies and expenses	97,398	71,882
Occupancy costs	13,754	15,695
Professional and consulting fees	386,559	391,287
Staff education and training	439	4,493
Salaries, wages, benefits and honoraria	306,587	347,448
Supplies	300,498	254,845
Depreciation	36,238	37,694
Other	166,662	95,868
Physician recruitment	100,949	98,431
	<u>1,425,035</u>	<u>1,355,018</u>
<b>Excess (Deficiency) of Revenue over Expenses for the Year</b>	40,064	(28,194)
<b>Fund Balance, Beginning of Year</b>	129,204	157,398
<b>Fund Balance, End of Year</b>	<u>169,268</u>	<u>129,204</u>

Excerpt from the Annual Financial Statements as prepared by  
Crawford, Smith & Swallow  
Chartered Accountants LLP  
Copies available upon request



# 2008-2009 Board Membership

Dr. Douglas Munkley, Past-Chair

Mr. John Carter, Chair

Dr. George Zimakas, Vice-Chair

Mrs. Mary Catherine Lindberg, Treasurer

Ms. Ellen Wodchis, Secretary

Ms. Karen Stearne, Executive Director

Mr. John Cunnane

Mrs. Laurie Columbus

Mrs. Angela Kelly

Ms. Carol Maidens

## **Retiring from the Board**

Mrs. Mary Fickel

Dr. Stafford Dobbin, MAC Chair



Heart Niagara through strategic cooperation among non-profits, corporate, industry, academia and government - in Niagara and beyond - pledges to continue to find the right investments and regulations to encourage people to adopt a healthy lifestyle. Reducing the risk of higher rates of death, disease, disability and the related costs.

Studies have found that people now derive a far larger proportion of energy from fat and animal-based foods, such as meat and eggs, compared with in the past. A diet based in local products and home grown rich in vegetables and carbohydrates with minimal animal-sourced food is no longer an option in many homes and communities.

Studies have found that a change in diets and lifestyles, where Canadians engage in less physical activity at work, is consequently leading to a rise in coronary heart disease. Based on fairly conservative assumptions, the total impact of these nutrition-related components of poor diet, inactivity, and obesity on medical costs to treat non-communicable diseases, labor productivity and national production are very large.

*From study published in the July/August 2008 issue of the journal Health Affairs*



Allied Health Centre, 5673 North Street, First Floor, Niagara Falls, Ontario L2G 1J4  
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