HEART HEALTHY FUTURES
Empowering the youth of the Niagara Region through awareness, education, training & research

Heart Niagara
www.heartniagara.com
905-358-5552

Cardiopulmonary Resuscitation (CPR) Diagnostic Program Healthy Daily Living (HDL) Program Healthy Heart Elementary Schools’ CPR Program Healthy Heart Secondary Schools’ Program Public Access Defibrillation Program Workplace Cardiovascular Education Niagara Sport Commission
Key Successes in 2009

- Partnering with Toronto Sick Kids Research Team regarding the Healthy Heart Schools’ Program
- Research data was presented at the Canadian Cardiovascular Congress 2009 in Edmonton on Tuesday October 26, 2009.
- Heart Niagara and the Niagara School Boards’ received national television coverage for the grade 9 physical education curriculum enrichment program designed to prevent chronic disease in Niagara adolescents.
- Heart Niagara and Niagara School Boards’ received international recognition in over 200 media outlets on the research done in the Healthy Heart Schools’ Program 2002-2008.
- Due to partnership the Healthy Heart Schools’ Program was improved to provide data that meets best and informed practice guidelines
- The research partnership will enable Heart Niagara to produce landmark research in adolescent health.
- Heart Niagara hosted Docs on Ice Niagara bringing 800 physicians to Niagara over three days in April 2009.
- Secured funding to develop the foundation for the Niagara Sport Commission.
- Secured funding for smoking medication therapy.

Heart Niagara is built on strategic cooperation among non-profits, corporate, industry, academia and government.

- ACT Foundation
- Brock University
- Conseil Scolaire de District du Centre-Sud-Ouest
- Conseil Scolaire de District Catholique Centre-Sud
- District School Board of Niagara
- Healthy Living Niagara
- Heart & Stroke Foundation
- Niagara Catholic School Board
- Niagara Region Public Health
- Niagara Health System
- Region of Niagara
- YMCA of Niagara
- and the corporate community

Funding is received through

- Ministry of Health
- Ministry of Health Promotion
- Region of Niagara
- Branscombe Family Foundation
- Niagara Community Foundation
- Sick Kids Hospital
- Trillium Foundation
- Community events
- Corporate sponsorship
- Community donors

2009-2010 Board of Directors
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Heart Niagara contracts over 30 independent health professionals, CPR, First Aid, AED instructors to deliver health services, training, workplace wellness and the Public Access Defibrillation Program.
Heart Niagara 2010 Special Events

All dollars raised through special events are used to deliver programming in Niagara

Real Gals Royaltea with Heart - Club Italia February 21, 2010
Real Gals who wanna Golf - Grand Niagara May 11, 2010
Edge of the Field - Hosted by Don Chew & George Zimakas August 13, 2010
Hearts in Motion Golf - Grand Niagara October 6, 2010
Real Gals who Lunch - Club Italia November 13, 2010

Heart Niagara appreciates the volunteers who support the Annual Campaigns

In Memorium Program - through online and funeral home donations
Bingo Events - Delta Bingo Hall, Niagara Falls
Nevada Tickets - Sunnyside Market, St. Catharines

Thanks to our community the following Events will benefit Heart Niagara

Smuggler’s Cove Boat Club Spaghetti Dinner
St. Davids Lions Hall February 20, 2010
Pete Stoutenburg Memorial Hockey Tournament
Haig Bowl Arena April 9 April 10, 2010
Two Hearts in Motion
Our Lady of Peace Hall March 27, 2010
Emil Breuer Memorial Soccer Tournament
German Village July 30-31 August 1
Fore Ladies Only
Beechwood Golf Course September 15, 2010

Sport holds promise to build a stronger Niagara by engaging families, and increasing the health and well being of business and citizens alike. Sport is widely recognized as a tool for community development, a way to increase safety and reduce crime, to promote health and social inclusion, and to empower individuals to realize their potential. The Niagara Sport Commission supports local sport organizations and their committed volunteers who deliver sport to the youth, adolescents and adults in Niagara. To increase opportunities to develop into leaders, and to feel good about their contribution. The Niagara Sport Commission will provide a coordinated effort to recruit and train volunteers, improve access to facilities and sport opportunities, and to further develop a culture of sport across Niagara. The Niagara Sport Commission continues to work with economic development to increase sport tourism in Niagara. We encourage people from across the Region to help realize the promise of sport in Niagara, and join the Niagara Sport Commission by signing up for our e-newsletter, and to get involved in local sport.

Call today to get involved
Phone: 905-354-5557
Fax: 905-354-9575
info@niagarasportcommission.com
www.niagarasportcommission.com
HEART NIAGARA

DAVID J. FAST

CHARTERED ACCOUNTANT

4162 Portage Road, Niagara Falls, Ontario L2E 6A4
905-357-5931

Chippawa Lions Annual Carnival
June 9, 10, 11 & 12

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Niagara Sport Commission
Community Adjustment Fund
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Dr. Douglas Munkley
Healthy Living Niagara
Karen Stearne
The Ontario Trillium Foundation

Healthy Heart Secondary Schools’ Program

Who said that heart disease can’t be prevented?

Reaches 5,000 students every year

Reached over 50,000 grade 9 students since 1987.

Strategic Priorities

• Whole population cardiovascular review
• Impacting health behaviours of adolescents
• Identifying and addressing families at high risk for heart disease

www.heartniagara.com

Reaches 5,000 students every year

Reached over 50,000 grade 9 students since 1987.
Healthy Heart Schools’ Program

The Healthy Heart Schools’ Program is designed to support teachers in delivering the physical education curriculum to increase student’s knowledge of cardiovascular risk factors, heart healthy lifestyle choices and cardiopulmonary emergency response.

This enrichment program includes a personal assessment of fitness, a health questionnaire, an assessment day with height, weight, body mass index (BMI), waist circumference, blood pressure, total and HDL cholesterol testing, and bystander CPR training.

When health issues are outside the limits set by the guidelines a referral is sent to the student’s family doctor, and a letter and phone call home to the parents.

Research made possible because of the program shows that

- More than one in five teenagers has at least one risk factor for heart disease such as obesity and high cholesterol.
- Between the years 2002 and 2008, the number of grade 9 students with one or more cardiovascular risk factors rose to 21 per cent from 17 per cent.
- The number of obese teens went from 11 per cent to 13 per cent, while those with elevated cholesterol almost doubled from nine per cent to 16 per cent.
- “The figures mirror what’s going on in Canadian society overall,” said Dr. Brian McCrindle, a pediatric cardiologist at The Hospital for Sick Children in Toronto.
- “At least three-quarters of teens who are overweight or obese stay that way as adults, and have the highest risk for heart attacks and strokes,” said McCrindle.

Solutions for the students and families include discussions around identified problem BMI’s, waist circumferences, blood pressures, and cholesterols are the same simple messages we all know, increase physical activity and improve healthy eating. Adolescents should be getting 10,000 to 15,000 steps a day on average. Included in those steps there should be a period of activity every day for at least 30 to 45 minutes where they are a little bit short of breath. Health Canada portion sizes are the most important nutritional issue for the teenagers. The quality of food is also very important and we all know that the most important foods are vegetables and fruit.

For more information go to www.heartniagara.com
Mayor Brian McMullan
St. Catharines, ON

On behalf of City Council
I wish to express its appreciation to Heart Niagara for its continued dedication to improving the health of Niagara residents.

Mayor and Council of the City of Welland
would like to take this opportunity to thank Heart Niagara for their efforts in the promotion of healthy living through the many educational and support programs they offer to residents of all ages in our community.

Building partnerships among sport, business, tourism and community organizations • Promoting sport and physical activity programs at the grassroots level • Bidding for and hosting sport events, tournaments, & major games • Facilitating equity and access to sport programs and facilities • Developing a strategic plan for sport facilities in Niagara • Developing sustained sources of revenue for community sport organizations • Supporting local sport clubs in their efforts to host sport events and • Recruiting, training, & recognizing the efforts of volunteers.

Supporting athletes, volunteers, and sport organizations by:

905-354-5557 www.niagarasportcommission.com
or email us at info@niagarasportcommission.com
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905-680-9300
271 Merritt Street, St. Catharines
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6889 Lundy’s Lane, Niagara Falls
$65 Per Event / $75 Final Event
Money raised at these events will be split between Eight Local Charities shown below.

Battle Dates
Battle 1: Shrimp & Shrimp
St. Catharines / Tuesday February 23rd
Battle 2: Shrimp & Shrimp
Niagara Falls / Wednesday February 24th
Battle 3: Chicken & Artichoke
St. Catharines / Tuesday March 23rd
Battle 4: Chicken & Artichoke
Niagara Falls / Wednesday March 24th
Battle 5: Lamb & Salmon
St. Catharines / Tuesday April 17th
Battle 6: Lamb & Salmon
Niagara Falls / Wednesday April 20th
Final Battle: Tenderloin & Lobster
St. Catharines / Tuesday May 18th

Media Sponsors:
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To Perform CPR:
• Check for scene safety
• Check for unresponsiveness
• CALL 911
• Get AED or send someone to get AED
• Tilt head back and lift chin
  (LOOK-LISTEN-FEEL)
• Check for visible signs of circulation
• If not breathing, pinch nose,
  cover mouth and give 2 breaths
  (1 second each)
• Start chest compressions (compress
  and breathe at a ratio of 30 to 2)

When AED Arrives:
• Turn on AED
• Bare chest and apply electrode pads
• Follow visual and voice prompts

Continue CPR Until:
• The victim shows effective signs of
  circulation or EMS takes over

Conscious Choking Victim:
• Ask, “Are you choking?”
• If the person can speak,
  breathe or cough,
  DO NOT INTERFERE!
• Give abdominal thrusts until successful
  or person becomes unconscious

Unconscious Choking Victim:
• Call 911
• Check for breathing
  (LOOK-LISTEN-FEEL)
• Attempt to give 2 breaths
  (1 second each)
• Position your hands for
  chest compressions 30-2
• Open mouth, remove any objects
• Repeat with 2 breaths
  and 30 compressions
  until the victim starts breathing
  or EMS takes over

Workplace Cardiovascular Risk Awareness Program

Workplace tools
to help employees recognize and reduce their risk for heart disease

Provided wellness programs to over 5,000 employees in their workplace

Strategic Priorities
• Provide employers with tools to support employees in reducing their cardiovascular risk
• Targeting working population with education to identify their individual cardiovascular risk
• Provide heart health promotion in the workplace

Heart NIAGARA
www.heartniagara.com
Are you and your family involved?

Community Preparedness

Did you know?
Cardiovascular disease accounts for the deaths of more Canadians than any other disease.
Almost 80% of cardiac arrests occur at home and are witnessed by a family member.
50% of people do not survive their first heart attack.
CPR can double a victim’s chance of survival by maintaining vital blood flow to the heart and brain until more advanced care can be given.

What is PAD?
Public access defibrillation (PAD) is a program, which provides defibrillators in places where large numbers of people gather and/or where people who are at high risk for heart attacks live.

What is an AED?
The Automated External Defibrillator (AED) is a medical device that can check a person’s heart rhythm. It uses voice prompts, lights and text messages to tell the rescuer the steps to take. Lay rescuers with a few hours of training can operate an AED safely.

What is Family and Friends CPR Anytime?
Family and Friends CPR Anytime is a self-directed, personal CPR kit that makes learning the core skills of CPR easy, convenient and affordable for the whole family. The kit includes a CPR practice DVD, inflatable CPR manikin and information booklet. It takes just 22 minutes to learn and can be done at home, at school or in a corporate setting. This kit does not provide certification in CPR. The kit costs $35.00.

How can you impact PAD and CPR in your community?
Heart Niagara has many tools to help you get started in the community. We can help you:
• work with an elementary school in your area to sponsor CPR training for students
• install an AED device in your workplace and train staff to operate the unit.
• promote the Friends & Family CPR Anytime training in the workplace.

For more information call 905-358-5552
It is now clear that arteriosclerotic process leading to adult heart disease begins in childhood. The Niagara strategy founded twenty-three years ago by Heart Niagara, the only one of its kind in Canada, makes direct contact with every grade nine student and their parents in the Niagara region through the Healthy Heart Schools’ Program.

Heart disease is reaching an epidemic in 2010

The Healthy Heart Schools’ Program designed by Heart Niagara to investigate possible increase in coronary heart disease risk among all Niagara adolescents is a positive solution.

The only time Canadians are 100% available for assessment of increased risk of coronary heart disease is at school.

Heart Niagara through strategic alliances will continue to notify, and inform, those individuals, and their parents, of the measures to take to prevent the progression of heart disease into the adult years.

Dr. Stafford Dobbin, Medical Director Healthy Heart Schools’ Program

Visit our website and see the TV News coverage
www.heartniagara.com

Italian Tofu Frittata

- Prepare vegetables.
- Purée tofu with egg whites, Italian seasoning and turmeric in blender.
- In a large skillet, sauté onion, garlic, zucchini, bell pepper, kale, and tomato for 1 minute over medium-low heat, stirring often. Add stock and red wine vinegar.
- Pour tofu mixture over vegetables, cover and cook over low heat until mixture is completely firm and cooked, about 12 minutes.
- Top with chopped parsley and serve.

Nutritional information per serving (recipe serves 4):
Protein 12.4g Total fat 3.7g Carbohydrates 16.5g Calories 138
Sodium 88mg Cholesterol 0mg

Pumpkin Pie or Squares

- Preheat oven to 325°F
- In a mixing bowl combine pumpkin, milk, egg whites and sweetener beat until smooth. Add spices and salt beat until well mixed.
- Stir in graham cracker crumbs. Pour into a 9 inch pie plate that has been coated with non-stick cooking spray.
- Bake for 50-55 minutes or until a toothpick inserted near the centre comes out clean. Cool.
- Garnish with a dollop of whipped topping and a sprinkling of cinnamon. Store in the refrigerator.

Nutritional information per serving (recipe serves 6-8):
Protein 7g Total fat 3g Carbohydrates 16g Calories 116
Sodium 166mg Cholesterol 1mg
Quitting smoking is never easy. But it is possible. Proven medical advances have been made in understanding nicotine addiction.

**It’s time to break the addiction.** Nicotine addiction is why so many people keep smoking, even when they want to quit. This time speak to your doctor or other healthcare provider about available treatment options. Visit [www.ItsCanadasTime.com](http://www.ItsCanadasTime.com) for more information and resources.
In Memory of - 2009 - 2010

Doug Allen  
Murray Barry  
Andree Belleville/Noiles  
Phyllis Berman  
William Biletechi  
Carmela Carrocchi  
Anthony Cybulski  
Joseph Cyr  
Dan D’Addio  
Maria D’Auito  
Mario (Myer) Delduca  
Alex Dubciak  
Rona Eckert  
Wilfred Helmkink  
Martin Hendriks  
Eva Huffner  
Peter Kiss  
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Vito Lemmola

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John Leo  
Alice Lordz  
Mary Luchkany  
Pasqualino Macri  
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Ray McMaster  
Gloria R. McMillan  
Walter Miller  
Ed Mocniak  
Frank Muscarella  
Robert Pembleton  
Vito Picca  
Eva Qungliariello  
Giuseppe Romeo  
John Rufrano  
Lidia Scervino  
Gladys Screen  
Len Shaw  
Giovanni Simonetti  
Margaret Sovar  
Donald C. Smith  
Howard Smith  
Patrick Smith  
Frank Snow  
Dr. St. Amand  
Ann Spironello  
Frank Szabo  
Dr. Rudolph R. Toews  
Sylvia Tonet  
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Frank Zoretich

In Honour of

Kathie Herr  
Marie Pouliot

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Heart Niagara is proud to partner with JBI PAK-IT to provide a unique, fun and easy fundraiser for your school, organization or club.

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PAK-ITs are individual, pre-measured membrane-encapsulated cleaning concentrates that completely dissolve in tap water. Your group can earn high profits selling a useful product that people need and use every day! Offer a product that will be welcomed by your supporters - virtually every household uses cleaning products! The more supporters like the product, the more they will purchase, and the more money your organization will make! Call us for a custom logo on your kits imprinting quote.

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**Direct-Sale Fundraising** is quick and easy and allows your group to purchase our product, with no up-front costs, and sell directly to the consumer; funds are collected at point-of-sale.

**Brochure Fundraising** allows consumers to select the product from our Sell Sheets. Consumers pre-pay at the time of order preventing losses when customers can’t be reached for delivery.

The household cleaning kit is absolutely unique in the market. Pak-It premium cleaning supplies provide exceptional strength, durability and are an environmentally friendly **GREEN solution.**

**CALL Today 905-358-5552**
www.heartniagara.com or info@heartniagara.com

Heart Niagara is proud to partner with Heart Niagara and our state-of-the-art program helps make your healthy school fundraiser supporting school policy project a huge success.

**Partners in Your Health – a smoke cessation strategy**

It is our vision that all smokers, regardless of where they live, have full access to the programs, supports and medications to help them quit permanently.

We know that most smokers want to quit and we have a responsibility to help them. Heart Niagara has trained health care professionals in cessation counseling, smoking medications, systemic cessation measures that highlight both the interim and the final successes.

Heart Niagara hopes that this program will be a springboard for promoting the policy changes required to help all Canadians who want to quit smoking with resources. Tobacco use is still the most significant risk factor in devastating chronic diseases.

Heart Niagara HDL Smoke Cessation Program 905-358-5552

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Thanks to our Donors
Thanks to

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My staff and I look forward to serving you.

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The Niagara Physician Recruitment Program has worked effectively in the past 8 years to recruit Family Physicians to the Niagara Region. In 2008 alone, 15 new doctors are providing Primary care to our residents. There is continued interest expressed from general practitioners and medical students wanting to explore the practice opportunities in Niagara.

Please go to our website to search for a doctor in your community.
www.niagaradocs.com

On behalf of the staff and members of our board; Thank you Heart Niagara for your years of service.

The Niagara Falls Community Health Centre is now open.
If you are a resident of Niagara Falls and do not have a family doctor, call us at 905-356-4222 and let us help you!
Joyce Morocco
Chair, Niagara Falls Community Health Centre
www.NFCHC.ca

“Thanks to funding from our partners, corporations and generous individual donations, especially during February, Heart Month, we have been able to allocate over 230 AED units in communities across Niagara,” says Karen Stearne, ED Heart Niagara. “A life saved is a testament to what happens when individuals in the community learn CPR, and use an AED when it is within reach in public places.”

“In cases of cardiac arrest, the early use of CPR and AEDs can make the difference between life and death,” “We need community members to perform these life-saving skills before our emergency services arrive, to ensure the best possible chance of survival. “As emergency physicians we know first hand how successful immediate CPR or AED intervention can be in helping to save lives and in reducing the impact of cardiac arrest on patients and their families,” said Medical Director Dr. Doug Munkley.

“Minutes become very precious as immediate resuscitation or defibrillation can often prevent a fatality or long-term health problems following a cardiac event.”

The Niagara Medical Group and Family Health Team offers its congratulations to the Board, Staff and Volunteers of Heart Niagara on 34 years of sustained devotion to Primary and Secondary Prevention of Coronary Heart Disease in the Niagara Peninsula.
The JBI companies offer a diverse array of products and services. The common themes in our offerings are superior quality, unique value and hands-on reliable customer service.

We provide affordable solutions that are not otherwise available in the marketplace. For example, the JBI data restoration and recovery service provides verification that 100% of our clients’ data has been recovered. This important step reinforces our value to our clients and is the rationale for institutions such as NASA to entrust JBI with their irreplaceable, sensitive data.

JBI partners with our customers to forge new relationships and to diligently maintain our legacy client base. Our long-standing customers understand that JBI works relentlessly to exceed expectations. Confronted with challenge, we work vigorously to generate viable solutions.

We continue to refine existing offerings and create new technologies anticipating future demand. JBI is postured to aggressively launch our Plastic2Oil enterprise with multiple land and sea operations.

Our meticulous approach to planning and preparation will facilitate a rapid global expansion. We are organically growing our enterprise and expanding our boundaries to include technologies that support our goals.

Heart Niagara would like to thank JBI for providing an opportunity to fundraise for Niagara in Niagara.

This is a unique, fun and easy fundraiser for your school, organization or club. JBI has reduced the selling price for the month of March and April. Your customers will receive an additional $5.00 saving. Heart Niagara is committed to making your fund raising experience easy, fun and successful!

CALL to-day 905-358-5552 www.heartniagara.com

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If you have chosen to make a donation to Heart Niagara in honor of someone, or in memory please fill in the information below so that we may notify them, or their family of your generous gift.

Name:
Address:
City: Postal Code:
Phone: Email:

I would like my donation pledged to Healthy Heart Schools’ Program
Community Education
In Honour - See below
Other

Cash Cheque Visa MasterCard
Card#     Code No. Exp.

If you have chosen to make a donation to Heart Niagara in honor of someone, or in memory please fill in the information below so that we may notify them, or their family of your generous gift.

Name:
Address:
City: Postal Code:

1. Provide prevention research for heart disease and many other chronic diseases which include stroke, diabetes, high blood pressure, high cholesterol, and obesity.

2. Educate Niagarians on how to lower their risk of developing diabetes, high blood pressure, obesity, tobacco use, and high cholesterol.

3. Increase the community’s CPR and defibrillator training and ability to save lives with faster responses to sudden cardiac arrest emergencies.

4. Support the placement of automatic external defibrillators (AED) in community settings across Niagara - each year AED’s save lives in Niagara.

5. Increases access for all to sport and recreation.

6. Provide early identification and referral for individuals who are at high risk for heart disease through workplace HDL On-Site programming.

7. Support education to over 7,000 adolescents in schools with individual teaching on how to prevent heart disease.

8. Provide very early identification and referral for adolescents who are at risk for developing future premature heart disease through the Healthy Heart Schools’ Program.

9. Inspires families to live a healthier lifestyle together.

10. Increase access to heart health services in Niagara.

Make A Donation!

Simply fill out this donation card and mail it to:
Heart Niagara Inc.- Allied Health Centre
5673 North Street, First Floor, Niagara Falls, ON L2G 1J4
or Call 905-358-5552 Fax: 905-358-6033
Email: info@heartniagara.com

To make a donation online, visit our website at www.heartniagara.com