



# Increasing Healthy Lifestyle Awareness

*One student at a time*

Heart Niagara's research is providing earlier diagnoses, and developing leading-edge treatments and world-class prevention strategies. for chronic diseases and conditions that include heart disease, stroke, diabetes, high blood pressure, high cholesterol, and obesity.



Heart  
**NIAGARA**

www.heartniagara.com

905-358-5552

info@heartniagara.com

Cardiopulmonary Resuscitation (CPR)  
Diagnostic Program  
Healthy Daily Living (HDL) Program  
Healthy Heart Elementary Schools' CPR Program  
Healthy Heart Secondary Schools' Program  
Niagara Physician Recruitment  
Niagara Sport Commission  
Public Access Defibrillation Program  
Workplace Cardiovascular Education

**The HEART Project** will make healthy lifestyles a top priority in families through a culture shift. Engaging families through experiential learning on how heart disease risk factors begin and can be improved.

Heart Niagara through the Heart Project will align issues relating to the risk of premature cardiovascular disease (CVD) which impacts all chronic diseases. The Project will build individual capacity through experiential learning. Adolescents and their families will increase engagement in healthy eating and physical activity, and, a reduction in tobacco use.

**This balanced approach will include:**

- **Nutrition** - energy in / energy out, food combinations, eating out strategies, portion size, Canada Food Guide, low cost cooking, and food preparation and food handling safety;
- **Increases Activity** - utilization of community resources, low cost no cost activity, energy in / energy out, barrier reduction to increased activity and motivation tools;
- **Living Smoke Free**
- **Community Preparedness** - AED and CPR training, targeted information on injury prevention and utilization of community resources.

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Niagara Peninsula Energy Inc.  
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**Did you know?** "The number of grade 9 students with one or more cardiovascular risk factors has risen to 21% from 17%."

# Heart Niagara's Staff

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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 (PAD) program.

## Healthy Heart Schools' Program

expanded program to reach an additional 600 adolescents at summer school in the Niagara region.

### Healthy Heart Schools' Program received national attention

- Second year in a row the Healthy Heart Schools' Program data is recognized for its significance at the Canadian Cardiology Symposium
- Published in the November edition of the Journal of Pediatric Medicine
- In partnership with Niagara Public Health Heart Niagara provided additional support to those trying to quit or stay quit from smoking. The Program offered cardiovascular assessment, education and smoking cessation aids when applicable.

### Launched Edge of the Field annual event

- Introduction of the donor round table
- Linking local food and purveyors
- Made a donation of two stretchers to the ScotiaBank Convention Centre
- Organized a drive to support regional food banks with \$10,000 in warm clothes at Christmas 2009
- Provided support to over 25 workplaces regarding heart health initiatives
- Placed 22 automatic external defibrillators (AED) in Niagara secondary schools with support from Act Foundation, First Ontario Credit Union and the School Boards
- Provided support to local families with Christmas baskets through Project Share
- Received a Volunteer Recognition 2010 Corporate Sponsor Award from the City of Niagara Falls
- Received a \$14,000 gift from Fore Ladies Only Golf to support the Healthy Heart Schools' Program
- Stafford Dobbin received a Paul Harris award from Rotary Clubs of Niagara Falls and St. Catharines for his work to found the Healthy Heart Schools' Program and Heart Niagara
- Supported the launch of the Niagara Sport Commission
- Supported 25 non-profit community events
- Welcomed New Board Members John Beyer and Sheila Hoskings
- With support from Niagara Emergency Medical Services (NEMS) delivered CPR and AED education to over 8,000 adolescents

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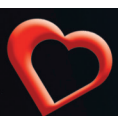
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**Did you know?**

"1.3 million Canadians live with heart disease. Find out how to prevent it at [www.heartniagara.com](http://www.heartniagara.com)"



**Niagara Flag Rugby** is gearing up for another fun season of non-contact flag rugby. Children from 5 to 14 play this fast paced, inclusive sport throughout the summer months. Teams are located in Grimsby, Niagara-on-the-Lake, Niagara Falls, Fort Erie and St. Catharines. If you are looking for a heart healthy, very active sport for your child give us a try. Check out our web site at [www.niagarafлагrugby.com](http://www.niagarafлагrugby.com) or call **Caleb Smith at 905-357-9233**.

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**Chippawa Lions Annual Carnival  
 June 8, 9, 10 & 11**

YMCA of Niagara/St. Catharines  
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 64671561

Regional Municipality of Niagara  
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 Giuseppina Siena  
 Mr. & Mrs. Joe Sirianni  
 James Sissons  
 Kathy Skubel  
 Mary Slovak  
 Mr. & Mrs. Robert Smith  
 Sadie Smith  
 Don Snyder  
 Valerie Somerville  
 Patricia Sommers  
 Mr. & Mrs. Bill Sommerville  
 Anglia Sommise  
 Frank Spada  
 Nancy Spada  
 Mr. & Mrs. John Spencer  
 Mr. & Mrs. John St. Angelo  
 Mr. & Mrs. Stephen Stanga  
 Pauline Starostic  
 Corey Stearne  
 Karen Stearne  
 Mr. & Mrs. Craig Steinback  
 Vivian Stevenson  
 Concetta Sticca  
 Sylvia Stotski  
 Michelle Stranges  
 Jay Strauss  
 Mr. & Mrs. Jay Stukel  
 Mr. & Mrs. Tony Susa  
 Sandra Sutton  
 Mr. & Mrs. John Swallow  
 Mr. & Mrs. Jim Swope  
 Mr. & Mrs. Khayyam Syne  
 Rose Tavano  
 Mr. & Mrs. Vince Tavano  
 Mr. & Mrs. David Taylor  
 Christine Telega  
 Sharon Thomas  
 Ruth Thomas  
 Anne Thorne  
 Audrey Tiffin  
 Nancy Tkachuk  
 Valli Tymoshuk  
 Lucy Vacca  
 Mr. & Mrs. Bill Tymczuk  
 Dan Toppari  
 Mr. & Mrs. Wilfred Toppari  
 Mr. & Mrs. Derek Toth  
 Mr. & Mrs. Dan Trabucco  
 Mike Trembley  
 Angela Vaccaro  
 Ann Louise Vaccaro  
 Hubert Vandelaar  
 Mr. & Mrs. Algie Vant  
 Betty Vescio  
 Filippina Vescio  
 Mr. & Mrs. Rino Vetrone  
 Maria Vetraino  
 Mr. & Mrs. Mark Vigna  
 Mr. & Mrs. Josef Viscek  
 Mr. & Mrs. Ladislav Viscek  
 Vommero Family  
 Carol Vormittag  
 Mr. & Mrs. Frank Vrhovsek  
 Mr. & Mrs. Vinko Vrhovsek  
 Sharon Wajda  
 Mr. & Mrs. Jim Walker  
 Yvonne Walker  
 Donald Wall  
 Helen Walters  
 Mr. & Mrs. Walter Wasielewski  
 Mr. & Mrs. Brian Watkinson  
 Chris Watling  
 Charlotte Watson  
 Jeffrey Watson  
 Leona Watson  
 Linda Watson  
 Mr. & Mrs. Dave Wheeler  
 Mr. & Mrs. Charlie White  
 Sylvia Whitsett  
 Lita & Brock Whitwell  
 Jill Whitwell  
 Margaret Whitwell  
 Mr. & Mrs. Scott Whitwell  
 Clifford Whybra  
 Mr. & Mrs. Mike Widdicombe  
 Julie Wilkes  
 Valerie Williams  
 Debbie Willichs  
 Mr. & Mrs. Bud Wilson  
 Mr. & Mrs. Larry Wilson  
 Suzanne Wilson  
 Lillian Winslow  
 Ellen Wodchis  
 Mr. & Mrs. Graham Wright  
 Mr. & Mrs. John Wright  
 Jennie Wulthryn  
 Sam Yagar  
 Mr. & Mrs. Martin Yamich  
 Kristina Zalokar  
 Mr. & Mrs. Albert Zappitelli  
 Aldo Zappitelli  
 Mr. & Mrs. Paul Zappitelli  
 Mr. & Mrs. Grant Zavitz  
 George Zimakas

Did you know?

"Smokers have a 70% chance of developing heart disease and stroke"

# Heart Niagara 2011 Special Events

**Real Gals Royaltea with Heart** - Club Italia February 20, 2011  
**Hearts in Motion Golf** - Grand Niagara October 5, 2011  
**Real Gals who Lunch** - Club Italia November 12, 2011

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

Heart Niagara appreciates the volunteers who support the Annual Campaigns

## Community Events

**Pete Stoutenburg Memorial Hockey Tournament**  
 Haig Bowl Arena April 8 & April 9, 2011  
**Fore Ladies Only Golf** - Beechwood Golf Club September 14, 2011

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

McDonalds  
 4col x 39  
 64662621

Mackinnon Drugs  
 2col x 39  
 6466787

**FACT**  
**At least 3/4 of teens who are overweight or obese stay that way as adults, and have the highest risk for heart attacks and strokes!**

Hetherington & Deans  
 2col x 39  
 64661061

Meadows Pharmacy  
 2col x 39  
 64681463

Italian Roman Cheese  
 2col x 39  
 64664942

Naturally Healthy Arterial Cleanse  
 5 col x 140  
 64682748

Scotia Bank Convention Centre  
 5 col x 140  
 64655178

enjoy your work...love your life...practice **IN** NIAGARA



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](http://www.niagaradocs.com)



 **Did you know?** "More than 1 in 5 teenagers has at least 1 risk factor for heart disease such as obesity and high cholesterol."

# 10 Reasons to Donate



## 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](http://www.heartniagara.com)

I would like to make a donation to Heart Niagara Inc.  
 \$25  \$50  \$75  \$100  \$ \_\_\_\_\_

Name: \_\_\_\_\_  
FIRST LAST UNIT

Address: \_\_\_\_\_  
STREET Postal Code: \_\_\_\_\_

City: \_\_\_\_\_

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: \_\_\_\_\_  
FIRST LAST UNIT

Address: \_\_\_\_\_  
STREET Postal Code: \_\_\_\_\_

City: \_\_\_\_\_

## Your contributions help...

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 Niagarrians 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. Increase 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.

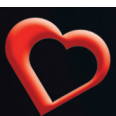


Queens St Pharmacy  
 2col x 39  
 64664937

Niagara Health Services  
 2col x 39  
 64671095

Niagara Regional Health Dept  
 Driven to Quit  
 5 col x 140  
 64665545

Delta Monte Carlo Bingo  
 5 col x 70  
 64673854



**Did you know?**

"All money raised at Heart Niagara stays in Niagara, supporting the Healthy Heart Schools' Program"