



MHC 7th Annual Charity Golf Classic

On Thursday, October 7, 2010 the Maritime Heart Center will host its 7th Annual Charity Golf Classic at Sherwood Golf and Country Club in Chester, Nova Scotia.



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Raising over \$330,000 since 2001, the MHC Charity Golf Classic brings together cardiac care teams, friends, colleagues, patients and businesses to support world-class cardiovascular care for all Maritimers.



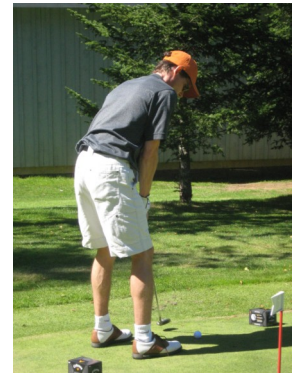
We invite all friends of the Maritime Heart Center to join us as a sponsor, a golfer or a volunteer. Registration is \$1,000 per team or \$250 per person, and includes 18 holes of golf, a golf cart, a gift package, lunch on the course, great prizes and dinner. Players will compete in teams of four, in a “best ball” format with a shot gun start at 11 a.m.

Immediately following the golf day, dinner will be held at the clubhouse. There will be door prizes awarded, awards

given to the day’s top teams and players, and a presentation by the Maritime Heart Center. Golfers, invite your spouse or friend to join you for the dinner. Dinner tickets available for \$50.

The proceeds from this year’s event will be going once again to our *Minimally Invasive Valve Implantation Campaign* – an up and coming technology that will see patients having valve replacements without open heart surgery.

Golf Classic registration forms and sponsorship packages are available by contacting (902) 446-3669 or info@maritimeheartcenter.ca.



Mark your calendar – MacPass Miles Sunday, August 1st



Looking for ways to get moving over the long weekend? The Maritime Heart Center is pleased once again to be a presenting sponsor of the MacPass Miles, a free family event taking place on Sunday, August 1st. Running the span of the MacDonald Bridge, six exciting road running races will be held within a two-hour period starting at 9 a.m. There are separate races for male and female adults (18-99) and youth (4-17), then the “by invitation only” male and female ELITE races. The MacPass Miles is part of the Youth Running Series.



MHC is proud to present the Medical Mile Race – part of the MacPass Mile “Open Event.” One male and one female running in the “open runs” can also register to compete for the Medical Mile Race. The two times are combined for a grand total and the winning team will be presented with a special trophy, a cheque and bragging rights! *More exciting details about the Medical Mile to come!* For more information, contact the MHC at 446-3669.



MHC partners with well-known local track athlete

One of the Maritime Heart Center's mandates is to be an active advocate in the primary prevention of heart disease, therefore MHC supports initiatives that bring awareness to the topic and demonstrates a heart-healthy lifestyle. The MHC is pleased to announce our newest partnership with local track sensation, Geoff Harris.

Though you wouldn't know that he "started late," Geoff started taking his sport seriously during grade 12 and swept the sprint events at the Nova Scotia School Athletic Federation (NSSAF) Provincial Track Championships. The following year he competed for Dalhousie University and went on to win the Canadian Interuniversity Sport (CIS) Championships setting a provincial and school record, and also received the CIS Rookie of the Year Award. Geoff soon transitioned to international senior competition where he competed against world championship medalists, former world junior record holders and Olympians.

In 2009, his best year to date, last year Geoff raced in over 20 international races, set several person bests and medalled in two National Championships, Gold at the Canada Games and Silver at the National Senior Championships, and finished the season ranked second in the country in his age category.

MHC is pleased to have Geoff partner with us on several upcoming events, including representing the MHC for the elite race at the MacPass Miles (Sunday, August 1), volunteering during the MHC Charity Golf Classic and as an ambassador and inspiration for the 2010 H2K Program.



MHC OR Caps

During the David A. Murphy Research Day on April 27th, MHC launched their new OR caps. The cotton caps sell for \$5 each and can be purchased through the MHC at 446-3669 or info@maritimeheartcenter.ca.

Are you willing to share your MHC story?

The MHC wants to hear your story on the impact MHC and its people have had on your life. Contact Rachel to share your story – call (902)446-3669 or email rachel@maritimeheartcenter.ca.



HeartLand Tour takes to the province's roads to raise awareness

The Maritime Heart Center is committed to educating and promoting heart healthy lifestyles through community involvement. That's why when Dr. Nick Giacomantonio approached us in 2007

about providing sponsorship for his HeartLand Tour we immediately supported the endeavour. The HeartLand Tour is a public awareness initiative aimed at educating Nova Scotians about Cardiovascular Disease, the toll it takes on those afflicted, their families, and society - and how easy it is to prevent. It began in 2007 when a group of 20+ cyclists (mostly health professionals) rode 1000 km from Yarmouth to Sydney in eight days; delivering their message along the way: "Heart Disease is devastating and costly - but most can be easily prevented. *How?* Eat a healthy diet, be active, and reduce risk factors like smoking and stress."

Dr. Nick Giacomantonio, Cardiologist and founder of the Tour, along with several other Tour Core Team Members will cycle throughout the province stopping in eight communities along the way. This summer's tour will kick off in Halifax on July 10th and wrap up in Yarmouth on July 17th.

For more information or to join the Tour please visit heartland-tour.ca

Special donation made to MHC



On one of her regular canvassing visits, Florence Lloyd, a dedicated MHC fundraiser, received a donation from the youngest MHC donor to date.

We introduced Florence Lloyd to you in our last newsletter, as you know, Florence began canvassing for the MHC in 2009

and has now raised \$3085.00 for our Minimally Invasive Valve Campaign. At two-years-old, Alden Wagner of Lockport, Nova Scotia gave from his heart knowing it was the right thing to do. While Alden was sitting on her lap, Florence asked little Alden's grandmother for a donation. Alden jumped off Florence's lap and ran to his room. Not realizing what was happening, Florence continued her conversation with Ms. Wagner. A moment later, Alden came out of his room holding a toonie and gave it to Florence. When Florence tried to give it back to him he refused and got upset. His grandmother explained that Alden knew what a "donation" meant and obviously wanted to help.

To learn more about how you can make your own special a donation to the Maritime Heart Center, please contact the MHC at 446-3669 or info@maritimeheartcenter.ca.



H2K Program reaches new milestones

The MHC's Heart Healthy Kids (H2K) program was designed to initiate **culture change around physical activity**. The goal of H2K is to improve physical activity levels and heart health knowledge in elementary school children, by increasing opportunity for physical activity, providing education on heart healthy living, and incorporating components of motivation and mentoring. The project aligns with HRM physical activity strategies and has partnered with Halifax Regional School Board (HRSB) and Heart and Stroke Foundation.

H2K has seen rapid growth and interest in the program and because of its success the program will be expanding to ten schools in September.

A timeline of H2K's success:

- ♥ September 2006 – June 2009: Original pilot program, three years at one HRSB elementary school
 - ♥ Results indicated that an adult mentor was associated with a 30 per cent increase in school-day physical activity in participants who were in the program with a mentor vs. without a mentor.
 - ♥ 64% of participants increased his/her level of activity in the presence of the mentor.
 - ♥ The educational component of the program was associated with both short and long-term heart health knowledge gains.
- ♥ June 2009 – September 2009: Enhancement including web-based component and peer mentor training.
- ♥ September 2009 – December 2009: Phase I of Enhanced H2K program piloted in a different HRSB elementary school with the addition of a web-based data collection system, fitness testing and parent surveys. This half of Phase I was implemented without a mentoring component to establish a "control".
- ♥ November 2009: Nova Scotia Health Research Foundation (NSHRF) peer reviewed funding obtained for studying the role of peer mentors in elementary school age children's physical activity.
- ♥ January 2010 – June 2010: A peer mentoring component (as opposed to adult mentoring) was added to Phase I to allow for comparison of activity levels in children with and without peer mentoring.
 - ♥ Preliminary data show similar trends toward increased school-day activity in the presence of a peer mentoring component.
 - ♥ Preliminary data also show educational component associated with both short and long-term knowledge gains.
- ♥ June 2010: H2K was granted approval by the Halifax Regional School Board's Ethics Committee and the IWK Health Center's Ethics Board.
- ♥ June 2010 – September 2010: Phase I data analysis shows trends to increased physical activity in students engaged with a peer mentor.

- ♥ September 2010: Phase II to be launched in 10 elementary schools (1200 participants).

A special thank you to David Devan, Emily Quigley and all the staff and students at Fairview Heights Elementary School and H2K volunteers Carlye Higgins, Amanda Henry, Kelsey MacDonald, Janice Mason, Jacob Che and Carrie Goodine.

MHC Boot Camp presented by Flexion Fitness

Scared of the thought of Boot Camp? I was! But this is a boot camp for athletes and beginners alike. The Maritime Heart Center has teamed up with Flexion Fitness to offer a Boot Camp style exercise series. Group fitness classes are being held outdoors on a weekly basis and include strength, endurance, cardiovascular and flexibility training. All ages and abilities are welcome!

There are three different sessions offered: Tuesday mornings @ 6:30 am; Thursday evenings @ 6:15 pm; and Saturday mornings @ 10:00 am. The Heart Pump Boot Camp runs for eight-weeks at a cost of \$80 for the full eight weeks or \$12 to drop-in to a session. Sessions started the week of June 1st, but newcomers are always welcome!



Spotlight on Glenda Cutten

As a dedicated MHC Golf Classic volunteer, Glenda Cutten first learned about MHC's flagship event as a player back in 2003. Because cardiac disease has directly impacted Glenda's immediate and extended family, she understood the need for the Maritime Heart Center and wanted to be involved with its fundraising efforts. Over the years,

Glenda has happily watched the Maritime Heart Center grow in size and numbers. She continues to play a major role in the organization and execution of the MHC Charity Golf Classic. When asked why she volunteers, Glenda explains that it's because of the satisfaction of reaching goals through a team effort. She likes to contribute her time and talent to help fulfil a need in our community and enjoys the interaction and inspiration of other volunteers.

If you would like to learn how you can help the Maritime Heart Center through volunteering, please contact MHC at 446-3669 or info@maritimeheartcenter.ca.

MHC Family Fun Run aims to get kids active

On June 12th, 338 children and their families participated in the MHC Family Fun Run at Gorsebrook Field in Halifax – a new record for the event.

MHC teamed up once again with the Halifax Running Club and Run Nova Scotia to put on the MHC Family Fun Run and was pleased to add a new partner – the Youth Running Series (YRS). YRS provides Nova Scotia youth with opportunities to engage in running at all levels as a means to a healthy, active and positive lifestyle.

MHC was onsite to raise awareness and encourage the participants. Dr. Camille Hancock Friesen (Cardiac Surgeon and President, Maritime Heart Center) and one of her past patients, Katie Peckham, ran together at the event to reinforce the message of heart healthy living and the role physical activity plays. Despite having had three open heart surgeries and a pacemaker, Katie competed in the Bantam division—a true inspiration!

The day was full of sunshine, smiling faces and great prizes including 4 bicycles and 2 pairs of sneakers! Congratulations to all who ran and a big thank you to all the volunteers. A special thank you to Micheline McWhirter, Erin McDonah, Nancy Holland, Mark Stein, Normand Deon, Brian Doiron, Willie Swyer and all the volunteers.



How to reach us

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Katie Peckham
Maritime Heart Center Ambassador

Heart healthy living

Want to be comfortable while being active? The MHC is pleased to introduce the new 'technical' shirt available to purchase for \$25. This light, breathable shirt is perfect for the summer weather and being active. Please contact the MHC to purchase your shirt.

Events calendar

Sunday, August 1, 2010
Thursday, October 7, 2010

MacPass Miles (YRS Event)
7th Annual MHC Golf Classic

You can make a difference - please give from the heart.

Mr. Miss. Ms. Mrs. Dr.

Name: _____

Home Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____

Email: _____

MY GIFT

Cash or Cheque: enclosed *Please make cheques payable to the Maritime Heart Center*

Credit Card: Visa Master Card AMOUNT: \$ _____

Cardholder name: *(please print)*

Card #: Expiry date **MM YY**

Signature: _____

Donations can also be made on our website at:
www.maritimeheartcenter.ca