



American Heart Association®
Heart Walk®



**DIGITAL DAY OF
EVENT GUIDE**

CLEVELAND HEART WALK 2021



Platform Sponsor



Cleveland Clinic

Signature Sponsors



Quest
Diagnostics®

Quest®Cardiometabolic
Center of Excellence™
at  ClevelandHeartLab®



heart.org/clevelandwalk
#ClevelandHeartWalk

WELCOME TO THE HEART WALK

Dear Heart Walkers,



George Sullivan
2021 Heart Walk Chairman

Your participation in the Cleveland Heart Walk is incredible. Whether you're a survivor, a friend or family member of a survivor, or helping us raise funds to support the American Heart Association's mission, we salute you!

Over the past year, we as a community have prioritized health more than ever. Our community has rallied around healthy habits by prioritizing mental and physical health. Now is the time to renew that commitment to health.

Cardiovascular disease, including stroke, remains the No. 1 killer of Americans. We need to meet that challenge with the same vigor to better prevent, diagnose and treat heart disease and stroke so that fewer people suffer and die.

Improving health is a long-term plan and what we do as a community today builds a future and a legacy for Cleveland. When you support and participate in the Cleveland Heart Walk, you are helping to ensure that more cardiovascular research is funded, more hospitals administer the highest standards of care and that fewer people become a statistic.

The American Heart Association's top priority is the health and well-being of individuals and their families today and in the future, in every community, from here to everywhere.

With every step you take and every dollar you raise, you are a part of the solution for a world of longer, healthier lives. On behalf of all of my employees at Equity Trust, and each of our own families, we thank you from the bottom of our hearts.

Gratefully,

A handwritten signature in blue ink, appearing to read "George Sullivan".

George Sullivan
2021 Heart Walk Chair

A handwritten signature in blue ink, appearing to read "Valerie Hillow Gates".

Valerie Hillow Gates
American Heart Association



Valerie Hillow Gates
Executive Director

heart.org/clevelandwalk
#ClevelandHeartWalk



**For every care
in the community.**



We proudly support the
American Heart Association Heart Walk
and their mission to build healthier
lives free of cardiovascular
disease and stroke.

ClevelandClinic.org/Heart

100
YEARS
EST. 1921

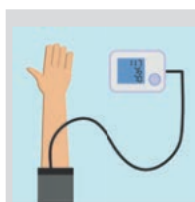
 **Cleveland Clinic**

HOW TO MANAGE BLOOD PRESSURE

1 UNDERSTAND READINGS

The first step to managing blood pressure is to understand what the levels mean and what is considered normal, elevated, high blood pressure (hypertension) and hypertensive crisis.

heart.org/BPlevels



Blood pressure is typically recorded as two numbers, written as a ratio like this:

117
76

Read as "117 over 76 millimeters of mercury."

Systolic

The top number, the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).

Diastolic

The bottom number, the lower of the two numbers, measures the pressure in the arteries when the heart is resting between heart beats.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER #)		DIASTOLIC MM HG (LOWER #)
Normal	Lower than 120	and	Lower than 80
Elevated Blood Pressure	120–129	and	80
High Blood Pressure (Hypertension) Stage 1	130–139	or	80–89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

2 TRACK LEVELS



American Heart Association.

Check. Change. Control.™



Check.



Change.



Control.

Health care providers can take blood pressure readings and provide recommendations.

Check. Change. Control. helps you track your progress in reducing blood pressure.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/HBP

3 TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins and fish. Limit sodium, saturated fats and added sugars. Limit sugary foods and drinks, fatty or processed meats, salty foods, refined carbohydrates and highly processed foods. heart.org/EatSmart



MOVE MORE

Physical activity helps control blood pressure, weight and stress levels. heart.org/MoveMore



MANAGE WEIGHT

If you're overweight, even a slight weight loss can reduce high blood pressure. heart.org/Weight



DON'T SMOKE

Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure. heart.org/Tobacco



SLEEP WELL

Short sleep (less than 6 hours) and poor-quality sleep are associated with high blood pressure.

DAY OF EVENT TIMELINE

7:30 a.m. - Sunrise Yoga (Space is limited and pre-registration is required. [Click here](#) to pre-register).

8:00 - 11:30 a.m. - Heart Walk Festival

- Pick up your Heart Walk swag bag (limited to the first 1,000 registered Heart Walkers)
- Thanks to our Survivor Sponsor, Cleveland Clinic, participants can decorate their Tribute Sticker to share who they are walking for and survivors can pick up their commemorative hats and superhero capes.
- Rally with your team members and enjoy the scenic views on the water.

8:00 - 9:30 a.m. - Top Walkers Complimentary Breakfast at Lindey's Lakehouse

- Thanks to our Top Walker sponsor, Quest Diagnostics / Cleveland HeartLab, Top Walkers can visit the VIP area to grab a breakfast wrap and coffee.

8:45 a.m. - Group Stretch

9:00 a.m. - Heart Walk Begins

- Brief welcome from Equity Trust CEO & Heart Walk Chairman, George Sullivan
- There will be rolling start times. 1- and 2- mile Heart Walk route options available.

GET THE RIGHT SNEAKS

You don't have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.



LOOK FOR A SHOE THAT:



PROVIDES SUPPORT AND CUSHIONING FOR YOUR ACTIVITY AND FOOT TYPE (ESPECIALLY ARCH HEIGHT)



IS JUST FLEXIBLE ENOUGH TO BEND NEAR THE BALL OF THE FOOT



OFFERS STABLE HEEL SUPPORT (THE HEEL CUP DOESN'T EASILY COLLAPSE INWARD)



HAS A THICK ENOUGH HEEL TO ABSORB SHOCK



SIZE IT UP:



GET FITTED AT THE END OF THE DAY, WHEN YOUR FOOT TENDS TO BE THE BIGGEST



HAVE YOUR FOOT MEASURED AT AN ATHLETIC STORE EACH TIME YOU BUY SHOES



WEAR YOUR USUAL ATHLETIC SOCKS WHEN TRYING ON SHOES



ALLOW A FINGER'S WIDTH OF SPACE BETWEEN YOUR LONGEST TOE AND THE END OF THE SHOE



WALK OR RUN AROUND THE STORE IN THE SHOES FOR ABOUT 10 MINUTES

BONUS ROUND:

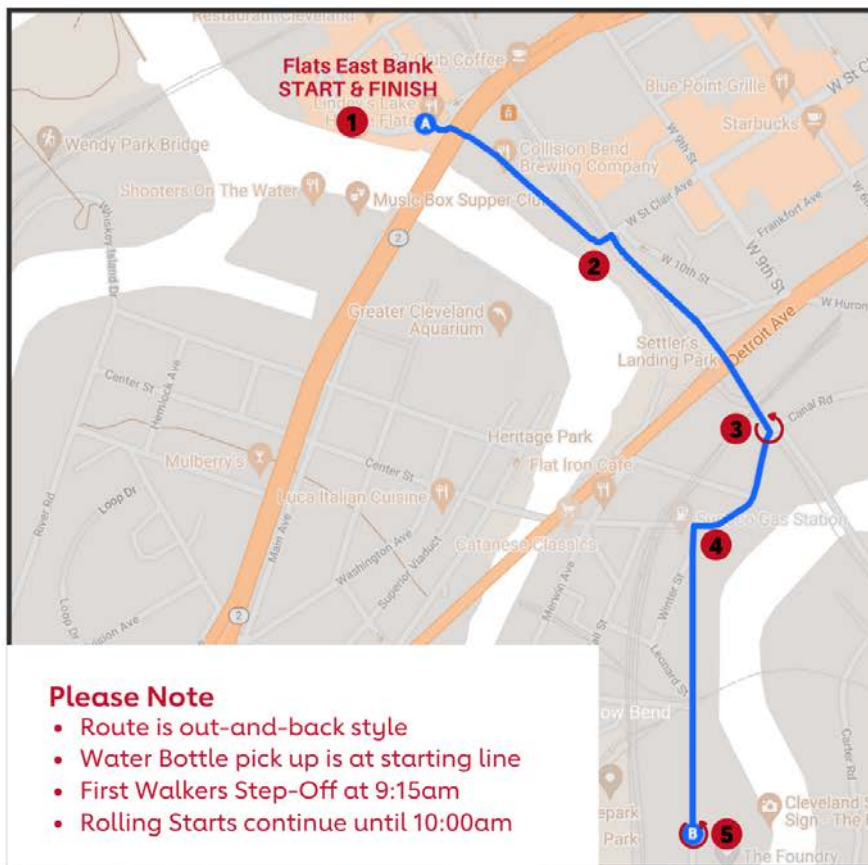
REPLACE WHEN THE TREAD IS WORN DOWN OR UNEVEN, USUALLY AFTER 350 TO 500 MILES OF RUNNING

HEART WALK ROUTE OPTIONS



American Heart Association
Heart Walk.

CLEVELAND HEART WALK 2-MILE WALK (WITH OPTIONAL 1-MILE TURN AROUND) SEPTEMBER 25, 2021



Please Note

- Route is out-and-back style
- Water Bottle pick up is at starting line
- First Walkers Step-Off at 9:15am
- Rolling Starts continue until 10:00am

Turn by Turn Instructions

STARTING LINE at Flats East Bank

- 1) All walkers turn right on Old River Road; continue to Robert Lockwood Jr. Drive
- 2) Walkers turn right on Robert Lockwood Jr. Drive; continue to Columbus Road
- 3) TURN AROUND for 1-Mile Walkers; return via same route to Starting Line
2-Mile Walkers turn right on Columbus Road; continue on Columbus Road to Center Street intersection
- 4) Walkers turn left to continue on Columbus Road to final turn around.
- 5) TURN AROUND for 2-Mile Walkers; return via same route to Starting Line

last updated Sept. 7, 2021

heart.org/clevelandwalk
#ClevelandHeartWalk

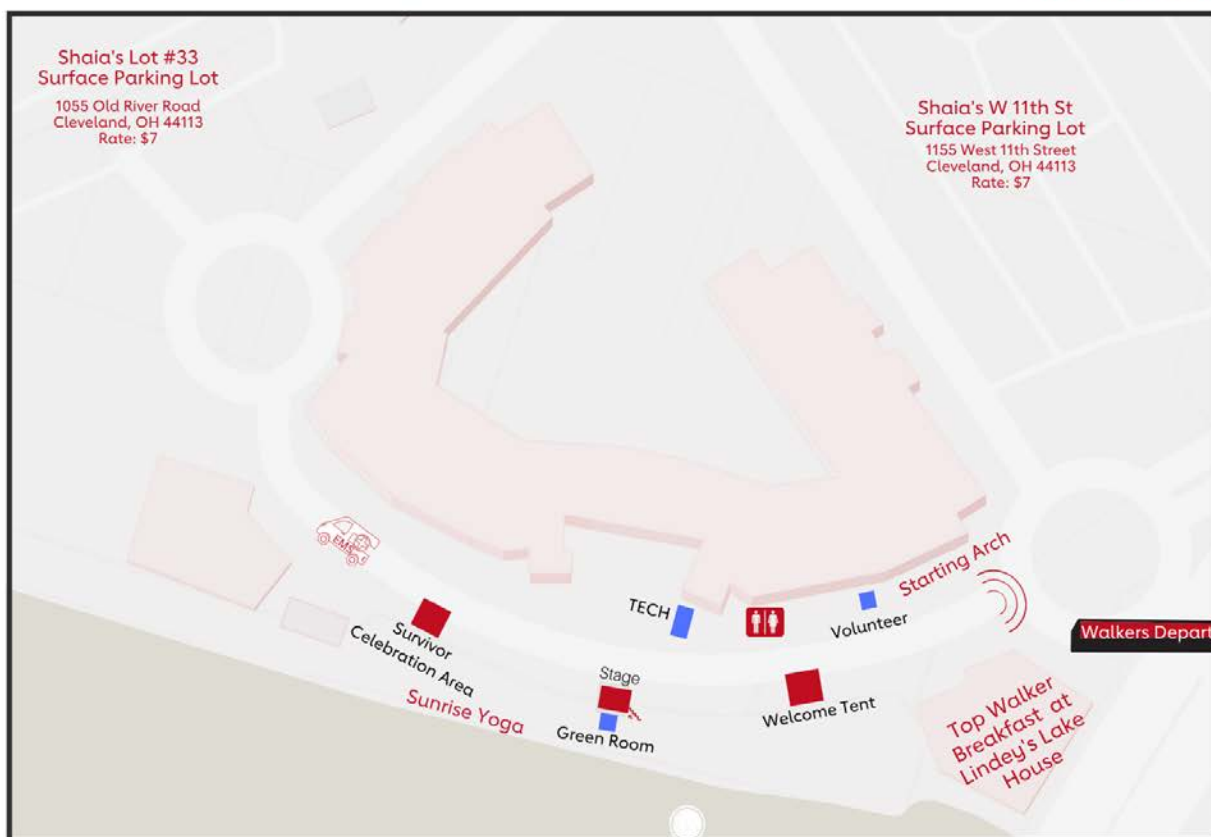
HEART WALK EVENT SITE MAP



American Heart Association®
Heart Walk.

CLEVELAND HEART WALK

FLATS EAST BANK | 1146 OLD RIVER RD, CLEVELAND, OH 44113
SEPTEMBER 25, 2021



- Heart Walk Route**
- Route is out-and-back style
 - Water Bottle pick up is at starting line
 - First Walkers Step-Off at 9:15am
 - Rolling Starts continue until 10:00am

NOTE: Parking rates subject to change.

last updated Sept. 15, 2021

heart.org/clevelandwalk
#ClevelandHeartWalk

MEET OUR SUPER HEART HERO, ALIVIA



At 11 months old, Alivia was diagnosed with **aortic coarctation,**

the narrowing of the large blood vessel that leads from the heart.

After a number of catheterization's and continued heart failure, Alivia was put on a heart transplant list.

After four month of waiting, Alivia and her family received a call informing them that a heart match was found and she would undergo surgery at age 1.

Six years later, Alivia is thriving and enjoying spending time with her family, cheering on her brothers at their soccer games, swimming, horse back riding, and art.

Alivia would especially like to thank Dr. Boyle and team from the Cleveland Clinic Children's Hospital for being alongside her every step of the way!

#ALIVIAISWHY

locally sponsored by



heart.org/clevelandwalk
#ClevelandHeartWalk

EXECUTIVE LEADERSHIP TEAM



GEORGE SULLIVAN
CEO
Equity Trust
2021 Heart Walk Chairman
2021 AHA Board Member



DAVID ALLEN
Executive Director & Market Lead
JP Morgan Chase



PHILIP AMOS, MSFS, CLU, CHFC, CAP*
President | Co-Founder
Magis Advisory Group



GREG CLEMENT
CEO
Realeflow



FRED DEGRANDIS*^
CEO
NorthCoast Healthcare Services
2021 AHA Board Member



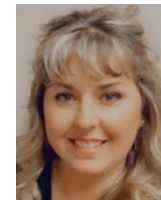
DANTE DEPIERO
Regional Business Leader
Giant Eagle
2021 AHA Board Member



STEPHANIE DORSEY
Vice President, Global Real Estate
Eaton
2021 AHA Board Member



TOM HABLITZEL*
Senior Vice President,
Enterprise Strategic Accounts
The Sherwin-Williams Company
2021 Giving Societies Ambassador



CARRIE JANKOWSKI
VP Emergency,
Ancillary and Support Services
Bon Secours Mercy Health
2021 AHA Board Member



NICK LIBERATORE*
Vice President, Controller
Fluid Connectors Group
Parker Hannifin
2021 AHA Board Chairman



DONALD A. MALONE JR., M.D.
President
Cleveland Clinic Ohio Hospitals
and Family Health Centers



JEREMY MOORMAN
VP, Operational Excellence
Applied Industrial Technologies



ROB SCHIMMELPFENNIG*
President
HAVE, LLC
2021 Heart Challenge Chairman
2021 AHA Board Member



GREG TEED
Chief Financial Administrative Officer
Vitamix
2021 AHA Board Member



KRISTI SINK*
President
University Hospitals
Elyria Medical Center



GARY ZRIMEC*
CEO
North Ohio Heart Center

* PAST HEART WALK CHAIRMAN

^ PAST AHA BOARD CHAIRMAN



Equity Trust Company is proud to support the American Heart Association and the 2021 Heart Walks.

As the Chairman of the Lorain County Heart Walk and Cleveland Heart Walk, our CEO George Sullivan is a strong embodiment of our core values, motivating the entire organization to work together to positively impact our communities.

♥ Why Learn Hands-Only CPR?

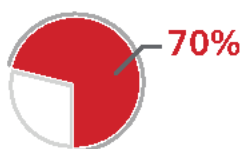
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



About **70 percent** of out-of-hospital cardiac arrests happen in homes



Less than 46% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira or “Walk the Line” by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at Heart.org/CPR.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.



TOP WALKERS & TOP TEAMS*

Congratulations to our 2021 Top Walkers & Top Teams! These Heart Walkers & Teams have put a tremendous amount of time and effort into raising lifesaving funds for the American Heart Association mission and we are very grateful for them!

TOP WALKERS, RAISING \$1,000+

David Allen
Dr. Benico Barzilai
Mary Kay Birczo
Nicole Byram
Shawn Cain
Mary Calich
Joe Castillo
Michelle Castle
Dawn Clark
Greg Clement
Ronald Clifford
Steven Coyle
Becky Cunningham
Jason Davis
Fred DeGrandis
Lorena Deyman
Nina Dvorak

Dan Feiwell
Matthew Gardner
Tom Gentile
Tom Hablitzel
Zach Haning
Dr. M. Shazam Hussain
Mary Intorcio
Carrie Jankowski
Dr. Kasra Karamlou
Colleen Kilbane
Melissa Kleinknecht
Nick Liberatore
Heather Lohr
Tracie Longpre
Dr. Donald Malone
Jeremy Moorman
Justine Morrison

Lori Orzech
Mary Jane Padilla
Richard Parker
Sarah Repasy
Nicole Rush
Ally Russ
Lori Rychlik
Judy Santora
Ryan Schneeman
George Sullivan
Greg Teed
Terra Todd
Kim Tramsak
Deanna Trihas
Don Urbancsik
Dr. David Van Wagoner
Stephanie Williams

TOP TEAMS, RAISING \$5,000+

Dr. Benico Barzilai's Team, Cleveland Clinic
Stephanie Westerh's Team, Community Teams
Cardiopulmonary Services, Cleveland Clinic
Dr. Donald Malone Jr.'s Team, Cleveland Clinic,
Greg Teed's Team, Vitamix
Heart and Sole, Mercy Health

GE North Ridgeville Team, Giant Eagle
Nick Liberatore's Team, Parker Hannifin
Parker's Business Partner Support, Parker Hannifin
Team Sherwin-Williams, The Sherwin-Williams Company
Team Equity Trust, Equity Trust Company

Thank you to our Top Walker sponsor



Quest® Cardiometabolic
Center of Excellence™
at  ClevelandHeartLab®

*Rankings based on donations received by September 16, 2021.

heart.org/clevelandwalk
#ClevelandHeartWalk



Quest® Cardiometabolic
Center of Excellence™
at  ClevelandHeartLab®

Working together for better health

With more people at risk for cardiovascular disease, the Quest® Cardiometabolic Center of Excellence™ at Cleveland HeartLab® specializes in prognostic and diagnostic testing for prevention, diagnosis, and management of heart disease and metabolic-associated conditions.

Diagnostic tools that empower clinicians with the insights to risk stratify patients, develop early intervention strategies, and put those most at risk on a path to better health.

QuestDiagnostics.com

**Quest is proud to support
the American Heart Association's
Heart Walk.**

CALENDAR OF ACTIVITIES

October 2, 2021 Ashtabula County Heart Walk
heart.org/ashtabulacountywalk

October 28, 2021 CycleNation
cyclenation.org/cleveland

October 29, 2021 World Stroke Day

February 2022 Heart Month

Go Red for Women
heart.org/clevelandgored

Spring 2022 Jo Ann Hablitzel Legacy Research Reception

May 2022 Stroke Month

June 2022 Heart of Cleveland
clevelandheartball.heart.org

June 4, 2022 Lake & Geauga Counties Heart Walk
heart.org/lakegeaugawalk

Follow us on Social Media to stay up to date on all events!



@AmericanHeartOhio



@AmHeartOhio

heart.org/clevelandwalk
#ClevelandHeartWalk

CLEVELAND CYCLENATION

cyclenation.org/cleveland

Thursday, October 28, 2021

5 - 8 p.m.

The Madison

4601 Payne Avenue
Cleveland, OH 44103

LOCALLY SPONSORED BY*



EOX Vantage

33 Mile Radius | Cisco Meraki | Deloitte | GARDINER
Jones Day | Lincoln Electric | Parker Hannifin

Aon | Gilbane | PMA Companies

*Current at time of print. Sponsorships are still available.

The **Heart of Cleveland** takes the campaign beyond the ballroom and onto the block, bringing the work of the **American Heart Association** to life and culminating at the **Heart & Stroke Ball** celebration.

The campaign is relentlessly focused on standing for all by driving equitable health in our community.

We look forward to a great year bringing our mission to life, and seeing you this Spring!

EXECUTIVE LEADERSHIP TEAM



Rob Durham
Immediate Past Chair
President
HKM Market Direct Communications



Travis Mlakar
President & CEO
Millcraft



Stephanie Dorsey
VP Global Real Estate
Eaton



Gary Monda
VP and Chief
Investment Officer
National Interstate



Jim Farley
President and CEO
JP Farley Corporation



David Jacobs
President
Oswald Companies

For more information on Heart of Cleveland, contact Molly.Palmer@heart.org
clevelandheartball.heart.org



One is Too Many

1 in 3 women are dying from cardiovascular disease.

Losing even one woman is not an option.

Go Red for Women® helps women take charge of their heart health by educating them about their unique signs and symptoms and empowering them to make healthier choices every day.

Heart.org/ClevelandGoRed

Nationally sponsored by



Local Presenting Sponsor



© Copyright 2021 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Go Red for Women is a registered trademark of AHA. The Red Dress Design is a trademark of U.S. DHHS. Unauthorized use prohibited. signs and symptoms and empowering them to make healthier choices every day.



STEM Goes Red™

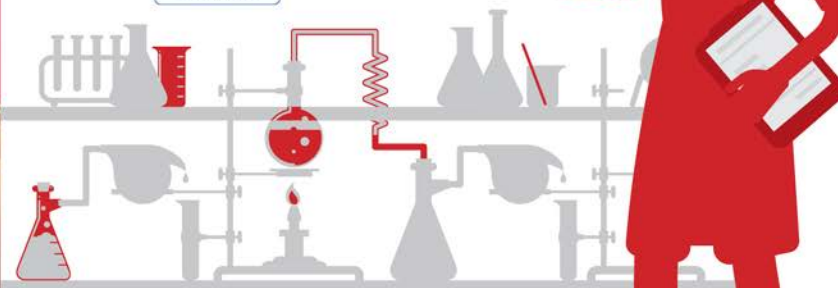
STEM Goes Red™ for Girls

This annual event connects young girls from the Cleveland area with mentors in the STEM (Science, Technology, Engineering and Math) fields. Our hope is to encourage more young women to work in these fields and empower them to improve cardiovascular health for all.

In addition, through the Lorraine Dodero STEM Goes Red for Girls Scholarship, we're helping more girls achieve their goals!

Heart.org/CLESTEMGoesRed

STEM Scholarship Sponsor





American Heart Association.

Healthy for Good™

Heart-Healthy Essentials for Meal Prep

For hassle-free healthy meal prep, be prepared with a stocked pantry. Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



Cabinets & Pantry

- ✓ **"Dinner builder" items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce
- ✓ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ✓ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking
- ✓ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ✓ **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)
- ✓ **Broths:** fat-free, low-sodium chicken, vegetable and beef — for making soups
- ✓ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends



Refrigerator & Freezer

- ✓ **Proteins:** Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ✓ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ✓ **Soft margarine:** made with nonhydrogenated vegetable oil and containing no trans fat
- ✓ **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



Compare Nutrition Labels

- ✓ **Choose products with the lowest amounts** of sodium, added sugars and saturated fat, and no trans fat
- ✓ **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit heart.org/HealthyForGood.

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Healthy for Good is a trademark of the AHA. Unauthorized use prohibited. DS16986 12/20

GREATER CLEVELAND DIVISION

BOARD OF DIRECTORS

LEADERSHIP



NICK LIBERATORE, MBA
Vice President & Controller,
Fluid Connectors Group
Parker Hannifin Corporation
2021 Board of Directors Chair



K. KELLY HANCOCK, DNP, RN, NE-BC, FAAN
Chief Caregiver Officer
Cleveland Clinic
2021 Board of Directors President



CATHERINE O'MALLEY KEARNEY, JD
Executive Vice President,
Head of Institutional Advisors
Key Private Bank
Immediate Past Board of Directors Chair
2022 Go Red for Women Chair



MARGARET LARKINS-PETTIGREW, MD, MED FACOG, MPPM
Chief Clinical Officer for Diversity, Equity, and Inclusion
Allegheny Health Network
Immediate Past Board of Directors President



FRED DEGRANDIS, JD
President & Chief Executive Officer
NorthCoast Healthcare LLC
2021 Leadership Development Co-Chair



THOMAS HABLITZEL
Senior Vice President, Enterprise Strategic Accounts
The Sherwin-Williams Company
2021 Leadership Development Co-Chair
2021 Giving Societies Ambassador

MEMBERS AT LARGE



JANINE ARRUDA, MD, FAAP
University Hospitals Rainbow
Babies & Children's Hospital



STEPHANIE DORSEY
Eaton Corp



NEAL GRODE
UnitedHealthcare



DANTE DEPIERO
Giant Eagle



ROB DURHAM
HKM Direct Marketing
Communications
2021 The Heart of Cleveland Chair



CARRIE JANKOWSKI
Mercy Health



LORRAINE DODERO
The Sam J. Frankino Foundation &
The Corinne L. Dodero Foundation
for Arts & Sciences



TERRY FERGUS
FSM Capital Management



CLAUDE JONES, DO
Care Alliance Health Center

heart.org/clevelandwalk
#ClevelandHeartWalk

GREATER CLEVELAND DIVISION

BOARD OF DIRECTORS

MEMBERS AT LARGE (CONTINUED)



LORA LEWIS
Kinetico Water Systems



PHYLLIS NSIAH-KUMI, MD
Cleveland MEPS Command



BETH SAK
The Sherwin-Williams Company
2021 Circle of Red Chair



GEORGE SULLIVAN
Equity Trust Company
2021 Greater Cleveland Heart Walk Chair



MICHAEL LOEFFLER
Delta Dental



THERESA POLACHEK
Swagelok



ROB SCHIMMELPFENNIG
Have Inc.
2021 Heart Challenge Chair



JIM SUTTIE
Rea & Associates



BRADLEY MARINO, MD, MPP, MSCE, MBA
Cleveland Clinic Children's



SAM PREWITT
Radio-One, Cleveland & Columbus
Immediate Past Young Professionals Board President



MEHDI SHISHEHBOR, DO, MPH, PhD
University Hospitals Harrington Heart & Vascular Institute



GREG TEED
Vitamix



FRANCES MILLS
Cleveland Department of Public Health



MOURIS SAGHIR, PhD
Quest Diagnostics Cardiometabolic Center of Excellence at Cleveland HeartLab



EDWARD SOLTESZ, MD, MPH
Cleveland Clinic



OHAD ZIV, MD
MetroHealth Medical Center

ADDITIONAL COMMITTEE & CAMPAIGN CHAIRS



MORRIS BEVERAGE III
Lighthouse Advisers
2022 Lake & Geauga Counties Heart Walk Chair



JEFF CULLITON
The Adcom Group
2021 CycleNation Chair



JAY TOOLE
Runiversity
2021 Young Professionals Board President



DONNY CHAPLIN
Grand River Rubber & Plastics
2021 Ashtabula County Heart Walk Chair



NICOLE PONSTINGLE
Pandata
2021 STEM Goes Red Chair

heart.org/clevelandwalk
#ClevelandHeartWalk

Adopt-A-Clinic Sponsor



Care Alliance Health Center is a federally qualified health center (FQHC) that provides high-quality care to nearly 20,000 patients annually and serves patients regardless of their ability to pay. The organization is committed to overcoming health disparities and currently participates in the American Heart Association's ambulatory care programs which include Target: BP, Target: Type II Diabetes and Check. Change. Control. Cholesterol.

We thank Parker Hannifin who has allowed Care Alliance to launch a self-monitoring program that helps patients better manage their blood pressure. Self-monitoring enables physicians to better diagnose and manage hypertension — and helps patients to take an active role in the process. By helping patients become better stewards of their own health, Parker's support has the potential to spur enduring change.

GET INTO WORKING OUT

Make it easy on yourself to Move More with these tips and tricks.

1. Make It Yours

Lean into your own personality to get into the groove. Your favorite music, your ideal time of day and activities you actually enjoy are more likely to keep you motivated.

2. Stay Supported

Make sure you have the right gear for each activity for added comfort and support. That may mean a moisture-wicking shirt, sports bra, or shoe inserts.

3. Break It Up

It's OK to break up your total physical activity goal into shorter sessions. Aim for at least 150 minutes per week. 10-minute bursts a few times a day can get you there without feeling overwhelmed.

4. Build It In

Create space in the natural flow of your life to add activity so it doesn't feel like a chore. Sneak it into quality time with family and activities you're already doing.

5. Give It Time

It can take a while for a behavior to become a habit. Try to be active around the same time each day – even if you don't go all out every time – to help the routine stick.

6. Keep It Going

If you miss a day or a workout, don't worry about it. Skip the guilt and focus on what you will do tomorrow!

For more ideas on staying active, visit heart.org/HealthyForGood



Parker is proud to sponsor the 2021 Cleveland Heart Walk, and supports the American Heart Association in their efforts to raise awareness and fund research in the fight against heart disease and stroke.





SPOT A STROKE™ **F.A.S.T.**



FACE Drooping



ARM Weakness



SPEECH Difficulty



TIME to Call 911

Learn more at stroke.org

Aetna is proud to support
the American Heart Association
Cleveland Heart Walk.



Aetna.com


REALEFLOW

We've Got Heart.

Realeflow is a proud supporter of
the American Heart Association.

REALEFLOW.COM



Thank you to our Cor Vitae Society. Cor Vitae, Latin for The Heart of Life, is an annual Philanthropic Giving Society. Society members have made a personal investment to improve and extend lives through the work of the American Heart Association. Their efforts support cutting-edge research, community initiatives and proven advocacy, education and outreach efforts. We are deeply grateful to each of our Cor Vitae Society members and their impact.

CLEVELAND AMERICAN HEART ASSOCIATION COR VITAE SOCIETY MEMBERS



Tom Hablitzel, Giving Societies Ambassador

1924 Circle, Lifetime Giving Member
Senior Vice President, Enterprise Strategic Accounts
The Sherwin-Williams Company

1924 CIRCLE, LIFETIME GIVING MEMBER

Tom & Jan Hablitzel +



PRESIDENT'S CIRCLE

Lorraine & Bill Dodero +

PACESETTER'S CIRCLE

Connie Frankino

PULSE CIRCLE

Rob & Liz Durham *+
The Patel Family

CHAMPION'S CIRCLE

Dr. Benico & Joan Barzilai *
Morris Beverage III
Dr. Morris W. Beverage, Jr. +
Sarah Cachat
Donny & Tiffany Chaplin +
Michael and Patricia Cusack
Christopher & Sara Connor
Stacie Lynn Crawford
Jeff & Lori Culliton +
Fred & Nora DeGrandis *+
Richard Desich
Michael Dill +
David & Karen Doll
Dan & Erin Duncan
Jeff & Patti Embleton +
Jim Farley
Maryellen Fedeli
Michael Fedler
Terry & Mary Fergus

Brian & Kelly Gale
Toni & Norman Hadad +
Drs. Joseph Hanna & Maria Ramundo *+
Lee Ann Howard
George Hunter
Jeff Huntsberger
Diane K. Hupp
Dave Jacobs
Marien & Kevin Kaifesh
Gene & Adrenia Kissane
Dr. Rustom & Mary Khouri
Dr. Margaret Larkins-Pettigrew *+
Lora Lewis *+
Natalie & Nick Liberatore *+
James Mayer
Denise & John McGee *+
Travis Mlakar
Gary Monda
Richard S. Morrison

Dr. Richard & Jana Parker
Dr. Ileana L. Pina *
Theresa & Steve Polachek *
Michael & Michelle Prandi *+
Carol & Charles Rini, Sr.
Kristin & Rob Rogers
Dr. Edmund & Mrs. Amy Sabanegh *+
Beth Sak *
Adam Sanden
Dr. John & Susan Schaeffer
Rob & Heather Schimmelpfennig *+
Laura Siegel Larson
George Sullivan *+
Greg Teed
Paul Wellener
Margaret Wong
Robert Yusek
Jeff Zemito ^
Gary Zrimec

Paul Dudley White Legacy Society



American
Heart
Association.

Thank you to our Paul Dudley White Legacy Society. The Paul Dudley White Legacy Society recognizes donors who support the American Heart Association through a will, trust or other estate planning vehicle such as account beneficiary designation form. Named for one of our founders, Dr. Paul Dudley White, considered the father of American cardiology, members not only continue Dr. White's legacy, but also create a legacy of their own.

CLEVELAND AMERICAN HEART ASSOCIATION PAUL DUDLEY WHITE LEGACY SOCIETY MEMBERS

Catherine Anthony
Linda D. Arida
Dr. Robert Bahler
Robert J. Barberio Family
John Burk
In Memory of Margaret A. Butler
Dawn Clark
Willie H. & Larilee Cook Jr. Fund
Dr. Lamont L. Dozier, Sr.
Thomas J. & Judith Fay Gruber
Aeron (Sam) Fidler-Warren
Charles Gibson
Rhonda Gunther and Family
Susan M. Hunt in Memory of Elizabeth Kott
Roy Holiday
Richard C. Hyde

Karen Lewin
Janice Murphy in Memory of Richard Murphy
Teresa McInnis
Phillip & Dee-Ann Prather
Tina Rosario & Family
Dr. Howard E. Rowen
Phil R. Rozzi
Patricia Yeomans Salvador & Manuel de Leon Salvador
Dr. and Mrs. John Schaeffer
Leanne & Jay Schwind
Lanie Strassburger
Millie Sretenovic
Charlotte Thomas
Clare R. Walker
Martha J. Williams
Jeff Zemito *



AHA Research & Advocacy 2021

AHA is currently managing approximately 1,500 active research awards totaling ~ \$450M. Recruited 1,900 experts to review over 4,000 research applications that led to the funding of two Strategically Focused Research Networks (Health & Type 2 Diabetes Mellitus and Health Technologies & Innovation), the ENACT Vaping research program, the COVID-19 Rapid Response grants, and hundreds of other research awards.

\$451,814,239

NATIONAL

\$17,589,774

CLEVELAND

Includes all active (new and continuing) research studies funded as of August 2021.

COVID 19 Coordinating Center **April 2020**

As part of its global response to the COVID-19 pandemic, the American Heart Association committed nearly \$3 million in a rapid research fund to better understand this unique coronavirus and its interaction with the body's cardiovascular and cerebrovascular systems. Cleveland was selected to serve in a leadership role with Cleveland Clinic earning a grant to become the AHA's COVID-19 Coordinating Center. A team led by Mina K. Chung, M.D, Professor of Medicine, will collect results from the research projects across the nation and coordinate the dissemination of all study findings. Being able to create this rapid research fund was made possible by donations from events and donors all across the country over the years.

[Click here to learn more](#)

Healthy Kids Meal Campaign **Passage** **July 2020**

Cleveland City Council approves measure to make healthy drinks -- water, low-fat milk and 100% fruit juice -- the automatic options when ordering from restaurant menus with kids' meals. There will be a six-month implementation period, so restaurants and other businesses have time to adjust their menus and train staff and will go into effect in 2021. Sugary drinks contribute to chronic conditions and by working for over a year with 40 other organization, the American Heart Association was able to have a positive and healthy impact on Cleveland's youth.

[Click here to learn more](#)

Giant Eagle is proud to support the **American Heart Association.**



giant eagle



SHERWIN-WILLIAMS.

Show us the colors of your heart.

Sherwin-Williams is proud to support the American Heart Association Cleveland Heart Walk.

SW 6871
Positive Red

SW 6507
Resolute Blue

SW 6586
Heartfelt

©2021 The Sherwin-Williams Company

CMHA PROUDLY SUPPORTS THE **AMERICAN HEART ASSOCIATION** HEART WALK



The mission of the Cuyahoga Metropolitan Housing Authority is to create safe, quality, affordable housing opportunities and improve the quality of life for the communities we serve.

CONNECT WITH US

8120 Kinsman Road
Cleveland, OH 44104
216.348.5000
www.cmha.net
[@CuyahogaHousing](https://twitter.com/CuyahogaHousing)



JO ANN HABLITZEL MEMORIAL RESEARCH

The Hablitzel Family Pre-Doctoral Fellowship in cardiovascular research was established to spark the career of an aspiring local researcher and help lead to future innovations in the fight against heart disease and stroke.

WHO IS JO ANN HABLITZEL?

Jo Ann (Konieczny) Hablitzel was the youngest of seven children born to Polish immigrants who settled in Oak Harbor, Ohio. She was married to Charles Hablitzel, whom she met in high school and they lived in Oak Harbor, with the exception of the time Charles was in active military duty with the Navy. Jo Ann was very involved in school events and was an excellent student. She was a graduate of Bowling Green State University with a degree in Education.

Jo Ann was always active in raising four children of her own, while teaching middle school math at the Oak Harbor school system (Benton Carroll Salem) for nearly 30 years. Along with raising children of her own, Jo Ann invested in students from her classroom after hours. She was a leader in her small town community, teaching Sunday school and supporting local charities, as well enjoying nights with the girls in her card club! Jo Ann had a sense of humor and engaging personality and was always willing to help a neighbor. She also had a collection of angels on display throughout her home and believed they existed in Heaven and on Earth.



Jo Ann passed away suddenly at the age of 61 on July 28, 2002, due to complications following a mild heart attack – it was discovered that she was allergic to blood thinner medication. She continues to be remembered by her husband Charles, her four children and their spouses Toni (Alan), Tom (Jan), Todd (Beth) and Traci (Kevin), nine grandchildren and one great grandchild. They honor her memory through the Jo Ann Hablitzel Memorial Scholarship, which recognizes an Oak Harbor High School student that will be majoring in Education. As part of the application process, students are required to write an essay that recognizes a teacher who provided a positive influence on their decision to pursue a career in the teaching field. In her honor, this scholarship fund has received contributions from 50+ non-family members, making it one of the highest value awards given out annually.

In memory of Jo Ann, Tom and Jan Hablitzel have established the Jo Ann Hablitzel Legacy Research Reception in Cleveland from 2020-2022.

Brought to you by the Hablitzel Family,
in loving memory of Jo Ann Hablitzel

The American Heart Association is currently funding **31** research projects in Cleveland, totaling **\$17,589,774.** Current AHA research awardees and their projects are shown below.

THE CLEVELAND CLINIC

Suneel Apte, M.B.B.S, D. Phil.

Forward and reverse degradomics of cardiovascular extracellular matrix

Sarah Carney, BS

Nanotherapeutics to reverse matrix pathophysiology in small aortic aneurysms

Mina Chung, MD

Translational Strategies for the Prevention of Atrial Fibrillation Development and Progression

Upstream Targeting for the Prevention of AF: Targeting Risk Interventions and Metformin for AF (TRIM-AF)

Determination of radiogenomic markers for prediction of atrial fibrillation risk and ablation outcomes

Defining the Cardiac Phenotype and Clinical Outcomes for Genetic Subtypes of Atrial Fibrillation

AHA COVID-19 Research Coordinating Center

SARS-CoV-2 Infectivity and Drug Effects in Engineered Heart Tissue, Microglial Cell Models, and COVID-19 Registries

Abigail Dooley, BS

Investigating the role of US28 in HCMV latency-enhanced atherosclerotic plaque formation

Jianmin Liu, MS, PhD

Mechanistic investigation of kindlin-dependent integrin activation

Maradumane Mohan, MSc, PhD

Kinase independent signaling of PI3Kgamma in cardiac fibrosis

Ela Plow, Ph.D., P.T.

A Novel Approach for Brain Stimulation in Severe Stroke

Prasenjit Saha, PhD

Identifying the receptor(s) of a cardiovascular disease-linked gut-microbial metabolite phenylacetylglutamine (PAG).

Jonathan Smith, PhD

Gene-Aging-Metabolism Interaction in Atrial Fibrillation Pathogenesis

High Resolution Transcriptomics of the Human Pulmonary Vein

David Van Wagoner, Ph.D.

Multi-omic analysis of atrial metabolism, electrophysiology and AF progression

Fan Wang

High-Throughput Functional Identification of Regulatory Causal Genomic Variants for CAD

UNIVERSITY HOSPITALS & CASE WESTERN RESERVE UNIVERSITY

Khandelia Arvind, PhD

Mechanisms underlying gating and modulation of Glycine receptor using CryoEM

Mukesh Jain

Optimizing the function of a redefined neurovascular unit to prevent age-related dementia

Maryse Lapierre-landry, PhD

The effects of prenatal alcohol exposure on the spatial organization of coronary microvasculature and cardiac cells

Juhwan Lee, PhD

Software for treatment planning of calcified coronaries using intravascular OCT and advanced learning systems

Xudong Liao, PhD

Role of cardiac macrophage subsets in pressure overload hypertrophy and its application in treatment of cardiomyopathy

WILLPOWER UP!

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.

EAT SMART MOVE MORE BE WELL

©American Heart Association 2020

Try a few of these tips to build up your willpower so you can keep positive habits going strong.

Arrange your environment.

- **Clean:** Get rid of your temptations, so you don't have to resist them.
- **Commit:** Make plans with a friend who can hold you accountable.
- **Optimize:** Time tasks so they align with your willpower – like grocery shopping when you're already full.

Boost your willpower in the moment.

- **Postpone:** Say "not now, maybe later" to get the devil off your shoulder when you're tempted.
- **Distract:** Give your impulse a chill pill by focusing on something else for a few minutes.
- **Hide:** Remove the temptation from plain sight or remove yourself from the situation.

Strengthen your ongoing willpower.

- **Meditate:** A 10-minute mindful meditation sesh every morning can help improve impulse control over time.
- **Sleep:** Think of rest as a shield from temptations – the more you sleep, the stronger it gets.
- **Stop Swearing:** Changing a speech pattern, like avoiding expletives, can help you learn to extend your willpower.

Excuse your setbacks.

- **Forgive Yourself:** You're human, after all! Give yourself a break when you deviate from the path, and you'll be more likely to get back on it.

Get more wellness tips at
heart.org/HealthyForGood

0515662 2/21

Applied Industrial Technologies



Proud Supporter of

THE HEART WALK

Applied Industrial Technologies is a leading value-added industrial distributor, serving the needs of MRO and OEM customers in virtually every industry.

A Cleveland-based company for nearly 100 years, Applied® is dedicated to enhancing the quality of life and wellness of our community by supporting the work of the American Heart Association.

Applied.com

 **APPLIED**
Industrial Technologies®

AIG is proud to support the
**2021 American Heart
Association Cleveland
Heart Walk**



Bellwether Enterprise is proud to support the
**American Heart Association's
Heart Walk**

Bellwether Enterprise is committed to investing in, creating and preserving affordable homes in diverse communities across the country. We are also committed to American Heart Association's efforts to spread awareness of heart disease and stroke prevention. That's **Capital on a Mission**.

WWW.BWE.COM



American Heart Association®
Heart Walk®

THANK YOU TO OUR SPONSORS

PLATFORM SPONSOR



Cleveland Clinic

SIGNATURE SPONSORS



Quest®Cardiometabolic
Center of Excellence™
at  ClevelandHeartLab®



IMPACT SPONSOR



EQUITY
TRUST®

ADDITIONAL HEART WALK SPONSORS

Aetna | AIG | Applied Industrial Technologies | Bellwether Enterprise
Cuyahoga Metropolitan Housing Authority | Giant Eagle
Realeflow | The Sherwin-Williams Company

heart.org/clevelandwalk
#ClevelandHeartWalk