



American Heart Association®
Heart Walk®

ASHTABULA COUNTY

HEART WALK

SEPTEMBER 16, 2023

SPIRE ACADEMY





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Chairpersons' **Welcome**

Dear Walkers,

Welcome to the 2023 Ashtabula County Heart Walk! As we gather today, we celebrate nearly a century of unwavering commitment from the American Heart Association to champion the health and well-being of people everywhere.

We hope that today's Heart Walk inspires you. Each step you take and every dollar you raise contributes to advancing the American Heart Association's mission to create a world of longer, healthier lives.

The Heart Walk not only brings together our community for a day of fun, but it also raises funds to save the lives of our friends, families, neighbors and coworkers from heart disease and stroke, the nation's no. 1 and no. 5 killers, respectively.

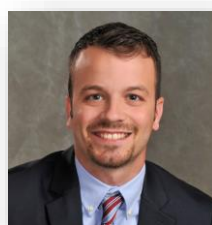
So now, more than ever, let's harness this incredible momentum as we unite to make a profound and lasting impact within our community. Together, we can make a real difference and work towards a healthier, brighter future.

Let's walk with purpose, let's walk to save lives.



Mike Fedler
Heart Walk Co-Chair
Financial Advisor

Edward Jones



Jay Bowler
Heart Walk Co-Chair
Financial Advisor

Edward Jones

THANK YOU, EXECUTIVE LEADERSHIP TEAM MEMBERS!

ALAN BLANKENSHIP



CHARLIE BOSUKOFF



JAMES MAYER



JEFF ORLOFF



ROB SCHIMMELPFENNIG



BRUCE SCHLOSSER



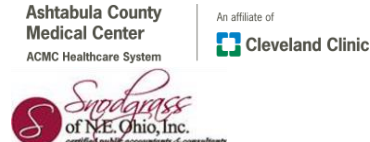
JULIE SENITA



RICHARD TRICE



RICH VANEK





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THANK YOU,
From the Heart Walk Team

We are so excited to welcome you to the Ashtabula County Heart Walk! Whether you plan to join us at SPIRE Academy or get your steps in around your local neighborhood, you are crucial to the advancement of the American Heart Association's mission.

Here are a few things you should know as you prepare for your best Heart Walk yet:

- ♥ We want to see and hear you on walk day! Take plenty of photos and tag @AmericanHeartOhio on [Facebook](#) and [Instagram](#) and @AmHeartOhio on [X](#). Don't forget to use #AshtabulaHeartWalk!
- ♥ We kindly ask if you are not feeling well to please stay home.
- ♥ HAVE FUN! Whether walking or cheering on friends, know that your Heart Walk day is being spent impacting the lives of the ones you love – and even the lives of those you have not met.

We are so grateful for each and every one of you and look forward to cheering you on!



Your Heart Walk Team,



Stephanie Westerh
Development Director



Valerie Hillow Gates
*Executive Director, Market
Vice President*



Sarah Repasy
Senior Development Director



Lauren Eberhard
Development Coordinator



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Week of **Wellness**

September 11th – 16th

MOVE MORE MONDAY – September 11th

Get warmed up for Week of Wellness and [Stop Sitting](#) today with a binge break with our #MadeYouMove [Sofa Stretch](#), [Accent Chair Dips](#) or [Torso Twist](#).

EAT SMART: HEALTHY TIPS TUESDAY – September 12th

Cooking more meals at home gives everyone in the family an opportunity to build better eating habits, one plate at a time. Eat Smart with [healthier condiments](#) or [smart substitutions](#)!

BE WELL WEDNESDAY – September 13th

On our final Heart Walk Wednesday, take a short break in your day to be mindful, improve your mood, reduce stress and increase energy with a [guided meditation](#).

THANKFUL THURSDAY – September 14th

Gratitude is more than a buzzword. It's a habit that may change your sense of well-being. Take a moment today to call or text someone you are thankful for.

BEST FRIENDS FRIDAY – September 15th

Pets can help you reduce stress, boost mood, get more exercise, and lower blood pressure and cholesterol. (We've got [the science](#) to prove it.) Show us your best photo of you and your furry best friend on walk!

HEART WALK DAY – September 16th

Join us at SPIRE Academy for our Heart Walk celebration. Check out the event's schedule below:

8:00 a.m. – Heart Walk festival opens

8:45 a.m. – Warm Up & Opening ceremony

9:00 a.m. – Begin Heart Walk

10:00 a.m. – Optional tours of SPIRE Academy, *visit SPIRE's table for more information!*

10:30 a.m. – Event concludes

WEEK OF WELLNESS SPONSORED BY

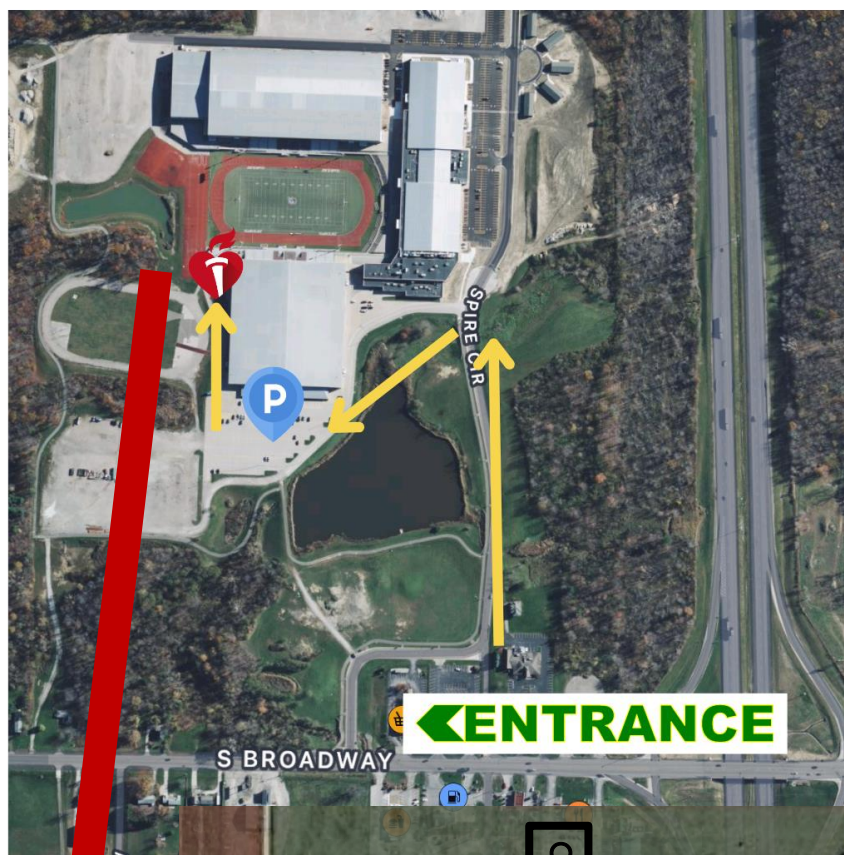
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Parking & Festival Map



SPIRE Academy

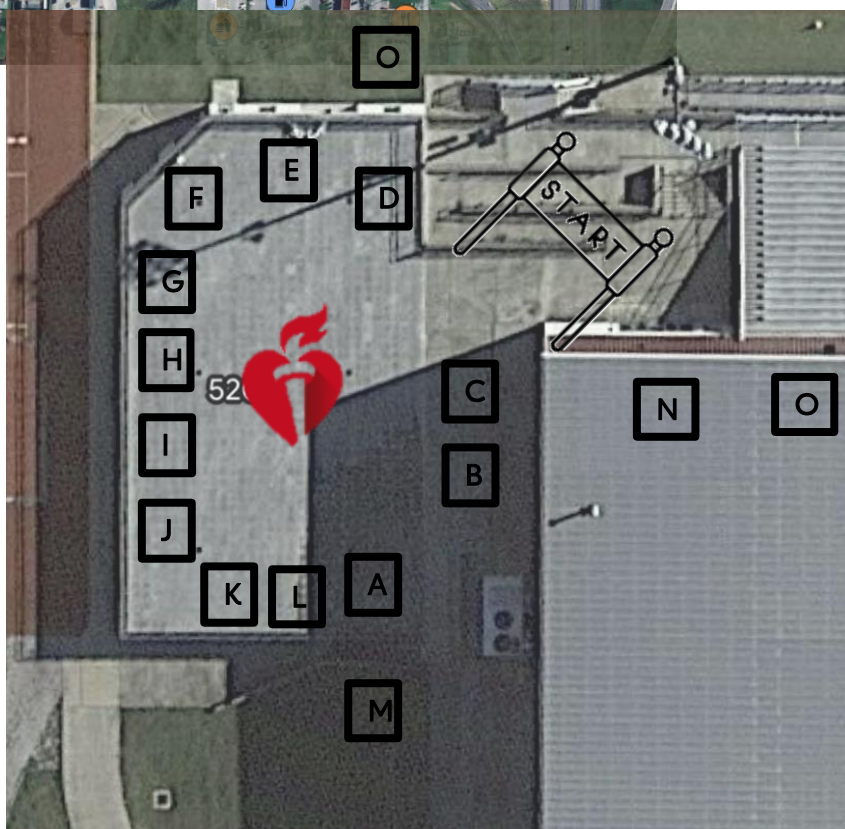
5201 Spire Circle
Geneva, OH 4404



Parking



Festival & Heart Walk



Festival Map

- A. Donation Turn-In
- B. Ashtabula County Medical Center
- C. DJ
- D. SPIRE Academy
- E. Team Photos
- F. Survivor Station
- G. Hands-Only CPR
- H. Grand River Rubber
- I. Andover Bank
- J. Growing for Tomorrow
- K. Kids Zone
- L. Eat Street
- M. Pet Zone
- N. Blood Pressure Screening
- O. Restrooms

For assistance, please contact
Stephanie Westerh at (937) 689-5965
or Lauren Eberhard at (216) 659-0996



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1 & 2-Mile Route Map



KEY



Start



Uneven gravel
terrain

2-Mile Route Directions: Start at Patio outside indoor field #1. Head south down ramp or stairs towards track. Enter onto the track and continue .1 miles. Veer left and continue walking around track for .1 miles. Exit the track and walk on ramp. Continue on ramp and walk towards Aquatic Building for .1 miles. Turn left once at Aquatic Building and continue straight for .1 miles. Turn right at stop sign and continue straight for .1 miles. Turn left once at end of building and continue straight for .35 miles and turn right at pond. Continue straight for .15 miles and turn right. Continue straight for .05 miles and turn left. Continue straight for .2 miles and turn right at stop sign. Walk straight for .4 miles and turn right. You will walk straight on gravel road for .1 miles. Continue straight for .15 miles and turn right at end of Indoor Track and Field Building. Continue straight for .1 miles and turn right once reach bleachers and walk straight for .05 miles. Continue down ramp again and onto the track. Continue north (turn right) for .15 miles and walk-up stairs or ramp to return to the Heart Walk festival.

1-Mile Route Directions: 4 laps around track



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THE TRUTH ABOUT SUDDEN CARDIAC ARREST

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By the time you finish reading this page, someone in the U.S. has died from a sudden cardiac arrest. Most of these deaths occur at home. Every hour of every day, family members and friends find their loved ones collapsed and dying. They know to quickly call 9-1-1, but they're often panicked, in shock and they don't know what else to do. While they anxiously wait for the sounds of sirens in the distance, they're holding out hope that help will arrive in time. They're frozen in fear waiting for help to come. **The truth is after 10 minutes without CPR, the chances of their loved one surviving is close to zero.**

More than 1,000 people in the U.S. die every day from a sudden cardiac arrest. Nearly 3/4 of these deaths happen at home.

**TWO STEPS TO
SAVE A LIFE!**



1. Call
9-1-1



2. Push hard
& fast

KNOW YOUR NUMBERS

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Ashtabula County
Medical Center
ACMC Healthcare System

An affiliate of



The only way to know if you have [high blood pressure](#), also known as hypertension, is to have your blood pressure tested and know what they mean. Understanding your results is key to controlling high blood pressure.

Stop by the Ashtabula County Medical Center table at the Heart Walk to have your blood pressure taken!

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 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

CELEBRATE SURVIVORS

TRIBUTE STICKERS SPONSORED BY



Grand River
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Heart disease and stroke survivors are the HEART of every walk! We encourage our survivors to stop by the Survivor Area to pick up your special hat and commemorative pin to show your triumph over heart disease or stroke. Tribute stickers will also be available for all participants to fill out and wear on your shirt to indicate who you are walking for.





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BE HEALTHY FOR GOOD™

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Edward Jones

Healthy for Good is a healthy living movement to inspire lasting changes in your health and your life, one small step at a time. The approach is simple: [Eat smart](#). [Move more](#). [Be well](#).

Eating right and being active should be on top of your to-do list. But true health also includes getting good sleep, practicing mindfulness, and managing stress.

Be sure to keep an eye out for health tips along the Heart Walk route for more ways to be Healthy for Good each day!



GROWING FOR TOMORROW

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WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

Planting your own garden puts fresh, healthy veggies right in your back yard! There is nothing like a homegrown tomato, ripened by the sun and picked at the peak of the season. And having fresh produce available means it'll be even easier to [eat more color](#) and include at least one serving at every meal and snack!

Be sure to stop by the Growing for Tomorrow table at the Heart Walk to get items start your own home garden!

ENTER THE KIDS ZONE

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Outdoor nature scavenger hunts have a wide range of benefits for kids. They are the perfect way to exercise your child's body and mind. Physically using their bodies to walk, run, skip, and move—plus the ability to exercise their brains—is a meaningful combination for development.

We want to get kids excited about walking and exercising, so be sure to pick up a scavenger hunt card at the Heart Walk to take with you on your walk!

Other Resourceful Links:

[F.A.S.T. Coloring Pages](#)

[Animation of a Heart Attack](#)

[Brain Health Quiz](#)

[How to Perform Hands-Only CPR and Save a Life](#)





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TOP WALKERS*

Alan Blankenship,

Grand River Rubber & Plastics

Heather Curtis,

Ashtabula County Medical Center

Mike Fedler,

Edward Jones

Jerry Hevner,

Ashtabula County Medical Center

James Mayer,

Huffman Mayer Paolo Wealth Management Group

Richard Morrison,

Molded Fiber Glass

Rob Schimmelpfennig,

Have, Inc.

Bruce Schlosser,

Berkshire Hathaway

Lindsey Selip,

Grand River Rubber & Plastics

**as of August 31, 2023*

HOW WE CELEBRATE YOU EARN AMERICAN HEART ASSOCIATION SWAG!



Your fundraising not only makes you a relentless force for longer, healthier lives, it also earns you points in your personal Rewards Center — points you can redeem for Heart Hero Gear. It's our way of saying thanks and it's a great way to show your support for heart and brain health!

Log in to your [Heart Walk HQ](#) on your PC or HW App to visit the [Rewards Center](#). All prizes must be redeemed by October 28, 2023.

TAKE A HEALTHY SELFIE

The moment you and your donors give to the American Heart Association through Heart Walk, you are contributing to, witnessing, and progressing lifesaving science. Be proud of your participation in the Heart Walk and the healthy changes you have committed to.

To celebrate you "walking the walk", head over to social media and tag [@AmericanHeartOhio](#) on [Facebook](#) and [Instagram](#) or [@AmHeartOhio](#) on [X](#)! Don't forget to [join the Healthy For Good movement](#) to keep you on track with tips, videos and hacks!



American Heart Association®

Heart Walk® Frequently Asked Questions

Is there a registration fee? Nope. Instead, participants are encouraged to fundraise, so your impact is limitless and make a personal donation to support the Heart Walk.

Is there a fundraising minimum? No, and there's no maximum either! We encourage participants to make a difference by asking friends and family for donations and making a personal donation.

Should I register ahead of time? Absolutely! Registering online at heart.org/ashtabulacountywalk gives you access to all our great fundraising tools and keeps you updated on day of event info.

Can I participate in Heart Walk if I'm not on a Team? Sure, you can walk and fundraise individually. Every donation will help create big science! But hey, since you're already on board, maybe consider starting a team and asking friends, family and coworkers to join you to also be Heart Walk heroes.

Is there an indoor option in case of rain? So glad you asked – yes! In case of rain, the festival will move inside to indoor field #1. However, the Heart Walk will take place, rain or shine, outdoors.

Can my kids walk, too? Are strollers allowed? Definitely! There will be many children's activities, including yard games, a scavenger hunt, bingo, and more! We do ask that you supervise your children when they are in the Kids Zone. Strollers are also permitted, but please know there is a short area in the 2-mile route where you walk on gravel.

Is there a check in area day of walk? No, simply lace up, show up and walk with us!

Will you have water? We promise to keep you hydrated and will have jugs of water available. Please bring your reusable water bottle!

Are pets allowed? Definitely! This is a family-friendly event. Non-aggressive, leashed pets are welcome at the event **but must remain outdoors**. Please clean up after your dog.

Can I turn in money at the Heart Walk? You sure can! Stop by the donation turn in table.

How are donations made? Donations can be made securely to your fundraising page with a credit card, PayPal, Venmo and more. Cash and checks (made payable to the American Heart Association) may also be collected. You can deposit checks directly through the [Heart Walk App](#)!

Will I receive a Heart Walk t-shirt? All walkers who raise \$100+ can redeem Heart Walk Hero Gear from our [Heart Walk Rewards Center](#) in your [Heart Walk Headquarters](#) and in the [Heart Walk App](#). There are so many cool options to choose, and the best part is they will be shipped directly to you after you redeem them. The Rewards Center is available up to 6 weeks post-Walk for redemption!

Can I fundraise after Walk day? Of course! Who are we to stop you from achieving fundraising fame? You can fundraise online or submit cash and checks to your local [American Heart Association Representative](#) through December 1, 2023.

Latin for The Heart of Life, this is the American Heart Association's annual Philanthropic Giving Society.

Society members have made a personal investment through a variety of campaigns as well as provide direct support for bold new initiatives and programs locally, regionally, and across the nation. Learn more at heart.org/corvitaesociety or contact Tom Hablitzel, Giving Societies Ambassador.



HEART & TORCH CIRCLE, LIFETIME GIVING MEMBERS



Lorraine & Bill Dodero



1924 CIRCLE, LIFETIME GIVING MEMBERS



Tom & Jan Hablitzel



PRESIDENT'S CIRCLE

Jim Farley
David & Brenda Jacobs



PULSE CIRCLE

Rob & Liz Durham
Dr. Barbara Harris
In loving memory of Dolores M. Lyon
George & Tammy Sullivan



CHAMPION'S CIRCLE

Dr. Benico & Joan Barzilai
Dr. Morris Beverage Jr.
Morris Beverage III
Sanjay Bhargava
Sarah Cachat
Donny & Tiffany Chaplin
Scott & Gabrielle Christman
Dawn Clark
Fred & Nora DeGrandis
Richard Desich
Jonathan Ehrenfeld
Michael Fedler
Meredith & Ray Fergus
Terry & Mary Fergus
Tom & Barb Ferkovic
Melissa & Matt Frakes
Timothy Franklin
Charles Hablitzel
Jeremy Halford
Kelly & Eric Hancock
Tom & Marsha Hopkins
Lee Ann Howard

Diane Hupp
Ranjan Jagetia
Dr. Rustom & Mary Khouri
Jennifer Kirkpatrick
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Nick & Natalie Liberatore
Dr. Donald & Jennine Malone
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James Mayer
Denise & John McGee
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Paul Wellener +
Cheryl Yoder Hoover
Robert Yusek
Jeffrey Zemito Jr.
Gary & Orysia Zrimec



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Paul Dudley White
Legacy Society

Thank you, **Paul Dudley White Legacy Society Members**

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.

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
Fred DeGrandis
Dr. Lamont L. Dozier, Sr.
Thomas J. & Judith Fay Gruber
Aeron (Sam) Fidler-Warren
Tom & Jan Hablitzel
Valerie Hillow Gates
Paul & Gladys Gaydosh
Charles Gibson
Rhonda Gunther and Family
Roy Holiday
Lee Ann Howard
Susan M. Hunt in Memory of Elizabeth Kott

Richard C. Hyde
Karen Lewin
John & Denise McGee
Janice Murphy in Memory of Richard Murphy
Phillip & Dee-Ann Prather
Tina Rosario & Family
Howard E. Rowen, MD
Phil R. Rozzi
Patricia Yeomans Salvador & Manuel de Leon Salvador
Dr. John & Susan Schaeffer
Leanne & Jay Schwind
Kelle Snyder
Lanie Strassburger
Millie Sretenovic
Charlotte Thomas
Martha J. Williams
John and Margaret Wise
Jeffrey Zemito, Jr.

Learn more at heart.org/plannedgiving or contact Tom Hablitzel, Giving Societies Ambassador