



## 2021 Executives with Heart

### Mission of Executives with Heart:

We hope you will join the 2021 Executives with Heart (EWH) campaign! Our goal is to raise \$500,000 through Heart Walk by engaging local leaders to donate or raise \$5,000+ to fund the mission of the American Heart Association.

### **2021 Executives with Heart Chair: Vishal Tulsian, SAIC**

#### **Executives with Heart that give or raise \$5,000:**

- Inclusion in EWH communications to area executives
- Invitation to EWH virtual kick-off – September
- Feature in Executive Row on Heart Walk Facebook page

#### **Executives with Heart that give or raise \$25K:**

- Provide sneak peeks on the latest research from the AHA
- Provide special corporate wellness resources for their companies
- Recognition in the Healthy for Good newsletter – by name
- Opportunity to be a part of a VIP “behind the scenes” experience virtually with our celebrity/professional athletes involved in our One Heartbeat productions in December and May.

#### **Executives with Heart that give or raise \$50K:**

- All of the above as well as:
- A bi-annual exclusive national networking/leadership development opportunity with other Executives with Heart who raise \$50K+ led by National Chair (also provides a national sponsorship opportunity)
- Potential for Individual highlight story in the Healthy for Good newsletter

#### **Executives with Heart that give or raise \$100K+:**

- All of the above as well as:
- Spotlights in Nancy Brown’s emails
- Opportunity to be a part of our National Executives with Heart Advisory Council
- Exploring potential for company and/or individuals to be included in a national ad in a national business magazine likes Forbes, Businessweek, Fortune, etc.

### **2020 Executives with Heart**

Cedric Sims, Booz Allen Hamilton– 2020 Chair  
Timothy Gillis, KPMG  
Owen Billman, Blake Real Estate  
Vince Sheehy, Sheehy Auto Store  
Erich Sanchack, Digital Realty  
Linda Gooden, Gooden LLC  
Stephen Lustgarten, Blake Real Estate  
Jean Jordan, Blake Real Estate  
Jill Singer, AT&T  
Connie Peduzzi, KPMG  
Mike Pittsman, DAVIS Construction  
Jacob Sapp, ASRC Federal  
Barbara Azzinaro, NEWH  
Steve Solomon, Blake Real Estate  
Marilyn Crouther  
Rob McHale, Korn Ferry  
Howard Bernstein, W\*USA 9  
Mark White, Perspecta  
Cedric Henry, Millennium Corporation  
Kevin Jennings, Millennium Corporation  
Barbara Humpton, Siemens USA  
Steve, Ni  
Jon Ellen, DAVIS Construction  
Mike Sawyer, KPMG  
Marc Kapastin, Quantum  
Steve Hawryluk, DAVIS Construction  
Emily Holubowich, American Heart Association Advocacy Office  
Jill Feldon, Kaiser Permanente  
Patrick Cotter, DAVIS Construction



## Heart Challenge: Happier, Healthier, More Engaged Community

At the heart of any healthy, engaged community you will find purpose and passion. That's why the American Heart Association is taking a comprehensive approach to partnering with organizations through Heart Challenge. This suite of events and initiatives challenges all of us to reach more people, to get them involved and to address overall health and wellbeing.

### Invest and Impact

Every individual deserves the opportunity to be *healthier, happier, and more engaged* as the AHA and supporting organizations strive to be a relentless force for a world of longer, healthier lives. In order to reach and engage as many people as possible the American Heart Association developed a holistic program – *Heart Challenge* – which delivers customized wellness enhancements and is specifically designed to motivate a wide spectrum of people across multiple generations.

*Heart Walk, CycleNation and Field Day* are the three pillars for our participants to engage with the American Heart Association and be a part of Heart Challenge. ***EWH participants will be seen as leaders making a positive impact on employee mental and physical health across our community.***

## 2021 Executive Leadership Team

**Cynthia Cifuentes** - 2021 Chair  
Brand, Communications & Community Engagement  
Kaiser Permanente

**Owen Billman** - 2019 Chair  
AHA Board Chair  
President  
Blake Real Estate

**Mike Dillard**  
CEO  
Pernix Consulting

**Jim Garrettson**  
CEO  
Executive Mosaic

**Tim Gillis** - 2020 Chair  
Managing Partner  
KPMG

**Linda Gooden** - 2011 Chair  
AHA Board Member

**Barbara Humpton**  
AHA Board Member  
CEO  
Siemens USA

**Jason Keplinger**  
CTO  
T-Rex Solutions

**Mike Pittsman**  
EVP  
DAVIS Construction

**Erich Sanchack** - 2017 Chair  
AHA Board Member  
EVP, Digital Realty

**Vicki Schmanske**  
EVP Corporate Operations  
Leidos

**Dr. Cedric Sims**  
SVP  
Booz Allen Hamilton

**Rocky Thurston**  
President, Citizen Security & Public Services  
Peraton

**Vishal Tulsian**  
SVP Health, State, Local & Federal Financial  
SAIC

**Caroline Whittington**  
AHA Board Member  
Partner  
KPMG

**Soula Antoniou**  
Executive Director  
American Heart Association  
Greater Washington Region



EXECUTIVE MOSAIC PROUDLY SPOTLIGHTS

EXECUTIVES WITH HEART

#DCHEARTWALK

DONATE NOW. HAVE A HEART.

