



American Heart Association  
Heart Challenge™

Locally sponsored by:



# 2023 EXECUTIVES WITH HEART

## Greater Washington Region

### WHAT IS EXECUTIVES WITH HEART?

Being a member of Executives with Heart (EWH) in the Greater Washington Region (GWR) is about putting your name, your personal investment and your network behind something that will change the lives of those who are most vulnerable among us. It is about putting the well-being of our families, our employees and our communities first, and working together - leaders from every city in America - to raise critical funds and be a relentless force for a world of longer, healthier lives.

**Join 2023 Chair Mike Pittsman with DAVIS Construction, and the GWR in this year's Executives with Heart campaign!** Our goal is to raise \$650,000 through Heart Walk by engaging local leaders to donate and/ or raise \$5,000+ to fund the mission of the AHA.

**Let's recognize YOU as a top Executive with Heart this year!** When you surpass the \$5,000+ fundraising benchmark, you'll receive a variety of local acknowledgement:



#### EWH Networking & Visibility

Invitation to local reception and events for EWH, providing networking opportunities amongst peers in the community. \*2023 in-person kickoff event TBD hosted by DAVIS Construction



#### Heart Challenge Recognition

Receive recognition at all GWR Heart Challenge events and related promotions, including a feature on Executive Row at Heart Walk

### 2022 Executives with Heart

Caroline Whittington, KPMG -2022 Chair  
Vince Sheehy, Sheehy Auto Stores  
Tom O'Donohoe, Digital Realty  
Owen Billman, Blake Real Estate  
Linda Gooden, Gooden LLC  
Vicki Schmanske, Leidos  
Chris Jasiota, DAVIS Construction  
Connie Peduzzi  
Timothy Gillis, KPMG  
Dr. Sandra Nichols, UnitedHealthcare  
Susan Haning, The Freeman Company  
Barbara Azzinaro, Cohen Azzinaro Associates, LLC  
Dave Greenspun, Blake Real Estate  
Emily Holubowich, AHA Advocacy Office  
Amry Junaideen, Deloitte  
Vishal Tulsian, SAIC  
Chad Oursler, DAVIS Construction  
Mike Pittsman, DAVIS Construction  
Monica McHugh, AHA Friends & Family  
Cedric Sims, MITRE Corporation  
Kathie Powers, Riverside Research  
Katie Mahon, CBRE  
Sherry Grasson, AT&T  
Mark White  
Steve Hawryluk, DAVIS Construction  
Marilyn Crouther, Crouther Consulting  
Jason Providakes, MITRE Corporation  
Erich Sanchack, Salute Mission Critical



### Accept the Challenge & Reach Your Goal:

- Make your personal donation
- Recruit five (5) peers in your network to join you in the challenge
- Reach out to your personal and professional contacts with templated emails and social media posts
- Life is Why Consumer (LIWC) Campaign
- Vendor/Business Partner Campaign
- Use company matching gifts (if available)

*Need help? Your AHA staff partner will work with you. Contact [Lauren.Verrill@heart.org](mailto:Lauren.Verrill@heart.org) for support.*