

LORAIN COUNTY

# HEART WALK

Thursday

**SEPTEMBER 21, 2023**

Mercy Health Lake Erie Crushers Stadium



American Heart Association®

Heart Walk®

SIGNATURE SPONSORS



Cleveland Clinic



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## Chairpersons' **Welcome**

Dear Walkers,

Welcome to the 2023 Lorain 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.



**HONORARY CHAIR**  
**Tom Mihaljevic, MD**

CEO and President  
Morton L. Mandel CEO Chair of  
Cleveland Clinic



**CAMPAIGN CHAIR**  
**DONALD MALONE, JR., MD**

Executive Vice President,  
Northeast Ohio Market  
Cleveland Clinic



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**THANK YOU,**  
From the Heart Walk Team

We are so excited to welcome you to the Lorain 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 #LorainHeartWalk!
- ♥ 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 18<sup>th</sup> – 22<sup>nd</sup>**

**MOVE MORE MONDAY – September 18<sup>th</sup>**

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 19<sup>th</sup>**

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 20<sup>th</sup>**

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 21<sup>th</sup>**

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 22<sup>nd</sup>**

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 – Thursday, September 21<sup>st</sup>**

Join us at the Lake Erie Crushers Stadium for our Heart Walk celebration. Check out the event's schedule below:

5:00 p.m. – Heart Walk festival opens

6:00 p.m. – Warm Up & Opening ceremony

6:15 p.m. – Begin Heart Walk

7:30 p.m. – Event concludes

WEEK OF WELLNESS SPONSORED BY

Rea & Associates

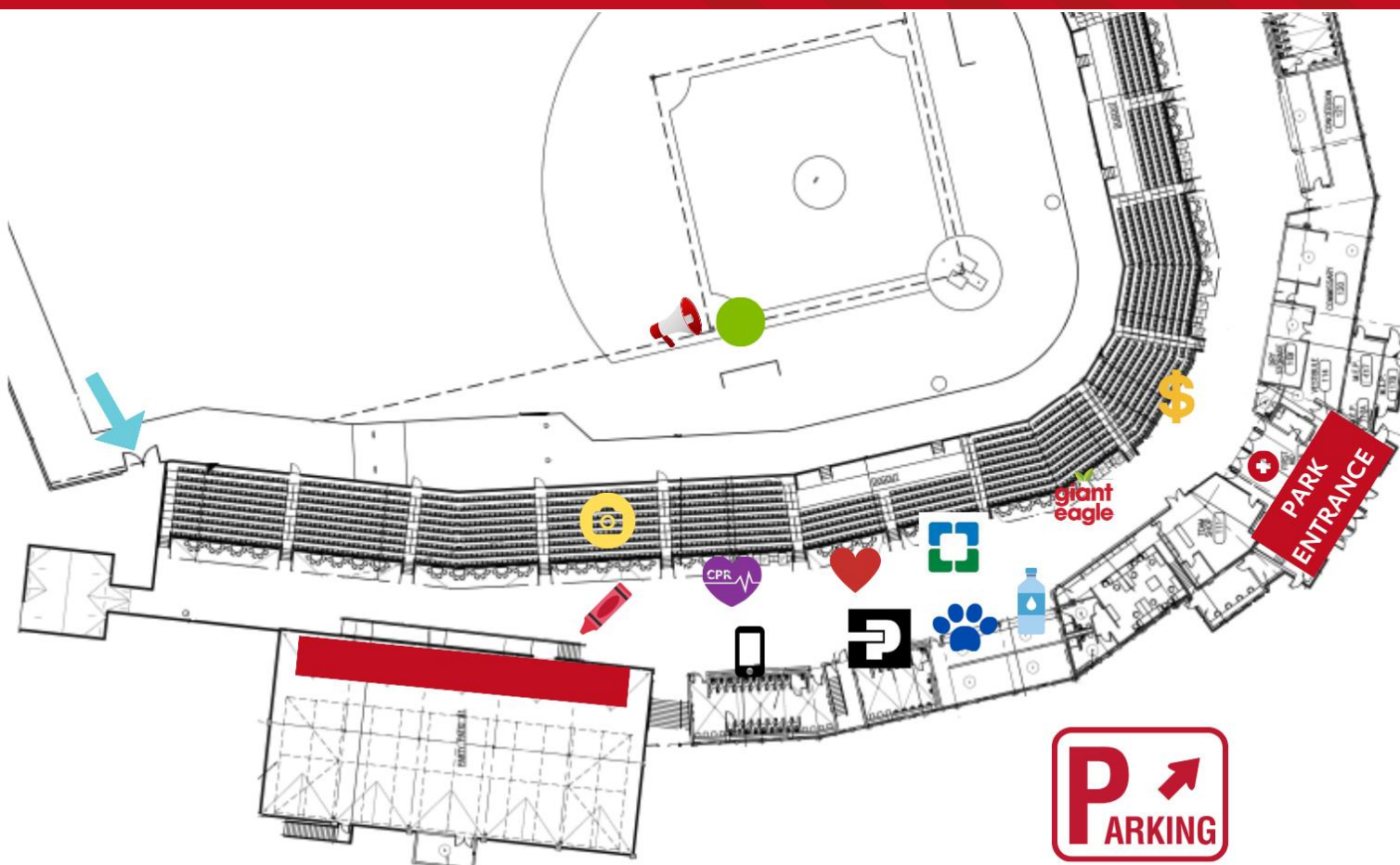




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## Festival Map & Parking



### LEGEND

	Start & Finish Line		Kids Zone		Company /Team Photos Sec. 115
	AED		Hydration Station		Healthy Selfie Station
	Donation Turn In		Survivor Area		Pet Zone and FAPL
	Hands Only CPR		Program		Exit for 1 & 2-mile Routes
	Cleveland Clinic		Parker Hannifin		Flu Shots

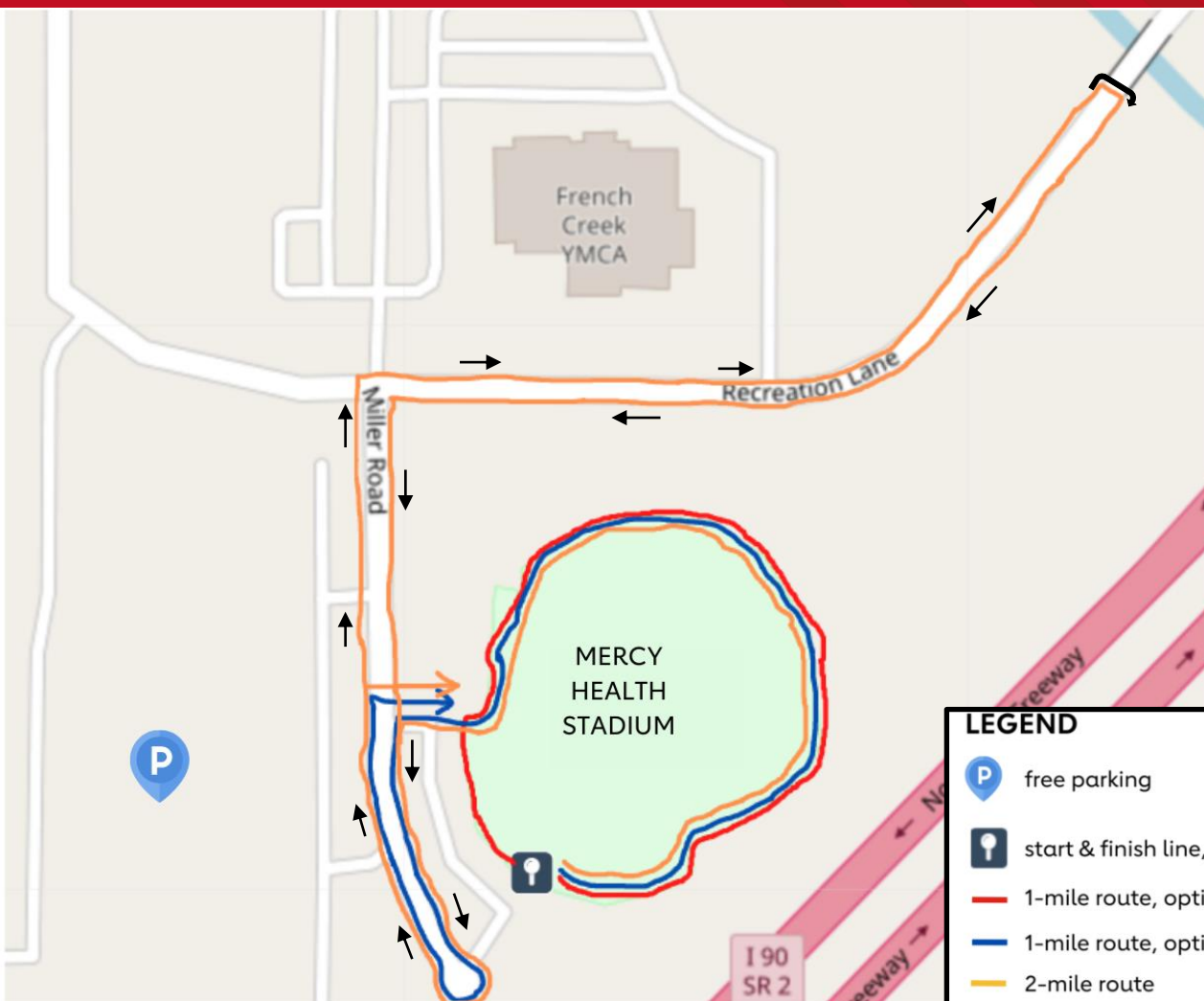
For assistance,  
please contact **Stephanie Westerh** at (937) 689-5965  
or **Lauren Eberhard** at (216) 659-0996



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## 1 & 2-Mile Route Map



### 1-mile route, option 1

Walk the warning track 4 times around

### 1-mile route, option 2

Walk the warning track and exit the stadium near left outfield

Turn left onto Miller Road and continue to walk around cul-de-sac

Return to stadium and walk 2 additional times around warning track

### 2-mile route

Walk the warning track and exit the stadium near left outfield

Turn left onto Miller Road and continue to walk around cul-de-sac

Walk straight towards Recreation Lane and turn right onto Recreation Lane

Continue straight and once arrived at bridge, turn around

Continue to walk straight and turn left onto Miller Road

Continue straight and walk around cul-de-sac

Return to stadium and walk 2 additional times around warning track



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# Heart Walk® A word from **OUR SPONSORS**

## 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

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.

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
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

## CELEBRATE SURVIVORS

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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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## FLU SHOTS

PROVIDED BY 

Make time to get a flu shot today! Stop by the Giant Eagle table and help save lives by protecting yourself, your loved ones and your co-workers.

[Check out why getting your Flu Shot is so important to your heart health!](#)

## TAKE A HEALTHY SELFIE



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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!

## PET ZONE

Do dog owners live longer? [The science seems to say so!](#) That’s why we’d love to invite your furry friend to walk with you at the Heart Walk. Be sure to keep your pet leashed & pick up after them.

Be sure to stop by our Pet Zone during the Healthy For Good Festival. We are grateful to our friends at the **Friendship Animal Protective League** for joining us with some adoptable pups!

## ENTER THE KIDS ZONE

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](#)





## TOP WALKERS, raising \$1,000+\*

These Heart Walkers 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!

**Melinda Clark**, Cleveland Clinic Richard E. Jacobs Family Health Center

**Carrie Jankowski**, Mercy Health

**Greg Krzemien**, Cleveland Clinic Avon Hospital

**Morgan Puskas**, Cleveland Clinic Lorain Family Health & Surgery Center

**Gary Zrimec**, University Hospitals

*\*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 November 18, 2023.



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# 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 [www.heart.org/LorainWalk](http://www.heart.org/LorainWalk) 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?** No, 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.

**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 bottled 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. 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](http://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  
Betty Kemper  
Julie H. Krebs  
Nick & Natalie Liberatore  
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Cassandra L. Manna  
Tony Manna  
Peter Mapp  
Dr. Bradley Marino  
James Mayer  
Denise & John McGee  
Travis & Megan Mlakar  
Dr. Raju Modi  
Casey & Garrett Monda  
Gary & Lynne Monda  
Richard S. Morrison  
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Dr. Ileana L. Pina

Theresa & Steve Polachek  
Michael & Shelley Prandi  
Mouris Saghir, PhD  
Beth Sak  
Dr. John & Susan Schaeffer  
Rob & Heather Schimmelpfennig  
Dixie Selip - In loving memory of Ric  
Dr. Mehdi H. Shishehbor  
Tony & Fran Siracusa  
Kevin & Beth Sloan  
Kelle Snyder  
Lauren Spilman  
Dr. Lars G. Svensson  
Steve Tanruther  
Greg & Elizabeth Teed  
Nicholas & Sonya Vezmar  
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](https://heart.org/plannedgiving) or contact Tom Hablitzel, Giving Societies Ambassador