



American Heart Association®  
Heart Walk®



DIGITAL DAY OF  
EVENT GUIDE

# ASHTABULA COUNTY HEART WALK 2021



[heart.org/ashtabulacountywalk](https://heart.org/ashtabulacountywalk)

#AshtabulaHeartWalk

# DAY OF EVENT TIMELINE

## 8:30 - 9:00 a.m. - Heart Walk Festival

- Pick up your Heart Walk swag bag (limited to the first 350 registered Heart Walkers) inside the gym\*
- Turn in Heart Walk donations inside the gym\*
- Participants can decorate their Tribute Sticker to share who they are walking for and survivors can pick up their commemorative hats and superhero capes inside the gym\*
- Listen to some music outside and rally with your team members

## 9:00 a.m. - Brief Welcome

## 9:10 a.m. - Heart Walk Begins

\*Please note that while inside the Kent State University Ashtabula gym, masks are required. This includes using the restroom.

## 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



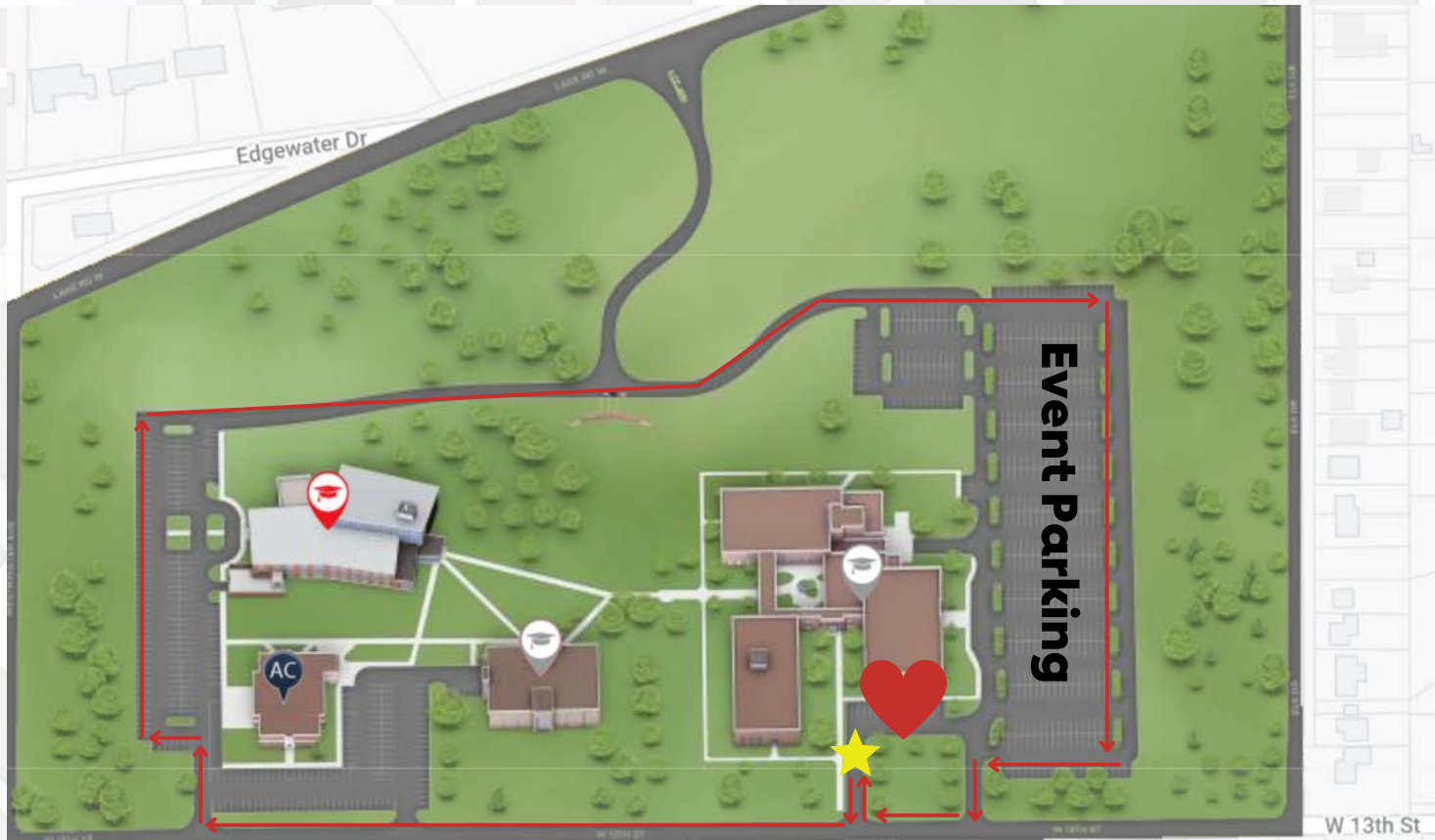
WALK OR RUN AROUND THE STORE IN THE SHOES FOR ABOUT 10 MINUTES

### BONUS ROUND:

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

# HEART WALK ROUTE & SITE MAP

## Kent State University Ashtabula



### Heart Walk Festival\*

- Pick up your Heart Walk swag bag
- Turn in Heart Walk donations
- Decorate Tribute Sticker
- Survivors can pick up commemorative items



### Start/Finish Line



### Route

1 lap = 1 mile. Please feel free to do multiple laps!

*\*Please note masks are required for entry into Kent State University Ashtabula gym. This includes using restrooms.*

[heart.org/ashtabulacountywalk](https://heart.org/ashtabulacountywalk)

#AshtabulaHeartWalk

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2021 Ashtabula County Heart Walk Chairman*

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*Product Manager  
Grand River Rubber & Plastics*

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*President  
JCI Contractors Inc.*

*2022 Ashtabula County Heart Walk Chairman*

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*Director, Operations and Clinical Services  
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*President  
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2021 AHA Board Member*

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*Dean and Chief Administrative Officer  
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## **DAVID THOMAS**

*County Auditor  
Ashtabula County*

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*Vice President of Clinical Services  
ACMC*

[heart.org/ashtabulacountywalk](https://heart.org/ashtabulacountywalk)

**#AshtabulaHeartWalk**



## ♥ Why Learn Hands-Only CPR?

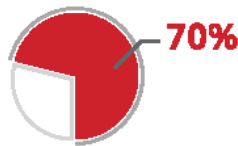
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

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.



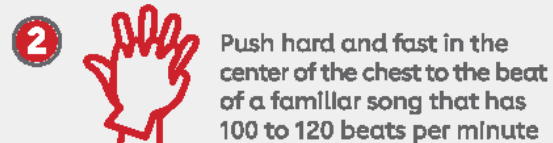
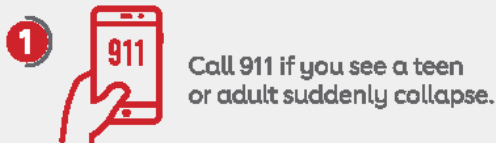
About **70 percent** of out-of-hospital cardiac arrests happen in homes



**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

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](http://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](http://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.*

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**Top Heart Challenge Fundraiser**

**George Sullivan**

Chief Executive Officer  
Equity Trust Company

*2021 Greater Cleveland & Lorain  
Heart Walk Chair*

**2nd Top Heart Challenge Fundraiser**

**Tom Hablitzel**

Senior Vice President, Enterprise  
Strategic Accounts  
The Sherwin-Williams Company

*2021 AHA Giving Societies Ambassador*



**3rd Top Heart Challenge Fundraiser**

**Donny Chaplin**

President,  
Grand River Rubber & Plastics

*2021 Ashtabula County Heart Walk Chair*

*In loving memory of Ric Selip*



**Thank you to these  
2021 Heart Challenge  
Executives with Heart  
members who achieved  
the fundraising milestone  
of raising \$5k+ for  
the American Heart  
Association mission  
through the Heart  
Challenge events of  
CycleNation and Heart  
Walks!**

*Dr. Benico Barzilai, Cleveland Clinic  
Morris Beverage III., Lighthouse Advisers  
2022 Lake & Geauga Counties Heart Walk Chair*

*Dr. Morris Beverage Jr., Lakeland  
Community College  
2021 Lake & Geauga Counties Heart Walk Chair*

*Joe Castillo, Giant Eagle*

*Greg Clement, Realeflow*

*Jeff Culliton, Adcom  
2021 Cleveland CycleNation Chair*

*Fred DeGrandis, NorthCoast Healthcare*

*Lorena Deyman, Cleveland Clinic*

*Mike Fedler, Edward Jones*

*Tom Gentile, Parker Hannifin*

*Heart, Vascular, and Thoracic Institute,  
Cleveland Clinic*

*George Hunter, Jones Day*

*Carrie Jankowski, Mercy Health, Bon Secours*

*Nick Liberatore, Parker Hannifin*

*Dr. Donald Malone, Cleveland Clinic*

*James Mayer, Huffman Mayer Paolo Wealth  
Management Group of Wells Fargo Advisors*

*Richard Morrison, Molded Fiber Glass*

*Rob Schimmelpfennig, HAVE, Inc.  
2021 Heart Challenge Chair*

*Kevin Sloan, KeyBank*

*Greg Teed, Vitamix*

*Paul Wellener, Deloitte  
2021 Cleveland CycleNation Vice Chair*

*Gary Zrimec, University Hospitals, North Ohio Heart*

Healthy for Good Cause Sponsor



# TOP WALKERS & TOP TEAMS\*

Congratulations to our 2021 Top Walkers & Top Teams! These Heart Walkers and 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+

**Alan Blankenship,** *Grand River Rubber & Plastics*

**Donny Chaplin,** *Grand River Rubber & Plastics*

**Laura Cray,** *Ashtabula County Medical Center*

**Mike Fedler,** *Have, Inc.*

**James Mayer,** *Huffman Mayer Paolo Wealth Management  
Group of Wells Fargo Advisors*

**Richard Morrison,** *Molded Fiber Glass*

**Rob Schimmelpfennig,** *Have, Inc.*

**Kathy Sharpe,** *Ashtabula County Medical Center*

## TOP TEAMS, RAISING \$5,000+

**Donny Chaplin's Team,** *Grand River Rubber & Plastics*

**Rob Schimmelpfennig's Team,** *Have, Inc.*

**James Mayer's Team,** *Huffman Mayer Paolo Wealth Management  
Group of Wells Fargo Advisors*

**Richard Morrison's Team,** *Molded Fiber Glass*

\*Rankings based on donations received by September 26, 2021.

[heart.org/ashtabulacountywalk](https://heart.org/ashtabulacountywalk)

#AshtabulaHeartWalk

ACMC is proud to support the lifesaving work of the *American Heart Association* — working to make our community stronger, one step at a time.

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of



is proud to support the **American Heart Association**



JCI continues to be a proud sponsor of the **American Heart Association**



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[www.jcibuilds.com](http://www.jcibuilds.com)

# LIVE FIERCE AWARD

The American Heart Association is pleased to award its Live Fierce Award posthumously to volunteer Ric Selip.



The Live Fierce Award recognizes those who Live Fierce for themselves, their loved ones, their community – a catalyst for longer, healthier lives for everyone, everywhere.

Ric, who passed away in April, exuded warmth and caring, and achieved myriad accomplishments on behalf of the Ashtabula community that helped provide its residents with needed resources, education, and tools to pursue a healthy lifestyle.

**We are incredibly grateful for Ric's impact on the mission of the American Heart Association!**

locally sponsored by

**HUFFMAN · MAYER · PAOLO**  
**WEALTH MANAGEMENT GROUP**  
*of Wells Fargo Advisors*

**[heart.org/ashtabulacountywalk](https://heart.org/ashtabulacountywalk)**  
**#AshtabulaHeartWalk**

# CALENDAR OF ACTIVITIES

**October 2, 2021** Ashtabula County Heart Walk  
[heart.org/ashtabulacountywalk](http://heart.org/ashtabulacountywalk)

**October 28, 2021** CycleNation  
[cyclenation.org/cleveland](http://cyclenation.org/cleveland)

**October 29, 2021** World Stroke Day

**February 2022** Heart Month  
  
Go Red for Women  
[heart.org/clevelandgored](http://heart.org/clevelandgored)

**Spring 2022** Jo Ann Hablitzel Legacy Research Reception

**May 2022** Stroke Month

**June 2022** Heart of Cleveland  
[clevelandheartball.heart.org](http://clevelandheartball.heart.org)

**June 4, 2022** Lake & Geauga Counties Heart Walk  
[heart.org/lakegeaugawalk](http://heart.org/lakegeaugawalk)

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



@AmericanHeartOhio



@AmHeartOhio

[heart.org/clevelandwalk](http://heart.org/clevelandwalk)  
**#ClevelandHeartWalk**

# CLEVELAND CYCLENATION

[cyclenation.org/cleveland](http://cyclenation.org/cleveland)

Thursday, October 28, 2021

5 - 8 p.m.

**The Madison**

4601 Payne Avenue  
Cleveland, OH 44103

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Jones Day | Lincoln Electric | Parker Hannifin

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\*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



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Immediate Past Chair  
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**Travis Mlakar**  
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VP Global Real Estate  
Eaton



**Gary Monda**  
VP and Chief  
Investment Officer  
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**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](mailto:Molly.Palmer@heart.org)  
[clevelandheartball.heart.org](http://clevelandheartball.heart.org)



American Heart Association.



# 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](http://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™

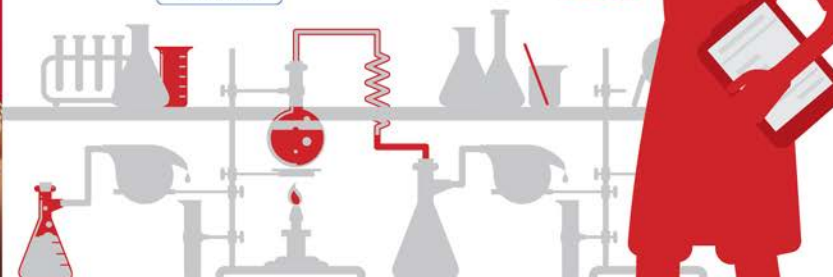
# STEM Goes Red™ for Girls

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](http://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](https://heart.org/HealthyForGood).

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# BOARD OF DIRECTORS

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The Sherwin-Williams Company  
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## MEMBERS AT LARGE



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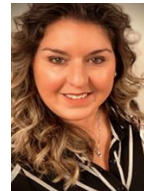
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The Corinne L. Dodero Foundation  
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FSM Capital Management



**CLAUDE JONES, DO**  
Care Alliance Health Center

[heart.org/clevelandwalk](https://heart.org/clevelandwalk)

#ClevelandHeartWalk

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# BOARD OF DIRECTORS

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Cleveland Clinic

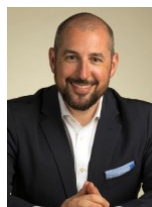


**OHAD ZIV, MD**  
MetroHealth Medical Center

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Lighthouse Advisers  
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**JEFF CULLITON**  
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**JAY TOOLE**  
Runiversity  
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**DONNY CHAPLIN**  
Grand River Rubber & Plastics  
*2021 Ashtabula County Heart Walk Chair*



**NICOLE PONSTINGLE**  
Pandata  
*2021 STEM Goes Red Chair*

[heart.org/clevelandwalk](https://heart.org/clevelandwalk)

#ClevelandHeartWalk

# 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](https://heart.org/HealthyForGood)

DS156B2 2/21

# 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](https://heart.org/HealthyForGood)



American Stroke Association  
A Division of the American Heart Association

Together to End Stroke®

# F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

# F.A.S.T.

Face  
Drooping

Arm  
Weakness

Speech  
Difficulty

Time to  
Call 911

**Every 40 seconds, someone in the U.S. has a stroke.**

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

**The faster stroke is treated, the more likely the patient is to recover.**

In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

locally sponsored by



University Hospitals  
Harrington Heart & Vascular Institute

Stroke.org

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*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 Doderio +

### PACESETTER'S CIRCLE

Connie Frankino

### PULSE CIRCLE

Rob & Liz Durham \*+

Jim Farley

The Patel Family

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# Paul Dudley White Legacy Society



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*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.*

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# 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](#)



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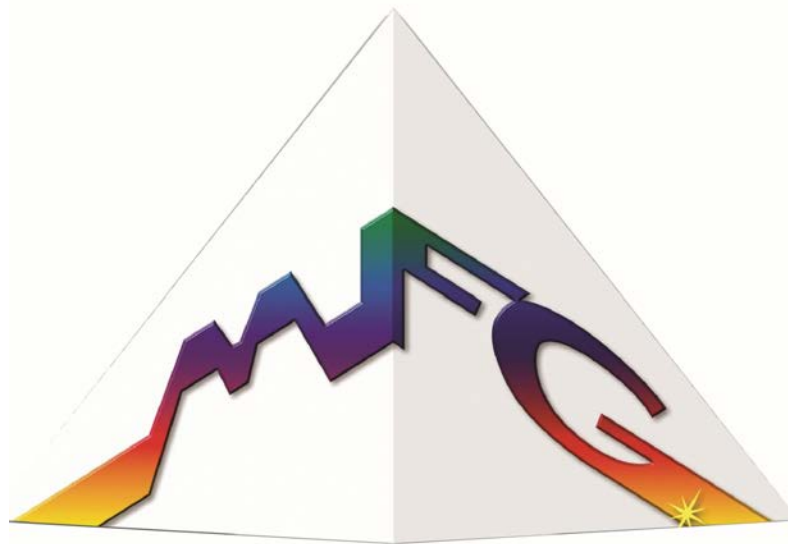
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# JO ANN HABLITZEL MEMORIAL RESEARCH

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.

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## 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*



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