

F.I.T.T. Cardiac Association 2015 AGM

Wednesday April 29, 2015

6:30 PM REGISTRATION



One of the more important meetings you should attend

Come and see what your Board of Directors has been up to. What has been going on in our Healthy Heart Community? Who will be our new directors? What is the plan for the future of our Maintenance program for our Healthy Heart classes? Come listen to our guest speaker on a very important topic close to all our hearts. Come to the AGM and hear from our Strategic Planning Committee about options for continuing our program in the future. It is the intention of Fraser Health Authority to significantly change the financial support and program structure for Healthy Heart Program. We are hoping to get the best attendance ever this year.

Over the past few weeks F.I.T.T.'S Nominating Committee visited each of the Healthy Heart exercise classes with the major emphasis being on encouraging all class members to show interest and get more involved in our program, and FITT, on a day to day basis. We are actively recruiting for members to put some "new blood" on the Board; in various positions at the Board level, being an assistant class rep., volunteering to work on upcoming events, and attending more events.

With the major changes on the horizon there is an urgent need for all of us to get together and be our own advocates for the continuation of our program much along the lines as it is currently operating – which is what we all want, I am sure. The current board members cannot do this alone; we need your help and support – so come out to the AGM on April 29th.

Agenda for our AGM:

- 1) CALL TO ORDER AT 7:00 PM
- 2) APPROVAL OF MINUTES OF PREVIOUS AGM FEB. 27, 2014
- 3) PRESIDENT'S REPORT – ILARIO GALANO
- 4) TREASURER'S REPORT, FINANCIAL STATEMENTS
- 5) HEARTS ON THE MEND – MAUREEN BAKER
- 6) STRATEGIC PLANNING COMMITTEE – MIRIAM DATTEL
- 7) GENERAL DISCUSSION
- 8) ELECTION OF BOARD OF DIRECTORS
- 9) NEW BUSINESS
- 10) ADJOURNMENT . . . Guest Speaker and Topic to be determined

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THIS IS YOUR ASSOCIATION – Please SUPPORT IT

Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



2015 ANNUAL HEALTHY HEART BOWLING NIGHT

The annual Healthy Heart Bowling Event was held on Saturday February 21st, 2015. Twenty six people attended the now customary dinner at Earl's on Kingsway



prior to moving on to the bowling extravaganza at the Old Orchard Lanes also on Kingsway.



The Bowling Committee consisting of veterans Tom Scott, Ev Harris, and Marilyn Sztankovics did a remarkable job of organizing the affair and deserve kudos for their time and ef-

forts.



Thanks also to all those who brought goodies and nummies to keep up the bowler's energy levels during the tough competition.



Special thanks also needs to be forwarded to Earl's for their continued support, and to Maureen Baker and Ilario Gilano for donating many of the prizes so greatly appreciated by the participants.

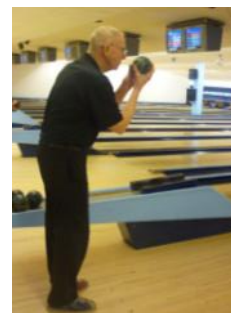
The highest scoring for the eve-

ning was by the dynamic duo of April and Ezio Turco (from the Burnaby Hospital Healthy Heart) who posted the highest women and Men scoresCongratulations.



The much anticipated 50/50 draw of \$55 was won by Sally Sheppard.

All participants indicated they enjoyed a fun filled evening of exercise and sociality. It is also impor-



tant to note that this annual event is now in its **fifteenth year** and continues to be a fun and healthy exercise outing for all participants, and while attendance was

down slightly from last year, all who attended left refreshed and happy.

Let's make next year's event even bigger and better.....see you then.

Benefits of being a FITT Member

Your \$10 yearly membership fee provides you with a great many benefits, including:

- The production of the quarterly FITT Chronicle
- Assistance to our Healthy Heart instructors, as they continue their professional development by attending educational sessions through Fraser Health Authority.
- Operating costs of the FITT Cardiac Association such as mailing and printing
- Get well cards, sympathy cards and thank-you cards sent to members
- Small tokens of appreciation from FITT to staff and to other deserving people for their contribution to the Healthy Heart program
- Rental of the banquet hall at Bonsor for our Annual Christmas Pot Luck Dinner
- Cutlery, plates and coffee for the pot luck, the barbecue and other events
- Production of the Exercise Book
- Educating the community about heart disease at Burnaby Discovery Days, Burnaby Hats Off days and the Rhythm of Life run.
- Replacement of old equipment at the community exercise classes

Collection of monthly exercise fees and delivery of fees to Burnaby Hospital

Your \$10 annual fee contributes to many benefits. Please support the association in any way you can.



FEATURING THUNDERBIRD 1 AND THUNDERBIRD 2 EXERCISE CLASSES

These two groups meet at The Thunderbird Community Centre in East Vancouver. Thunderbird 1 began in October, 2001. As participants increased, Thunderbird 2 was initiated in January, 2003. They meet on Monday and Wednesday mornings, and celebrate birthdays regularly at The ABC Family Restaurant.

THUNDERBIRD 1 MW 10:30 - 11:45 am



Back Row L - R: Ervine Ciccone, Morley Chang, Bruna Marconato, Otto Schmid, and Janice Schonewille - Fitness Instructor.

Front Row L - R: Peter Yau, Bo-Kuen Yan, Mary Iannacone, Tina Ekengren.

Not Shown: Ron Borrow, David Chow, Vicki Gibbons, Amin Jamal, Dave Malcolm, Tom Needes, Tom Scott, Al Weal

THUNDERBIRD 2 MW 9:00 - 10:15 am



Back Row L - R: Tony Panger, Norm Chin, Joe Tam, Derek Hyland, and Janice Schonewille - Fitness Instructor.

Front Row L - R: Clement Law, Albert Raffan, Luana Bitante, Ev Harris, John Hew, Terry Brown, Tom Griffen.

Not Shown: Gwen Angus, Harris Campbell, John Petrie

THE CURRENT FITT/HEALTHY HEART MAINTENANCE PROGRAM

The last issue of the Chronicle contained a brief article on the success and “sustainability” of the current FITT/Healthy Heart Maintenance Program and how it promotes the social, team concepts, and exercise programs to promote and maintain a healthy life style. It also noted that our maintenance group is aging rapidly as some 20-25% of our membership is in the 80+ age bracket. The following testimonials from some of our senior members personifies the success and feeling about our current program.

“ After suffering and recovering from two major heart events in 1977 and 1988 a regular exercise program and change of life style became critical. While I was an avid and regular cyclist who cycled to and from work on a daily basis, I felt I needed something more regimented. In 1996 I heard about the Healthy Heart Program at BGH, and asked my doctor for a referral to the program. I started the program at BGH in 1997, then to Bonsor for several years, and then transferred to the Healthy Heart Program at the Thunderbird

Community Centre due to recurring knee problems. I am still exercising in the program at the BGH due to other health issues. I strongly believe that the current program has been a life saver to me. It takes a lot of effort from the patients to commit to a regular exercise program and the encouragement and incentives we receive from exercise specialists, staff and the social aspect of this program makes it well worth the effort and is responsible for us being here.”

John Petrie (Age 88)



2015 Women's HEART Health Symposium

On March 20, 2015, the Healthy Heart Program hosted a Women's Heart Health Symposium. It was held at the picturesque Riverway Golfcourse in the recently built Clubhouse in Burnaby. The event was supported by Burnaby Hospital and the Burnaby Hospital Foundation through funds being generously provided by Shoppers Drug Mart's "Tree of Life" campaign. It was held for staff and healthcare professionals; approximately 100 people attended. FITT representatives from the Board were also invited to attend.

The full-day symposium had 4 guest speakers speaking on women's health issues. Dr. Mirijana Pavlic presented on "Polycystic Ovarian Syndrome and Metabolic Disease"; Dr. Tara Sedlak presented on "Acute Coronary Syndrome and Angina in Women with Normal Coronary Arteries"; Dr Periminder Bains, spoke on the topic of "Heart failure in Women"; and Dr. Ali Zentner's topic was "The Weight of the World - What's a girl to do?". The Healthy Heart team at Burnaby Hospital organized a first class event. Feedback from attendees showed excellent reviews

and very positive comments. This was a very worthwhile event which Burnaby Hospital hopes to repeat next year.

Thank you to FITT members, Don Hayes and Norm Grosser (Bonsor 2) for volunteering to be photographers for the day. Also, Thank you to Norm Chin (T-Bird) and United Flower Growers for donating the beautiful flowers for all the table decorations and the sponsor and presenter bouquets.

As usual, any event organization that our Healthy Heart Program is involved in, there is always support and effort from our FITT members. Thank you to all.



Shoppers Drug Mart and Burnaby Hospital Foundation



Minetaro and Dr. Mirijana Pavlic



Marie Hawkins (Fraser Health) and Dr. Tara Sedlak



Marie Hawkins (Fraser Health) and Dr Periminder Bains



Ilario (FITT) and Cheryl (Burnaby Hospital Foundation)



Pete (Burnaby Hospital) and Dr. Ali Zentner



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