

Announcement:

Relaunch of the FITT Cardiac Association Website.

I am pleased to announce that the FITT website is now available again. The website has the following features:

- Planned events.
- Every issue of the chronicle that was ever produced.
- Exercise Booklet.
- History of F.I.T.T.

In the upcoming months we will also post Board meeting minutes and AGM materials. You can reach the Website at:

<http://www.fittnow.com>

If you have any suggestions for the website, contact me or one of the board members.

Thank you and enjoy.

Bob McMillan

Vice President / Director of Communications

Inside This Issue

| | |
|-------------------------|---|
| Relaunch of our Website | 1 |
| Program Transition | 1 |
| John Petrie Tribute | 2 |
| Hearts on the Mend | 2 |
| 2016 FITT BBQ Picnic | 2 |
| Barbecue Picnic Images | 3 |
| 2016 Rhythm of Life Run | 4 |

www.fittnow.com

FITT Cardiac Association / Healthy Heart Maintenance Transition

Well it has now been almost 2 months since we transitioned into the new community class structure for our maintenance classes.

An important point made by the FITT Cardiac Association over the last 2 years of discussions with our stakeholders was our Mission Statement:

To facilitate a Healthy Heart maintenance program (after hospital cardiac rehabilitation)

To support the continuing health, welfare, exercise, knowledge, medical and social benefits of our members

Participation in this program does reduce hospital visits and improve the overall health of participants

Two of our Strategic Planning Committee members worked tirelessly within the Steering Committee to advance our goals for our members. Our two FITT members and directors, Maureen Baker and Miriam Datell positioned the FITT Cardiac Association members in a positive light so that we could continue with our routine and have a healthy life style as most of us have known it.

It is important to note that Fraser Health has been extremely generous

with us as discussions occurred over the last couple of years. Maintenance has always been our personal responsibility and FITT Cardiac Association has simply been the conduit to hold this group of people together for a common goal. We continue to be that conduit to keep our group healthy and together as our goal for a healthy life.



Our current classes overall have been well received. Our exercise classes are customized for us. The familiarity of having classes at the same time that we usually have, the same location and similar programs have gone a long way to help us maintain a social and healthy life style.

We now have, in most cases the opportunity to access other community exercise classes and services – all at a lower price point.

The jury is still out on just how successful the transition will be, however I would ask each and every one of you to consider the alternatives that we faced.

The true success of the new way of doing things will be up to each and every member of the FITT Cardiac Association.

Submitted by **Ilario Galano**

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.



IN MEMORIAM

JOHN (IAN) PETRIE – APRIL 21, 1927 – JULY 29, 2016

It is with great sadness that we announce the passing of John Petrie on Friday, July 29, 2016. John had been a very active and much loved member of the Healthy Heart Program since 1997 when he joined the program at Burnaby Hospital. He then transferred to the Bonsor 1 class, cycling from and to his home at 33rd and Slocan; he moved to Thunderbird 2 in 2003, where he, and another similar aged individual competed to see who could lift the most leg weights . . . until Peter put a stop to it! As John's health started to go downhill he returned to exercising at the hospital, using Handy-Dart and working around his hospital treatments. John was also very active on the FITT Board for over ten years, as a Class Rep., a board member and also served some time as president; he could always be relied on to represent Healthy Heart/FITT at Discovery Days, Hat's Off Days, worked at the Rhythm of Life; as well as anywhere else that he was needed. In 2012 John received the FITT Person of the Year Award, an award given to individuals who are looked upon as very special by their peers and who have dedicated many years of service to Burnaby Hospital Healthy Heart and FITT Cardiac Association. In recent years he and Phoebe became participants of the Bonsor 2 coffee group, and it is good to see that Phoebe continues to join them, once again by Handy-Dart. We were very privileged to have known John for the year's that we did, and know we all miss him very much, especially his hugs, he was a very special person to have had in our lives.

HEARTS ON THE MEND

Hearts on the Mend has just had its annual luncheon celebration for its twelfth year as a peer support group visiting patients in the cardiac unit at Burnaby Hospital.

But we are desperately in need of more visitors to join our group. Most of our very dedicated visitors have been with the program for many, many years, but because of various reasons our group is dwindling and we need new people to help us keep this very successful program going.

Please give some serious thought to joining us – most of you are in the exercise program because of a heart condition, so you are ideal candidates for this visitation program.

It is not an onerous commitment, as little as one day each month would greatly help. This program is part of Burnaby Hospital Volunteer Resources and you would need to attend one of the volunteer orientation sessions which takes about 2-3 hours and are usually run once a month; once you have attended ori-

entation, I would meet with you at a later date for a Hearts on the Mend training session, and a visit on the ward. From then on you have the choice of another visit with me, or to buddy-up with one of our current visitors, until you feel comfortable to visit patients on your own.

I can be reached at **604-438-7716**.

Or you can talk to your class rep., or a member of your group who may be already be a visitor.

Maureen Baker

The Annual FITT Picnic

This year's FITT Picnic took place on a cool Wednesday, August 10th at Confederation Park. About 75 intrepid picnickers attended and many brought delicious food to share with the rest of us in potluck fashion, thus helping to "round out" the hotdogs, hamburgers, and all the "fixin's" that were the focus of the meal.

Thanks, go to: Ilario Galano (B1) for supplying the barbecue; Bill Rettinger (B1) and his wife for shopping for all

the BBQ foods and the many other little things needed to complete the meal; Peter and Linda Andrecheck (B2) for bringing their folding table to help hold all the food; Albert Tom (B1) and Lloyd Rapchuck (B1) for flipping the burgers etc.;



and Ed Black (B2) for helping wherever he was needed. And special thanks also to all you lovely people who brought tasty food to contribute to our potluck. Everyone enjoyed themselves as usual, both "hanging out" with their regular exercise buddies as well as renewing the acquaintance of those in other FITT classes we see at our other massed FITT events.

See you at the FITT Picnic next year!

Karen Purdy



FITT BARBECUE PICNIC IMAGES





2016 Rhythm Of Life

This year's annual "Rhythm of Life Run / Walk" took place on a beautiful sunny Sunday morning September 11, 2016 at Burnaby Lake Park. We had fewer participants this year with approximately 250 total including volunteers and sponsors. The event was made possible thanks to the generous "Community Grant" from the Burnaby Hospital Foundation and donations from the Burnaby Firefighters and Sun Life Financial. Our Freedom 95 band kept everyone hopping and entertained during the run. This year we were fortunate to have Amber Belzer from Global TV as our MC and a bit of live coverage from Global 1 helicopter.

Our dedicated "Run Committee" that helped make this year's run successful were Doug Maruno, George Kawaguchi, Maureen Baker, Ev Harris, Ilario Galano, Albert Tom and Lorraine Brown from the FITT Cardiac

Association along with Pete Matino and Janice Schonewille from the Healthy Heart staff at Burnaby Hospital. And, of course, our very own Event Coordinator: Mr. Michael Campbell-Burns.

We would especially like to thank our sponsors for all their help in continuing to make this event possible. Burnaby Hospital Foundation provided the Community Grant to have the event. **THANK YOU Burnaby Hospital Foundation!!!** The Burnaby Fire Fighters provided a large donation to help with the event. Our new sponsor this year Sun Life Financial provided T-shirts for the kids as well as a major prize at the event.

Many of our sponsors were "IN-KIND" and included: Burnaby Hospital Healthy Heart Program, FITT Cardiac Association, Price Smart Foods, Running Room, Hemlock Printers, Save More Plumbing and Fixtures, Burnaby Now, Happy Water, The "Freedom 95" Band, Norman Chin, United Flower Growers,

Global News, Ethical Bean Coffee, Penske, and Yaletown Photography.

With the many events going on in September this year we were delighted with the turnout for our event and happy to see many of the returning participants that came out to support our Rhythm of Life to promote health and community awareness. We hope to continue to grow in numbers and in funds being raised. The proceeds from this event will be used to help develop and increase access to "Community Healthy Heart Exercise Programs" and The Burnaby Hospital Healthy Heart Program.

Thank you again to all our Sponsors and Volunteers for making this event a success.

We hope to see you all back next year at a different date to be announced.

Submitted by **Ilario Galano**

