

ANNUAL GENERAL MEETING

WEDNESDAY MARCH 28, 2018

Registration at 6:00 PM - Meeting at 6:30 PM

CONFEDERATION SENIOR CENTRE - 4585 Albert St. Burnaby

Come and check out your new Board of Directors for 2018

Get a complete update on the year's activities and future plans for

FITT cardiac Association



Download from Dreamstime.com

NEXT BIG EVENT

RHYTHM OF LIFE RUN\WALK

APRIL 29, 2018

BURNABY LAKE PARK



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www.fittnow.com

The soul usually knows what to do to heal itself. The challenge is to silence the mind.



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.



WENDY HAY

2017 Recipient of Person of the Year award



Pictured above Wendy Hay receives the 2017 Person of The Year Award.

Wendy has been a member of the healthy Heart Program and the FITT Cardiac Association since 2003. She was elected to the Board in 2007 as secretary. Wendy served as the Bonsor 2 Class Rep. for a couple of terms into 2012 and a member of the "Person of the Year" Committee until March of 2015.

She was always a very active member of the board, working on various committees and was a dedicated visitor for Hearts on the Mend program at Burnaby Hospital.

FITT CARDIAC ASSOCIATION BOWLING FUN NIGHT

The Fitt bowling night was held on Saturday, February 24, 2018.

On a very snowy evening a Chinese dinner was enjoyed by twelve members at the Dinesty Dumpling House.

At the Old Orchard bowling lanes there was twelve bowlers and two in the cheering section.

The bowling committee, Maureen Baker, Marilyn Sztankovics, and Ev Harris organized the event and everyone enjoyed the evening of fun and exercise. Thanks to Ilario Galano for donating the prizes.

The highest scoring male bowler was Ray Buchanan and the highest scoring female bowler was Pat Titos for the first two games. For the third game "Blue" pins came up, if you knocked them down you received a quarter. The highest score for this game was Vivian Rickey. A 50/50 draw was held and was won by Ev Haris.



Christmas Get Together 2017

This event held on December 13, 2017 brought many people together. Many of our founders and past participants attended this 20th Anniversary of a Christmas Function that our Healthy Heart participants have held for this long time. The likes of Dr. Wlofe Schamberger, Holly Kennedy-Symonds and founding fathers of our FITT Cardiac Association attended. Nearly 180 in attendance and everyone had a tremendous amount of fun - almost like a reunion of the clan. Plenty of food was available for all. Prizes were aplenty. Music was provided all evening with background video of past times. Here is a collage of pictures to prove it.





CACR Conference Report

In 2017 FITT Cardiac Association sponsored several staff members to attend the national CACR Conference in Vancouver, BC.

These are the CACR HIGHLIGHTS

Nutrition Update: Presentations focused on developing healthy eating habits and following a healthy meal pattern:

- 1) Mediterranean Diet was brought up and recommended
- 2) Stop breaking down the foods into carbs, proteins, and fats. Start looking at food as food again and keep it whole and fresh.
- 3) Brazilian Eating Guidelines was discussed and lot of good information was presented.
- 4) Top 10 Things to Know About Healthy Eating presented by Kathleen Turner, RD, Ottawa Heart Institute
 - 1) Cook at home more often to avoid processed food
 - 2) How you eat is as important as what you eat. Enjoy your meals without multitasking
 - 3) Listen to your body-eat when you are hungry and stop when you are satisfied
 - 4) Eat at regular times
 - 5) Plan healthy snacks
 - 6) Eat a variety of vegetables and fruit at every meal
 - 7) Eat whole grains more often
 - 8) Eat fish at least twice per week
 - 9) Include legumes like beans, chickpeas, lentils, nuts and seeds more often
 - 10) Don't be afraid of fat. Choose olive oil and canola oil more often.
- 5) Sodium: you can go too low 2000-3000mg/day recommended if you do not have hypertension it's been thought that too much sodium can cause high blood pressure which is a risk factor for heart disease, too low can be linked to higher LDL (? Reference to support this) 77% of our sodium comes from processed food and eating out – so if adding table salt to a home cooked meal is what helps you eat more nutritious home cooked meals, it's ok
- 6) Sugar: the real problem focus not so much on salt, but sugar intake high sugar intake leads to increased cardiovascular disease and cancer

PREHAB: Another very interesting topic brought up, “Pre- Hab”, a concept that makes sense and has the evidence to back up its positive benefits. Patients are brought into a Cardiac Rehabilitation program prior to going for Coronary Bypass Surgery/Valve Surgery or Heart Transplant. The evidence presented showed DECREASED length of hospital stay post op, INCREASED confidence for patient post op, DECREASED infection rate post op, and INCREASED stamina and strength when doing exercise post op, INCREASED adherence to cardiac rehab program post op

Sleep and Cardiovascular Disease: Sleep deprivation <7hrs /day leads to CVD risk because it affects glucose intolerance, stresses the sympathetic nervous system, and can cause increase in weight gain -7 hrs Sleep recommended -in a self-report, 40% of North Americans do not meet this requirement

Questions to ask patients:

1. Do you snore?
2. Do you wake up feeling rested?

There's a sleep questionnaire you can do to see if you might need help. Shift work increases blood pressure and affect quality of sleep -10-15% have sleep apnea -50% more work/car accidents.

Treatment for sleep deprivation: -CPAP effective for treatment -avoid LED lighting before sleep i.e. cell phone, tv, computer monitor -work on Sleep hygiene: dim/no lighting, temperature, sound, routine, timing of eating

Congestive Heart Failure: At the Conference there was a panel of Cardiologists from across Canada discussing new medications for treatment of Congestive Heart Failure. Regional Heart Failure Group for Fraser Health are seeing more quality of life for patients who are taking Entresto (brand name), also known as, Sacubitril/Valsartan (generic name). Entresto (Brand name) or Sacubitril/ Valsartan (Generic name) works by increasing the level of certain proteins in the body that can dilate blood vessels and help lower blood pressure. Entresto used for patients with Chronic Heart Failure as it HELPS LOWER the RISK OF NEEDING TO BE HOSPITALIZED WHEN SYMPTOMS GET WORSE and HELPS LOWER the RISK OF DEATH FROM HEART FAILURE.

Entresto should not be taken within 36 hours before or after Ace Inhibitor medication (Ramapril).



Benefits of being a FITT Member

Many people often ask “What am I getting for my \$10 FITT Cardiac Association membership fees. We often forget just how much the Board of Directors do in volunteering to keep this association together for the benefits of our members. There are many benefits your yearly membership fee provides to you the member and to the community at large. This is a list of a few benefits but by all means not a complete list:

- The production of the quarterly FITT Chronicle
- Assistance to our Healthy Heart instructors, as they continue their professional development by attending educational sessions through Professional Development Program
- Operating costs of the FITT Cardiac Association such as mailing and printing.
- Get well cards, sympathy cards and thank you cards to members
- Small tokens of appreciation from FITT to staff and other deserving people for their contribution to our Healthy Heart Program.
- Rental of the banquet hall at Bonsor for our Annual Christmas Get Together, BBQ site
- Cutlery, plates and coffee for pot luck, the barbeque and other events
- AGM expenses – rental and refreshments
- The production of suggested projects such as the Exercise Book and other FITT literature as needed
- Educating the community about heart disease at Burnaby Events and Rhythm of Life Run Walk.

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

FITT members and participants are people dedicated to the maintenance and maintaining of a healthy life style through regular exercise and healthy eating. Our current participants, who number over 100 participate in bi-weekly exercises in conjunction with local Community Centers. Currently there are 6 such classes. Become a member and participate in all that FITT Cardiac has to offer.

Name _____

Phone Number _____

Email _____

Address _____

Participating Class

(Bonsor 1, Bonsor 2, Confederation, Thunderbird, Champlain, BBY South, Other)

Birth Date. _____

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Amount - \$10.00 Cash or cheque payable to FITT

Signature