

Results that change lives



HEART &
STROKE
FOUNDATION
OF ALBERTA,
NWT & NUNAVUT

ANNUAL REPORT 2009

Finding answers. For life.



Obesity is threatening an entire generation.

It's not too late to make the changes needed for a healthier future: nutrition and physical activity are the two essential factors in the prevention and management of childhood obesity.

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Results that change lives

That's a strong promise, and is the Heart and Stroke Foundation of Alberta, NWT & Nunavut's (HSFA) commitment to you. We've made incredible progress in the fight against heart disease and stroke in the past 53 years, with the death rate from vascular diseases on the decline. Yet, heart disease and stroke together continue to represent the leading cause of death in Canada. And current trends indicate that we have real challenges ahead:

- Today, nine out of ten Canadians have at least one risk factor for cardiovascular disease. As a record number of baby boomers age, heart disease and stroke are becoming increasingly pervasive.
- As our ethnocultural populations in Canada continue to expand, we are addressing risk factors for heart disease and stroke that are unique to specific ethnic communities.
- Unprecedented rates of childhood obesity are threatening an entire generation. Approximately 22% of children in Alberta are overweight or obese, and these rates are rising.

Where do the results that change lives come from? Research drives the progress we are making in the prevention, diagnosis, treatment and rehabilitation of heart disease and stroke. Scientific evidence helps to shape effective health education and public awareness initiatives – understanding the risk factors and what you can do to safeguard your health is powerful ammunition. Collaborative efforts by all stakeholders – government, industry, healthcare professionals, educators, communities, individuals – help us to tackle key societal issues, and produce results today, and for generations to come.

These results are only possible because of the generous contributions of the individuals, communities and corporations that support the Foundation every year. Thank you for helping us to produce results that change lives.

Our heartfelt thanks

On behalf of the Heart and Stroke Foundation of Alberta, NWT & Nunavut (HSFA), we extend our heartfelt thanks to everyone who, through their dedicated support, has embraced our vision: to eliminate death and disability from heart disease and stroke. We are privileged to have the opportunity to meet many survivors of heart disease and stroke; their stories are amazing, and are a testament to the impact of the work you help us to do.

Donors are our lifeline. Our ability to produce results start with the individuals, community groups and corporations that contribute financially to the Heart and Stroke Foundation every year. Whether your support comes in the form of a five-dollar donation at the door, or thousands of dollars contributed through a corporate gift or employee giving program, every dollar makes a difference, and we thank you.

Volunteers are the heartbeat of the Foundation. Approximately 30,000 people give the gift of their time every year: they raise funds in their communities; they assist with administrative duties; they support our awareness efforts by sharing their personal stories or expertise; and they participate at the highest level on the HSFA Board of Directors. On behalf of everyone at HSFA, thank you to all our volunteers.

2008-2009 was a year of unique challenges. Very few organizations escaped the impact of the global economic downturn, and HSFA was



Diana Krecsy and Rod McKay

no exception. So we are especially grateful this year to our donors and volunteers, who continued to support us through these difficult economic times, and whose generous gifts allowed us to continue with our essential mission activities.

As we look forward to a new fiscal year, we have sharpened our focus on the key priorities that will have the greatest impact on the health and wellbeing of everyone in Alberta, Northwest Territories and Nunavut, while allowing the Foundation to maintain our high standards of fiscal responsibility and accountability. Thank you once again to all our supporters – together, we are making a difference.

Diana Krecsy
CEO, HSFA

Roderick McKay
Chair, Board of Directors

In a heartbeat

In a cardiac arrest, the heart stops beating. When that happens, time is critical – the chance of survival decreases by 10 per cent with each minute that passes without treatment. By restoring a heartbeat, you give someone a second chance at life. That person could be your father or sister, your friend or co-worker, or a complete stranger. The act of restarting a heart is a powerful experience that truly changes lives.

Six letters are life-savers

To save lives from cardiac arrest, six letters are key: CPR and AED. CPR (Cardiopulmonary Resuscitation) pumps blood through the heart, keeping vital organs alive. An AED (Automated External Defibrillator) analyzes the heart's rhythm – if it needs to be restored, the machine uses voice or text messages to instruct the operator to deliver an electric shock. And of course, you need to call 9-1-1* to get medical help fast.



It can happen to anyone, anytime, anywhere. Every year, 40,000 Canadians die from cardiac arrest; that's one every 12 minutes.

In 2008, more than 55,000 people from across Alberta, Northwest Territories and Nunavut became potential heroes by completing **Heart&Stroke Resuscitation Education** courses. Basic Life Support: 51,999 • Advanced Cardiac Life Support: 3,726 • Pediatric Advanced Life Support: 896



The Chain of Survival describes the “links” – from prevention, to intervention, to rehabilitation – that contribute to survival for a person in cardiac arrest.

When both Early CPR and Early Defibrillation are administered, the chance of survival for a cardiac arrest victim can increase by as much as 50%. Four out of five cardiac arrests occur outside of the hospital, and 35 to 55 per cent of those are witnessed by a bystander – often a family member or friend.

Together, resuscitation training and access to public AEDs have the potential to save thousands of lives every year.

* Or your local emergency number

Life-saving communities

As the national organization that sets the Canadian Guidelines for CPR, defibrillation and other aspects of emergency cardiovascular care in Canada, the Heart and Stroke Foundation is committed to promoting resuscitation. We provide the tools and education, but our success is only possible when individuals, communities and corporations engage with us by learning CPR and installing AEDs.

The right tools in the right places

Heart&Stroke Restart a Heart, Restart a Life™ is a new program designed to increase the number of AEDs in communities across Canada, to increase public awareness of the role of AEDs, and to encourage citizens to learn CPR. To date, 16 lives have been saved as a direct result of regional Heart and Stroke Foundation initiatives to place AEDs across Canada.

Restart a Heart, Restart a Life™ also provides a way for our corporate sponsors to create life-saving communities by directing their donations towards the installation of AEDs in public places. Through this program, donors are assured that the AEDs will be placed in public facilities where the need is determined to be greatest.

The Foundation also works with municipal and provincial governments to ensure that newly installed AEDs are included with local registration programs. These programs are being established across Canada with a goal to share information with local Emergency Medical Services and 9-1-1 services. That way, when a call for a cardiac arrest is received, the operator can direct the caller and other responders to the closest AED at the location.



Jiri Fischer demonstrates CPR to high school students at the Boston Pizza AED donation announcement in Edmonton.

At 25 years old, Jiri Fischer was sitting on the bench during a game with his team – the Detroit Red Wings – when he collapsed in sudden cardiac arrest. Fischer credits team doctors and an onsite AED, coupled with CPR, for saving his life. Now, he’s helping the Heart and Stroke Foundation raise awareness about the importance of AEDs and CPR.

“A would-be tragedy turned into a heartbeat – and gave me a second chance at life.” - Jiri Fischer

A corporation with heart

In May 2009, Boston Pizza demonstrated how a large corporation can make a real difference through its corporate and community commitment, and its support of the Heart and Stroke Foundation.

Through a \$1 million donation to **Restart a Heart, Restart a Life™**, the Boston Pizza Foundation is helping to place 200 AEDs in Canadian public facilities over the next five years; by 2011, 15 of these units will be installed in Alberta sites. A portion of the Boston Pizza Foundation donation will also be allocated for AED training.

Boston Pizza takes the CPR/AED message to heart: the company has placed over 60 AEDs and trained more than 140 employees in its corporate offices, training centres and restaurants. In Northern Alberta alone, more than 40 AEDs have been placed in Boston Pizza restaurant locations.

All-star save on the rink

Hockey is a great Canadian tradition. Every year, people of all ages lace up their skates, getting the exercise they need while they burn off stress.

At 58 years old, Trevor Forest was an avid hockey player. He had spent almost 35 years playing recreational hockey regularly with a group of friends. He was physically fit and looked after his health.



Trevor Forest (centre right, front row) with teammates and representatives of Edmonton Heart-Safe.

In October, 2008, Trevor was in the middle of a game at Edmonton's NAIT arena when he suddenly collapsed. His good friend and teammate Kevin Pollitt heard someone shout "call 9-1-1," and rushed over to see what was happening.

"These guys are more than my teammates, they're my buddies. And that night, they became my heroes. Without them, I wouldn't be here today." - Trevor Forest

Kevin knew immediately that Trevor was in big trouble; in fact, Trevor was in cardiac arrest - his heart had stopped pumping and he wasn't breathing. Kevin had received training in CPR and knew that there was an Automated External Defibrillator (AED) in the arena. He immediately put his CPR and AED training into action, to save his friend's life. When he finally heard Trevor gasp for breath, "it was an unbelievable feeling," says Kevin.

Trevor is the first person to be resuscitated by an AED from the Edmonton Heart-Safe program, a partnership between Edmonton Emergency Medical Services (EMS), Alberta Health Services and the Heart and Stroke Foundation of Alberta, NWT & Nunavut. The program registers public AEDs so that when a cardiac arrest occurs, bystanders and first responders can be advised of the nearest defibrillator. A plan is in place to provide this service across the province as soon as possible.

In 2009, the Heart and Stroke Foundation of Canada, in partnership with the Canadian Institutes of Health Research (CIHR), launched **Jump Start Resuscitation**, a new research award program. By supporting Canada's next generation of resuscitation researchers, we can help to advance knowledge and improve patient care and outcomes in this critical field.

Time is brain

Of every 100 people who have a stroke, 15 will die, 10 will recover completely, and 75 will survive with some level of disability.



Dr. Ted Fenske



Brookelyn Lindsay (with mom Courtney)



Elizabeth Buza

Stroke can occur due to different underlying causes, and at any stage of life. Albertans Ted Fenske, Brookelyn Lindsay and Elizabeth Buza are all stroke thrivers.

Stroke is a brain attack that results in sudden loss of brain function. As the brain controls everything we say, do and think, it's easy to understand how a stroke can be so devastating.

Stroke is the fourth leading cause of death in Canada, and the leading cause of acquired adult disability – 300,000 Canadians/25,000 Albertans are living with the effects of stroke today. Approximately 5,500 new stroke cases are documented in Alberta every year.

The challenges stroke survivors face are profound, impacting their families and friends – especially the primary caregiver. Many stroke survivors are never able to return to work, adding financial difficulties and further stress for themselves and their loved ones.

The impact of stroke on a societal level is striking: stroke costs the Alberta economy between \$200 and \$300 million a year in physician services, hospital costs, lost wages, and decreased productivity related to stroke.

A team approach that's working

The Alberta Provincial Stroke Strategy (APSS), established in 2005, is a collaborative partnership between the Heart and Stroke Foundation of Alberta, NWT & Nunavut (HSFA), Alberta Health and Wellness, and Alberta Health Services, with funding from the Alberta Provincial Government. Its goal is to improve stroke prevention and care in the province, and this team approach is working. Already, APSS has earned world-wide recognition as an innovative, effective approach to stroke care. Our key successes to date include:

- delivering 24-hour access to stroke experts in Calgary and Edmonton for healthcare providers treating stroke patients across Alberta
- effectively educating the public and healthcare professionals about the signs of stroke and what to do about it
- supporting Alberta stroke researchers, who are testing new approaches to risk assessment, to reduce the incidence of major strokes in the province

Calling for the best stroke care

A Transient Ischemic Attack (TIA) – also called a minor stroke – occurs when a clot temporarily stops blood flow to the brain. The symptoms of TIA are almost the same as for a large stroke, except they go away within a few minutes or hours. People who have had a TIA are five times more likely to have a major stroke over the next two years than the general population.

According to Dr. Shelagh Coutts, a stroke researcher at the University of Calgary and member of the Hotchkiss Brain Institute, individuals are at the highest risk of having a major stroke within two days of having a TIA. But until recently, many TIA patients did not have access to a stroke expert within that time. Dr. Coutts' vision was to establish a province-wide TIA Hotline, with a goal to reduce the number of major strokes in Alberta.

With support from APSS, the 24-hour TIA Hotline is now in place, along with educational materials to assist doctors with TIA patients to make an accurate diagnosis, and assess the level of risk. The TIA Hotline, run by Alberta Health Services, links doctors to a stroke expert in Calgary or Edmonton, to help them identify patients at the highest risk, and to get them the treatment they need in time.

Funding research in our health system

Dr. Coutts' hotline project, the first of its kind in Canada, is revolutionary. The next crucial step for Dr. Coutts is to test the efficacy of the TIA Hotline. Her



"All Albertans deserve excellent care and we hope this project can improve the outcomes for all TIA patients in this province." - Dr. Shelagh Coutts

research team is now tracking the rate of post-TIA strokes in Alberta for two years after the hotline was launched, and will compare these numbers with the two-year period before the hotline service was available. Dr. Coutts hopes the system will cut the incidence of major strokes in Alberta, while also reducing the gaps between urban and rural healthcare.

The Heart and Stroke Foundation, in partnership with the Canadian Institutes of Health Research and the Canadian Stroke Network, has awarded Dr. Coutts with a \$600,000 grant over three years to evaluate the Alberta-wide initiative to improve stroke prevention. Many eyes will be watching, as this TIA Hotline evaluation project has the potential to transform healthcare systems across Canada, and around the world.

Someone's life could be in your hands

When it comes to stroke, time is brain – approximately 2 billion brain cells die with every minute that passes without treatment. Stroke research has taught us that we can save lives if a stroke is recognized, and the patient receives immediate emergency medical treatment. That's one of the most important messages that the Heart and Stroke Foundation is proactively sharing.

In 2009, the Alberta Provincial Stroke Strategy (APSS) and the Heart and Stroke Foundation of Alberta, NWT & Nunavut (HSFA) re-launched **Recognize & React** – a multi-media stroke awareness campaign that aims to teach Albertans to recognize the five signs, and to understand that stroke is a medical emergency. Thanks to the support of our media partners, this life-saving message was delivered to every region of the province during national **Stroke Month** in June.

HSFA also delivered the **Recognize & React** message to doorsteps across the province and the Territories during its annual **June Is Stroke Month** door-to-

“There is a personal reason for my involvement in the Stroke Month campaign: eight years ago, my father had a heart attack, followed by a stroke that left him partially paralyzed. This campaign means a great deal to me.”

- Thomas Alan Gray, Stroke Month volunteer from Leduc, Alberta



HSFA, one of the founding partners of APSS, led the very successful 2009 **Recognize & React** campaign. The campaign's goal was to teach Albertans the signs of a stroke, and what to do if they witness one.

door campaign. At the same time, a national Heart and Stroke Foundation public awareness campaign about the signs of stroke ran across the country.

Pre- and post-surveys show that **Recognize & React** was a very successful campaign: three-quarters of survey respondents were able to identify at least one of the signs, and there was a significant increase in the number of people who could recognize more than one sign. Saving a life can be as simple as knowing when to call for help, and APSS and HSFA are determined to make this common knowledge.

Home-delivery of life-saving information

Every year, close to 30,000 people come together for a common cause: to raise funds for HSFA's Heart Month and Stroke Month door-to-door campaigns. Our volunteers also share with their neighbours the

Foundation's healthy living and awareness messages – home delivery of life-saving information.

In the 2009 campaigns, the combined efforts of these volunteers raised approximately \$2 million, which goes to fund research, and health promotion and education initiatives.

Our annual door-to-door events are just one component of the national **Heart Month** and **Stroke Month** campaigns. Individuals, families, community groups and corporations also put their time and energy into raising funds and awareness through their own events. We are grateful to every volunteer, donor, community and corporate sponsor for putting their hearts into it!



Calgary Heart Month volunteer Lesa Bain.

When Lesa Bain's father passed away from a heart attack, she wanted to keep his memory alive. "By raising funds for research and health promotion, I hope to prevent others from experiencing the loss of a loved one from heart disease as I have," says Lesa.

How TV saved one man's life

If Kelly Ziolkowski hadn't seen the Heart and Stroke Foundation's TV ad about the signs of stroke, she may never have been able to save her dad's life.

Kelly came downstairs one morning to find her dad, Tony, asleep on the couch. When he woke up, Kelly noticed his speech was odd; then Tony looked in the mirror, and saw that the right side of his face was drooping. He also felt weak and dizzy, which made him lose his balance.

Kelly realized that weakness and dizziness were two of the signs of a stroke; she had seen the Heart&Stroke ad – which silently flashes the five warning signs of stroke while violin music plays in the background – many times.

Tony's wife Debi wanted to drive him to the hospital. But then she realized that it would be better to call 9-1-1 – just like the TV commercial urges. Because he got to hospital quickly, Tony is recovering successfully. Today, he has some difficulty speaking and typing, but he's receiving therapy and is doing well.

"I just want to say thank you to the Heart and Stroke Foundation for making the commercial and putting it on TV so many times – it saved my dad's life." - Kelly Ziolkowski

Tackling tomorrow's health crisis today



Today's children are the first generation that may have a shorter life expectancy than their parents. That's why the Heart and Stroke Foundation funds world-class research into societal health threats like obesity, and delivers health education programs to help protect our children.

The temptations of fat, salt and sugar – and spending time in front of screens – are putting our kids' health at risk. We need to tackle childhood obesity today.

Childhood obesity is a trend that has tripled in the past 25 years, and is now threatening the wellbeing of an entire generation. Twenty-five per cent of Canadian children are overweight or obese, putting them at risk of developing high blood pressure, heart disease and Type 2 diabetes; we are already witnessing a significant rise in the number of children diagnosed with these conditions, which were rare, isolated cases in children ten years ago.

Over the past few decades, nutritionally poor foods have become the easy-to-get, low-cost consumer option. At the same time, physical activity has been engineered out of our daily lives. This has set the stage for alarming trends:

- Researchers estimate the total direct cost of weight-related major chronic diseases to Canada's health system was nearly \$1.6 billion in 2001; coupled with indirect costs, this total was \$4.3 billion.

- Only 50% of kids get the minimum recommended number of servings of vegetables and fruit per day.
- More than half of Canadian children between the ages of five and 17 aren't active enough to support optimal health and development.

The obesity epidemic is comparable to the risks caused by tobacco use. We've made great progress in cutting smoking rates across the country, resulting in declines in death rates from heart disease and stroke. But unless we take control, obesity could undo the progress we have made in the last 50+ years.

The good news is – it's not too late to avert tomorrow's health crisis. Healthy eating and physical activity are essential factors in the prevention and management of childhood obesity. By working with schools, families, government and healthcare professionals, we can secure a healthy future for our children.

Guiding kids to heart-smart living

It isn't a chore to be healthy – it can be fun, and easy. That's the underlying theme of the Heart and Stroke Foundation's Heart Smart Kids program. This curriculum-based program provides teachers of grades 4 to 6 with fun activities and class lessons based on reliable health information.

Few students make choices based on a goal of preventing future disease – like most adults, their focus is on enjoying their lives with family and friends. While Heart Smart Kids gives students information based on Canada's Physical Activity Guide to Active Living for Youth and Canada's Food Guide, it also encourages them to focus on what they enjoy.

When young people realize that a healthy lifestyle can be enjoyed with family and friends, they're on their way to making choices that will guide them through their adult lives.

We have a choice of two tomorrows for our children. One is the perilous tomorrow we are heading towards right now. The other is a new and brighter tomorrow that we can create together – one where we will have ignited new possibilities for active, healthier lifestyles.



It takes a village to raise a child

Raising healthy kids takes a united effort by family and friends, schools, health professionals, researchers, government, industry and community developers. Heart and Stroke Foundation initiatives that support this "village" include:

Funding Alberta researchers: By studying a group of children in Edmonton, Dr. John Spence (Univ. of Alberta) is examining the extent of the obesity epidemic and the impact of neighbourhood design on family nutrition and physical activity.

Understanding the problem: The Heart and Stroke Foundation, in partnership with government and other health organizations, launched Target Obesity to provide support and training in obesity research. The goal is to gain a greater understanding of the diverse factors that influence obesity.

Change through advocacy: The Foundation's Action Plan on Obesity advocates for effective public policies to prevent obesity by focusing on nutrition and activity in schools, workplaces and communities.

Bringing experts together: The Heart and Stroke Foundation was a principal sponsor for the first National Summit on Obesity in Kananaskis, Alberta. The summit brought experts from across Canada together to share knowledge and effective strategies to address the issue of obesity.

Jumping into healthy lifestyles

During the 2008-2009 school year, 356 schools and more than 86,000 students from Alberta, Northwest Territories and Nunavut embraced our heart healthy message by participating in **Heart&Stroke Jump Rope for Heart**. For more than 25 years, schools across the country have become partners in the Heart and Stroke Foundation's mission through this vital program, designed to encourage, enlighten and educate children.

Jump Rope for Heart delivers fun and fitness to young students, and teaches them that kids can make a difference too, by raising money for heart and stroke research, health education, and social change. The program also



provides teachers, parents, and students with valuable heart-healthy information, presented in a fun, interactive way.

The **Heart&Stroke Hoops for Heart** program provides the same health and philanthropy learnings for older students around the theme of basketball. Hoops also provides an opportunity for students to really "own" the event, by taking a leadership role in the planning and delivery of the event.

"Before my new heart, I couldn't run around with my friends – but now I can!"

- Taylor Stang



Taylor Stang

A second chance at life

Seven-year-old Taylor Stang of Alberta understands what a difference it makes having a healthy heart. In 2005, Taylor was diagnosed with a serious condition called restrictive cardiomyopathy. Her parents were told that she needed a new heart – and soon. After a long seven-month wait, the Stangs got the call they were waiting for. By that time, Taylor was barely hanging on to life.

Taylor received her new heart on June 4, 2006, and is now enjoying life to the fullest. Today, she is an active young girl who enjoys gymnastics, skating and skiing – and participating in **Jump Rope for Heart** at her school. Taylor and her family have a challenging road ahead of them to ensure that Taylor enjoys a long, fulfilling life, but right now they're grateful for the research and expertise that made her transplant possible – and for her second chance at life.



Teacher Shauna Mancini (right), who coordinated the Jump event at Le Roi Daniels School, presents a cheque for \$10,000 to HSF Coordinator Chelsea Curtis.

One school that put their hearts into it

Students, teachers and parents at Le Roi Daniels School in Calgary wanted to do something to honour their former principal Linda Billings, who passed away unexpectedly during the school year from heart failure. The school decided to participate for the first time in 2009 in the **Jump Rope for Heart** program.

Students and staff set out to raise funds for the Heart and Stroke Foundation through pledges from family and friends, and by selling nutritious snacks, raffle tickets and fun lunches. Thank you to all Le Roi Daniels **Jump Rope for Heart** coordinators, participants and supporters: your efforts helped to raise \$10,000, far exceeding your original goal of \$500!

Research shows exercise improves quality of life

Dr. Mark Haykowsky (Univ. of Alberta) recently completed an HSF-funded clinical trial with two groups of heart transplant recipients: one group engaged in a rigorous exercise training regime, while the other group continued with normal everyday activities. Participants' cardiorespiratory fitness levels before and after the trial period were compared, to assess the effect of exercise training on the overall health and quality of life for heart transplant recipients.

The results of this study showed a marked improvement in the cardio-respiratory health and capability of the group that participated in the exercise training, highlighting the benefits of physical activity. This research has the potential to transform heart transplant rehabilitation strategies in Canada and worldwide, with an aim to prolong life – and improve quality of life – for these individuals.

Thank you to our long-time School Partners in Jump Rope for Heart and Hoops for Heart

20+ YEARS

Akiva Academy, Calgary
 Beacon Hill School,
 Fort McMurray
 Dr. Karl A. Clark
 Elementary School,
 Fort McMurray
 Eckville Elementary
 School, Eckville
 Ecole Dickinsfield School,
 Fort McMurray
 Elk Point Elementary,
 Elk Point
 Father Beauregard School,
 Fort McMurray
 Father Turcotte School,
 Fort McMurray
 Good Shepard Community
 School, Fort McMurray
 Greentree Elementary,
 Drumheller
 Nakasuk School, Iqaluit
 Northmount School,
 Edmonton
 Our Lady of the
 Assumption, Lethbridge
 Rosslyn School, Edmonton
 St. Anne School,
 Fort McMurray
 St. Gabriel School,
 Fort McMurray
 St. Justin School,
 Edmonton
 St. Martin's School,
 Vegreville
 St. Paul School,
 Fort McMurray
 Sparling School, Camrose
 Strathcona-Tweedsmuir
 School, Okotoks
 Vermilion Elementary,
 Vermilion
 Wainwright Elementary,
 Wainwright
 Westglen School,
 Edmonton
 Westview School,
 Fort McMurray

10+ YEARS

Amisk Community School,
 Lac La Biche
 Balwin School, Edmonton
 Bashaw School, Bashaw
 Baturyn School, Edmonton
 Beiseker School, Beiseker
 Belfast School, Calgary
 Bishop Greschuk School,
 Edmonton
 Bisset School, Edmonton
 Canyon School,
 Pincher Creek
 Cecil Swanson School,
 Calgary
 Chief Old Sun School, Siksika
 Clear Vista School,
 Wetaskiwin
 Ecole Beau Meadow School,
 Beaumont
 Ecole Bellevue School,
 Beaumont
 Ecole Corinthia Park School,
 Leduc
 Ecole Mountain View, Hinton
 Ecole Routhier School, Falher
 Elbow Valley Elementary
 School, Calgary
 Elboya School, Calgary
 Florence MacDougall
 Community School,
 High Level
 Fulham School, Peers
 Garneau School, Edmonton
 Glenora School, Edmonton
 Gosvenor School, Edmonton
 Hay Lakes School, Hay Lakes
 Holy Spirit Academy,
 High River
 Huntington Hills School,
 Calgary
 J H Picard School, Edmonton
 James Gibbons School,
 Edmonton
 John Wilson Elementary,
 Innisfail
 Kitaskinaw School, Enoch
 Kitscoty Elementary School,
 Kitscoty
 Leduc Estates, Leduc

Lymburn School, Edmonton
 McCauley School,
 Edmonton
 Mackenzie River School,
 Cold Lake
 Mannville School, Mannville
 Mecca Glen School, Ponoka
 Monsignor A.J.
 Hetherington School,
 Calgary
 Mount View School, Calgary
 New Sarepta Elementary,
 New Sarepta
 Nicholas Sheran, Lethbridge
 Niton Central School, Niton
 Norwood School,
 Edmonton
 Notre Dame Elementary,
 Bonnyville
 Ormsby School, Edmonton
 Princeton School,
 Edmonton
 Rocky Christian School,
 Rocky Mountain House
 Sister Mary Philips,
 Fort McMurray
 St. Anthony's, Drumheller
 St. Benedict School,
 Calgary
 St. Cyril School, Calgary
 St. Dominic School,
 Cold Lake
 St. Gregory School, Calgary
 St. Jerome's School,
 Vermilion
 St. Joseph School,
 Spruce Grove
 Thickwood Heights,
 Fort McMurray
 Thorhild Elementary
 School, Thorhild
 Timberlea School,
 Fort McMurray
 Thorsby Elementary School,
 Thorsby
 Vanier Community Catholic
 School, Edson
 Wildwood School,
 Wildwood
 Woodbine School, Calgary

These lists include our long-time school partners that held a **Jump** or **Hoops** event in the 2008-2009 school year.

Individual donors

Thousands of people show their support every year through individual gifts to the Heart and Stroke Foundation of Alberta, NWT & Nunavut. Our sincere thanks goes out to each and every one of you. The following list acknowledges those individual donors who contributed \$1,000 or more this year:

Mohamed Al-Barkuli	Jeff Brewster	Cynthia Davies
Jeffrey Almrud	Ronald D. Calder	Richard Davies
JC Anderson	Steve Cavanaugh	Randy Diddams
Doug & Barb Ast	Brian Chatwin	Daniel Dion
Richard Baillie	John Cherwick	Colin & Lila Eicher
Robert C. Bennett	Glenn Clemens	George Fink
Gregory Bicek	Ruby M. Cole	Anthony Fisher
Lori Bonnett	John & Judith Cosco	Chen Fong
Dean Brayer	Carlos Craveiro	M. Elaine French

The Durocher family has a tradition of coming together each year to honour a loved one, and celebrate family. In May, 2009, cousins Marc and Melanie Durocher gathered 40 family members from across Alberta and BC, in memory of Isola Durocher, who passed away in 2008. Isola had lived for years with the effects of stroke and chronic heart disease.

Family gatherings were always near and dear to Isola's heart. So, coming together for an event in Isola's honour made sense to the family, and they were happy to make the journey. At the get-together, the Durocher family teamed up to ride the **Heart&Stroke Big Bike** in Isola's honour – and they raised over \$7,200! The Durochers encourage other families to support the Heart and Stroke Foundation in memory of a loved one.

Joel Friley	Gerald Macey	Jennifer Rooney
Jillian Garnett	Ian MacGregor	Marge Runka
Peter Gibson	Kathy Macphail	Larry Ruskin
Robert Gilchrist	Gene Mah	Marlo Ruttan
Dr. Anne M. Gillis	John Mandrusiak	Rosamond Sanderson
Teresa Gloutney	Carol Mannas	Brigid Sawyer
Darlene Gokiert	Allan Markin	Nels W. Seleshanko
Laurie Guthrie	Alexander Markos	Gordon Smith
Craig Hansen	Helen Marshall	Jerry Smolyk
Brian Hiebert	Olive McBride (In honour of Frank McBride)	Nancy Sorensen
Olivia Higgs	Bernie McCaffery	Dr. Ron St. Germaine
Ernest & Lillian Hiller	Roderick J. McKay	Ken Stephenson
John Hodson	Dorothy McMillian	R.G. & Ida Stewart
Bronwen Holliday	Willard Mitchell	Cheryl Tartaglia
Polly Hollingsworth	Cliff Morgan	Ian Taylor
J. Holman	C. Moulds	Helen & Henk Terkeurs
Roman Holyk	Gail Muir	Lisa Teslak
B. Horn	Larry & Patricia Murphy	James Thibodeau
Shannon Hymers	Gunvor Mygind	Marlene Tonhauser
Shawn B. Irwin	Dace Newmann	Mark Valeriote
Brent Johnson	Chieu Ngo	Paul Van Ginkel
Kyle Kitagawa	Rose Nichols	Mel & Rose Vigen
Siegfried Kowand	Doris Nicolay	Howard Weir
Richard & Diana Krecsy	Fred North	Conrad Werenkia
John Krill	Gordon C. Packer	Irene Werner
Michael Lang	Odette Perreault	Marie-Jeanne Wiggins
Barry Lee	Linda Plested	Doug & Valerie Wilson
Arthur Levins	Isabel Powell	Isabella Winton
Gwen Lewington	Michel Predy	Coral Wright
John Lewis	J. Quartel	Graeme Young
Cindy Lindberg	Mary Bea Quinn	Ott & Doris Zelko
Dorothy Linke	Ronald Riopel	Tanya Zumwalt
Fred & Thelma Livingstone		

Many thanks to the families who selected the Heart and Stroke Foundation as their Charity of Choice, through bequests in memory of loved ones, including the estates of:

Doris M. Bailey	Kenneth Hnidan	Dorothy Joan Lehr	Sophus E. Rasmuss
Andrea W. Benedix	Dois Howell	Joan M. Lindstrom	Ruth Ritz
Anne Blazenko	Mary P. Ingall	Lydia Luft	Bernice Sketcher
Flora Brown	Jane S. Jamison	Rose M. MacLeod	Laurence A. Sommerville
Ilda Jean Dagg	Mary K. Janzen	Peter Melnyk	Malcolm Stewart
Harold De Vries	Ethel Jenkins	John R. Morrison	Sydney P. Tapper
Mary A. Delay	Catherine Kenndy	Samuel Allen Moss	Angela G. Thomas
Henry A. Deutsch	Theresia Kerscher	John Leonard Nelson	John Tivy
Gordon Stanley Donald	Hugh Kippan	Joseph H. O'Connor	Jacoba Vanthof
Charles Ed Fulton	Eric Edward Klapstein	Robert C. Otto	June Welling
Ann Hendrickson	Francis David Leeder	Alesander Patton	Hazel Rose Woollven

Since 1995, Bob Lehodey and Tracy Beaumont have participated in the annual **Heart&Stroke Ski for Heart** event, along with their four children. This close-knit family has also consistently been one of the event's top fundraisers.

"Our family, like the many families who participate in **Ski for Heart**, enjoys our time together while raising funds for a most important cause," says Bob Lehodey. He goes on to say that "**Ski for Heart** started out as a great family outing to the fabulous Fairmont Chateau Lake Louise; but over time, the event has come to mean much more to us, and has introduced our children to the importance of philanthropic support of valuable charities, like the Heart and Stroke Foundation."

Ski for Heart is a Heart and Stroke Foundation fundraising event exclusive to Alberta. Through their substantial fundraising efforts over the past 35 years, **Ski for Heart** participants have become important partners in achieving our vision to eliminate death and disability from heart disease and stroke.



Put Your Heart Into It!

The Heart and Stroke Foundation is a leader in funding the very best heart and stroke research, and is your trusted source of life-saving heart and stroke information. We rely upon your support, to propel results that change lives.

Core **Heart&Stroke** fundraising events in which you can participate include:

- Ski for Heart
- Jump Rope For Heart
- Hoops for Heart
- Big Bike
- Friends of the Heart and Stroke Foundation

You can also show your support through a variety of individual options:

- Become a monthly Donor
- Donations in honour of a loved one
- Donate on-line or by phone
- Planned giving: leave a lasting legacy
- Sponsor an event or program
- Volunteer: lend us your time and talents throughout the year

Want to know more about how you can make a difference? Call **1.888.473.4636** or visit **www.heartandstroke.ca**

Corporations with heart

We congratulate and thank every corporation that demonstrated commitment to social responsibility and heartfelt concern for the wellbeing of its employees and everyone in Alberta, Northwest Territories and Nunavut, by supporting the Heart and Stroke Foundation. Through their gifts of cash and in-kind, they help the Foundation to succeed in producing results that change lives. The following corporations showed real heart with their gifts valued at \$1,000 or more:

7-Eleven Canada Inc.	Bouvry Exports Calgary Ltd.	Costco Wholesale Canada Ltd.	Great West Life	Meyers Norris Penny LLP	Spry Energy Ltd.
Canister Program	Bow Valley Energy Ltd	Cremona District Community Chest	Harvest Operations Corp	MGR Holdings Corp. Mortgage Gals	Stikeman Elliott LLP
Abbey Master Builder	Calgary Mountainview Lions	Crescent Point Resources	Henk Ter Keurs Prof. Corp.	NAIT	Sunburst Graphics
Accuform Welding Ltd.	Camdon Construction Ltd.	Croatian Canadian Cultural Centre	Hungarian Veterans' Assoc.	Nexen Inc.	Target Data Services
Air Canada	Cardiac Science Corporation	Crown & Anchor Pub	Husky Energy Inc.	Opus Building Canada Inc.	Tarsands Lions Club
Alberta Blue Cross	Canadian Lynden Transport	Custom Fiberglass Contractors	Hydraco Industries Ltd.	Ottewell Jr. High School	TELUS Corporation
Alberta Capital Region	Canadian Pacific	Diversity Technologies Corp.	ING & McKee Insurance Ltd	Panhandle Productions Ltd.	The Rig Shop Ltd.
Alberta Envirofuels Inc.	Canadian Tire, Grande Prairie	Dymond Zye Exteriors & Renovations Ltd.	Innisfail Golf Association Ltd.	Parkland Industries Ltd.	The Romanian Radio
Alberta Medical Association	Canadian Western Bank	Dynalife	Inshore Developments Ltd.	Pattison Outdoor Advertising	Tim Hortons
Alberta Power (2000) Ltd	Cancarb Limited	Edmonton Area Council 1 Soc	Integrated Production Services	Penn West Energy Trust	Tin Horn Creek Vineyards
Allroc	Carriage House Inn	Eecol Electric Corp.	International Brotherhood of Boilermakers No.146	Prairie Mines & Royalty Ltd.	Tirion Properties Ltd.
Amec Americas Ltd	Ceda-Reactor Ltd.	EnCana Corporation	Intuit Canada	Prairie Sage Holdings Ltd.	Tony Energy Inc.
Amec BDR Limited	Cee Gee Southern Inc.	Engineered Air	Investors Group Charitable	Pritchard & Company LLP	Total E&P Canada Ltd.
Anavets Ladies Auxillary	Champion Technologies Ltd.	Enmax	Jags Ventures Ltd.	RBG Construction	TransCanada PipeLines Ltd.
Ashburn Drilling Ltd	Cherton Industries	Entero Corporation	Jarrood Oils Ltd.	Read Jones Christoffersen (2005) Ltd.	Tundra Engineering Assoc. Ltd.
Associaz Trevisani nel Mondo	Chestermere High School	EOG Resources	Jewel Rebekek Lodge No. 25	Referees Committee North Z	U Weight Loss
ATB Financial	Circle Hill Community	Fairmont Hotels & Resorts	Kal Tire Red Deer	Reinbold Eng. Group	Union #52 Benevolent Society
ATCO - Frontec	Circle Service & Rental Ltd.	Focus Corporation	Lakeland Credit Union Ltd.	Riverton Construction Ltd.	VIA Rail
ATCO I -Tek	City Furniture and Appliance Ltd.	Fogolar Furlan D'Edmonton	Lessard-Callingwood Veterinary Hospital	Royal Canadian Legion BR. 238	Volvo Rents Construction Equipment
ATCO Structures Inc.	City of Edmonton	Forestburg Chapter No. 54 Order of the Eastern Star	Lethbridge Iron Works Co. Ltd.	Royal Host	Walton International Group International
Austin & Denholm Industrial Sales	ConocoPhillips Canada	Gibson Energy	Lionsworthe Homes	Sanofi Aventis Canada	Warwick Industries Ltd.
Alberta Inc.	Cooper Roofing		Macleod Dixon LLP	Savanna Energy Services Corp.	Wesbridge Construction
Bettenson's Sand & Gravel	Corbis Canada ULC		Make a Dream Come True Lions Society	Sayer Securities Ltd.	Western Concord Manufacturing
BIG 105.5 / The Drive 106.7			Mark's Work Warehouse	Servus Credit Union	WestJet
Bolton Bishop			Martin Equipment Ltd.	Shoppers Drug Mart	Williams Engineering
Boston Pizza			McLean Young Construction Ltd.	Sizeland Evans Interior Design Inc.	Willow Spring Construction
			Medicine Hat Hyundai	Sleep Therapeutics	Wood Group Pressure Control Canada Inc.
			Medicine Hat News	Southampton-Trane Air Conditioning	World Financial Group
				Spectra Energy	World Health Club
					Wasasoo Estates Tenants Association

Friends of the Heart and Stroke Foundation include community groups and corporations that create their own fundraising events, with the Heart and Stroke Foundation designated as their Charity of Choice for event proceeds. Our wonderful Friends that raised more than \$1,000 in 2008-2009 include:

ATCO Noise	Harry Gorril Memorial	Northside Contractors Ltd.	Royal Lepage, the
BearsPaw Ladies	Baseball Tournament	Nu-Way Floor Fashions	Realty Group
Legacy Com.	Indian Ex-Servicesmen	Ottewell Jr. High School	Royop Corporation
BGE Services & Supply Ltd.	Immigrants	Pam Stack	Sleep Therapeutics
Breaker Classic Charity Golf	Johnson Inc.	Peace Area Motor Sports	Speed Pro Signs Plus
Calgary Mountainview Lions	KVM Ranch Rodeo	Association	Stony Plan Golf Club
Calista's Career & Bridal	Lethbridge Hurricanes	Petrocom Construction Ltd.	TAQA North
Wear	Linda Plested	Philip Bota Third Party Event	Trident Explration
Candice Popik Photography	Lister Hall Student Assoc.	Picture Butte High School	Corporation
Cardon Homes Ltd.	Logo's Inc.	Plumbers & Pipe Fitters	Trilogy Energy LP
Carriage House Inn	MacKenzie County	Q99 FM	Urban Homes
Cattlemen for the Cure	MacMillan Construction Ltd.	Referees Committee	Vicki Perkins
Christie Manning	Medicine Hat Tigers	North Z	Wainwright Credit
Dr. Ron St. Germaine	Hockey Club	Rimbey Charity Golf	Union Ltd.
Forestburg Chapter No. 54	Merle Norman Cosmetics	Rochester Willing Workers	Whitecourt Yamaha
Order of the Eastern Star	& Inspirational Day Spa	Roy Carter	Woodlands RV Park &
Frank Henry Equipment	Neil & Associates Insurance	Royal Bank	River Marina
Grande Prairie Strom	& Investment Advisors		ZCL Composites Inc.

The Rimbey Charity Golf Tournament is a popular annual event that began in 2001, in honour of local physician Dr. David Keyes who passed away from heart disease. Tournament organizers decided to contribute the proceeds to HSFA, to recognize the efforts of the local hospital and healthcare professionals, whose excellent care for patients with heart disease and stroke is enhanced by the Foundation's commitment to research, health promotion and education.

In the last eight years, this community event has raised more than \$50,000 for the Foundation. Dale Barr, Rimbey Mayor and Tournament Chair, says "we have had overwhelming support from both private and corporate citizens, as well as provincial MLAs, in making this tournament a success. It is a very important event to the community."

Our sincere apologies to any donors who have contributed over \$1,000 that we may have missed in this report.

Private and public foundations make powerful and meaningful connections with the HSFA through their donations. We are especially grateful for the generosity of the following foundations:

Beddome Family Flowthrough Fund
 BMO Employee Charitable Foundation
 Boston Pizza Foundation
 Butler Family Foundation
 EnCana Cares Foundation
 First Energy Community Foundation
 Fraternal Order of Eagles
 Gleichen Cluny Fund
 Hotchkiss Family Foundation
 Imperial Oil Foundation
 Nickel Family Foundation
 Pirie Foundation
 Synenco Energy Employees' Foundation Fund
 TELUS Community Engagement

The Calgary Foundation:

Ida Sutherland Memorial Fund
 Hicks Memorial Fund
 Kolstad Fund
 Provida Fund
 Elmer and Penny Harbrige Fund
 Floyd & Nancy Reynolds Fund
 Jack Kwong Memorial Fund
 Iris Reilly Health Fund
 Ted & Enid Jansen Fund

Two Hills District United Aid Foundation
 United Way Donor-Directed Funds

Financial statements

Leading the way in financial transparency and accountability

The Heart and Stroke Foundation of Alberta, NWT & Nunavut (HSFA) is committed to full transparency and stewardship of our donor contributions.

This year, we've made some changes to how we report our financial statements. We are adopting the updated Ethical Fundraising and Financial Accountability Code guidelines developed by Imagine Canada, and are working closely with other partners in the sector to ensure best practices in reporting.



This code sets the standards for charitable organizations in managing and reporting their fundraising practices and financial affairs.

Statement of Revenue and Expense and Changes in Fund Balances for the year ended August 31, 2009

	General Fund \$	Capital Fund \$	Stabilization Fund \$	Stroke Chairs Fund \$	2009	2008
REVENUE						
Campaign	\$ 7,315,185	-	-	-	\$ 7,315,185	\$ 6,500,479
Special Events	3,304,966	-	-	-	3,304,966	10,046,630
Other income	852,365	-	83,095	33,476	968,936	1,327,886
Amortization of Deferred Contributions	-	10,000	-	-	10,000	10,000
	<u>\$ 11,472,516</u>	<u>\$ 10,000</u>	<u>\$ 83,095</u>	<u>\$ 33,476</u>	<u>\$ 11,599,087</u>	<u>\$ 17,884,995</u>
EXPENSES						
Grants and expenses	\$ 10,435,607*	-	-	\$ 1,500,000 *	\$ 11,935,607	\$ 10,428,361
Campaign	1,459,353	-	-	-	1,459,353	1,194,197
Special Events	607,532	-	-	-	607,532	9,106,316
Amortization	-	197,665	-	-	197,665	195,777
	<u>\$ 12,502,492</u>	<u>\$ 197,665</u>	<u>-</u>	<u>\$ 1,500,000</u>	<u>\$ 14,200,157</u>	<u>\$ 20,924,651</u>
EXCESS (deficiency) of revenue over expenses	\$ (1,029,976)	\$ (187,665)	\$ 83,095	\$ (1,466,524)	\$ (2,601,070)*	\$ (3,039,656)
FUND BALANCE - Beginning of year	\$ 1,198,495	\$ 597,602	\$ 2,000,000	\$ 3,000,000	\$ 6,796,097	\$ 9,738,060
Transfer to unrestricted General Fund	1,333,095	-	(1,333,095)	-	-	-
Transfer to unrestricted General Fund	33,476	-	-	(33,476)	-	-
Capital asset expenditures	(4,987)	4,987	-	-	-	-
Transitional adjustments on adoption of new accounting policy	-	-	-	-	-	(1,995)
Change in fair value of available for sale investments	(1,242)	-	-	-	(1,242)	99,688
FUND BALANCE - End of year	<u>\$ 1,528,861</u>	<u>\$ 414,924</u>	<u>\$ 750,000</u>	<u>\$ 1,500,000</u>	<u>\$ 4,193,785</u>	<u>\$ 6,796,097</u>

* The impact of the economic downturn has affected philanthropic giving to the Heart and Stroke Foundation of Alberta, NWT & Nunavut (HSFA), resulting in a financial deficit for the fiscal year ending August 31, 2009. In addition to the planned-for \$1.5 million investment for a Stroke Chair at the University of Alberta, the HSFA Board of Directors made the decision to use surplus money saved in previous years to continue to financially support critical mission activities, which contributed to the deficit.

Balance Sheet for the year ended August 31, 2009

ASSETS	General Fund \$	Capital Fund \$	Stabilization Fund \$	Stroke Chairs Fund \$	2009	2008
Current Assets						
Cash and cash equivalents	\$ 1,995,905	-	-	-	\$ 1,995,905	\$ 3,097,931
Accounts Receivable	343,722	-	-	-	343,722	1,001,487
Prepaid Expenses	272,255	-	-	-	272,255	274,755
	<u>\$ 2,611,881</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>\$ 2,611,881</u>	<u>\$ 4,374,173</u>
Long Term Investments	\$ 3,478,028	-	\$ 750,000	\$ 1,500,000	\$ 5,728,028	\$ 6,983,197
Capital Assets	-	474,924	-	-	474,924	667,602
	<u>\$ 6,089,909</u>	<u>\$ 474,924</u>	<u>\$ 750,000</u>	<u>\$ 1,500,000</u>	<u>\$ 8,814,833</u>	<u>\$ 12,024,972</u>
LIABILITIES						
Current Liabilities						
Accounts Payable	\$ 1,059,212	-	-	-	\$ 1,059,212	\$ 1,705,686
Research grants payable	3,100,426	-	-	-	3,100,426	3,423,189
Deferred revenue	401,411	-	-	-	401,411	30,000
	<u>\$ 4,561,048</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>\$ 4,561,048</u>	<u>\$ 5,158,875</u>
Deferred Contributions	-	60,000	-	-	60,000	70,000
	<u>\$ 4,561,048</u>	<u>\$ 60,000</u>	<u>-</u>	<u>-</u>	<u>\$ 4,621,048</u>	<u>\$ 5,228,875</u>
FUND BALANCES						
Investment in capital assets	-	414,924	-	-	414,924	597,602
Internally restricted funds	-	-	750,000	1,500,000	2,250,000	5,000,000
Accumulated unrealized gain	96,451	-	-	-	96,451	97,693
Externally restricted	47,988	-	-	-	47,988	25,000
Unrestricted	1,384,422	-	-	-	1,384,422	1,075,802
	<u>\$ 1,528,861</u>	<u>\$ 414,924</u>	<u>\$ 750,000</u>	<u>\$ 1,500,000</u>	<u>\$ 4,193,785</u>	<u>\$ 6,796,097</u>
	<u>\$ 6,089,909</u>	<u>\$ 474,924</u>	<u>\$ 750,000</u>	<u>\$ 1,500,000</u>	<u>\$ 8,814,833</u>	<u>\$ 12,024,972</u>

The financial information on these pages has been extracted from the complete audited financial statements. The financial statements were prepared in accordance with Generally Accepted Accounting Principles (GAAP), and audited by PricewaterhouseCoopers LLP.

The annual Registered Charity Information Return form T3010 for the Heart and Stroke Foundation of Alberta, NWT & Nunavut is filed with the Canada Revenue Agency (CRA) every year, and is available on the CRA website (Bus. # 11878-0840-RR0001).

A complete set of financial statements is available upon request: call 1.888.HSF.INFO (473.4636).

Investing your donations

To yield the greatest possible impact for people affected by heart disease and stroke, the Heart and Stroke Foundation is committed to supporting research in the long-term. Most of our grants are awarded for up to three years, reflecting the long-term investment required for new ideas to produce significant results.

We pride ourselves in ensuring that every time someone sponsors an event participant, gives at the door, or makes a memorial donation, their money fuels exceptional research and health education. Through rigorous review and selection processes, we fund the very best research that will have the most meaningful impact on people's lives. HSFA supports approximately 65 researchers and investigative teams across Alberta every year. We also help to build the scientific minds of tomorrow, while transferring knowledge to healthcare providers and professionals. Your support results in lives saved through advances in prevention, diagnosis and treatment of heart disease and stroke.

Our investment in research in 2008-2009:

Provincial Research Programs

Grants-In-Aid:	\$ 3,632,147
New Investigator Award:	\$ 3,000
Stroke Professor (2):	\$ 140,000

2009 Grants-In-Aid (GIA)*

University of Alberta	\$ 1,552,250
University of Calgary	\$ 2,025,897
Other** GIA Investments	\$ 57,000

Please visit www.heartandstroke.ca for a complete list GIA recipients in 2009.

National Research Programs

Personnel Awards:	\$ 976,998
Federation Research Fund:	\$ 332,685
Canadian Stroke Network:	\$ 48,196

* University academic year (July-June) applies

** Grant transferred for one year, for a Principal Investigator re-located from Alberta to Quebec.

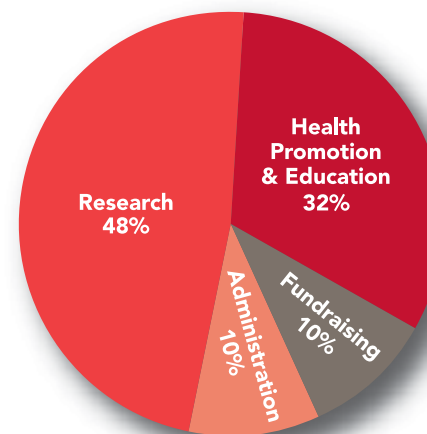
HSFA Professorships in Stroke Research

University of Alberta:	
Dr. Ken Butcher	\$ 80,000
University of Calgary:	
Dr. Michael Hill	\$ 60,000

HSFA Chairs in Cardiovascular Research

University of Calgary: Dr. Henry Duff,
Supported through a \$3 million endowment

University of Alberta - recruitment in progress as of August 31, 2009



Health promotion, education and advocacy are key Heart and Stroke Foundation mission activities. We work with stakeholders to ensure that the latest scientific advances are translated into new protocols practiced on the front lines of healthcare. We promote healthy living, awareness of risk factors, and knowing the signs and symptoms of heart disease and stroke. We provide reliable health information and deliver education programs to support people living with heart disease and stroke. Some examples of our investment in your health include:

- Heart&Stroke Heart Smart Kids™
- Heart&Stroke Living with Stroke
- Heart&Stroke Resuscitation Education
- Heart&Stroke Health Resources: approximately 195,000 brochures delivered to individuals and healthcare professionals this year
- Our website, www.heartandstroke.ca, is your source for information about heart disease and stroke, tips for healthy lifestyles, risk assessment tools, and much more.

Board of Directors

Responsibility for the Foundation's stewardship and oversight of the management of the organization lies with the highly skilled members of our Board of Directors:

CHAIR	Roderick J. McKay FCA Fellow of Institute of Chartered Accountants of Alberta
SECRETARY/ TREASURER	Dean Despas CIM Investment Advisor, National Bank Financial
PAST CHAIR	Dr. Andrew Demchuk, FRCPC - Neurosciences Director, Calgary Stroke Program; Assoc. Professor, University of Calgary 2009 Top 40 Under 40 (Canada)
DIRECTOR	Lori Bonnett LL.M. Senior Legal Specialist - Regulatory Compliance, Suncor Energy Services Inc.
DIRECTOR	Dr. Allan de Caen, FRCPC - Pediatrics Clinical Associate Professor, University of Alberta Int'l Co-Chair, Pediatric Task Force, International Liaison Council on Resuscitation
DIRECTOR	Dr. Henry Duff, FRCPC - Cardiology Professor of Medicine, University of Calgary Alberta Heritage Medical Scientist
DIRECTOR	Dr. David Johnstone, FRCPC - Cardiology Professor, University of Alberta Clinical Director, Mazankowski Alberta Heart Institute
DIRECTOR	Pam Lang BEd, MCS P. Lang & Co, Marketing Specialist
DIRECTOR	Dr. David Shragge, FRCPC - Emergency Medicine Emergency Physician/Chief of Emergency Medicine, Caritas Health Group Board of Trustees, Alberta Heritage Foundation for Medical Research

The Board also establishes committees to assist with its governance functions, to serve in an advisory capacity, and to make recommendations to the Board. Examples of HSFA Board Committees include:

- Audit & Finance Committee
- Research Medical Advisory Committee (RMAC)
- Fund Development Advisory Committee (FDAC)
- Board Development Committee

Our mission is for life

The Heart and Stroke Foundation of Alberta, NWT & Nunavut, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through:

- the advancement of research and its application,
- the promotion of healthy living, and
- advocacy



**HEART &
STROKE
FOUNDATION
OF ALBERTA,
NWT & NUNAVUT**

Finding answers. For life.

Provincial/Territorial Office:

100 119-14 Street NW

Calgary AB T2N 1Z6

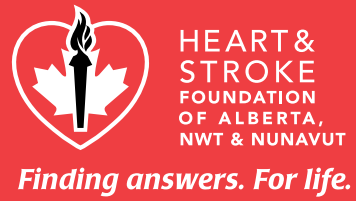
1.888.HSF.INFO (473.4636)

Web site: www.heartandstroke.ca

Business Number: 11878-0840-RR0001

Community Offices:

- Grande Prairie
- Edmonton
- Red Deer
- Calgary
- Medicine Hat
- Lethbridge



THANK YOU FOR HELPING US TO PRODUCE RESULTS THAT CHANGE LIVES.

heartandstroke.ca • 1.888.HSF.INFO