



THE CARDIAC FITNESS ASSOCIATION

Supporting the cardiac rehabilitation program under the medical direction of Dr. John P. Schaman since 1980.

THE PULSE - Fall 2019

THOUGHTS FROM THE PRESIDENT CONNIE CROSS

Once again, we have...a PULSE!

Greetings! Fall is definitely in the air! -the cool crispness of the nights, the burnt umber and russet hues that Autumn brings, the Harvest moon and spectacular sunrises on the waters of our lakes - just the ordinary everyday Miracles of Life!

Much has happened at the clinic since the last Pulse edition in 2017. What a whirlwind of events!

We welcome new members to the CFA and we remember those who have passed.

New staff has come and gone several times and past staff has rejoined us. Welcome back Karen and Jill.

The CFA has put greater emphasis on fundraising since 2017:

- . The annual Walk of Life both in Toronto and at the clinic,
- . Raise the Roof Fundraiser,
- . Membership Donations,
- . Nevada break-open tickets which have been very lucrative this year, as you will learn at our AGM. We now have two locations and look forward to acquiring more, thanks to the enthusiasm of David Caine.

A good time was had by all last year -September 22nd at Beaverdale Golf and Country Club. Members and guests came together at a cocktail reception to celebrate and honour Dr. Schaman for 40 years of dedication to the Cardiac Rehabilitation Program. Dr. Terry Kavanagh must surely be pleased with his protege. Thank-you Doc! We are so grateful!

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1010 Hopewell Creek Rd. Breslau ON N0B 1M0
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CFA



THE PULSE NEWSLETTER

Happy 70th Birthday Doc



-Where does the time go -
A few words from the Doc'

In the beginning, 1978, there was a young doctor with a new idea for treatment of heart patients, treatment involving tools at that time unknown to the region's patients and their families. The prescription pad and the surgeon's knife took a back seat to exercise and lifestyle change!

By 2019, there is a remarkable and surprising metamorphosis, a transition from inactivity, often crippledom, to a state of physical achievement, and often athleticism, beyond what patients and their families imagined.

Sandwiched between the beginning and the present is a 41-year saga of hard work and road blocks, stalwart support and bureaucratic obstruction, advance and setback, innovation and error, spirits high and spirits subdued, foresight and hindsight, and the sense of adventure that prods every step into the direction we knew was the right one. Sandwiched between is the medical life (still ongoing) of John P. Schaman, M.D. supported by the unwavering support of the Cardiac Fitness Association, the CFA, without whom this continuing journey would not be possible!

Thank you for your ongoing support!

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Being a visionary, the doctor has embarked on another journey, so that the Cardiac Rehabilitation Program may be viable and thus accessible to all in need in the future.' For Our Children Program' has been developed by Paul Borne, a world-renowned strategist and a member of the CFA.

Wow! I am sure the doctor was gratified by the huge turn -out and support he received September 10th at the Elmira Council Centre regarding the gravel pit situation. Not even standing room!

On a personal note, my admiration and thanks go out to all previous directors, who have spent countless hours laying the groundwork for the CFA. I ask that you give serious consideration to serving on the Board of Directors. The need is Vital! A huge thank-you to my predecessor, our Past President, John Burns for his leadership, wisdom and kindness.

WE HAVE A NEW ROOF

Thank You

To all of those who donated what they could to the Raise the Roof Fund Raising Campaign...Thank You



*Urgent Help Wanted - Call for Directors and Volunteers
We need your help
Contact Connie Cross - CFA President, for details*

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CFA FUNDRAISING - 2019



*Two CFA Fundraising
Campaigns in 2019
Raise the Roof, and
Walk of Life*



Congratulations and a big THANK-YOU from the CFA, which is really a thanks from all of us, the CFA Members. Your donations, fundraising efforts, walking (sometimes in the rain) to support the GTA walk at the Toronto Science Centre and our own Breslau walk, are greatly appreciated.

Our ~~Walk of Life~~ fundraising was a little lower in 2019 than the last year, but when combined, the total monies raised through the two campaigns, far exceeds the fundraising totals of any year in recent history. A combined total of just over \$95,000

was raised by 390 supporters and participants. These funds go towards the new clinic roof and towards the CFA's rent for another year for the use of the Ontario Aerobic Centre property where we walk, and the building where we meet.



Thanks again, from all of us

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"Whether you think you can, or you think you can't – you're right,"
Henry Ford

A SUCCESS STORY by Harold Lee

In April 2011, I had a heart attack. A few days earlier, we had gone out to dinner and I ordered roast beef (well done). They came with a huge end piece that was well done for sure and everyone joked that it looked like a heart attack in the making.

I was 57, about 200 lbs, 5'0+ and active. I walked my two dogs for an hour every day and I am a self-employed Realtor. I thought that I ate right, loved my vegetables but had a sweet tooth for dessert.

About noon the day of the heart attack, I felt as if I had indigestion, something I normally didn't get. I took a few Tums and drank a can of ginger ale, but it didn't get any better throughout the day. Then about 8 PM, my left jaw went numb like a freezing at the dentist. At that moment I was sure it must be a heart attack. I was at my office, so I asked my receptionist to call 911, reluctantly she did.

First the fire truck arrived and the Captain asked me what the problem was, which I just said that I am having a heart attack. He chuckled and said "Oh you think so." The ambulance attendant then came in and asked me to get on the stretcher, which I was able to do. He attached the monitor and said, "You're having a heart attack right now." I said, "Then let's get going."

Just about 10 days earlier, they had stopped treating heart attacks at our local Guelph General Hospital and were transferring all patients to St. Mary's Hospital in Kitchener (about 25 km). At the General, they gave me two Aspirin, swallow one and chewed the other, then sent me on to Kitchener in another ambulance.

At St. Mary's they were great, met me as I came in and took me right into their operating room. I was given a blood thinner intravenously that was from the refrigerator. It was like ice water rushing through my body. They said I had five blockages, one they cleared with an angioplasty and another with a metal stent, but the other three blockages were in small arteries that they couldn't do anything about. This all happened in a matter of two hours. It was 10 PM when I was taken to recovery.

The next day I was transported back to Guelph where I stayed for five days while they did lots of tests and consultations about how I would have to "Change my Life Style." I didn't understand, because I thought that I was doing everything right. I never smoked, ate right (so I thought) and did lots of walking. I knew that it was a "genetic thing," because my grandfather on my mother's side had a heart attached in his mid 50's and died of a massive heart attack a few years later, but he had no treatment for it way back when.

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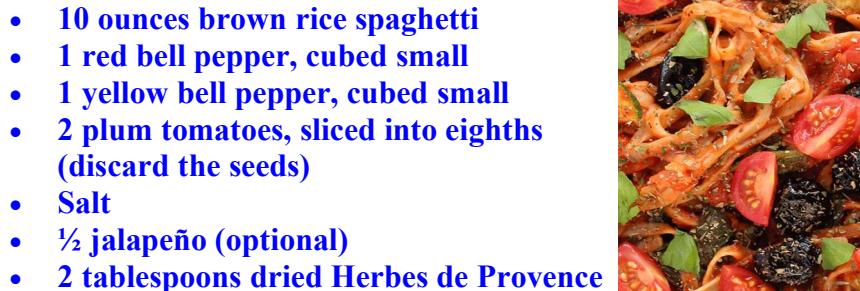
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[Yogurt Banana Oat Muffins](#)

Preheat oven to 400°
 1 1/4 cups rolled oats
 1 1/2 cups oat flour or blend your own using rolled oats
 1/2 cup fat free yogurt
 1/2 cup skim or almond milk
 1/3 cup brown sugar
 1/3 cup apple sauce
 2 large, fully ripe or overripe bananas, mashed
 2 teaspoons baking powder
 1 teaspoon baking soda
 1 beaten egg OR increase baking soda by 1/2 tsp and apple sauce by 2 tbsp.
 1/2 tsp or more nutmeg
 1 teaspoon or more cinnamon
 1/2 cup or more raisins
 1/2 tsp salt
 Walnuts if desired
 Mix together dry ingredients
 Mix together wet ingredients and add to dry
 Fill canola-sprayed or lined muffin cups 2/3 full
 Bake in oven 15- 20 minutes (till toothpick comes out clean)
 Makes about 12 large muffins.

Mediterranean Vegetable Spaghetti



- 10 ounces brown rice spaghetti
- 1 red bell pepper, cubed small
- 1 yellow bell pepper, cubed small
- 2 plum tomatoes, sliced into eighths (discard the seeds)
- Salt
- ½ jalapeño (optional)
- 2 tablespoons dried Herbes de Provence
- 2 tablespoons tomato purée
- 2 tablespoons apple cider vinegar or juice of 1 lime
- 12 cherry tomatoes, quartered
- 1 zucchini, halved then sliced into thin half-rounds
- 1 bunch spinach, chopped
- Handful of black olives

1. Bring the pasta water to a boil.
2. Place the chopped peppers, plum tomatoes, salt, jalapeño (optional) and Herbes de Provence into a saucepan. Add ¼ cup water and allow the mix to simmer and gently cook down to form the sauce. If the liquid dries up before the tomatoes and peppers start to release their juice, add more water, 1 tablespoon at a time.
3. After a few minutes, add the tomato purée and the apple cider vinegar or lime juice.
4. Cook the spaghetti according to package directions.
5. Once the tomato and peppers begin to meld into a sauce, add the cherry tomatoes, zucchini slices, and spinach. Mix well and cook for about 5 to 7 minutes.
6. Drain the pasta, then stir the pasta, olives, and an extra sprinkling of Herbes de Provence into the sauce



THE PULSE NEWSLETTER

- Urgent Help Wanted -

Call for Directors and/or Volunteers

If you have volunteer board experience, or if you just want to support the CFA... we need your help

Contact Connie Cross - CFA President, for details

Continued from Page 5 - **A SUCCESS STORY**

They enrolled me in rehab at St. Mary's Clinic in Waterloo (35 km) where they wouldn't let me partake in the exercise program because one of the doctors had suggested that I might have a blood clot somewhere. They did allow me to participate in the lectures on proper eating and medications. I found that to be of interest, but overall, I wasn't satisfied that they were helping me.

I went to my family doctor who suggested that he could refer me to a specialist, Dr. John Schaman at his Ontario Aerobics Centre in Breslau (15 km). I went there and had similar tests and learned that there were many patients that participated weekly in exercise and lectures on rehabilitation. I joined the "Cardiac Fitness Association" and I found that there were many other patients like myself wanting to learn more about Heart Disease and how to beat the odds. Some members had been coming there for over 30 years and doing great. I had to find out their secret.

I was invited to Dr. Shamas' last "Reversal Workshop"; a program to teach you how to change your life style, reverse Heart Disease and live healthier and longer. It was a great workshop and so I started following what I learned by doing it on a daily basis. It's similar to what Dr. Dean Ornish with his Ornish Living to empower you with the resources and support that you need to experience lifestyle medicine to the fullest, you make healthy choices, you feel better quickly, and feeling better is what makes these choices more sustainable. The only real difference is that it's local and you get to meet nice people who you can share their experiences and share resources and support with them.

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CFA - Current Board of Directors

Connie Cross - President

Mike Whitmore - Vice President

Harold Lee - Treasurer

Ron Shaver - Director (Retired)

John Burns - Past President

Mike Coates - Secretary

Walt Runstedler - Director

Diane Beitz - Director

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THE PULSE NEWSLETTER

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Then I visited my new Cardiologist and I told him about this program. He said that it would be a waste of time because of the three blockages that couldn't be treated would kill me within the year! So, I fired him and set out to prove this program is something I could do and I will continue to live a healthy and wonderful life.

June 2018, I progressed from ~~flexitarian~~ to a Whole Foods Plant Based Diet (no meat, eggs, dairy, white flour products, and no oils). Here I am today, still going strong, 60 lbs lighter and feeling great and off all medications now. Only taking vitamin B12 as a supplement.

Most days I find myself...

Up at dawn to power walk for the first hour with my dogs, prepare breakfast, work from home on my computer until noon, then a pre-prepared lunch, quick walk with the dogs again, go to Real Estate appointments in the afternoon, prepare dinner, another quick walk with the dogs, go to volunteer events, meetings or business appointments, then home to relax for a couple of hours before bed. At the end of the day my smart phone, which keeps track of my steps, assures me that I have exceeded my target of 10,000 steps. I now live in an apartment building on the 8th floor and I take the stairs going up at least four times a day.

Given what I know now, I would recommend to others...

Pre-plan your meals, so that you don't have to think about what you are going to have at the last moment so that you can properly prepare a healthy meal based on your pre-planning. In my case, breakfast is always the same (cooked oatmeal, blueberries, ground flax, hemp, chia seed & banana). Lunch is prepared in a large batch and frozen, good for about two weeks (ground up mixed raw vegetables, cooked beans, lentils, brown rice, quinoa, canned low sodium crushed tomatoes & frozen spinach and spices) all in equal portions, then fruit (fresh or dried). Dinners always start with a large salad of mixed raw vegetables, then a cooked starchy vegetable or whole grain, maybe a cooked vegetable, mushrooms, and more fruit. I like to buy healthy unprocessed foods that are on sale.

Get into a good daily routine and stick with it every day so that you don't fall back into your old bad habits. **Eat to live and not live to eat!**

When I'm having a bad day, I like to...

Get out and walk the dogs on park trails or have a nap if I'm just overtired.

My life has changed in this way...

I wouldn't say my life has really changed, I'm just doing things differently and liking it. I have always volunteered for many good causes, so when I was asked to volunteer as a Board Member of the CFA, I felt it was my duty to give back to the organization for what it has done for me. I have been the Treasurer since 2014 and I post daily to the CFA's Facebook page with healthy living information.

Eat to live and not live to eat! – Harold Lee – Treasurer - CFA

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DATES TO REMEMBER

AGM – ANNUAL GENERAL MEETING

BEAVERDALE GOLF COURSE – SUNDAY, NOVEMBER 3, 2019

2:00 PM – 5:00 PM

TICKETS \$25 EACH BY OCT 25 (\$30 AFTER OR AT THE DOOR).

INCLUDES FINGER FOOD – OPEN TO FAMILY & FRIENDS

COME AND MEET YOUR CFA BOARD MEMBERS, MIX AND MINGLE

CASH BAR – SILENT AUCTION

*Featuring the Live Jazzy, Easy-listening Music of Singer, Song-writer,
Tenee Cross and Partner, Curtis Maranda*

CFA – AGM – Nov 11, 12 & 13

ANNUAL GENERAL MEETING

Financial Report

The CFA recently tried to book the AGM at Beaverdale Golf & CC, but due to an apparent lack of interest, it has been changed to be held at the clinic during our regular class lecture times (in lieu of the lecture) the week of Nov.11,12 and 13

Tickets are fully refundable however please consider donating this amount to this years Membership Dues (Donation).

Please feel free to bring a favourite heart-healthy dish to share at your respective classes.

The Silent Auction ends on the final classes before Christmas break; the week of Dec.16, 17 and 18. Members, families and friends, are all invited to partake in the Auction, both before and after classes. The winners are drawn after the Wednesday class (12 o'clock) once all bidding is done and then notified. Winners will be able to pick up their items during regular clinic hours by noon on Friday, Dec. 20th at which time the clinic will close down for 2 weeks.

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The Piano Tuner



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