



Legacy of Heart

June 2024

IN THIS ISSUE

- Celebrating 100 Years of Lifesaving Impact
- Things to Know to Save A Life with CPR
- How A Sedentary Behavior Expert Finds Time to Move
- Letter from a Survivor: A Father's Gratitude for CPR
- Ask an Advisor: Do I Need an Estate Plan If I'm Not Married?
- Donor Story: "Turning Personal Experiences into Positive Change"
- And Much More!



**American
Heart
Association.**

Celebrating 100 Years of the American Heart Association

When the AHA was founded June 10, 1924, heart disease was considered a death sentence. The best option for many people was bed rest. There was no treatment, no hope. But the AHA's founders didn't believe that. They felt that if we only understood heart disease, treatments would follow. And were they ever right. Fast-forward to today and there are not only treatments, but proven ways to lower your risk for heart disease as well as stroke. Through scientific research and the power of millions of volunteers and supporters, we have a deeper understanding of the many factors that contribute to these diseases: from traditional medical issues such as high blood pressure to societal problems, structural racism and discrimination.

And there's no letting up in the next 100 years as we remain devoted to a future of health and hope for everyone, everywhere.

We celebrated our centennial on June 10 with friends near and far, including at the Bold Hearts Gala held at the Drake Hotel in Chicago, where the AHA was founded 100 years ago. We hope you celebrated as well! As we enter our second century of impact, we look forward to the next 100 years of hope and progress. Thank you for all of your heartfelt support, and here's to the next 100 years!



Building Our Second Century of Impact Together

We are casting an even bolder vision for our future in our Second Century of impact by advancing health and hope for everyone, everywhere. Everyone has the ability to contribute to our next 100 years of impact. Remembering the American Heart Association in your estate plan is the simplest way to define your own legacy while helping us drive our mission forward.

The Paul Dudley White Legacy Society recognizes donors who support the American Heart Association through a will, trust or alternate estate planning vehicle. Members continue Dr. White's legacy by creating their own. [Learn more.](#)



Things to Know to Save A Life with CPR

June 1-7 was National CPR and AED Awareness Week, a time dedicated to raising awareness about how lives can be saved if more Americans know CPR and how to use an AED. When a heart stops, seconds matter. But too often, when someone has a cardiac arrest away from a hospital, people in a position to help don't. Misunderstandings about CPR can keep people from acting. That costs lives. We asked experts to help clear things up this CPR Awareness Month.



1. You can't wait.

If you see a teen or adult suddenly collapse, call 911 and don't wait for professional rescuers, said Dr. Jose Cabañas, chief medical officer for Wake County, North Carolina.

Each minute that CPR is delayed decreases the odds of survival by about 10%, research has shown. But having a bystander perform CPR doubles or triples the chances of somebody surviving, said Cabañas, who helped write the American Heart Association's [2020 CPR guidelines](#).

The steps for responding to a cardiac arrest, according to the AHA, are:

- Check for responsiveness.
- Call 911 or, if other people are on hand, have a second bystander make the call. 911 operators can guide rescuers through CPR.
- Begin CPR while a second bystander retrieves an automated external defibrillator, or AED, if one is nearby. Do not stop CPR to go look for an AED.

To perform CPR, place the heel of one hand in the center of the chest. Place the other hand on top and interlock the fingers. Push straight down hard and fast at 100 to 120 beats a minute. (That's the rhythm of the Bee Gees' "Stayin' Alive." You can also have someone search Google for "metronome" and enter "110.")

2. You don't need certification.

Training is great, and refresher courses are important, said Dr. Elizabeth Hunt, a professor of pediatric critical care medicine at Johns Hopkins University School of Medicine in Baltimore. But you "absolutely" do not have to have a card to perform CPR. "I advocate getting training," said Hunt, who helped write a [2022 AHA scientific statement on lay responders and CPR](#). "But it is not necessary to save a life."

3. Don't fret about mouth-to-mouth.

If you're wary of breathing into a stranger, don't, Cabañas said. These days, training emphasizes hands-only CPR for the first few minutes, which has been shown to be as effective as conventional CPR with rescue breaths in the first few minutes after cardiac arrest in adults and teens. Mouth-to-mouth resuscitation – two rescue breaths after every 30 compressions – is important, however, for infants and children and if someone's heart stopped because of choking or drowning, Hunt said. "But if you don't know how to do it, compressions-only is still great," she said.

[Read More
CPR Tips Here](#)

How A Sedentary Behavior Expert Finds Time to Move

Dr. Deborah Rohm Young's work might move you – or at least make you think about moving around a bit. As director of behavioral research in the Kaiser Permanente Southern California Department of Research and Evaluation in Pasadena, Young's extensive body of work includes many studies about the healthy effects of physical activity – and the problems that come with inactivity. She also led the panel of experts who wrote an American Heart Association [science advisory on sedentary behavior](#) in 2016.

We asked her to discuss sedentary behavior – both scientifically and personally – as part of "[The Experts Say,](#)" an American Heart Association News series where specialists explain how they apply what they've learned to their own lives.

How can people overcome the effects of being sedentary?

Those who are the most sedentary are at the greatest risk. The studies suggest that being physically active and sedentary is better than no physical activity and being sedentary, so the current message is simply "sit less, move more."

A number of studies are starting to show some positive physiological effects from interventions that encourage short bouts of activity during prolonged sitting or screen time.

Are all sedentary behaviors the same? Is sitting and reading a book the same as scrolling social media, driving a car or playing a video game?

I wish we had an answer to this! Many of the epidemiologic studies have assessed sedentary behavior in different ways, such as time spent sitting, time spent watching TV or time in front of a screen. Some studies have used accelerometry or inclinometers to assess sedentary time.

Evidence pretty consistently points to more sedentary time being associated with adverse health outcomes. What we don't know yet is how much sedentary time is too much.

What's your advice to anyone seeking to find a healthy balance in their own lives?

First, take stock of how much of the day is spent being sedentary. It's become so ubiquitous in our daily lives that we may not even realize how much time is spent sitting.

Then, figure out what works to try to take breaks or increase physical activity. The best advice is to find the time to be active.



Dr. Young enjoys a walk in Colorado's Garden of the Gods Park. (Photo courtesy of Dr. Deborah Rohm Young)

[Read More](#)

Decades of CPR Leadership Have Enhanced AHA's Lifesaving Mission

In 1960, a trio of physicians combined mouth-to-mouth breathing with chest compressions to create cardiopulmonary resuscitation, the lifesaving actions we now call CPR. Since then, the American Heart Association has led efforts to ensure health care workers and the public are aware of the most up-to-date resuscitation science while also advocating for critical policy and system changes.

That decades-long effort has been full of challenges — for example, how to make sure more and more laypeople are trained and willing to give effective CPR to anyone in need, and how to train health care professionals to consistently provide the highest-quality resuscitation.

Last year the AHA launched a new national CPR campaign, Nation of Lifesavers, to turn bystanders into lifesavers. The campaign has [ambitious goals](#), including doubling the rate of survival from out-of-hospital [cardiac arrest](#) from 9% to 20% by 2030, and increasing the use of automated external defibrillators (AEDs) in public settings. AEDs deliver a shock to correct an abnormal heart rhythm and have been shown to increase survival by up to 70% if used within the first two minutes of a cardiac arrest.

"The Nation of Lifesavers campaign has already built quite a bit of momentum and is starting to make an impact on people's [willingness](#) to perform CPR in an emergency," said Tammy Gregory, the AHA's executive vice president of Healthcare Business Solutions. "AHA is the strongest when we can all rally behind a cause."

Other goals by 2030 include increasing the rate that laypeople respond to cardiac arrest with CPR to over 50% from its current 40.2% and ensuring 100% of cardiac arrest victims receive high-quality CPR within one minute and AED application within two.



A CPR training course in 1977.



Asmund Laerdal demonstrates CPR on the original Resusci Anne manikin.

Key partnerships, critical progress

Each year in the U.S. more than 350,000 people suffer an out-of-hospital sudden cardiac arrest — when the heart abruptly stops functioning. About 90% do not survive. Survival is particularly low among rural, low-income, Black, Hispanic and some Asian communities, and in women.

A person in cardiac arrest has just 600 seconds before death becomes irreversible, but immediate CPR can double or triple chances of survival. Training increases people's willingness to act.





The AHA's early involvement with CPR and skills training started decades ago with a strategic alliance that continues to this day with Laerdal Medical. The former toy and book publishing company created Resusci Anne, the world's first CPR training manikin, in 1960 after company owner Asmund Laerdal resuscitated his own toddler son who nearly drowned.

In 1963, the AHA endorsed CPR and established a CPR Committee as a step in formalizing CPR as a science. Then, in 1975, it published its first Advanced Cardiovascular Life Support textbook, paving the way for its CPR trainings and courses. Today the AHA also works with global groups on the most up-to-date research through the International Liaison Committee on Resuscitation.

This year, as the American Heart Association celebrates its centennial, it is the global leader in CPR and emergency cardiovascular care education, delivering training in over 4,000 training centers in more than 100 countries. In all, over 20 million people worldwide every year learn CPR through the AHA. In the U.S., around 90% of health care providers have received AHA training.

CPR for all

Meanwhile, the AHA has also continued to vastly increase CPR accessibility.

While experts note that the best CPR is still CPR with rescue breaths, the 2008 science-backed birth of [Hands-Only CPR](#) — chest compressions without rescue breaths — marked a shift in accessibility, meaning more people would be willing and able to be rescuers, said Liz McKnight, a senior director of product marketing for the AHA's Emergency Cardiovascular Care department. In 2012, the AHA launched a campaign to raise awareness of Hands-Only CPR to reduce barriers and increase the likelihood of people performing CPR during an emergency.



Modern CPR training manikins provide feedback on the quality of trainees' chest compressions and are available with female anatomy and different skin tones to increase inclusivity.

Innovative approaches to training have been key in increasing CPR accessibility. In 2005, the AHA launched its Adult & Child CPR Anytime® Kit, which people can use to learn CPR skills from home. Most recently, the association introduced an award-winning Hands-Only CPR [virtual reality experience](#) through Meta Quest.

The association is working to close CPR disparity gaps, too. "Women and people of color are much less likely to receive CPR," McKnight said.

Part of the solution is to normalize seeing these groups in training and promotional materials. Over the past two years the AHA started several new campaigns to do just that, including the [Today You Were Ready](#) campaign featuring Asian American Pacific Islanders, and [Heroes Saving Hearts](#) campaign on Latinas. The organization is also mobilizing to increase access to CPR training and AED devices in rural and low-income communities.

[Read More About CPR Progress Here](#)

A Father's Gratitude for CPR

Written by Steve Ryan

Watching my daughters grow up before my eyes has been one of life's greatest treasures - hearing their first words, clapping for their first steps, learning their personalities, and seeing them grow into their strengths. Being a father has been everything I thought it would be and more. As a dad, you assume that you will always be your child's hero. I could never have imagined that one day my little girl would become mine.



Steve and his daughter, Kaitlin.

It was a nice evening in April 2020, and after dinner my 15 year-old daughter Kaitlin and I headed to the golf course, as we did most nights. It was at the height of the pandemic but being together outside on the golf course was something we could continue to do safely to get fresh air and exercise. Golf has always been "our thing" and a passion we share. I stood down the green watching Kaitlin getting ready to take a chip shot, and that's where my memory ends.

I didn't experience any pain that I knew of or that I remembered. I just woke up in the hospital very groggy. The doctors said, "You experienced sudden cardiac arrest on the golf course, and your daughter saved your life." When I collapsed, Kaitlin had acted immediately, performing Hands-

Only CPR on me until first responders arrived. I had been without a pulse for 12 minutes. I had been shocked with an AED four times. I had been in a medically induced coma for three days. But I was alive, inexplicably awake for the first time on Kaitlin's Sweet 16 birthday. Two years later, it still feels like a miracle.

After my heart incident, Kaitlin organized a now-annual golf tournament, raising funds for the American Heart Association and the Sudden Cardiac Arrest Foundation. On tournament day, nearly 100 people were trained in CPR. To say I am proud of Kaitlin would be an understatement. She is not only my hero, but now she's stepping up to make a difference in other people's lives.

As a family, we have seized every opportunity to share our story and raise CPR awareness throughout our community. We want to pay it forward and ensure as many people as possible learn this life-saving skill.

To me, June feels extra special. Not only do I get to celebrate Father's Day, but June is National CPR and AED Awareness Month. CPR and an AED are what saved my life and granted me the gift of more time with my family. The American Heart Association remains the world leader in resuscitation science and emergency cardiovascular care education and training. Your support is making this possible.

We just celebrated Kaitlin's high school graduation and are now packing her up to go off to college. It's heart wrenching to think how close I came to missing out on these milestones, but I have been given a second chance at life. I would be honored if you took a moment to watch my survivor story. It would also mean the world if in honor of National CPR and AED Awareness Month you learned Hands-Only CPR. Just two simple steps could mean the difference between life and death for someone you love.



Every Father's Day, I'm reminded that it is the continued generosity of supporters like you that give dads like me more precious time with our little girls. From the bottom of my heart, I thank you.

Sincerely,

Steve Ryan

**TO WATCH MY SURVIVOR STORY,
SCAN THE QR CODE OR CLICK
THE BUTTON BELOW**

Two steps to save a life:



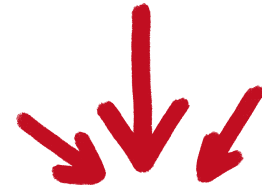
Call Right Away!



Push Hard & Fast in
the Center of the Chest!

**CLICK THE BUTTON BELOW FOR RESOURCES
AND TO LEARN HANDS-ONLY CPR**

CLICK HERE



WATCH HERE



Turning Personal Experiences into Positive Change

As an accomplished businessman and President and Co-founder of SWBC, a prominent financial services company, Gary Dudley understands the importance of being prepared for any circumstance. This belief extends beyond the boardroom into crucial health preparedness, like CPR training. Gary's journey with the American Heart Association (AHA) began twenty years ago when he underwent a life-saving triple bypass surgery. Diagnosed with severe arterial blockage due to genetic high cholesterol, his friend Dr. John Calhoon performed the surgery. This pivotal moment not only saved Gary's life but also ignited his passion for heart health and CPR advocacy.

Personal tragedy further fueled Gary's commitment to championing longer, healthier lives for all. His father passed away from stroke complications, his mother from a heart attack, and his brother required a triple bypass. Gary knows firsthand the importance of proactively prioritizing heart health. "There's not anybody that I've met that doesn't have a relative or loved one who has not been affected by stroke or heart health," he says.

In 2021, as president of the SWBC Foundation, Gary facilitated a generous donation to the AHA's CPR in Schools program, providing CPR kits and training to San Antonio schools. Under his leadership, the foundation has consistently supported numerous nonprofits, dedicating a significant portion of its revenue to charitable causes because of their passion for giving back.

Gary's advocacy for Automated External Defibrillators (AEDs) was strengthened when a young SWBC employee's son collapsed at work. The employee's son was saved because a nearby company had an AED that could be accessed. This incident highlighted the need for AEDs in all workplaces and inspired Gary to ensure that SWBC offices were equipped with AEDs and that employees received CPR training. "People have a way of being in the right place at the right time, and CPR will save lives," Gary emphasizes.

At SWBC's headquarters in San Antonio, Texas, the commitment to health extends beyond donations. The company partnered with a wellness organization and opened a clinic on its 8th floor. This move provides employees and their dependents with access to quality healthcare. SWBC also encourages employees to participate in CPR training, reinforcing their commitment to community health.



Gary Dudley

Gary's hope is for widespread CPR training and AED accessibility for communities around the world and he believes proactive health measures are crucial in preventing heart disease. His message to the community is clear: "If you consider helping the AHA in your community, it helps your relatives and each and every one of you. The work the AHA does is helping all of us who know someone or personally have conditions that need to have a healthier heart. That's an organization that does what they say they are going to do, including utilizing research to help all of our communities."

Gary Dudley's dedication to the AHA and his passion for CPR and AED education stem from deeply personal experiences and a genuine desire to save lives. His leadership and philanthropy demonstrate the profound impact one person can have on the health and well-being of an entire community. "AHA is a cause I believe in and others should believe in too."



American Heart Association,

Professional Advisor Network

ASK AN ADVISOR

Do I Need an Estate Plan If I'm Not Married?

Written by Ryan Crandall



If you're single, it can be easy to think of estate planning as something that's mostly for people with spouses and children. After all, an estate plan is critical for making sure your family is taken care of if you die. And while these are important reasons for estate planning, the reality is that estate planning may be even more important for you if you don't have a spouse.

So, the answer is YES! An estate plan is absolutely needed if you are unmarried, and here are some good reasons why.

Unmarried Individuals Have an Estate Planning Disadvantage

Compared to married couples, singles start off with an estate planning disadvantage because they don't have any of the built-in protections that come with being legally married.

For example, married couples often own assets and accounts jointly, which allows one spouse to continue paying bills and manage finances if the other spouse is sick or has passed away. Many states also give spouses powers to make certain medical and financial decisions on behalf of an incapacitated spouse. Surviving spouses also have first priority to become the executor for a spouse who dies without a will.

Unmarried individuals don't experience any similar benefits and are already a little behind their married peers when it comes to planning for the unexpected. Below we'll explore the two most important estate planning scenarios: death and incapacity, and what happens to unmarried persons in each of these scenarios if they do not have a valid estate plan.

Death: Intestate Laws

“Intestate” is the legal term for when someone dies without a will or trust. When a person dies intestate, there are two important legal questions that must be resolved: Who is legally authorized to administer the person’s estate as the personal representative or executor? And who should the estate assets be distributed to?

When this happens, the state’s intestacy laws and the courts will provide the answers to both of these questions.

First, a judge will decide who to appoint as executor of your estate. Close family members and parties with a legal interest in your estate (including creditors) generally have priority for this role under intestacy laws, but ultimately it can be up to the judge to decide.

Secondly, if you are unmarried and have descendants such as children or grandchildren, your estate will be distributed to your children (or the descendants of a deceased child) using formulas provided by state law. If you do not have children, your estate will likely be divided among your parents and/or siblings (including half-siblings) according to the state’s intestacy formula.

If you have no close family members, your estate could end up in the hands of distant relatives or could even become property of the state if relatives can’t be found. However, one thing is certain: anyone not directly related to you (such as a close friend or unofficial life partner) would not be entitled to any portion of your estate.



With a will or trust, you get to decide the answers to both of these questions in advance. Maybe it is a few close friends or even a beloved charity you choose to inherit your property. Or maybe it is just one sibling and not the others. The bottom line is you get to decide.

Incapacity: Guardianship and Conservatorship Laws

The other estate planning scenario to consider is incapacity, such as a coma or other medical or mental disability. Incapacity can be temporary or permanent, but in either case, there are important decisions that must be made about your medical care and financial affairs. But without an estate plan, there’s no one with the legal authority to make them. Something as simple as paying your electric bill may be impossible.

When this happens, the state once again provides a solution in the form of Guardianship and/or Conservatorship proceedings. States differ on the title used for these roles (Guardian, Conservator, or both) but the general concept is the same: because you have not legally appointed someone to make legal and medical decisions on your behalf, the court will appoint someone for you.

Courts will often appoint a relative or someone close to you, but they may also appoint a neutral third party or professional service. Moreover, the process involves expensive court proceedings and can cause significant delays, particularly if there are disputes among relatives and interested parties as to who should have this authority. Again, it is a judge who will ultimately decide who to appoint.



The vast majority of guardianship and conservatorship proceedings can be avoided by implementing Powers of Attorney as part of your estate plan. Generally, your estate plan will include a Power of Attorney for legal and financial decisions and one for medical decisions. In an incapacity event, these documents give decision-making authority to the people you chose. Your medical documents should also include your instructions regarding end-of-life care and artificial life support if, for example, you were in a permanent vegetative state.

Create an Estate Plan but Beware of Shortcuts

It is essential for every competent adult age 18 or older to have the following essential estate planning documents: a Will or Trust, General Power of Attorney, Medical Power of Attorney, and Medical Directives. This is especially true for unmarried individuals who don't have some of the safeguards available to married couples.

As you create an estate plan, use reputable sources such as an experienced estate planning attorney. Also, be careful to avoid shortcuts such as adding a friend or family member to bank accounts or sharing passwords. Such shortcuts may seem tempting, but they are not suitable replacements for estate planning documents and can lead to potentially disastrous results.

Consider Charitable Giving

As a single person, you may not have anyone that depends on you directly for support. If that's the case, consider your opportunity to leave a lasting legacy through charitable giving. Some of the most impactful charitable gifts come from unmarried individuals, many of whom choose to give significant portions of their estate to charity for causes that are close to their hearts.



About the Author



Ryan Crandall

Ryan Crandall is Co-Founder and Lead Attorney at eLegacy Law, a first-of-its-kind virtual estate planning law firm (eLegacyLaw.com). Ryan is passionate about making estate planning concepts simple to understand and easy to implement. Outside of work, Ryan is the co-founder of a local charter school and an accomplished musician who enjoys spending time in beautiful North Idaho with his wife and their four children.

Plan a Secure Future

Being prepared and knowledgeable is essential for a financially secure future. Request our complimentary resources today to get started on your financial planning!

Legacy of the Heart: Your Will and Estate Planning Workbook is a useful resource to help understand the components of the estate planning process from start to finish.

Celebrate the AHA's Centennial with **Monumental Moments**, an overview of the AHA's 100 Years of Impact in Science, Research, Health and Education.



RECEIVE YOUR GUIDES

or call 888-227-5242 to speak with a local representative to discuss your options

Every woman, everywhere, should feel empowered to create a future that protects herself, her loved ones, and secures her legacy.

Join the American Heart Association for a webinar exploring the fundamentals of the estate planning process and how a woman's unique circumstances must be considered when carefully crafting a plan for the future. In this free session, women at every age will be empowered with the knowledge and tools to make informed decisions about estate planning for themselves and those that depend on them.

Attendees can request valuable complimentary planning materials and ask live questions of the expert presenters.

**Meet the Moment:
A Woman's Guide to Planning a Secure Future
June 27, 2024 | 12:00-1:00 p.m. ET
Zoom Webinar**

REGISTER HERE

Rosemary-Peach Chicken Kebabs with Orange Glaze

Savor the blend of savory and sweet with Rosemary-Peach Chicken Kebabs, featuring tender chicken, juicy peaches, and bell peppers, all topped with a citrus glaze. This heart-healthy, easy-to-make dish is perfect for summer!

Servings: 4

Fiber: 2g per serving

Calories: 202 per serving

Protein: 25g per serving



Chicken Ingredients:

- Cooking spray
- 1 lb. boneless, skinless chicken breasts, cut into 16 1 1/2-inch pieces, all visible fat discarded
- 2 large ripe but firm peaches, cut into 16 1-inch wedges
- 1 large green bell pepper, cut into 16 1 1/2-inch squares
- 1/4 tsp. pepper
- 1/8 tsp. salt

Glaze Ingredients:

- 3/4 tsp. grated orange zest
- 3 Tbsp. fresh orange juice
- 3 Tbsp. chopped, fresh rosemary
- 1 1/2 tsp. honey
- 1 1/2 tsp. canola oil OR 1 1/2 teaspoon corn oil

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium.
2. Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14- to 16-inch metal skewers. Sprinkle the pepper and salt over the kebabs.
3. In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons). Brush both sides of the kebabs with the remaining glaze.
4. Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center and the vegetables are almost tender, turning once halfway through and brushing with the reserved 2 tablespoons of glaze, using a clean basting brush. Reduce the heat or move the kebabs to a cooler area of the grill if they are cooking too fast.

Heart-Healthy Recipes Available Anytime!

BROWSE NOW