Let’s unite to prevent heart disease and stroke. –
It’s time to put our hearts into it and

**Go Red For Women®**
www.GoRedForWomen.org

Our mothers, daughters, sisters and friends are at risk. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

Get informed about the risks of heart disease and stroke. Know the red flags. Know your heart health story. Go Red For Women inspires women to make lifestyle changes, mobilize communities, and shape policies to save lives. United, we are working to improve the health of women in your community.

---

**FACTS**
- 1 of every 3 deaths in the United States is caused by heart disease and stroke.
- Each year, an estimated 785,000 Americans will have their first heart attack.
- Each year, an estimated 470,000 Americans will have another heart attack.

**RISKS**
- 60% of adults don’t know their blood pressure and cholesterol numbers.
- 44% of adults don’t believe their heart attacks and strokes can be prevented, but aren’t motivated to do anything.
- 83% of adults have been told by a healthcare professional to improve their health.
- 56% of adults don’t consider themselves at risk for heart disease.
- 58% put no effort into improving their heart health.
- 99% of Americans need to improve their heart health.
- 72% don’t consider themselves at risk for heart disease.
- 56% put no effort into improving their heart health.

**INVESTMENT IMPACT**
- 670,000 Lives Saved since the launch of Go Red in 2004.
  - 300 fewer women are dying per day.
  - 34% fewer American women now die from heart disease.
  - 23% more Americans know that heart disease is the No.1 killer of women.

**#1 Leading Cause of Death in the United States**
- Heart disease is the #1 leading cause of death in the United States.
- Among American women, smoking has decreased by 15%.
- Among American women, high cholesterol has decreased by 18%.
- Awareness of the No.1 killer of women has increased.
  - 1. Awareness has DOUBLED among Hispanic women.

**Power To End Stroke**
- Newsletters distributed.
- Ambassadors composed of:
  - 34%
  - 23%
- Fewer American women now die from stroke.
- More Americans know that stroke is the No.1 killer of women.
American Heart Association’s Greater Washington Region: Our Volunteers are Why… and How!

Our volunteers are the lifeblood of our organization, and the mission they support could not be more important or urgent. More people die in our community from heart disease and stroke than from any other cause. In DC we have some of the highest levels of childhood obesity in the country. It is through the dedication of our volunteers that we can fund vital research and programs that save lives. Our volunteers make health a priority for themselves and their families, and help create a culture of health in their companies, schools and places of worship. We need YOU to join us in the fight against heart disease and stroke. Together, we can make an even bigger impact throughout our community.

Marilyn Crouther
SVP and GM, Hewlett Packard Enterprise (HPE) U.S. Public Sector
Sponsor, Greater Washington Heart Walk
HPE has been involved with the AHA for years. To me, partnership with the AHA means a commitment to wellness for our employees and for myself. If we don’t have our health, we can’t function. Through HPE’s dedication to workplace wellness we have seen our workforce get healthier, have had substantial savings on insurance premiums, and have adopted a cause we can rally around, from top to bottom. The AHA is the driving force behind this and I am proud to be a part of it.

Tim Gillis
Global Head of Indirect Tax Services, KPMG
Board Member, AHA Greater Washington
Since 2008, I have served on the Board for the AHA. Heart disease has affected all of us in some way and I value the programming that the AHA brings. AHA’s Fit Friendly Workplace designation, health programming on stroke and heart disease, CPR initiatives, and patient/caregiver resources are vital to all of our lives. Being a part of the events, and the Board, is like joining a family dedicated to affecting change in our community.

Dennis Yee
Owner and President of Abacus Technology Corporation
Committee Member, Heart’s Delight Wine Tasting & Auction
Of all the causes one chooses to support, I want to be a part of one that impacts our future. By being a part of the AHA in the Greater Washington Region, your dollars go to research that save lives, your time helps to bring their mission to new audiences and your stewardship of their programs can bring change to your workforce, family and yourself. Our health is tantamount to our future and I believe being a part of the AHA is helping to pave a way for a brighter tomorrow.

Steve Lustgarten
Executive Vice President, Blake Real Estate, Inc.
Board Member, AHA Greater Washington
For me, raising funds for the American Heart Association is, and has been, a personal experience. Heart disease has affected my family members and friends. The care they received and innovations utilized to save their lives existed due to research that was funded by the American Heart Association. Unfortunately, we have all had friends who have experienced heart attacks who were not fortunate enough to survive the “event.” This is why I continue my quest to raise money to fight our community’s No. 1 killer and dedicate my time to serve on the board. Together, I know we can help save lives.

Commitment to the Heart in our Community – New Heart Hospital at MedStar Washington Hospital Center Opening Summer 2016

MedStar Heart & Vascular Institute, founded at MedStar Washington Hospital Center, is opening the city’s first, dedicated Heart and Vascular Hospital in the summer of 2016. “The vision of cohering our extensive team of cardiovascular specialists in a dedicated facility and providing outstanding patient care in a comfortable and comforting environment for patients and their families is fast becoming a reality,” says Stuart F. Seides, MD, physician executive director of MedStar Heart & Vascular Institute.

This commitment aligns with the healthcare needs of the nation’s capital and the surrounding metropolitan region. Heart disease and stroke rank first and fifth in the list of leading causes of death in the District of Columbia. While progress is being made in combating these diseases, a multi-faceted approach is needed to decrease the incidence of cardiovascular disease and improve the overall health of residents of the District and the surrounding region.

An integrated approach to care is what intrigued Nancy and Harold Zirkin, who last year contributed a leadership gift of $10 million to the Heart and Vascular Hospital. “Nancy and I share an abiding respect for this city and we have enjoyed success here in our careers,” said Mr. Zirkin, managing director of United Capital. “We wanted to share this success in a way that would benefit the entire community. When we learned about the vision of MedStar Heart & Vascular Institute, we saw this as an ideal opportunity to bring together our strong interest in better health with the region’s need for world-class heart care.”

The Heart and Vascular Hospital will offer “under-one-roof” cardiovascular care that will minimize patient transfers, reduce costs and help to improve the overall quality of care. According to Dr. Seides, the facility will be a place where researchers work alongside clinicians to bring the latest treatments to patients as quickly as possible, where the next generation of doctors are educated; and where an important measure of success will be the improved health of the people in the community.

MedStar Heart & Vascular Institute physicians are engaged in ongoing efforts to educate patients about cardiovascular disease risk factors and to identify those people who are currently at risk so that treatment begins in the earliest stage of disease. The Institute also supports community-based efforts and closely collaborates with partners such as the American Heart Association.

“We have long been pioneers in the treatment of cardiovascular disease, striving for innovations that give patients new options for care where none existed and improve their quality of life,” explains Dr. Seides. “MedStar Heart & Vascular Institute, with our new Heart and Vascular Hospital and the broad scope of services offered throughout MedStar Health, is now in an even better position to continue these kinds of advances as well as to help make a true difference in the efforts to improve the health of those who live and work in Greater Washington, Central Maryland and beyond.”
Go Red Alliances – US Department of Veterans Affairs

Go Red For Women has relationships with national associations and organizations that share the same priorities about women and heart disease. The U.S. Department of Veterans Affairs is dedicated to fighting heart disease in women veterans, the fastest growing segment of the veteran population. The VA has teamed with the American Heart Association’s Go Red For Women movement to help inform women veterans of their risk for cardiovascular disease—the No. 1 killer of women and women veterans. Over the years, the U.S. Department of Veterans Affairs has hosted National Wear Red Day events across the country at their centers and hospitals.

They continue to distribute vital information about heart disease to both their employees and the Veterans they care for. The Office of Women’s Health Services has created the 2016 VA Goes Red Challenge as part of the alliance with the American Heart Association. Across the US, the VA Women’s Health Programs are challenged to develop projects that kick off during the month of February to increase awareness and address cardiovascular disease and risk factors in women Veterans. Locally, the VA is hosting an annual Wear Red Day event at their headquarters in the District of Columbia on Vermont Avenue, NW. The day includes a health fair with various activities for their entire staff including CPR demonstrations, group fitness challenge a Zumba demo and nutrition stations. Attendees also have the opportunity to speak with national Go Red For Women spokeswoman, Gail Alexander Wright a veteran and heart attack survivor. For the past three years, the VA has also had a team at the Greater Washington Region Heart Walk, held on the National Mall over Veterans Day weekend.

Meet: Gail Alexander-Wright

Gail Alexander-Wright’s story would make you believe there’s no limit to what she could do. As an active drilling reservist in the U.S. Navy, owner of a custom cake business, hands-on mom to a teenage daughter while her husband was stationed in Iraq, and an avid exerciser, you can’t help but wonder: How did she do it all?

But the truth is, like many women, Gail had to learn the hard way that doing it all was taking a toll on her body.

“I now know that fitting it all in and sleeping only four to five hours each night was not healthy,” says Gail. “But I was young and generally felt good, so I didn’t really think anything of my schedule.”

One night, however, things changed. After wrapping up a workout, Gail began to experience the classic symptoms of a heart attack: sweating, nausea, chest pains and numbness in her arm.

Concerned, Gail’s daughter reached out to her aunt, who worked as a nurse’s aid in the past, advised them to call 9-1-1 immediately.

At the ER, Gail learned the root of the problem: a blockage in an artery. She was also informed that her high-stress lifestyle coupled with an extensive family history of heart disease meant changes needed to be made to ensure her long-term survival.

“I didn’t know that my father and all of his siblings had had heart attacks relatively early in life,” she says. “I also learned that my diet was not as healthy as I thought it was. My blood sugar showed that I was pre-diabetic.”

Despite her struggles, Gail began to bounce back. At 37 years old, she was the youngest person in cardiac rehab, and making progress toward recovery. A few months later, however, she was faced with second setback: a stroke.

For the second time in less than a year, Gail began the rehab process. The woman who once ran several miles with ease now had to focus on getting her walking stride back to normal.

Five years later, Gail is drastically different from the frenzied woman she once was. Still active, she monitors her exercise closely and doesn’t let her heart rate get too high. She also sleeps more, gave her diet an overhaul, and has lost 30 pounds as a result.

“I have shared this journey with my daughter and as many other women as I can because I don’t believe there is enough awareness about this disease especially for women,” Gail says. “I want to make sure that women young and old know that heart disease is our No. 1 killer.”
CPR in District Schools – a mission for our kids

Less than 5% of DC residents (more than 500 people each year) who experience cardiac arrest outside of a hospital survive, and less than 30% receive bystander CPR.

The American Heart Association (AHA) has been the driving force behind legislation across the United States to ensure that all high school students learn CPR before they graduate. AHA advocates are currently fighting for a CPR in schools law in the District and hope to pass legislation in 2016.

Four years ago, only two states had such laws in place. But, due to the tireless efforts of the American Heart Association, its advocates, partners, and volunteers, 27 states, including Maryland and Virginia, now have passed this lifesaving legislation.

“MD and VA are already there (as are more than 50% of the states) -- Saving lives through the school CPR program. We need to make DC the next generation of lifesavers. It is a top priority for the Board,” said Sean Ballington, Chairman of the Greater Washington Board of Directors for the AHA and a principal at PwC LLP. “More than 326,000 people in the US suffer out-of-hospital cardiac arrests each year. Any one of us could be next and it is important that we equip our youth with the tools to save lives. It is simple, easy and does not take much time. The lives saved could be ours, those we love, or our children.”

In Virginia and Maryland, CPR in schools legislation is already in place. Gwyneth’s Law was passed in 2013, which ensures that all Virginia teachers and high school students receive hands-only CPR training before graduating from high school. Gwyneth Griffin suffered from a cardiac arrest during an outdoor class activity at her middle school in Stafford County, Virginia. She ultimately passed away at the age of 12 and her story underscores the need for students to learn this life saving skill. Jennifer and Joel Griffin, Gwyneth’s parents, have since worked tirelessly with the American Heart Association in hopes that the tragic loss of their daughter is not repeated.

In October 2015, two DC Council Committees held a hearings on legislation that would require every school in Washington, D.C. to have at least one AED on site, and would require CPR/AED training for some school staff, first responders, and other governmental personnel. AHA encourages the committees to amend the legislation to ensure that all DC students learn CPR before they graduate.

“We hope to pass this vital legislation and thank the Council of DC for their consideration,” noted Dr. Richard Benson, incoming President of the AHA Greater Washington Region Board and Associate Medical Director of the stroke program at MedStar Washington Hospital Center, “By joining Maryland and Virginia, this will create 145,000 lifesavers each year across the national capital region. It’s the right thing to do for our community and our kids.” For more on this issue visit, www.YoureTheCure.org.

Answers from the Heart with Linda Gooden

Linda Gooden is the retired Executive Vice President of Lockheed Martin’s Information Systems & Global Solutions (IS&GS) business area and an officer of the Lockheed Martin Corporation after nearly 40 years working in the Aerospace and Defense industry. Gooden has been a longtime supporter and champion of the AHA as a member of the Board of Directors, a personal donor and event sponsor for over 10 years.

AHA: How has heart attack and stroke impacted you personally?
LG: I think my personal motivation is fundamental – self-preservation. My great-grandmother, my grandmother, and my father all had high blood pressure and all died of strokes. I think that if they lived in a time where they were fortunate enough to understand things as basic as the American Heart Association’s “Life’s Simple 7” health improvement guidelines that they probably could have lived longer.

AHA: As a person who has been responsible for a large work force, how did you make health a priority?
LG: The cost of health continues to increase so employee wellness has become very important. Many reports that you’ll pick up say “heart disease is the number one cause of death in the U.S.” and “one in three Americans suffer with high blood pressure and are at risk for heart disease.” Most people that you run into don’t understand the real risk for heart problems, and they have no idea how to get it under control. The American Heart Association can help, you as a corporate leader, to build that awareness, and show your employees how to make better choices, and how to build a healthier population. If you have a healthier population, your medical costs are reduced, and you have a more productive work environment. It is good for businesses, good for the employees, and good for the American Heart Association, so it’s a win, win proposition.

AHA: As a women, how important is it to know your risk for heart attack and stroke?
LG: It wasn’t until I got into the American Heart Association, that I realized how women’s heart ailments are very different than men’s. I was surprised to learn that doctors, for many years, were looking at women and expecting the same symptoms that their male counterparts had. As a result, their heart ailments went undetected. And I think what particular programs like Go Red for Women have done is raise awareness has saved a lot of lives.

AHA: How will you Go Red in February?
LG: I plan to wear my red on National Wear Red Day, as a reminder that heart disease, and stroke will kill 1 in 3 women. Yet if you practice the things that the American Heart Association puts forward, many heart ailments are 80% preventable! I will also make a donation to advance the cause and attend the annual Heart Ball. So it is a big month for hearts, a big month for women, and I think we should all participate!
It’s an organization that makes a tremendous positive impact on the widest population. With cardiovascular disease being the number one cause of death amongst all demographics of people, the life saving research the AHA is funding will positively impact everyone, either personally or via a relative, at some point in their lives. For me personally, I’ve really felt like I’ve been part of supporting something big that’s delivering results. With the progress that’s been made in reducing deaths and improving cardiovascular health you can really see how your actions and support are directly contributing to the successes. What makes the Heart Ball special is that it brings together people from all backgrounds to focus on such an important cause. It also feels like celebration and is a really fun night out. It’s amazing.

A LETTER FROM EMILY RANCOURT

We will never forget the rhythmic sound of the blades beating overhead as we watched the helicopter land on top of the Children’s National Medical Center in Washington, DC. On June 14, 2014 a Hero’s heart was quickly ushered off of the aircraft, and into the operating room where our four-year-old daughter, Lily Grace, was waiting to receive her gift. Lily was born in China with only half of a heart, which was positioned upside down, backward, and in the right hand side of her chest. Shortly after birth, she was abandoned on an Emergency Room bench with very little hope for a future. After two failed attempts at open heart surgery, Lily was labeled “terminal” and placed on a list for adoption. The very thing that caused other adoptive families to turn away in fear had our family racing to bring our sweet daughter home.

Lily’s transplant is said to be the most complicated heart transplant ever done in the United States. Her Hero’s heart was placed in its correct anatomical position, and only attached to her left lung due to a complication from her first surgery in China. Lily would not be with us today if not for the American Heart Association.

Please support the AHA by making a gift to the Open Your Heart Campaign. With every research project you support, hope is born! The next great achievement in heart health awaits your investment. Miracles are possible – Lily Grace is proof of that. Help us make more miracles happen. Hope is why!

FOR MORE INFORMATION ON HOW TO BECOME A SPONSOR OF THE HEART BALL OR TO PURCHASE TICKETS, PLEASE CONTACT KARA LAING AT (703) 248-1745 OR KARA.LAING@HEART.ORG OR VISIT WWW.DCHEARTBALL.COM
Jeff Tunks Talks Heart Health

Jeff Tunks, the once self-dubbed “super-sized” chef/restaurateur of Passion Food Hospitality has come a long way since he shed 120 pounds over the course of two years. In his line of work, portion control was no simple feat for the chef and co-proprietor of nine DC area restaurants, which include Acadiana, Burger, Tap & Shake, DC Coast, District Commons, Penn Commons, PassionFish [Reston, VA & Bethesda, MD] and Fuego Cocina y Tequileria. Yet Tunks was determined to turn his health around and be a more active father to his two sons. By exercising regularly, incorporating healthy ingredients into meals and practicing moderation, he was able to not only lose and maintain his weight, but also reclaim an active lifestyle with interests from cycling to skiing.

Tunks, who was named Chef of the Year 2003-2004 by the Restaurant Association of Metropolitan Washington, made his weight loss both a personal health triumph and a public service through appearances on The Today Show, work with the American Heart Association, The George Washington University Hospital and even cooking classes at his restaurants demonstrating healthy cooking and eating.

As a healthy tip for business lunching, chef Tunks suggests opting for a protein-packed, flavorful salad that will keep you satisfied and energized through the afternoon – like District Commons’ Southwestern Chopped Chicken Salad with Black Beans, fresh Corn, ripened Avocado, Blue Cheese, and creamy Louie Dressing [try it on the side!] or Acadiana’s Seafood Chopped Salad with Spiced Gulf Shrimp, Crawfish Tail Meat, Marinated Crab, Cucumbers, Grilled Corn, Shaved Radish and Fresh Basil.

Tunks has been a long time, proud, supporter of the Heart’s Delight Wine Tasting & Auction.
Why do you choose to support American Heart Association and the Golf Tournament?

The American Heart Association’s mission is one that is easy to understand and embrace. With millions of Americans living with heart disease, stroke or a cardiovascular condition, almost every family has been directly affected. The AHA doesn’t just teach us how to cope with these health issues, but actually provides education and lifestyle programs aimed at preventing the disease before it occurs. From healthy eating and exercise to CPR training and weight and stress management, the AHA funds important initiatives that teach us all how to live healthier, happier and longer lives. The golf tournament is not just a fundraiser, but an actual manifestation of that healthy living approach! Come join players from the top companies in the greater DC area as we engage in a stress-free fun day of exercise and fresh air at the beautiful Woodmont Country Club. Our “Go Red for Women” theme highlights the often overlooked fact that heart disease is the #1 killer of women in the U.S. and kills 1 in 3 women. Come out and help us change those numbers!

S. Martin “Marty” Cummings
CEO, Integrated Support Systems, Inc.
2016 Golf Tournament Chair

THE TOURNAMENT

Senior level executive leaders, men and women alike, from across the metropolitan DC region compete in the tournament. The event day includes breakfast, silent auction, exciting challenges, player gifts, special drawings, and a post-event awards dinner.

For more information on how to become a sponsor of the Golf Tournament or to purchase a foursome, please contact Kara Laing at (703) 248-1745 or kara.laing@heart.org or visit www.ahagolftournament.org
Executive Leadership Team:

**Leslie Thornton – 2016 ELT Chair**
Senior Vice President, General Counsel and Secretary, WGL & Washington Gas Light Company

“I am honored to serve as the 2016 ELT Chair and impact the AHA mission. The LHH event allows WGL employees to give back to the community, while improving their health and building positive relationships with their colleagues. I encourage everyone to register and join us on June 11th for what I promise will be an unforgettable experience!”

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**Anne Dailey**
Partner
Troutman Sanders

**David Piper**
Partner
Deloitte Advisory

**Eric Reicin, 2017 ELT Chair**
Vice President, General Counsel and Corporate Secretary, Morgan Franklin, Inc.

**Joanne Ludovici**
Partner
McDermott Will & Emery

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**Rob Falk**
General Counsel
Human Rights Campaign and Human Rights Foundation

**Tim Brightbill**
Partner
Wiley Rein LLP

**Tom Hart**
President and CEO
Credibility International Foundation

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**Lawyers Have Heart**
June 11, 2016

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**ARE YOU A RUNNER?**

Run/Walk with Lawyers Have Heart!

**Saturday, June 11, 2016**

Washington Harbour at Georgetown

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**Lawyers Have Heart Presenting Sponsors**

*Credibility International*

*When Trust Matters*

*Bloomberg*
Meet our 2016 Heart Walk Chair, DynCorp’s Lou Von Thaer

It’s no secret that heart disease is the No. 1 cause of death in the United States. What is less known is that today’s youth make up the first American generation expected to have a shorter life expectancy than their parents.

This is a troubling fact, but the good news is that the American Heart Association (AHA) is committed to reversing this trend by fighting heart disease and stroke. It does so, in part, through annual Heart Walks across the country.

This is a cause I believe in. And it’s a fight we can win. That’s true for most organizations, which should make involvement in the Heart Walk a natural choice for companies and their corporate responsibility programs. And chances are that companies will find other shared focuses with the AHA. At DI, where almost half of our workforce are veterans, supporting the U.S. military is a top priority. That’s true too for the AHA, through programs and alliances with veterans’ groups.

Another goal of the AHA is to reverse the trend of childhood obesity. There are countless reasons to support this objective, but to name just one: doing so will improve the military’s recruiting efforts by fostering future generations of healthy individuals able to have the opportunity to serve.

I am challenging my company to “get healthy” this year. The Greater Washington Heart Walk will be our starting point, not just by encouraging people to get more active, but by bringing additional awareness and education concerning heart disease to the attention of our team.

Sincerely,
Lou Von Thaer
CEO, DynCorp International

## Top 25 Companies

<table>
<thead>
<tr>
<th>COMPANY NAME</th>
<th>TOTAL COMPANY INCOME</th>
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<tbody>
<tr>
<td>1. Vencore, Inc.</td>
<td>$292,680</td>
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<td>2. HP</td>
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<td>3. Blake Real Estate</td>
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<td>4. AHA Friends and Family</td>
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<td>5. AT&amp;T</td>
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<td>6. Lockheed Martin</td>
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<td>7. Inova Health System</td>
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<td>9. Dell Services</td>
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<td>10. Gooden, LLC</td>
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<td>11. Leidos, INC.</td>
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<td>12. Sheehy Auto Stores</td>
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<td>13. PAE</td>
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<td>14. ViON</td>
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<td>15. Kettler</td>
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<td>16. AHA Advocacy Office DC</td>
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<td>17. KPMG</td>
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<td>18. PricewaterhouseCoopers</td>
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<td>19. Executive Mosaic</td>
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<td>20. Shoppers Food &amp; Pharmacy</td>
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<td>21. MAXIMUS Foundation</td>
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<td>22. Synectics for Management Decisions</td>
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<td>23. Coldwell Banker</td>
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<td>25. Deloitte</td>
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## Top 25 Walkers

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<td>1. Mac Curtis</td>
<td>Vencore, Inc.</td>
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<td>2. Stephen Lustgarten</td>
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<td>3. Linda Gooden</td>
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<td>4. Jim Garrettson</td>
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<td>5. Michael Peduzzi</td>
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<td>6. Clarissa Garcia</td>
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<td>7. Michael Polmar</td>
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<td>8. George Newstorm</td>
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<td>9. Mark White</td>
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<td>10. Barbara Azinario</td>
<td>NEWH</td>
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<td>11. Lou Von Thaer</td>
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<td>12. Gary Lustine</td>
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<td>13. Mark Benedetti</td>
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<td>17. Sean Ballington</td>
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<td>19. Marilyn Crouther</td>
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<tr>
<td>20. Pat Tracey</td>
<td>HP</td>
<td>$5,000.00</td>
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<tr>
<td>21. Sondra Barbour</td>
<td>Lockheed Martin</td>
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<tr>
<td>22. Mark Gray</td>
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<tr>
<td>23. Tom Frana</td>
<td>ViON</td>
<td>$5,000.00</td>
</tr>
<tr>
<td>24. Manish Malhotra</td>
<td>Unissant</td>
<td>$5,000.00</td>
</tr>
<tr>
<td>25. Gail Allio</td>
<td>Ernst &amp; Young</td>
<td>$4,565.00</td>
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</tbody>
</table>

## Executive Leadership Team

### Mac Curtis
2015 Chairman
President & CEO
Vencore, Inc.

### John Heller
2014 Chairman
CEO
PAE

### Linda Gooden
2011 Past Chair
AHA Board Member

### Jim Cantor
National Security Sector
Chief Engineer
Leidos

### Bruce Caswell
President/ GM,
Health Services
MAXIMUS

### Marilyn Crouther
Senior VP & GM
Hewlett-Packard

### Jim Garrettson
CEO
Executive Mosaic

### Mark Gray
President & CEO
ASRC Federal

### Wayne Lucernoni
President
Harris Mission Sustainment

### Robert McHale
Senior Client Partner
Korn Ferry

### George Newstrom
VP & GM
Dell Services

### Charles Prow
Principal,
Sterling Capital Partners
President, CPS Professional Services

### Dion Rudnicki
VP Government Solutions
Global Government Industry

### Jeff Smith
President
Synectics for Management Decisions

### Karl Spinnenweber
Executive Vice President & GM
AECOM

### Lifestyle Change Award Winner
Kathy Dyson of Maximus, and her daughter
Greater Washington Executives with Heart

<table>
<thead>
<tr>
<th>Name</th>
<th>Company Name</th>
<th>Total Amount</th>
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<tbody>
<tr>
<td>Mac Curtis</td>
<td>Vencore, Inc.</td>
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<td>Stephen Lustgarten</td>
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<td>AHA Advocacy Office DC</td>
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<td>NEWH</td>
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<td>J.Gerald Lustine Foundation for Cardiac Research</td>
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</tr>
</tbody>
</table>

Executive Mosaic was proud to support the American Heart Association in their mission to create healthier lives free of cardiovascular diseases and stroke through our participation in the 2015 Greater Washington Heart Walk. I personally committed to serving as the Executives with Heart Chairman of the 2015 Heart Walk and I was particularly excited about this opportunity because, in addition to raising vital funds for heart disease and stroke research and education, the Heart Walk engages companies (like yours) to promote healthy lifestyles for children and adults.

This hit especially close to home for me, as my lifelong best friend from childhood, Ray Bowen, died suddenly from a heart attack on January 20 devastating his family. When I was asked to help Chair the Executive with Heart Challenge this past year, the timing was perfect and I could not resist! I hope you will consider supporting the AHA in 2016 and help fight the number 1 killer of Americans!

Jim Garrettson  
President and Founder  
Executive Mosaic

2015 Executives with Heart Chair, Jim Garrettson of Executive Mosaic

An advertising supplement in Washington Business Journal | 11
How Can You Get Involved?

EVENT SPONSORSHIP - The GWR has 6 major fundraising events to help leverage your brand with the AHA
• Greater Washington Heart Ball
• An Affair of the Heart
• Heart’s Delight Wine Tasting & Auction
• AHA Golf Tournament
• Lawyers Have Heart 10K Race, 5K Run and Walk
• Greater Washington Region Heart Walk

CREATE A CULTURE OF WELLNESS WITH THE AHA – Let us help you!
• Fit Friendly Companies
• Food and Beverage Toolkit and Healthy Procurement
• Corporate CPR Training
• Programmatic Events such as Go Red For Women, National Walking Day
• Advocacy Opportunities to impact local policy

CONTACT US!
Rachel Maleh, 703-248-1719 or rachel.maleh@heart.org

AHA teams up with Verily and AstraZeneca for One Brave Idea:
The American Heart Association (AHA) and Verily (formerly Google Life Sciences) are happy to announce that AstraZeneca has joined this effort. Together, our three organizations have committed a total of $75 million over five years towards supporting this research funding program, and the leader and team who will lead this new research enterprise. This bold new approach is the largest one-time investment in the fight to end coronary heart disease and its consequences.

With a focus on funding an idea— with a leader potentially from a non-traditional scientific area – we open the door to rethink the problem and therefore the solutions. Maybe experts from thermodynamics, mathematics or physics may be able to help us drive toward reversing coronary heart disease. We don’t know; but we want to find out.

All submissions are due at 11:59 PM CST on February 14, 2016 and only submissions made through onebraveidea.com will be considered.

“The most devastating human impact on countless generations of families, cardiovascular disease, and in particular coronary heart disease remains the greatest and deadliest global health challenge we face today,” said American Heart Association CEO Nancy Brown. “By working together, AHA, Verily and AstraZeneca will be able to serve as the catalyst for change and transformation in reducing the impact of coronary heart disease on people’s lives and alleviating this global burden. Just imagine if we could reverse coronary artery disease and restore the healthy heart muscle it destroys or, even better, prevent the whole process from beginning in the first place!”

The American Heart Association and Google Life Sciences Initially Announce Collaboration to Change Trajectory of Heart Disease
L-R: Robert Harrington, MD; Joseph Loscalzo, MD; American Heart Association CEO, Nancy Brown; Andy Conrad, CEO of Google Life Sciences and Jessica Mega, MD.

Matters of the Heart

THE IMPACT OF YOUR DOLLAR

The American Heart Association funds more research than any U.S. organization except the federal government. In all, we spend nearly 80 cents of every dollar on research, education and community outreach.

21.3% RESEARCH
Research dollars support scientific studies seeking new discoveries related to causes, prevention and treatment of heart disease and stroke.

36.0% PUBLIC HEALTH EDUCATION
We help people identify warning signs for heart attack and stroke, provide resources to help people reduce risk for cardiovascular diseases and stroke, and embrace healthy behaviors.
• Websites, social media and digital resources
• Consumer publications and call center
• Health initiatives, programs and support materials
• Public service announcements and campaigns
• Health fairs and a speakers bureau

14.2% PROFESSIONAL EDUCATION & TRAINING
Activities, projects, scientific conferences, training courses and programs are designed to improve knowledge, skills and critical judgment for healthcare providers.
• Websites, social media and digital resources
• Professional education programs and events
• CPR/AED training for professionals
• Development of scientific guidelines and standards
• Systems guidelines for hospitals to improve care for STEMI and stroke patients and treatments

12.3% FUNDRAISING
Most of the association’s campaigns and events are a combination of fundraising and health education activities or materials for soliciting financial support for the American Heart Association’s mission, plus related expenses.

Brand Power

No. 1 Health Nonprofit Brand of the Year
One of America’s GREATEST BRANDS
• 92% of consumers recognize the brand name
• AHA is ranked among the top 10 of all brands for quality (profit and nonprofit)
• One of the TOP FIVE “best liked” causes
• Meets ALL 20 STANDARDS for Charity Accountability
• 68% of consumers like or love the brand
• 20% of consumers have interacted with the brand and 32% have an emotional connection

OUR MARKS
• 71% of consumers recognize the Heart & Torch
• 98% of consumers have a favorable reaction to the logo
• 90% of consumers are more likely to buy a product with the AHA logo on it

THE HEART-CHECK MARK IS USED BY
72 million adults (30% of the population) to make decisions about select foods and beverages

7% AMERICAN HEART ASSOCIATION
59% FDA
44% PRODUCT MANUFACTURER
43% USDA

AMERICAN HEART ASSOCIATION
American Heart Association
Life is why®

This chart bases the financial activities of the American Heart Association, American Stroke Association, fiscal year ended June 30, 2014.

A complete copy of financial statements audited by KPMG, LLP is available upon request from the American Heart Association, Inc., 7272 Greenville Ave., Dallas, TX 75231 or on our website at heart.org.

Financial Health
Earnings: Income from contributions, donations, gifts, bequests, legacies, endowment funds, fines, penalties, forfeitures and grants.

Total Revenue: Includes all earnings, plus proceeds from sales of other goods and services.

Total Expenses: Includes administrative, program and fundraising expenditures.

Expenditures: Includes all expenses, except fundraising expenditures.

Funding Ratio: Exhibits the percentage of total expenses that is covered by contributions, donations, gifts, bequests, legacies, endowment funds, fines, penalties, forfeitures and grants.

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