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Heart
Association

American
Stroke
Association®

life is why®

JOIN US IN CREATING A CULTURE OF HEALTH



TOGETHER, WE CAN
IMPROVE AND SAVE LIVES.



AHA Greater Washington
Region Board of Directors
**TACKLES BLOOD
PRESSURE TO
HELP REACH
2020 GOAL**

JOIN THE AMERICAN HEART ASSOCIATION...

To make the healthy choice the easy choice where we live, work, learn, play and heal. Join the AHA movement to transform the culture of the workplace to meaningfully engage employees to get healthy... and we need you.

The decision to invest in the health of employees has an additional benefit for their families and the communities where they live, potentially creating far-reaching benefits for the company and beyond such as improved employee health, lower healthcare cost trends and increased job satisfaction.

Please allow us the opportunity to learn more about your priorities around the health and engagement of your workforce to see how we can partner.

Together, we can achieve a culture of health!

BUILDING POWERFUL PARTNERSHIPS



CLOUD-BASED PRECISION MEDICINE DATA MARKETPLACE TO ACCELERATE DISCOVERY

The American Heart Association (AHA) and Amazon Web Services (AWS) announced the launch of a global, secure cloud-based data marketplace that will help revolutionize how researchers and clinicians come together as one community to access and analyze rich and diverse data to accelerate solutions for cardiovascular diseases -- the No. 1 cause of death worldwide.

The AHA Precision Medicine Platform will include a vast array of curated rich datasets, that are centrally stored, easily searched and accessible, and managed on the AWS cloud. This platform enables researchers and clinicians to aggregate and analyze a rich breadth and depth of data including longitudinal cohorts, proteomic, genomic, and gene expression data using a precision medicine approach to uncover critical cardiovascular disease insights that translate into medical innovations that positively impact millions of lives.

“AHA and AWS bring unique strengths and complementary expertise to the Precision Medicine Data Marketplace with AWS offering the immense computational and analytical power necessary to manage the information ecosystem of this magnitude,” said Teresa Carlson, Vice President Worldwide Public Sector, AWS, Inc. “We are very excited to work with AHA to quickly bring resources and advancements to patients more rapidly and to make these scientific discoveries a reality.”

life is why
we are building a
culture of health
TOGETHER.



ADVANCING
Research



PARTNERING
for Healthier Schools
& Early Childcare



INCREASING
Physical
Activity



ENGAGING
With the Cause



ENHANCING
Nutrition



BUILDING
Healthy Families



“We can achieve this [controlled blood pressure] through enlisting the help of leaders in our community...”

– SEAN BALLINGTON | AHA GREATER WASHINGTON REGION BOARD CHAIRMAN



“We need to implement evidence based quality improvement, systems-thinking approaches, and policies to help improve health for large groups of people.”

– DR. RICHARD BENSON | AHA GREATER WASHINGTON REGION BOARD PRESIDENT



**\$75M ONE BRAVE IDEA™
RESEARCH AWARD
GRANTED TO
DR. CALUM MACRAE**



The American Heart Association (AHA), Verily Life Sciences LLC (formerly Google Life Sciences), an Alphabet company, and AstraZeneca, announced that the One Brave Idea™ research award will be granted to Dr. Calum MacRae, chief of cardiovascular medicine at Boston’s Brigham and Women’s Hospital, to support his visionary approach to understanding and addressing coronary heart disease (CHD) and its devastating consequences.

“The vision for One Brave Idea was to create an innovative model for scientific research by bringing together significant resources and diverse organizations to support a single vision,” said Dr. Jessica Mega, chief medical officer of Verily. “With our partners at the AHA and AstraZeneca, we hope this initiative will inspire other new approaches to funding and catalyze meaningful advances for patients living with coronary heart disease and other conditions.”

“AstraZeneca, AHA and Verily share a common purpose and passion for patients and science. We believe that this collaboration will ignite and inspire ideas, opening the door to find a big, brave solution,” said Dr. Greg Keenan, vice president and head of US Medical Affairs of AstraZeneca. “Dr. MacRae’s research not only has the potential to advance our understanding of coronary heart disease and its underlying consequences, but also allows us to combine resources to take a truly innovative and multidisciplinary approach in addressing cardiovascular disease.”

GETTING BLOOD PRESSURE RIGHT!

AHA’s 2020 Goal is to reduce death from cardiovascular disease and stroke by 20% and to improve the cardiovascular health of all Americans by 20%. Though there has been an overall reduction in deaths from heart disease and stroke, we saw a decrease in life expectancy for the first time since the 1990’s!

Untreated high blood pressure can damage and weaken the arteries which leads to a higher risk for heart attack and stroke. “In terms of blood pressure control, we need to ensure that 13.6 million adults in the US are able to bring their blood pressure to acceptable levels,” said board president and associate medical director of the Comprehensive Stroke Center at MedStar Washington Hospital Center, Dr. Richard Benson. “Acceptable levels for blood pressure are less than 120/80 mmHg based on AHA guidelines. To do this, we need to implement evidence based quality improvement, systems-wide approaches, and policies to help improve health for large groups of people.”

The Board of Directors of the AHA, Greater Washington Region has set blood pressure management as their 2017 health priority with the biggest impact locally. Currently, only 59% of insured patients in the region with high blood pressure are controlled. The AHA has set an aggressive goal to move the number up to 70% or more.

“The DC Metro area (including the surrounding VA and MD areas) has high rates of uncontrolled blood pressure spanning a diverse population,” said board chairman, Sean Ballington of PricewaterhouseCoopers, LLP. “I am confident that we can achieve this through enlisting the help of leaders in our community to affect change through our businesses, local governments, religious communities and clinics and healthcare systems. One of the great misunderstandings is that just because you are taking medication, does not mean that your blood pressure is controlled.”



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Post-Event
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STRENGTHENING
Public Policy



PROVIDING
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ADDRESSING
Determinants of
Health





SAVE THE DATE!

Monday, February 6, 2017

The Women's Board of the American Heart Association
Greater Washington Region Presents

A Benefit Luncheon & Fashion Show

bloomingdale's

HOBBS
LONDON

Marriott Wardman Park Hotel
2660 Woodley Road NW Washington, DC 20008

Reception at 11am, Luncheon at 12pm

Mimi Lawless & Nell Shapiro, 2017 Luncheon Co-Chairs



We support the Women's Board of the American Heart Association because it is an amazing group of dedicated women of all ages working on the front lines to end cardiovascular disease. An Affair of the Heart Fashion Show and Luncheon – now in its 69th year – brings together over 1,000 women and men for a beautiful and fun fashion event that raises money to support fundamental, cutting-edge cardiovascular research.

We love knowing that every dollar we raise funds much-needed research, and that every grant funded by the Women's Board through the American Heart Association helps bring us one step closer to a world free of the devastating effects of heart disease.

Learn more at www.affairoftheheartdc.com



19th Annual

Heart Ball

February 25th, 2017 | Mandarin Oriental Hotel



Thank You to Our Top Level 2017 Sponsors*

Bender Foundation, Inc./Blake Real Estate

David & Barbara Humpton

Rob & Patti Franklin



*as of printing deadline

The Heart Ball, a black-tie celebration of life, supports the American Heart Association's mission: building healthier lives, free of cardiovascular diseases and stroke. The evening includes dinner, dancing, and an exciting live and silent auction. For more information please call 703.248.1717 or visit

www.dcheartball.com

David & Barbara Humpton, 2017 DC Heart Ball Chairs



Think about your family, your friends, your colleagues and your community. How many do you know whose lives have been changed by heart disease or stroke? Cardiovascular disease is the #1 killer of men, women and children. We've lost loved ones, but we've also seen miraculous recoveries.

The work of the AHA is impressive. They are funding innovative research, fighting for stronger public health policies and developing educational programs. The DC Heart Ball is the culmination and celebration of the organization's fundraising events throughout the year. As this year's theme proclaims, this is the Heart of the Community.



33rd Annual Golf Tournament Monday, April 24, 2017

American Heart Association 33rd Annual Golf Tournament Monday, April 24, 2017 | Woodmont Country Club



Thank You to Our 2017 Tournament Sponsors*

Somsak Chivavibul

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*as of printing deadline

Senior level executive leaders 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 please call 703.248.1717 or visit

www.ahagolftournament.org

Somsak Chivavibul, Navient CFO & 2017 Golf Tournament Chair



We are reminded everyday about the impact of cardiovascular disease on our lives. With millions of Americans living with heart disease, stroke or a cardiovascular condition, virtually every family has been directly affected. The AHA's mission isn't to just teach us how to manage these health issues, but to actually provide education and lifestyle programs aimed at preventing the disease before it occurs. The AHA funds important initiatives that teach us all how to live healthier, happier and longer lives.

I've had the pleasure of serving on the AHA Golf Tournament Committee since 2011 and have the honor of chairing the 2017 tournament. Come join the top companies in the greater DC area as we engage in a fun day of exercise and fresh air at the beautiful Woodmont Country Club, one of the top private clubs in the DC area. We strive to make the event better and better each year and will continue to do so in 2017. The tournament will be held on April 24, 2017 which is a perfect time to kick off the golf season. Come out and help us make a difference!

18TH ANNUAL

Heart's Delight Wine Tasting & Auction

BENEFITING THE AMERICAN HEART ASSOCIATION

May 10 – 13, 2017



May 10: United States of Wine Reception & Collectors Dinner



May 11: Embassy & Winemaker Dinner Series



May 12: Vintners Dinner & Auction



May 13: Bordeaux Master Class & Grand Tasting

THANK YOU TO OUR 2017 HEART'S DELIGHT WINE TASTING & AUCTION SPONSORS*

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Heart's Delight is recognized as a premier destination event where master winemakers, culinary greats and our distinguished guests gather to play and bid in the Nation's Capital. With our 17 year history of incredible generosity from around the world, Heart's Delight has raised more than 15 million dollars for the American Heart Association.

WINE TASTING
ESTD 1999
HEART'S DELIGHT
& AUCTION

www.heartsdelightwineauction.org

*as of printing deadline

COLBY GROOM WAS ONE OF
THE 40,000 BABIES BORN EACH YEAR
WITH CONGENITAL HEART DISEASE.



Colby Groom and his family

He had back to back open heart surgeries at the ages of 8 and 9. After his surgeries, Colby struggled academically, socially and physically. He was teased and cried every night.

His family tried to turn Colby's negative outlook around by getting him involved with the American Heart Association. At the age of 10, he told his first survivor story. Soon after he was arranging events for his school, helping mentor other "heart" kids and raising money for the AHA.

Colby's father is a winemaker. At age 11, he asked his father if they could make a wine together and donate the proceeds to heart research in the hopes that "no kid would have to go through what he went through." In 2010 two barrels of wine, totaling 50 cases, were made. The wine, Colby Red, was named after him.

Walgreens heard about Colby's story and asked if they could sell the wine in their stores to help make an impact. Then, the Today Show had Colby and his family on the show in February 2011. The Today Show called it "one of the best red wines we have ever tasted."

THE INITIAL HOPE WAS TO RAISE \$500. TODAY, COLBY RED HAS RAISED OVER \$1MILLION FOR HEART DISEASE RESEARCH.

Colby Groom is now 18 years old. He goes to Loyola Marymount University in Los Angeles and is majoring in Political Science. Colby is a proud supporter of Heart's Delight and will be attending the 18th annual event this May.



American
Heart
Association®

LAWYERS HAVE HEART

27th Annual Lawyers Have Heart 10K & 5K

Saturday, June 10, 2017 | Georgetown's Washington Harbour
www.LawyersHaveHeartDC.org



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Eric Reicin, MorganFranklin Consulting VP, General Counsel & Corporate Secretary & 2017 Lawyers Have Heart Chair



I am truly honored to impact the American Heart Association and serve as the 2017 Lawyers Have Heart Chair. Often called the premiere athletic philanthropic event, specifically led by the greater D.C. legal community, Lawyers Have Heart enables employees and friends to give back to the community while improving their personal health and building positive relationships.

Lawyers Have Heart helps the American Heart Association further its important education, advocacy, and research mission. I would encourage everyone to join our efforts in 2017.



JOIN US FOR THE
GREATER WASHINGTON REGION HEART WALK
NOVEMBER 4TH, 2017 ON THE NATIONAL MALL
www.GreaterWashingtonHeartWalk.org



Heart Walk®



CENTURYLINK'S ERICH SANCHACK IS NAMED 2017
CHAIR OF THE GREATER WASHINGTON REGION
HEART WALK



The American Heart Association is happy to announce that Erich Sanchack, senior vice president and general manager for federal government solutions at CenturyLink, has been named chair of the 2017 Greater Washington Region Heart Walk.

Sanchack joined CenturyLink in October with more than 20 years of industry experience and after more than 12 years with Lockheed Martin, where he served as vice president of competitive enhancements and, prior to that, as vice president of information technology services for Lockheed's Information Systems & Global Solutions defense business. As a former U.S. Marine Corps finance officer, Sanchack started his private sector career with Tetra Pak Inc. in Denton, Texas.

Sanchack is also a member of the board of directors for the American Heart Association for the Greater Washington Region. "I am honored to chair the Greater Washington Region Heart Walk," says Sanchack. "We can all live longer, healthier lives through exercise and diet, and make an impact on the lives of others through education and awareness. By supporting the American Heart Association, you are not only impacting your own health, but the health of your loved ones, community members and employees. Each of us can play an important role in encouraging others to live healthy lives and I'd like to thank CenturyLink for supporting me and this life-saving cause."

The Greater Washington Heart Walk is the American Heart Association's mission in action. This annual celebration of life promotes physical activity and heart-healthy living for the whole family. The 2017 Greater Washington Heart Walk has a goal to raise \$2,500,000 for the American Heart Association's life-saving mission to build healthier lives free from cardiovascular diseases and stroke. The Walk is a non-competitive, three-mile walk or one-mile walk and is open to both corporate and community teams as well as individuals. Event festivities include Zumba by Bling it on Fitness, a Kids Zone, a Doggy Parade, activity stations, and fun for the entire family.

In 2016, more than 12,000 walkers and sponsors in the Greater Washington Region raised over \$2.27 million in support of the American Heart Association.

For more Information: GreaterWashingtonHeartWalk.org or 703-248-1715.

THANKS TO OUR 2016 SPONSORS.
WE HOPE TO HAVE YOU BACK IN 2017!

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7. Leidos, **\$60,232**
8. Inova Heath System, **\$61,574**

9. Gooden LLC, **\$45,950**
10. SC3, **\$41,432**
11. AHA Community Teams, **\$36,565**
12. PAE, **\$36,421**
13. Shoppers Food & Pharmacy, **\$35, 970**
14. ViON, **\$30,050**
15. Long & Foster, **\$28,900**
16. Siemens Government Technologies Inc., **\$27,740**

17. Harris, **\$26,093**
18. Booz Allen Hamilton, **\$25,106**
19. PricewaterhouseCoopers, **\$23,881**
20. Sheehy Auto Stores, **\$19,064**
21. Synectics, **\$18,886**
22. Coldwell Banker, **\$17,712**
23. KPMG, **\$14,430**
24. Deloitte, **\$12,599**
25. Korn Ferry, **\$11,553**



DynCorp INTERNATIONAL

THE AMERICAN HEART ASSOCIATION SALUTES DYNCORP INTERNATIONAL FOR BEING THE LARGEST FUNDRAISING COMPANY AT THE 2016 GREATER WASHINGTON REGION HEART WALK.



With fundraising in excess of \$220,000 to support the mission of the AHA, DynCorp International is our top fundraising company for 2016. Thank you to 2016 Heart Walk Chair, Lou Von Thaer, CEO of DynCorp International, for your vision and dedication for our cause.

“At my company, DynCorp International (DI), cardiovascular conditions account for our biggest health insurance costs and take a large human toll on the people we care for and depend upon. 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.”



SIEMENS

Ingenuity for life

LIFESTYLE CHANGE AWARDS PRESENTED BY SIEMENS GOVERNMENT TECHNOLOGIES, INC.

The AHA was proud to have Siemens Government Technologies, Inc. as the presenting sponsor for the annual Lifestyle Change Awards. These awards recognize individuals who have made significant improvements to their lifestyle, have overcome a heart or stroke event and work to inspire others to do the same.

“The Lifestyle Change Awards embody the mission of the American Heart Association. We are honoring our community members, friends and family who have made their health a priority in this busy world,” said Barbara Humpton, President and CEO of Siemens Government Technologies, Inc.

WE CONGRATULATE OUR 2017 HONOREES:

- | | | |
|------------------------|------------------|----------------|
| ❑ Carolyn Abner | ❑ Christy Dehner | ❑ Sandra Maxey |
| ❑ Mikell Reede Carroll | ❑ Bruce Henry | ❑ Ashley Monie |
| ❑ Skip Davidson | ❑ Sheila Lyons | |

BARBARA HUMPTON
President and CEO
Siemens Government
Technologies, Inc.

“This year’s winners are an inspiration to all of us.”



BRINGING SOCIAL MEDIA TO THE HEART WALK: LEIDOS

Leidos brought social media to life at the Heart Walk with a real-time social media wall to display all the fun our 12,000 participants had. The #DCHeartWalk had a reach of 3.8 million and was trending on Twitter on the day of the event.

“We have a passionate workforce at Leidos. Our social media platforms enable us to highlight the dedication our employees have for important causes,” said Roger Krone, Chairman and CEO of Leidos. “We have a range of wellness initiatives at Leidos, and The Walk brings many of us together in a way that makes heart health a priority.”



BUILDING POWERFUL PARTNERSHIPS: SHEEHY AUTO STORES, INC.

Sheehy Auto Stores, Inc. supported the Greater Washington Region Heart Walk and the AHA mission with its 19th Annual Sheehy 7000 Sales Event, a community-wide effort to sell cars while raising awareness and funds to benefit the AHA. The successful event ran from May 13 through July 5 and raised \$225,000!

Each of the Sheehy dealerships throughout Washington, DC, Richmond, VA and Baltimore, MD led various initiatives in support of the Sheehy 7000 including premium giveaways, blood pressure screenings and CPR training for employees and the community.

Last April, Sheehy also hosted members of the community at the Springfield Town Center on National Walking Day. The event featured large group walks through the mall with learning stations on CPR, healthy cooking, stroke risk and more.

“We are proud to partner with the American Heart Association through fundraising efforts and events to make a difference in the communities we serve,” said Vince Sheehy, President of Sheehy Auto Stores. “Heart disease has touched many of us in one way or another and this charity does much to educate, raise awareness and help save lives.”

The AHA is also excited to announce that Sheehy Auto Stores, once again, has signed on to sponsor the 2017 Greater Washington Region Heart Walk!

EXECUTIVES WITH HEART

- 1. Stephen Lustgarten, Blake Real Estate \$50,782
- 2. Linda Gooden, Gooden LLC \$45,200
- 3. Mac Curtis, Vencore, Inc. \$40,710
- 4. Lou Von Thaer, DynCorp International \$23,471
- 5. Vincent Sheehy, Sheehy Auto Stores \$19,064
- 6. David Page, SC3 \$14,788
- 7. Kevin Wideman, ASRC Federal \$11,884
- 8. Steve Solomon, Blake Real Estate \$11,230
- 9. Michael Peduzzi, KPMG \$9,430
- 10. Barbara Azzinaro, NEWH \$8,398
- 11. Kathleen Delano, PMIC Inc. \$8,025
- 12. Mark Benedetti, Blake Real Estate \$8,000
- 13. Clarissa Garcia, American Heart Association \$8,000
- 14. Corey Lyon, ASRC Federal \$7,925
- 15. Mark Gray, ASRC Federal \$6,879
- 16. Bill Clark, Blake Real Estate \$6,800
- 17. Mark White, HPE \$6,620
- 18. Liz Anthony, ViON \$6,505
- 19. John Heller, PAE \$6,500
- 20. Mick Fox, PAE \$6,250
- 21. Jim Garrettson, Executive Mosaic \$6,225
- 22. Greg Flatt, Booz Allen Hamilton \$6,200
- 23. Dave Clark, SC3 \$5,950
- 24. Peter Ekelund, Blake Real Estate \$5,800
- 25. Marilyn Crouther, HPE \$5,500
- 26. Natalie Givans, Booz Allen Hamilton \$5,420
- 27. Kelly Laurel, Siemens Government Technologies Inc. \$5,400
- 28. John Barron, AECOM \$5,250
- 29. Jacob Sapp, ASRC Federal \$5,240
- 30. Cheryl Fyock, Deloitte \$5,235
- 31. Sean Ballington, PwC \$5,145
- 32. Barbara Humpton, Siemens Government Technologies \$5,050
- 33. Vanessa Waller-Jones, ICMA-RC \$5,050
- 34. Donna Huff, GEICO \$5,030
- 35. Jim Cantor, Leidos \$5,016
- 36. Pierre Chao, Renaissance Strategic Advisors \$5,000
- 37. Mark HuYoung, Northwind Partners \$5,000
- 38. Wayne Lucernoni, Harris \$5,000
- 39. Kent Matlick, Vencore, Inc. \$5,000
- 40. George Newstrom, NTT DATA, \$5,000
- 41. Bob Sullivan, PwC \$5,000

A NOTE FROM ELIZABETH ANTHONY
2016 EXECUTIVES WITH HEART CHAIR

When asked to chair Executives with Heart, I knew that it was something I had to do. The impact of heart disease and stroke is very personal to me and I see how it can impact the lives of families across the country. At the age of 54 my heart story began, when after a trip to the ER, I learned that I had to have multiple stents placed within a matter of hours.

Though I lived a healthy lifestyle, heart disease still happened to me due to an

extremely high family history. Had it not been for quick action, I may have been part of a group of women who don't leave the hospital as a result of conditions similar to mine. Executives with Heart gave me an opportunity to help give back and to rally my peers across industries to raise funds for research that, frankly, helped saved my life. Educating women about heart disease is important to me – it affects women differently than men. The Greater Washington Region Heart

Walk gives us all an opportunity to come together and put our health at the forefront as we walk toward a healthier future.

From the bottom of my heart, I want to thank and congratulate our Executives with Heart who raised over \$441,698 in support of the American Heart Association.

ELIZABETH ANTHONY
Sr. Vice President of Marketing, ViON



THANKS TO
ALL THE HARD
WORK OF OUR
BOARD OF
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TOGETHER, WE
ARE MAKING
THE HEALTHY
CHOICE *THE*
EASY CHOICE.

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WHY THE AHA? WE NEED YOU!

The work of the American Heart Association touches all of us in some way. We all know someone who has been affected by cardiovascular diseases. Take a moment and think about it – do you know a child who was born with a congenital heart defect? Someone with high blood pressure, high cholesterol, who has a pacemaker, stent or even has had open heart surgery or a heart transplant? All of these lifesaving procedures have been a direct result of research and technological advancements made by the AHA. In addition, thanks to our volunteers’ involvement over the years, the areas of cardiovascular treatment and care have made significant progress, and countless lives have been saved.

When anyone asks me why the AHA, these are things I tell them. Our success is built on creating transformational partnerships with organizations, across all industries, to further our work to create a culture of wellness. Through our relationships, we can affect change and that starts right here, with you.

Let’s make 2017 the year you join us on our journey to a healthier workplace, community and ultimately world. Together, we can make a huge difference.

Thank You,



SOULA ANTONIOU
Executive Director

American Heart
Association, Greater
Washington Region

WORKING WITH OUR NEXT GENERATION TO CARRY THE TORCH TO A HEALTHY FUTURE....

YOUNG PHILANTHROPISTS LEAD WITH THE HEART

The AHA harnesses the enthusiasm of the DC area’s young professionals through targeted committees and events. Engaging our young workforce is key to driving our mission priorities and provides networking opportunities through group activities focused on health in addition to receptions and social events.

PULSE hosts year-round events, like Paint The Town Red, in support of the Heart Ball. **PULSEDC.org**.

The **Life is Why** Committee supports the fundraising efforts of Heart’s Delight Wine Tasting & Auction. **heartsdelightwineauction.org**

THE MANY FACES OF HEART DISEASE

Channing Muller joined PULSE in February 2012 as a two-time heart attack survivor. After experiencing such a serious health issue at the age of 26, she wanted to use her experience to educate others about heart disease so no one else had to experience what she did. She has since served as Mission Chair and is currently a co-president. She is the principal and founder of DCM Communications, a marketing consulting agency focusing on advertising, branding and content.



“I believe that everyone needs to give back, no matter your position. This was supremely important to me before I ever became affected with heart disease and continued to make corporate social responsibility a part of whatever company I worked for. After my heart attacks, my mission became clear and my fundraising and awareness efforts became focused on heart healthy workplaces through organizing teams for AHA events, like Lawyers Have Heart and the Heart Walk, and promoting better food options on-site. The AHA makes it easy to engage year-round to have a tremendous impact in the workplace.”

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