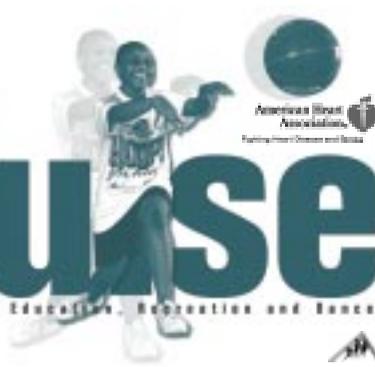


ThePulse

American Alliance for Health, Physical Education, Recreation and Dance



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Joint Projects Convention Success in Sunny San Diego

The 2002 National AAHPERD Convention and Exposition in San Diego, California was a huge success. HPERD professionals from across the country took full advantage of the convention's stunning waterfront location and engaging sessions and meetings.

The Joint Projects office offered both hands-on workshops and lecture sessions to convention attendees. The activity sessions were jam packed with participants ready to learn more about Jump Rope for Heart and Hoops for Heart. Rene Bibaud left the audience in awe as she performed her Cirque Du Soleil jump rope dance routine. Bibaud wowed

Continued on back cover...

websites: www.aahperd.org

www.americanheart.org



See The Pulse on-line at

www.aahperd.org/aha-pulse

The Pulse Newsletter

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At the Heart of the Matter



Rene Bibaud takes a break from her amazing jump rope dance routine to mingle with a few demo team members.

The AHA Research Corner

Keep Your Cool Under Fire to Minimize Stroke Risk

By: Elaine Speer, AHA Communications Manager, Public Relations



According to a study in the August issue of *Stroke: Journal of the American Heart Association*, hypertensive men who became flustered by a hectic test had a stroke rate nearly twice that of men who were unruffled by the stressful situation. This research means it may be possible to identify and offer behavior counseling to people who have difficulty handling stressful situations, which may help reduce their stroke risk.

“We found that hypertensive men who don’t manage stressful situations with composure may be at an increased risk of stroke,” says the study’s lead researcher Lena André-Petersson, psychologist and researcher in the gerontology research center at Lund University in Lund, Sweden.

To investigate the association between adaptation to stress and stroke incidence, researchers administered a simple stress-inducing test called the Color Word Test (CWT). In this test each man was presented the name of a color, which was printed in a different color. The men were then asked to name the color of the print.

Researchers followed 238 elderly Swedish men with high blood pressure in the “Men Born in 1914” study group in Malmo, Sweden, from 1982 and 1983 until first stroke, death or December 31, 1996. They observed the participants’ behavior during the CWT test and noted four major patterns of stress adaptation.

Individuals with a “**stabilized**” pattern kept an even pace throughout the entire test; they made up their minds how to handle the conflict and stuck to the initial plan.

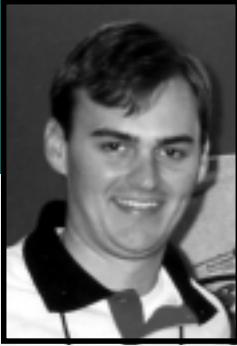
Those with a “**cumulative**” pattern tried out new ideas or got tired along the way. As a result, each subtest took a little longer.

Men with a “**dissociative**” pattern made many different attempts to handle the conflict. Even though some approaches were successful, they did not stick to them. André-Petersson notes they either had difficulty concentrating or all the different approaches made it hard for them to concentrate.

Finally, men with a “**cumulative-dissociative**” pattern combined the last two patterns. This means they tried new approaches, their concentration failed, they could not control their reactions to the test, and they became exhausted toward the end. As a result, each subtest took more and more time. André-Petersson noted that these men show outward signs of stress such as sweating, facial flushing and other signs of frustration.

During follow up, 13.4 percent of men in the “stabilized” group had strokes. By comparison, 15.1 percent of those in the “cumulative” group, 16.7 percent of those in “dissociative” group, and 26.6 percent of the “cumulative-dissociative” group had strokes.

In the future the research team plans to conduct validation studies among other populations such as women. ♥



Jason Shields

AHA Names New Director of Schoolsite Fundraising

JASON SHIELDS

Jason Shields has been named the American Heart Association's new Director of Schoolsite Fundraising. Shields has been in this position since January 2002 when he replaced Richard Stein (Stein is still with the AHA in the CPR/ECC Department).

Jason has worked for the AHA for the past 8 years. He began his career with the AHA in Georgia as a Field Representative and most recently served as the Vice President of Youth Markets for the Mid-Atlantic Affiliate.

In his four-year tenure as Vice President of Youth Markets for the Mid-Atlantic Affiliate, Jason had tremendous success growing the Jump Rope for Heart and Hoops for Heart programs. The Mid-Atlantic Affiliate has been consistently ranked among the top JRFH and HFH Affiliates in the nation. Jason and his wife, Kristi, will be relocating to Dallas, TX, in July 2002. ♥

Iowa Heart Survivor Jumps for 'HER' Heart

Fourth-Grader at Wilson School Raises \$1,200

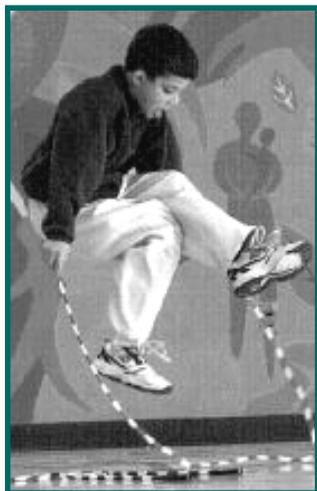
By: Jennifer Crome, AHA Heartland Affiliate Staff

Michelle Sheriff, a fourth-grader at Wilson School in Cedar Rapids, Iowa will be jumping for 'her' heart at the school's annual Jump Rope for Heart event. Sheriff, a heart survivor, who recently underwent open-heart surgery to correct a birth defect, has raised \$1,200.

The Sheriff family "has put fourth the most outstanding effort over the last six years for Jump Rope for Heart," said Grant Schultz, Jump Rope for Heart Coordinator at the Wilson School. "These kids and their mom are going above and beyond...and Michelle is finally getting back to where she was." The Sheriff family has been involved with the American Heart Association through the Jump Rope for Heart program, speaking engagements for the American Heart Walk, and the annual AHA Volunteer Recognition Luncheon.

"Jump Rope for Heart is one way our family can give back to the American Heart Association" for all that they have done to help Michelle, said Diane Sheriff, Michelle's mother. "Last year our older daughter, Christina, also raised \$1,200 (for the JRFH program) and was the top fund-raiser for Wilson School. She did it for Michelle." ♥





Joseph Fustero keeps up the beat.

Stories from the Heart



JOSEPH FUSTERO

Joseph Fustero is a 4th grader at Kensington Parkwood Elementary School in Kensington, Maryland. He has been a patient at Children's Hospital and Georgetown Pediatrics since he was one month old, when doctors first discovered that he had a heart murmur. Joseph was later diagnosed with pulmonary and aortic stenosis.

In spite of several health issues and physical impairments, including strabismus, extremely pronated feet and sensory integration dysfunction, Joseph has always been driven to succeed. While you will not find him at your local sports game, (Joseph says that you have to “go with the flow”) he makes the honor roll, principal's list, and receives “outstanding” marks for his behavior every school term.

In the 1st grade, Joseph was unable to jump rope properly. Determined to jump rope, he spent countless hours in his backyard and basement practicing jump rope skills until he was able to consecutively jump 175 counts without missing a beat. He confronts obstacles by setting goals and then with hard work, dedication, and perseverance he is able to exceed his goals.

When PE teacher, Charmain Sutherland, presented the Jump Rope for Heart program to her class, Joseph immediately became excited about the opportunity to raise money for the American Heart Association. He wanted to raise money to help other kids with heart problems and he was determined to raise the most money in his school.

Joseph asked neighbors, friends and local business people to support him in his quest to raise \$1,000. The ground swell of support and encouragement from the community was overwhelming and Joseph was able to raise more than \$1,400.00 for the Jump Rope for Heart Program at Kensington Parkwood Elementary School — the highest total in the school. ♥

Joseph Fustero's Tips for Successful Fundraising:

- ♥ Be sure to say thank you to everyone, including those that say no. Remember that 3 out of 5 people will say yes and one day a no may become a YES!
- ♥ It is best to obtain donations upfront rather than collect donations later.
- ♥ Choose your schedule weather permitting and stick to it. For every 2-1/2 hours of fundraising you will average \$200 - \$250.
- ♥ Set a goal. This is what pulls you through the no's. You can do it, too!

Survivor Stories

ALEXANDRIA “ALLIE” GASIOROWSKI



Alexandria “Allie” Gasiorowski is a beautiful, vivacious 9-year old who loves to jump rope, dance, sing and read. Her favorite place to be is on stage — whether it’s in her school talent show, a dance recital, or in her own back yard for her family and friends.

Allie is quite an impressive child. In the 2nd grade she had the opportunity to be a reporter for a local monthly cable news program. She was an all-round professional while interviewing the president of General Motors and the local school board president. But it’s not her accomplishments that make her unique. It’s not the three heart surgeries that she’s been through either. What makes her so special is her unbelievable sensitivity towards others.

Allie’s always the first to comfort a friend — or stranger. When she heard about the trouble in Kosovo and the earthquake victims in Turkey, she sold lemonade to raise money for them. Recently, the father of a friend in her church choir suffered a heart attack and immediately Allie wanted to do something to help. Allie made the family cookies and sent a card that said she understood what it was like to have heart-related challenges.

When Allie was first diagnosed with multiple congenital heart defects at two months of age, it was very difficult for her family to accept. She had coarctation of the aorta at 4 months, a VSD repair at 13 months, and a mitral valve replacement at 4 years. As Allie grew, it was clear that she was the one who gave her family the strength to accept the tough days ahead.

Allie is a gift — a miracle — a fighter. She embraces life and lives each day to the fullest. Her 3rd grade class was recently asked to describe Allie. Along with generous compliments of being a good reader and math student, the comments that most stood out were that Allie is “always nice”, “always smiling”, and “always ready to help others”.

The little angel who once had a weak heart has always had the biggest heart — full of love and genuine concern for others. Today, Allie is doing well thanks to many prayers, dedicated doctors, advanced research funded by the AHA, and Allie’s wonderful spirit and zest for life. ♥

Adapted from the AHA with permission.





JUMP ACROSS THE NATION

University of Tennessee at Chattanooga JUMPS at the Chance to Fight Heart Disease and Stroke

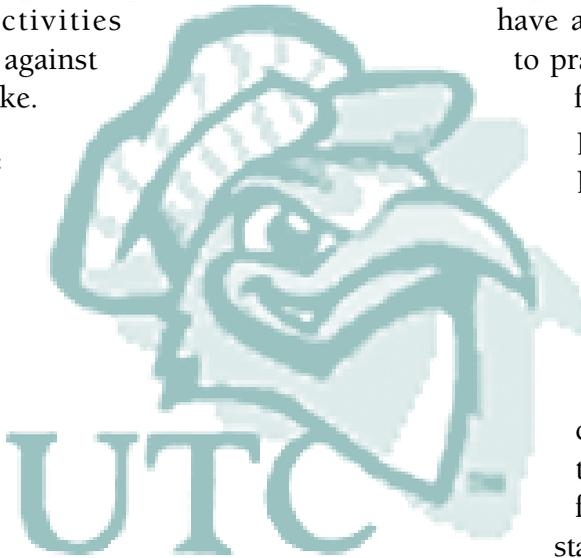
Monday morning, February 11, was not like most days at Maclellan Gymnasium on the campus of the University of Tennessee at Chattanooga. Normal routines were put on hold as the Department of Exercise Science, Health and Leisure Studies (EHLS) geared up for two days of activities dedicated to the fight against heart disease and stroke.

Supporting the American Heart Association by participating in the Jump Rope for Heart program has been a departmental project for many years. Last year, under the guidance of co-ordinator Dr. Leroy Fanning and other dedicated EHLS faculty and staff, students collected over \$7,700 dollars. These efforts gave the University of Tennessee-Chattanooga the distinction of being recognized as the top “Jump Rope for Heart” fund-raiser among Universities in the United States. This year, Dr. Fanning and his colleagues, encouraged their enthusiastic students to break their own record. They achieved this goal and collected over \$11,000 dollars.

Participation in this event serves more than the obvious benefits of raising money for the American Heart Association. Students gain insight into the importance of taking an active role in community service, and also receive basic training in goal-oriented fundraising. Additionally, students have a unique opportunity to practice social and professional skills such as perseverance, discipline, determination and compassion.

It is the belief of the EHLS Department that Jump Rope for Heart plays a central role in helping to meet the goals set forth by the mission statements of the University and the Department.

The University mission statement encourages partnerships which strengthen the University and community while the EHLS Department encourages the promotion of health-promoting lifestyles through its disciplines which enhance quality of life. The Jump Rope for Heart event teaches students how to join with a community partner and work towards a goal that will ultimately enhance the quality of life for others. ♥



Cooperation, Commitment and Hustle – JRFH/HFH Keys to Success in Michigan

By: Joyce Signor, MI JRFH State Coordinator

This year Michigan AHPERD was pleased to welcome five members of the American Heart Association's staff to the State Convention in Traverse City. Jacquie Eddy, Vice President of Youth Market for Michigan attended as well as four Youth Market Directors from across the state. The AHA's presence allowed thirty-one schools to register for JRFH or HFH events on-site at the Convention.



The MAHPERD convention was a huge success with one of the highlights being keynote speaker Rene Bibaud. Rene began her rope-jumping career in the fifth grade when she was an original member of Bob Melson's Jump Rope For Heart Demonstration team. Her career highlights have included: World Speed and Freestyle Champion (1980 - 1988); international team tours throughout the United States, Canada, Australia and Japan; performing in American Heart Association Rope Skipping Videos; and most recently performing as an artist and coach for "Cirque Du Soleil" (1996 - 2001). In addition to Rene's keynote address, she conducted two jump rope skills sessions.

One other exciting session was Share and Care for JRFH and HFH. This session provided a forum for coordinators to exchange ideas. Attendees were presented with a booklet describing outstanding best practices and ideas from across the country.

MAHPERD is committed to both a strong State and Midwest Affiliate. Currently, MAHPERD is preparing to participate in the first Midwest Affiliate JRFH/HFH Coordinator Workshop at Valparaiso University in Valparaiso, Indiana. Illinois, Indiana, Michigan and the American Heart Association Midwest Affiliate are working together to plan and present a two-day workshop for more than 150 coordinators and AHA staff. The Affiliate training session will promote the Jump Rope For Heart and Hoops For Heart programs, give participants the opportunity to learn new skills, exchange ideas, and network with other coordinators. ♥

Arkansas Holds First Jump Rope Clinic

By: Jeanie Strasner, Arkansas State Coordinator

The first annual Arkansas Jump Rope for Heart Demonstration Team Clinic was held January 26, 2002 at Arkansas Tech University in Russellville, Arkansas.

Participating demo teams performed for one another and assisted each other in learning new skills. The coaches also took the time to meet and brainstorm new ideas to help the teams and the Jump Rope for Heart program in Arkansas.

Because of the success of this year's event, the consensus of the four participating teams was to expand next year's clinic into an all day session. ♥

Continued from front cover...

participants further by then teaching them how to break down complex skills so that they too could master them.



The San Diego Sand Skippers

Linda Galloway had a full court of basketball fanatics in attendance for her hands-on HFH presentation. Participants teamed up to play HFH classics as well as learn new skills on the outdoor basketball courts overlooking the beautiful San Diego Harbor.

In the exhibit area, demo teams pumped up the crowds with their amazing athletic ability and jump rope skills. The Shasta Skippers and the San Diego Sand Skippers melded their routines together to support Jump Rope for Heart and gave one heart pumping show.

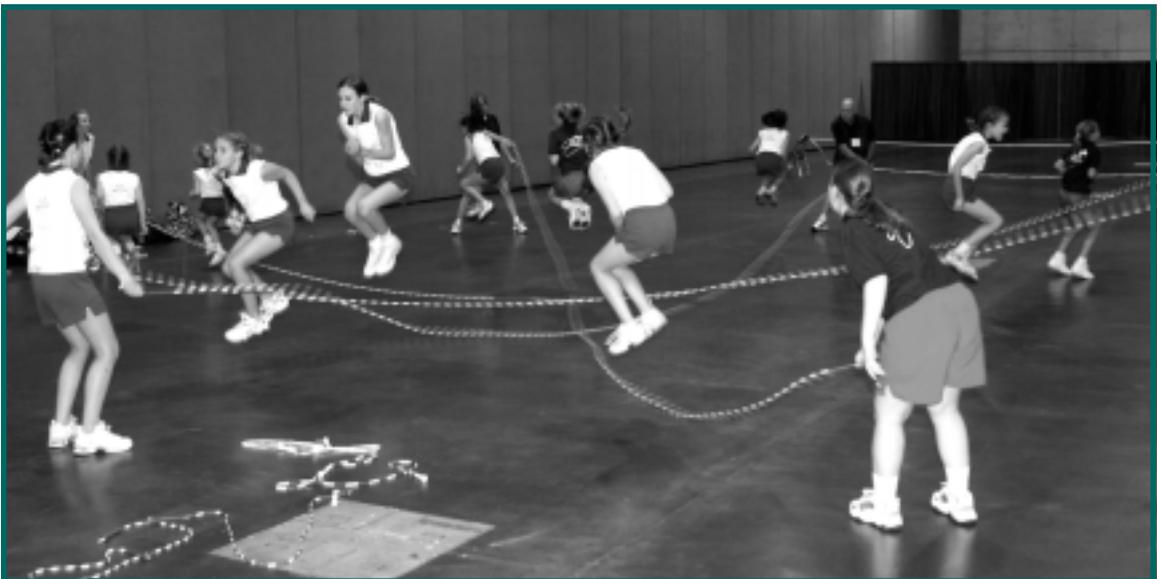
If you were able to attend the convention, thank you for your participation and for making it a convention to remember. If you would like to consider submitting a proposal to present a Jump Rope for Heart or Hoops for Heart session at the 2003 convention in Philadelphia, PA

please visit the AAHPERD website at <http://www.aahperd.confex.com/aahperd/2003/jump/sessions/index.cgi> and complete the online proposal form. The Joint Projects Office will accept proposals until **July 15, 2002**. ♥

-S. Schoenberg

Don't forget to pre-register for your 2003 Jump or Hoops event.

Join us now – Call 1-800-AHA-USA1 for more details.



The Shasta Skippers and San Diego Sand Skippers jump together to give a heart pumping show.