

The Pulse

American Alliance for Health, Physical Education, Recreation and Dance



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The Pulse: All the JRFH/HFH News You Can Use

This issue of *The Pulse* marks the publication's two-year anniversary. It is through you, the reader, that this newsletter has become such a success. Your submissions, on an array of subjects, have helped us to develop an exciting JRFH/HFH newsletter that benefits coordinators nationwide! As *The Pulse* begins its third year I encourage you to continue to send in your submissions so that we can continue to make this newsletter and the Joint Projects bigger and better.

The National AAHPERD Convention and Exposition is quickly approaching and the Joint Projects Office is gearing up for another great convention in sunny San Diego. Here are some of the exciting JRFH/HFH sessions that you can expect to see April 10th-12th at the Convention:

Jump Roping with Style

Rene Bibaud, 5-time World Rope Skipping Champion and Cirque Du Soleil Artist, will present Jump Roping with Style. Come learn

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The Pulse Newsletter

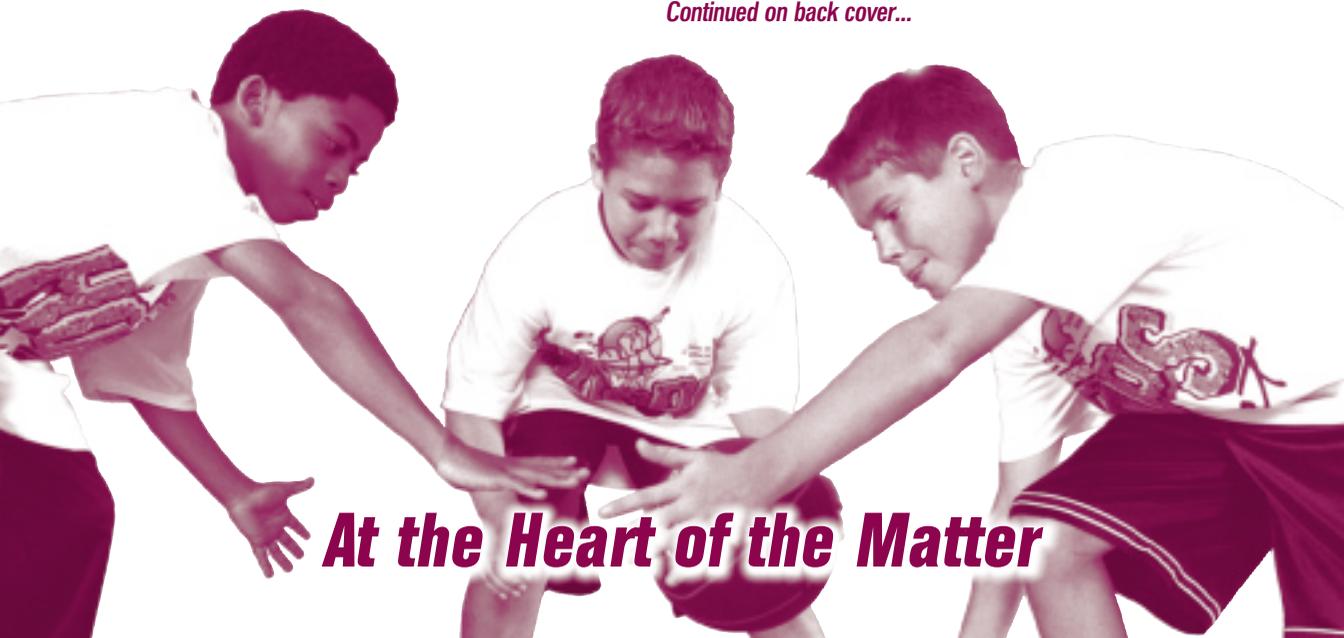
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Office of Special Services
AAHPERD

1900 Association Drive
Reston, VA 20191

sschoenberg@aahperd.org

1-800-213-7193 ext. 489



At the Heart of the Matter



Emily Adams of Kennesaw, Georgia and Richard Hatley of Granite Falls, North Carolina were named as the two 2002 Outstanding JRFH Coordinators. These individuals have shown exemplary dedication and commitment to the JRFH program. Their hard work and enthusiasm have played an instrumental role in the growth and success of the program.



Richard Hatley



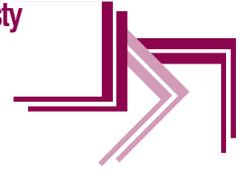
Emily Adams

Emily and Richard will be honored at the 2002 AAHPERD Convention and Exposition in San Diego, CA. Recipients will receive their awards on Thursday, April 11, 2002 at the Alliance Awards Ceremony. Congratulations and thank you, Emily and Richard. ♥

The AHA Research Corner

Arteries secretly re-clog after angioplasty more than half the time

By: Elaine Speer,
AHA Communications Manager,
Public Relations



A report in *Circulation: Journal of the American Heart Association* stated that more than half of patients whose heart arteries re-narrow after angioplasty, a procedure to open clogged blood vessels, may have no symptoms of their renewed disease, “These patients may have a silent risk of future coronary events, such as a heart attack,” says lead author of the report, Peter N. Ruygrok, M.B.Ch.B., consultant cardiologist at Green Lane Hospital in Auckland, New Zealand. Dr. Ruygrok states that these patients believe they have had a successful treatment for their obstructive artery narrowing. Three factors seem to influence the reoccurrence of symptomless, or “silent,” heart disease within six months after treatment – gender, the severity of the blockage at a six-month follow-up angiography, and the artery’s diameter just before and just after the fatty obstruction. Men were more likely than women to have silent restenosis (the re-narrowing of arteries after they are unclogged) and researchers suggest that the gender difference could be explained by the fact that women have smaller artery diameters and that the initial diagnosis of angina is made later in women than in men. Restenosis occurs in 10 percent to 40 percent of patients, according to various studies. “Angiography, which is not the usual clinical practice after these interventions, is the only definite way to identify silent restenosis,” Ruygrok notes. ♥

Survivor Stories

Agatha Barbay

Reprinted with permission from the American Heart Association

When Agatha Barbay was born on February 8, 1987, her parents (Austin and Pennie) and her physicians believed she was in perfect health. Little did they know that she had a secret in her chest, a condition that could cause her heart to destroy itself as it struggled to function to capacity.

Except for routine childhood illnesses, Allie grew and thrived. But in 1991, at age 4, she visited Dr. A.B. Cronin with a common cold. Routinely listening to her heartbeat, Dr. Cronin felt uncomfortable. He told Pennie that something just didn't feel right and that he was referring Allie to a cardiologist. Within a month of the examination, Austin and Pennie discovered that little Allie had Mitral Valve Prolapse with severe regurgitation.

At this point, Baton Rouge cardiologist Dr. Michael Crapanzano recommended monitoring every 6 months. Austin and Pennie regularly brought Allie to Baton Rouge for her 6 month cardiology check-ups. This continued for five years but by the time Allie turned 9, Dr. Crapanzano had bad news for the Barbay family. Allie's condition was worsening – the little girl's heart had grown to the size of a softball and only heart surgery could save her.

On June 25, 1997, the family moved to New Orleans, LA for Allie's surgery. Dr. John Ochsner of Ochsner Hospital performed a complete Mitral Valve replacement on Allie. Including prep time, the surgery took 8 hours.



Allie came through surgery with flying colors and was put on coumadin therapy, which she will remain on for the rest of her life. Allie must also have her blood drawn every month to check her levels but this is a minor inconvenience until another solution is discovered. After all, thanks to the advances in medical technology and treatment protocols made possible by the American Heart Association, Allie is alive and well today. ♥



Hoops for Heart's Top Fundraiser

By: Linda Ebeling, MI State HFH Coordinator

Whooping it up for Hoops for Heart! The students at Avondale Meadows Upper Elementary School in Rochester Hills, MI raised the most funds in the nation for the Hoops for Heart program sponsored by the American Heart Association and AAHPERD.

Avondale Meadows Upper Elementary School students made a slam-dunk by gathering \$27,830.82 for the event that raises money to fight heart disease and stroke. More than 450 fifth and sixth-grade students participated in the two-day event. This year the school set a goal to beat last year's total – the new goal was set for \$20,000!

Several teachers and administrators accepted dares as motivation for students to raise funds. If the students raised at least \$18,000, vocal-music teacher Donna Randall promised to “let down her hair” and measure her reputedly floor-length locks. If the students raised \$18,500, five teachers volunteered to get cream pies in their faces. At the \$19,000 mark, physical education teacher Mark English promised to shave his head and for reaching the ultimate goal of \$20,000 the physical education teachers agreed to become a “P.E. Teacher Sundae”.

The targeted goal was exceeded and the students celebrated as the teachers kept all of their promises. The hair was let down, the pies were thrown, Mr. English lost his hair, and the P.E. Teacher Sundae was created – teachers Laura Kochajda, Lori Phelps and Mark English were covered with the contents of a sundae.

Great job Avondale Meadows Upper Elementary School, Top Hoops School in the Nation! ♥

(Partially adapted from Janet Sugameli article for the Clarion-Eccentric Paper)



Teacher Sundae: Laura, Lori and Mark as the PE Sundae.



Laura Lockajda and Lori Phelps, Hoops for Heart Coordinators of the event and victims of the sundae.



Hair Cut: Mark English, PE teacher getting his head shaved.

Inclusive JRFH Team Inspires Others

Kim Speer has been teaching physical education in the multihandicapped school at the South Carolina School for the Deaf and Blind for 18 years. She never thought her students could jump rope and never gave them the chance until the 2000-2001 school year. Kim attended the South Carolina AHPERD Conference and watched students Jump Rope for Heart, but how could her students, all with multiple disabilities, participate?

The students at the South Carolina School for the Deaf and Blind are among the most determined individuals. In 2001, they proved that they were just like other students across the country when they participated in their first JRFH event. The South Carolina School for the Deaf and Blind held its first JRFH event on Valentines Day, 2001. Each of the schools 130 students participated in the event and together they raised over \$3,000!

Making the event inclusive for all of the schools' students proved to be a challenge. Some students were high skilled while others had severe physical and mental disabilities that required adaptations. Kim focused on finding a way for each student to "jump" or "use a rope". Some of her adapted strategies included:

- Placing students on a mat so that they could roll back and forth over a rope
- Hitting a ball suspended by a rope
- Jumping on a mini trampoline
- Turning the jump rope for classmates
- Pushing a ball back and forth over a rope on a table
- Tossing or dropping a beanbag over a raised rope
- Playing the "Mouse in the House" game (severely disabled students pressed a switch and the toy mouse would jump in the house)

The South Carolina School for the Deaf and Blind held an all day event with classes rotating every 30 minutes. At the end of 30 minutes, each student received a goody bag, certificate of participation, and a low fat milkshake for their efforts.

At the end of the day, a grand finale was held with all classes coming in to see the more highly skilled students (pre-selected by Speer) "show their stuff". The Hoppin' Hornets team is made up of students with sensory impairment and at least one additional disability. These students participated in the JRFH event despite cerebral palsy, tracheas, ADD, deaf/blind, mental retardation, and strokes, among other things. Wheelchair bound students turned for highly skilled jumpers and partner jumping. One of the highlights of the afternoon was a double dutch performance by a student with cerebral palsy!

The students and teachers of the South Carolina School for the Deaf and Blind were excited by the success of their JRFH event and are anxious to repeat their success again this year. ♥

JUMP ACROSS THE NATION



Joanie Lepage receives the flag for the East Fallowfield Jazzy Jumpers.



Earl Bright receives the flag for the Steelton-Highspire Jammin' Jumpers.



Colleen Wegimont and Pat Martinoski give Dawna Bates the 2001 PSAHPERD Heart Award.

Pennsylvania Jump Rope for Heart Special Recognition

By: Colleen Wegimont, PA State JRFH Coordinator

Three American Heart Association (AHA) jump rope demo team coaches from the Pennsylvania/Delaware Affiliate were recognized at the 80th Annual Pennsylvania State AHPERD Convention at the Seven Springs Resort in Champion, PA. Dawna Bates (coach of the Latrobe Wildcats), Earl Bright (principal at the Demey Elementary School and founder of the Steelton-Highspire Jammin' Jumpers), and Joanie Lepage (coach of the East Fallowfield Jazzy Jumpers) presented a dynamic pre-convention workshop on jump rope skills and were later presented with flags in recognition of their support of the JRFH program and their dedication to the AHA and PSAHPERD.

Dawna Bates was recognized again when she was awarded with the 2001 PSAHPERD Heart Award. This award, given by Colleen Wegimont and Pat Martinoski the PA State Coordinators for JRFH/HFH, was given to Dawna for her career-long dedication to JRFH and PSAHPERD. Dawna has been involved with the JRFH program since its inception and has raised more than \$400,000.

PSAHPERD knows that it is important to recognize JRFH/HFH coordinators and demo team coaches. Beyond recognizing specific individuals, PSAHPERD makes all coordinators feel special by giving out special JRFH/HFH ribbons for coordinators to wear on their name badges. PSAHPERD believes that the key to a successful AHA/AHPERD relationship is to find interesting ways to spotlight JRFH/HFH, support the coordinators that do the event, and to always promote the programs. ♥

Oceanside School #2, Nassau County, New York

Submitted by: Larry Pyser, AHA Youth Market Associate

This year marks Oceanside School #2's third annual fund raiser for the American Heart Association. The students in grades 4, 5 and 6 participated in Hoops for Heart, while the students in grades 1, 2 and 3 participated in Jump Rope for Heart. This marked the first time that the entire school was able to participate together.

Last year 4th, 5th and 6th grade students raised over \$5,000 dollars. This year, with the entire school participating, Mr. Postilio, School #2's PE Teacher, hoped that \$10,000 would be raised. School #2 exceeded all expectations and raised an amazing \$17,641. Everyone was extremely proud, as this is the second highest total ever raised by an elementary school in Nassau County, NY. Congratulations School #2! ♥



Mr. Postilio, Oceanside School #2's PE Teacher, and his students take fundraising to heart.

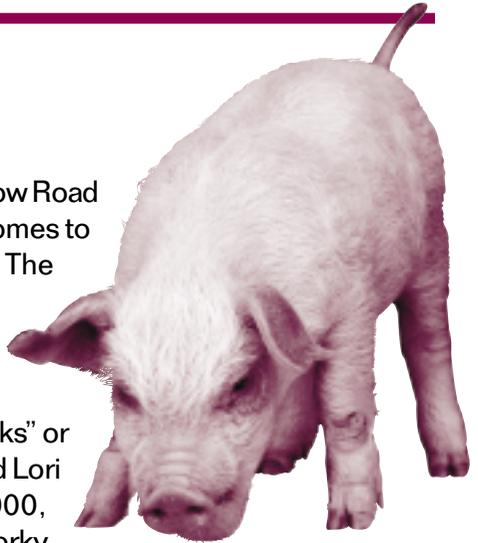
Westfield Community School

Submitted by: Carol Sapeta, AHA staff

Since 1998, Westfield Community School on Sleepy Hollow Road in Algonquin, IL has been anything but "sleepy" when it comes to raising donations for the American Heart Association. The school participates in both Jump Rope for Heart and Hoops for Heart and has raised over \$37,000 since 1998. Last year alone the school raised over \$7,500.

This year Westfield Community School is raising the "steaks" or more appropriately the ham! Coordinators Korry Belin and Lori Sink came up with the idea that if the school raised \$10,000, the PE instructors would kiss a pig! Yes, that's right, kiss Porky right on the kisser. And that's not all! If the school raises \$15,000, then the principal and all four assistant principals have agreed to kiss Porky during a school assembly.

The Westfield Community School is very committed to fighting heart disease and stroke and goes the extra mile to raise donations that support heart research. One reason for this commitment is that the school's principal has undergone by-pass surgery and one Physical Education Teacher's father passed away from heart disease. With an incentive like "Porky" the students of Westfield Community School are sure to reach and exceed their goal this year. ♥





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simple and innovative ways to combine rope skipping and dance and liven up your JRFH event. This session will be held on Wednesday, April 10, 2002 from 3:00-5:00 p.m. in Convention Center Ballroom 6C.

Taking it to the Hoop – Hoops for Heart Activities and the 2001-2002 HFH Educational Kit: Choose to Refuse.

This hands-on session will highlight the critical success factors necessary to conduct a fun, educational, and profitable HFH event. Outstanding HFH coordinator, Linda Galloway, will take participants through the HFH education kit and basketball drills that are easy to add to your Hoops event. This session will be held on Thursday, April 11, 2002 from 10:15-12:15 in Convention Center Room 1A.

Partnership for Effective Advocacy: Illinois and the AHA

Come learn how IAHPERD and the AHA have successfully teamed up to change the IL State Board of Education policy on Physical Education. Learn strategies on networking, legislation advocacy, and public relations. This session will be held on Thursday, April 11, 2002 from 3:15-4:30 p.m. in Convention Center Room 2.

Giving it Back – Florida Alliance Offers Mini Grants for JRFH and HFH Coordinators

This session will teach state associations how to set up and successfully promote grant programs that will encourage participation and growth of the JRFH and HFH programs in their states. Come learn how your state can give back to the teachers that actively participate in JRFH or HFH. This session will run from 8:30-9:30 a.m. on Friday, April 12, 2002 in Convention Center Room 2.

If you are planning to attend the 2002 AAHPERD Convention, please come out and show your support for the Joint Projects at our various sessions and be sure to stop by the American Heart Association's booth on the exhibit floor.

– S. Schoenberg