



The newsletter of the Cardiac Athletic Society Edmonton (CASE)

APRIL EDUCATION EVENING

On Monday April 13 at 7:00 PM in the Booster Juice Recreation Centre at Terwillegar we will have the “**CPR and AED Demonstrations and Refresher**” by St. John Ambulance. This is not a certificate course but will show CPR and AED use if you don’t know them or will refresh your knowledge of them.

The **CPR Information Session** is designed to teach essential life-saving skills. This session provides practical knowledge and confidence to act quickly during cardiac emergencies. You will learn

- How to recognize cardiac arrest
- When and how to call emergency services
- Hands-only CPR basics
- Adult, child, and infant CPR overview
- How to use an AED (Automated External Defibrillator)
- Safety tips and common CPR mistakes

The **AED Information Session** teaches how Automated External Defibrillators work and how to use them confidently in an emergency. This will cover:

- What an AED is and when it should be used
- Basic steps for operating an AED safely
- How AEDs fit into emergency response situations

CHANGE AND CASE

At the Annual General Meeting CASE adopted a new set off bylaws as required by the Alberta Societies Act. After a careful review of the old bylaws a number of ‘housekeeping amendments’ were made to reflect the current environment, we exist in. A change of note was the qualifications for membership.

HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday April 2, at Pure Casino 9:30 AM

CASE Bowling

- In Boonie Doon Lanes the second or third Wednesday. Contact Wayne Jackson.

Virtual Golf

- April 8th at 10 AM Evolution Golf South 3038-106 St.

Education Evening

- April 11 at BJRC Terwillegar at 7:00 on CPR and AED Demonstration
- Next Education evening being planned for May 11.

Essentrics for CASE

- Lynn Bohuch offers sessions mornings through the week. Contact essentricsworkoutswithlynn@gmail.com

Cardiac Athletic Society Edmonton - Contacts

Wayne Saunders President Email sharway@telusplanet.net

Wendy Boyd, Membership Phone 780-686-0779 Email: case.edmonton@gmail.com

Cardiac Athletic Society of Edmonton Mail Address PO Box 4516, Edmonton, AB T6E 4T7

CASE Website <https://edmontoncase.ca>

CASE Payments CASE.Deposits@gmail.com

Members no longer need to be ‘heart patients’ but rather “*must be someone who is interested in heart health and wishes to stay active through participation in heart healthy fitness, education and social programs*” This somewhat broader definition better reflects how our membership is evolving over time.

Another area of change is an increasing focus on the importance of social interactions as being vital for both mental and physical health. Later in this issue is information about a new social event now scheduled for CASE as well as an opportunity to explore new activities for future events!

Since COVID, our exercise programs have changed and new opportunities to get out and build fitness have expanded. Virtual Golf has allowed our golfers year-round activity. Essentrics, and Bowling have been expanded or added. In addition, the ***Exercise Incentive Program*** supports members in finding alternative exercise activities that will meet their needs.

However, even with this change we remain much the same in our interests and activities. Our social events are well established as is our educational programs. Look forward to trying some new activities and events with old and new friends from CASE.

CASE WALKS

During the spring, summer and fall CASE organizes trail walks for interested members including family and friends about every third Friday morning. Walks usually take between 90 minutes and 2 hours and have minimal elevation change.

A list of interested members is being set up - folks on the list will continue to receive details of upcoming walks. If you are interested in the CASE walk program, please let Exercise Coordinator Wayne Jackson know at case.exercise1@gmail.com



Looking forward to this year's start up as soon as spring arrives and river valley trails are somewhat dry. This year we might even start with an indoor walk.

Wayne Jackson

PLANNING FOR SOCIAL EVENTS IN 2026

CASE members please mark your calendars for the following major social events for 2026. We have arranged a new event to build on our historic successful gatherings! Look for more information on making your reservations as the events get nearer.

- ***Saturday, June 27 - An Italian Dinner Event*** This is a new event centred around a delicious catered Italian dinner combined with fun activities and prizes.
- ***Saturday, August 22 - CASE BBQ*** This has been a traditional event for many years. Who doesn't enjoy a BBQ meal during the summer. Besides the wonderful meal there will be an activity and prizes.
- ***Friday, December 11 - CASE Christmas Event*** This is another traditional event that has been very successful in the past and we will be maintaining the high standard that has been set for the meal and subsequent activities.

I strongly encourage CASE members to participate in all these events.

There could be more happenings during the year. Our social chairman, Bob Zukerman, is looking for your input to help him plan further activities.

Bob is looking for member input on the following questions:

*1 Which days of the week are you be available to participate?
Mon, Tues, Wed, Thurs, Fri, Sa, Sun, ANY*

*2 Which of the following activities would you find appealing?
a) trivia pursuit contest,
b) light movement led by an instructor,
c) name that tune contest,
d) having a band, e) having a magician,
f) having a who am I quiz
g) open to any of your ideas -*

*3 In the past I have organized what I called a **Wine Not evening**.*

- *We gathered and sampled a variety of lovely wines (non alcoholic also available) and had everyone bring a delicious appetizer.*
- *I usually conducted one of the above activities in conjunction with this event (they were extremely popular).*
- *Usually there was a nominal fee around \$25 to cover the rental fee, beverages and the entertainment.*
- *Would you support this activity? Yes or No*

Please submit your responses to these questions to daszuke@gmail.com

Bob Zukerman, CASE Social Chairman

GOLFING

The annual Ed Abel Golf Classic will be held Thursday, June 4, 2026, at Twin Willows Edmonton. This event is a major fund raiser for CASE and our member's participation is greatly appreciated. Details with the official invitation and registration information will be sent out in Late April. Mark your calendar!

Wayne Saunders

TREATING HEART AND BRAIN ISSUES TOGETHER

A new Canadian clinical practice guideline developed through the Canadian Cardiovascular Harmonized National Guideline Endeavour (C-CHANGE) and led by researchers at the Ottawa Heart Institute is calling on clinicians to treat heart, brain and mental health conditions together rather than in isolation.

Published in the Canadian Medical Association Journal, the brain–heart guideline is the first to combine evidence from cardiology, neurology and mental health research to guide care for people living with both heart and brain conditions, a common reality for patients with chronic disease.

“This guideline was motivated by a growing recognition of the important connections between brain and heart diseases as a critical source of multiple chronic diseases in aging populations,” said Jodi Edwards, PhD, director of the Brain and Heart Nexus Research Program at the Ottawa Heart Institute and lead author of the guideline.

“There is a close interplay between heart and brain diseases, with many comorbidities sharing overlapping risk factors, pathophysiological processes, and potential genetic and behavioural connections,” Edwards said. “As a result, heart and brain conditions frequently co-occur and confer reciprocal increased risks.”

The guideline is also notable for embedding patient perspectives throughout its development, helping shape priorities and recommendations. The guideline emphasizes shared decision-making between clinicians and patients, reflecting priorities identified by patient partners involved in the project. Every recommendation also includes sex- and gender-based considerations, highlighting known differences in outcomes and gaps in evidence related to women's heart and brain health.

Traditionally, clinical practice guidelines for cardiac, neurological and mental health conditions have been developed separately, focusing on individual diseases. Yet many cardiovascular conditions occur alongside neurological or mental health disorders, particularly in aging populations.

Among the 10 practical recommendations for primary care professionals, subspecialists, allied health teams, and patients with cardiovascular risk factors are:

- Screening people with atrial fibrillation for risk of cognitive decline
- Screening for depression in people with coronary artery disease and treating with evidence-based therapies when detected
- Intensive blood pressure lowering in people at increased cardiovascular risk to lower the risk of cognitive impairment
- Intensified cholesterol lowering to prevent heart attack in people with a history of stroke, and to prevent stroke in people following a heart attack
- Routinely offering influenza, pneumococcus and shingles vaccination, especially to people aged 65 and over, to help prevent stroke, heart attack, and vascular cognitive impairment
- Use decision aids to facilitate guideline implementation

Source: University of Ottawa Heart Institute, March 30, 2026 First brain–heart guideline calls for integrated care for heart, brain and mental health | University of Ottawa Heart Institute

Cardiac Athletic Society Edmonton Board

<i>President -</i>	<i>Wayne Saunders</i>	<i>Vice President</i>	<i>John Born</i>
<i>Secretary -</i>	<i>Carole Clark</i>	<i>Past President -</i>	<i>Wayne Jackson</i>
<i>Treasurer</i>	<i>Ron Ritter</i>	<i>Membership</i>	<i>Wendy Boyd</i>
<i>Exercise Coordinator</i>	<i>Wayne Jackson</i>	<i>Newsletter & Communications</i>	<i>Barry Clark</i>
<i>Education and Special Events</i>	<i>Mae Hadley</i>	<i>Social Events-</i>	<i>Bob Zukerman</i>
<i>Golf Program</i>	<i>Wayne Saunders</i>	<i>Marketing Coordinator</i>	<i>Wayne Saunders</i>
<i>Hearts and Flowers</i>	<i>Colleen Foster</i>	<i>Web-page</i>	<i>Victor Fernandez</i>
<i>Members at Large</i>	<i>Burn Evans</i>		

Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

Heart Murmurs is the newsletter of CASE published each year in February, March, April, May, September, October, November, and December Suggested articles can be submitted to Barry Clark at kbclark1@telus.net

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line ‘unsubscribe’.

CASE Events Calendar - April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Healthy at Heart BJRCT 11:30 to 12:45 Social Breakfast	3 Good Friday	4
5 Easter Sunday	6 Easter Monday	7 Healthy at Heart BJRCT 11:30 to 12:45	8 Virtual Golf	9 Healthy at Heart BJRCT 11:30 to 12:45	10	11
12	13 CPR and AED refresh CASE Education Evening	14 Healthy at Heart BJRCT 11:30 to 12:45	15	16 Healthy at Heart BJRCT 11:30 to 12:45	17	18
19	20	21 Healthy at Heart BJRCT 11:30 to 12:45	22	23 Healthy at Heart BJRCT 11:30 to 12:45	24	25
26	27	28 Healthy at Heart BJRCT 11:30 to 12:45	29	30		

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*