



## **HAPPENINGS AND HIGHLIGHTS.**

### **Social Breakfast**

- Thursday March 5, at Pure Casino 9:30 AM

### **Annual General Meeting**

- The Annual General Meeting is Monday March 9 at 7:00 PM at SEESA.

### **CASE Bowling**

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

### **Virtual Golf**

- March 4<sup>th</sup> and 25<sup>th</sup> and April 8<sup>th</sup> 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 [bohuch85@gmail.com](mailto:bohuch85@gmail.com)

## **A VERY IMPORTANT MEETING**

The AGM will take place on **Monday, March 9, 2026, at the South East Edmonton Seniors Association (SEESA) at 7:00pm.** Address: 9350 - 82 Street, Edmonton.

At this meeting we will be electing Directors and we are proposing to repeal our existing Bylaws and replace them with the proposed new Bylaws which were circulated in an e-mail from Wayne Saunders on February 16. To accomplish this, we will require a substantial attendance to legitimate this task. Your participation is important and appreciated.

All persons attending must have a paid active membership to be eligible to vote and participate.

## **APRIL EDUCATION EVENING**

Our next Education evening is on Monday April 13 at 7:00 PM in the Booster Juice Recreation Centre at Terwillegar and the topic is **“CPR and AED Demonstrations and Refresher”** by St. John Ambulance. This is not a full course for certification but a refresher and demonstration.

The Session after that will be Mon. May 11.

## **EXERCISE WITH CASE BUILDS SOCIAL CONTACT**

As CASE members we have lots of options on heart healthy exercising which can involve social activities too!

Some of these social events like the Barbeque and the Christmas Party are organised by CASE but others may just occur at the initiative of participants in the exercise programs.

An example of this was a potluck lunch to celebrate Chinese New Years held by the

---

### **Cardiac Athletic Society Edmonton - Contacts**

Wayne Saunders President Email [sharway@telusplanet.net](mailto:sharway@telusplanet.net)

Wendy Boyd, Membership Phone 780-686-0779 Email: [case.edmonton@gmail.com](mailto: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](mailto:CASE.Deposits@gmail.com)

participants in the Healthy at Heart exercise program, supported by CASE, at the Booster Juice Recreation Centre.

Other examples include the events associated with the Golf Tournaments and our summer walks which are social events as they occur! These formal and informal social events are an increasingly important part of CASE membership.

### ***A SHARED EVENT***

As most of you know, CASE (Cardiac Athletic Society of Edmonton) has been promoting the exercise program at this facility for many years. Since Covid the exercise class has grown to include many regular attendees who may not be CASE members, but we all form one big, happy family!



After class, a potluck lunch was held, organized by Nora Kwok and Winnie Fong. It was to celebrate the Chinese New Year, and the fellowship we have as a regular exercise group. Participating in this group has become quite an important part of our lives, as bonds and friendships have grown.

Thank you to CASE, to our instructors, Carla, Lynn, and Dot, to the City, and especially to the people who come out on Tuesday and Thursday mornings to be a part of this beneficial and active group. May it carry on for many years!

Source: Photo and article by Jack Bawden BawdenImages.com

## ***GOLFING ALL YEAR!***

Virtual golf continues with dates planned for March 4, March 25th and April 8th. If you would like to join us and get warmed up for spring golf, contact Wayne Saunders at [sharway@telusplanet.net](mailto:sharway@telusplanet.net)

Outdoor golf should start sometime in April depending on the weather. Last year we started April 16th.

The date for the Ed Abel Classic has been set for Thursday June 4th at Twin Willows. More information will follow as we get closer to the date.

## ***ESSENTRICS & PROPRIOCEPTION***

***Proprioception*** is your body's internal awareness system which is the ability to sense where you are in space without looking. Receptors in your muscles, tendons, and fascia constantly send information to your brain about position, balance and movement.

Essentrics strengthens this system through slow, intentional, full-body movement. The flowing sequences, multi-directional ranges of motion, and eccentric (lengthening) muscle work increase communication between your body and brain. Because the movements are controlled and low compression, the nervous system stays relaxed and receptive which enhances coordination and joint stability.

### ***Why this matters:***

- Better balance and fewer falls
- Smoother, more coordinated movements
- Improved posture without forcing it
- Reduced stiffness and fewer 'mystery aches'
- Greater confidence in daily activities and sport

### ***How Essentrics helps your Proprioception***

- *Slow, mindful movement* Moving deliberately trains your brain to track joint angles, muscle tension and balance in real time.
- *Large, multi-directional ranges of motion* The body moves through arcs, spirals and long reaches, stimulating proprioceptive feedback from every angle.
- *Weight shifting and balance challenges* Even simple side to side lunges, standing leg lifts require subtle stabilizing adjustments
- *Eccentric loading* Lengthening under tension increases feedback from muscles and tendons, enhancing your sense of control and joint positioning.
- *Pain-free mobility* By avoiding compression and strain, Essentrics allows the nervous system to stay relaxed and receptive. It's one of those benefits that builds quietly - until one day you realize you're moving with more ease, control and awareness.

When you reconnect with your body's awareness, something shifts. You begin to move not just with strength, but with trust. From that place, movement feels freer, lighter and steadier.

If you would like to try Essentrics, Lynn Bohuch is offering new participants three complimentary classes. Contact Lynn -[essentricsworkoutswithlynn@gmail.com](mailto:essentricsworkoutswithlynn@gmail.com) or call her at 780-298-4352

Source: Lynn Bohuch

## ***UNIVERSITY OF CALGARY STUDYING FRAILTY AND HEART DISEASE***

We've all heard stories of older individuals doing the seemingly impossible – octogenarians climbing the world's peaks, people in their 70s running marathons, and grandparents dancing well into their 90s.

Age is a risk factor for many chronic diseases including conditions like atrial fibrillation, heart attacks and strokes. However, these human-interest stories tell us that not everyone's body ages in the same way. In fact, aging is quite personal.

The idea that some people seem older than their years, while others seem to age exceptionally well, can be explained by the concept of frailty. Defined as a state of declined health and strength that makes individuals more vulnerable to illness and disease, frailty is linked to aging but ranges greatly in the aging population. Importantly, frailty can be measured and modified.

It's a topic of great interest to Dr. Robert Rose, PhD, a professor in the Depts. of Cardiac Sciences and Physiology and Pharmacology at the Cumming School of Medicine. He has spent years investigating the intricacies of heart rhythm disorders—like atrial fibrillation and sinoatrial disease—and looking for novel therapies to prevent and treat these conditions, which are linked to serious complications such as heart failure, stroke, and even death.

“While we can't change our age, our work has shown that frailty is a modifiable risk factor that can lessen the risk of arrhythmias,” says Rose. “Frailty allows us to very accurately predict an individual's risk of cardiovascular disease.”

Rose has long investigated frailty. In fact, Rose was a member of the team that created the first mouse clinical frailty index a decade ago. The non-invasive tool works on a scale and considers a whole array of health-related information taken from across all organ systems.

Using this tool, Rose's lab has shown that function in the atria and sinoatrial node (the heart's natural pacemaker) is strongly correlated with the frailty score. They also showed that arrhythmias, like sinoatrial disease and atrial fibrillation, in aging mice are caused by changes in the electrical and structural remodelling of the heart.

This knowledge has led Rose to look for ways to modify frailty as a way of decreasing the risk of heart rhythm disorders. He recently received a Canadian Institutes of Health Research grant of more than \$1 million to look at the impact of a reduced calorie diet on an individual's frailty score.

In the study, researchers will reduce calorie intake by 25 per cent in aging mice to examine its effects on frailty as well as heart physiology and function. They will also explore the role of inflammation in these processes and assess how calorie restriction influences frailty and heart rate regulation.

Rose says the study is a critical first step in identifying potential patient interventions for heart rhythm disorders. "Arrhythmias, particularly atrial fibrillation, are very prevalent in aging," says Rose. "We know as people live longer and the population ages, we are going to see a lot more of these disorders. Caloric restriction is a novel approach that may help protect against heart rate disorders that are linked to aging and frailty. The goal isn't necessarily to live to be 150 years old, but rather to help patients be as healthy as possible for as long as they have."

SOURCE: Dawn Smith, **Libin Cardiovascular Institute** Libin Beat Newsletter January 2026  
Extracted from [Libin researchers receive \\$9.2M in CIHR grants | News | University of Calgary](#)

#### ***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>Grace Werner</i>	<i>Membership</i>	<i>Wendy Boyd</i>
<i>Exercise Coordinator</i>	<i>Wayne Jackson</i>	<i>Newsletter &amp; 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>Mervin Luczak, Ron Ritter, 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](mailto:kbclark1@telus.net)

If you wish to unsubscribe from this newsletter, please e-mail [kbclark1@telus.net](mailto:kbclark1@telus.net) with a subject line "unsubscribe".

# CASE Events Calendar - March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Healthy at Heart BJRCT 11:30 to 12:45	4 Virtual Golf	5 Healthy at Heart BJRCT 11:30 to 12:45 <b>Social Breakfast 9:30 AM Pure</b>	6	7
8	9 <b>CASE AGM 7 pm SEESA</b>	10 Healthy at Heart BJRCT 11:30 to 12:45	11	12 Healthy at Heart BJRCT 11:30 to 12:45	13	14
15	16	17 Healthy at Heart BJRCT 11:30 to 12:45	18	19 Healthy at Heart BJRCT 11:30 to 12:45	20	21
22	23 <b>CASE Board Meeting</b>	24 Healthy at Heart BJRCT 11:30 to 12:45	25 Virtual Golf	26 Healthy at Heart BJRCT 11:30 to 12:45	27	28
29	30	31 Healthy at Heart BJRCT 11:30 to 12:45				

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*