



HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday September 4, 2025, at Pure Casino 9:30 AM

CASE Bowling

- To be announced in separate e-mails

Golf

- Wednesdays Twin Willows Golf Course
- CASE Golf Tournament Wednesday Sept. 3

Education Evenings

- Monday September 8, BJRCT 7:00 PM ***Staying Sharp***
- Next Education evening will be October 6.

Healthy at Heart

- Tuesdays and Thursdays at BJRCT 11:30 to 12:45

Essentrics for CASE

- Lynn Bohuch offers sessions mornings through the week. Contact bohuch85@gmail.com

SEPTEMBER EDUCATION EVENING

Time to start with our fall Education evenings. Our first speaker is on Monday Sept. 8 at 7:00 pm in Multi-Purpose Room B at the Booster Juice at Terwillegar Recreation Centre. This is upstairs above the ice rinks. The topic is: ***Staying Sharp: Tips for a Healthy Brain*** and the presenter is Farnaz Koubasi, a PhD Candidate in Rehabilitation Sciences, Occupational Therapist, and Project Coordinator of the Seniors' Place Project for Frailty Prevention.

Farnaz will share practical and easy-to-follow tips on how to reduce the risk of dementia. You'll learn strategies to help keep your brain healthy and sharp as you age. Come and hear an interesting and educational talk and enjoy coffee, cookies and socialization!

Mark October 6 on your calendars for our next speaker. Details to follow later.

Mae Hadley, Education Coordinator

GOLF REPORT FOR SUMMER 2025

CASE golfing resumed April 30th this year. We golf each Wednesday at Twin Willows Golf Course. Attendance has been growing with weekly groups of 14 to 18 golfers. CASE members who would like to join us are very welcome. For information about the golf program please email Wayne Saunders at Sharway@telusplanet.net

CASE Golf Tournament: The annual CASE golf tournament is set for Wednesday September 3, 2025. If weather interferes, we will try again the following week, Sept 10th.

Cardiac Athletic Society Edmonton - Contacts

Wayne Saunders President Email sharway@telusplanet.net

Wendy Boyd, Membership Phone 780-686-0779 Email: wendyboyd49@icloud.com

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CASE Website <https://edmontoncase.ca>

CASE Payments CASE.Deposits@gmail.com

Ed Abel Classic: The annual Ed Abel Classic was held Friday June 4th. We had a full compliment of 52 golfers taking part in the annual fund raiser. Once again, our sponsor, Greg Abel paid for all golf fees and refreshments as well as 60 swag bags for all in attendance. We received nearly \$2400 from the attendees and Greg Abel donated another \$3000 to more than match it. We are very grateful that Greg is continuously willing to sponsor the tournament and look forward to the 12th annual Classic next year.

Wayne Saunders CASE Golf Coordinator

COVID-19 INFO FOR ALBERTANS

Searching the following Alberta Health site ([COVID-19 info for Albertans | Alberta.ca](https://www.alberta.ca/covid-19-info-for-albertans.aspx)) provides the following information which may be of use to CASE members. You will have to go to the local health unit to receive the shot. This will require you to make an appointment. [Book an immunization appointment](#)

COVID-19 vaccine will be made available to Albertans in two phases, starting with the highest risk groups before being made available to a wider range of Albertans. Eligible populations can access the vaccine from the time their phase starts until the end of the season or as long as the vaccine is available.

Phase	Eligibility criteria	Start date	Fee
1	<ul style="list-style-type: none"> • Health Care Workers. • All residents of continuing care homes and seniors supportive living accommodations. • Home care clients. • <u>Individuals 6 months of age and older with underlying medical or immunocompromising conditions.</u> • Individuals experiencing houselessness. • Individuals 65 years of age and older <u>receiving the Alberta Seniors Benefit</u> 	October 1 (pending vaccine availability) to the end of campaign	Free of charge
2	All other Albertans six months of age and older	October 20 to the end of campaign based on vaccine supply	A \$100 administrative fee will apply.

CASE members with heart conditions should be eligible to receive a free Covid shot in phase 1 since the Alberta Health webpage notes the following:

“Underlying Medical Conditions” include “heart conditions (for example, cardiomyopathies, coronary artery disease, heart failure, etc.)”

Also of note is that the Flu Vaccine remains free to all Albertans...

Sources: Alberta Health [COVID-19 info for Albertans | Alberta.ca](#) and [Book an immunization appointment](#) August 30, 2025.

CASE EXERCISE INCENTIVE PROGRAM

This is a reminder for all CASE members who have not yet submitted their reimbursement request for the Exercise Incentive Program. CASE is offering up to a \$100.00 reimbursement to each current members and their spouses toward any exercise program of their choice. This can include passes to recreation facilities, online fitness or exercise programs, punch cards for golfing, and other eligible physical activity programs. The program covers services offered by the City of Edmonton and surrounding municipalities within the Edmonton region. Please note, the program is limited to the first 75 CASE members in good standing who apply. For more information or to submit your application, please contact, Grace Werner at case.deposits@gmail.com or call 780-916-8807.

AN ALBERTA AI VISION FOR HEART HEALTH

U of A researchers are harnessing the power of AI to more precisely diagnose and treat heart disease, thanks to a nearly \$1-million grant from the University Hospital Foundation.

Every day, dozens of hearts are captured across our province. That’s not a romantic metaphor, but a photographic fact.

Cardiac imaging is the cornerstone of diagnosing, treating and observing the progress of heart disease, says Justin Ezekowitz, director of cardiovascular research at the University of Alberta.

Thankfully, the availability and quality of cardiac imaging have improved significantly over the last couple of decades. But those pictures hold untapped potential for patients, says Ezekowitz.

“We need to take a deeper dive into the images. [There’s] information buried in there that we haven’t really appreciated or utilized.” Now, thanks to the University Hospital Foundation (UHF), Ezekowitz and a multidisciplinary team of researchers are taking on this medical treasure hunt.

In 2023, UHF granted nearly \$1 million to the U of A’s Cardiovascular Research Institute, funding a three-year project that will harness the power of artificial intelligence to analyze cardiac images, as a tool for clinicians to more precisely diagnose and treat

heart disease. While Ezekowitz and the research team had planned this project for some time, UHF transformed it from a longer-term aspiration to a present reality. “Their grant really made it possible. This idea can have a global impact,” he says.

The UHF funding supports three research goals: building a database of curated cardiac images, integrating AI into the database to identify patterns useful for treating heart disease and applying these findings back into the health-care system to support patients.

Thanks to connections with the U of A Hospital, the research team has already begun the steps towards privacy-compliant access to patient heart images from a variety of cardiac imaging technologies, including angiograms, echocardiograms, MRIs and CT scans.

“The U of A’s ties to the health system are integral. That’s unique in Alberta and certainly unique even in Canada. That sets us apart,” says Ezekowitz. “We’re also a world leader at the university in all things AI — we have an incredibly talented group of people.” This group, based in the cross-faculty Cardiovascular Research Institute, brings together the expertise of computer engineers, data scientists, biologists and clinicians, working collaboratively to build an “imaging core”: a database of patient images with built-in AI power. They will then program the AI to look for unique biological signatures buried in the images called “biomarkers.” The program will assign meaning to those markers and identify broader patterns that offer insight into more effective treatment of heart disease.

To explain, Ezekowitz likens this work to predicting the weather. Right now, if a doctor reviewed a cardiac MRI and diagnosed a problem, it would be like predicting with reasonable confidence that it will rain tomorrow in Edmonton. With AI looking at the same image, in the context of a whole database of images, it could predict exactly how likely it is to rain, at what time and in what specific neighbourhood. It’s about adopting a precision health approach tailored to each patient, he says.

Once the imaging core is built, the U of A researchers will channel their findings directly into Alberta’s health-care system. For example, if the AI can predict a rare heart condition based on a combination of biomarkers, they could then program echocardiogram machines to automatically detect that disease, explains Ezekowitz.

“Every time somebody’s getting one of these pictures, they’d say, ‘Aha! You have this pattern — we should probably investigate further.’ That’s the goal with all screening tests, to introduce it in the most practical way, but also with the highest impact — which is always early on.”

Already, Albertans are contributing to this research. When a patient walks into the U of A Hospital to have their heart scanned, they are creating new knowledge that could positively affect not only their future, but their entire community, says Ezekowitz.

“Anytime we do health-care research, it pays dividends for the friends and family and other members of the community. But it also pays economic dividends. Science generates a return on investment that’s quite substantial. There’s a benefit to all Albertans

in this type of endeavour — we are not just in the world of making individual patients better, but the population better as a whole.”

Ultimately, the researchers hope to extend this work far beyond the province, sharing their AI-powered findings with other health-care professionals.

“If we can set it up correctly, it shouldn’t matter geographically where people are,” says Ezekowitz. “We should be able to create solutions that will help people in a much broader world. We’re in the first chapter.”

Source: University of Alberta Folio September 21, 2023, written by Anna Schmidt
[AI-driven vision for heart health comes into focus | Folio](#)

Cardiac Athletic Society Edmonton Board

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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 - September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day	2 Healthy at Heart BJRCT 11:30 to 12:45	3 CASE Golf Tournament Twin Willows	4 Healthy at Heart BJRCT 11:30 to 12:45 CASE Breakfast Argyll Casino	5	6
7	8 CASE Education 7PM BJRCT "Staying Sharp"	9 Healthy at Heart BJRCT 11:30 to 12:45	10 Golf Twin Willows 11 AM	11 Healthy at Heart BJRCT 11:30 to 12:45	12	13
14	15	16 Healthy at Heart BJRCT 11:30 to 12:45	17 Golf Twin Willows 11 AM	18 Healthy at Heart BJRCT 11:30 to 12:45	19	20
21	22 CASE Board Meeting	23 Healthy at Heart BJRCT 11:30 to 12:45	24 Golf Twin Willows 11 AM	25 Healthy at Heart BJRCT 11:30 to 12:45	26	27
28	29	30 National Day of Reconciliation Healthy at Heart BJRCT 11:30 to				

BJRCT = Booster Juice Recreation Centre in Terwillegar.