



## **HAPPENINGS AND HIGHLIGHTS.**

### **Social Breakfast**

- Thursday, February 1, 2024, Pure Casino 9:30 AM

### **Ageism Lunch and Talk**

- Tuesday, February 13, Noon Calgary Trail Boston Pizza

### **Healthy at Heart**

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

### **Essentrics Online with Lynn**

- Sundays, Mondays, Wednesdays, Fridays, and Saturdays.

### **CASE Annual General Meeting**

- Monday March 11 SEESA 7:00 PM

## **LUNCH AND AGEISM TALK**

We are going to try a different format for our Education Session for February! We are planning a Valentine's lunch, Tuesday February 13, at noon in the Boston Pizza at 4804 Calgary Trail in their 'Team Room' followed by a speaker on Ageism at 1:30 PM. If you do not want to have the lunch, please feel free to come for the speaker after 1:00 PM. **Please note that the day is Tuesday, a change from the normal day for Education Sessions.**

## **FINANCIAL SUPPORT FOR EXERCISE**

The new CASE "**Exercise Incentive Program (EIP)**" is now in operation. Recent years have shown that members may be seeking diverse approaches to exercise and fitness. Accordingly, we want to support more choices of fitness programs.

The EIP will provide a refund of up to \$100, for your paid attendance at an exercise program of your choice. It is up to you to find the program that best suits your need for heart health and enroll in it and pay for it.

Two such programs have been supported by CASE historically. These are the "**Healthy at Heart**" program offered at Terwillegar Community Recreation Centre and "**Essentrics Online with Lynn**". You can use your CASE membership to obtain a discount for either of these programs.

Edmonton's charges for CASE seniors (or community league members) to participate in the Healthy at Heart program are as follows:

- Multi Admission (5 or 10 or 20) purchase \$7.65 per visit which can be used for the whole day.

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

Gary Duguay, President Phone: 780-433-8628, cell: 780-993-0281 Email: [garywmduguay@gmail.com](mailto:garywmduguay@gmail.com)

Wendy Boyd, Membership Phone 780-686-0779 Email: [wendyboyd49@icloud.com](mailto:wendyboyd49@icloud.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)

- Continuous Monthly Pass \$46.00 (\$6.57 per visit if member did 7 visits per month)
- Annual Pass \$470 (\$5.60 per visit if member did 7 visits per month)

Continuous, and Annual Passes, allow for vacation breaks. It should be noted that these passes are valid at all City Recreation facilities and can be used for any drop-in program offered by the City of Edmonton at any recreation facility.

As another alternative, popular with CASE members, Lynn Bohuch offers passes for her Online Essentrics programs at the following rates. These passes can be applied to any, or all, of the classes that she offers online:

- 1-month unlimited pass - \$35.00
- 10 class pass - \$43.00
- 5 class pass - \$23.00

Classes offered by Lynn include the following:

- Sundays - ***Stretch & Strength*** 10 am (1 hr)
- Mondays- ***Release and Rebalance*** 1:00 PM (45 mins)
- Tuesdays - ***Release & Rebalance*** 6:30 pm (45 mins) *NOTE: Every 1st & 3 Tuesday of the month class is Strengthen your Strength Fusion*
- Wednesdays - ***Stretch & Strength*** 9:30 am (45 mins)
- Fridays- ***Release & Rebalance*** - 9:30 am (1 hr)
- Saturdays - ***Strengthen your Strength Fusion*** 10 am (45 mins)

You have 3 months to use up the 5 and 10 class passes. If you finish sooner, you will then just purchase another pass to continue.

You are not limited to the programs offered by the City of Edmonton, or by Lynn Bohuch. If there is an exercise program elsewhere that better suits your needs, feel free to enroll in it!

**To obtain a refund for an exercise program you have attended, save your receipts to a total of at least \$100 for the 2024 fiscal year. Contact Grace Werner [case.deposits@gmail.com](mailto:case.deposits@gmail.com) to obtain an expense claim form. Fill out the form and attach a copy of your receipts. This can be returned by email or sent by snail mail if you prefer.**

**If you have any questions about whether an exercise program is acceptable, please contact Grace Werner at [CASE.deposits@gmail.com](mailto:CASE.deposits@gmail.com) or 780-916-8807.**

### ***REPORT ON THE CASE 'ON-LINE' SURVEY***

In 2023, CASE sent an on-line survey to members to obtain feedback on our programs. The 18-question survey was completed by 32 of our members. Overall, most were satisfied with the program. There were some suggestions that we could look at more activities such as Yoga, Tai Chi, Pilates and Aquasize. Many of these programs are

already available to the public and we suggest those interested in these activities can already find them through the City of Edmonton exercise facilities.

One suggestion was trying “virtual golf” during the winter months. A few of the regular golfers tried it out earlier in November and again in January. Due to the good response, more virtual golf dates are planned for February and March. Anyone interested in virtual golf, please contact Wayne Saunders (email [sharway@telusplanet.net](mailto:sharway@telusplanet.net)) for details.

Our social programs (breakfast, dinners BBQ etc.) have been well attended and very popular. A few survey responses thought that we could expand on these and have more social events. Your board welcomes the suggestions put forward and will advise if any new events can be added to the present schedule.

Our Education Nights take place the first Monday of each month (winter months), and usually are well attended. A few responders suggested a different time of day might be better for them and this might attract even more attendees. In response to that suggestion, our Education Director is having a lunch event with a guest speaker on February 12th.

Thank you to all those who participated in the on-line survey. The suggestions and feedback received are very helpful.

Wayne Saunders  
Case Marketing

### ***AN OPPORTUNITY...***

In the online survey noted above, a few members indicated a willingness to serve CASE as members of the Board. It was a confidential survey, so we are unable to follow up on these offers. If you are interested in serving on the CASE Board, please contact Gary Duguay at 780-433-8628, cell: 780-993-0281 or Email: [garywmduguay@gmail.com](mailto:garywmduguay@gmail.com) .

### ***EXERCISE REPORT***

The Healthy at Heart Program is averaging attendance of about 25 with a total group of about 40 who participate from time to time. About six CASE members usually attend the class. Afterwards about 15 participants stay for a pickle ball session.

Your Exercise Coordinator is trying to set up a bowling session and an indoor walk.

Wayne Jackson CASE Exercise Coordinator

### ***A REMINDER***

2024 CASE membership dues of \$30 were payable by December 31, 2023. If you have paid already, THANK YOU! If you still need to pay it can be done by e-transfer at [CASE.Deposits@gmail.com](mailto:CASE.Deposits@gmail.com) noting on the transfer that the payment is for your 2024 CASE Membership.



## ***GOLF REPORT***

***Virtual Golf:*** Our virtual golf program will continue with our first 2024 event which took place at Evolution Golf, Wednesday, January 24th. We had one event in November of 2023. I intend to have at least two events a month until the 2024 outdoor season can begin.

***Ed Abel Classic:*** This year's Ed Able golf Classic will take place on Friday, June 7th, 2024.

Wayne Saunders CASE Golf Coordinator

## ***MEASUREMENT OF WAIST TO HIP RATIO TO PREDICT HEALTH ISSUES***

A person's waist-to-hip ratio may be a better tool than body mass index (BMI) for predicting chronic health problems, according to a study published online Sept. 20, 2023, by *JAMA Network Open*.

Waist-to-hip ratio is the circumference of your waist divided by the circumference at your hips. For the study, waist circumference was measured at the smallest natural waistline (usually near the belly button) and hip circumference at the widest part of the hips. BMI is calculated by dividing your weight in kilograms by your height in meters squared.

Researchers collected measurements from 387,672 participants (59% men). Everyone's health then was tracked until their death.

Afterward, the researchers identified people who developed weight-related health problems like high blood pressure, heart disease, and type 2 diabetes and then cross-referenced with their measurements. They found that waist-to-hip ratio was a better predictor of a person's future health issues than BMI. The reason, they said, was that waist-to-hip ratio better reflects levels of abdominal fat, including dangerous visceral fat. According to the researchers, a healthy waist-to-hip ratio for most men is below 0.95.

Source: [Matthew Solan](https://www.health.harvard.edu/staying-healthy/waist-to-hip-ratio-better-than-bmi-in-predicting-future-health-issues), Executive Editor, *Harvard Men's Health Watch* January 1, 2024  
<https://www.health.harvard.edu/staying-healthy/waist-to-hip-ratio-better-than-bmi-in-predicting-future-health-issues>

## ***POOR SLEEP LINKED TO HIGH BLOOD PRESSURE***

Sleep problems, including trouble falling asleep, staying asleep, and too little sleep are associated with a greater risk of high blood pressure (hypertension) in women, according to a new study. Published in the Nov. 2023 issue of *Hypertension*, the study tracked the health of 66,122 women for 16 years. When the study began in 2001, the women ranged in age from 25 to 42 and did not have hypertension.

After researchers accounted for various demographic and lifestyle factors, they found that compared to women who slept seven to eight hours daily, those who slept six or five hours were 7% and 10%, respectively, more likely to develop hypertension. Women who said they sometimes or usually had trouble falling or staying asleep were 14% and 28% more likely to have hypertension, respectively, compared to those who rarely had trouble sleeping.

The findings do not prove that sleep problems cause elevated blood pressure. However, as the authors suggest, one explanation for the link may be increased stress, which is associated both with poor sleep and high blood pressure.

*Source: [Julie Corliss](https://www.health.harvard.edu/heart-health/poor-sleep-linked-to-high-blood-pressure), Executive Editor, [Harvard Heart Letter](https://www.health.harvard.edu/heart-health/poor-sleep-linked-to-high-blood-pressure) January 1, 2024  
<https://www.health.harvard.edu/heart-health/poor-sleep-linked-to-high-blood-pressure>*

***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](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 - February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Healthy at Heart TCRC 11:30 to 12:45 Social breakfast 9:30 AM	2 Essentrics Online with Lynn 9:30AM	3 Essentrics Online with Lynn 10:00 AM
4 Essentrics Online with Lynn 10:00 AM	5 Essentrics Online with Lynn 1:00 PM	6 Healthy at Heart TFRC 11:30 to 12:45	7 Essentrics Online with Lynn 9:30AM	8 Healthy at Heart TFRC 11:30 to 12:45	9 Essentrics Online with Lynn 9:30AM	10 Essentrics Online with Lynn 10:00 AM
11 Essentrics Online with Lynn 10:00 AM	12 Essentrics Online with Lynn 1:00 PM	13 Healthy at Heart 11:30 to 12:45 Ageism Luncheon Bost.Pizza 12:00 noon	14 Essentrics Online with Lynn 9:30AM	15 Healthy at Heart TFRC 11:30 to 12:45	16 Essentrics Online with Lynn 9:30AM	17 Essentrics Online with Lynn 10:00 AM
18 Essentrics Online with Lynn 10:00 AM	19 Family Day Essentrics online 1:00 PM	20 Healthy at Heart TFRC 11:30 to 12:45	21 Essentrics Online with Lynn 9:30AM	22 Healthy at Heart TFRC 11:30 to 12:45	23 Essentrics Online with Lynn 9:30AM	24 Essentrics Online with Lynn 10:00 AM
25 Essentrics Online with Lynn 10:00 AM	26 Essentrics Online with Lynn 1:00 PM	27 Healthy at Heart TFRC 11:30 to 12:45	28 Essentrics Online with Lynn 9:30AM	29 Healthy at Heart TFRC 11:30 to 12:45		