



# Heart Murmurs

November 2020

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*Heart Murmurs* is the newsletter of CASE published in February, March, April, May, September, October, November, and December each year. Suggested articles can be submitted to Barry Clark at [kbclark1@telus.net](mailto:kbclark1@telus.net) Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

If you wish to unsubscribe from this newsletter, please e-mail [stuart\\_e@telus.net](mailto:stuart_e@telus.net) with a subject line 'unsubscribe'.

### **Cardiac Athletic Society Edmonton -Board**

President -	Gary Duguay
Vice President	Wayne Jackson
Secretary -	Gary Duguay
Treasurer	Roberto Cruz
Past President -	Burn Evans
Membership	Stuart Embleton
Exercise Coordinator	Wayne Jackson
News and Communications	Barry Clark with Stuart Embleton
Education and Special Events	Mae Hadley
Social Events-	Colleen Foster
Hearts and Flowers	Tessie Cruz
Golf Program	Wayne Saunders
Marketing Coordinator	Cliff Werner
Member at Large	Victor Fernandez

### **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.

### ***COMING SOONER THAN YOU THINK!***

Case members should be aware that their current membership will end on Dec. 31, 2020.

In 2021 the Essentric's Aging Backwards/ Healthy at Heart program currently offered by Lynn via Zoom, the walking program led by Wayne Jackson, and the golf program led by Wayne Saunders will continue. Heart Murmurs will continue to be published and some sort of regular breakfast program may be initiated. Further, your Board continues to seek resumption of a safe program of activities at Terwillegar Rec Centre and is looking for other programs to benefit members.

Membership fees for 2021 will be \$30, continuing to be a real bargain. Again, this year you should contact Stuart Embleton to pay your fees and get your membership cards for 2021. Contact him at Ph. 780-435-2602 or email [stuart\\_e@telus.net](mailto:stuart_e@telus.net)

### **ESSENTIAL ESSEINTRICS**

We have had very good participation in the Essentrics Aging Backwards/ Healthy at Heart exercise programs offered by Lynn Bohuch online using the Zoom platform. Currently we have 25 members participating.

We note that many of our members still have not tried this exercise program which Lynn teaches the class specifically designed for seniors. Maintaining our fitness levels is vital to our ongoing health and this program is designed for you to work to your existing level of fitness while building strength and flexibility over time! Our president, Gary Duguay even participated while sitting having had problems with a bad knee...

With the cold weather approaching and our options for exercise being more restricted, we urge you to give the CASE Essentrics Aging Backwards/ Healthy at Heart program a try. If you do not know what Essentrics is, you can look at the website created by the originator of the program at <https://essentrics.com/healthy-aging/> That site shows programs they provide with a focus on health for seniors. The video at the bottom of this webpage demonstrates several the exercises that Lynn uses in our program.

We hope that you will give Essentrics a try. Contact **Wayne Jackson at 780-432-7203 to register.**

#### ***Some members have commented on “Essentrics Aging Backwards/ Healthy at Heart”***

*“As CASE members we can share a gift from Lynn. She offered us a different form of exercise - Essentrics. She subtly introduced elements of this form of exercising into our usual cardio workouts after volleyball. Then a pandemic intervened... We now have Lynn’s Zoom classes tailored to our needs by a familiar face. I say: “Try it, you might just like it.” And remember, on Zoom, nobody is watching!*

*Bob Hutchinson*

*“Lynn has an excellent program in Essentrics Aging Backwards that really helps to build and maintain strength, balance and flexibility. It is great to see other CASE members twice a week if only virtually”*

*Barry and Carole Clark*

*“Since I am basically quite lazy, the scheduled sessions presented by Lynn create a sort of commitment to show up and participate. Lynn’s classes are great for my stiff old body.”*

*Stuart Embleton*

*“After sitting at my computer doing Genealogy, the muscles in my neck and shoulders can get pretty tight. Essentrics helps to work out the kinks and keeps me flexible.”*

*Gary Duguay*

## **CASE WALKS**

CASE WALKS finished off a great season with an October 2 walk at Gold Bar (#6) and October 16 walk at Mill Creek Ravine (#7). Members appreciated this form of outdoor exercise and the opportunity to catch up with fellow exercisers. We are planning to resume the walking program in the spring.

## ***STRETCHING MAY IMPROVE BLOOD VESSEL HEALTH***

Doing easy leg stretches may improve blood flow throughout the body by making the arteries more flexible and able to dilate, according to a small study in the July 1, 2020, *Journal of Physiology*. The study included 39 young adults, 27 of whom did passive leg stretches five times a week for 12 weeks, while the other 12 did no stretching. (Passive stretching involves holding a stretch for a set period aided by an outside force, such as one's body weight or gravity). Volunteers held the thigh and calf stretches for 45 seconds, followed a 15-second rest. They repeated each set a total of five times. Researchers measured blood flow in the participants' lower legs and upper arms at the beginning and end of the study. The arteries of people who stretched were more dilated and had increased blood flow in both areas, they found.

If future studies confirm these results, particularly in older people with vascular disease, passive stretching could become a new nondrug treatment for improving blood vessel health, according to the study authors.

*Source: Harvard Heart Letter Published: October, 2020*

## ***DON'T FORGET TO LEARN!***

Due to Covid, C.A.S.E. currently is not holding any Education evenings. However, there are many online or Zoom presentations being offered by Edmonton's Senior Centres that you can participate in.



I belong to the Westend Seniors Activity Centre and they hold Toonie Talks for \$2.00 that you can sign-up for online from their website. You do NOT need to be a member. Their website is [www.weseniors.ca](http://www.weseniors.ca) Non-members need to send an email to [yunxuan@weseniors.ca](mailto:yunxuan@weseniors.ca) with Toonie Talk in the subject line, to register. These talks cover a great variety of topics. Check them out under Toonie Talks, the second heading as you scroll down. The Westend Centre is opening more onsite programs for November and December.

In the past, you did need a membership to a Senior Centre which allowed you to book courses offered at others. Each centre offers its own programs which may be of interest. Annual memberships are \$30.00 and can be obtained online at the various Centres, with options for joining now. If you go on to the website at [www.myactivecenter.com](http://www.myactivecenter.com) scroll down to 'Closest Centers' you can find listings of the Edmonton Centres by entering your postal code. There are links to most of their websites there.

I hope that some of these things appeal to you in lieu of our Education evenings. Remember, it is important to keep learning new things and challenging ourselves!

*Mae Hadley, Education Coordinator*

### ***TELEMEDICINE: A GOOD FIT FOR CARDIAC CARE?***

For monitoring conditions that contribute to heart attack and stroke, virtual doctor visits can be much more convenient than in-person appointments. Where is this trend headed?

Virtual doctor visits, when you talk to a physician on a video call instead of during an in-person office exam, have been available in certain places for years. But they never really caught on until the pandemic. Almost overnight, virtual care became an indispensable tool for managing coronavirus infections and other health conditions during the crisis. In 2019, virtual visits accounted for fewer than 1% of the appointments at the Harvard-affiliated Hospitals. However, during the peak of the coronavirus surge in Boston, 80% of all visits to the hospital were done virtually.

**Telemedicine advantages:** For the patient, virtual visits save a lot of time. You do not need to take time off work or other commitments to drive, park, and sit in a waiting room before your visit. And even though you are not in the same room, you may get more direct eye contact with your physician, thanks to the face-to-face nature of video calling.

Another advantage: you may be able to have another person such as a family member who lives across town or across the country join the video call. That could be especially helpful if you are facing an upcoming procedure or discussing a serious health concern. Just as with in-person visits, it is nice to have another person listening, asking questions, and taking notes.

For people who have cardiovascular disease, a big part of what doctors do is to review test results and talk about how to better manage the condition. These discussions usually take only about 20 minutes, making them well suited for virtual visits. For this process to work efficiently, health care visits need to be deconstructed and reassembled. For instance, you likely will have to go to get blood tests and measure your blood pressure before your conversation.

**Future directions:** Setting up telehealth infrastructure and restructuring how doctors are reimbursed are other crucial aspects of a successful transition to virtual care. But those investments only make financial sense if there is enough demand for virtual care going forward. It is estimated that telehealth visits will likely stabilize at around 20% to 30% of all health care visits. In the future, remote monitoring of health data using wireless enabled devices that measure a person's weight, blood pressure, blood sugar, pulse, and heart rhythm could further advance telehealth's promise. Continuously monitoring key health factors and using artificial intelligence to monitor those signals is on the near horizon. If concerning changes appear, the system would create an alert. Rather than seeing your doctor at arbitrary intervals, you would go when monitoring data suggested the need.

Source: [Harvard Heart Letter](#) Published: October, 2020

# CASE Events Calendar - November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	4	5 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	6	7
8	9	10 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	11 Remembrance Day	12 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	13	14
15	16	17 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	18	19 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	20	21
22	23 <b>Board Meeting Bonnie Doon 9 a.m.</b>	24 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	25	26 <b>Essentrics and Cardio 11:30 to 12:45</b> Zoom with Lynn	27	28
29	30					

Note: Watch email for more detail on activities and events.