



Heart Murmurs

October 2021

Cardiac Athletic Society Edmonton - Contacts

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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 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 with a subject line 'unsubscribe'.

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.

RETURN TO TERWILLEGAR REMAINS UNDER CONSIDERATION

At the end of August, CASE's Healthy at Heart Program at Terwillegar was put on hold until Thanksgiving at least.

In September, the Covid situation evolved rapidly, unfortunately not for the better! In response, the City of Edmonton adopted the Government of Alberta's Restriction Exemption Program. Since September 20, everyone visiting a City recreation centre, arena or attraction are required to provide proof of COVID-19 vaccination or recent negative covid test result. The City is requiring all employees (including part time, casual and volunteer) to have received two Covid 19 vaccine doses by Oct 31 so that they will be considered fully vaccinated by Nov.15.

Masks and face coverings are also required for entry to all City facilities. It is understood that those exercising can remove masks during their sessions if adequate physical separation between participants is maintained.

Considering that the province's hospital emergency facilities are in dire circumstances, and fact that as a group we have higher than normal risks associated with age and heart conditions, the CASE Board is requesting that the TCRC postpone the resumption of Healthy at Heart at least until January 2022. By then, hopefully, the Covid numbers will have decreased, the hospital situation will normalize.

ESSEINTRICS

Nineteen members are registered for the 4 week session which wraps up on October 7. (Thanksgiving Monday is Oct. 13).

Lynn has agreed to continue the online Tuesday and Thursday Essentrics program for the period from October 13 until December 30. This is for 12 weeks, and the cost will still be \$30 for a 4-week session or \$90 for the whole period. A real bargain!

Please forward your cheque to

Roberto Cruz
CASE Treasurer
201- 1350 Windermere Way SW
Edmonton AB
T6W 2J3

Our deep gratitude to Lynn for helping us to stay active during this challenging time!

CASE WALKS

The 7th walk of the year took place at Whitemud Creek on Sep. 17 with 11 walkers participating. A walk is planned for October, hopefully before a major snowfall.

BAH HUMBUG

Sadly, for the second year in a row, CASE has had to cancel the Christmas Party usually held in December. Given our present Covid situation the advisability of us sharing dinner together at that time is unduly risky. Even if the pandemic recedes rapidly, the timelines for organizing the event by year end are closing very soon.

THE ANNUAL GENERAL MEETING

Normally, the Annual General Meeting is held in March. The 2021 meeting was deferred due to the Covid lockdown. The Board had hoped to combine the meeting with an outdoor event during the summer, but this did not occur.

The Board has set a date, Monday November 22, 2021, for the Annual meeting. The hope is that the Covid situation is resolved over the next several weeks and a ‘normal general meeting’ can be organized at SEESA. If meeting restrictions are still in place, we will conduct the meeting online.

In March, the current Board agreed to continue to serve until the next AGM. All the Board Members have agreed to put their names forward again to serve until the subsequent AGM likely in March 2022. If you would like to serve on the Board until the March 2022 AGM, please contact Gary Duguay. Of course, nominations for any post can be made prior to the November meeting.

The formal notice of the AGM will be provided at the beginning of November, and it will outline the agenda and indicate whether it will be held on line or in person.

CHOOSING A HOME EXERCISE MACHINE

Even if you enjoy exercising outdoors, there are times when it's too cold, too hot, or otherwise uncomfortable or impractical to walk, jog, or cycle outside. And like many people, perhaps you've let your gym membership lapse. So how do you make sure you're getting an aerobic, heart-protecting workout most days of the week?

Maybe it's time to invest in a home exercise machine, such as a treadmill or elliptical machine. Not only can you exercise in the privacy of your home, you can also easily break up your workout into 10- to 15-minute stints throughout the day, whenever it's convenient for you. Current guidelines recommend getting at least 2.5 hours of heart rate-elevating (aerobic) exercise each week.

Consider your health history: While all exercise machines provide an aerobic workout, some may be better suited to you than others, depending on your personal situation, says Janice McGrail, physical therapist at Harvard-affiliated Spaulding Rehabilitation Network. By the time most people reach middle age, it's not uncommon to have at least one joint or muscle problem, from either overuse or injury. It could be creaky knees or hips, a sore shoulder, tender wrists, or an achy lower back. Other health issues might also be worth considering.

"If you have arthritis in your hips or knees, a stationary bike lets you avoid weight bearing that might be painful," says McGrail. Make sure to adjust the seat height so there's a slight bend in your knees when the ball of your foot is on the pedal at its lowest point, which helps avoid knee strain. A stationary bike is also a good choice for novice exercisers and those with balance issues.

But if osteoporosis is a concern, weight-bearing exercise — which you can get from a treadmill or elliptical machine — is beneficial. With an elliptical machine, your feet don't come up and down off the steps, so the weight-bearing action is more moderate, - McGrail notes.

Ellipticals have the additional advantage of working your arms as well as your legs. You can also find stationary bikes with arms that move back and forth, in case you need the added stability of being able to sit instead of stand. However, be sure to consider any history of pain in your shoulders or elbows, since the repetitive motion might exacerbate that problem.

Rowing machines may be the best option for a total-body workout: they require you to use your arms, legs, and core muscles. Because they use so many muscle groups, these machines probably aren't best for those who are less fit or beginners. Rowing machines also aren't advisable for people prone to back pain.

Treadmill tips: As one of the original home exercise machines, treadmills remain among the most popular. When considering your options, choose a model with a sturdy frame and an electric motor rather than a nonmotorized treadmill. Much of the machine's price depends on the motor's quality, durability, and strength; expect to spend at least \$1,000. You'll need at least a 3-horsepower motor for running versus just walking.

Make sure the walking or running area (called the deck or belt) is long enough for your stride. This will vary depending on your height and if you plan to run, which requires a longer stride. Other key features include an emergency stop button for safety, easy-to-use buttons, and gauges with letters and numbers that are large enough for you to see clearly.

Before you buy any type of equipment, check reviews or ratings for different exercise machines. Consumer Reports (www.consumerreports.org) and many running and fitness magazines offer reliable information. If possible, try out the machine in person at a big-box or sporting goods store or one that specializes in exercise equipment.

Source: [Harvard Heart Letter](https://www.health.harvard.edu/heart-health/choosing-a-home-exercise-machine) Published: March, 2021 <https://www.health.harvard.edu/heart-health/choosing-a-home-exercise-machine>



CASE GOLF TOURNAMENT AND AWARDS NIGHT

The CASE Golf Tournament that took place July 21, and the Annual Golf Dinner and Awards Night was held on Wednesday September 8 at Boston Pizza. We had 21 in attendance, had a great meal, and presented award trophies. Congratulations to all!

Trophy winners were:

- BEST GROSS SCORE: BILL BOYD
- BEST NET SCORE: GRACE WERNER
- LONGEST DRIVE, (LADIES) GAIL DUNNIGAN
- LONGES DRIVE, (MEN) CLIFF WERNER
- CLOSEST TO PIN: BILL BOYD
- LONGEST PUTT: WAYNE JACKSON & AARON
DUGUAY (Tied)

Weekly golf will continue throughout the fall until such time as the weather restricts further play. Wayne Saunders CASE Golf coordinator



CASE Events Calendar - October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	6 Golf Twin Willows 11 AM Weather permitting	7 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	8	9
10	11 Thanksgiving Day	12 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	13 Golf Twin Willows 11 AM Weather permitting	14 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	15	16
17	18	19 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	20 Golf Twin Willows 11 AM Weather permitting	21 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	22	23
24	25 Board Meeting TBA	26 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	27 Golf Twin Willows 11 AM Weather permitting	28 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	29	30
31						

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