

YOU ARE THE HEART OF THE HOPE

THE HOPE HEART INSTITUTE
Report to the Community · 2010



The mission of the Hope Heart Institute is to serve humanity through cardiovascular research and education. We are dedicated to preventing and treating heart and blood vessel disease, and to improving the physical, emotional and spiritual quality of life for all at risk of - or affected by - cardiovascular disease.



In 2010, we achieved tremendous growth in our programs – and the ‘we’ I refer to includes you, our generous supporters and volunteers. You are the lifeblood to our heart health programs.

This report to the community is a highlight of all you make possible in the fight against

America’s No. 1 cause of death, heart disease. We know you take this statistic to heart.

The pages that follow demonstrate the tangible impact you’re having.

Because much of heart disease can be prevented, you’re helping our education and outreach programs reach vulnerable populations in record numbers. We’re bringing free cholesterol, glucose and blood pressure screenings to people who might not otherwise know their numbers – and knowing your numbers is critical to improving them.

We’re teaching students how to read nutrition labels, assess their fitness needs, and set S.M.A.R.T. goals through school-based curricula; these lessons are finding their way home to impact family health.

Students are becoming the health ambassadors for their family, and it’s making a difference.

Together, we’re advancing the way heart disease is treated. The Hope Heart Program at the Benaroya Research Institute is discovering new ways to repair heart tissue damaged during a heart attack, and how to grow blood vessels. Our Clinical Program is turning the latest scientific advances into care for those at risk of or suffering from heart disease – new devices to save lives, or drug therapies that allow survivors to live a fuller life.

It is work you make possible. We hope you feel a sense of accomplishment for what 2010 brought, and a sense of hope that together, we can drastically improve our heart health – in our family, in our community, in our nation, and in the world.

You are the heart of the Hope.

With appreciation,

Mark Nudelman
President & CEO



It has been a privilege to support The Hope Heart Institute by serving as the 2010 Chair of the Board of Directors. Your efforts and donations have made a great impact in helping The Hope meet its mission of serving humanity through research and education.

I would like to take the opportunity to both thank you and to update you on some of our achievements and ongoing efforts in the battle against cardiovascular disease.

Our school-based programs reached more than 5,500 students with more than 100,000 instructional hours, teaching students how to make smart nutrition choices, and assess their fitness needs. Youth Take Heart™ was adopted by Seattle Public Schools for all middle school science classrooms. We collaborated with the Office of the Superintendent of Public Instruction to advance our state’s efforts in Coordinated School Health, a movement that aligns seven components of schools and communities to foster student health.

Outreach programs reached 12,000 people with heart health information, and thousands received free screenings for cholesterol and glucose.

With The Hope Heart Institute’s support, the Hope Heart program at the Benaroya Research Institute engaged in breakthrough science focused on the potential to create blood vessel therapies and to repair and regenerate muscle tissue damaged during a heart attack.

Our cardiologists were more engaged than ever, participating in research valuable to patients suffering from heart disease and diabetes.

The On Wings of Hope benefit had a record year, bringing in more than \$630,000 thanks to a committee of dedicated volunteers and our annual golf classic continued to be one of the area’s best, raising needed funds at The Golf Club at Newcastle.

The staff and leadership of The Hope bring energy, passion and creativity to the vision of The Hope. We are well served by their dedication, commitment, and passion.

We look towards a bright future made possible by the generous support of philanthropic donors like you. In our current economic climate, fundraising and philanthropy are more critical than ever in order to achieve our noble mission.

On behalf of our Board of Directors I thank you for your commitment and for providing hope to all who are at risk of or affected with cardiovascular disease.

With great appreciation,

Scott Rabinowitz

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THE 2010 DEDOMENICO SCHOLAR IN RESIDENCE - Dr. Merv Merrilees of Auckland University

The Hope Heart Institute chose Dr. Merv Merrilees as the 2010 Dedomenico Scholar-in-Residence at The Hope Heart Institute. Dr. Merrilees traveled to Seattle to spend August working closely with Hope scientists, especially Dr. Tom Wight, at The Hope Heart Program at the Benaroya Research Institute.

The award began in 2006 in honor of Hope benefactor and first Sauvage Fellow, Dr. Mark Dedomenico. Previous Dedomenico Scholars include Dr. Paul A. Keire of the University of Washington, Dr. Patrick Murphy of Seattle University, and Ingrid Harten of the University of Washington.

Dr. Merrilees has long held a special interest in factors that affect the morphology, structure and matrix composition of tissues. Through a long standing collaboration with Dr. Wight, together the team has studied elastins, and their findings hold great promise. Through gene manipulation they have discovered a way of switching on elastin synthesis and have been able to change the structure of the blood vessel wall to produce an intima that is elastin-rich. The aim now is to find a way of achieving this end through pharmaceutical approaches. The Hope is proud to support their successful collaboration.



CLINICAL RESEARCH

The Hope has a network of physicians on faculty specializing in cardiology, allowing us to build upon extensive research experience in electrophysiology, interventional and endovascular cardiology, heart failure, hypertension, and diabetes. The personal relationship between the Principal Investigators and Research Coordinators allows for frequent communication aiding in submitting compliant and complete data to sponsors.

Clinical Research trials are carried out in partnership with several major academic medical centers, such as The Cleveland Clinic, Duke University, Harvard, Henry Ford Health System, The National Institutes of Health, and several other well-known programs. These protocols involve patients who volunteer for scientific research with new drugs, procedures, or medical devices. The trials translate science into advanced ways to prevent, diagnose, and treat disease.

We participate in clinical trials in an effort to improve the overall standard of care in the treatment of heart disease. We bring cardiovascular clinical research to hospitals that don't otherwise have a system in place, bringing the latest medical discoveries to patients in the Pacific Northwest.



HOPE HEART PROGRAM | BASIC & TRANSLATIONAL SCIENCE

The Hope Heart Program is focused on diseases of the cardiovascular system – the heart and blood vessels – and includes research at both the basic science and translational levels. In 2010, The Hope Heart Program expanded by recruiting Dr. James Dennis from Case Western University in Cleveland, OH to work with Dr. Margaret Allen, along with Dr. Hisashi Mera and Dr. Thomas Kean, both post-doctoral fellows in his lab. This recruitment is particularly fitting since Dr. Dennis works on the use of stem cells in the repair and replacement of damaged tissues as well as in the generation of new tissues through tissue engineering. Dr. Lester Sauvage, founder of The Hope Heart Institute is a pioneer in the use of stem cells in cardiovascular research and we are so very pleased that Dr. Dennis has joined Dr. Margaret Allen's research team to further this important area of research.

Clinical Research study areas include:

Acute Coronary Syndrome | Acute Myocardial Infarction | Atrial Fibrillation Carotid Stenting | Coronary Artery Disease & Lipid Therapies | Heart Failure | Hypertension | Renal Artery Disease Pacing & Cardiac Resynchronization Therapy

In 2010 our clinical research team conducted studies including:

- a drug's ability to prevent cardiac events in patients with atrial fibrillation.
- platelet inhibitor agents given prior to coronary angioplasty to prevent the aggregation of platelets in the clotting process.
- determining if a drug, when added to the existing standard of care for preventing heart attack and stroke in patients with acute coronary syndrome, will yield additional benefit over the existing standard of care.
- comparing two treatments for multi-vessel coronary artery disease in people with diabetes.

Investigators in the Hope Heart Program have raised some \$3,084,526 in research funding for 2010 from sources including the National Institutes of Health, the Department of Defense, the Juvenile Diabetes Research Foundation, the Klorfine Foundation, and the Gilbertson Foundation. The total number of scientists and technicians in the program during 2010 was 20.

Some of the key accomplishments by scientists in the Program include:

Dr. Jun Luo received the Best of the American Heart Association Specialty Conferences Award, Poster Sessions, for his poster, "Pre-conditioning autologous atrial appendage tissue as a potential cell source for infarct repair" presented at the Basic Cardiovascular Sciences 2010 Scientific Sessions. Rancho Mirage, CA, July 2010.

Dr. Wight chaired a session at the International Society for Hyaluronan Sciences, 8th International Conference, at Kyoto, Japan, in June.

Dr. Wight was an invited lecturer at the 2010 International Workshop of Glycobiology at Shanghai, China, in October.

Dr. Wight was an invited lecturer at the International Summit of Fibrosis in Intestinal Inflammation at the Cleveland Clinic, Cleveland, OH, in September.

Dr. Wight gave a presentation entitled, "Importance of the Extracellular Matrix in the Pathogenesis of Cardiovascular Disease," at the The Progeria Research Foundation's 10th Anniversary Workshop on Progeria, "From Bench to Bedside in a Decade" in Boston in April.

Dr. Margaret Allen was honored as one of "100 Pioneering Women" in Washington State at a gala at the Seattle Sheraton, "Women Unbound," celebrating the one hundredth anniversary of women receiving the right to vote in Washington. The event was hosted by the University of Washington Women's Center in November.

A total of 19 full manuscripts were published by members of the Hope Heart staff in 2010.

"The heart is a mystery and a miracle. It beats roughly every second of our lives – two and a half billion times during an average lifespan. It does not rest, pumping around seventy-four gallons of blood every hour once we become adults. Although it weighs only about fifteen ounces, it is immensely strong – the amount of energy it generates in a single day could drive a car twenty miles.

And it can stop at any moment. It can stop when we are newborn babies asleep in the crib or when we are healthy teenagers walking off the practice field on a sultry August afternoon. It can arrest when we are shoveling snow in our middle age or when we are a hundred years old and our minds have been swept of memory for a decade. The heart is the ultimate arbiter of our lives."

- Dr. Tom Amidon, Hope Heart Board member, and Stephen Amidon; The Sublime Engine





WE HAVE HOPE FOR A HEALTHIER FUTURE

“Our goal is to keep people out of the operating room, to keep them from becoming patients in the first place.” - Dr. Lester Sauvage, Founder

The Hope’s Education and Outreach programs work to prevent or reduce the risk of cardiovascular disease in our community. The need for our programs could not be greater: Cardiovascular disease remains the leading cause of death in our country and takes more lives than the next four causes of death combined, including cancer.

1 PERSON IN THIS COUNTRY DIES OF HEART DISEASE EVERY 37 SECONDS

There is Hope...

Our Take Heart™ programs target individuals of all ages and backgrounds, to educate and provide tools for a healthier future. We meet people where they are at with their health and show them how small changes in lifestyle can amount to major risk reduction and improved health.

The Hope’s primary prevention education addresses four goals:

1. Build awareness for cardiovascular diseases (CVD) and risk factors.
2. Equip our communities with knowledge, skills and tools to prevent and manage CVD.
3. Connect people to health-related resources.
4. Confront the rising crisis of childhood obesity by addressing the role lifestyle choices play on the structure and function of the cardiovascular system.

Women Take Heart™

Heart disease affects as many women as men. However, the signs and symptoms for women can be very different, and often women take 2-4 hours longer than men to respond to symptoms of heart attack, limiting the beneficial use of some treatments and causing poorer outcomes.

The Hope’s Women Take Heart™ program increases participant’s knowledge of heart disease and equips women and their families with key prevention tools. The series blends hands-on instruction with expert speakers to send home the critical message: basic changes in diet and exercise can make the difference between life and death.

In 2010, The Hope was one of seven organizations selected for funding from the Foundation for the National Institutes of Health in support of the Heart Truth Community Action Program. This allowed us to expand our education and screening programs to reach additional women.

- Women reached with outreach and heart health education: 800
- “Women Take Heart™ was back at Washington Correctional Center for Women in September. Registered Dietician Mary Purdy spoke, and the offenders loved her presentation so much they requested measuring cups so they could control their own portion size.”
– Meagan Gratias, Program Manager

90% OF WOMEN HAVE ONE OR MORE RISK FACTORS FOR HEART DISEASE.



CHILDHOOD OBESITY IS NOW THE #1 HEALTH CONCERN AMONG PARENTS IN THE UNITED STATES, TOPPING DRUG ABUSE AND SMOKING.



Kids Take Heart™ and Youth Take Heart™

The Hope Heart Institute reaches children early in their lives to give them the opportunity to create healthy lifestyles now to prevent heart disease later. This upstream approach will save precious lives and reduce future healthcare costs.

Today, about one in three American students is overweight or obese. This is causing a broad range of cardiovascular-related problems that previously weren’t seen until adulthood, including high blood pressure, type 2 diabetes and elevated cholesterol levels. Some experts predict that we may see the first generation of children that will have a shorter life expectancy than their parents.

Kids Take Heart™ is a health and fitness curriculum targeting anatomy, fitness, nutrition, stress and goal-setting. It equips children in 3rd – 5th grades to make choices that promote fitness, health and wellness. Kids Take Heart™ aligns with national and state standards for health and fitness and is one model teachers can use to ensure developmentally appropriate, standards-based instruction. Kids Take Heart™ also involves student health ambassadors in outreach to promote heart health information among families and the community.

2010 Program Highlights:

- Elementary school students reached: 2,185 through 34,960 instructional hours.
- Online training made the curriculum accessible across the nation
- Trained all Bothell Northshore PE teachers in Fitness Unit.
- “Trenton has become more interested in eating a healthy diet. This has been a healthy change for all of us, as we’ve increased our fruit and vegetable intake.” – Kids Take Heart™ parent
- “Students’ interest and knowledge around improving nutrition increased. They said they learned a lot about the heart and how it works, and about their pulse. They also learned how to live healthier to avoid heart attacks and strokes in the long run.” – Kids Take Heart™ teacher
- “I feel like I have more energy throughout the day.” – Kids Take Heart™ student

What your donation means to Kids Take Heart™:

- Sponsor KTH online training and materials for a new teacher | \$620 (Serves up to 300 students)
- Sponsor KTH online training for a medium sized school district | \$12,400 (Serves up to 6,000 students)
- Sponsor a family night at a local school using the KTH program | \$1,500 (Serves up to 300 community members)



OUR VISION FOR 2011

The Hope will continue to expand and bring our Take Heart™ programs to scale – reaching more people in new communities, helping them create healthier lifestyles, and ultimately saving more lives. We seek to increase community partnerships to help us achieve this goal.



Youth Take Heart™ is a four-week Middle School Science curriculum focusing on heart anatomy, causes of cardiovascular disease, prevention through heart-healthy nutrition and physical activity, and biotechnological solutions for repairing damaged heart tissue.

Youth Take Heart is a partnership funded by a National Institutes of Health award granted to The Hope Heart Institute, University of Washington Engineered Biomaterials, and Washington State Mathematics Engineering Science Achievement (MESA). NIH's National Center for Research Resources (NCRR) initiated the Science Education Partnership Award Program (SEPA). Through this competitive grants program, SEPA sponsors partnerships among researchers, educators, and community groups to share their knowledge, expertise, and enthusiasm about health and science research.

The program evaluation uses pre- and post- unit surveys to acquire data on student knowledge and attitudes. Youth Take Heart™ also engages in community education and outreach, promoting heart health to youth and their families in underserved communities.

2010 Program Highlights:

- Middle school students reached: 3,300 through 66,000 instructional hours.
- Youth Take Heart™ is now being taught in all Seattle Public School middle school classrooms.
- Our kits traveled to New Mexico! Lawendra Atcity, who used Youth Take Heart™ when she taught in Washington, loved the program so much she brought it with her to Tibbetts MS in Farmington.
- "I have been using YTH for four years and my students really enjoy the program and learn much more compared to my standard curriculum. Because of my school's funding I would not be able to conduct the same lessons without Youth Take Heart™." – Scott Adams, Emerson High School, Mount Vernon
- "YTH is the highlight of the 6th grade science curriculum for the year, for both myself and my students. The variety of lessons, the integration of math and science, and the relevance of the subject matter make it so. Teaching the importance of proper diet and exercise is critical as the percentage of obese Americans increases. Hopefully our students who have participated in the YTH curriculum will make better-informed decisions resulting in healthier lives and a healthier nation." – Stacey Davis, teacher, Mountain View Middle School, Bremerton

What your donation means to Youth Take Heart™:

- Sponsor Kit Development Materials | \$500 (Serves up to 800 students in the initial year and increasing numbers of students in following years)
- Sponsor purchase of micropipettes | \$150
- Sponsor purchase of spectrophotometer | \$750

COMMUNITY OUTREACH

Our outreach programs raise awareness of heart disease throughout our community and provide no-cost screening and education to those most in need.

The Hope reached more than 12,000 people with information, free screenings, and outreach services. Here are some highlights from 2010.

► Day of Dance

More than 1,000 people received health screenings, 11 experts gave presentations on health and fitness topics, and every person no matter what age or fitness level participated in dance demonstrations throughout the day.

► Bite of Seattle and the Right Bite

Visitors stopped by The Hope booth to collect educational information and brochures, receive free health screenings, chat with our volunteers about healthy lifestyles, and test their knowledge of heart health with our popular quiz game, "The Pulse is Right." Throughout the three days of the Bite, we screened over 425 booth visitors for high blood pressure and stroke risk, and encouraged those with high readings to visit their physicians for follow-up. Our heart-healthy quiz game, BMI self-tests, S.M.A.R.T Goal Trackers, stroke risk assessments, and informational handouts provided practical, useable tools for our visitors to begin taking steps towards a heart-healthier life.

Also, through a partnership with the Bite of Seattle, we hosted the Hope Heart Right Bite – all restaurants marked a heart-healthier item on their menu with our logo. This helps visitors make healthier choices when enjoying the event. We also held the Right Bite at the Taste of Tacoma in June.



► Kidney Health Fest

The Hope provided an educational quiz game, fun heart-healthy activities for all ages, information on the link between heart disease and kidney disease, and other vital heart-health information. We also assist with the Cookbook project, ensuring culturally appropriate meals are given a heart-health twist!

► YMCA Healthy Lifestyles Partnership

The Hope was proud to partner with the Auburn Valley YMCA to bring cardiovascular-specific education modules to Healthy Lifestyles™, and provide regular health screenings for program participants so they could track their progress. The group environment of the YMCA Healthy Lifestyles™ program helped transform the students' less healthy habits into positive behaviors by providing support, helping set manageable goals, working through challenges, and building community. The holistic approach integrated spirit, mind and body, and encouraged achieving a balanced, satisfying life rather than an "ideal" physical goal.

"I was initially just checking out the group. What put me over-the-top was the fact that The Hope Heart Institute was involved, and the topics that would be covered. Being diagnosed with Congestive Heart Failure, I had to change my lifestyle. But how do you change the way you've done things for most of your life? One bite at a time. This group has helped me to see that I must take it one step at a time."

– T.R., Healthy Lifestyles™ Participant

WE ♥ OUR VOLUNTEERS

Volunteers are an integral part of The Hope's many events. As a small non-profit, we rely on volunteer power to expand our reach into multiple communities and offer services ranging from free screenings to presentations to Family Health Night support and beyond. Our generous and dedicated volunteers are the soul of our organization, and we are very grateful for their ongoing efforts on behalf of a future of healthy hearts for all!

Throughout 2010, 180 volunteers dedicated over 1,000 hours of service to help support the Hope's education, outreach, and fundraising efforts.

- **3,500** Free Blood Pressure and Stroke Risk Screenings for communities at risk
- **5,000** Appeal Letters Prepped and Mailed for programs and services
- **10,000** Pieces of heart-health information and materials distributed to communities in need
- **25** Free presentations provided by health professional to low-income and underserved communities on health disease prevention, stress reduction and more
- **250** Hours of material support through administrative assistance, specialized skills, consulting, and virtual volunteering to support programs
- **135** Hours of Kids Take Heart Education kit support through kit inventory teams
- **240** Hours of Fundraising support at our Hope Heart Classic and annual Benefit

"One woman who stopped by was initially reluctant to find out her blood pressure reading. Like many others, she said: 'I don't know if I want to know!' With a little encouragement, she found out it wasn't as high as she had feared, bringing her stress level down a bit. When she mentioned wanting to make some healthier choices in her life, I steered her in the direction of the SMART Goals sheet. She liked the idea of setting a specific goal for the next two weeks, and said, 'This is something I can do.' She left the booth feeling empowered to take a step in the direction of a healthier lifestyle."

- Nursing Volunteer, Bite of Seattle



"Volunteers do not necessarily have the time; they just have the heart."

- Elizabeth Andrew

NEED EXERCISE
MOTIVATION?

TUNE IN TO AN
AUDIO BOOK
WHILE YOU WALK.
IT'LL KEEP YOU
GOING LONGER
AND LOOKING
FORWARD TO
THE NEXT WALK/
CHAPTER!

EVENTS

► On Wings of Hope Benefit



The 22nd Annual On Wings of Hope Benefit on February 20th was a record fundraising event for The Hope, bringing in over \$600,000 with new sponsors and guests. Attendees enjoyed delicious food by Lisa Dupar Catering and James Beard Award Winning Chef, Jason Wilson. The auction led by the energetic John Curley, and live entertainment by Grammy nominated band, Everclear, brought the crowd at the Showbox Sodo to its feet!

Special thanks to our 2010 Co-Chairs Heather and Michael Sandoval and Rob and Vanessa Strickland and to the Benefit committee. Thank you to our sponsors: Competition Specialties, Rodman & Renshaw, Atigeo, Friends of Shawn Strickland, JP Morgan and others!



► Hope Heart Classic Golf Tournament



The 13th Annual Hope Heart Classic was a great day of golf and giving! The Hope partnered for the 2nd year with the NFL Alumni Association, and foursomes were matched up with a 5th golfer, a former NFL player. So not only did guests get a great round of golf in, but they got to hear fascinating stories from the field and locker room!

The round was followed by dinner and an auction (with help from John Curley) in addition to a touching Fund a Need ask from survivor Simi Gill. MC Kevin Calabro of 710 ESPN made the evening run smoothly.

Special thanks to our Committee Chair, Steve Hollomon, committee members, the NFL Alumni Association and sponsors like Merrill Lynch, Continental Mills, Alaskan Observers, and Kibble & Prentice!



The following events are produced by generous supporters of The Hope Heart Institute.

► **The Sauvage Healing Heart Guild**



It was a great night for the Sauvage Healing Heart Guild at their 9th gathering on Feb 6th, 2010. The event, held at Sodo Park by Herban Feast, included dinner, a live auction, and dancing to the beats of the band Soul'd Out. It was an incredible time had by all!

Our heartfelt thanks to event sponsors, auction donors, and event attendees – their generosity made for a wonderful fundraiser! Special thanks to the Sauvage Healing Heart Guild for their tireless support.

► **Cupcake Camp**



Bella Cupcake Couture presented an event for cupcake lovers: Cupcake Camp, an afternoon of cupcake tasting to help a good cause. Hope Board member Carrie Middlemiss produced the fundraiser, with the idea that cupcakes are the perfect sweet treat for moderation. Thank you Carrie for an incredible fundraiser!

► **Kirkland Half Marathon and 5K**



The Kirkland Half Marathon and 5K, in support of The Hope Heart Institute,

raised generous funds for The Hope's programs. A chilly Mother's Day morning couldn't keep away the energetic crowd. We loved seeing the kids standing at the finish line with handmade signs!

Our gratitude goes out to the volunteers and to ProMotion Events for being our partner in the fight against heart disease. Thank you!

► **Kirkland Uncorked**



It was an amazing, sunny weekend at Marina Park for Kirkland Uncorked 2010, a festival of wine and design on the waterfront. The July festival featured a variety of artists selling their work,

great tasting food and a wine garden with live music!

The Hope was grateful to be chosen as the beneficiary of this wonderful event. Special thanks to Bold Hat Productions and the City of Kirkland for their overwhelming support!

► **Gregorious Foundation**



Some of our wonderful friends chose us as the beneficiary of their Greg Gregorious

Memorial Golf Tournament in August. Greg passed away in 2004 from a heart attack, and since then, his family has produced this outstanding tournament in honor of their loved one, as a fundraiser for The Gregorious Foundation and The Hope.

REMEMBER, EAT BEFORE YOU MEET!

HAVE SOMETHING SMALL & FILLING - AN EGG, APPLE, ALMOND HANDFUL OR AN ENGLISH MUFFIN W/ 1TSP OF PEANUT BUTTER.

THANK YOU TO OUR DONORS

(\$25,000.00 +)

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RAISE THE HOPE

Fourteen local women - each with two or more significant risk factors for heart disease - took control of their nutrition and fitness to rise to the incredible challenge of a triathlon. It's a true example of inspiration and determination.

Supported by The Hope Heart Institute and local triathlon group Raise the Bar, this group of women came together under one program to train together, troubleshoot together, motivate one another, and cross the finish line together. And as the season progressed, they made incredible progress.

In the program's fourth year, our team lost nearly 80 lbs, lowered their risk factor numbers, and raced more than 65 times. They utilized the provided nutritionists, workout coaches, medical advice, and inspirational resources at their fingertips. And being accountable to 13 other people made for good motivation!



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 Ms. Amy Reiss
 Mr. Joshua Reiss
 Mr. Bill Reller
 Ms. Catherine Relyea
 Mr. and Mrs. Darwin Reynolds
 Mr. and Mrs. Jonathan Rican
 Mr. and Mrs. Bernie Richards
 Ms. Joan Richoz
 Jean C. Ridley
 Mr. Ken Riesen
 Ms. Cathleen Riggert
 Ms. Mary E. Riggs

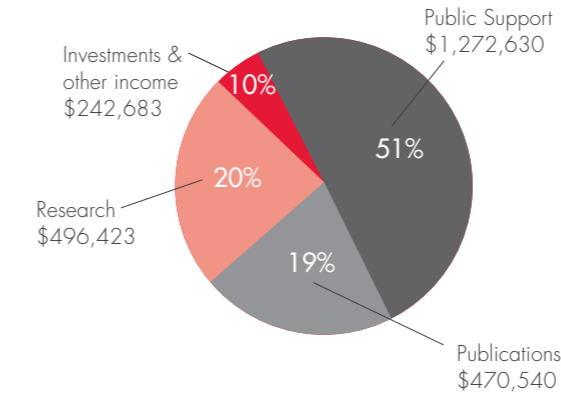
Mr. Andre Riley
 Ms. Sheila B. Rindler
 Mr. Antonio Rios
 Ms. Elizabeth Ripkey
 Kelli L. Roach
 Mr. and Mrs. Kevin Roach
 Mrs. Louise F. Roberts
 Mr. David Robertson
 Tracey Robertson
 Ms. El Vera Rodewald
 Mr. and Mrs. S. Michael Rodgers
 Mr. Benjamin Rojahn
 Mr. Patrick Rollins
 Mr. and Mrs. Geoffrey H. Root
 Ms. Eloise Rorke
 Ms. Amanda Rose
 Mr. Christopher N. Rose
 Ms. Carrie Rosenfeld
 Dr. and Mrs. James Rosenwald
 Mrs. Beverly Ross
 Mr. and Mrs. Richard J. Ross
 Mr. and Mrs. Gary L. Rostock
 Mr. and Ms. Donald A. Rottle
 Mr. and Mrs. George Rovetti
 Mr. Steve Rowell
 Mr. Stu Rowland
 Mr. Richard Roy
 Mr. and Mrs. Steve Royal
 Mrs. Lois A. Rutledge
 Mr. and Mrs. Timothy P. Ryan
 Mr. John Ryden
 Amir M. Sabet
 Mr. Cesar Salas
 Mr. Thomas Sammons
 Mr. and Mrs. Rick Samuels
 Mrs. Terra Sanchez
 Mr. Louie Sanft
 Mr. and Mrs. Larry R. Santee
 Mrs. Susan Santo
 Ms. Christine Satko
 Saturday Nite Fun
 Mr. and Mrs. David Saunders
 Mr. William R. Sauvage
 Mr. Richard Sawatzky
 Ms. Jennifer N. Scarlatos
 Mr. Simon J. Rasch
 Mrs. Heather Rasmussen
 Ms. Nancy Raymond
 Mr. David H. Read
 Mr. and Mrs. Melvin D. Ream
 Mr. and Mrs. Fred Rechenmacher
 Mr. and Mrs. Bob Reece
 Mr. Peter Reid
 Ms. Amy Reiss
 Mr. Joshua Reiss
 Mr. Bill Reller
 Ms. Catherine Relyea
 Mr. and Mrs. Darwin Reynolds
 Mr. and Mrs. Jonathan Rican
 Mr. and Mrs. Bernie Richards
 Ms. Joan Richoz
 Jean C. Ridley
 Mr. Ken Riesen
 Ms. Cathleen Riggert
 Ms. Mary E. Riggs

Mr. and Mrs. James H. Tagart, Jr.
 Mr. Bradley Tainter
 Ken L. Tankersley
 Ms. Robin Tanner
 Mr. and Mrs. Lawrence Tate
 Mr. and Mrs. Grady Taylor
 Mr. and Mrs. Andre Teixeira
 Mr. Brian Terril
 Mrs. Margaret Teskey
 The Arthur J. Gallagher Foundation
 Mr. William Thomas
 Jerry Tillinger
 Dr. and Mrs. Keith R. Timberlake
 Tisbest Philanthropy
 Ms. Tamara Todman
 Mr. and Mrs. William J. Tomlinson
 Mr. Robert L. Totten
 Rhea Trbojevic
 Mrs. Carolyn E. Trigg
 Mr. Anthony Trinko
 Mrs. Jackie Tucker
 Tuesday Early Birds
 Mr. and Mrs. Arthur J. Tupas
 Mr. Tom Turnure
 Mr. Ray Uebel
 Mr. and Mrs. Edward J. Underhill
 United Way of Indian Wells Valley
 Mr. and Mrs. Bjarne E. Ursin
 Ms. Mary E. Vach
 Ms. Sarah Valdes
 Mr. Robert E. Valentine
 Mr. and Mrs. Russ C. Van Buren
 Ms. Joyce Vander Vate
 Mr. and Mrs. Richard VanWettering
 Mr. Vincent Varvaro
 Mrs. Juanita W. Verschuyl
 Mr. Greg Vigdor
 Mr. and Mrs. Allan Vinnick
 Danchau Vo
 Vyve Salon & boutique
 Mr. and Mrs. Marvin R. Wagner
 Ms. Melodie Waldron
 Mr. Jimmy Walker
 Mr. Ralph Walker
 Ms. Brooke M. Wallace
 Caryl Wallach
 Mr. and Mrs. Kevin Walleman
 Mr. Wes Walls
 Mr. and Mrs. Charlie Walstrom
 Ed Walter
 Mr. and Mrs. Hal Walther
 Frances Ward
 Ms. Jeannie W. Ward
 Washington Biotechnology & Biomedical
 Ms. Karen Waxer-Hytrek
 Mr. Steve Wazan
 Wednesday Wonders Bowling League
 Mr. Lorne E. Weeks MD.
 Mr. and Mrs. Kyle Weigel

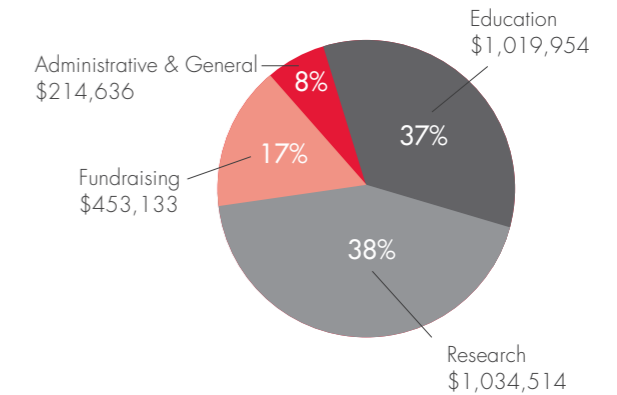
Mr. and Mrs. Merlin L. Weil
 Mr. and Mrs. Joe Weintraub
 Mr. and Mrs. Frederic S. Weiss
 Mr. Edward R. Welch
 Mr. and Mrs. Rick Wells
 Mr. and Mrs. Herbert C. Westfall
 Westside Italian Civic Club
 Ms. Lucille A. Wheeler
 Mr. and Mrs. Kenneth White
 Mr. George L. Whyel Jr.
 Mr. and Mrs. James Wickwire
 Mr. Brett Wiese
 Mr. and Mrs. Leonard R. Wilkens
 Ms. Adonika Williams
 Mr. and Mrs. Hill Williams
 Ms. Melissa Williams
 Mr. and Mrs. Michael C. Williams
 Mr. Phil Williams
 Mr. and Mrs. Barney L. Wilson
 Mr. and Mrs. Brian Wilson
 Mr. Michael C. Wilson
 Mr. and Mrs. Frederick A. Wing
 Mrs. Betty Winter
 Mr. and Mrs. Delbert Wit
 Ms. Jane Withers
 Ms. Josephine M. Witte
 Mr. and Mrs. Henry Wojdyla
 Mrs. Eleanore P. Wolf
 Mr. and Mrs. Gordon L. Wolfgram
 Mr. Mark Wolfson
 Mr. and Mrs. Arnold Woll
 Women in Defense -Michigan Chapter
 Mr. Ryan Wood
 Ms. Ethel M. Woodhouse
 Mr. Mark Worthington
 Mr. Michael Wortley
 Mr. Christian F. Wright
 Mr. and Mrs. David Wulff
 Ms. Joye E. Wyckoff
 Mr. Daniel F. Wynne
 Mr. and Mrs. Tom Yamakawa
 Mr. and Mrs. Roy Yates
 Mrs. Helen Yorgan
 Mrs. Ruth Yoshino
 Mrs. Barbara L. Yost
 Mrs. Ann C. Young
 Mr. Marvin Young
 Mr. Walter Young
 Mr. and Mrs. Robert S. Youngquist, Jr.
 Ms. Judith Youngs
 Mr. R. J. Yunker
 Mr. and Mrs. August Zadra
 Mr. Aaron Zappe
 Mr. and Mrs. Art Zellers
 Pride Zivkovich

2010 FINANCIAL INFORMATION

Income | Total = \$2,482,276



Expenses | Total = \$2,722,237



STATEMENT OF FINANCIAL POSITION
 as of December 31, 2010

Current Assets	
Cash and cash equivalents	\$ 109,350
Accounts and Notes Receivable	\$ 2,341,122
Investments	\$ 1,733,148
Other Current Assets	\$ 118,470
Total Current Assets	\$ 4,302,090
Long Term Receivables	\$ 262,073
Furniture, equipments, improvements	\$ 62,459
Total Assets	\$ 4,626,622
Current Liabilities	
Current Liabilities	\$ 787,414
Net Assets*	\$ 3,839,208
Total Liabilities and Net Assets	\$ 4,626,622

* Audited Financial Statements are available upon request.

WAYS TO GIVE

Embrace our Cause

The Hope relies heavily on gifts from individuals, corporations and foundations. We are committed to making a difference in the fight against heart disease and stroke. Every gift we receive helps support the work of our researchers and educators committed to the prevention, detection and treatment of cardiovascular disease. Thank you for making a difference!

Make a Gift Online

Make a one-time donation or create a recurring monthly donation through our secure on-line giving page at www.hopeheart.org/makeagift to support The Hope. You may celebrate the life of friend, relative or colleague by making your gift in honor or in memory of them.

Make a Gift by Mail or Over the Phone

Gifts can be mailed to the address below or you may choose to make a gift by credit card over the phone. Checks should be made payable to "The Hope Heart Institute." Please do not send cash through the mail.

The Hope Heart Institute
1380 112th Ave NE, Suite 200
Bellevue, WA 98004
425-456-8700

Give Appreciated Securities

You can donate shares of stocks or mutual funds to The Hope Heart Institute.

Give Through Estate Planning

Contribute via your will, trust, gift annuity, retirement plan, or insurance policy and receive membership in the Hope Heart Legacy Society. Use our online planned giving resources and calculators at www.hopeheart.org/makeagift.

Corporate Sponsorships

Corporate sponsorships provide a wonderful source of support for The Hope's programs, while offering sponsors visibility at our major events, hospitality benefits, and a powerful association with other local businesses who support our mission.

Foundation Relations and Grants

Independent private and family foundations bolster The Hope's programs in education and outreach each year.

Matching Gifts

Leverage your gift to The Hope Heart Institute through your company's gift-matching program, which can multiply the amount of your contribution and could qualify you for recognition as a Hope Heart Society Member. To find out if your company (or your spouse's) has a gift-matching program, ask your human resources office.

DONOR PROFILE - JACK MEDUNA

Jack Meduna has been a loyal supporter of The Hope for over two decades.

His first introduction with Dr. Savage, founder of The Hope Heart Institute, occurred in 1989. Mr. Meduna went to the hospital with the loss of blood flow to his legs. The thing that he remembers most about this visit to the hospital was the care provided by Dr. Savage. Dr. Savage would take the time to sit with Mr. Meduna's wife Virgie and hold her hands to assure her that things were ok during and after surgery. Dr. Savage told her not worry about her husband's legs at this time, because it was keeping him from having congenital heart failure. With the care of Dr. Savage, Jack is thankful to have an additional 22 years and counting, and to enjoy spending time with his three grandchildren.

To this day he carries in his wallet: a picture of his wife Virgie, a picture of Dr. Savage, and a St. Francis prayer card given to him by Dr. Savage.

Jack spreads the message of The Hope Heart Institute to almost everyone he meets. His message is to focus on the prevention, not the crisis. Through the education and research programs of The Hope, longevity and quality of life is possible. He often gives to The Hope through tributes of family and friends. These tributes carry out his message of selfless acts for selfless reasons.

