



The 8th Annual Greater Washington Region



# Heart Gala 2006

## HEART HEALTHY NEWSLETTER

December 2005

The 2006 Heart Gala is now on-line at [www.ahaheartgala.com](http://www.ahaheartgala.com)

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### Wendy Pepper donates Celebrity Poker winnings to Heart Gala



Acclaimed fashion designer and *Project Runway* star Wendy Pepper played on behalf of the American Heart Association on a recent edition of Bravo's *Celebrity Poker Showdown*. Wendy's excellent poker skills paid off as she won \$75,000 for the 2006 Heart Gala! Last year, Wendy participated in the Heart Gala by donating a stunning red purse to the silent auction. We are extremely appreciative of Wendy's donation and her continued support of the American Heart Association's mission.

Wendy Pepper's studio is located in Middleburg, Virginia. To learn more, please visit [www.wendypepper.com](http://www.wendypepper.com).

### Mark your Calendar!

#### 2006 Heart Gala Physicians' Reception

January 18, 2006  
6:30—8:30 p.m.

Residence of Hungarian  
Ambassador Andras Simonyi

#### 2006 Heart Gala VIP Reception

February 17, 2006

Home of Heart Gala  
Chairman, Fernando Murias

#### 2006 Heart Gala

Presented by



Saturday, February 25,  
2006

Ritz-Carlton, Tysons Corner  
1700 Tysons Blvd.  
McLean, VA 22102

### 2006 Heart Gala Auction Update

The 2006 Heart Gala Auction Committee has been making excellent progress in procuring items for the 2006 Heart Gala Auction. Some highlights from our live auction include:



♥ A 2 year lease on a 2006 Scion TC!

♥ A one week stay for 12 at the Tryall Resort in Montego Bay, Jamaica. This gorgeous house comes fully staffed, with two pools, Jacuzzi and spectacular views!



♥ A week stay for 4 at a luxury beachfront condo in Kauai, Hawaii. Come enjoy this beautiful island and the amazing Hawaiian scenery.

♥ Enjoy dining for a year! This package includes gift certificates for 51 DC area restaurants and the opportunity to have Georgia Brown's chef prepare an elegant dinner for 10 in your own home!

This year's auction committee still has the opportunity to

### 2006 Auction Committee

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Brown's chef prepare an elegant dinner for 10 in your own home!

This year's auction committee still has the opportunity to purchase Super Bowl tickets for the auction. If you or someone you know would like to underwrite this exciting item, please contact Erika Chambers at (703) 914-3705.

## American Heart Association Announces Updated Emergency Care Guidelines

DALLAS, Nov. 28— New emergency care guidelines include dramatic changes to cardiopulmonary resuscitation (CPR) and emphasis on chest compressions, according to the authors of the *2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*.

The 2005 guidelines emphasize that high-quality CPR, particularly effective chest compressions, contributes significantly to the successful resuscitation of cardiac arrest patients. Studies show the effective chest compressions create more blood flow through the heart to the rest of the body, buying a few minutes until defibrillation can be attempted or the heart can pump blood on its own. The guidelines recommend the rescuers minimize interruptions to chest compressions and suggest that rescuers “push hard and push fast” when giving chest compressions.

The most significant change to CPR is the ratio of chest compressions to rescue breaths—from 15 compressions for every two rescue breaths in the 2000 guidelines to 30 compressions for every two rescue breaths in the 2005 guidelines. The 30-to-two ratio is the same for CPR that a single rescuer provides to adults, children and infants (excluding newborns). The changed resulted from studies showing that blood circulation increases with each chest compression in a series and must be built back up after interruptions.

Another guideline change emphasizing the importance of CPR is the sequence of rhythm analysis and CPR when using AEDs. Previously, when AED pads were applied to the chest, the device analyzed the heart rhythm, delivered a shock if necessary, and analyzed the heart rhythm again to determine whether the shock successfully stopped the abnormal rhythm. The cycle of analysis, shock and re-analysis could be repeated three times before CPR was recommended, resulting in a delay of 37 seconds or more. Now, after one shock, the new guidelines recommend that rescuers provide about two minutes of CPR, beginning with chest compressions, before activating the AED to re-analyze the heart rhythm and attempt another shock. Studies have shown that the first AED shock stops the abnormal cardiac arrest rhythm more than 85 percent of the time and that a brief period of chest compressions between shocks can deliver oxygen to the heart, increasing the likelihood of successful defibrillation. The guidelines also recommend that healthcare providers minimize interruptions to chest compressions by doing heart rhythm checks, inserting airway devices, and administering of drugs without delaying CPR.

The new recommendations continue to encourage implementation of AED programs in public locations like airports, casinos, sports facilities and businesses. The 2005 guidelines reflect results of the Public Access Defibrillation trial, which reinforced the importance of planned and practiced response to cardiac emergencies by lay rescuers.

The guidelines are based on the Consensus on Science and Treatment Recommendations (CoSTR), a document developed by the International Liaison Committee on Resuscitation. This group includes the American Heart Association and leading international resuscitation councils.

## Rosemary Turkey with Mushrooms

Serves 4

1/4 pound turkey and 2 tablespoons sauce

1 pound turkey breast tenderloin slices, all visible fat removed

1/2 cup low-sodium chicken broth

1 tablespoon cornstarch

1/8 teaspoon salt

1/8 teaspoon black pepper

1 teaspoon snipped fresh rosemary or 1/4

teaspoon dried rosemary, crushed

8 oz. chanterelle or button mushrooms, cleaned  
trimmed and sliced



1 tablespoon cornstarch  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
Vegetable oil spray  
2 tablespoons balsamic vinegar

1/2 teaspoon dried rosemary, crushed  
8 oz. chanterelle or button mushrooms, cleaned  
trimmed and sliced  
1/4 cup chopped shallots or onion  
Fresh rosemary, optional

1. Rinse turkey and pat dry. Set aside.
2. In a small bowl, stir together broth, cornstarch, salt and pepper. Set aside.
3. Spray a large skillet with vegetable oil. Place over medium-high heat.
4. Add half the turkey to hot skillet. Cook about 2 minutes on each side, or until turkey is tender and no longer pink. Repeat with remaining turkey.
5. Remove skillet from heat; remove turkey from skillet and keep warm.
6. Add rosemary and vinegar to skillet, stirring to scrape up brown bits from bottom of pan. Return skillet to heat and add mushrooms and shallots or onion.
7. Over medium heat, cook and stir until mushrooms are tender, about 5 minutes. Stir broth mixture and add to skillet. Cook and stir until thickened and bubbly, about 3 minutes. Cook 2 minutes more, stirring constantly. Serve on a bed of rosemary if desired.

Calories: 169 kcal

Protein: 28 g

Carbohydrates: 5 g

Total Fat: 4 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 1 g

Cholesterol: 67 mg

Sodium: 137 mg

## 2006 Heart Gala Committees

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For more information or to join our growing list of sponsors, please contact  
Jeana Foster at (703) 914-3717.

