

ANNUAL **DILWALK FOUNDATION** GALA

TECHN BEAT



SILENT AUCTION
TECH-ENTERTAINMENT

2018

**GET
YOUR
HEART
BEATING!!!**



DIL Walk
from our heart to yours

www.dilwalk.ca

The DIL Walk Foundation (DWF) is a Registered Charity dedicated to increasing the awareness of heart disease.

welcome from
Dilwalk
FOUNDATION

We thank you for joining us at DIL Gala 2018 – TechnoBeat, a celebration of health and technology!

DIL Walk Foundation (DWF) recognizes that prevention is better than cure, and keeps consistent efforts to lower the risk of heart disease across all ages, beginning with children, to youth and the progression into adulthood. DIL Walk's principles are Wellness, Access, Linkages, and Knowledge (WALK). In order for these values to be met, the DIL Walk Foundation has partnered with the University of Calgary to establish a Heart Research Chair to concentrate efforts on heart research, the very first Research Chair of its kind globally. DWF holds education in high regard and demonstrates this by hosting various events throughout the year. In 2016, DIL Walk hosted Western Canada's largest CPR training.

DWF supports the CHARM Clinic, Alberta's only outpatient chronic disease clinic. The CHARM Clinic is a leader in heart failure care in the community that is actively engaged in ongoing clinical research, and 250 hospital stays have been prevented since its conception, adding up to an average of 2,500 "bed days" saved by the clinic alone. This unique initiative frees up a hospital bed for other Albertans, and uses your support to run as this is not a government-supported program. Through the support you have provided, the Foundation has been able to:

- Embrace the needs of over 25,000 people in Alberta, and numerous more around the world
- Saved the health care system over \$15 million
- Establish the very first Heart Research Chair of its kind in the World at the U of C
- Donate \$21,414 to the Mosaic PCN Refugee Clinic to help Canadian Refugees access medications
- Support the province's only community based chronic disease clinic – CHARM Clinic

The charitable nature of the DIL organization means that 100% of the funds go directly towards furthering medical and research necessities in our community. We thank you sincerely in advance for your support and ongoing commitment. From our heart to yours...

Kind Regards,



Raman Kapoor BSc, RD
President
DIL Walk Foundation



www.dilwalk.ca





MESSAGE FROM THE PREMIER OF ALBERTA

On behalf of the Government of Alberta, it is my pleasure to welcome you to the Do it for Life (DIL) Gala 2018 – Technobeat.

When communities come together to address a challenge, great things happen. Through your attendance at this gala, you are counting yourself as part of an exciting movement to raise awareness about heart health and improve the lives of those diagnosed with heart disease.

Thank you for your generous support of the DIL Walk Foundation's education, outreach and research initiatives. I appreciate your commitment to improving Albertans' health and well-being.

Best wishes for a successful event, and enjoy the festivities.

A blue ink signature of Rachel Notley, Premier of Alberta, written over a horizontal line.

Rachel Notley, Premier of Alberta





ALBERTA
HEALTH

*Deputy Premier
Office of the Minister
MLA, Edmonton-Glenora*

Message from Honourable Sarah Hoffman

Minister of Health

It is my pleasure to welcome you to the 2018 Do It for Life (DIL) Gala.

Our government is proud to support public health initiatives that focus on promoting wellness, addressing chronic disease risk factors and improving overall health outcomes for all Albertans.

I want to thank you for doing your part and for your dedication to improving the health and wellness of women, children, ethnic minorities, and refugees.

Your efforts and generous donations to the DIL Walk Foundation have helped many people affected by heart disease.

I hope you enjoy tonight's gala. Thank you again for all your work to build and support a healthier Alberta.

Honourable Sarah Hoffman

November 3, 2018



ALBERTA
COMMUNITY AND SOCIAL SERVICES

Office of the Minister

**Message from Honourable Irfan Sabir
Minister of Community and Social Services**

As Minister of Community and Social Services, I am pleased to recognize the ongoing commitment and dedication of the DIL Walk Foundation to improving cardiovascular health among Albertans, in particular members of the South Asian community. By educating people about the importance of good health, sharing resources and supporting research and training, you are making life better for Albertans, their families and communities.

Prevention begins with awareness and education, and the DIL Walk Foundation stands out for its accomplishments in these areas. Further, the funds your organization helps raise to support research are an investment in the future health of Albertans. You are an important advocate for healthy lifestyles and your dedication toward providing access to care for all sets a strong example for others to follow.

The DIL Walk Foundation is a catalyst for positive change and a champion for the well-being of diverse communities. On behalf of the Government of Alberta, I wish you continued success. We share your commitment to supporting healthy communities, and we will continue to work with you to save lives.

Irfan Sabir



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LEGISLATIVE ASSEMBLY
ALBERTA

Leela Sharon Aheer, MLA
Chestermere-Rockyview

DIL Gala 2018: You are part of something BIG !

It gives me great pleasure to join you at this year's DIL Gala. By attending and supporting this wonderful initiative you embody a teaching that crosses all cultures:

“What you do for yourself dies with you, what you do for others lives forever.”

Raman Kapoor and her husband Anmol Kapoor, MD had a vision. A vision of prevention of heart disease through community based education and clinics. They started the DIL WALK Foundation (**Do It for Life: Wellness, Access, Linkages, and Knowledge**) and through the generous support of people like you they have:

- Taught the importance of lifestyle in prevention of heart disease to thousands of people
- Hosted Western Canada's largest CPR training event
- Reached out to our cultural communities to establish “in community” health initiatives
- Established the Guru Dev Nak Ji Research Chair in Heart Health at the University of Calgary with a donation of \$100,000.
- Started Alberta's only community based chronic heart disease clinic, the CHARM clinic (**Community Heart Function Assessment and Rehabilitation Management Clinic**). To date the CHARM clinic has saved over 237 hospital stays, 2370 “bed days” and over \$15 million dollars while giving patients an enhanced quality of life within their communities.
- Supported the Mosaic PCN Refugee Clinic with a substantial donation.

Tonight you will learn about these and many other exciting DIL Walk Foundation initiatives that are making a real difference. Thanks to you, the Foundation will continue to help people live healthier, happier, and longer lives. Tonight let's celebrate the Kapoors and the many DIL Walk Foundation volunteers for this evening and their dedication to advancing heart health. I applaud all of you for attending. None of this is possible without you.

Sincerely,

A handwritten signature in black ink, appearing to read 'Leela Sharon Aheer'.

Leela Sharon Aheer, MLA



**UNIVERSITY OF
CALGARY**

FACULTY OF NURSING

Office of the Dean
PF2265B, 2500 University Drive NW
Calgary, AB, Canada T2N 1N4
nursing.ucalgary.ca

It is my great pleasure to bring greetings from the University of Calgary – Faculty of Nursing and I look forward to meeting you at the 2018 DIL Walk Gala. I began my appointment as Dean of Nursing in August, and it has been a busy and energizing time. I have enjoyed learning about the Calgary community and meeting our many supporters and collaborators. Of course, the Guru Nanak Dev Ji DIL Research Chair held by Dr. Kathryn King-Shier is an excellent example of the ongoing and engaged support from Calgary's south Asian community. Dr. King-Shier's work is creating the evidence-base to ensure that the interventions and care provided to south Asian patients and their families is culturally sensitive and effective. My clinical nursing experiences include working in cardiac care, and helping patients to live well while managing chronic diseases such as high blood pressure, congestive heart failure and diabetes. I still have great passion for this work.

In my current role as Dean of Nursing, it is very gratifying (and indeed a great responsibility) to ensure that the graduates of our programs are prepared to meet the healthcare needs of our community. The research that is made possible by your generous support of the Guru Nanak Dev Ji DIL Research Chair is not only improving the care of south Asian patients today – it is also informing how we educate future nurses to work with the south Asian community towards better health tomorrow.

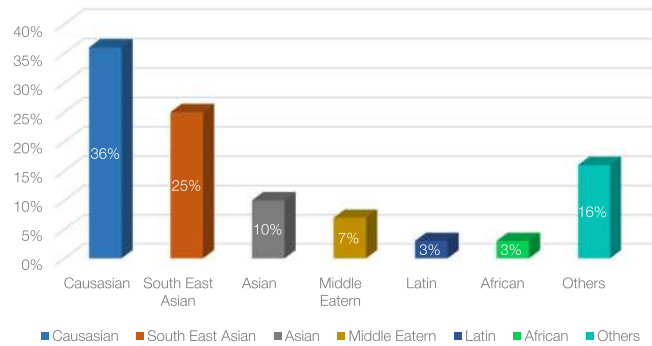
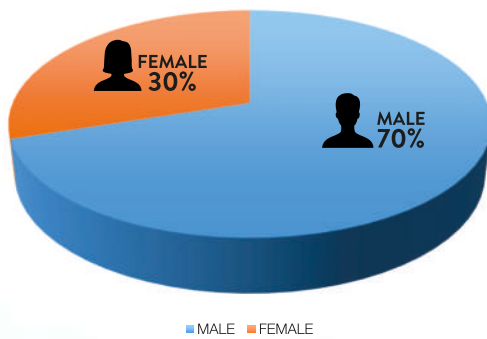
With gratitude,

Sandra Davidson, PhD, MSN, RN
Dean & Professor



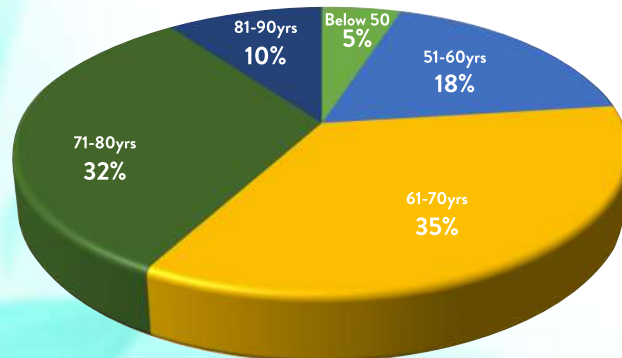
CHARM clinic is Alberta's only community-based outpatient clinic which is run on a charitable basis with support and donations from DIL WALK Foundation and Advanced Cardiology. The CHARM clinic's goal is to keep patients out of the hospital by employing preventative heart failure care. Since its inception in 2015, the clinic has prevented over 250 hospital stays which is approximately proportional to 2,500 "bed days". The total cost saved in terms of hospitalization by the clinic is ~\$4,740,000. This unique initiative frees up a hospital bed for other Albertans, and uses your support to run, as this is not a government supported program.

(A) CLINIC DEMOGRAPHICS



(B) AGE GROUP DISTRIBUTION IN CLINIC POPULATION

• Below 50yrs	5%
• 51-60yrs	18%
• 61-70yrs	35%
• 71-80yrs	32%
• 81-90yrs	10%



(C) During period of Jan 2015- March 2018

- Over 250 Hospital stays prevented
- 2,500 "bed days" saved by clinic alone - on the basis of an average of 8-10 day hospital stay
- \$4,740,000 approx. hospitalization savings - on the basis that an average hospital stay costs \$18,000-\$20,000 per stay.

(D) Health care cost saved \$1,560,000/yr VS cost on hiring LPN and overhead expenses \$100,000



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CardioHF: Patient based Mobile Application that connects with CardioEMR:

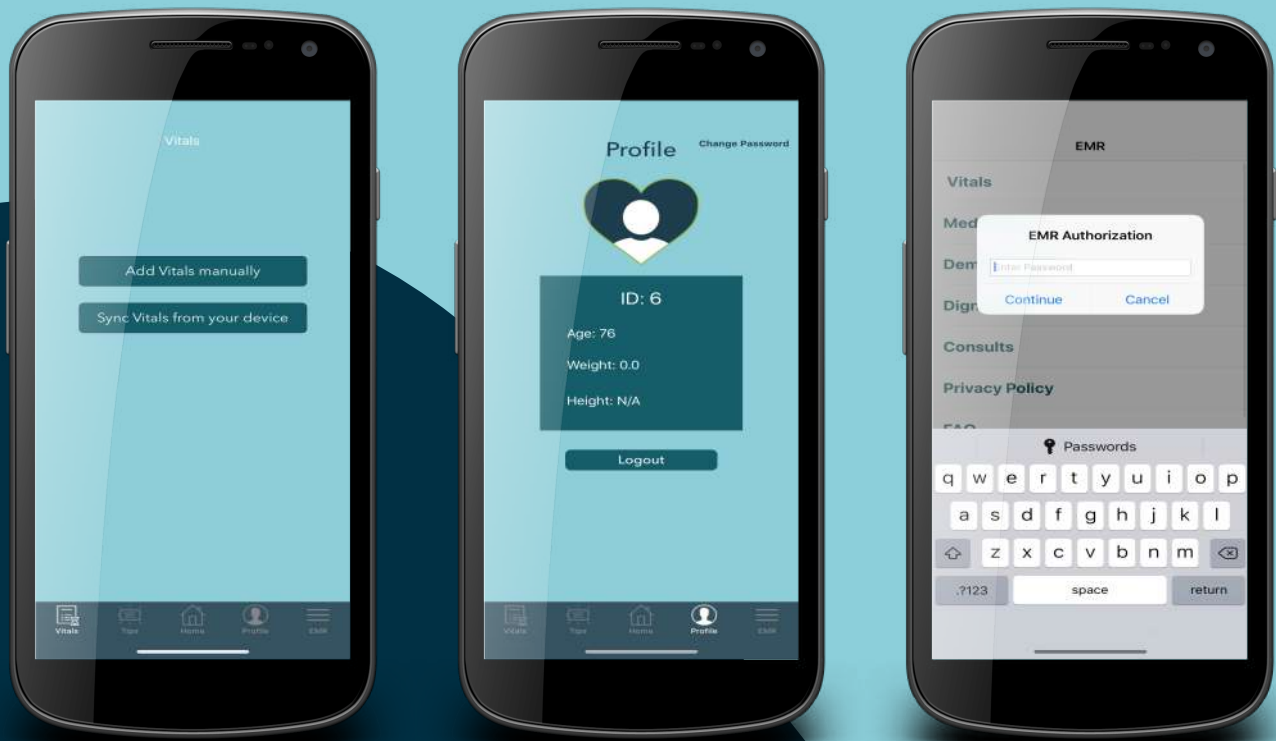
- Questionnaire based self assessment tool that helps health professional understand patient symptoms. It allows them to triage patients before they get worse.
- It connects with Wearable/IOT devices seamlessly and transmits data to CardioEMR
- Provides access to patients about their own health records. They could save and print their records wherever they are in Canada.
- Patients get Tips of the day to keep them engaged and aware about their health condition.
- Patients can manually enter their vitals (if no Bluetooth based device available) to help health professionals understand their condition at home.
- Patient can send text messages and call emergency number from app.
- Patients can have Teleconsultation with secure Video Call.
- Test message will auto delete after reading.

CardioHF Doc : Health Professional based Mobile Application that connects with CardioEMR

- Health Professional can review patient sent data: Their symptoms, vitals, Wearable and IOT data.
- Review patient records: Medications, Allergies, Diagnostics, Consult notes, etc.
- Initiate Video call or Audio call or send text messages to patients or other health professionals.
- Health professionals can create progress notes and they get immediately updated in CardioEMR.

CardioEMR is Cloud based EMR.

- Stores all data which can accessed by desktop computers and/or tablets.



DOWNLOAD NOW!

CardiA | **CardiHF**



Heart failure (HF), also known as congestive heart failure (CHF), is a condition where the heart's ability to pump blood is decreased thus leading to insufficient blood flow to meet the body's needs. HF patients often suffer from variety of signs and symptoms which commonly include shortness of breath, excessive tiredness, and swelling of legs. These sign and symptoms may get worse upon certain activity or exercise.

Many known causes of heart failure include coronary artery disease including a previous heart attack, high blood pressure, or conditions affecting heart rhythm or valves. Additionally, excess alcohol use, infection, and cardiomyopathy of an unknown cause may also lead to heart failure by changing either the structure or the functioning of the heart.

DIL Walk Foundation's funded CHARM (Community Heart Failure Assessment, Rehabilitation and Management) clinic houses the outstanding clinical mobile application development team to serve and educate patients living with this chronic disease. CardioHF, a mobile application, is one of the first mobile application developed by CardiAI.Inc in conjunction with the CHARM clinic to further their goal of serving and improving the patient's life.

CardioHF App is designed to deliver patient centered care. With the realization to collaborate across different clinical settings, caregivers and specialists to deliver efficient and unparalleled patient care and education. The CardioHF app will expand point of access to patient's data, so that patient progress, collaborations with other health professionals and review of patient data (charts and images) can be followed outside hospital walls, thus providing faster, effective and efficient patient care.

CardioHF is strategically designed mobile application for congestive heart failure patients. The CardioHF App is intended to put self-care in the hands of patients. Moreover, patients will also be updated regularly about lifestyle tips that can improve overall quality of life. Also, CardioHF app will provide patients ability to securely message CHF clinic and seek consultation along with the ability to access their own health records.

In addition to self-assessment and lifestyle tips, CardioHF app will also provide following vital clinical data for patient's health evaluation through manual input or wearable devices.

- 1) Heart rate readings
- 2) Blood pressure readings
- 3) Body weight changes
- 4) Sleep quality
- 5) Activity levels

This data will allow CHF patients and professionals to help identify key behavioral indicators influencing the chronic condition and allow for evidence-based care planning.

The CardioHF app consist of a multiple-choice questionnaire which patients can answer and submit anytime, particularly when they feel a change in their health. The questions are tailored to heart failure symptoms and signs of deterioration of health which will be analyzed by health care professionals. The objective of CardioHF app is to monitor, predict, and prevent patient health from worsening. The integration of CardioHF app will benefit the treatment plan and prove to be vital in reducing/avoiding hospitalization as well as maintain a good quality of life.





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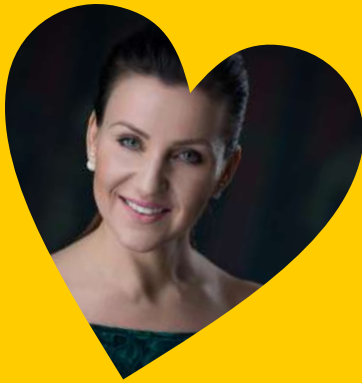


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“WE MAKE A LIVING BY WHAT WE GET,
BUT WE MAKE A LIFE BY WHAT WE GIVE”

- Winston Churchill -



Ania Basak
Emcee

Ania Basak is one of the most influential women in the fashion and beauty industry in the province of Alberta - arriving just over 10 years ago from Poland – and now proudly Canadian.

She is President and Co-Founder of Fashion Calgary, a makeup artist, image consultant, and personal shopping assistant. During her time in Calgary, her accomplishments include being the Beauty Ambassador for Giorgio Armani, Beauty Advisor for Yves Saint Laurent, and Education/Training Coordinator and PR/Media Representative for the Guerlain Paris Canada in Alberta region.

Ania is an academic graduate both from music school (piano performance) as well as she finished her MBA in Law and Administration at the University of Poland with the Prime Minister scholarship. She has also been the recipient of numerous music and educational scholarships over the years of studying.

Rizwana Janmohamed

I love to volunteer! This is my way of giving back with my time! This is my first time taking part in such an amazing and rewarding organization. I had heard about DIL Walk and after meeting Dr Kapoor and Raman I just had to help in some small way.

This organization is important to me because my husbands uncles passed away at a young age from heart attacks and strokes. DILWalk Foundation teaches us how to better care of ourselves and our heart.



Mridul Burgi

I have been involved with the DILWalk Foundation gala planning committee since it's inception. It has been a fun and rewarding experience. I wish the foundation great success in the future.

COMMITTEE MEMBERS

Sukhi Sandhu

The DILWalk Foundation has shown me how proactive a community-based organization can be. I am aware, and have personal connections, to the major issue of cardiac conditions affecting the lives of vulnerable populations. DILWalk makes it very easy to help, contribute, and educate yourself and others about cardiac health. I have had the incredible honour of working with the Foundation for this significant cause this year.



Dr. Pooja Ahmad
Dental Surgeon

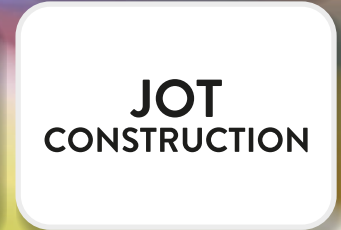
I'm astonished by the DIL Walk Foundation their allegiance & perseverance to promote awareness about heart disease within the community. Heart Disease being one of the leading cause of death in Canada is highly prevalent in south Asian communities. The risk of heart disease can be reduced and prevented by modifying risk factors and making lifestyle changes. DIL Walk Foundation is relentlessly educating and creating awareness within the community with strong emphasis on prevention. I am gratified to be part of this foundation charity and being an active member is one of the great ways of giving back to the community. It's been an absolute pleasure to work with awesome committee members for such a wonderful cause.



"Volunteers don't necessarily have the time, they just have the heart"

“I can no other answer make, but, thanks, and thanks”

- Shakespeare



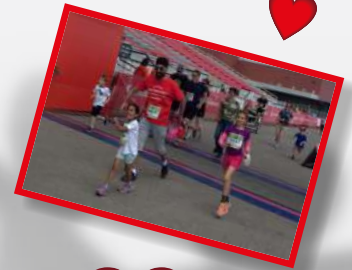
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DIL WALK IN THE COMMUNITY



When our daughter Sofia was first diagnosed with a brain tumor at the age of 5 we were devastated for her and thrust into a world of unknowns. As a result of her tumor, and the treatments associated with it, she now has significant physical and cognitive disabilities. Like so many other children with developmental delays, Sofia had a rare condition and we initially struggled to find a place where she could participate in activities with other children like her.

However, Dubasov Dance was the perfect fit for her and our family. She has thrived with volunteers who help her dance and the friends she has made. In addition, the parent community has been an amazing support for us and many families, as there is an unspoken compassion for each other as we watch our beautiful children through that glass window in the studio each week.

When we thought of starting a scholarship fund in Sofia's name we wanted to support a local institution that helped children with both physical and cognitive challenges across a wide range of needs - and Dubasov Dance is one of the few places we encountered that did so in such a fun and compassionate way. Now as a family we would like to support other families join the Dubasov community as words cannot express what a difference it has made in our daughter's life.

The DIL Walk Foundation is a strong supporter of community ventures and understands the importance and connection between physical health and overall well being. Everything the Foundation does, we Do It For Life - DIL. Helping Sofia remain active in an environment that supports her physical and cognitive abilities not only helps keep her heart healthy, but it keeps her engaged in the community around her, and that is what DIL Walk does, one heart at a time. We hope this scholarship will help other individuals in the community achieve health.



Report to Community,

Thank- you so very much for your ongoing support!

My team and I are very grateful for the warm welcome you extend to us when we attend the Nagar Kirtan celebration at the Dashmesh Cultural Center. We thoroughly enjoy speaking with each and every one who visits our tent! We appreciate all those who ask about our research program and offer to participate in our projects!!

We are working diligently toward understanding and developing ways for healthcare providers to offer better service to south Asian patients who have high blood pressure or heart disease.

We have identified that, on the whole, south Asians heart symptoms are not very different than those of whites (except for having more back pain), but south Asians take longer to get to the hospital for time-sensitive urgent care. This is very concerning. We will be working with community leaders to develop strategies to reduce barriers to identifying symptoms early and seeking urgent care. We will soon be visiting the Khalsa School in Conrich to speak with young children about how they assist with accessing emergency care for others in the home, when needed.

Over the last year, we have developed a culturally-tailored communication approach for healthcare providers to use with south Asian patients. We are pilot testing this approach now to see if we can help people improve the regularity with which they take their high blood pressure medications. Our longer term aim is to expand study of this communication approach to several centers across Canada. Once we can identify the effectiveness of this approach, we will widely publicize this work to healthcare providers.

We know that sometimes south Asian people have trouble taking their medications regularly. It is critically important to identify those at risk for not taking their medications. There are many questionnaires available to help healthcare providers identify these people. However, we do not know if these questionnaires work well for south Asian people and no questionnaire has been developed specifically for south Asians. We'd like that to change. First, we will examine the accuracy of a number of different measures in south Asian people who have chronic diseases. Then, we will identify why they work or do not work. Finally, we will either make necessary changes to an existing questionnaire or develop a new questionnaire and test its effectiveness in identifying those at risk. Importantly, the new questionnaire will appropriately reflect the south Asian culture. Having a questionnaire that is relevant to south Asians will improve patient care at the healthcare provider's office.

Our team, from the Faculty of Nursing at the University of Calgary, is looking forward to joining you at the 2018 DIL Walk Gala to celebrate your support for the Guru Nanak Dev Ji DIL Research Chair!

Gratefully,

Kathryn King-Shier, RN, PhD, FESC



**GURU NANAK DEV JI
DIL RESEARCH CHAIR**



DIL Walk
from our heart to yours



happy
Diwali
&
Happy Hearts!!!



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