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Working together for a smoke-free Iowa

Braving yet one more winter storm, a few daring souls gathered together for American Heart Association's Heart on the Hill.

In our little intimate gathering we discussed the pending heart healthy legislation that is coming up. The major focus was on the smoking ban. What was to be legislation for local control was instead a state-wide smoking ban everywhere. How very exciting!! After a rousing morning of discussing the current heart healthy legislation and learning how to lobby we were off to the capitol.

My son Walker was with me and we had never lobbied before, we were both so nervous! I'm not sure if we thought that our friendly elected officials were going to

eat us alive or not. After gathering courage we marched up the few stairs and handed our little pink sheet to the door man. And,



The few, the brave the new lobbyists.

as I let out a huge sigh of relief the doorman told me I filled out the wrong color sheet.

I'm sure I looked scared to death so he agreed to take my sheet in, but for future reference, if you go to the door we went to, use the white sheet.

We anxiously waited outside the doors for our senator to come out and talk to us. However, since we came around lunch time our senator was out to lunch. We were able to leave a note and some material the Heart Association had gathered for us.

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Iowa Heart Walk 2008

Please join us this year as we help to raise money for the Iowa Heart Association through the Iowa Heart Walk.

Last year our AED group walked as a team out at Living History Farms. We

had a great time. The day starts with some fun, walking through some booths and some games for the kids. Then exercises and it's off to the starting line. This year the Heart Walk will be held on June 7th at the

West Terrace of the Capitol. The event goal is \$330,000. I'm sure this can be reached with everyone's help!

Please email me at tazljk@aedaccessforall.org

Heart on the Hill (con't)



Walker speaking with Ankeny Senator Larry Noble

Then we were off to speak to our representative. Walker was still a little gun shy though. He was approached by the senator from the Ankeny district and while he seemed to be okay he asked me to talk to the representative.

And this time while we used the right color paper, our representative was in a committee meeting.

This seemed to be the same story for most folks. So notes and reading material were left for our legislators and we got to walk through the beautiful library and take some nice pictures (which can be seen on our website).

When we got home that night we emailed both of our congressmen to once again ask for their support.

The bill was passed in the senate and sent back to the house.

The bill was finally passed by both the house and senate and is on it's way to the governors desk. Thank you to everyone who worked so hard for this important piece of legislation.

Legislative beat

To get information on who your legislators are and how to contact them visit:

<http://www.legis.state.ia.us/FindLeg/>

Many Iowa schools currently teach CPR and many have AEDs on their premises, but legislation now in the Iowa General Assembly would require all public and private schools in the state to do so.

Senate File 2279, known as the Healthy Kids Act, includes the CPR requirement. The bill states that "every student by the end of grade 12 shall successfully complete a certification course for cardiopulmonary resuscitation." It further states that school administrators may waive the requirement if the student is not physically able to complete the class.

Also part of this bill is the requirement that schools adopt rules establishing nutritional content standards for food or beverages sold or provided on school grounds and the requirement that each physically-able student in

grades kindergarten through fifth grade be part of at least 30 minutes of physical activity each school day and students in grades 6-12 have at least 120 minutes of physical activity each week.

This legislation passed the Senate on March 18, by a vote of 30-17 and has been sent to the Iowa House of Representatives where it was assigned to a House Education subcommittee of Rep. Art Staed, Rep. Roger Wendt, and Rep. Mike May. (The first meeting of this subcommittee is scheduled for March 25 at 9:15am)

SF505 deals with no liability for volunteers and bystanders who act in an emergency to render aid and specifically mentions AEDs. This bill started in the Senate last year and got lost. It came out of committee this year and passed the House with an

amendment. The Senate passed it this month and it has now been sent to the Governor for his signature.

Two bills requiring AEDs to be placed in all school buildings and to be made available for anyone to use at any time there is something going on in the building or at all activities on the school grounds were not addressed and we will have to try again next year.

All Iowa AED Access For All members are urged to contact the state legislators and make their feelings known on these pieces of legislation. Emails seem to be the most effective way of communication if you cannot meet personally with your senator or representative.

What is AED Access for All?

This group was started when one woman felt motivated to do something to help. In the process of trying to find out what that something was she found other motivated individuals.

Mary Tappe suffered Sudden Cardiac Arrest on May 17, 2004 at her office. With the help of fast thinking and fast moving individuals she was saved by CPR and AED.

She met John Laktash, Butch and Susie Gibbs, Kanella Bakas and Carol Woolheater through an ICD support group she attended. She also had the support of family, Erika Tappe and friends Terry Moehnke, Julie Shannon and Laura Kelly. We met in a small meeting room February 28, 2006. It was there Mary helped us find a name and a mission statement that meant something to all of us.

We will promote the placement, education and use of AED's in order to increase the survival rate of SCA in Iowa.

With the help of Brian Helland in the West Des Moines Fire Department and Susan Johnson-Brown from the Iowa Heart Hospital, Dr. Steve



Mary and Susie setting up at our first event.

Bailin from Iowa Heart, we started planning events and making connections.

Our first event was a table at an Iowa Cubs game. We were able to get signatures for a bill that would require AEDs to be placed in all Iowa schools and we demonstrated how to use an AED.

In 2007 we were able to hold the first Iowa Survivors Summit in Des Moines. It was a great accomplishment for all of us.

Since those first few meetings and months members of our group have spoken to Congressman, presented for medical professionals and become certified in training for CPR.

We are growing fast and it's all because of the determination of a few folks to make a difference and save lives.

Walker's Pulse

I became certified in CPR on 1/27/2007. It wasn't that hard. I think that anyone of any age can learn it. I was ten when I became certified.

I think that everyone should take the classes to become certified in CPR. It is important because you never know when you might need to help someone.

I enjoyed helping our group work with people who wanted

to learn about CPR at the Iowa State Fair. This year was my second year helping with this.

I am glad I know CPR because I can help anybody anywhere. You don't know who might know CPR where you go and if you are certified you can help people anywhere.

What you learn when you take the classes is how to help anyone of any age. I have four younger brothers and sisters

and I often stay with my grandparents. I feel good knowing I can always help them if they need me.

It took less than a day to learn cool and helpful life saving ability.

Please remember how easy it is to do CPR but how important it can be, please look into getting certified today.



Meet the board



Kanella Bakas—Director

Advocate and member since 2006

What do you do when you are not helping education people on AED, CPR and SCA?
I am a store manager at Catherines.

Why is AED awareness a passion of yours?

I have an ICD-implanted cardiac defibrillator and I have received shock therapies from it. I am protected against cardiac rhythm problems. Most people have to depend on bystanders and an available AED. Getting to know Mary, John, Carol and other great people involved in the Des Moines ICD support group has made me aware of the people who weren't lucky enough to survive Sudden Cardiac Arrest. If I am able to be involved in AED placement in our state, I will be proud to potentially save lives. Placement of AEDs and Education in CPR in schools will make the next generation ready to save a life.

Describe a memorable moment from one of our events.

I was volunteering at the Mass Friends and Family CPR training at the Iowa State Fair. I visited with an older couple who were just there to watch. The wife decided maybe she would like to see if she could do it and was thrilled when she realized she could. I felt that I had given her something that she could keep forever. It's a good feeling.

If you could have a super power what would it be?

I don't want a super power. I only want my fellow humans to be empowered to do the right thing—take action for other's welfare as well as their own.

Amy McMullin—Treasurer

Advocate and member since 2008

What do you do when you are not helping education people on AED, CPR and SCA?
I am a stay at home mom to Hayden and Hannah. I love my job! In my spare time I love to scrapbook, read and bake.

Why is AED awareness a passion of yours?

AED awareness is such a passion because it hit so close to home when Mary arrested. Since then our children have also taken an interest in all aspects of heart health. It's a family thing!

If you could have a super power what would it be?

I would love to be invisible.



Laura Kelly—Director of Communications

Advocate and member since 2006

What do you do when you are not helping education people on AED, CPR and SCA?
I have three beautiful kids, Walker, Cyote and Cassie and I am Software Quality Assurance Analyst.

Why is AED awareness a passion of yours?

AED awareness is a passion of mine because too many people I care about are affected by heart issues and AED's and ICD's are what are saving their lives.

Describe a memorable moment from one of our events.

When we were becoming certified in CPR and my 10 year old son was with us. He took his Saturday to become certified in CPR because it's important to him to save lives.

If you could have a super power what would it be?
I would to be able to shape shift into anything.



Terry Moehnke—Director of IT

Advocate and member since 2006

What do you do when you are not helping education people on AED, CPR and SCA?
I work, maintain a soccer website and play with dog Buddy.

Why is AED awareness a passion of yours?

It is a passion of mine because an AED saved my best friends life.

Describe a memorable moment from one of our events.

The last CPR at the state fair session. Actually getting to help people learn CPR. I used to do that years and years ago in another life, and it was cool to do it again.

If you could have a super power what would it be?
I wan to fly because it costs so much to take a plane.



Where to find us...

We meet on the last Tuesday of every month at the Iowa Heart Hospital at Mercy. Please check out our website for more details.

www.aedaccessforall.org



AED ACCESS FOR ALL

AED Access for All

Contributors:

Butch Gibbs
Mary Tappe
Laura Kelly
Walker Williams

Please contact me with any questions or comments:

tazljk@aedaccessforall.org

We will promote the placement, education and use of AED's in order to increase the survival rate of SCA in Iowa.

Putting AED's in our schools

AED Access For All has set our goal for 2008 to ensure AEDs are placed in all of Iowa's schools. We are working with the American Heart Association and other groups to get legislation passed to require all schools to have AEDs. Regardless of the legislation, we will also be working directly with schools to help them raise the funds to purchase AEDs and train their staffs. We are collecting data on which schools need AEDs, which schools already have AEDs, and ensuring that the AEDs are placed in an accessible place for anyone to use.

Please visit our website to learn more and make a donation:

www.aedaccessforall.org