



THIS IS WHAT HAPPENS WHEN YOU PUT YOUR HEART INTO IT.

December 2008

Upcoming deadlines

HSFO

- Program Grant applications – **January 16th at 4:00 p.m.**
- **March 31st, 2009 is the application deadline for...**
 - Martin Wills High School Student Scholarship
 - John D. Schultz Undergraduate Science Student Scholarship
 - Summer Medical Student Awards
 - Master's Studentship Awards - including the **new Health Services/ Population Health Master's Award**
 - Clinician Scientist Award

<http://www.hsf.ca/research/en/provincial-programs/ontario.html>

Research, Advocacy and Health Promotion Department

Heart and Stroke Foundation of Ontario (HSFO)
2300 Yonge Street, 13th Floor
Toronto, Ontario
M4P 1E4

Tel: (416) 489-7100
Fax: (416) 489-7003

We're always interested in your feedback. Email us at:
research@hsf.on.ca

Ontario communities benefit from HSFO Advocacy Fund

A critical part of the Heart and Stroke Foundation's mission, in addition to funding research and the promotion of healthy living, is to advocate on issues closely aligned with our mandate.

A key component of our advocacy work is the *Community Advocacy Fund*, through which we offer grants to community groups to advocate for, and implement, increased opportunities for physical activity and access to healthy food for children. Advocacy Fund projects can help address local barriers that prevent children from accessing physical activity and healthy food.

There are two grant categories:

- 1) *Advocacy Development Grants*, which provide up to \$5,000 to assist groups with small advocacy initiatives, and with developing a plan of action for a larger initiative;
- 2) *Community Advocacy Action Grants*, which provide up to \$25,000 for projects to mobilize communities to make significant change that will have a sustainable impact in supporting increased opportunities for physical activity and/or access to healthy food for children.

Since its launch in November 2006, five competitions have been held and 42 projects have received support, representing an investment of \$500,000 to-date.

To learn about some of the initiatives we've funded, visit:

http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.4809813/k.5FB7/Apply_for_a_Community_Advocacy_Grant.htm

GIA early notification mailing due next month

Applicants in the September, 2008 HSF Grant-in-Aid competition will again receive early notice from HSFO in late January regarding the potential for their application to be funded.

This annual mailing is intended as a service to applicants who may be considering applying to CIHR's March operating grant competition.

December 2008

HSFO 'Research Rounds' kicks off with Pilot Grant investigators

Bringing research closer to home was the impetus behind an event last month at our Provincial Office.

About 40 Heart and Stroke Foundation staff attended 'HSFO Research Rounds' November 28th to learn about some of the Pilot Project grants that HSFO funded this past summer.

Six investigators from around Ontario came to Toronto to provide overviews of their pilot projects, with topics ranging from improving CPR training to understanding dietary patterns in Aboriginal communities to the societal and biological determinants of obesity in children.

Staff feedback was excellent and plans are underway for another event in early March.

Our thanks to Drs. Natalie Wong, Zubin Punthakee, Christopher Simpson, Rachel Bezner-Kerr, Mjambu Mbikay, and Monika Slovynec D'Angelo for sharing information on some very exciting research underway.

Research Rounds is one vehicle the Foundation is using to further engage our staff members in mission activities and make the research we fund more tangible.

February is Heart Month

"Heart Month" is broad campaign comprising fundraising, community engagement and awareness generation in neighbourhoods across Ontario.

This campaign mobilizes people to rally together in raising awareness and funds that have an enormous impact on the lives of not just heart and stroke patients, but all Ontarians.

Through the generosity and compassion of neighbours opening their doors, and the volunteers who call on our behalf, the Heart and Stroke Foundation has been able to apply life-saving knowledge, education and advocacy that gets results.

Check out what HSF has planned for February 2009:

<http://www.heartandstroke.on.ca/af/home/default.asp?ievent=287084>

The very best of the season to you...

On behalf of the HSFO Research Team, warmest wishes for a healthy, restful and safe holiday!

Coming soon

7Summits Challenge is back

The 2nd annual **Heart&Stroke 7 Summits™** returns on February 22nd with a new goal in sight of **\$1.5M** for Automated External Defibrillator initiatives.

The Foundation will welcome up to 200 participants to the spectacular Brookfield Place atrium in Toronto, as they ready themselves to climb over 7,700 steps of the seven tallest office towers in the downtown core.

Each of the climbers will have raised over \$2,500 to take part in this unique experience, and most will be business leaders and executives from the financial district.

To sponsor a climber or learn more...

<http://7summitstoronto.kintera.org/faf/home/default.asp?ievent=279988>



HEART & STROKE FOUNDATION

Finding answers. For life.