



H.S.F. MISSION

The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke through:

- ▶ the advancement of research and its application;
- ▶ the promotion of healthy living; and
- ▶ advocacy.

H.S.F. VALUES

Collaboration – committed to working together collaboratively for a common cause across the federation and with our partners

Excellence – committed to excellence in all we do

Innovation – a passion for and the courage to explore, stimulate and engage in new ideas, behaviours and approaches

Integrity – acting ethically to ensure transparency, accountability and public trust

Respect – respecting, appreciating and recognizing our donors, volunteers, staff and partners who help us achieve our mission

TOUCHING YOUR HEARTS AND MINDS

More than 50 years ago, a visionary group of Canadians, including physicians and researchers, founded the National Heart Foundation of Canada with big hopes for the future.

They had a dream: to put heart health on the public agenda, to empower researchers to turn the tide on heart disease, and to raise funds needed to educate Canadians about their hearts. With the emergence of Ontario's Foundation in 1952 and British Columbia's three years later, a network soon began to develop across the country. In 1956, the Quebec and Saskatchewan Foundations were established. In 1961, the Foundation was renamed the Canadian Heart Foundation.

Today, in an effort to more accurately reflect who we are and what we do, we are known as the Heart and Stroke Foundation of Canada. From coast to coast, we are comprised of:

- ▶ 140,000 volunteers
- ▶ 13 million donors
- ▶ 1 national foundation
- ▶ 10 independent provincial and territorial Foundations
- ▶ 85 regional offices
- ▶ 500 staff



Through the years and guided by visionary Canadian men and women, doctors and researchers, staff and volunteers from the Foundations, the corporate community and the community at-large, the Heart and Stroke Foundation of Canada has played a leadership role in the study, prevention and reduction of disability and death from heart disease and stroke in Canada.

A FEW FACTS...

Heart disease and stroke remain the leading cause of death and disability in Canada. Canadian baby boomers are now all moving into their middle years, which is expected to cause a large increase in death and disability due to heart disease and stroke.

Each provincial Foundation raises funds through its annual February door-to-door campaign, the Planned Giving and In Memoriam donation programs, special events and health promotion programs such as Jump Rope for Heart, and direct-marketing campaigns.

The Foundation receives no core funding from government sources.

Since 1956, the Foundation has raised and invested more than **\$1 billion** in leading-edge heart and stroke research. More than 80% of donations directly support research and education programs in the province where the funds are raised. These impressive results have been made possible by the ongoing and valuable efforts of volunteers and donors across this country.

As heart and stroke-related diseases continue to touch so many lives, your financial support also continues to grow and reach new milestones in supporting research, health promotion and advocacy.

DONATE

As a leading funder of heart and stroke research in Canada, hundreds of research teams depend on the Foundation to support their work year after year. This important work leads to earlier diagnoses, leading-edge treatments and world-class prevention strategies. Please help us continue to support this vital research.

Donate Online There are four ways of donating online:

[Click Here to be connected to the Passionately Inspired Solutions \(T.I.P.S.\) Fundraising Campaign Webpage](#)

- ▶ **In Memoriam** Make a gift in memory of a loved one who has passed away. A sympathy card will be sent to the family or friends you designate.
- ▶ **In Honour** Celebrate a special occasion in the life of a friend, family member or colleague. A personalized card will be sent to the honoree on your behalf.
- ▶ **General Donation** Make a gift in your own name in support of life-saving research and health education programs in your province.
- ▶ **Monthly Giving** Join our monthly giving plan and invest in research all year round. Your ongoing support will help fund vital research projects in your province.

Donate by Phone Call us at 905-709-4899 and we will assist you with the process and answer any questions you may have about your contribution.

Donate by Mail or Fax Download our printable PDF form and mail or fax your donation to 905-709-0883

Donate In Person Visit H.S.F. at 9251 Yonge Street, Suite 204, Richmond Hill, Ontario L4C 9T3.

