

GIVING WITH ALL THEIR HEART

The Methodist Hospital Foundation's Fundraiser *South Philly Fashion goes High Society* will benefit the Outpatient Cardiac Rehabilitation program...

Life is different after a person is diagnosed with a heart condition. Habits suddenly need to change, but it can be a difficult journey without support and guidance.

The Outpatient Cardiac Rehabilitation program at Methodist Hospital has been critical to long-term wellness. Heading into its 30th year, the program is bursting at the seams with patients learning proper nutrition, smoking cessation techniques, better stress management and individualized exercise routines. The Methodist Hospital Foundation saw the addition of equipment, as well as a larger space, necessary to help those in need and proceeds from its upcoming Fundraiser, *South Philly Fashion goes High Society*, have been earmarked for the group.

"Recent changes in the direction of Jefferson University Hospitals/Methodist Division cardiac rehabilitation, along with continued pressure on healthcare systems to prevent heart disease, have placed more emphasis on a program such as ours," the program's Medical Director of about 10 months, David M. Shipon, MD, FACC, said. Dr. Shipon is a practicing non-invasive cardiologist who specializes in the prevention of heart disease. "The Outpatient Cardiac Rehabilitation program is the only monitored cardiovascular wellness program of its kind in the Philadelphia region, but the compensation from government agencies and insurance companies is not nearly enough to support our growth."

Funds from *South Philly Fashion goes High Society* will go to growing the program and expanding the facility beyond its one room, as well as adding and upgrading exercise equipment.

South Philly Fashion goes High Society will offer cocktails and catwalk looks from noon to 3 p.m. Sunday, Oct. 30, at the Sheraton Society Hill Hotel. Guests will dine on delicious fare, place bids at a silent auction that will feature a World Series baseball signed by Phillies Coach Charlie Manuel and a Phillies jersey with Pete Rose's signature and more, and have the chance to buy raffle tickets for unique gift baskets. Methodist employees may call 215-952-9003 for discounted tickets.

"The Foundation will help us grow the program for not only patients with heart disease, but community members who also want to facilitate positive behavioral changes. This program extends the care provided by a patient's primary team by encouraging adherence to their recommendations for lifestyle changes and medications," Dr. Shipon said. **"Through the Outpatient Cardiac Rehabilitation program, we want to help make Philadelphia the heart-healthiest city in the country."**