

# 2018 IMPACT REPORT





## FROM THE PRESIDENT AND FOUNDER

Dear Friends,

Thank you for making 2018 another remarkable year! Living for Zachary was founded in 2009 with the mission of raising awareness and preventing sudden cardiac arrest (SCA) in youth. Since then we have provided over 7,000 Living for Zachary youth heart screenings, certified over 1,375 in CPR, attended over 550 community educational events, donated 255 AEDs and awarded 109 scholarships. In addition, we are forming new partnerships and relationships as we expand our reach in North Texas. Our children are our greatest blessings and I realize that it truly takes a community to raise our children. The impact we have on them now will affect how they impact our world later. We look forward to much more in 2019, as our work is not done. We will continue to bring awareness to SCA, and our biggest purpose is to continue to save more children's lives.

Zachary dreamed of being a physician and although he isn't living his dream, he is saving lives today. Along with my beautiful daughter and sweet grandson Grayson, my son is one of my greatest achievements as a mom. Because in life and even with his passing, he is still challenging me to be a better person and make a difference in the world. Thank you, Zachary, I will always love you and do this in your name!

As we continue to grow, you can help us save more lives by bringing others into our organization. Together we can make a greater impact over sudden cardiac arrest in youth.

Sincerely,

A handwritten signature in black ink that reads "Karen Schrah". The signature is written in a cursive, flowing style.

Karen Schrah  
President and Founder

## SUDDEN CARDIAC ARREST (SCA)

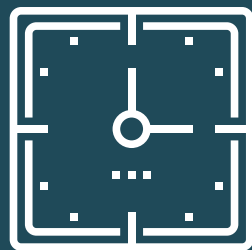
Sudden Cardiac Arrest is a life-threatening emergency that occurs when the heart unexpectedly stops beating.

# 7,000

Sudden Cardiac Arrest affects more than 356,000 people outside hospitals each year in the U.S. It strikes seemingly healthy people of all ages, including 7,000 children and teens.



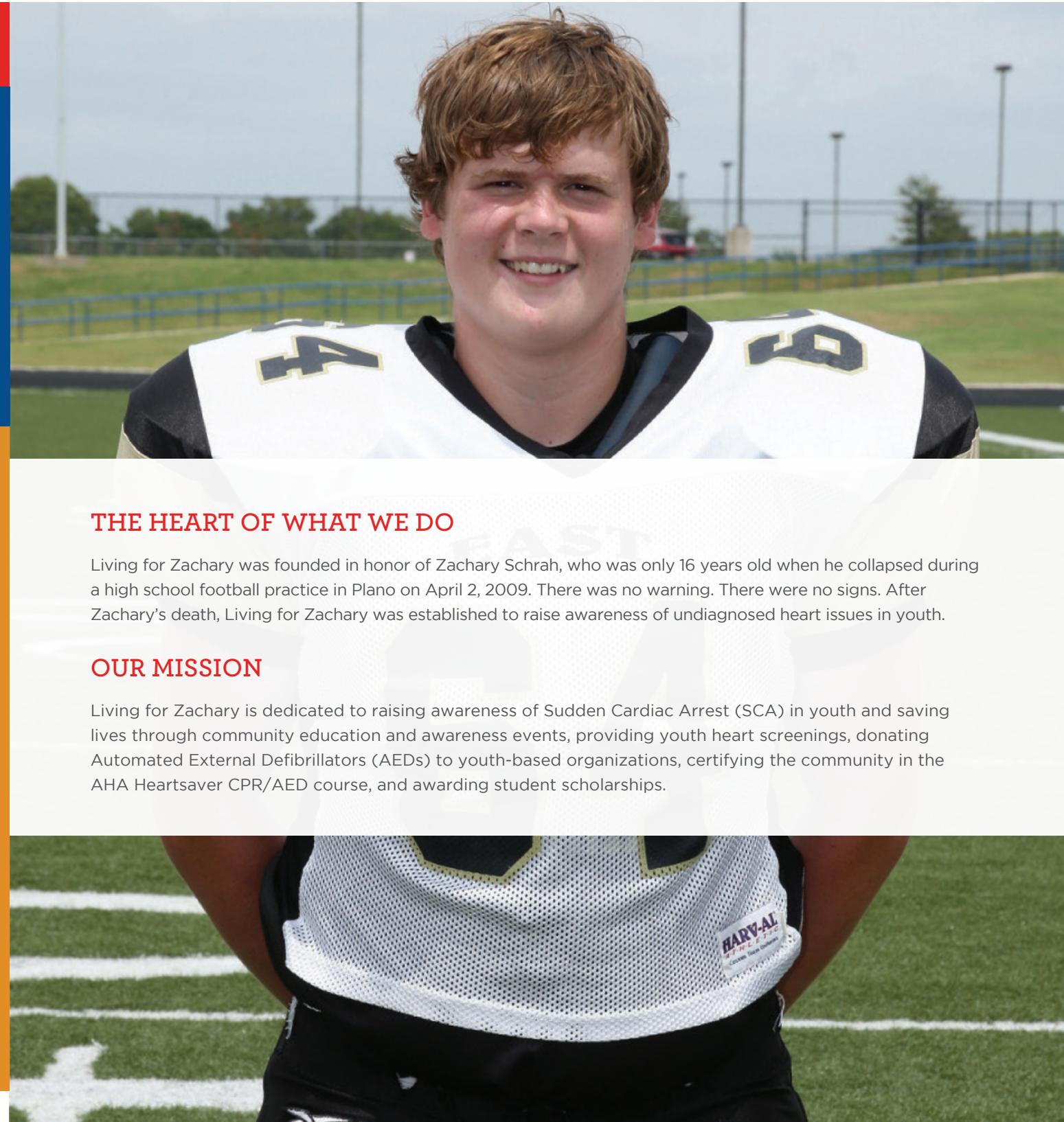
Survival depends on the quick actions of people nearby to call 911, start CPR, and use an AED\* to restart the heart.



The chances of survival from SCA decrease by 10% every minute without CPR.



You can double or triple a person's chance of survival from SCA by giving CPR immediately.



### THE HEART OF WHAT WE DO

Living for Zachary was founded in honor of Zachary Schrah, who was only 16 years old when he collapsed during a high school football practice in Plano on April 2, 2009. There was no warning. There were no signs. After Zachary's death, Living for Zachary was established to raise awareness of undiagnosed heart issues in youth.

### OUR MISSION

Living for Zachary is dedicated to raising awareness of Sudden Cardiac Arrest (SCA) in youth and saving lives through community education and awareness events, providing youth heart screenings, donating Automated External Defibrillators (AEDs) to youth-based organizations, certifying the community in the AHA Heartsaver CPR/AED course, and awarding student scholarships.

Source: Heart and Stroke Statistics 2018 Update: A Report from the American Heart Association, Circulation, Jan. 31, 2018  
\*Automated External Defibrillator

## Living for Zachary Founded

June 19, 2009

## Baylor Scott & White The Heart Hospital – Plano

Developed Living for  
Zachary's Youth Heart  
Screening Program



First AED  
Donation



### Life Saved by AED

Mike Reisinger saved by an  
AED donated by L4Z at  
St. Mark Catholic Church



5th Annual  
HeartBeats Run



Living for  
Zachary

### Living for Zachary Rebranded

Living for Zachary reveals  
new logo and website

1,010

CPR/AED  
Certification

1,010 people certified in AHA  
Heartsaver CPR/AED Course

2009



1st Academic  
Student Scholarship  
Awarded

2011



### Mobile Heart Screenings

First mobile heart screening provided

### We Found Our Home

Moved into office space donated by URHope  
Foundation and hired 1st employee

2013



### Heart Screening Diagnosis

Makenzie Wise diagnosed with  
Wolff-Parkinson White after  
receiving a Living for Zachary  
Heart Screening

2015



### Heart Screening Diagnosis

Camden Thrailkill diagnosed  
with Isolated Cleft of the Mitral  
Valve after receiving a Living  
for Zachary Heart Screening

2017



10th Annual  
HeartBeats Run

2018

## SAVING LIVES... ONE HEART AT A TIME

# 7,000+

SCREENINGS PROVIDED TO DATE

Youth heart screenings are provided to ages 12-22. Our screenings include an electrocardiogram, echocardiogram, blood pressure screening, and a SCA risk health questionnaire to help diagnosis unidentified heart abnormalities.



# 255

AEDS PLACED TO DATE

We donate AEDs to youth-based organizations in Texas. Our goal is to make AEDs readily available in the community to ensure a 3 minute 'drop to shock' response time.



# 1,375

TRAINED TO DATE

CPR + AED certifications are offered to the community to help prepare them to take action in the event of a cardiac emergency.



# 109

AWARDED TO DATE

Student scholarships are awarded to students in Collin County pursuing a medical degree. The scholarships are awarded in Zac's honor, as his dream was to become a physician.



# 550+

ATTENDED TO DATE

We participate in various events in the community to raise awareness of SCA and promote our programs.

### DANCING WITH HEART

Makenzie Wise complained of a rapid heartbeat, chest pain, and shortness of breath to her mom. On December 29, 2014, Makenzie's parents made an appointment for the 15-year-old to have a Living for Zachary Heart Screening at Baylor Scott & White The Heart Hospital - Plano.

Dr. David Rawitscher reviewed Makenzie's heart screening and found she had Wolff-Parkinson-White syndrome (WPW). WPW Syndrome is when an extra electrical pathway between the heart's upper and lower chambers causes a rapid heartbeat. Dr. Rawitscher let the family know that Makenzie needed to stop all physical activity and seek medical attention. In order to correct her heart issue, Makenzie needed an atrial ablation. Shortly after her surgery, Makenzie was able to go back to what she loved doing the most...dancing!

To this day, the family shares their story and encourages other parents to have their child's heart screened. Makenzie is currently attending Stephen F. Austin University in Nacogdoches, Texas, where she is pursuing a degree in Education.

### GIVING BACK

#### LIVING FOR ZACHARY HEART SCREENINGS

1,060 HEART SCREENINGS PROVIDED IN 2018

7,000+ HEART SCREENINGS PROVIDED TO DATE

20 VOLUNTEER CARDIOLOGISTS



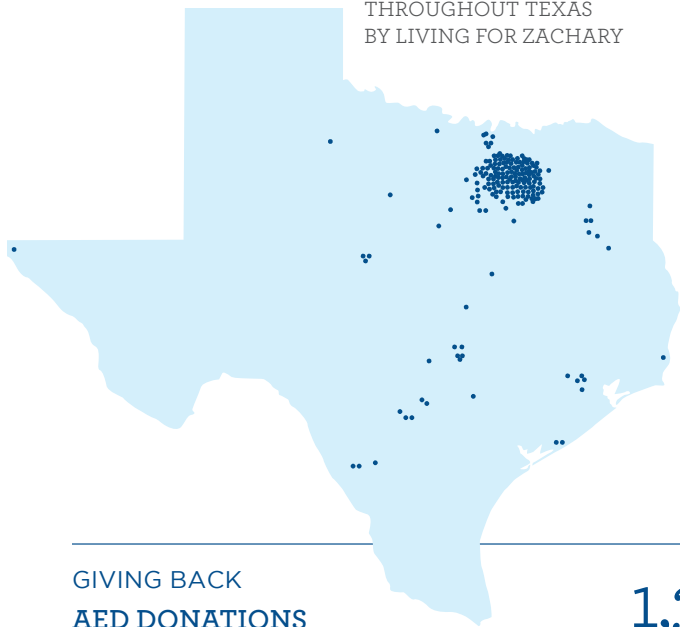
## A QUICK RESPONSE SAVES A LIFE

On September 21, 2010, while playing in a high school volleyball game, Callie Banks collapsed on the court and had no pulse. Luckily, there was a physician, two trauma nurses, and an off-duty EMT/firefighter among the spectators. CPR was started within seconds and an AED was applied twice by the physician in attendance, then again by the paramedics when they arrived. Callie had been shocked 5 times with the defibrillator before being care-flighted to Children’s Hospital where she spent 10 days.

After multiple tests, Callie was diagnosed with Arrhythmogenic Right Ventricular Dysplasia/Cardiomyopathy (ARVD/C). Callie was implanted with a dual defibrillator/pacemaker to control her heart arrhythmias. Callie was no longer able to participate in competitive sports. Because Callie’s life was saved by an AED, Living for Zachary donated an Automated External Defibrillator (AED) to her volleyball gym, Madfrog Volleyball, in her honor.

In 2014, Callie was one of the Living for Zachary Academic Scholarship recipients. She knew that she wanted to help people and decided to pursue a degree in Nursing. Callie graduated from Auburn University on August 5, 2018. She is currently working at the University of Alabama Birmingham Medical Center in Birmingham, Alabama and is now officially: Callie Banks, RN, BSN.

AEDS DONATED THROUGHOUT TEXAS BY LIVING FOR ZACHARY



GIVING BACK  
AED DONATIONS

47 AEDS DONATED IN 2018

1,375 PEOPLE CERTIFIED IN THE AHA HEARTSAVER CPR/AED COURSE

561,138 YOUTH SERVED TO DATE BY THE AEDS PLACED IN THE COMMUNITY

255 AEDS DONATED TO DATE



## MAKING A DIFFERENCE

During high school, Joyce Tiong discovered her passion for medicine through her school’s health sciences program. This program allowed her to become a Certified Nursing Assistant after shadowing medical professionals. This is when she knew she wanted to become a physician one day. In February 2017, Joyce was selected as one of the Living for Zachary Academic Scholarship recipients.

Joyce was accepted at the University of Texas in Austin and decided to pursue a degree in Biology. Joyce has participated in a medical service trip in Panama and she is currently involved in the genetics lab at UT where she volunteers with Dell Children’s Medical Center. Joyce also joined UT’s Polymathic Scholars program, an honors program that allows students within the College of Natural Sciences to pursue an interdisciplinary field of study.

Receiving the Living for Zachary Academic Scholarship impacted Joyce’s life and in June 2018, she joined the Living for Zachary team as one of the 2018 Summer Interns! “My internship gave me the opportunity to do meaningful work and give back to the community while working with a fantastic team,” said Joyce.

Joyce will begin her junior year at UT in August 2019. Once Joyce graduates from UT, she plans on attending medical school so she can continue to make a difference in people’s lives. She hopes to specialize in either pediatrics or neurology.

GIVING BACK  
SCHOLARSHIPS

12 SCHOLARSHIPS AWARDED IN 2018

\$131,750 AWARDED TO DATE

109 SCHOLARSHIPS AWARDED TO DATE

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## THANK YOU FOR MAKING A LIFE-SAVING DIFFERENCE!



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If your name was omitted inadvertently or you would like to remain anonymous in the future, please contact Jessica Cook at [jessica@livingforzachary.org](mailto:jessica@livingforzachary.org) or call 972.478.5959.





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