FROM THE FOUNDERS

It has been a great year for AugustHeart. Our goal was to screen as many teens for heart disease as possible. In the past 12 months AugustHeart screened more than 4,000 students from over 150 schools! Sudden cardiac arrest remains the leading cause of non-traumatic sudden death in young adults, that is why we are dedicated to doing all we can to make free heart screenings more accessible to teens.

AugustHeart has great expectations, committed to saving as many young lives as our resources can manage. This annual report represents some but not all of the significant contributions, growth, milestones, and accomplishments you helped us make this year. We are also excited to share with you that we have tightened our screening protocol which has improved our efficacy in discovering lives that can be saved—basically enabling us to do more heart screenings better and faster, which is deeply gratifying to us.

Every day we welcome new friends and supporters to join our mission to make heart screenings more accessible to teens free of charge. We are grateful to ALL our past volunteers and supporters for always rising to the challenge when we ask for help, and we are overwhelmed with the generosity of your huge hearts. Thank you for the unique and meaningful impact you make on the lives of teens in our community we all care so deeply about.

Doré and Bart Koontz

CHANGE IS GOOD

Looking back on the year, one word comes to mind…change. We see change as an opportunity to rise to the challenge and to continue to improve both the quality and efficiency of our evaluations. AugustHeart is a work in progress and we are making progress! We work closely with the cardiology community to protect the cardiac health of our youth by establishing better “best practice” strategies in identifying at-risk participants. We want to prevent or at least reduce the incidence of sudden cardiac death. AugustHeart continues to evolve by implementing cutting-edge research from new studies, adjusting approaches and fine-tuning protocols, all in the hopes of reaching more children in South Texas.

Improvements to our protocol focus on five of the most common cardiac conditions predisposing a young person to sudden cardiac death for which we believe we can effectively screen. These problems include, but are not limited to, heart structure problems, such as hypertrophic cardiomyopathy (HCM), dilated cardiomyopathy (DCM) and enlargement of the aorta, as well as electrical problems such as long QT syndrome (LQTS) and Wolff-Parkinson-White (WPW) syndrome. The improvements we have implemented help to ensure that we screen adolescents more accurately and efficiently, so that parents can have confidence in the results.

The sudden cardiac death of a young adult is a devastating event. There is compelling justification to implement effective preventive strategies, prompting a widespread debate regarding the appropriate method to identify students who might be at risk. We know that a thoughtful use of a few simple tests can identify many of them and get them the treatment they need. The consequence of not performing these screens is to leave at-risk youth to their own fate – an action that is not acceptable to us when a viable alternative exists. AugustHeart believes it only takes a few minutes to prevent a tragedy that can be a heartbeat away.

WHO WAS AUGUST?

Augustus Cummings Koontz was a healthy young athlete from San Antonio. In October 2008, August’s life was cut short at the age of 18 by an undiagnosed heart condition called hypertrophic cardiomyopathy (HCM), which resulted in sudden cardiac death. August’s life personified the joy he brought to each day and each person’s life he encountered. He was a great listener. His love and compassion for others was the measure of his greatness. He lived a full life with a big heart and his memory will continue beyond his years because of AugustHeart.

WHY AUGUSTHEART?

To keep other families from experiencing the same grief, Doré and Bart Koontz launched AugustHeart in May 2011 with a bold vision: to establish and fund a free community-wide cardiac screening program for teenagers in an effort to minimize the risks of sudden cardiac arrest.

WHAT IS THE MISSION OF AUGUSTHEART?

The mission of AugustHeart is to prevent sudden cardiac death in students ages 14-18 in San Antonio and surrounding counties by providing free heart screenings.

12013–2014 ANNUAL REPORT
On May 8, 2014, AugustHeart came to St. Mary’s Hall to offer free heart screenings. My husband and I signed up both of our kids to be screened. On the day of the screening my son, Jonathan, called to say he did not want to stay after school to get tested because he had an assortment of pressing things to check off his ‘to do’ list. His dad insisted he stay for the screening, knowing it would be a quick test and the results would be fine – it was just a precaution.

The next moments of testing forever changed our family’s lives. The cardiologist delivering the message was caring but concerned; Jonathan’s electrocardiogram indicated a possible problem, so for further evaluation an echocardiogram was performed there. After cardiology appointments to seek second and third opinions, the original diagnosis was confirmed; Jonathan had hypertrophic cardiomyopathy (HCM).

Jonathan has been a competitive tennis player for years, often complaining of chest pains during activity. Typically, the first sign of HCM is sudden cardiac arrest, with no warning signs. My son had been seen by a doctor several times but nothing was ever detected and HCM was never mentioned. Looking back now, hours of tennis in the scorching heat could have been fatal for my son.

As a professional speaker, I frequently tell my participants “you don’t know what you don’t know” regarding any topic we are discussing. Never has that statement been more true to me! Without the heart screening AugustHeart offered at St. Mary’s Hall, we would still be in the dark about my son’s diagnosis…or worse.

Jonathan’s heart condition is a life sentence, but one that can be lived fruitfully, and successfully, with a modified lifestyle. He is still able to workout, play certain sports, and live a normal life without competitive sports. Yes, it has been an adjustment and is now part of our family story. AugustHeart has been a blessing because before May 8, 2014 “we didn’t know what we didn’t know”.

Jonathan is the first diagnosed case of HCM from an AugustHeart screening. HCM is a rare condition. However, it occurred ironically between two families, who are friends, and live just a few miles from one another. What are the chances?

And, the story continues… I, too, have recently been diagnosed with a mild case of HCM. Without Jonathan’s diagnosis, I would not have been tested, and may have inadvertently put myself at risk. AugustHeart screened Jonathan and indirectly screened me.

It’s simple parents, Screen Your Teen! One easy test can save your entire family, in more ways than one!
# Financial Overview

**JUST THE FACTS IN 2014**

- **4,000+ Teens Screened**
- **150 Schools Impacted**
- **45 Cardiology Champions**
- **75 Screening Specialists**
- **500+ Army of Volunteers**

**REVENUES AND SUPPORT**

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<th>TEMPORARILY RESTRICTED</th>
<th>PERMANENTLY RESTRICTED</th>
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**EXPENSES**

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<td>Management, General and Administrative</td>
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**Changes in Net Assets**

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<td>Net Assets at End of Year</td>
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**Revenues and Support**

- Donations: $72,538
- Grants: $68,825
- In-kind Donations: $88,020
- Special Events, Net of Expenses: $158,168

**Total Revenues:** $455,090

**Expenses**

- Program Services: $313,006
- Management, General and Administrative: $77,548
- Fundraising: $46,270

**Total Expenses:** $436,824

**Changes in Net Assets**

- Net Assets Released from Restriction: $23,588
- Net Assets at Beginning of Year: $77,809
- Net Assets at End of Year: $52,124

**Net Assets at End of Year:** $172,124

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**Marc Powell, LAT, ATC**

Head Athletic Trainer, Trinity University

**Stan Laing**

Executive Director of Athletics, Northside Independent School District

**“The addition of cardiac screening by AugustHeart has allowed us to take our preparticipation physical from good to great. We now feel that we are doing everything possible to insure the safety of our student athletes.”**

**“We feel fortunate to have the opportunity to offer free AugustHeart cardiac screenings to our Northside community students. This past year, 1,347 Northside student athletes received heart screenings on campus. Any problems diagnosed makes these cardiac screenings well worth the time and effort.”**