

The Jersey Heartbeat

*It's Great to be Alive
And to Help Others*

Message from the President

July 2009

I have heard it said that you can believe it if you read it in the New York Times. I don't know if I believe that but I certainly believe you can be sure of the time of the meetings if you read it in the Mended Hearts Newsletter and on the M.H. postcard. I am not sure where the 800-number people got their information and we tried desperately to give them the correct information but for some reason their left hand doesn't know what the right hand is doing. Even the confirming letter listed the wrong time. On their behalf, I apologize to anyone that arrived at five o'clock and was told that there is no meeting listed. Believe the newsletter.

The six PM meeting was very well attended but there was good news and bad news. The bad news was that the hospital had not received a certificate of occupancy



and was not permitted to have tours of the new facility at this time. The good news is that Vice President Kathy Collins promised to provide the tours at the next regularly scheduled Jersey Shore University Medical Center meeting. That will be the August meeting so bring your walking shoes. We were given a showing of what to expect in new facility; an editor's report on the program is on page 6.

I left the meeting with three key thoughts: outstanding patient care, carefully planned visitor facilities and fantastic use of advanced technology.

I realize many of you do not embrace the current technology. You may tolerate some of the current devices while not realizing it. You use things like the cell phone, your microwave oven, the TV

remote and automobiles full of computer driven controls. It's difficult to keep up with some of the technology and many of the newspaper stories read like science fiction.

A case in point is the recent story in the June 25 Asbury Park Press. A hospital has just implanted the first ever, self-contained artificial heart. You may think this had to be done at one of the major centers like Mayo Clinic or Cleveland Hospital. Wrong, this operation took place at Robert Wood Johnson University Hospital in New Brunswick, New Jersey. While still experimental the unit was approved by the FDA in 2006. It's called the AbioCor Total Replacement Heart. It is intended as a permanent heart replacement for end-stage heart failure patients who are not candidates for transplant and cannot be helped by any of the of other available treatments. Remember the "Six Million Dollar Man" and the "Bionic Woman." One of the opening lines was "we

(Continued on page 2)

Graphic © Pages Editorial Service, Inc.
Correction: the graphic on page 1 of the June issue was a single graphic © Pages Editorial Service, Inc., not a superposition of two. Only the graphic on page 3 was a superposition.

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President's Message

New Members

Ilse Kelly May 30
 Matthew Santa Lucia Jun 13
 Eugene Murnane Jun 24



Birthdays

Kathleen Johnson Jul 1
 Marie Karpeles Jul 2
 Ethel Stanger Jul 12
 Dennis J. Broschart Jul 13
 Carolyn Averell Jul 16
 Michael D. Fornino Jul 18
 Nicholas Preziotti Jul 20
 Cecil A. Ross Jul 20
 Harry Hammell Jul 23



Surgiversaries

Audrey Rivenburg Jul 1
 Mary Ann Turbitt Jul 1
 Eugene L. Grubb Jul 2
 Thomas J. Bott Jul 9
 Harry Breckenridge Jul 15
 Robert F. Schunneman Jul 15
 Mitch W. Llewellyn Jul 22
 Philip E. Giambalvo Jul 29



Visiting

June 2009:
 151 patients and
 81 family members
 visited



If you want to be listed here, or would rather not be...
 Please contact the Treasurer.

All illustrations in this column from
 IMSI MasterClips CD © 1997 IMSI

(Continued from page 1)
 have the technology." That was the 1970s, today we do have the technology.

Another interesting device that may help surgeons and the staff eliminate mistakes: a surgical sponge with a chip inside, created by ClearCount Medical Solutions. The company has marketed the product to help a surgical team keep track of all of the sponges used in the operating room. A radio frequency identification device or RFID is inserted in all surgical sponges the company delivers. They are identified and counted electronically. The system provides an inventory. When the operation is in the final stages, before the patient is closed, all the sponges must be accounted for.* Sounds simple but it may save lives.

Okay so let's wrap up this July message with a question. How many of you remember the New England confectionery company? Not many I'll bet but you'd remember Necco and the Necco wafers. Now the big question—can you name the eight flavors (and their colors)? Try it before you turn to page 9 for the answers.

*Bill Ryan, President
 Mended Hearts
 Chapter #179
 A.K.A. Dr. Bill*

* Time Magazine, 06-15-2009, Global 6

Mended Hearts Chapter # 179

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Meeting North

Thursday, July 23
12:00 – 1:00 pm

Debra Dobies, RD, MA
Health Educator,
Community Outreach

Spice Up Your Life
*(Healthy ways to use
herbs and spices)*

Blaisdell 5th floor
**Riverview Medical
Center, Red Bank**

A light lunch will be served

— **Call for information** —

— **Please register** —
1-800-DOCTORS

Meeting South

Tuesday, July 28
1:00 – 2:30 pm

Debra Shar, RN,
Health Educator,
Community Outreach

**Laughter is the Best
Medicine**

Community Room
Ambulatory Care Center
**Ocean Medical
Center, Brick**

Refreshments will be served

— **Call for information** —

— **Please register** —
1-800-DOCTORS

Meeting Schedule

Noon, fourth Thursday
(usually)

Even Months
*(Feb., Apr., June,
Aug., Oct., Dec.)*
Jersey Shore
University
Medical Center,
Neptune

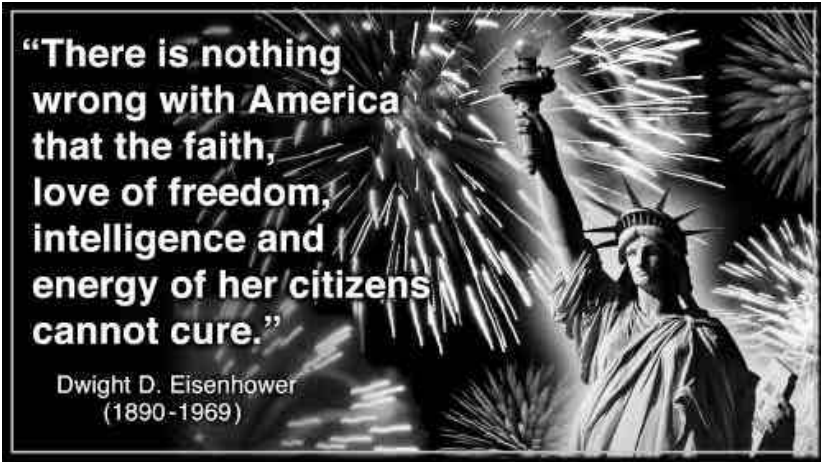
Odd Months
*(Jan., Mar., May,
July, Sept., Nov.)*
Ocean Medical Center,
Brick (fourth Tuesday)
and
Riverview Medical
Center, Red Bank

Executive Meeting

First Thursday
August 6, 1:30 PM

Conference Room
4th Floor Ackerman
**Jersey Shore University
Medical Center, Neptune**

**Interested members are
invited to attend**



**“There is nothing
wrong with America
that the faith,
love of freedom,
intelligence and
energy of her citizens
cannot cure.”**

Dwight D. Eisenhower
(1890-1969)

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Help!

Our chapter Treasurer also edits this newsletter and maintains the chapter website. Our Vice President manages visitor training, the visiting program, and the annual Celebration of the Heart. The chapter President handles everything else except the executive meeting minutes. As you can see, we have too few people doing what has to be done. You can help. Contact Bill Ryan: 732-367-3648, drbillryan86@alum.rpi.edu.

What our Treasurer Does

Martin
Brilliant

Second of four articles.

As I wrote two months ago, we will have elections next year for chapter officers. Last month I told you what our secretary does; this month it's my turn as treasurer. Like our secretary, I have exhausted my eligibility; unlike her, I think I've lined up a replacement. But we would like to have volunteers for my other jobs.

Officially, the treasurer's duties are to receive chapter funds and deposit them in the chapter's bank account, pay authorized chapter bills by writing checks on that account, and prepare regular reports for the board and membership and the annual report for the national office.

But the *Treasurer's Manual* from the Mended Hearts national office says the treasurer should use a computer, and if so the treasurer should also maintain the chapter membership database. These tasks might be separated but so far I haven't had to figure out how. So here's how it goes:

- New membership applications are sent to the treasurer, who records them in the membership database, prints standard application forms from the database, and sends them with the members' checks to the

national office. The national office sends out the renewal notices and receives renewals.

- Each month the national office sends the chapter treasurer a check for the chapter dues and donations it received from new and renewing members. The treasurer then deposits the check and updates the membership database.
- The national office also sends the treasurer monthly notices of which members will get renewal notices, and a full membership list twice a year, for the treasurer to verify.
- The chapter treasurer uses the membership database to prepare monthly membership reports, letters of acknowledgment to new and renewing members, and mailing labels for the monthly newsletters and meeting notice postcards.

The same person also prepares the monthly newsletter and maintains the chapter website. These tasks are not part of the treasurer's job. I set up the newsletter on a computer and email it as a PDF file to the Meridian Health print shop. Then I format it for the web and upload it to the website. I also update the meeting info on the website. Volunteers, anyone? 💖



A Member's Viewpoint

Michael D.
Fornino

I had triple by-pass surgery in November 2003 and have been a visitor for Mended Hearts for over five years. About a year and a half ago I wrote an article for our Mended Hearts newsletter wherein I suggested that three big words are a key to recovery from heart surgery: A – Attitude, D – Diet and E – Exercise.

Over the years as a visitor I gained the sense that many patients feel that somehow their body has let them down or worse, they have somehow let their bodies down.

I came up with the idea to make patients feel better about their situation and themselves; the human body is very much like a car. Both are complex and rely on the various parts to function as a complete entity.

You would not buy a new car and expect it to last forever without some maintenance or even minor or major repair. If the car looks good, runs good but needs new brakes or tires you don't just throw the car away. You do

the necessary repair and continue to enjoy the car.

I recently mentioned my thoughts to a patient and suggested that heart surgery is a method of repair or maintenance and cannot be compared to a car hitting a tree at 80 miles per hour which of course would result in the complete destruction of the car and the persons riding in it.

Having had any kind of heart surgery you have not hit that tree at 80 miles per hour, you just replaced the brakes or tires or did a tune up, but you are still in one piece and can continue to enjoy life. ♥

Think of heart surgery as repair or maintenance



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Graphic from IMSI MasterClips CD © 1997 IMSI

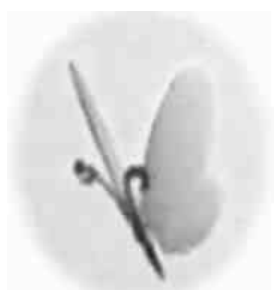
Editor's note: contributions from members are always welcome. If you think you might have a story to tell, you can send it by fax or email, or mail it to the address at the bottom of the membership application form on page 11 (since at present the treasurer and the newsletter editor are the same person and therefore live at the same address). If you don't like to write, contact me and we can get together so you can tell me the story and I can write it.

June Meeting at JSUMC

*Martin
Brilliant*



As you can see, Kathy Collins is a lively speaker.



The butterfly on a slide

Grand Opening Saturday, July 18, all day, starting with bed races! Route 33 will be closed, and officers will direct you where to park.

Photos by Martin Brilliant

As Chapter President Bill Ryan noted on page 1, we couldn't get a tour of the new buildings at Jersey Shore. Our speaker, Kathryn Collins, vice president of Campus Planning and Construction Management at Jersey Shore, said we could learn more from the slide show she gave us. But the tour, now promised for August, will make it real.

Kathy has had a "really long" career in health care, and has been working on the expansion of JSUMC for the last four and a half years, so she's well qualified to tell us about it. She gave us a shortened version of the orientation that will be given to the staff and volunteers at JSUMC.

A yellow butterfly fluttered about on some of the slides she projected from her computer. The butterfly—as it arises from a cocoon—is the mascot of the Transformation Project.

The new environment is designed to provide a healing environment for patients and their families, and a healthy environment for team members, volunteers, and the medical and dental staff—some of whom have twelve-hour shifts!

Some changes have already taken place in the last two years, including a new

pathology lab (a.k.a. "the morgue"), additional cardiac cath labs, new blood test labs, and a larger pediatric unit. In the Rosa Pavilion, which is over 35 years old, the inpatient behavioral health unit was just renovated.

The hospital can't spread out—its 25 acres are bounded on all sides by existing development. Within that area it had 600,000 square feet of floor space; the new project will bring it to almost a million square feet.

The new buildings are on the north side of the JSUMC campus. There's no third floor on either building, to allow vertical space for pipes, tubes and cables. A loop road will go around the whole campus. Besides the new parking garage, there will be free surface parking for visitors near every building, and valet parking will still be available.

The Northwest Pavilion will have an expanded Emergency Department with digital imaging equipment on the first floor, new patient rooms on the second, fifth and sixth floors, no third floor, and the fourth floor is a shell for future growth.

A new main entrance on the south side of the Northwest Pavilion will have a relocated gift shop and a time capsule to be opened in 25

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(Continued from page 6)

years. The old main entrance will be deemphasized.

The Kurr Atrium will bring all the buildings together, with terrazzo floors, a suspended sculpture, a baby grand piano, a buffet for salads, sandwiches and coffee, a comfortable seating area, a “you are here” campus map, and an escalator to the second floor and the parking garage.

The 970 car Harbor Parking Garage, to the east, is complete and team members are using it. A heliport is on top and a new central utility plant is on the east end of the first two storeys. The entrance to the Emergency Department will be on the first floor. Physicians will park on the first floor, visitors (for \$2.00) on the second floor, team members above.

The long north-south corridor connecting the new buildings with the old will have a history wall, a donor recognition wall, a view of a new healing garden, and a six-passenger golf cart to carry people through it.

The diagnostic and treatment building has been completed and has been occupied since last December. The first floor will have an expanded employee cafeteria. Sterile processing is on the second floor. A shell of a new cardiac intensive care unit will be filled in when more money comes in. The top floor has six new operating rooms: three car-

diac, three orthopedic. One of the cardiac rooms is a unique “hybrid room” combining a cath lab and a surgical facility: if imaging shows a need for surgery the patient only has to be moved a few feet.

Patient rooms will have a new look dictated by evidence-based design principles to improve healing, some of which were tested on the fifth floor of the Mehendru Pavilion (“Tower 5”). All rooms are private, with art on the walls, big windows, temperature control, sensor-controlled sinks and lights in the bathrooms and unrestricted visiting hours. Clear glass panels look out on the corridor so doors can stay closed. Carpets and acoustic tile in the corridors will reduce noise. Big decentralized nursing stations will each serve twelve beds.

New technology will include proximity badges that don’t have to be swiped to open doors, a nurse call system integrated with the nurse’s portable phone, a bariatric lift in each nursing unit to help move heavy patients, kiosk registration for returning patients, and tracking systems for patients and for equipment.

The project is designed for energy efficiency and recycling and it’s registered for LEED Certification (Leadership in Energy and Environmental Design) given by the US Green Business Council—they’re going for the gold!

We’re looking forward to
www.heartsofjersey.org



The Northwest Pavilion, the Booker Green, and the new main entrance



The Kurr Atrium will bring everything together.



Patient rooms will have lots of natural light



Renderings above by WHR Architects

Heart News and Notes *Martin Brilliant*

Why We Overeat

Information from the Washington Post, The New York Times and salon.com

Supposedly one reason why we overeat is that we are adapted to a scarcity of food, so now when food is plentiful we can't resist the urge to eat it while it's there. But Dr. David A. Kessler, who fought our urge to smoke as head of the FDA, has more.

In his new book, *The End of Overeating*, he says we have a built-in craving for fat, salt and sugar. What's more, restaurants and packaged food makers have tweaked each recipe to the particular combination of fat, salt and sugar that makes it most attractive. Once we taste it, we can't resist it.

Can Stem Cells Help Heart Failure?

Information from medicalnewstoday.com, buffalo.edu and mensnewsdaily.com

Heart failure doesn't mean the heart stops; it means the heart is still working but not working enough. More people are living with heart failure as they survive heart attacks with damaged hearts. They can live with it for a long time, but so far the only cure is a heart transplant.

Some success has been reported in using stem cells from the patient's own bone marrow to

Less Salt the French Way

Information from medicalnewstoday.com

Food and the French. Your immediate association is: they love it. Then what happens when Frenchmen have heart failure and have to restrict salt?

As Mme Hélène Guibert, a dietitian with France's "Réseau Respecti-coeur," explained recently to Heart Failure Congress 2009 at Nice, France, they still

Kessler has resorted to dumpster-diving to find out what goes into menu items. That's how he found out that one appetizer, Chili's Southwestern Eggrolls, gives you 910 calories, 57 grams of fat and 1,960 milligrams of sodium, even as it leaves you, not satisfied, but eager for more.

Will power, he warns, is no defense. But just as we changed our image of smoking, from smart and sophisticated to dirty and dangerous, we can persuade ourselves that these seemingly attractive foods are really repulsive. ♡

create new heart muscle. Injected into the heart, some of them appear to become functioning heart muscle cells.

A study at the University of Buffalo suggests a different approach. Injected into a pig's skeletal muscle, the cells don't migrate to the heart, but they are reported to generate "trophic factors" that stimulate regrowth of the heart's own tissue. ♡

love it. "Meals are important occasions."

The network's individualized management program helps the patients work out agreed objectives, draws up shopping lists, and holds interactive cooking demonstrations to develop new cooking skills and new tastes. "The pleasure of eating is retained." ♡

The largest single factor in the life-prolonging benefit of the Mediterranean diet is alcohol, according to an analysis of the Greek participants in the EPIC trial (European Prospective Investigation into Cancer and Nutrition) by Dr. Dimitrios Trichopoulos of the Harvard School of Public Health.

Alcohol accounted for almost one-quarter of the total benefit. The combined effect of eating less meat, and more fruits and vegetables, edged out the effect of alco-

A little daily aspirin lowers the risk of heart attack but increases the risk of serious bleeding. If you've already had a coronary event like a heart attack or angina, you should take daily aspirin, because you have a high risk of another event.

Now suppose you've never had an event, but the doctor says you're "at risk." Current guidelines say you should take daily aspirin. But a new meta-analysis (analysis

Heart failure is a chronic condition, but acute flare-ups are frequent and must be treated promptly, Professor Ferenc Follath of the University Hospital of Zurich told Heart Failure Congress 2009.

The most common symptom of acute heart failure is shortness of breath, occurring in 92 percent of cases, varying from "suffocation" to "tight chest" to "heavy breathing." Other signs are cough, swelling in the limbs, chest pain,

hol, together accounting for nearly one-third. Fruits and nuts, monounsaturated instead of saturated fats, and legumes accounted for almost another third. Fish, for reasons as yet unknown, didn't show a significant effect.

But be warned: another study found that excessive consumption of alcohol accounted for four percent of deaths worldwide. As Dr. Trichopoulos said, drink wine unless you like it too much. ❤️

of pooled data from several different trials) at Oxford University (UK) suggests that you're in greater danger from bleeding due to aspirin than from the heart attacks aspirin might prevent, so you should not take it.

The result is controversial. The authors say they're not making recommendations, they just analyze data. Other people with the same data have come to different conclusions. ❤️

and difficulty breathing at night or when lying flat, each occurring in roughly one-third of cases. Confusingly, these symptoms can be due to other conditions in elderly patients.

An American study last year found an average delay of 13.3 hours in seeking medical attention for acute heart failure. Experience in Europe showed that prompt treatment reduced mortality by 40 to 50 percent. ❤️

Alcohol: Key to the Mediterranean Diet?

Information from theheart.org and medpagetoday.com

Who Should (and should not) Take Daily Aspirin?

Information from medpagetoday.com and theheart.org

Acute Heart Failure: Signs and Symptoms

Information from medicalnewstoday.com

Answer to the question on page 2 (from wikipedia.org):

lemon (yellow), orange (orange), lime (green), clove (purple), cinnamon (white), wintergreen (pink), licorice (black), and chocolate (brown)

Don't Believe Everything You Read

Headline, text and photo below downloaded from pagesmag.com, © Pages Editorial Service, Inc.

SPAM, the tasty, versatile, affordable treat

It's an American tradition. It was first patented and marketed as Hormel Spiced Ham, the first canned ham. Its creator soon decided the name was pretty dull. So Hormel came up with a contest offering a \$100 prize to the person with the best term for the canned meat. SPAM was the winning name and the legend was born.

In 1937, advertising billed it: "The Miracle Meat." In 1940, SPAM found itself going off to battle in World War II. It was also popular on the dinner tables of the home front because, unlike beef, it was not rationed.

Because it's canned, it requires no refrigeration. You can serve it as an appetizer, a breakfast side or a main course. Remember the old jingle heralding the George Burns and Gracie Allen radio show:



*SPAM, SPAM, SPAM, SPAM.
Hormel's miracle meat in a can
Tastes fine, saves time!*

It has a following. Each year, SPAM cooking contests are staged at state fairs across the country. In 1982, Fargo, N.D., became the location of a SPAM Museum and annual festival.

Some view it as a delicacy, a sandwich meat, a perfect partner for eggs or as a less-expense meat.

SPAM-on croquets

1 14-ounce can of SPAM
1 can of French's onion pieces
3 eggs, thoroughly whisked
1 teaspoon of pepper
Several dashes of Louisiana hot sauce (optional)

Roll the canned meat, about one-half inch thick, onto a cutting board. Sprinkle with pepper. Cut the SPAM into pieces or use small cookie cutters to create attractive morsels.

Whisk the eggs in a bowl and set aside. Roll the onion pieces into small bits, place in a second bowl and add hot sauce and pepper to taste.

Dip the morsels first into the egg and then the onion. Fry, deep fry, or bake until crisp.

The tops of the croquets can be garnished with pimentos, capers, olive bits or caviar.

Martin Brilliant

Pages magazine is an online resource for newsletter editors. The Mended Hearts, Inc. provides access to the Pages website for chapter newsletter editors.

Additional information from en.wikipedia.org and Nutrition Facts labels on various websites.

Read at your own risk. The article reprinted above is the lead story in the "Health" section of the July 2009 Pages magazine. But there's no health information in it. It reads like a soft-sell ad for Spam or a Hormel press release. At best it belongs in the food section.

Foods containing salt and saturated fat increase the risk of heart disease. Spam might be suitable, in small amounts, for a Mediterranean diet—it has less salt and fat than pancetta. It might also fit in a low-carb diet.

But Spam, even Spam Lite, far exceeds the conventional limits of 30 percent of calories from fat and 10 percent from saturated fat. Both are high in salt. The "Spam-on croquets" in the recipe (*three* eggs?) have far more salt and saturated fat than the sound-alike salmon croquettes.

How did an article with no health value get into the Pages Health section? As the Romans used to say two thousand years ago, *cui bono*? Loosely translated, "who benefits?" Go figure. ♡



The Mended Hearts, Inc.
Hearts of Jersey Chapter #179
NEW MEMBER APPLICATION
 Not for renewals—wait for renewal notice

This is not the approved form. We put the best features of the approved form into our own form. You send us this form, and we fill out the approved form and send it to National.

Membership information: (please print or type)

Name (Mr./Mrs./Ms.) _____ Phone () _____
 FOR FAMILY MEMBERSHIP — other member (one only): Alt Phone () _____
 (Mr./Mrs./Ms.) _____ Email: _____
 Address _____ Preferred Contact: Phone Email Mail
 _____ Would like to visit patients
 City _____ State _____ ZIP _____ Help with other activities
 Preferred meeting time: Day Evening Place: JSUMC, Neptune OMC, Brick RMC, Red Bank

Medical/Demographic Information: (Optional—no application is denied based on information below)

YOURSELF
 Date of Birth _____ Retired Yes No
 Vocation _____
 Interests _____
 Are you a: Physician RN Health Admin
 Other health professional Caregiver (not professional)
 Heart patient? Date of Surgery/Treatment _____

Please enter one date (month/day/year) and initial here _____ to let us list your name and dates on page 2.

PTCA Atrial Septal Defect VALVE:
 MI Pacemaker Aortic
 Aneurysm Transplant Mitral
 Bypass (how many _____) Other _____ Pulmonary
 Tricuspid

THE OTHER MEMBER
 Date of Birth _____ Retired Yes No
 Vocation _____
 Interests _____
 Are you a: Physician RN Health Admin
 Other health professional Caregiver (not professional)
 Heart patient? Date of Surgery/Treatment _____

Please enter one date (month/day/year) and initial here _____ to let us list your name and dates on page 2.

PTCA Atrial Septal Defect VALVE:
 MI Pacemaker Aortic
 Aneurysm Transplant Mitral
 Bypass (how many _____) Other _____ Pulmonary
 Tricuspid

Membership Dues: includes national dues and \$5.00 annual chapter dues. National membership includes subscription to *Heartbeat* and one insignia pin for an individual or two for a family membership. Chapter membership includes subscription to *The Jersey Heartbeat*. Dues less \$10.00 are tax deductible.

Annual Dues Payment

	First Year	Renewal*
Individual:	\$ 22.00 <input type="checkbox"/>	\$ 17.00
Family:	\$ 29.00 <input type="checkbox"/>	\$ 22.00

National Life Membership

	First Year	Renewal*
	\$ 155.00 <input type="checkbox"/>	\$ 5.00
	\$ 215.00 <input type="checkbox"/>	\$ 5.00

Dues Summary:

First Year Dues \$ _____ (check one box in table above)
 Contribution \$ _____ (optional—tax deductible)
TOTAL \$ _____ (enter total here).

* Current members will receive a renewal notice in the mail from the national office each year three months before the renewal date. National Life Members pay chapter dues annually but will not pay any further national dues.

Please write check for the TOTAL to:
The Mended Hearts, Inc.

Send to Chapter Treasurer:

Martin B. Brilliant
39 McCampbell Road
Holmdel, NJ 07733-2232

Hearts of Jersey Chapter #179
The Mended Hearts, Inc.
72 Newbury Road
Howell, NJ 07731



General Meetings
July 23, RMC; July 28, OMC
Executive Meeting
Thursday, August 6, JSUMC
See page 3 for details

The Mended Hearts

is a support organization consisting of heart patients, their families, health professionals, and other interested persons. The focus of the organization is members visiting heart patients in hospitals as living examples of survival and recovery.



Not all members visit. Many contribute in other ways. YOU are invited to scan the list of officers and committees and let one of us know how you can help.

Graphic from IMSI Masterclips CD © 1996 IMSI

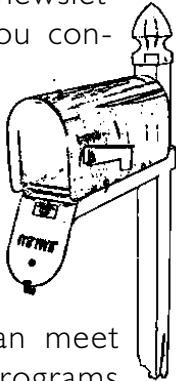
Your Last Issue?

If you are a member, the national office will send you a renewal notice three months in advance of your due date. You will receive the newsletter for a few extra months while you consider renewing.

If we visited you in the hospital, we will send you the newsletter for three months while you recover.

Whether or not you are a member, you and your family are invited to attend our meetings, where you can meet others who share your experience. Programs are selected to be of interest to heart patients.

Members receive this newsletter each month. There is an application form on the opposite side of this page.



Don't throw this copy away!

Please pass it along for someone else to read.

Graphic from a photo by Martin Brilliant