



# The Jersey Heartbeat

## Message from the President

June 2010

As I think about the true meaning of Memorial Day, the holiday we use to mark the unofficial start of the summer season, the concepts of service and sacrifice come to mind. I can't help but feel gratitude toward generations of America's service men and women who served and in some instances made the ultimate sacrifice for our freedom.



On a lighter note I can't help but think of the job done by the group of officers who just finished their long and fruitful period of service and sacrifice to Chapter #179 of Mended Hearts here at Jersey Shore University Medical Center. President Doctor Bill Ryan, VP Lenny Talalai, Treasurer

Marty Brilliant and Secretary Lois Landis, who by the way continues to serve waiting patiently for someone to step up and take on that job. I feel deep gratitude to both groups of people for the job they have done and both have made our lives better by their contributions. A heart felt Thank You to all of these people.

The summer of 2010 stretches out before us with promises of fun and laughter here at The Shore for all of us with our families and friends. New beginnings is the theme that the new group of officers must deal with. While the organization entrusted to us is strong and healthy much work is needed for us to move forward into 2010 and beyond. As I've already stated we need a new secretary. We have been blessed with the recent addition of Sharon Barry as our new program chairperson. All this in addition to the planned expansion of visiting stent patients at JSUMC, so as you can see our *new* plate is already filling up, but we welcome the job ahead.

The reason I mentioned all this is that we could really use more of you out there to come

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and become involved with Mended Hearts in whatever way you care to. I know we have a deep pool of talent and ability among the people reading this first message from the new kid on the block. The reason I know this is true is that all I've got to do is look at the group of people who are already giving of their time and talent to make Mended Hearts Chapter #179 such a helpful organization to the families and patients who pass through the cardiac unit here at JSUMC.

So welcome to the summer of 2010, I'm looking forward to the season ahead and all the fun, joy and rewards it holds for all of us.

*Matthew M. Klug  
{the new kid  
on the block}*

# Ex-Treasurer's Remarks

*Martin Brilliant*

## New Members

Bud Rockefeller	Feb 1
(better late than never)	
anonymous	May 15

## Birthdays

Mark Stewart	Jun 5
Emidio A. Caruso	Jun 8
Joan A. Varga	Jun 8
Neil Paulsen	Jun 9
Arnold Lomita	Jun 12
Joseph W. Dye	Jun 13
Manuel D. Pinho	Jun 14
Sheila Turkel	Jun 15
Matthew M. Klug	Jun 20
Matilda R. Underhill	Jun 23
Lou Massarelli	Jun 29

## Surgiversaries

Nick Kaiser	Jun 1
Louis J. Sas	Jun 1
Manuel D. Pinho	Jun 2
Walter Gunn	Jun 12
William Balicki	Jun 13
Laurence C. McNamara	Jun 16
John Blair	Jun 19
John R. Casagrande	Jun 28

## Visiting

May 2010:  
112 patient visits,  
75 family visits.



*If you want to be listed on this page, or would rather not be... Please contact the Treasurer.*

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The new President's brevity, by leaving an empty column here where the President's Message would have continued, gave me an opportunity to reminisce on eleven years of service as chapter treasurer.

In March of 1997 I had a double coronary bypass at what was then Jersey Shore Medical Center, and then went through cardiac rehab at Riverview Medical Center in Red Bank. The following year I got a notice from cardiac rehab at Riverview that meetings would be held at Jersey Shore to form a chapter of Mended Hearts. Chapter #179 was chartered early the following year, in February 1999.

I wanted to give something back, and since I had already been treasurer of so many non-profit groups that I called myself an amateur accountant, I volunteered to be treasurer. I knew treasurers were hard to get and harder to replace, but I didn't expect to serve so long! Fortunately, we found a willing and able successor in Neil Paulsen, a real professional accountant.

Meanwhile I picked up the newsletter in June 2003, after several previous editors burned out, and later put the chapter on the web. I hope to continue those activities and to back up Neil as needed.

www.heartsofjersey.org

## Mended Hearts Chapter # 179

### Officers

#### President

Matthew M. Klug  
732-988-7048  
matthewklug@optonline.net

#### Past President

Bill Ryan  
732-367-3648  
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#### Vice President

Frederick Steelman  
732-531-8730  
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#### Acting Secretary

Lois Landis  
732-222-0549

#### Treasurer

Neil Paulsen  
732-528-4827  
npocean@verizon.net

### Committee Chairs

#### Visiting and Visitor Training

Leonard Talalai  
732-935-9825

#### Nominations

Rita and Jack Beerman  
732-714-1040

#### Newsletter and Webmaster

Martin Brilliant  
732-946-8147 Fax: 946-3423  
mbrilliant@alum.mit.edu

#### Public Relations

Frances Grubb  
732-462-9750

#### Programs

Sharon Barry  
732-383-5212  
shalyn8@verizon.net

## General Meeting

Thursday, June 24  
6:00 pm

someone from  
Medtronic

**Pacemakers/Defibrillators**

**Installation of Officers**

Room B-104

**Jersey Shore University  
Medical Center, Neptune**

*A light lunch will be served*

— Call for information —  
— Please register —  
**1-800-DOCTORS**

## Executive Meeting

*First Thursday  
July 1, 10:00 AM*

Contact an officer listed  
on page 2 for the location  
**Jersey Shore University  
Medical Center, Neptune**

*Interested members are  
invited to attend*

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MasterClips CD © 1997 IMSI

## ***Seriously:***

We need a **Secretary** to to replace our current Chapter Secretary. We need backup for many of our committee positions, including **visitor training, visitor coordination, publicity and newsletter.** Contact Matt Klug: 732-988-7048, [matthewklug@optonline.net](mailto:matthewklug@optonline.net).

Not Mended Hearts, but of  
interest to heart patients

## **SUPPORT GROUPS**

*Free - registration required*

**ICD Education and  
Support Group**

*call 732-776-4164*

**Successful Living  
with Heart Failure**

*call 1-800-560-9990*

**Central Jersey  
Transplant Support  
Group**

*call 732-450-1271*

**Please Note:  
Evening Meeting  
This Month**

## Meeting Schedule

### **Even Months**

*(Feb., Apr., June,  
Aug., Oct., Dec.)*

**Jersey Shore University  
Medical Center,  
Neptune,**  
fourth Thursday

### **Odd Months**

*(Jan., Mar., May,  
July, Sept., Nov.)*

**Ocean Medical Center,  
Brick,** fourth Tuesday  
*and*

**Riverview Medical  
Center, Red Bank,**  
fourth Thursday



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# May Meeting at Ocean

Our meeting got a little late start because of a prior group's meeting in the same room. Lunch—tuna and turkey wraps—was waiting outside our meeting room. They were quickly devoured once we got in.

*Dorothy  
Borelli*



Our speaker, Lisa Calabrese, RN

Diane JanTausch introduced our speaker, Nurse Lisa Calabrese from Meridian Health Community Outreach. Lisa began by talking about a new program, Meridian's Women's Heart Connection, which offers topics on risk factors, disease prevention, healthy living and much more through lectures, special events, teas, etc. All women should join this *free* program by calling 1-800-DOCTORS to sign up or get applications in the hospital.

Lisa gave out handouts covering all phases of stress, acute and chronic. *Acute* stress occurs when a tragic event takes place, such as an accident, untimely death, bad news, etc. *Chronic* stress is the stress we live with every day, from medical conditions, emotional events, negative attitudes, thoughts of things to come, and so on. Stress causes sleeplessness, back pain, high blood pressure, stomach issues, anger and social isolation.

To reduce stress, we must relax, take deep breaths, get moving forward in our thinking, focus on solutions.

Stress can cause inflammation. This affects the immune system: diabetes, osteoporosis and arthritis.

Internal stress is our own reaction to our fears. Let go of

perfection in everything; look at the positive side of life. Be around positive, energetic fun-loving people. Get involved!

Get rid of stress by exercising, walking near water or in nature settings, dance (Lisa chose the new Zumba classes), spiritual events and yoga. Also have some quiet time.

Follow a healthy eating plan. Research shows a Mediterranean diet (vegetables, fruits, grains) contains more omega 3's and is very healthy. This diet also wards off depression. Calorie-count, reduce, and start off with little goals.

Lisa discussed post-traumatic stress disorder bringing on nightmares, flashbacks (9-11 for example) and sleep deprivation. People become depressed, irritable and non-social. Beware of this; seek professional help if necessary. Don't be hard on yourself. Reach out for help! treat yourself to a reward when you accomplish a goal. *Enjoy life!*

We spoke about young people and how stress is affecting their lives: heart attacks in the 18 to 25 age group, more suicides. High-tech living, too much noise; no social time: all are destructive to a stable, stress-free life style. ❤️

# May Meeting, Riverview

*Martin  
Brilliant*

While we munched our lunches, Sheila Turkel opened the meeting, emphasized (as always) the chapter's need for help from active members, and introduced the speakers: Mark William Lasky, and Carmen Cacopardo from Universal Fitness. Mark spoke first, about exercise, after which Carmen talked about exercise equipment.

Mark is a professional fitness coach with over 30 years experience and impressive credentials. For the last dozen years, he said, he's been working with older people—50 to 90—most of whom came to him because they had a scare: high blood pressure, borderline diabetes, obesity, heart attack, stroke. When that happens he follows their doctors' guidelines. After a few weeks or months in the program their chief complaint seems to get better—and so do their minor complaints. Exercise affects a lot of different systems.

The first system Mike talked about was the skeletal system. Osteoporosis—loss of bone—affects tens of millions of people. As we age, we lose bone mass, the spine tends to compress, the ribs fall on the pelvic rim, and the abdomen protrudes. The neck bends forward, the body leans forward, and you're more likely to fall. Spine fractures and hip frac-

tures result. The mortality rate for hip fractures is 20 percent in the first year. Bone responds to training; progressive resistance—weight lifting—has been shown not merely to slow bone loss but to increase bone mass.



**Carmen Cacopardo (left) and Mark William Lasky. This is a combination of two different pictures; they weren't standing there at the same time.**

Another system, related to bone, is the central nervous system—the brain and spinal cord. As we age the speed of nerve signals down the spinal cord decreases, and we lose reaction time. If you fall, you can't make a correction, and your brittle bones are more likely to break. In a study in a nursing home, 80 year olds improved their reaction time 20 to 35 percent after a 10 week training program. Active people at age 80 have the same reaction time as sedentary 20-year-olds.

As we age we lose dopamine, a neurotransmitter responsible for subconscious motor skills. Exercise slows the loss of dopamine and in some cases

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Photography and  
photomontage by  
Martin Brilliant

# May Meeting, Riverview

(Continued from page 5)

increases dopamine.

We also lose strength, losing lean muscle mass as we lose testosterone. Strength training and cardio conditioning can retard or reverse these changes.

The brain shrinks as we age. For unknown reasons, exercise helps the brain hold its volume and can actually lead to the brain growing new cells. Active people are less likely to get Alzheimer's.

Exercise also alleviates depression. Ten minutes of exercise a day can be enough so that medication is no longer needed.

Most of us here are in cardiac rehab. When we leave we have several choices. The best is to continue at rehab, which is costly, and medical insurance won't cover it, but Mike suggested measuring the cost per workout against the health benefits.

Another option is to join a gym. Before you join, visit it at the time you will train. The best times are mid-morning or mid-afternoon when the work crowd is at work. Don't sign a long term contract until you've tried it out or you might quit after two weeks. Hire a personal trainer for a few sessions to learn the routine.

Monmouth County Park System has great fitness programs. The cost is low, mostly in group classes; you are not monitored, but it will keep you motivated and active the year round.

The last option is to buy home

equipment. If you are not disciplined, if you can't avoid distractions, the equipment will not be used and the treadmill will become a laundry rack.

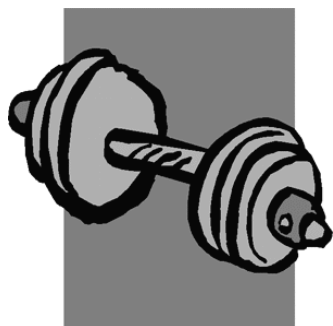
There are three parts to a training program: the warm-up, the training itself, and the cool-down. The warm-up could be the cardio workout. Mike always includes weight lifting in the training—basically five exercises: back of the leg, front of the leg, stomach, chest, and back. The cool-down is flexibility training: five minutes, three stretches. The whole workout would take 20 to 35 minutes, two or three times a week.

It's not complicated. You stress the body, let it rest, stress it again, it adapts, it improves, you increase the stress. It's a cycle. That's how you make yearly progress.

The best exercise, if you can only do one, is walking. We were made to walk. Our bodies have adapted to walking. It's cheap, it can be social, and you can keep on doing it into your nineties.

Carmen talked about equipment for home use. He mentioned the Universal Fitness Store. You can get junk equipment on TV. Department stores and sporting goods stores have some but they don't specialize in it or service it. Quality equipment lasts longer and works better. Try before you buy; if you don't like it, you won't use it.

Except for the questions and answers, that was it. ♡



# Health Items from Pages

## **AIR FILTERS MAY IMPROVE HEART AND LUNG HEALTH**

A high efficiency particulate (HEPA) filter will remove fine particulates from your air. The particulates can be produced by cooking, candles, mold, smoke and many other sources.

The filters are used in stand-alone air cleaners, such as those found on the Web and at Lowe's and other home improvement stores. Some vacuum cleaners have HEPA filters or can be fitted with one.

Studies reported by Duke University show HEPA-filtered air improved microvascular function by up to 8.1 percent within 48 hours. Microvascular function indicates how well blood vessels respond to the body's demands for oxygenated blood. Long-term use may lead to greater reduction in lung and cardiac risk.

## **MID-LIFE DIET MISTAKES**

If you are age 40 or beyond, check yourself for this dietary advice by UCLA Center for Human Nutrition.

\* Don't eat like you used to. Your calorie requirement is less so there's not as much room for sweets and fats.

\* Keep healthy snacks on hand. If all you have to choose from is ice cream or hot dogs, you're in trouble. Choose fruits,

vegetables and low-fat yogurt.

\* Frozen vegetables are nutritious. Have a big variety of fruits, vegetables and frozen entrees on hand.

\* Eat regular meals. If you skip one, you'll eat much more at the next meal.

\* Stay away from fad diets and create a healthy eating plan for life. Over time, you'll lose weight and be healthier.

## **EXERCISE LINKS PHYSICAL AND MENTAL HEALTH**

The centuries-old wisdom that physical activity over a lifetime helps the body and mind are being proved again today.

Exercise is not just for the young. At every age, it lowers the risk of diseases that become chronic in middle age and beyond. These include heart disease, various cancers, hypertension, osteoporosis, diabetes and Alzheimer's disease.

## **HOW WHAT YOU EAT AFFECTS YOUR MOOD**

Researchers have long wondered why people living in the lower Mediterranean countries don't get depressed as often as people living in northern Europe. One thing they discovered: It isn't the sunny days or a nice blue ocean to look at. It's their diet.

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*Pages Magazine*

*Pages Magazine is an online resource for newsletter editors.*

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## Dizzy? Could Be Your Heart

Information from  
[medpagetoday.com](http://medpagetoday.com) and  
[theheart.org](http://theheart.org)

**T**hirty percent of patients over 65 experience some type of dizziness, such as presyncope (a feeling that they're about to faint) or vertigo (a sensation of motion when there isn't any). Past studies suggested that the cause was usually a problem in the vestibular system in the inner ear, which regulates balance.

A recent study in Amsterdam (the Netherlands) evaluated 417 patients, 65 to 95 years old, who

complained of persistent dizziness to their family physicians. The patients were diagnosed by a standard set of criteria and their cases were reviewed by an independent panel.

**T**hey found that the primary cause was cardiovascular disease in 57 percent of cases, inner ear problems in 14 percent, and psychiatric illness in 10 percent of cases. In most cases there were minor contributing causes, notably drug effects. ❤️

## Rating Heart Transplant Donors

Information from  
[theheart.org](http://theheart.org)

**R**eports at the recent International Society for Heart & Lung Transplantation 2010 Scientific Sessions looked into the history of heart transplant donors. One study of nearly 300 cases found that alcohol use had no effect. Whether the donors were abstainers, moderate users or heavy drinkers, there was no significant difference in short term survival or other complications.

The same author reported a study in which 73 out of 284 donors

had previously had CPR (cardio-pulmonary resuscitation). There was no significant difference in either 30 day survival or survival in a follow-up averaging 3 years.

**A**nother study reported that survival is poorer if the donor was homeless. Three year mortality was about 50 percent if the donor was homeless, but only 15 percent (five out of ten) if not. Infection was involved in three of those five deaths, but in only one case could it be traced to the donor. ❤️

## More Good Cholesterol Isn't Always Good

Information from  
[theheart.org](http://theheart.org)

**H**igh-density lipoprotein (HDL, the "good cholesterol") is involved in the process of removing cholesterol from the body. A high level of HDL in the blood usually means that there is less cholesterol going into arterial plaque and therefore less risk of coronary heart disease.

A study reported last month in

*Arteriosclerosis, Thrombosis, and Vascular Biology* found that if the level of CRP (C-reactive protein) was also high, indicating the presence of inflammation, high levels of HDL increased the risk of cardiovascular disease instead of reducing it. The author suggests that the presence of inflammation reverses the function of HDL. ❤️

**R**ed meat contains saturated fats and cholesterol, and U.S. dietary guidelines recommend eating less of it. Most studies found that red meat raises heart disease risk but did not distinguish between processed and unprocessed meats.

Last month the journal *Circulation* carried a report of the first study to look separately at the heart risks of processed and unprocessed red meat. Unprocessed red meat did

**O**bservational studies have shown that eating nuts is associated with reduced risk of heart disease, and packages of certain kinds of nuts are now allowed to claim that evidence suggests (but does not prove) that eating nuts as part of a healthy diet lowers the risk of coronary artery disease.

A study published last month analyzed combined data from 25 small interventional (not observa-

**W**hen heart patients in the U.S. have diagnostic catheterization, or are treated with PCI (stenting or angioplasty), a catheter is usually inserted into the femoral artery in the groin and passed up the aorta to the coronary arteries. The standard procedure in many other countries is to insert the catheter in the radial artery at the wrist.

According to a report last month at the Society for Cardiovascular Angiography and Interventions (SCAI) 2010 Scientific Sessions, radial access PCI allows the patient to be discharged the same day

not increase risk. But eating 50g of processed meat a day—one hot dog or two slices of deli meat—was associated with 42 percent higher risk of coronary artery disease and 19 percent higher risk of diabetes, perhaps due to its salt and nitrate content.

**T**he authors point out that while red meats don't increase risk, they don't reduce it either, and we should eat more foods that reduce risk, like fish and plant foods. ❤️

tional) trials. Eating nuts lowered LDL ("bad cholesterol") and total cholesterol, and lowered triglycerides if they were too high to begin with, but had no effect on HDL ("good cholesterol").

**T**he changes were small compared with the gains from statin drugs, and the studies were too brief to look at end points such as mortality or occurrence of heart disease. ❤️

(compared with an overnight stay for femoral access PCI). The radial artery is smaller and the risk of bleeding is less (though the smaller artery requires smaller catheters).

**A** study in Italy, reported later last month at the EuroPCR 2010 meeting, fine-tuned the procedure. It found that PCI through the left wrist is somewhat faster than the right wrist, requiring less exposure to radiation. Left wrist access is less convenient for right-handed workers, but the author suggested moving the arm after opening the artery. ❤️

## Red Meat? or Processed Meat?

*Information from  
theheart.org*

## Nuts Improve Lipid Profile

*Information from  
medpagetoday.com  
and theheart.org*

## PCI Through the Wrist, Not the Groin

*Information from  
theheart.org*

# Health Items from Pages

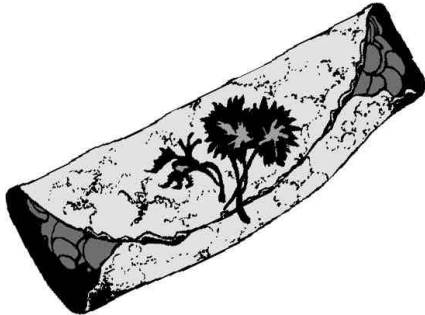


Illustration from IMSI  
MasterClips CD © 1997 IMSI

## WHAT YOU CAN DO ABOUT PAINFUL JAW JOINTS AND MUSCLES

About 10 million Americans suffer from painful jaw joint and muscles called TMJ disorders. They bring jaw pain that interferes with sleep and makes it hard to eat or speak.

The symptoms can also bring pain to the backs of the eyes, the shoulders, neck and back.

The culprit is the joint that connects the lower jaw to the bone at the side of the head and its connected muscles. Temporomandibular pain is often blamed on misaligned teeth and dental problems, but there are other causes

In some patients, the prob-

(Continued from page 7)

They studied more than 10,000 Spaniards who filled out a long food questionnaire. Then they checked for depression some years later.

Those who consumed more olive oil and less fat, had a moderate intake of alcohol and dairy products, and ate a lot of beans, fruit, nuts, cereal, vegetables and fish were far less likely to be depressed.

Doctors at Tufts University offer this happy-plate advice:

- \* Eat breakfast and have healthy snacks to avoid drops of blood sugar.

lem is related to repeated movement of the jaw caused by tooth grinding while they sleep. Stress-related clenching of the jaw muscles may be the cause. Or there could be a problem with the joint.

Treatment begins with self-care.

- \* Rest the joint. Limit jaw movement while eating, yawning and laughing. Avoid gum chewing.

- \* Use heat to relax the muscles. Apply a heating pad, hot towel or water bottle for 20 minutes at a time.

- \* Use over-the-counter NSAIDs like aspirin and ibuprofen. If they aren't effective, your doctor may prescribe a medication to treat anxiety or stress.

- \* When misaligned teeth

[www.heartsofjersey.org](http://www.heartsofjersey.org)

- \* Try complex carbohydrates, like whole grains, for increased feeling of calm.

- \* Protein can boost alertness.

- \* Folate is important. It is in fortified cereals, leafy vegetables, okra, asparagus, bananas, melons, beans, orange juice and tomato juice.

- \* Don't overdo alcohol. It is a powerful depressant.

- \* Coffee is an antidepressant, but too much can give you the jitters.

- \* Skip the chocolate. It improves mood at first, but makes you feel even worse when its effect wears off.

are the problem, a dentist or orthodontist can prescribe an orthodontic device.

- \* Get physical therapy. There are exercises that can help with jaw muscle strength.

In 10 percent to 15 percent of sufferers, none of these help. A doctor will then consider outpatient arthroscopy, according to Johns Hopkins Hospital. Under anesthesia, a tiny camera and instruments are moved to the site.

The surgeon can remove excess joint cartilage or bone fragments, correct misaligned discs, reshape bone, or remove bone spurs.

Afterward, you are advised to eat soft foods, avoid excessive jaw movement and take physical therapy. ♡



**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 \_\_\_\_\_

To let us list your name and dates on page 2, enter one date (month/day/year) above and INITIAL HERE \_\_\_\_\_.

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 \_\_\_\_\_

To let us list your name and dates on page 2, enter one date (month/day/year) above and INITIAL HERE \_\_\_\_\_.

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 and Renewal\*

Individual: \$ 22.00   
 Family: \$ 29.00

**National Life Membership**

First Year Renewal\*

\$ 155.00  \$ 5.00  
 \$ 215.00  \$ 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 six weeks 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:

**Neil Paulsen**  
**337 E. Main St.**  
**Manasquan, NJ 08736**

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

FIRST CLASS MAIL

**Evening Meeting**  
6:00 pm Thursday, June 24, JSUMC  
**Executive Meeting**  
Thursday, July 1, 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.

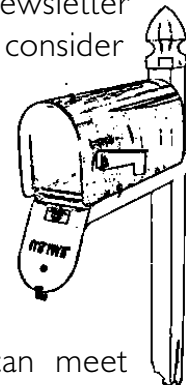
### Your Last Issue?

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.**