



# The Jersey Heartbeat

## Message

## from the President

November 2009

**A** funny thing happened on the way to November, at least in our house the clock on the VCR lost one hour. You have to love the technology if yours did the same thing. When they made the machine, it was considered advanced planning. The engineers said "lets design it for automatic daylight savings time adjustment" and it worked well until the experts (?) changed the date and stretched daylight savings time. If you haven't fixed it and you need help call me, I might be able to talk you through it.

You may remember the program for August; it con-

sisted of a walkthrough of the new hospital facilities. Our guides Dennis and Lou gave us a very thorough tour, particularly the emergency facilities. Little did I realize at that time I would get a chance to check it out firsthand.

During a scheduled visit with the rheumatologist, I was asked to bend over and touch my toes and I did. When I stood up quickly the room began to spin and I began to spin with it. The doctor was aware that I'm a heart patient; she thought it advisable to determine the cause. That meant a trip to the ED. Remember: it's no longer ER; the new facility is no longer a single room and no longer a two-hour wait.

Within about 10 minutes, I passed through triage and was assigned a space, a nurse and doctor. The nurse took a blood sample as soon as I was in the space. The results were on the computer screen and the doctor had a print copy for discussion within about 10 minutes. The team was able to immediately go through my past JSUMC history at the computer station and when they decided a chest x-ray would be valuable, I was moved quickly down the hall. The X-rays were taken and the results were on the doctor's screen before I got back to my space.

I've had several emergency room visits in the past and I believe this is the first one that didn't decide to keep me overnight. I remember the topic of

(Continued on page 2)



### Celebration of the Heart

Friday, December 11  
12:00 noon to 4:00 pm

Lance Auditorium, Jersey Shore  
University Medical Center

**midday dinner, music, door prizes**

Entertainment by the  
**Barbershop Chorus Matinee Idols**

**YOU MUST RESERVE-1-800-DOCTORS**

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# President's Message

## New Members

anonymous

Oct 1



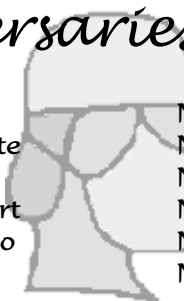
## Birthdays

John E. Kutz	Nov 1
Lois T. Landis	Nov 1
Cecilia Matey	Nov 1
Ilse Kelly	Nov 2
Joan Ferraro	Nov 4
Mary Ann Turbitt	Nov 5
Allan N. Zucker	Nov 8
Walter Gunn	Nov 10
Paul Nekrasov	Nov 12
Michael Gergel, Jr.	Nov 14
Louis J. Sas	Nov 14
Samuel Sattilaro	Nov 19
Eugene Murnane	Nov 20
William J. Ryan	Nov 21
Margaret De Santa	Nov 24
Otis C. Wright, Jr.	Nov 24
John R. Casagrande	Nov 28



## Surgeries

Margaret Koury	Nov 1
Walter H. Perkins	Nov 1
Lawrence W. White	Nov 1
Peter Q. Lowy	Nov 10
Dennis J. Broschart	Nov 11
Michael D. Fornino	Nov 17
Mark Stewart	Nov 21



## Visiting

October 2009:  
138 patients and  
63 family members  
visited



(Continued from page 1)

our program was titled "The hospital of the future is here now." They made a believer out of me.

It's getting around that time of year again when we all have to say there's so much to eat and so little time. The weather is not exactly conducive to taking those nice long walks again and so we drag out the old excuses. Don't even think about it. Keep your exercise program, even if it's an indoors program; the important thing is to do it.

I don't think I've mentioned it in the past but I've had a project going for the last two years that involved the finding and reading of all of the Nero Wolfe books in print. The author Rex Stout wrote 73 Nero stories. As of today I have read 72 of them the last one is a book titled "CORSAGE" and it was released in 1977. Unfortunately, it was a specialized publication and only a limited number of the books were released. If you're a book collector and never throw anything away look and see if you have a copy of it. Of course, I always return books that I borrow.

Have a Happy Thanksgiving.

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

## Mended Hearts Chapter # 179

### Officers

#### President

**Bill Ryan**

732-367-3648

drbillryan86@alum.rpi.edu

#### Past Acting Presidents

**Louis Massarelli**

732-776-2454 Fax 776-2365

**Dennis Broschart**

732-776-4176 Fax 776-2478

#### Vice President

**Leonard Talalai**

732-935-9825

#### Secretary

**Lois Landis**

732-222-0549

#### Treasurer

**Martin Brilliant**

732-946-8147 Fax 946-3423

mbrilliant@alum.mit.edu

### Committee Chairs

#### Newsletter and Webmaster

**Martin Brilliant**

732-946-8147 Fax: 946-3423

mbrilliant@alum.mit.edu

#### Nominations

**Rita and Jack Beerman**

732-714-1040

#### Public Relations

**Frances Grubb**

732-462-9750

#### Visiting and Visitor Training

**Leonard Talalai**

732-935-9825

*If you want to be listed here, or  
would rather not be...*

*Please contact the Treasurer.*

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## Meeting North

**Thursday, November 19**  
12:00 – 1:00 pm

Debra Shar, RN, BSN,  
Nursing Supervisor  
Community Outreach

### ***Sleep Well, Feel Well***

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

*A light lunch will be served*

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

## Meeting South

**Tuesday, November 24**  
1:00 – 2:30 pm

a speaker from  
Meridian Health  
Community Outreach, on:

### ***Depression***

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

*A light lunch will be served*

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

## Meeting Schedule

Noon, fourth Thursday  
(usually)

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

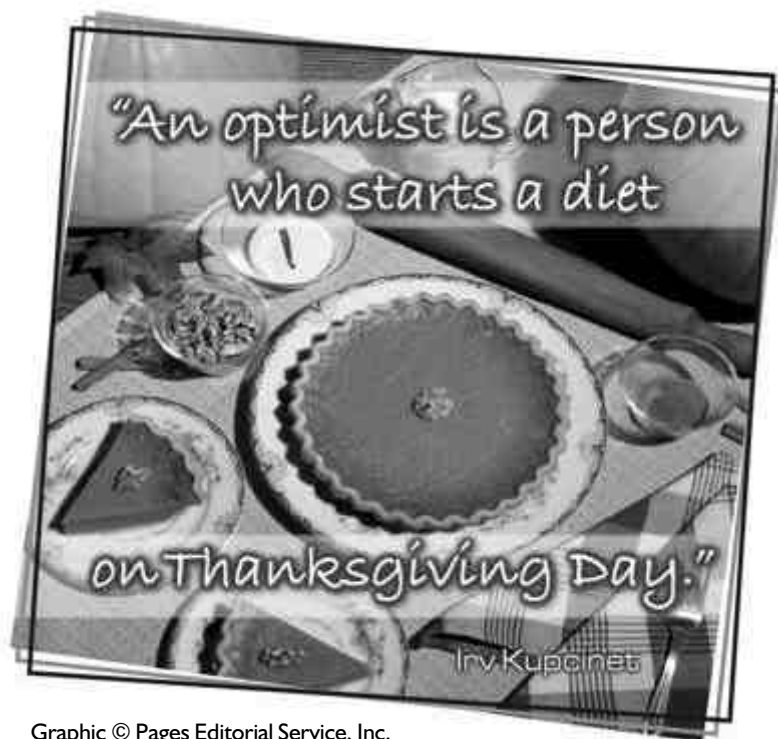
*Odd Months*  
(Jan., Mar., May,  
July, Sept., Nov.)  
Ocean Medical Center,  
Brick (fourth Tuesday)  
and  
Riverview Medical  
Center, Red Bank

## Executive Meeting

**First Thursday**  
**December 3, 1:30 PM**

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

***Interested members are  
invited to attend***



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Master-Clips CD © 1997 IMSI

## ***We want gifts:***

If you have any unwanted presents that you could contribute to be used as door prizes at the Celebration of the Heart next month, please drop them off at Cardiac Rehab, in the Amdur Ambulatory Care Center at Jersey Shore University Medical Center. You could free up space in your home, and we would be grateful.

# Miscellany from *Pages*

*Reprinted from  
Pages Magazine*

## SWISS STEAK: ENJOY ITS RICH TASTE

If you are looking for the origins of Swiss steak, don't look toward Switzerland. Rather, seek out traditions of the Amish and a food culture passed down from their first settlements in the eastern counties of Pennsylvania. Then look to farm communities across the United States.

This rich meat dish, with a thick rue and fresh vegetables, is traditionally



prepared in a heavy iron skillet, but it's also great when left to simmer all day in a crock pot.

Preparation of the meat is key to tenderness. In choosing cubed steaks, forget any with large sections of white bands running through the meat, this is a sign of sinew, which causes a stringiness in the cooked meat.

Even better, select a large piece of lean round steak and cut it into smaller pieces. Pound on both sides with a meat hammer to assure its tenderness.

## SWISS STEAK IN SKILLET OR CROCK POT

*4 cubed steaks or one pound of lean round steak cut into four*

*1 cup coarsely sliced onions*

*1 cup sliced carrots*

*1 cup sliced celery*

*1 can diced tomatoes*

*1/2 cup ketchup*

*1/2 teaspoon sugar*

*1/2 packet of dry au jus mix*

*1/4 cup water*

*Salt and pepper to taste*

*Flour for meat coating*

Tenderize round steak with a meat hammer. Salt and pepper the steaks and dredge them with flour for coating. Braise on high in a large skillet with vegetable oil.

Add sugar, au jus mix and ketchup. Stir thoroughly with a small amount of water. Put in a large iron skillet or crock pot.

Add the vegetables. In an iron skillet, cover and simmer over a low heat for 30 to 45 minutes.

In a crock pot, cook on high for 30 minutes, than reduce to low and simmer until served.

Serve on plates or in bowls, adding ample gravy. Sopping up gravy with bread is a time-tested tradition.

## **GET STRENGTH- TRAINING BENEFIT IN 12 MIN- UTES A WEEK**

**D**r. Doug McGuff says 12 minutes a week of his high-intensity, slow cadence strength training is enough. McGuff is the author of *Body Science*.

### **He recommends:**

- \* Lift weights slowly and smoothly over 10 seconds and lower over 10 seconds.

- \* McGuff says you can avoid injuries with this low-force form of exercise.

- \* Do each exercise until you can't make the movement anymore. Produce a momentary muscle weakness, which triggers improvement in muscle strength.

- \* Allow adequate time for recovery. The bigger the muscle stimulus, the greater the adaptive response, the longer it takes for muscles to recover. That's why he recommends people should wait a week before doing the routine again.

## **100 CALORIES LESS = BIG BENEFIT**

**I**t's just a model prediction by the *American Journal of Health Promotion*, but it makes sense: 100-calorie reductions in daily intake would cut about 71.2 million cases of overweight and obesity and would save \$58 billion annually in health care costs.

### **How to cut 100 calories:**

Examples: On a salad, use two tablespoons of light salad dressing instead of two tablespoons of blue cheese dressing. Eat a 100-calorie pack of microwave popcorn instead of a buttery bowl.

## **EXERCISE IS GREAT FOR YOUR HEALTH, BUT ...**

### *You must eat less to lose weight*

**I**n 1980, 47 percent of Americans claimed they exercised regularly. By 2000, that figure had grown to 57 percent. Yet the number of overweight and obese people rose dramatically.

Physical activity is essential for good health, but it may not be able to melt pounds away. Exercise researchers at Louisiana State University say when it comes to losing weight, how much you eat is more important than how much you exercise.

Building muscle makes you stronger, but a pound of muscle burns only four calories more per day than a pound of fat. If you somehow gained 10 pounds of muscle, you would only be able to eat an extra 40 calories a day.

Vigorous exercise can also stimulate hunger and could lead to a self-reward system. If you burn 300 calories at an exercise machine and reward yourself with donuts on the way home, you could be gaining weight instead of losing.

*(Continued on page 10)*

*Pages Magazine is an online resource for newsletter writers that Mended Hearts makes available to chapter newsletter editors.*

# What Our President Does

*Bill Ryan  
as told to  
Martin Brilliant*

*Last of four articles.*



Without a doubt the first concern of the president is to maintain a smooth running organization, using the membership for support and counsel—also called delegating. The *Chapter Operations Manual* provided by the Mended Hearts national office covers this in more detail and includes annual reports to National and staying up to date with National policies.

The manual says the president presides at meetings, but it doesn't say what to do when I arrive at the meeting 15 minutes early and discover the food hasn't arrived yet. Chapter 179 is unique in that the President needs to be aware of the hospital procedures. Rooms need to be reserved 12 months in advance, food needs to be ordered two weeks in advance. These involve hospital staff and the president needs to identify key administrative staff members for support in case things don't happen as expected.

Each month I write the "President's Message" for the newsletter and the agenda for the executive board meeting, and then run the board meeting, where the business of the chapter is conducted. The membership meetings mostly involve welcoming and then turning it over to the speaker.

It is very important that the

president be involved as a volunteer in the cardiac rehab facility. Space at Jersey Shore is scarce, and the space given to the chapter for the visiting program equipment and the newsletter mailing is protected by the volunteer activities that run parallel to the Mended Hearts needs. Sometimes it's hard to separate the work for Mended Hearts from the work done as a volunteer. It's important to maintain good relations with cardiac rehab at all levels of administration—in case anything needs top-level attention.

The President should also be a patient visitor, attend training meetings, and understand all of the necessary procedures to accomplish this. The president should also represent the chapter at American Heart Association activities, particularly the heart walk.

One job I do that's not part of the president's duties is folding and labeling the chapter newsletter for mailing, including maintaining the mailing lists of patients who have been visited and hospital administrators. Chapter members help, but I take charge because that's the only way to be sure it gets done. It's one job that hasn't been delegated.

The president's library should include a copy of *All I Really Need to Know I Learned in Kindergarten*, by Robert Fulghum. 🍀

# October Meeting at JSUMC

*Martin  
Brilliant*

**D**ennis Broschart—Manager of Volunteer Services at Jersey Shore and (with Lou Massarelli) Past Acting Co-President of our chapter—introduced Ed Diamond, now Senior Manager of Cardiac Services, previously for many years the manager of the cardiac cath lab. Ed was the first (and only) speaker of what we planned as a panel discussion on the topic “The OR of the Future is Here.”

Ed described the “hybrid operating room” that some of us had seen when we toured the new building. This is a big two-zone, thousand-square-foot room. One zone, for angioplasty and stenting, has a bi-plane X-ray unit with two cameras, taking pictures from top and side simultaneously, so they don’t have to move. About fifteen feet away in the other zone is an operating table. If something turns up during stenting that requires open surgery, the patient can be moved right over to the operating table. Jersey Shore is probably the only hospital in the state that has this kind of two-zone room.

**B**lockages in the left main artery are the worst place to have a heart attack. Formerly these cases required bypass surgery, because if anything went wrong in stenting the whole heart would fail. Now, with immediate surgical backup available, they can put in a stent. The room is also used for electrophysiology (to locate and treat

arrhythmias) and for ICDs and pacemakers.

Planning for the hybrid room started about three or four years ago with cardiac surgeons, cardiologists, neurologists, radiologists and orthopedic surgeons, collectively deciding what they needed. The room was planned primarily for neurosurgeons to build up a stroke center at Jersey Shore. A neurosurgeon can locate a stroke and stent it, put in grafts, embolize an aneurysm, using the X-ray unit and catheters, but if a vessel has to be opened up the patient can be moved to the other side of the room.

This is a collaborative procedure. The X-ray department provides staff for imaging, and the cardiac cath staff provides technical support for the surgeon, the cardiologist or the neurologist.

Chapter President Bill Ryan added his comments about the new Emergency Department. This was the same story he told in the President’s Message on page 1, so it won’t be repeated here.

**W**e had hoped that Dr. Felix Garcia, a trauma surgeon, could join us in the panel discussion we had planned, but a medical emergency delayed him until after the meeting ended. We met him in the corridor and he promised to try to join us at our meeting in February. 🍷



Ed Diamond described the hybrid operating room.



We hope Dr. Felix Garcia can speak in February.

Photos by Martin Brilliant

## How Fast Are You Losing Fitness?

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

Cardiorespiratory fitness declines throughout adult life, but at an accelerating rate after age 45, and the rate of decline is faster if you're inactive, obese or a smoker, according to a study at the University of Houston.

A research team analyzed data from the Aerobics Center Longitudinal Study. Over 20,000 men and women were each tested several times on a treadmill, to determine their maximum energy expenditure

in METs, weighed and measured to find their BMI, and asked about their activity level and smoking.

Overall, by age 80 both men and women had about 65 percent of their former peak fitness. Fitness fell by about 0.3 METs from age 40 to 59; from age 70 to 79, the drop was 1.4 METs for women and 1.6 METs for men. Smoking, and each unit of BMI, cost another fraction of a MET, while activity could gain a MET or more. ❤️

## Activity Elasticizes Older Arteries

Information from  
[medicalnewstoday.com](http://medicalnewstoday.com)

According to a report by Dr. Kenneth Madden at the 2009 Canadian Cardiovascular Congress, three months of physical activity can help older patients—specifically adults age 65 to 83 with Type 2 diabetes, high blood pressure and high cholesterol—by making their arteries less stiff and their artery walls

more elastic, compared with those who didn't get the activity.

The patients were classified as sedentary at the beginning of the study and gradually increased to 70 percent of maximum heart rate. "People always underestimate what older adults can do," Dr. Madden said. ❤️

## Headphones Can Harm ICDs

Information from  
[medicalnewstoday.com](http://medicalnewstoday.com)

Headphones on your head are harmless. But about an inch or less from the skin over an implanted defibrillator or pacemaker, they can make the device malfunction.

in. Close to an ICD they can temporarily close a reed switch and disable the device, and in one case the device had to be reprogrammed.

You can use headphones safely if you have an ICD; just don't drape them around your neck or put them in a breast pocket. ❤️

## One Year Is Not Enough...

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

So says an article on an analysis of four-year data from TYCOON (Two-Year Clopidogrel Need), but the investigators themselves are not so sure. It's still not clear how long you have to take Plavix after a drug-coated stent. Total thromboses (coronary events due to blood clots) were 0.7 percent after a bare metal stent; for a drug coated stent they were 3 percent with one year

of clopidogrel, but only 0.4 percent with two years of the drug.

But these events are rare, all the published studies are under-sized, and the numbers are so small that the differences could be random. The results, according to one of the researchers, are "hypothesis generating," not definitive. If you were confused, don't change. ❤️

A new analysis of MESA (Multi-Ethnic Study of Atherosclerosis) confirmed that calcium score (a controversial indicator derived by coronary CT angiography) is a good screening test for coronary artery disease. But it should not be relied on when a patient comes in with chest pain, because it doesn't detect soft plaque.

MESA enrolled 6,814 patients with no known heart disease. More than half, 3,563, had zero calcium score. Catheterization, which measures blockage directly, was done on

You thought—we all thought—arterial plaque never went away. An imaging study reported early this month found that niacin, given to patients also getting statins, not only increased HDL but also reduced the area of plaque in coronary arteries. However, it's not clear whether the most dangerous part of the plaque was reduced. Another study report expected later this month compares niacin with Zetia, and niacin is expected to win.

Women do have the same heart attack symptoms as men, says a study reported to the Canadian Cardiovascular Congress 2009, contradicting a host of previous studies. Other studies have found that women with heart attacks present with different symptoms and respond differently to treatment, suggesting that men and women have different kinds of heart attacks.

This study didn't look at real heart attacks. It simulated the classic kind of heart attack that men get, by inflating a balloon in a coronary ar-

tery (as in angioplasty or stenting). Women experiencing this simulated heart attack reported—with minor differences in emphasis—the classic chest pain symptoms common in men.

175 patients in the first six years of the study, most of them because they developed symptoms. Of those who had significant coronary artery narrowing (stenosis), seven originally had zero calcium score. That's only 0.2 percent of the zero-calcium-score group, which says zero calcium score implies low risk; the other group had about 95 percent of the serious stenoses. But it's four percent of those who needed further testing, which shouldn't be ignored. ❤️

Enlarged hearts in heart failure patients can also be reversed. Beta blockers can shrink enlarged hearts but they can also weaken the heartbeat. Another class of drugs, phosphodiesterase (PDE) inhibitors, could also shrink enlarged hearts. This class includes Viagra, a PDE5 inhibitor, but PDE1 inhibitors might be more effective, perhaps in combination with beta blockers. Tests are now being conducted in live mice. ❤️

The presenter suggested that the other studies are wrong because of miscommunication in a clinical setting. *Your editor is puzzled. If women with classic heart attack report classic symptoms, then when they report different symptoms they must be having a different kind of heart attack.* ❤️

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

## Calcium Score Is Good for Screening but Not Perfect

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

## Reversing Heart Disease

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

## Heart Attack Symptoms in Women

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

# Miscellany from *Pages*

(Continued from page 5)

Many researchers believe that frequent, lower-level activities work better for weight loss than bouts of vigorous exercise. They say it's better to be active in your life and throughout the day if you can. Take a walk; it doesn't have to be a fast one. Climb the stairs instead of taking the elevator. Dance to the music, hit a golf ball, do the laundry or play with the dog.

People only have a certain amount of energy to expend in a given day. For weight loss, it's better to be active each day rather than do a vigorous routine a couple of times a week.

A British study compared normally active children and those in sports with vigorous athletic training and found the two groups to be equally healthy.

At the end of the day, it's more about how many calories you take in than how many you burn off.

## QUOTES

**W**hen you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation. It empowers us to overcome obstacles so we can live our dreams.

*Les Brown*

An obstacle in life is like a

log in your path. You could step over it. You could move it out of the way. Or you could cut it up and make firewood.

*Unknown*

Make a gift of your life. Lift all mankind by being considerate, forgiving and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.

*David Hawkins*

## THE LIGHTER SIDE

### Bank loan

**A** frog approaches the bank teller, Patricia Whack, and tells her he wants a \$30,000 loan. He says his name is Kermit Jagger, his dad is Mick Jagger and his dad knows the bank manager.

The frog shows his collateral, a bright pink porcelain elephant that's about an inch tall and perfectly formed.

Patty finds the bank manager and says, "There's a frog named Kermit Jagger out there who claims to know you. He wants to borrow \$30,000 and use this as collateral. What in the world is it?"

(Get ready now.) The bank manager sings, "It's a knick-knack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone!"

(Come on. We know you smiled.) 🍷

*Only a certain amount of energy to expend each day? I know there's a limit to human endurance, but I didn't think a simple workout would come anywhere near that limit. Only those who need ultimate fitness, like athletes, dancers and soldiers, need daily training. But if you're overweight and not fit at all, your endurance might be so limited that you have to work out every day to get results.*

The editor



**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 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:

**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

FIRST CLASS MAIL

## General Meetings

Nov. 19, RMC; Nov. 23, OMC

## Executive Meeting

Thursday, December 3, 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

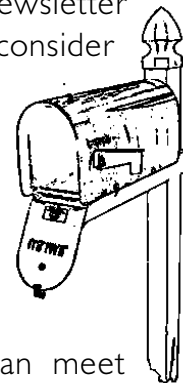
## Your Last Issue?

*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

The Jersey Heartbeatt