

# Mended Hearts, Inc.

## Greater Rochester Chapter 50

### “Heart Beat of Rochester”

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



#### MAY MEETING

**Monday, May 17, 2010, 7:15 PM**

Maura Radliff, PharmD, will speak on “Heart Disease Medicine: What do I need to know?” Ms. Radliff is an Anticoagulation Clinical Pharmacy Specialist at Rochester General Hospital. She is a graduate of the University of Buffalo School of Pharmacy; and she completed her residency at Buffalo General Hospital. Presently, she assists medical providers with dosage management for patients receiving warfarin, heparin, and other anticoagulants. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

#### JUNE DINNER MEETING

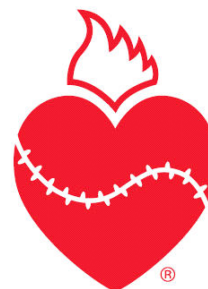
**Monday, June 21, 2010, 6:00 PM — Annual Installation Dinner**

Menu and reservation information can be found on Page 5 Please RSVP by June 14<sup>th</sup>.

#### JULY PICNIC

**Our Annual Summer Picnic will be held at the Joyal’s, 65 Erie Dr, Fairport, NY, on Sunday July 25<sup>th</sup> at 1:00 PM.**

Mended Hearts will supply the meat and veggie burgers, the snacks, the desserts, plates, silverware, etc. All you need to bring is a side dish to pass, a lawn chair and yourselves. We look forward to seeing you. Please RSVP (585) 377-1247 by July 16<sup>th</sup>.



*We ask for your blessings, Lord:*

*We ask for strength that we may pass it on to others...*

*We ask for faith that we may give hope to others...*

*We ask for health that we may encourage others...*

*We ask for wisdom that we may use all your gifts well.*

*It’s great to be alive - and to help others!*

#### INSIDE THIS ISSUE:

MENDIVER-SARIES	2
PRESIDENT’S CORNER	3
KIDDIE CORNER	4
MEMBER SPOTLIGHT & INSTALLATION DINNER	5
CANANDAIGUA ROSE WALK	6
MEMBERSHIP APPLICATION	7

#### CANANDAIGUA MEETINGS

**Thursday, May 13, 2010, 7:00-9:00 PM**

Albert Tricomi, MD, FACC, Cardiologist, will speak on “Living with Heart Disease in the Summer.” Dr. Tricomi practices at Finger Lakes Cardiology Associates, and is currently a Senior Instructor of Clinical Medicine & Cardiology at the University of Rochester School of Medicine and Dentistry. The meeting will be held in the RG&E Family Room, in the M.M. Ewing Continuing Care Center, Thompson Health, 350 Parrish St, Canandaigua, NY 14424.

**Saturday, June 19, 2010, 8:00-11:00 AM**

In lieu of our June meeting, please come join us for the Rose Walk Event. The Canandaigua Satellite Mended Hearts Members will also host a table at this event to help fight Heart Disease and spread the word of our mission! The 14<sup>th</sup> Annual Rose Walk will be held at Sonnenberg Gardens and Mansion State Historic Park in Canandaigua. Donation is \$10. Proceeds benefit the Cardiac Rehabilitation Department at F.F. Thompson Hospital. Additional information can be found on Page 6.

## **VISITING CHAIRMAN'S REPORT**

Spring is finally here and it's great to have sunshine and warmer weather.

All of our hospital visitors are back from their winter sojourns and are getting back in the swing of things. Our visiting numbers are behind those of last year, but we're adding them up at a good pace now.

Mended Hearts National is offering a new visiting idea, which emphasizes visits with patients that have been in the Cardiac Catheterization Lab, but not limited to angioplasty patients alone. At Rochester General we visit between 600 – 800 patients a year that have been in the Cath Lab; however, we have not had the manpower to do the same type of visiting at Strong Memorial.

Part of the new program would include a 6-month follow-up visit, by e-mail or phone, with patients that have agreed to

this additional contact, and at that time they would only be asked four questions. The patients will continue to have complete anonymity; Mended Hearts National is only interested in their answers. As the details of this new program are finalized, I will keep our membership informed.

Concurrently, Mended Hearts National has created a new item to offer the angioplasty patients that we visit, called a CATH PAK. They are expected to be available to the chapters after the National Convention in May.

Anyone interested in becoming involved in our hospital visiting program, please contact me at (585) 442-7211 or [hsteron@frontiernet.net](mailto:hsteron@frontiernet.net)

Harvey Steron  
Chapter 50 Visiting Chairman

### **HEALTH INFORMATION AVAILABLE**

Do you need information on a medical condition, disease, or treatment? The Stabins Wellness Information Center at Rochester General Hospital offers confidential answers to your medical questions from their medical library service.

Our medical librarians provide reliable medical information in understandable language. Call 922-9355 to request information on your health topic. We will mail or e-mail the information to you, free of charge. The library's website is:  
[www.rochestergeneral.org/library/wellnessinfocenter](http://www.rochestergeneral.org/library/wellnessinfocenter)

## **MENDIVERSARIES**

### **MAY**

Joe Buggie  
Andrew Chastek  
Donald Clark  
Harvey Steron  
Audrey Verschneider

### **JUNE**

Mary Amato  
Anthony Carlisi  
Vernon Iuppa  
Donovan Jenkins  
Douglas Johnson  
Philip Mendola  
Richard Rosenbloom  
Sherman Soles  
Robert White

### **JULY**

Franklin Angevine, Jr.  
Vivian Darling  
Albert Dianetti  
Joseph Hartman  
Bruce Newton  
Robert Tiernan  
Beverly Turk  
Ronald Wheat  
Frank Wojciechowski



### **AUGUST**

Marlene Adams  
Carrie Breitkopf  
Norm Dandurand  
Charles Frame  
Clyde Glover  
Murray Kellogg  
Anne Korenstein  
Gerald Kuhner  
Edward Maloney  
Patricia O'Neill  
Robert Peri  
Harris Rusitzky

### **NEW MEMBERS**

Mended Hearts - Chapter 50 would like to welcome our new members. We are happy to have you a part of our chapter.

John Campana  
Patricia Frasca  
Ron Krahl  
Bruce Newton  
Ann Nuciolo  
Dwight Rasbeck

*Thank you for your support!*

### **HEARTBEAT OF ROCHESTER**

The "HEARTBEAT of ROCHESTER" is the bimonthly periodical of Mended Hearts of Greater Rochester NY, Chapter 50. Mended Hearts, Inc. is a nonprofit service organization dedicated to alleviating the stress and trauma associated with heart disease and surgery. This periodical is issued free of charge to heart patients and to members of Chapter 50. Permission is granted to reprint with credit any portion of this newsletter.

**PRESIDENT'S CORNER**

Hi Everyone,

Our March speaker was Dr. Mark Hamer. He spoke to us about Atrial Fibrillation



(AF). In AF, the normal electrical impulses that are generated by the sinoatrial node are overwhelmed by disorganized electrical impulses that originate in the atria and pulmonary veins, leading to conduction of irregular impulses to the ventricles that generate the heartbeat. The result is an irregular heartbeat which may occur in episodes lasting from minutes to weeks, or it could occur all the time for years. Since AF can lead to a stroke, doctors use the CHADS SCORE to decide who should go on Coumadin/warfarin medication.

**CHADS SCORE POINTS**

- C – Congestive Heart Failure 1
- H – Hypertension 1
- A – Age 1
- D – Diabetes 1
- S – Previous Stroke 2

Adding up a person's score, two or more points would indicate that he/she should be on anti-coagulation therapy to prevent a stroke. At this time there are clinical trials underway for a new anticoagulant called Dabigatran. It is supposed to be as good as or better than Coumadin at reducing clots (deep vein thrombosis), with a lot less complications. As many of you know who are currently on Coumadin, blood work monthly is a must; but with this new medication that may be a thing of the past. It is already in use in Europe.

There are other medications that

people will be put on to control their heart rhythm. For some other patients cardioversion, ablation or a pacemaker may be recommended.

Thank you Dr. Hamer for sharing your knowledge with us.

**Save the Date**

**The 2010 Rochester Go Red for Women® Luncheon will be held on May 13, 2010, 10:00 AM - 2:00 PM at the Rochester Plaza Hotel, 70 State St, Rochester, NY 14614. You will want to attend this Luncheon. There is always a wonderful motivational speaker, great food and live and silent auctions. For more information, contact Steve Miller at (585) 697-6276 or email Steve at [steven.miller@heart.org](mailto:steven.miller@heart.org).**

Monday, May 31 is Memorial Day. I found this poem written by Father Dennis O'Brien, US Marine Corps Chaplain, and I wanted to share it with you:

*It is the soldier, not the President, who gives us democracy.*

*It is the soldier, not the Congress, who takes care of us.*

*It is the soldier, not the Reporter, who has given us Freedom of Press.*

*It is the soldier, not the Poet, who has given us Freedom of Speech.*

*It is the soldier, not the campus Organizer, who has given us the Freedom to demonstrate.*

*It is the soldier, who salutes the flag; who serves beneath the flag, and whose coffin is draped by the flag, that allows the protester to burn the flag.*

On Memorial Day and always, our thanks go to our servicemen and women who keep us safe every day and allow us to lead our wonderful lives in peace and freedom.

G-d Bless and Keep Them Safe.

Don't forget we still have May and June meetings in Rochester and Canandaigua, as well as our July picnic. Hope to see you at one or all of them.

Consider becoming a visitor volunteer, we need more help – and it's a rewarding and fulfilling experience. Also, we still need a permanent newsletter editor.

Have a great summer; and if I don't see you before, I'll see you in September.

Sharon

**Mended Hearts Chapter 50**

**Editor Wanted**

We are still looking for a new editor for our newsletter. Kelly Joyal our present editor stepped in and helped our chapter when we were in a time of need. Now she is starting a new chapter in her life and will be having her first son in June!

So please, if you know anyone who is computer savvy and would like to help us out five times a year in creating this newsletter, we would greatly appreciate it.

The template is set up on Microsoft Publisher, and we will provide a copy of the software. Also, Kelly would be willing to go over the newsletter with any interested parties. Creating the newsletter can be done remotely, so you don't necessarily need to live in Rochester to help.

Contact Sharon at (585) 544-1565

## THE KIDDIE CORNER

Mended *Little* Hearts of Greater Rochester is budding like the trees we see outside: healthy, steady and on the verge of being in full bloom. Since our inception, our local chapter of Mended *Little* Hearts (MLH) has registered more than 80 families. Close to 30 of these families registered at the AHA Heart Walk. It was a fabulous day lending to a successful event of raising awareness about Congenital Heart Defects and MLH.

The response from all we spoke with was 'WOW, this is a great organization'. We could not agree more. It seems that almost everyone knows of someone, who has had some heart trouble making it more personal. And when one can relate, they are more inclined to want to help. Having merchandise available for our members and friends lets them support MLH while spreading the word at the same time. From hats to shirts to car magnets – every walking logo sparks interest. When sporting my MLH gear people stop to ask me what it means and then they want to get some.

We have a few fabulous events planned for the coming months. In addition to our monthly meetings which are held the 3rd Tuesday of the month and more geared to 'business' while greeting new members, we have some family fun events.

'PUMP UP THE VOLUME' - Family Night is scheduled for Saturday, May 15th at 4:00 PM. This afternoon of fun, food and music will get the whole family pumping while meeting new Heart friends. Child Life Specialist will be on site to talk to families, especially to siblings who may be feeling anxious about their heart brother/sister. Art and music will be available for kids and Hospital Liaisons will be available to talk to parents. This night is FREE and the invitation is open to all CHD and Children with Heart Disease Families. Location: Lifetime Care Building, 3111 S. Winton Rd,

Rochester, NY.

If you know of anyone who might be willing to donate services for this event, please have them contact me. It would be much appreciated.

**STROLL FOR STRONG** – Our team for Stroll for Strong Kids is registered! Go to [www.helpmakemiracles.org/team/mlh](http://www.helpmakemiracles.org/team/mlh) to register or donate! It's Saturday, June 5th, at the University of Rochester.

**Mended *Little* Hearts Merchandise** – We have T-shirts available in men's, women's and kid's sizes (\$10 each), baseball caps (\$20), car magnets (\$5), necklaces (\$20) and key chains (\$20).

To RSVP or purchase merchandise: (585) 398-7112 or [kowaljennifer@yahoo.com](mailto:kowaljennifer@yahoo.com)

Once again, thanks to Mended Hearts Rochester for supporting the littlest mended hearts in our community. Together, we can help comfort those young and old so they don't have to go through it alone. Together, we can make a difference.

For more information about MLH, you can visit our website [www.mendedlittlehearts.org](http://www.mendedlittlehearts.org), reach me by email [rochesterny@mendedlittlehearts.org](mailto:rochesterny@mendedlittlehearts.org) or call me at (585) 398-7112.

Our monthly meetings are the 3<sup>rd</sup> Tuesday of the Month at 6:30 PM in the Lifetime Care Building located at 3111 S. Winton Rd, Rochester, NY.

**"Little Hearts Hold Big Hopes!"**

Jennifer Kowal, Mended *Little* Hearts Rochester Coordinator

**Next Mended *Little* Hearts Meeting: Tuesday, May 18<sup>th</sup>, 6:30 PM, Lifetime Care Building, Education Rm, 3111 S. Winton Rd, Rochester, NY**



## Mended Hearts Rochester Newsletter Distribution

Like many chapters, we are concerned about managing our costs and the efforts of our volunteers. At the same time, we are concerned about the environment and resource utilization. We also want to provide the best and most timely information to our members and partners.

Newsletter printing is generously provided by the Rochester Heart Institute at Rochester General Hospital, but there are still costs for labels, postage, returned copies, and more. Also, a lot of time is spent buying supplies, assembling the product, folding, labeling, going to the post office and more. This effort is provided by busy chapter member volunteers. It takes about a week to have the newsletter printed; and from the time we receive the printed newsletter until it is delivered by the Post Office often adds another week or more.

We would like to go to electronic distribution of the newsletter for those with an e-mail address and access to a computer. The newsletter is posted on our website, [www.mendedheartsrochester.org](http://www.mendedheartsrochester.org), at the same time that that is sent to the printer. An email would be sent at that time with a link to the newsletter on our website. The current and past newsletters are on the website as Portable Document Format or pdf files. Free reader software is available from Adobe and others. We would explain how to get the required software, if needed. (Most people already have it installed on their computers.) If you see something specific that you want to keep, you can always print it.

If you want to help your chapter and receive your newsletters faster by email starting in September, simply write to me at [eb518@aol.com](mailto:eb518@aol.com), and I will put you on our email list. If not, you will continue to receive paper copies by U.S. mail.

Thanks in advance for your help.

Gene Binder

## CHAPTER 50 CARDS

This is a great opportunity for you to acknowledge important events, to especially recognize family and friends or to honor those who have passed away, and at the same time help our Chapter 50. A Mended Hearts card with an appropriate message, indicating you have made a contribution to our chapter for a special reason will be sent if you call Marlene Adams at 585-244-2030. There is a \$6.00 minimum contribution.

## MEMBER SPOTLIGHT - JAY TABER

After I had my first procedure (bypass in 1990), I had the great idea that people about to undergo surgery should be visited. Someone tipped me off that there was already a group doing this. So I joined Mended Hearts and was trained by Ernie Amato to visit those about to have bypass surgery.

For several years I visited. Then Ron Tuttle asked if I would act as treasurer of the group. Me? Treasurer? (My wife objects to my keeping the check book.) Nevertheless, I accepted, serving as treasurer for more than six years.

Then in 2002 while in Texas, visiting my daughter, I experienced "the feeling" I have associated with heart problems. Fortunately, McAllen, Texas has a hospital devoted to heart problems. I spent several days there. Everyone assumed that I would have any procedure there but I wanted to be home – just in case.

Finally, in April of that year, I had my second bypass operation at Rochester General and all went well. Although I saw no one from Mended Hearts after my first operation, I was visited a couple of days after my second procedure. I, of course, had acted as visitor, but it was certainly comforting to have a fellow member take time to call on me.

Today I no longer visit patients partly due to the privacy regulations and due to Harvey Steron's team, who performs this function so ably. However, my wife and I still attend meetings whenever possible renewing relationships and making new Mended Hearts friends.

*Thank you Jay for sharing your story... your contribution is truly appreciated!*

If you would like to be featured in the next Mended Hearts Rochester, Chapter 50 Newsletter, please call or e-mail Sharon Feldman, (585) 544-1565 or [sharondlf@hotmail.com](mailto:sharondlf@hotmail.com).

## No More than 5 to 9 Teaspoons a Day

The heavier you are, the more work your heart has to do. The American Heart Association recommends cutting back on sugar. At this time, they are focusing on sugar. It is one of the main culprits in the rising obesity rates in the United States. AHA wants everyone to cut way back on added sugar in their diets.

For the first time since 2006, it is presenting new guidelines that recommend sugars added in processing, cooking or at the table total no more than 100 calories a day for women and 150 calories a day for men. That's five to nine teaspoons.

It's a drastic reduction from the 22 teaspoons per day in the present American diet, which is a total of 355 calories. The amount of sugar in the American diet has increased by 19 percent since 1970.

One can of non-diet soda can put a woman over the limit. Sweetened drinks are the main cause of increased sugar consumption since 1970.

Source: PagesMag.com

## Annual Installation Dinner at Rivers Run

**Monday Night June 21, 2010, 6:00 PM, Dinner Served 6:30 PM**

**Rivers Run, 50 Fairwood Dr, Rochester, NY 14623**

**Directions:** Rivers Run is off East River Rd at Fairwood Dr. Follow Fairwood Dr to the end; and then make a right turn into the main building called The Riparian, where the dinner will be served.

**Social Hour w/Hors D'oeuvres & Beverages**

**Soup or Salad**

**Main Dish: Choice of White Fish, Grilled Chicken or Pork Chop**

**Desserts**

**Cost is \$20.00 per person**

**Please RSVP by June 14th and send your check, made payable to Mended Hearts Chapter 50, to Mrs. Jackie Joyal, 65 Erie Dr, Fairport, NY 14450**

**Hope to See You All There!**

## **Walking Toward a Healthier You**

There are countless physical activities out there, but walking has the lowest dropout rate of them all. It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

There really are so many benefits for such a simple activity!

More info at:

[www.startwalkingnow.org/whystart\\_benefits\\_walking.jsp](http://www.startwalkingnow.org/whystart_benefits_walking.jsp)

## **Heart Walk Follow-up**

Our local American Heart Association Walk was held on Saturday, April 10<sup>th</sup>. The weather was pretty good, although at times a bit windy. There was a good turnout, but donations are down a bit this year – maybe due to the economy. It isn't too late to contribute, so please send any amount you feel comfortable with to Jackie Joyal. Please make the check out to American Heart Walk. She will turn in all of the money raised by Mended Hearts on May 14<sup>th</sup>.

Bob Peri has raised \$2,950 so far and is anticipating more. Harvey Steron has raised \$450 so far. We are very fortunate here in Rochester, because all the money raised here stays here.

So, please send donations to Jackie Joyal, 65 Erie Dr, Fairport, NY 14450.

It's not too late to do a "Friends and Family" letter.

## **Canandaigua Rose Walk**

The 14<sup>th</sup> Annual Rose Walk will be held on Saturday, June 19, 2010 from 8:00-11:00 AM at Sonnenberg Gardens and Mansion State Historic Park in Canandaigua. Donation is \$10. Proceeds benefit the Cardiac Rehabilitation Department at F.F. Thompson Hospital.

With funds collected at past Rose Walk events, the Cardiac Rehabilitation Department has been able to provide financial assistance to hundreds of patients to attend the rehabilitation program - totaling more than \$60,000 over the last five years alone! This year the need is greater than ever to not only support the anticipated number of patients who will require financial assistance, but to help with equipment and outreach costs. The emphasis on prevention in health care increased the need to provide outreach, education and services to many high-risk individuals.

This year's event is taking on star quality as we invite you to become a Celebrity Walker. For a minimum donation of \$250, you will be acknowledged at the walk and on the Thompson website, commemorative t-shirts and banners. If you prefer, you can form a Celebrity Team for a \$500 donation. Prizes will be awarded to the Celebrity Walker and Celebrity Team that have raised the most money. Of course, we need and value everyone and all fans too! Please come join us at the Rose Walk as we continue our fight against heart disease – one patient at a time.

For more information about the event, contact Mary Allhusen and the Cardiac Rehab Team at (585) 396-6253 or visit [www.thompsonhealth.com](http://www.thompsonhealth.com).

**The Mended Hearts, Inc. / Greater Rochester, NY Chapter 50**

Founded 1951 \* Incorporated 1955

**MEMBERSHIP APPLICATION**

Mr./Mrs./Ms. \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_ Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Name of Spouse \_\_\_\_\_ E-mail \_\_\_\_\_  
 Type of Procedure \_\_\_\_\_  
 Date of Procedure \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Hospital \_\_\_\_\_ Surgeon \_\_\_\_\_

**Membership Type (circle one)**

- Individual
- Family
- National Life (Individual)
- National Life (Family)

**Application Dues**

- \$22 (National \$17 + Chapter \$5)
- \$31 (National \$24 + Chapter \$7)
- \$155 (National \$150 + Chapter \$5)
- \$217 (National \$210 + Chapter \$7)

Please mail this application and your check made out to Mended Hearts, Inc., Chapter 50, to:

**Robert P. Joyal, Treasurer**  
 65 Erie Dr  
 Fairport, NY 14450

You must be a member of the National Organization to be a Chapter Member

I/We (spouses are always welcome) would like to be part of Mended Hearts effort as checked off below:

- Telephone  Hospitality  Visiting  Communications/Publicity
- Newsletter  Program  Membership  Historian
- Fifty-fifty  American Heart Association  Sunshine


**WHO WE ARE...**

Mended Hearts, a national nonprofit organization affiliated with the American Heart Association, has been offering the gift of hope to heart disease patients, their families and caregivers for more than 50 years. Total membership is over 17,500.

Mended Hearts began in 1951 when Dr. Dwight Harken, Chief of Cardio Thoracic Surgery at Brigham Hospital in Boston, saw a need for a support group to help his patients after they had undergone heart surgery. The Greater Rochester Chapter 50 was established in 1966.

Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring individuals.

**SPECIAL THANKS TO OUR SPONSORS**

<p>Mended Hearts Chapter 50 would like to express its sincere thanks to the "Rochester Heart Institute" – a part of Rochester General Hospital – for its generous assistance in printing our newsletter!</p>	<p>Mended Hearts Chapter 50 wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings.</p>	<p>The support of Cinchlink Internet Marketing for our website is gratefully acknowledged. <a href="http://www.cinchlink.com/">www.cinchlink.com/</a></p>
<p>A great big thank you to New York State Senator Jim Alesi and New York State Assembly Member Joseph Morelle. Your support is greatly appreciated and will go towards helping us educate the public about living with heart disease.</p>		

The Mended Hearts, Inc.  
Chapter 50 of Greater Rochester  
Editor  
65 Erie Dr  
Fairport, NY 14450

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
ROCHESTER, N.Y.  
PERMIT NO. 519

**It's Great to be Alive -- and to Help Others**

Return Service Requested

-----



# Mended Hearts

Chapter 50 - Rochester, NY

**It's great to be alive and to help others**

## Mended Hearts Chapter 50 Board of Directors

President	Sharon Feldman	544-1565
Vice President	Harvey Steron	442-7211
Treasurer	Robert Joyal	377-1247
Recording Secretary	Eugene Binder	728-5166
Publicity & Programs	Jackie Joyal	377-1247
Heart Walk Team Leader	Robert Peri	243-0996
Interim Newsletter Editor	Larry Feldman	544-1565
Sunshine Coordinator	Marlene Adams	244-2030
Visiting Chairperson	Harvey Steron	442-7211
Canandaigua Coordinators	Mary Allhusen & Jim Fralick	396-6253
Mended <i>Little</i> Hearts Coordinator	Jennifer Kowal	315-2478
NE Regional Assistant Director	Larry Feldman	544-1565
Chapter 50	Voice Mail	234-1538