

ISSUE NUMBER 31

SEPTEMBER/
OCTOBER 2010

Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heart Beat of Rochester”

www.mendedheartsrochester.org



SEPTEMBER MEETING

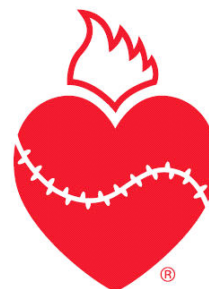
Monday, September 20, 2010, 7:15 PM

Kumar Chockalingam, MD will speak on “Advances in Coronary Angioplasty.” Dr. Chockalingam is a Cardiologist with special expertise in Interventional Cardiology, including Coronary Angioplasty, Stenting, Rotablation, Intracoronary and Radiation Therapy. He is Board Certified in Internal Medicine and in the subspecialty of Cardiology. He is Director of Invasive and Interventional Program, Heart Associates of Rochester. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

OCTOBER MEETING

Monday, October 18, 2010, 7:15 PM

John Bisognano, MD, PhD will speak on “Treating High Blood Pressure in 2010: How Low Is Low Enough?” Dr. Bisognano is Board Certified in Internal Medicine and Cardiovascular Disease. He is Professor of Medicine/Cardiology and Director of Outpatient Cardiology at the University of Rochester Medical Center. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.



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!*

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CANANDAIGUA MEETINGS

Thursday, September 9, 2010, 7:00-9:00 PM

Jennifer Klein, Physical Therapist, will speak on “Using Meditation & Guided Therapy in Managing Cardiac Health.” Ms. Klein is Assistant Coordinator, Healing Pathways Program. 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.

Thursday, October 14, 2010, 7:00-9:00 PM

Bruce Klein, MD will speak on “Maintaining Healthy Joints in 2010.” Dr. Klein received his medical education at West Virginia University School of Medicine and is a Board Certified Orthopedic Surgeon. His practice is in Canandaigua, NY. 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.

MENDED HEARTS, INC. VISITING CHAIRMAN'S REPORT

I hope that everyone reading this has had a very pleasant summer. It sure has been a warm one.

We have a hospital visitor accreditation scheduled for August 24th and 26th, for two new visitors. It will be great adding these people to our visitor ranks, one going to RGH, and the other to Strong. Then, on Sept. 2nd, there will be a reaccreditation session for all of our current visitors. Each session will be held at Strong.

The newest item I have to present to each class will be regarding our efforts in visits to patients that have gone through the Cath Lab. We have a brand new "CathPak" that is loaded with information for a patient that has had any of several procedures that are performed in the Cath Lab. We will also be offering these patients an opportunity to participate

in a survey that would take place six months after their hospital stay.

Our visiting numbers are down significantly due to the loss of valued visitors from each hospital. I have been able to do a weekly visiting stint at Strong, in addition to my regular shift at Rochester General; but it would be great to have a few more members become regular visitors, particularly at Strong. Anyone wishing more information regarding our visiting program, please call me at (585) 442-7211 or email me at hsteron@frontiernet.net.

Get well and stay well wishes to Gary Honeyford, Paul Millhausen and Don Fisher.

Heartfully,
Harvey Steron

DONATIONS

Many thanks to the following people who made an extra donation to our chapter when they renewed their memberships:

Mrs. Barbara Bell
Mr. & Mrs. Richard Clarke
Mr. James Fralick
Dr. & Mrs. Gerald Gacioch
Mrs. Barbara Heinle
Mr. Joseph Slisz
Mr. & Mrs. William Smith
Mr. Ronald Wheat

MENDIVERSARIES

SEPTEMBER

Carl Brant
Richard DePauw
Ruben Isaacson
Lawrence Mastin
Gerard Roncinske
William Servis
William Smith
Ron Tuttle
Lloyd Walker



Robert Brown
Norma Danesh
Peter Dunfey
Suzanne McNamara
Gloria Smith
Suzanne Taney
Irene Wojciechowski

OCTOBER

If you do not want your name to appear in this column please contact Sharon at: (585) 544-1565

NEW MEMBERS

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

Jim D'Aiello
Rita Cohen
Carl Chiarenza
Harry & Veronica Flanders
Mark Potwora
Lila Pummer-Verte

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,

Can you believe summer is almost over? It was a great one. Your Mended Hearts friends have been busy putting together some really great programs for everyone to enjoy.



I wanted to fill you in on the national convention, held in Bloomington MN in May. It was a great learning experience. We met so many people from other chapters around the country. All of whom were upbeat and ready to go back home and really take their chapters to new heights. The enthusiasm was infectious. At one of the luncheons, our speaker was Joe Piscatella. He's made the rounds of the morning shows for years (although yours truly had never heard of him before). He had a fascinating story to tell. In 1977 at the age of 32, while playing tennis he had some chest pains and shortness of breath which went away as soon as he stopped playing. This went on for a month. Then, the next time he played tennis the pains and shortness of breath didn't go away and so he went to see his doctor that afternoon. He wasn't worried because just four months before he had had a complete physical and everything was fine. The doctor listened to his lungs and told Joe his lungs sounded fine, but as long as he was there he would give Joe an EKG. When he saw the results of Joe's EKG, the doctor was so upset, that he personally drove Joe to see a cardiologist. That same day after a stress test and the results of his angiogram came back, he was told by the cardiologist that he had major blockages in three of his arteries and surgery was his only option. Two days later he was undergoing bypass surgery.

After getting home and recuperating, Joe wanted to find a way to stop the progression of his heart disease. This was in the days when there were no statin drugs, cardiac rehab, stents or beta blockers. He went to see a

specialist about his high cholesterol (250) to find out what he should do to lower it. He asked if changing his diet, and doing more exercise would help. The specialist told him not to bother: "Frankly, I'd be surprised if you live to be 40. The chances of seeing your children graduate from high school are slim." Joe and his wife were devastated. He was depressed for awhile until his wife spoke up. She told him that "true he couldn't change the cards that he was dealt, but they could change the way they played those cards." She said that "they were going to do everything possible to eat healthier and exercise more effectively to even up the odds." It was the only choice they had. Very slowly things began to change. Joe's cholesterol, blood pressure and weight all were going down. His doctor was so impressed that he told them to let him know how they did it, so he could tell his other patients. The result was the "Don't Eat Your Heart Out Cookbook". In 2009, to celebrate the 32nd anniversary of his bypass, Joe and his wife climbed Mount Rainier. This year Joe celebrated the 33rd anniversary of his bypass surgery, and is probably the oldest living bypass survivor in the country and possibly the world.

He and his wife were able to experience the joy of seeing their daughter and son graduate from high school, college, law school and graduate school, walking their daughter down the aisle and making a toast at their son's wedding, playing with their four grandchildren and celebrating 42 years of marriage. Quite Impressive!! He was just one of the many speakers we were privileged to hear speak. Next year the Convention will be in New Orleans, June 1-5. Hope you too can join in on the experience in 2011.

"Our Stars" is a new tab on our www.mendedheartsrochester.org website. In it we have tried to thank

everyone who has helped us over the last year. See if your name is on it. If we've left anyone out, please let us know and we will correct it.

Look for the Blog Tab (top of page on the right) at www.mendedhearts.org. Our picnic is featured there.

For those of you who were at the Heart Walk you might have seen a gallery of 12 life sized photos of "heart and stroke survivors." One of the survivors was our own Bob Peri looking very handsome in his hunting clothes. Congratulations, Bob, on being chosen.

The Senator Jim Alesi Health & Fitness Fair will be October 7th. On November 9th and 17th the annual Health & Benefit Fairs will be held at Harris RF; and on November 13th the MVP Diabetes Health Education Day will be held at the Rochester Academy of Medicine. We always have a fun time at the Fairs, so let me know if you can help staff our AHA/Mended Hearts booth at any of these locations for a couple of hours.

On June 20th, 2011, your chapter will celebrate its 45th anniversary of bringing hope and support to people who have heart problems and/or surgeries. We're planning on having a luncheon to celebrate. Raul Fernandez, MHI National President has already told us that he will be attending. Instead of a restaurant we were thinking that it would be great if we could hold the event at a Rochester country club. If anyone is a member of a local country club and would be willing to sponsor us, please let one of the Board Members know.

Get well wishes go out to Gary Honeyford, Bob Joyal and Frank Wojciechowski.

I look forward to seeing you all at the September 20th meeting.

Sharon

THE KIDDIE CORNER

Just because we are not formally meeting during the summer does not mean that we have stopped supporting families. Quite the contrary: we continue to make visits to meet with hospital administrators on ways to better serve our families; we meet new members on a regular basis; and we continue to network in the community.

Our efforts have not gone unnoticed. The staff (namely, the nurses, doctors and advocates) regularly talk to patients about Mended *Little* Hearts and benefits of being a member. As families wait in the waiting room at the Heart Center at Strong, they are given our brochure. This ever growing network of families is becoming a strong foundation for our continued success.

MLH delivered sweet cinnamon swirl breads to the Ronald McDonald House on Father's Day for all the families in the PICU. The Great Harvest Bread Company on Monroe Av in Rochester donated the breads. Big thanks to our continued sponsor for helping make the PICU families' day a little brighter.

If your family has old video games that are collecting dust and you would like to put them to good use, consider donating them to MLH. The older kids use the games while they are recovering in the PICU.

The Crisis Nursery of Greater Rochester is a not-for-profit organization dedicated to caring for children in times of family crisis. When parents find themselves in crisis they may be temporarily unable to care for their children. The Crisis Nursery can provide the short term childcare they need while resolving their problems. They care for children from birth up to age twelve, they are open 24 hours per day, most days of the year, and there is no charge to families for their services. MLH of Greater Rochester has contacted CNGR and they have agreed to help our families when they

are in need. Just mention Mended *Little* Hearts when you call. If you have questions about the program, feel free to give Anna, the House Manager, a call. Crisis Nursery of Greater Rochester is located at 201 Genesee Park Blvd, Rochester, NY 14619. Phone: (585) 235-5750.

We are looking to start a "Meal Making" Program for our members. If members are scheduled for surgery, staying at the RMH, need some assistance or just need a break, this is a great way to help them. If you are interested in volunteering to make meals or would like to coordinate the efforts, please give me a call.

Once again, we would like to thank you for supporting the littlest mended hearts in our community. Together, we can and we are making a difference. If you would like more information please call (585) 398-7112 or send an email to kowaljennifer@yahoo.com.

Hope to see you at our next meeting Tuesday, September 21st at 6:30PM, Lifetime Care Building, Education Rm 3111, S. Winton Rd, Rochester, NY

"Little Hearts Hold Big Hopes!"

Jennifer Kowal, Chapter Coordinator, Mended *Little* Hearts of Greater Rochester

<http://mlhrochesterny.shutterfly.com/>

www.mendedlittlehearts.org

<https://www.carepages.com/carepages/BabyKowal>



New Website Designed to Aid Consumers

July 1 saw the launch of the new website www.healthcare.gov that is intended to be a one-stop location that consumers can go to that will help them identify both public and private health insurance programs and plans that may be available to them. Individuals who visit this Web site will be able to answer a series of questions and then receive an individually-tailored, state-specific list of both public (Medicaid, state-based programs, COBRA assistance, etc.) or private insurance options that may be available to them, depending on their age, income, employment status, etc.

Here is an article from *USA Today* with more information about the type of information that is available and then enhancements to the site expected to be made by October 1st: www.usatoday.com/news/health/2010-06-22-health-online_N.htm.

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 - RON WHEAT

Why I Am a Nurse by Jackie Geeene (Ron's Nurse)

Little did I know that on July 10th 2003, one of the biggest reasons I became a nurse would be presented right in front of me by just doing my job, one of the things I do best. I was asked to meet a Mercy Flight in the ED and bring the patient to the Cath Lab. Myself and another RN went to the ED and when we arrived there we were informed that it was going to be a "Hot Unload".

As we went out to the helicopter pad, watching the helicopter land in a very unusual manner and Security calling to us before the blades even slowed down. I knew there was a problem with the patient. The last report I received in Cath Lab was that the patient was having frequent profusion heartbeats and was becoming somewhat unstable. As the helicopter door opened up the flight nurse and paramedic yelled out, "We have lost his pulse and he is asystole". We pulled the gurney out and started chest compressions. We wheeled the patient into the ED's 500-room doing chest compressions, attempting to start IV access. Others were following the MD's directions and the ACLS protocol for medication administration.

When I do chest compressions, I can't look at anyone in the room, not even the patient, except occasionally to see if the color of their face has changed due to profusion and circulation. As I saw his left arm "flopping" off the bed and bouncing to the beat of the chest compressions I was doing, I saw a young woman grab his hand and say in a shaking voice, "Dad please don't die, you can't die". I looked up to find a young woman staring right at me.

She was watching everything I was doing and when my eyes met her eyes she said to me, "Please don't let my father die, I'm not ready to lose him, I need him". I could not take my eyes away from hers. I could feel my eyes starting to tear.

I thought to myself, I am lucky to still have my father and what would it be like not to have him. I believe that made me want to do everything that I could, so that she could keep her father. There is something about eye contact that compels me to do something to the best of my ability and I definitely could feel it in this situation.

We stayed in the ED with the patient for what felt like hours, but I guess it was only approximately forty-five minutes. We had a heart rhythm and under Dr. Doling's direction we transported him to the Cath Lab to attempt to do an angiogram and see what we could do for this patient. An intra-aortic balloon pump was placed after working on him for several hours, opening up blocked vessels and trying to maintain a viable heart rhythm. He was transferred to MICU. I thought that was going to be the end of my interaction with Ron and his family. Just another story that the Cath Lab staff is used to dealing with, but you still feel rewarded for all you do. It all doesn't end there. For the next few days I would ask Dr. Doling how Ron was doing and in his usual manner his reply would be, "Great, we saved another one. He is lucky to be alive".

During Ron's stay at RGH we would get updates on him. He had a defibrillator placed for the lethal heart rhythm that he was going in and out of.

This past August I saw his name on the EP schedule for a generator change for his defibrillator. I first thought that it could not be him. I asked Dr. McGrody if this was the same patient that I knew and remembered. I described the

process that he went through and Dr McGrody said to me, "Why don't you go see for yourself". He said to me as I was walking out the door to the EP lab, "Jackie, this is one of the reasons you are a nurse and you do what you do". This man is alive today because of what we all do. It was Ron. As soon as I saw him my eyes met his and both our eyes started to tear, along with his wife's. He stood up and gave me that big hug again and reassured me that I am in the right profession. He made me realize once again why I come to work every day.

Ron now volunteers on the 5400 unit every Monday and makes it a point to see me when I am working. When he sees me he tells everyone around him, "This nurse had my heart in her hand and that's why I am alive today". I was not the only Healthcare professional there on that July day to save Ron's life, and I don't take credit for all of it. But I am very proud to call myself a nurse.



Family Health and Fitness Fair
UPSTATE NEW YORK'S LARGEST
HEALTH CARE EXHIBITION

The Senator Jim Alesi Health & Fitness Fair will be October 7th at the Fair & Expo Center, 2695 East Henrietta Rd. It's free to attend. There are lots of lectures, you can get your flu shot, hearing, blood pressure, cholesterol and other medical testing throughout the day. For more information about the Fair go to www.rochesterhealthfair.com.

"Making Strides Against Breast Cancer Walk," Sunday, October 3; 10:00 a.m., Frontier Field. For more information go to <http://www.cancer.org/involved/participate/app/event-details?event=294804> or call for your Walk Papers: 1-800-227-2345

MENDED HEARTS, INC.

This Year, a Single Shot Protects Against H1N1 and the Seasonal Flu

Earlier this year, the Centers for Disease Control and Prevention recommended a "universal" vaccine program.

They want everyone six months and older to get a flu shot for the 2010-2011 season. Many health authorities also say the vaccine is important for teenagers with health problems.

This year's vaccine will also protect against the H1N1 (swine flu) virus and two new flu virus strains. Last year, those who wanted to be protected against both the flu and H1N1 had to get two separate shots. This year, a single shot is all it takes.

Flu shots are easy to get. At most workplaces, schools and clinics, they are free of charge. Medicare and health insurance programs usually cover the cost of the vaccine. Retail clinics in pharmacies and grocery stores offer flu shots. That means you could get groceries, newspaper and a flu shot all in the same trip.

Immunization is especially important for people in various groups.

* Those with diabetes should get a flu shot because they are more likely than others to suffer serious side effects.

* People with asthma need to guard against respiratory infections, such as the flu, that could cause a serious asthma attack.

* Cancer patients and survivors have a higher risk for complications.

*** Heart patients: The risk of dying from a heart attack increases by one-third during outbreaks of the flu and colds. Researchers at the University of Texas say coronary deaths could be reduced by 90,000 a year in the U.S. if more heart patients got a flu shot.**

* People with compromised immune systems, such as from HIV/AIDS are at an increased risk for heart- and lung-related hospitalizations.

* School and childcare workers should make sure they are immunized. About 1/5 of the population attends school or works in a school, according to the Department of Education.

Because of close contacts, school and childcare workers should protect themselves against the flu so they don't become ill and so they won't spread it to their charges.

Save yourself a week of misery and lost work. Get a flu shot. If you have children, protect yourself so you don't get the flu from them or give it to your charges.

If you do come down with the flu, stay at home so you don't spread it to others.

Source: PagesMag.com

Canandaigua Rose Walk

A Heartfelt Thanks From Canandaigua!

A great big THANK YOU goes out to everyone who supported the 2010 Rose Walk. This year's event raised a record \$23,000 for cardiac rehabilitation patients, shattering last year's record \$18,000 in proceeds. The Rose Walk raises funds to assist patients of F.F. Thompson Hospital's Cardiac Rehabilitation and Fitness Center with co-payments, so that they can regain and maintain their physical health and sense of well-being following a cardiac event.



An estimated 240 participants attended or volunteered at this year's Rose Walk. We are grateful for the continuing support from our Medical Director, Dr. Bryan Henry and the entire staff of Finger Lakes Cardiology Associates. Providing an extra boost to the walk's fund-raising efforts this year were local "celebrity walkers," many recruited by Supervisor Ted Fafinski of Farmington. Some of these "celebrities" included Assemblyman Brian Kolb, Jim Birch of Birch Business Services, Chickie and Dick Ernst, Ontario County Treasurer Gary Baxter, Dr. Geoffrey Hallstead, Olympian Kris Thorsness, Joe Jung, Sheila Chalifoux, and Ontario Sheriff Phil Povero, who also served as emcee. Support also came from the Rushville Lions Club, Canandaigua Rotary Club, Good Shepherd Lutheran Church, Team Generations and the Town of Seneca. Special thanks to major sponsors Finger Lakes Cardiology Associates, Thrivent Financial for Lutherans, Randall Farnsworth Auto Group, and 2010 Rose Walk Honorees Ron and Kay Charron.

We are very grateful to Mended Hearts Facilitators Jim Fralick and Gene Binder for promoting Canandaigua Mended Hearts activities at the event and to all of the Mended Hearts members who participated. A salute goes out to Sharon Feldman, Rochester Mended Hearts President, and Larry Feldman, Assistant Regional Director, both of whom so generously support this event and all Canandaigua Mended Hearts activities. Thanks also, to Wegmans for providing abundant samples from their Nature's Marketplace and to Rockcastle Florist for providing the roses to all the cardiac patients in attendance.

Finally, I want to send a personal thank you to the Cardiac Rehabilitation and Fitness Center Staff and to Kathi Nevin, Thompson Foundation, who have given so much creativity and energy to this event every year. It just keeps getting better!

From the Bottom of My Heart,

Mary Allhusen, RN-BC

Supervisor, F.F. Thompson Hospital Cardiac Rehabilitation and Fitness Center

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:

- 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. www.cinchlink.com/</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>	 <div data-bbox="1039 1774 1518 1963" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>HENRIETTA VOLUNTEER</p>  <p>AMBULANCE SERVICE</p> </div>	

The Mended Hearts, Inc.
Chapter 50 of Greater Rochester
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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

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Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

Mended Hearts Chapter 50 Board of Directors

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