



Heart to Hearts

A women's wellness organization whose mission is to educate women and their families about healthy lifestyles

April – June 2011



Heart to Hearts' board of directors meets to plan the year's activities. From left: President Terry Tucker, Susan Valentine, VP Sue Methot, Secretary Liz Wilk, Treasurer Sandy Furness, Annette Krier, Jean DeMarco, and Dr. Kate Thomsen. Not shown, Tonya Coy.

Programs and Meetings

Wellness Evaluation

Heart to Hearts, Inc. offers a comprehensive personal wellness evaluation which covers individual and family medical history, eating habits, body type and metabolism. An experienced medical professional will review your individual data and assess your risk for certain diseases, such as cancer, diabetes and heart disease. Nutritional guidelines and fitness recommendations are provided. Call Terry Tucker RN at 609-771-9048 for an appointment.

Yoga for the Healthy Heart

Classes are held every Monday evening from 7 p.m. to 8 p.m. at the Wellness Center at 20 Armour Avenue in Hamilton. Yoga instructor Brian Critchley CMT, RYT will conduct the gentle yoga classes. The classes are offered as a series of three or six sessions, or on a "drop in" basis, pay as you go. Contact Sue Methot at 609-689-3131 or info@hearttohearts.org.

Monthly member meetings:

May 19, June 16

Monthly member meetings are held on the third Thursday of the month. The meetings are from 7 p.m. to 8:30 p.m. at the Wellness Center. The health topics are as follows: May 19 – Memory: How We Remember and Why Some of Us Don't, and June 16 – Take Care of Your Wrapper: Skin Health. These meetings are free for members. If you know a prospective member or have a guest who is interested in learning more about Heart to Hearts or the specific topic, please bring her (or him) along. Donation for guest is \$5. Refreshments are provided.

Better Backs

Many of us suffer from backaches and pains that can be helped through proper exercises. Charlene Henry, M.Ed., American College of Sports Medicine (ACSM), certified personal trainer, will

World Laughter Day Race/Walk

Heart to Hearts is pleased to sponsor the 10th annual World Laughter Day Run/Walk, benefiting Mercer County Project Lifesaver, a program overseen by the Mercer County Sheriff's Department, providing transmitters for people with Alzheimer's, autism and dementia.

The event will be held **Sunday, May 1, 2011** in Veterans Park, Kuser Rd., Hamilton, and features a 5K run and a "1 Smile Fun Walk." The run is a USA Track and Field sanctioned, NJ certified Grand Prix event (coordinators are Baldasari & Leestma Race Management). Registration is from 8 a.m. to 9:15 a.m. at the Games Pavilion, Kuser Road entrance. The run starts at 10 am.

The "Smile Walk" starts at 9:30 a.m. The fee is \$20 if sent postmarked by April 30. Day of entry fee is \$25. There is a \$2 discount for USATF members. Walk fee is \$20. Tee-shirts to all pre-entries while supplies last.

Register online at www.practicehard.com or with a check payable to Heart to Hearts, Inc., C/O Marie Bethke, 25 Englewood Blvd., Hamilton, NJ 08610.

For further information call Marie at 609-585-3972, Sue Methot at 609-737-0274, or go to www.hearttohearts.org.

Classes

Nutrition Support

The nutrition support group meets to discuss recipes, practical tips and healthy eating habits, food shopping and meal preparation in a small group setting. Sessions will be held at 7 p.m. on April 4, May 2 and June 6. Call Terry for more information, 609-771-9048.

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Letter from Terry Tucker, President

I am happy to leave behind the snow and cold winter weather and am looking forward to warmer temperatures and a beautiful spring. With nicer weather starting we need to think about getting out for a walk, bike ride, or other outdoor activity. Any form of exercise contributes to our overall health.

This year Heart To Hearts is pleased to be offering more fitness classes. We have started a Better Backs Exercise Class and an Osteoporosis Fitness Program. Continuing on Monday nights is our Yoga Class. If you are interested in attending any of these classes, please call me at 609-771-9048.

I am hopeful that you will be able to join us for our 10th World Laughter Day 5k Run and One Smile walk. Proceeds from this event will support both Heart to Hearts and Project LifeSaver. It should once again be an enjoyable day for the entire family. There will be a visit from Ronald McDonald for the children along with massage and a karate demonstration.

Warmer weather and sunshine means you need to think about sun protection. Heart to Hearts will be offering two different programs in June regarding healthy skin. Dr. Kate Thomsen will speak on Skin Health at our June 16 member meeting and on June 22 Vinny Smith from Horizon NJ Health will speak on skin protection and the risk factor for skin cancer. This will be a dinner meeting. To register contact me or Sue Methot at my number above or 609-689-3131.

Remember to save the date for our 7th Annual Woman's Wellness Day. The date has been changed to November 12, 2011. Our first planning meeting is set for 7:00 p.m., April 5 at 78 Ditmars Avenue, Lawrenceville. We welcome volunteers, please join us.

In March we launched our annual member campaign. Heart to Hearts relies on its members' support to carry out our mission of education on healthy lifestyles.

Membership in Heart to Hearts includes these benefits:

- Access to classes, courses and programs geared to women's issues
- Monthly member meetings which feature a range of health topics
- Discounts on events such as Women's Wellness Day and products such as Metagenics vitamins and supplements
- Quarterly newsletter
- The right to vote for officers at the annual meeting
- The opportunity to provide input on classes and programs.

Membership rates are \$40 for individuals, \$60 for households, \$25 for seniors (65 and older). If you are not currently a member, please consider joining us. Thank you to all of you who have sent in your dues and made contributions to our organization.

I look forward to seeing you at our upcoming programs. Have a safe and wonderful spring.

Sincerely,

Terry

Heart to Hearts, Inc.

*Empowering Women
through Education*

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HEART TO HEARTS CALENDAR

Save the Dates!

April 6	Better Backs Class	September 15	Member Meeting
April 12	Better Bones Class	October 20	Member Meeting
May 1	World Laughter Day Race/Walk	November 12	Women's Wellness Day
May 5	Better Backs Class	December 15	Member Meeting
May 25	Vitamins Class		
May 19	Member Meeting		
June 1	Better Backs Class		
June 7	Better Bones Class		
June 16	Member Meeting		
June 22	Dinner Meeting		

Our tenth Annual World Laughter Day Race/Walk will be held at Veterans Park in Hamilton, at 9:30 a.m.

The eighth annual Women's Wellness Day will be held on November 12 at Educational Testing Service, Princeton, from 8 a.m. to 2 p.m.

The Zonta Club of Trenton/Mercer will be holding its annual RAVE walk to benefit Womanspace at 10 a.m. on April 30 at Veterans Park, Hamilton.

ONLINE PURCHASE OF VITAMINS AND SUPPLEMENTS

Purchase Metagenics vitamins online and have them delivered direct to your home or office – with free shipping for orders over \$100.

Log on to www.hearttohearts.org and wait 24 hours before you make your purchase. This allows time for new customers to be recognized so the dis-

counts will apply.

You only have to create your password once.

Our On-Line Store can be accessed from the Heart to Hearts home web page by clicking on the Online Store icon at the top of the page. Any questions, call 609-689-3131.

Programs and Meetings, *continued from Page 1*

demonstrate exercises for the lower back that can increase mobility and flexibility to help reduce back pain. The classes will be held at the Wellness Center on the following Wednesdays: April 6, May 4 and June 1 at a cost of \$15. Due to our lifestyles, work habits, modern technology and other factors, including aging, it is important to learn proper movement of the joints and whole body movement.

Anyone suffering from orthopedic or nerve issues will need a physician's release to participate in this class. Pre-registration is required.

Contact Sue Methot at 609-689-3131 or info@hearttohearts.org.

Vitamins and Supplements

The class will be held on May 25 at the Wellness Center at 7 p.m. Terry Tucker RN will discuss the importance of vitamins and supplements; when they should be used; how to make sure your vitamins are quality products and answer any questions you have. Register by calling 609-689-3131 or info@hearttohearts.org. Cost is \$10.

Reiki Classes

Learn the practice of Reiki by attending instruction provided by Reiki master, Annette Krier, RN. Classes will be held on Thursday May 26 (Part 1) and June 2 (Part 2) at the Wellness Center from 7:30 p.m. to 9:30 p.m. For more information or to register, contact Annette at 609-585-3972.

Dinner Meeting, June 22

A dinner meeting will be held June 22 at 6 p.m., at Capital Health Systems, 1445 Whitehorse Mercerville Road, Hamilton. Guest speaker will be Vinny Smith of Horizon NJ Health. Smith will talk about skin cancer and protection. This meeting is open to members at a cost of \$20 and guests at \$22. A skin screening machine will be available.

To register, please contact Terry Tucker or Sue Methot at 609-689-3131 or info@hearttohearts.org.

**Join us now for membership and
volunteer opportunities!**

Classes, *continued from Page 1*

Osteoporosis Exercise Class

Come join us for an hour of group fitness training designed to reverse bone loss and get your muscles stronger! The classes will be held on April 5, April 12, April 19 and April 26 at 6 p.m. This is a supplement to Dr. Kate Thomsen's Better Bones program at the Wellness Center. It's never too late to begin an exercise program for a healthier you! Future classes will be announced on our website.

Therapeutic Laughter

Join us for some fun, laughter and exercise to prevent "hardening of the attitudes." For information contact Marie Bethke, RN, CLL at 609-585-3972 or e-mail love2laugh@att.net.

Massage Therapy

Massage therapy sessions offered by appointment. Guaranteed 1-1/2 to 2 hour full body customized massage by an excellent practitioner who is also certified in massage for cancer and hospice patients. Cost is \$75. For more information call Arlene Hancock LPTA, CMT, at 609-695-3557.

10 Years of Laughter Day Celebrations

This year will be our 4th World Laughter Day Race/Walk

by Marie Bethke

Live, Laugh, Love. Our family, especially my son Bill, has embraced the motto "Live, Laugh, Love." He had a contagious laugh and was always ready to help. At one level, dying is a part of life but we never expected to have his life taken so suddenly on 9/11. How to fill the void became our mission. We had some choices to make.

Did we want to be defined as peace makers or revenge seekers?

I always believed God has a plan for each of us. Little did I ever dream He would lead me down the healing laughter trail. One day, I saw the advertisement for the AATH Conference in Baltimore, and the journey began. Humor has always played a big part in our family and the conference looked interesting. But, I could not believe the invitation to become a Certified Laughter Leader. I could always find something to laugh about and then, at the age of 66 to think I could be certified! Nothing has been the same since I met Steve Wilson and Pam. I became Certified to Laugh. At last I had found something that really made some sense. My mission in life became clear.

The healing power of humor became very clear to me that weekend. Laughter and Good Hearted Living became a vital part of my life. It took me a few months to bring myself to lead a laughter session. In April of 2002 I held

my first Laughter Club, sponsored by Heart to Hearts, and I was on my way to celebrate Bill's life.

I have been able to take the Laughter Club to many different places since April of 2002. We have been to churches, the Department of Labor, businesses, hospitals, nursing homes, schools, nurses organizations, YMCA camps, assisted living homes, and the list grows longer each year. Since February 2002, putting joy and laughter into our community has become my mission.

We celebrate World Laughter Day in our local park each year. Ronald McDonald, our local hospitals, girl scouts, glee clubs and other community organizations join us for a time of fun, laughter and bubbles (you just have to have bubbles!) It never ceases to amaze me just what laughter can do. I know the healing power of laughter in my own life. The more time I spend helping others to lighten up and put more laughter and play in their lives, the better I am able to deal with my own pain.

For the past three years, funds raised at World Laughter Day Race/Walk have been donated to Mercer County Project Lifesaver, which provides tracking devices for people with Alzheimer's, autism and dementia. One of these devices could have saved the life of Gordon Hector, a Hamilton resident who on June 15, 2007 went out for a walk and never returned.

ADDRESS SERVICE REQUESTED

"Empowering Women Through Education"
A Women's Wellness Organization

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