



# Heart to Hearts

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

**July – September 2011**



**Mercer County acting sheriff Jack Kemler accepts \$2,460 for Project Lifesaver from World Laughter Tour and Heart to Hearts, Inc. From left: Patty Matthews, Chuck Hector, Kemler, Dawn Adams, Marleane Hutchinson, Senator Linda Greenstein D-14, Jason Salvatore, Sue Methot, Bob Bethke, Marie Bethke and Chuck Trott. The money was raised from this year's 10th annual Walk/Run fundraiser in Veterans Park, Hamilton. Project Lifesaver provides enrollees with small personal transmitters as a safety measure for patients with Alzheimer's disease.**

## Programs and Meetings

### Wellness Evaluation

Heart to Hearts, Inc. offers a comprehensive personal wellness evaluation that covers individual and family medical history, eating habits, body type and metabolism. An experienced medical professional will review your personal 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 will not be held during the summer months but will resume in September. Instructor Brian Critchley CMT, RYT conducts the gentle yoga classes at the Wellness Center on 20 Armour Ave. in Hamilton. Classes are appropriate for all ages

and 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](mailto:info@hearttohearts.org).

### Monthly member meetings:

#### September 15

There are no meetings in July and August. The next meeting will be held on September 15 from 7 p.m. to 8:30 p.m. at the Wellness Center. Meetings are free for members. Dr. Kate Thomsen will speak on "Fatigue." If you know a prospective member or have a guest who is interested in learning more about Heart to Hearts, please bring her (or him) along. Donation for a guest is \$5. Refreshments are provided.

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**Join us! We're good for your health.**

### Congratulations and thank you

to the World Laughter Day committee and all the sponsors, donors, advertisers and participants in our May 1 5K event. We raised \$2,460 for Project LifeSaver which was presented to the Mercer County Sheriff's Department on July 11 at our Wellness Center. There are over 100 residents on the waiting list and these monies will purchase lifesaving bracelets for those who suffer with Alzheimer's disease, dementia and/or autism.

## Classes

### Nutrition Support

The nutrition support group meets to discuss recipes, practical tips and healthy eating habits, food shopping and meal preparation. Sessions will be held at 7 p.m. on July 11, August 1 and 29, and September 12.

Call Terry for more information, 609-771-9048.

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## Letter from Terry Tucker, President

**H**ope you are enjoying your summer, and trying to stay cool. With the heat wave we've been experiencing these past few weeks, it is important to protect your skin from the sun and stay well hydrated. Drink at least 6-8 glasses of water a day, add fresh lemon or limes which will help to keep your Ph in balance. We had an excellent presentation by Vinny Smith, of Horizon NJ on Skin Cancer Prevention at our June 22 dinner meeting which was held at Capital Health in Hamilton (see box below).

Statistics show that one out of five people will develop skin cancer — which is preventable. The US Environmental Protection Agency estimates that the sun causes 90 percent of non melanoma skin cancers and 65 percent of melanomas. It is estimated that there will be over 59 thousand incidences of invasive melanoma this year and 8,100 deaths, according to the American Cancer Society. Please take good care of your skin. Have your yearly skin check by your dermatologist. We will have full body skin checks at our Wellness Day on November 12, 2011.

This is the time of year that you should be enjoying all of the "Jersey fresh" fruit and vegetables. Be sure to have your nine servings a day and plenty of colorful choices. Jersey blueberries are now in season. Be sure to take advantage of this because they are full of antioxidants and low in calories. They also contain plenty of vitamins. To learn more about the benefits of healthy eating, come to our nutrition support group — check the newsletter or website for the schedule.

A special thank you to all of our sponsors, donors and advertisers as well as the runners, walkers and committee members who made the May World Laughter Day a tremendous success — we presented a check in the amount of \$2,460 to Mercer County acting sheriff Jack Kemler on behalf of Project LifeSaver on July 11th. This will go to purchase lifesaving bracelets for Mercer County residents who suffer from Alzheimer's disease, dementia and autism. We were proud to help members of the community and partner with the Sheriff's Department in this worthy endeavor.

Be sure to save November 12 for our 8th Annual Women's Wellness Day. Check the newsletter for classes, meetings and programs. You can purchase your Metagenics Vitamins through our online store. Check out **Vitamin Angels** — be an angel and help a child in an underdeveloped country avoid blindness. Please see Page 3 (opposite) for details about our online store and to order via our website: hearttohearts.org.

Have a safe and healthy summer.

Sincerely,

### Heart to Hearts, Inc.

*Empowering Women  
through Education*

#### Advisory Committee

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#### Summer sun tips

Apply sun block at least twenty minutes before going outdoors.  
Use sun block that is labeled "water resistant" and protects you for 40 or 80 minutes.

Sun block should offer UVA and UVB protection. Use an SPF of at least 30, and no more than 50 (anything above 50 provides only minimal additional protection).

Look for words like BROAD SPECTRUM and PHOTOSTABILIZE on the label. Reapply your sun block every two hours or every time you get out of the water. Apply sun block to the parting in your hair, sides of your face, back of your neck, top of your ears, chest area, tops of your feet and your lips.

## HEART TO HEARTS CALENDAR

### Save the Dates!

July 18	Member Orientation
September 15	Member Meeting
September 22	Health Portfolio Class
October 12	Dinner Meeting
October 20	Member Meeting
November 12	Women's Wellness Day
December 7	Conscious Eating Dinner
December 15	Member Meeting

*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.*

### 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](http://www.hearttohearts.org) and wait 24 hours before you make your purchase. This allows time for new customers to be recognized so the

discounts 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

#### Better Backs

Charlene Henry, M.Ed., American College of Sports Medicine (ACSM), certified personal trainer demonstrates exercises for the lower back that can increase mobility and flexibility to help reduce back pain. Classes are held at the Wellness Center on Wednesdays July 13, August 10 and September 7th. The \$15 cost includes personalized guidelines tailored to each individual. Anyone suffering from orthopedic or nerve issues will need a physician's release to participate in this class. Contact Sue Methot at 609-689-3131.

#### Health Portfolio, September 22

This two hour class is an individually based instruction, conducted by Terry Tucker, RN, that teaches you how to efficiently organize and manage your personal health records and when specific diagnostic tests are appropriate. You will receive a personal health portfolio, learn how to set it up and use it to keep track of your health history, what you should ask your health care professionals, the value of second opinions and why

you need to be in charge of your health records. The class will be held on September 22 from 7 to 9 pm at the Wellness Center. Contact Terry Tucker, 609-771-9048 to register. Cost of class for members is \$35, non members \$50.

#### Dinner Meeting, October 12

Save the date! Dinner Meeting at Project Freedom in Lawrenceville on "Breast Imaging and How It Affects Women's and Men's Lives," by Dr. Michael Stebbins, co-sponsored by Garden State Imaging.

#### Wellness Day, November 12

The 8th annual Women's Wellness Day is set for November 12 and features Christine Pirello, noted chef, author, talk show host and teacher as keynote. Planning is underway for this fabulous day and the Planning Committee can use your help. Meetings will be on Wednesdays July 13, August 3 and 24, September 14 and 28. Meetings will be held bi-weekly until the event. Come to a meeting and find out how you can help make this event a wonderful day!

### Classes, from Page 1

#### Member Orientation

Enjoy iced tea and dessert with Terry and learn about Heart to Hearts, its mission, classes and programs. Orientation sessions will be held on July 18 and September 26. Call Terry at 609-771-9048.

#### NAMI Harvest of Hope - October 1

Pathways to Wellness for consumers, their families, and the general public. Presbyterian Church of Lawrenceville, 2688 Main St. (Route 206) Lawrenceville, NJ 08648. Registration begins in mid-August, <http://www.namimercer.org>.

#### 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. Call Arlene Hancock LPTA, CMT, at 609-695-3557.

#### Vitamins: Be an Angel, Buy Fish Oil — Improve your Health and Help Save a Child

Metagenics is a proud sponsor of Operation 20/20, an outreach program to reduce child mortality and eradicate childhood blindness.

Vitamin Angels is a charitable organization dedicated to reducing child mortality by connecting essential nutrients, especially vitamin A with infants and children under 5 in more than 30 countries throughout the world.

**Be an Angel!** Every two bottles of Metagenics fish oil supplements will fund nutritional support for one year for a child in need.

## 2011 American Mercer County Association Heart Walk

Did you know?

- One in three Americans have some form of cardiovascular disease.
- Heart disease kills more women than all forms of cancer combined.
- Thirty-six thousand babies are born with heart defects each year.

One of our members, Harold Laudien, recently lost a beloved uncle to CVD at the young age of 58. In his memory Harold has formed a team that will walk on September 11 to raise awareness and donations to combat this killer disease. Heart to Hearts members are invited to join Harold's team, the Mercer Wealth Management Team.

The walk will take place in Mercer County Park near the ice skating rink on the morning of Sunday, September 11, 2011. Registration opens at 8 a.m. and the 3.2 mile walk starts at 9:30 a.m. There is a one mile option for anyone who so chooses.

To show support you can either walk, donate or both. Raising funds through the Heart Walk is a great way to make a difference in the lives of others. Harold will match 10 percent of all donations up to \$5,000.

To join Harold's team:

- 1) Click on the link below to visit the walk home page.

**<http://heartwalk.kintera.org/faf/home/default.asp?ievent=449570>**

- 2) Use the find a company link to look up team "Mercer Wealth Management" and join his team.

Non-Profit Org.  
U.S. Postage Paid  
Trenton, New Jersey  
Permit No. 1287

**ADDRESS SERVICE REQUESTED**

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

Heart to Hearts, Inc.  
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Lawrenceville, NJ 08648

