



The Attitude is Gratitude.
THE POWER of GIVING BACK!

MENDED HEARTS ANNUAL CONVENTION
JUNE 1 - 5, 2011 ♥ NEW ORLEANS





2011 MENDED HEARTS ANNUAL CONVENTION

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NEW ORLEANS, LOUISIANA

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The Attitude is Gratitude.
THE POWER of GIVING BACK!

MENDED HEARTS ANNUAL CONVENTION
JUNE 1 - 5, 2011 • NEW ORLEANS



Dedicated to inspiring hope in
heart disease patients and families

Dear Mended Hearts Member:

What promises to be one of the jazziest, if not most worthwhile, conventions in recent Mended Hearts memory, the 59th Annual Mended Hearts Convention is just around the corner. As Convention Chair and Southern Regional Director, I invite you to the most exciting of them all as we celebrate this year's convention theme, "*The Attitude is Gratitude*. **THE POWER OF GIVING BACK!**" June 1-5 at the InterContinental Hotel in New Orleans.

Once again, this convention will boast informative sessions and workshops with several new topics (i.e., support group meetings, updates on cath patient visiting, emotional health/depression) and many national healthcare professionals who will provide us with insight into the latest in cardiovascular treatment options. We are honored to have the presidents of four nationally-renowned cardiology professional societies who will discuss our partnerships and alliances with each of their respective organizations.

- ♥ David Holmes, Jr., MD, FACC, President, American College of Cardiology (ACC)
- ♥ Christopher L. White, MD, FSCAI, President, Society of Cardiovascular Angiography and Interventions (SCAI)
- ♥ Marcus L. Williams, MD, President, Association of Black Cardiologists (ABC)
- ♥ Bonnie K. Sanderson, PhD, RN, President, American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)

Chapter members will not only gain from networking, sharing best practices and receiving important information regarding the latest medical advances and techniques, but also experience the incredible sense of the heart patient community one gets from this unbelievable gathering.

At convention, members also play a key role in keeping the Mended Hearts organization alive and robust. You will find no greater investment in your chapter's future than attending this vital meeting. We need you, and your chapter needs the great resources the meeting provides in the way of latest and greatest information available. The entire convention committee is encouraging each chapter to send a representative to the convention. Not only will they gain personally, but they will bring back so much to the chapter.

In addition, our Mended *Little* Hearts coordinators will be holding their annual training in New Orleans, June 3rd – 5th, and joining us for some meal functions. Exciting times are ahead as we work together in offering hope and education to the heart community.

All of us from the Southern region are ready to greet you in the historical BIG EASY! Colorful architecture, wonderful foods and easy-listening rhythms will set the stage for what is sure to be an exciting 59th Mended Hearts Annual Convention. I hope to see you there!

Heartfully,

Marvin Keyser, Chairman
59th Annual Mended Hearts Convention
2009-2011 Southern Regional Director

SPECIAL REQUESTS/DIETARY REQUESTS:

Please list any special dietary requests below:

Are you interested in scooter rental information?*

 YES NO

*Rental costs are \$65 for 5 days; one-half the normal fee.

Do you have any special medical conditions we need to be aware of?

Please note: Rental of in-room refrigerators should be made directly with the hotel when making your hotel reservation.

SUBMIT REGISTRATION FORM AND PAYMENT TO:

PLEASE RETURN TO NATIONAL OFFICE POSTMARKED NO LATER THAN Friday, April 29, 2011, or online by Sunday, May 1.

The Mended Hearts, Inc.
8150 N. Central Expressway, M2075
Dallas, TX 75206
1-888-HEART99 (1-888-432-7899)
Online registration available at www.mendedhearts.org



**2011 Mended Hearts Annual Convention
InterContinental Hotel, New Orleans, La.
June 1 - 5, 2011**



The Attitude is Gratitude.
THE POWER OF GIVING BACK!

Preliminary Convention Program

Included with your convention registration are all general sessions, workshops, and meal presentations.

Below please find an overview of the five-day schedule showing key activities and majority of speakers confirmed as of 4/20/2011. For those of you with Internet access, you can also watch our mendedhearts.org Web site for updates.

WEDNESDAY, JUNE 1

12:00 p.m. - 5:00 p.m. Registration/Exhibits begin
3:00 p.m. - 4:00 p.m. Buddy/First Timer Meeting (*Dee and Harry Eckert*)
4:00 p.m. - 5:30 p.m. MHI Board of Directors Meeting
5:45 p.m. - 6:30 p.m. Welcome Reception (*Cash Bar*)
6:30 p.m. - 7:00 p.m. Board Motor Coach to "Creole Queen"
7:00 p.m. - 10 p.m. **Mississippi River Dinner Cruise** (*First Timers seated with Buddies*)

THURSDAY, JUNE 2

7:30 a.m. - 9:00 a.m. **Energizer Continental Breakfast & Keynote Presentation:**
Mind, Body and Heart Disease - Pradip Jamnadas, MD, Orlando, FL
9:30 a.m. - 11:30 a.m. **Regional Meetings and Recognition of Regional Awardees** – Regional Directors
Break & Exhibits
11:30 a.m. - Noon
Noon - 1:30 p.m. **Lunch and General Session I:**
Heart Valve Disease - Panel of Experts – Cardiologists & Mended Hearts Patients
1:30 p.m. - 2:00 p.m. Break & Exhibits
2:00 p.m. - 3:15 p.m. **Concurrent Workshop: Support Meetings for Every Patient & Caregiver** - Barbara Forman, Regional Director, Central Region, Facilitator
Round-table discussion groups:
1) Adults with Congenital Heart Defects, 2) Arrhythmias/AFib, 3) CABG, 4) Caregivers, 5) Congestive Heart Failure, 6) Heart Transplant, 7) ICDs, 8) PAD, 9) Stents, 10) Valve Repair/Replacement
Concurrent Workshop: Mended Little Hearts for Mended Hearts – Susan Vanderpool, National Vice President, Mended *Little Hearts*
3:15 p.m. - 3:45 p.m. Break & Exhibits
3:45 p.m. - 5:00 p.m. **General Session II: Common Issues about Medications (rounds)** – Sarah A. Spinler, PharmD in cooperation with local pharmacy school residents
Evening on own
5:00 p.m. -

FRIDAY, JUNE 3

7:00 a.m. - 7:30 a.m. Water Aerobics
7:00 a.m. - 7:30 a.m. Fitness Stroll
7:30 a.m. - 9:00 a.m. Breakfast on own
9:00 a.m. - 10:15 a.m. **General Session III: David Holmes Jr., MD, FACC,** President, American College of Cardiology - ***Latest Cardiovascular Treatment Options, New ACC/MHI Relationship and Alignment, Patient-Centered Care, CardioSmart.org***
10:15 a.m. - 10:45 a.m. Break & Exhibits
10:45 a.m. - Noon **General Session IV: Christopher J. White, MD, FSCAI,** President, Society for Cardiovascular Angiography and Interventions - ***Innovative Devices and Treatments of Peripheral Artery Disease***
Noon. - 12:30 p.m. Break & Exhibits
12:30 p.m. - 1:45 p.m. **Lunch and General Session V: Cath Patient Outreach Program / Patient Interview Results** – Steve Stanko, Chair, Cath Patient Outreach Program and Christopher J. White, MD, SCAI President
1:45 p.m. - 2:15 p.m. Break & Exhibits
2:15 P.M. - 3:30 p.m. **Concurrent Workshop: Cath Visiting Nuts & Bolts,** Steve Stanko and Cath Patient Visitors, Bev & Nancy Eggleston, #16; Vic & Judy Dube, #302; Jim Bushnell, Dallas #30.
Concurrent Workshop: Making Sense of Heart Headlines – John P Reilly, MD, Interventionalist, Co-Chair, SCAI Public Relations Comm. & Kathy Boyd David, SCAI Director of Communications.
3:30 p.m. - 4:00 p.m. Break & Exhibits
4:00 p.m. - 5:00 p.m. **General Session VI: Emotional Health: Depression and Heart Disease** – Debra K. Moser, DNSc, RN, FAAN
University of Kentucky College of Nursing, Lexington, KY
5:00 p.m. - Evening on own

2011 Convention Registration Form

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SATURDAY, JUNE 4

- 7:00 a.m. - 7:30 a.m. Water Aerobics
7:00 a.m. - 7:30 a.m. Fitness Stroll
7:30 a.m. - 8:00 a.m. Jewish Worship
7:30 a.m. - 8:30 a.m. Breakfast on own
- 9:00 a.m. - 10:15a.m. **General Session VII: AFib Panel of Experts** – Cardiologists and MH patients
- 10:15 a.m. - 10:45a.m. Break & Exhibits
- 10:45 a.m. - 11:45a.m. **General Session VIII: Bonnie K. Sanderson, PhD, RN, President, AACVPR, American Association of Cardiovascular and Pulmonary Rehabilitation - Value of Cardiac Rehab and Advocacy Opportunities**
- 11:45 a.m. - 12:15 p.m. Break & Exhibits
12:15 p.m. - 1:30 p.m. **Luncheon/General Session IX: Mark Levin, Certified Association Executive & Consultant - Member Recruitment and Retention** (MH & MLH seated by region / announce 2012 Convention location)
- 1:30 p.m. - 2:00 p.m. Break & Exhibits
2:00 p.m. - 3:15 p.m. **ANNUAL MEETING of the Membership**
- 3:15 p.m. - 7:00 p.m. Afternoon on own / Dinner on own
5:00 p.m. - 6:00 p.m. Catholic mass, St. Louis Cathedral- optional for those interested
7:30 p.m. - 9:00 p.m. **Meet & Greet** – Hosted by Executive Committee and Board

SUNDAY, JUNE 5

- 7:30 a.m. - 8:00 a.m. Protestant Worship
- 8:30 a.m. - 10:30a.m. **Concurrent Workshop: Visitor Reaccreditation & Launch of New Visitor Training Materials, Don Arvay, National Visiting Chairman**
- 9:00 a.m. - 10:30 a.m. **Concurrent Workshop: Lifestyle Modifications and Diabetes Carole Cox, LD, RD, Certified Diabetes Educator, New Orleans**
- 11:00 a.m. - Noon **General Session X: Reaching Diverse Heart Patients, Marcus L. Williams, MD, President, Association of Black Cardiologists**
- 12:30 p.m. - 5:30 p.m. **Afternoon on your own/Optional tours (ARDs see below)**
- 12:30 p.m. - 5:30 p.m. **Asst. Regional Directors Lunch and Training** - Sue Borum and Lynn Berringer (2011-2013 ARDs)
- 6:00 p.m. - 6:30 p.m. Reception (Cash Bar)
6:30 p.m. - 8:30 p.m. **MHI Farewell Awards Dinner & Board Installation**

MONDAY, JUNE 6

- 8:00 a.m. - 9:30 a.m. Newly Elected National Board of Directors Meeting and Continental Breakfast

Morning

Attendees Depart for Home

2011 Mended Hearts 59th Annual Convention
“The Attitude is Gratitude. THE POWER OF GIVING BACK!”
NEW ORLEANS, LOUISIANA
June 1 – 5, 2011

GENERAL INFORMATION

The Southern Region invites all to join them in New Orleans for a week of education, networking and entertainment! The energy is mounting for an exciting and memorable time. You won't want to miss the opportunity to connect with other chapter members from across the country. It is sincerely hoped that this information will be helpful to you in planning your trip to **Mended Heart's 59th Annual Convention.**

Hotel Reservations:

Please contact the hotel directly regarding your hotel accommodations. The Mended Hearts-negotiated hotel convention sleeping room rate is \$99 single/double + 13% sales tax and \$2 per room, per night occupancy fee, and \$30 each additional person, per room, per night. The convention rate will be honored three (3) days before/after the meeting dates based on availability of the hotel at the time the reservation is made. **Reservations must be made by May 2, 2011 to guarantee the convention discounted rate.** When making reservations refer to the Mended Hearts reservation code: **“BJZ”**

InterContinental Hotel New Orleans
444 St. Charles Avenue, New Orleans, LA 70130
Reservations: 1-800-445-6563
Front Desk: 1-504-525-5566 Fax 1-504-523-7310

Check in time: 4:00 p.m.
Check out time: 12:00 noon

Hotel Parking:

The Intercontinental New Orleans offers valet parking to all guests currently at a daily charge of \$32.00 + tax with in/out privileges on a space availability basis. Self-parking is also available in numerous indoor and outdoor facilities surrounding the hotel. Currently these prices range from \$7.00 to \$20.00 per day, without in/out privileges.

Hotel Cancellations:

All room cancellations should be made directly with the hotel within seventy-two (72) hours prior to arrival date to avoid charge for one-night stay on credit card.

Convention Registration:

Registration form must be postmarked no later than April 29th or online by May 1, 2011 to avoid late fees.

Registration Fee:

Registrations received at the National office no later and postmarked than April 29th or online by May 1, 2011 will receive the early bird rate of \$260 per person. This includes, one breakfast, four

lunches, one reception with food, two dinners, and registration fee for five days of sessions, and take-home resources, and tote bag filled with convention materials.

Late Convention Registration:

Additional \$25 fee for Late Registration if received after May 1, 2011.

Meals:

The hotel is being provided with heart-healthy guidelines for meal preparations and will offer healthy options when possible. *Don't forget to sign up for the Farewell Dinner seating preferences at the registration table upon check-in!*

Attire:

Business casual attire is perfect for the annual convention events. At the special awards dinner it is suggested that gentlemen wear a sports coat and ladies wear a dress or business pants suit. The Executive Committee will host a reception on Saturday, June 4th and that calls for casual attire.

Be sure to remember comfortable walking shoes for walking any tours you've purchased. Bring your sunglasses and light backpacks for carrying bottled water or medications. MOST IMPORTANT – REMEMBER YOUR CAMERA!

Weather in New Orleans:

June temperatures in New Orleans average:

Normal High	89F
Normal Low	74F
Rainfall	4.8"

The month of June offers occasional showers, causing higher humidity and making it feel hotter than it is. Plan to bring an umbrella or rain gear.

Fitness Stroll:

No need to miss your regular walks, join fellow MHI members for several organized walks throughout the week.

Water Aerobics:

Back by popular demand, water aerobics will be offered. Session will be held in the hotel's outdoor pool.

Health Screenings:

Will be available at no charge in the exhibit area.

Scooters:

Scooters will be available to rent. In order to give the vendor an estimated head count, please be sure to indicate scooter needs on your registration form...under the "Special Requests" section. Rental costs are \$65 for 5 days, one-half the normal fee.

Internet Connections:

Free Wi-Fi is available throughout the hotel.

Transportation Options:

Taxicabs:

A cab ride costs \$33.00 from the airport to the InterContinental Hotel for one or two persons and \$14.00 (per passenger) for three or more passengers and takes approximately 30 minutes. Pick-up is on the lower level, outside the baggage claim area. There may be an additional charge for extra baggage. Taxis are required to offer a credit card payment option.

Airport Shuttle:

Shuttle service is available from the airport to the hotels in the New Orleans Central Business District for \$20.00 (per person, one-way) or \$38.00 (per person, round-trip). Three bags per person. Call 1-866-596-2699 or 504-522-3500 for more details or to make a reservation. Advance reservations are required 48 hours prior to travel for all ADA accessible transfers. Please call in advance of your travel date for the specially-equipped shuttle to be reserved.

A \$3 discount on round-trip shuttle service is available if purchased on line at:

<http://www.airportshuttleneworleans.com/mendedhearts0611>

This link will also be available on the Mended Hearts website – go to www.mendedhearts.org.



***59th Mended Hearts Annual Welcome Dinner
June 1, 2011
On the Creole Queen***

Step on board and cruise with us as we dine on the Paddlewheeler Creole Queen. The sounds of three lively jazz bands will fill the air as you enjoy a lavish Creole buffet.

Creole Queen's Dinner Menu

Caesars Salad

Creole Seafood Gumbo

New Orleans Jambalaya

Talapia in a Creole Sauce

Herb Crusted Prime Rib

Cajun Potatoes

Green Bean Almondine

Paddlewheeler Bread Pudding with Bourbon Whiskey Sauce

New Orleans Dark Coffee

The Creole Queen features outer decks with authentically patterned wrought iron trims inviting you to stroll back in time as you settle into the mood of a bygone era. The interiors are richly appointed with plush Victorian-style draperies, soft period lighting, wooden dance floors, all in a warm and welcoming setting.

After dinner you'll want to enjoy the breeze on the promenade deck under the canopy of the evening stars.

***"Laissez les bons temps rouler"
"Let the good times roll!"***



The Mended Hearts, Inc.



The Attitude is Gratitude.
THE POWER OF GIVING BACK!

Convention Overview and Planned Activities

“The Attitude is Gratitude. THE POWER OF GIVING BACK!” is the theme of the 59th Mended Hearts Annual Convention in New Orleans – a message which resonates in all of our members as each of you strives to help others on their heart journey. Mended Hearts members serve as examples and inspirations to fellow heart patients and other caregivers. The convention committee wishes to recognize the “power of giving back” and your accomplishments as a visitor, a member and your example for other heart patients and families who are embarking upon their journey today.

As with previous conventions, expect excellent presentations from leading medical professionals and leaders in the cardiovascular field on topics important to you, your chapters and the heart patients and families served. There will be plenty of opportunities for networking, meeting old friends and new, sharing successes and lessons learned, picking up lots of helpful ‘how-tos’, and certainly time to make some memories in New Orleans!

- **Welcome Aboard the Creole Queen Mississippi River Dinner Cruise**
Following our traditional kick-off reception at the hotel with Mended Hearts convention committee leaders and friends, you will experience a bit of a departure from previous conventions. We’ll board a motor coach bus to take us to the Creole Queen paddleboat for a scenic ride on the Mississippi River, complete with creole food, live music bands and lots of camaraderie! In a relaxed setting, you will be encouraged to renew old acquaintances, meet new friends and enjoy time with some of the best people we know – Mended Hearts members. New buddies and first-timers should partner together at the reception and board the buses together.
- **Buddy / First-Timer Session**
Is this your first time to attend a MHI Conference? Have you attended before? Allow us to pair veteran MHI members/attendees who will introduce newcomers to the MHI ropes. Seasoned MHI members are encouraged to become a “buddy” to a first-time attendee. Buddies and first timers will sit together during the opening and closing dinners to share the week’s experiences.
- **Exhibits and Breaks**
Sponsors and vendors will be on hand to discuss their latest products and services. Also partake in the health screenings provided by local New Orleans hospital personnel.

- **General Sessions – Patient Education and Latest Medical Innovations**

Energizer Continental Breakfast and Keynote Presentation – Pradip Jamnadas, MD, The Florida State University College of Medicine, Orlando - Stress Management: The Mind and Heart Disease

You may remember the standing-room-only crowd and rave reviews from the Orlando convention 2009 when Dr. Jamnadas spoke. The psychosocial condition of the patient has a profound effect on cardiovascular outcomes. Survival and recovery from illness and surgery is dictated by individual psychosocial factors that make up the patient's personality. This energizer breakfast and presentation will provide a thoughtful, uplifting and engaging overview of how to master these to improve your prognosis.

Organization Partners: ACC, SCAI, AACVPR and ABC

Past attendee evaluations have indicated a desire to learn more about the latest innovative advances in medicine. This year's convention will be packed with education! There are four general sessions where we meet and hear from the presidents of four nationally-renowned cardiology professional societies: **American College of Cardiology (ACC)**, the **Society of Angiography and Interventions (SCAI)**, the **American Association of Cardiovascular Pulmonary Rehabilitation (AACVPR)** and the **Association of Black Cardiologists (ABC)**. Hear about from these organizations' national presidents about our mutual goals for patients and the latest medical advances.

Common Issues about Medications – Sarah Spinler, PharmD

As every patient knows adhering to medications is important, but can be a challenge. Back by popular demand from last year's convention, pharmacist Sarah Spinler, will share and facilitate a round table discussion on "Common Issues about Medications" where you can interact with Sarah, along with many local pharmacy residents to discuss your questions and issues about medications.

Cath Patient Outreach Program – Steve Stanko, Chairman

Fitting in with this year's theme of "giving back," you'll hear about the Cath Patient Outreach Visiting Program in a general session as well as a "nuts and bolts" session from experienced cath visitors. While only a little more than one-year old, the Cath Patient Outreach Program has proven to be an extremely successful Mended Hearts venture. It has exceeded and increased the Mended Hearts patient visiting program numbers significantly. Of the 4,000 patient visits in 2010 from 11 chapters participating, there were 2,000 patients who agreed to a follow-up interview once home. The interview findings from these patients' interviews will be shared by Mended Hearts national chair, Steve Stanko and our SCAI partner organization (Society of Cardiovascular Angiography and Interventions).

Emotional Health: Depression and Heart Disease

The physical effects of heart disease can be devastating. Equally as serious, but less well known, are the emotional and psychological effects that a cardiac event can have. Depression is actually a fairly common condition among people who have had a heart event. As many as one in three who've had a heart attack report

feelings of depression. Women, people who've already reported depression before, and people without a social network or emotional support are at higher risk for depression following a heart event. A clinical psychologist and cardiologist team up to provide information on how to identify symptoms and suggestions to mind your emotional well-being!

Member Development – Mark Levin, Certified Association Executive

Mark Levin received excellent ratings and reviews from last year's convention workshop, "Planting and Nurturing the Membership Garden." Hear more on how to keep the Mended Hearts membership growing. How do you recruit new members for your chapter and visiting program? How do you retain committed volunteers in Mended Hearts activities? These challenges will be addressed in this luncheon/general session with plenty of time for questions and answers. Mark has over 30 years of experience working with association and nonprofit leaders on membership and leadership development. He will share key points from his book, *Membership Development: 101 Ways to Get and Keep Your Members*.

Please see the **Preliminary Convention Program** for the many other great sessions and educational topics to empower you – the patient and caregiver – as we strive to support and help others from increased knowledge of heart disease.

- **Workshops**

Gain hands-on, practical experience with potential solutions for your chapter. There is a mix of expert fellow members and external healthcare professionals who provide firsthand knowledge and best-practice solutions. There will be workshops about a variety of topics important to chapters and members:

- ♥ **Support Meetings for Every Patient and Caregiver**
- ♥ **Mended *Little* Hearts: How Mended Hearts Can Help!**
- ♥ **Cath Patient Visiting: Nuts and Bolts**
- ♥ **Making Sense of Heart Headlines: Tips for the Informed Patient**
- ♥ **Visitor Reaccreditation Training**
- ♥ **Lifestyle Modifications and Diabetes Education**

Support Meetings for Every Patient and Caregiver

This workshop, facilitated by Central Regional Director, Barbara Forman, will be a model of a support meeting where you'll be able to share with fellow members and lend support to others through round table discussions. Select from 10 different heart procedures or conditions table discussions—see the preliminary program for the 10 conditions.

Mended *Little* Hearts: How Mended Hearts Can Help!

Many Mended Hearts chapters and Mended *Little* Hearts groups have found success in working together and helping each other. Learn how your chapter can too. Even if you don't have a Mended *Little* Hearts group near you, you can still help a new group get started, which will help "the littlest heart patients of all." Presented by **Susan Vanderpool**, National Vice President, Mended *Little* Hearts, Mom to Max 5, TOF survivor, significant peripheral pulmonary stenosis, HypoSpadia, Velopharyngeal Insufficiency. And her hero! Susan will talk about

the many activities and rapid growth of MLH groups from two groups in 2004 to **61 groups** in 24 states. This session will show you how it's done and how your chapter can get in on the action and benefit. Mended *Little* Hearts provides hope and support to children, families, and caregivers impacted by congenital heart defects in order to extend and improve quality of life.

Cath Patient Visiting: Nuts and Bolts

With more than a year's experience, the **Cath Patient Outreach Program** has proven to be an extremely successful Mended Hearts venture and new direction in visiting. The enthusiasm and excitement of participating chapters has figured prominently in that success. Hear from several of these experienced visitors as to the best practices of their visiting patients and families – When are the ideal times to visit patients and families with a cath lab procedure? What's different from traditional surgery visits and cath patient visits? With the popularity of the resources that were introduced last year, the 2011 "*After the Cath Lab: A Guide to Recovery*" has been updated with several new brochures – "*Depression and Heart Disease*" and "*Getting Help with Your Prescription Costs – Where to Turn Next*" which will be introduced.

Making Sense of Heart Headlines: Tips for the Informed Patient

Wonder how to make sense of all the health news and research reported? What are the credible sources of information on the web? Dr. John P. Reilly, Interventionalist and Co-chair, SCAI Public Relations Committee and Kathy Boyd David, SCAI Director of Communications, will help decipher all the heart health headlines and what questions to ask yourself and your healthcare professional.

Visitor Reaccreditation Training

As an Accredited Visitor, you are Mended Hearts' most important resource for inspiring hope in heart patients. The visiting program is the foundation on which Mended Hearts was formed. By participating in this Reaccredited Visitor Training, you will complete your reaccreditation refresher of valuable skills and visiting protocol reminders in a fun two-hour program by Don Arvay, National Visiting Chair. Members will receive a renewed completion card at the conclusion of the program.

Lifestyle Modifications and Diabetes Education

Taking good care of yourself can seem daunting when you have diabetes - whether you've just learned you have the disease or you've had it for a long time. There's a lot to consider, from eating healthy meals to exercising, monitoring your blood glucose and taking your medications. But the right tools and support can make diabetes self-care very manageable in your everyday life. **Carole Cox, Registered Dietitian and Certified Diabetes Educator**, of the Diabetes and Metabolism Associates, New Orleans will share tips for improved health with lifestyle modifications with specifics on diabetes management.

The Buddy / First Timer-Session

Mended Hearts created the Buddy System to help members attending the convention for the first time to feel welcome and comfortable—and get the most out of their convention experience.

Here's how the program works: If you are a "first timer" or are a veteran who has attended a convention before and you are willing to be a "buddy" then please return the completed registration form. Each first timer will be paired with a buddy, and the buddy will call or e-mail you prior to the convention. Once your buddy has contacted you, you may ask questions, exchange ideas and get to know each other before arriving in New Orleans.

One of the first events on the convention schedule is a Buddy/First-Timer Session where Buddies and First Timers meet in person. Your buddy will be there to answer questions and introduce you to people throughout the convention. Of course, you can ask questions of any convention committee member or staff as well as your buddy. With your buddy smoothing the way, you can relax, have fun, and enjoy the events. After all, it's your convention!

If you have any questions, please feel free to contact us at 314-895-1765, or by email at hdeckert@sbcglobal.net.

See you all in New Orleans!
Dee and Harry Eckert



MENDED HEARTS
TOUR PROGRAM ACTIVITIES

TUESDAY – May 31, 2011



DISCOVER NEW ORLEANS

8:00am - 11:00am

\$30.00

New Orleans is like a good memory that rests easy on your mind - the music is sweet, the food divine, the atmosphere captivating, and the pace is definitely more leisurely. On this three hour tour you will discover what makes New Orleans the most unique city in the United States.

**GARDEN DISTRICT TOUR WITH
TEA & CRUMPETS AT THE ELMS MANSION**

8:30am - 11:30am

\$50.00



Southern style soiree is presented on one of the most prestigious boulevards in America, St. Charles Avenue. A wonderful tour, reminiscent of old New Orleans' society gatherings, awaits visitors at the stately Van Benthuyzen Elms Mansion. Built in 1869, this grandiose Italianate home is an elaborate showplace on the Avenue. Reflecting the elegance of a bygone era, each room is furnished with antiques from different periods in history. Light refreshments will be served in one of the parlors or lush gardens of the mansion. A lovely walking tour of the Garden District will complete this excursion.



NEW ORLEANS SCHOOL OF COOKING

1:30pm – 4:30pm

\$45.00

New Orleans is one of the great culinary cities of the world. Creole cooking is a blend of four distinct influences: French, Spanish, African and American Indian. Our local chef will share the history of New Orleans gastronomy, its Creole philosophy, quirky habits and its cuisine. The chef will interact with you and keep you asking questions the entire afternoon. You will have tastings of each Creole dish that is prepared and you will walk away with the recipes so that you can try them at home.

WEDNESDAY – June 1, 2011

JEAN LAFITTE SWAMP TOUR

8:00am – 11:00am

\$49.00



Come with us, only 30 minutes from downtown New Orleans to enjoy a journey by boat into the heart of Louisiana's beautiful and natural swamplands. Your boat will travel deep into the swamps and meandering bayous of this exciting region. Be sure to bring your camera as you may encounter many beautiful animals on your journey. Alligators, eagles, egrets, whitetail deer and nutria all flourish in this untamed land. Your boat captain is a native of the area and knows firsthand the various sources of food, plant and animal life. History will come alive as your captain recounts the tales of these mysterious waters and moss-draped bayous.

DESTREHAN PLANTATION

8:30am-11:30am

\$35.00



Built in 1787, Destrehan is the oldest documented plantation house left intact in the lower Mississippi Valley. The docent will help you to relive the magnificent plantation era, where the Country's largest sugar cane plantation flourished and Southern Planters made their fortunes and lived in grand style.

**GARDEN DISTRICT TOUR WITH
TEA & CRUMPETS AT THE ELMS MANSION**

8:30am - 11:30am

\$50.00



Southern style soiree is presented on one of the most prestigious boulevards in America, St. Charles Avenue. A wonderful tour, reminiscent of old New Orleans' society gatherings, awaits visitors at the stately Van Benthuyzen Elms Mansion. Built in 1869, this grandiose Italianate home is an elaborate showplace on the Avenue. Reflecting the elegance of a bygone era, each room is furnished with antiques from different periods in history. Light refreshments will be served in one of the parlors or lush gardens of the mansion. A lovely walking tour of the Garden District will complete this excursion.

CAFÉ DU MONDE & THE PRESBYTERE

9:00am-12:00pm

\$38.00



Café Du Monde home to world-famous beignets and café au lait. Translation: Square deep-fried donuts drenched in powdered sugar served with steaming hot coffee and chicory mixed with hot milk. Since 1862 when Café Du Monde first opened its doors, New Orleanians have been enjoying this French tradition. Your tour guide will escort you to The Presbytere, across Jackson Square after Café Du Monde. This Louisiana State Museum was designed in 1791 to match the Cabildo on the other side of the St. Louis Cathedral. The Presbytere is now showing the newest exhibit called "Living with Hurricanes – Katrina and Beyond". You will also discover the History of Mardi Gras and many other exhibits depicting the diverse culture of the Crescent City.



NEW ORLEANS SCHOOL OF COOKING**9:30am – 12:45pm****\$45.00**

New Orleans is one of the great culinary cities of the world. Creole cooking is a blend of four distinct influences: French, Spanish, African and American Indian. Our local chef will share the history of New Orleans gastronomy, its Creole philosophy, quirky habits and its cuisine. The chef will interact with you and keep you asking questions the entire afternoon. You will have tastings of each Creole dish that is prepared and you will walk away with the recipes so that you can try them at home.

SATURDAY – June 4, 2011**DISCOVER NEW ORLEANS****3:30pm - 6:30pm****\$30.00**

New Orleans is like a good memory that rests easy on your mind - the music is sweet, the food divine, the atmosphere captivating, and the pace is definitely more leisurely. On this three hour tour you will discover what makes New Orleans the most unique city in the United States.

**JEAN LAFITTE SWAMP TOUR****3:30pm- 6:30pm****\$49.00**

Come with us, only 30 minutes from downtown New Orleans to enjoy a journey by boat into the heart of Louisiana's beautiful and natural swamplands. Your boat will travel deep into the swamps and meandering bayous of this exciting region. Be sure to bring your camera as you may encounter many beautiful animals on your journey. Alligators, eagles, egrets, whitetail deer and nutria all flourish in this untamed land. Your boat captain is a native of the area and knows firsthand the various sources of food, plants and animal life. History will come alive as your captain recounts the tales of these mysterious waters and moss-draped bayous.

SUNDAY – June 5, 2011**OAK ALLEY PLANTATION****12:30pm - 4:30pm****\$45.00**

Oak Alley is probably the most famous of the River Road Plantations. At the entrance to the plantation, the blooming bougainvillea and fragrant magnolia frame towering columns and wide verandas. Imagine cypress floors polished by time, gleaming chandeliers, and gracious furnishings. Oak Alley boasts rose-colored walls rising magnificently at the end of an alley of 28 majestic oak trees. The birthplace of several early Louisiana governors, this home is southern graciousness personified.

**Pontchartrain Vineyards****12:30pm –4:30pm****\$38.00**

Pack a lunch and bring your camera! Come with us across Lake Pontchartrain to Bush, Louisiana home of Pontchartrain Vineyards. As you cross Lake Pontchartrain, your tour guide will tell you the history of the lake. This bridge is the longest bridge over water in the world, 24 miles. You will see ducks, pelicans and other waterfowl plus a few sail boats and fishing boats. Once you arrive at Pontchartrain Vineyards you will tour the winery and the vineyards. After the tour you will be escorted to the old world tasting room where you will taste and discuss five to seven different wines.

TOUR PRE-REGISTRATION FORM

DESTINATION MANAGEMENT, INC. HAS ARRANGED TOURS FOR

THE MENDED HEARTS, INC.

THESE TOURS ARE FOR THE MENDED HEARTS, INC. REGISTRANTS AND THEIR GUESTS ONLY

Available Tours and Dates	Tour Time	Price Per Ticket (Inclusive)	No. of Tickets	Amount Due
TUESDAY, MAY 31, 2011				
DISCOVER NEW ORLEANS CITY TOUR	8:00AM to 11:00AM	\$30.00		
GARDEN DISTRICT TOUR WITH TEA & CRUMPETS AT ELMS MANSION	8:30AM to 11:30AM	\$50.00		
NEW ORLEANS SCHOOL OF COOKING	1:30PM-4:30PM	\$45.00		
WEDNESDAY, JUNE 1, 2011				
JEAN LAFITTE SWAMP TOUR	8:00AM to 11:00AM	\$49.00		
DESTREHAN PLANTATION	8:30AM to 11:30AM	\$35.00		
GARDEN DISTRICT TOUR WITH TEA & CRUMPETS AT ELMS MANSION	8:30AM to 11:30AM	\$50.00		
CAFÉ DU MONDE & PRESBYTERE MUSEUM	9:00AM to 12:00PM	\$38.00		
NEW ORLEANS SCHOOL OF COOKING	9:30AM to 12:45PM	\$45.00		
SATURDAY, JUNE 4, 2011				
DISCOVER NEW ORLEANS CITY TOUR	3:30PM to 6:30PM	\$30.00		
JEAN LAFITTE SWAMP TOUR	3:30PM to 6:30PM	\$49.00		
SUNDAY, JUNE 5, 2011				
OAK ALLEY PLANTATION	12:30PM to 4:30PM	\$45.00		
PONTCHARTRAIN VINEYARDS	12:30PM TO 4:30PM	\$38.00		

TO PHONE OR EMAIL RESERVATIONS FOR ALL TOURS:

Contact: Dianne Arthur at 504-587-1607 – darthur@visitnola.com

Make checks payable to: DESTINATION MANAGEMENT, INC. 4220 Howard Avenue · New Orleans, Louisiana 70125

Name:	
Address:	
City, State & Zip:	
Telephone:	
Fax Number:	
Payment Options: (US Funds Only)	<input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> American Express <input type="checkbox"/> Discover <input type="checkbox"/> Check Enclosed

Card Number: _____ 3-4 DIGIT CVV OR SECURITY CODE: _____ Expiration Date: _____

Print Cardholder's Name: _____

Credit Card Billing Address: _____ Credit Card Billing City, State, Zip Code _____

Signature: _____

Please make your on-line reservations by May 16, 2011. Cancellations must be received in writing by May 16, 2011 for full refund on tours. All tours are based on 25 participants. DMI reserved the right to cancel any tours should the minimum numbers not be met. Children must be accompanied by an adult.

EARLY ON-LINE REGISTRATION IS RECOMMENDED IN ORDER TO GUARANTEE YOUR SPACE FOR THESE TOURS. Tickets will also be sold at the Tour Desk until the maximum numbers have been reached. All tours will depart from the Tour Desk located in the InterContinental Hotel – Room - TBD. Please arrive at least 15 minutes before tour departure time to check in with the tour desk, pick up your tickets, meet tour guide and be escorted to motor coach.

Buddy / First Timer-Session Registration Form

_____ This is my first Mended Hearts Convention. I'm a "First Timer."

_____ I have attended at least one (1) Mended Hearts Convention and I'm willing to be a "Buddy."

Sign up to be a "Buddy," or as a "First Timer." You will be paired and can start to communicate and get to know one another before the convention starts. You will meet for the first time during the Buddy / First-Timer Session. Our goal is to help you form a bond that will last far beyond this convention.

"The Attitude is Gratitude. THE POWER OF GIVING BACK!"

Enrollment form for Buddy and/or First Timer:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone #: _____ Cell Phone #: _____

Email Address: _____

Chapter # _____ Age: _____ Gender: _____ Male _____ Female

Profession: _____ Retired: _____ Yes _____ No

Date / Type of cardiac event: _____

Special interests / hobbies: _____

We hope you will join us. Please complete and return this form to:

**Dee and Harry Eckert
746 Carriage Ln.
Hazelwood, MO 63042**