

2008

Making Waves in PA

Nicholas Ryan Over



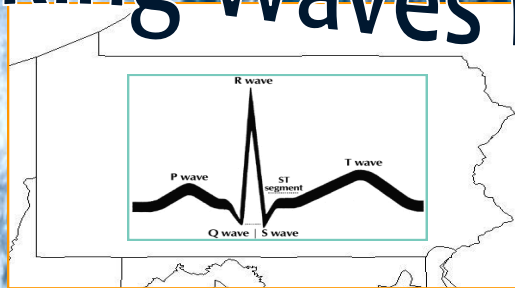
Daniel E. Rumph, II



Ryan Boslet



"Healthy Hearts For Sports"



Protecting Youth from Sudden Cardiac Arrest



Getting to the heart of the matter
The Louis T. Savino, III Foundation



Janna April Becker (top)
Jesse David Yeakle (middle)
Kyle Derek Edmunds (below)



Simon Sudman

"Screen a Heart"

A grandmother with a mission...

Rosemont. Ryan Boslet, a 6 foot 4, 220 pound athlete who appeared to be in perfect health and passed many physical exams in his life, died in 2003 of Sudden Cardiac Arrest at the age of 17 from undetected Hypertrophic Cardiomyopathy (HCM).

Carol Boslet's organization, "Healthy Hearts For Sports" encourages physicians and others to implement potentially life-saving cardiac screenings for high school and college age youth.

(cont'd on pg. 2)

"Save a Heart"

"Project JumpStart-A-Heart!" a Free CPR Mass Training Event

"Heroes aren't Born... They're Trained!"

City Island, Harrisburg. Residents across South Central PA learned how to save a life at "Project JumpStart-A-Heart!" on June 1st, City Island, Harrisburg, for the 1st National Cardiopulmonary Resuscitation (CPR) & Automated External Defibrillator (AED) Awareness Week, June 1-7.

(cont'd on pg. 3)

"I can't think of a better way to spend some of your time than to learn a skill that may someday save a life."

~ Cristal Over, Nick's mom

"Slowly, we are making parents aware that a simple 15-minute test can provide information that will give them peace of mind concerning the possibility of an undetected heart abnormality."

~ Carol Boslet, Ryan's grandmother



IN THIS ISSUE:

Daniel E. Rumph II Foundation

www.derii.org

email: marcus.owens@derii.org

Gregory W. Moyer Defibrillator Fund

www.GregAED.org

email: rmoyer@hotmail.com

Louis T. Savino, III Foundation

www.louissavinofoundation.org

email: savinofoundation@aol.com

Nicholas Ryan Over Foundation

www.nrofoundation.org

email: over226@aol.com

Parent Heart Watch

www.parentheartwatch.org

email: laura@parentheartwatch.org

Take It To Heart; A project of the Foundation For Enhancing Communities

www.takeittoheart.org

email: rhonda@takeittoheart.org

Youth Heart Watch

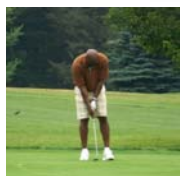
www.chop.edu/youthheartwatch

email: youthheartwatch@email.chop.edu





Daniel E. Rumph II Foundation & Youth Heart Watch “Holes for Hearts” Inaugural Golf Tournament



Marcus Owens, Pres. & Exec. Dir. DER II Foundation, putting.

Springfield. Over \$25,000 was raised at the “Holes for Hearts” Inaugural Golf Tournament hosted by Daniel E. Rumph II Foundation and Youth Heart Watch. Part of the proceeds will go towards initiating and facilitating two (2) more AED Programs at two (2) local Recreation Centers. Eleven (11) Recreation Centers now have AED Programs thanks to the efforts of the Daniel E. Rumph II Foundation and Youth Heart Watch. The remainder of the money raised will be used to help provide heart screenings for youth at a local recreation center.



Mike Quick, former Philadelphia Eagle All-Pro Wide Receiver & Guest Speaker at the “Holes for Hearts” Inaugural Golf Tournament.

What’s an AED Program?

DER II Foundation & Youth Heart Watch AED Programs consist of:

- ♥ AED placement
- ♥ 2 year AED maintenance
- ♥ AED cabinet
- ♥ AED registration with the city
- ♥ CPR & AED training for staff and the involved community.



Mike Quick, Victoria Vetter, M.D., and Marcus Owens



Victoria Vetter, M.D., Medical Director at Children's Hospital of Philadelphia, speaks about the importance of heart screenings for youth.

Philadelphia. The Daniel E. Rumph II Foundation hosted their 3rd Annual Basketball Tournament at the Daniel E. Rumph II Recreation Center. This tournament brings awareness to the need for heart screenings for young athletes.

Hakim Warrick, NBA player Forward of the Memphis Grizzlies, showed his support by attending the tournament this year.

Courtney Lee, Orlando Magic Rookie, has also agreed to help the DER II Foundation spread awareness and participate in some of their future efforts.



“Too often, diagnosis comes after a sibling’s death.”

~ Victoria L. Vetter, M.D.

“Screen a Heart” (cont’d from pg. 1)

“Healthy Hearts For Sports,” Carol Boslet’s Rosemont-based organization, sponsored a heart screening for youth, ages 7 to 19, on Aug. 23rd at the Bryn Mawr Presbyterian Church. Each youth had his/her blood pressure taken, a body mass index evaluation, a heart health questionnaire and an electrocardiogram (ECG) performed. Results were evaluated by a board-certified cardiologist and mailed to parents. The screenings were performed by HeartScreen America (HSA), a Massachusetts company that conducts heart screenings nationwide.



L-R: Bob Murphy, Team Leader, HeartScreen America, Carol Boslet and Stewart Krug, Vice-Chair, Parent Heart Watch

“Almost without exception, every parent who brought one or several children for screening said, ‘Thank you for doing this.’”

~ Carol Boslet

“Do not follow where the path may lead. Go instead where there is no path and leave a trail.” ~ Ralph Waldo Emerson

“Project JumpStart-A-Heart!”

(cont'd from pg. 1)

Project JumpStart-A-Heart! was a Parent Heart Watch initiative with the assistance of Youth Heart Watch and the American Heart Association.



L-R: Mike Crossley, Paramedic, Larry McCarter, EMT, Tom Bennett, EMT, of South Central EMS & Joseph Russell, Paramedic & Exec. Director of C-P-A-T Network



L-R Front: Tony Broadus, Joseph Russell
L-R Back: Stew Krug (Vice-Chair, Parent Heart Watch), Mike Becker, Martha Lopez-Anderson (Chair, Parent Heart Watch), Rhonda Foster, Jim Foster, Skip Over, Cristal Over, Tom Edmunds, Irene Edmunds, Jean Yeakle, Tim Yeakle



Joseph Russell, C-P-A-T Network (CPR/AED Public Awareness & Training Network) facilitated the CPR training and Valerie Pritchett, ABC27 TV News Anchor/Reporter, emceed the event.



Project JumpStart-A-Heart! facilitated four (4) 2-hour CPR & AED training sessions using the Family & Friends™ CPR Anytime™ kits. Participants learned how to help a friend or loved one in the event of Sudden Cardiac Arrest, choking, heart attack or stroke.



Participants took home their Free Family & Friends™ CPR Anytime™ kits (\$29.95 value) to teach more family & friends how to perform CPR and AED use. Over one hundred (100) people were trained! (This mass CPR & AED training event was not for certification).

Pine Street Presbyterian Church won the free AED & cabinet!

Over 100 free gift certificates were given away, including **one free AED** (\$2500 value) to the organization with the most participants - Pine Street Presbyterian Church won the AED!



Sept. 28. Reverend Sullivan, of Pine Street Presbyterian Church accepts AED

“Thank You!” to all those who helped make Project JumpStart-A-Heart! possible...

Highmark Blue Shield, Chip Miller & Cardiac Science, Lynn Sechrist & Your Safety Company, Zoll, Laerdal Medical Corporation, Starbucks Coffee Company, Balloons And More, Red Robin Restaurants, Harrisburg Senators, PinnacleHealth System, Med-Media, Associated Cardiologists, HeartScreen America, Nicholas Ryan Over Foundation, Take It To Heart, Janna April Becker Memorial Fund, South Central EMS, Joe Russell & CPAT Network, Tony Broadus & Entertainment Plus, Valerie Pritchett & WHTM/ABC27 TV, John London & WMHX 106.7FM Radio, American Home Patient, Apria Health Care, Central Medical Equipment, Critical Care Systems, Horizon Health Care, Young's Medical Equipment, Olive Garden, Weis Markets, Wegmans, Giant Food Stores, Twin Ponds, Carlisle Sports Emporium, Colonial Commons 9 Theaters AMC, Water Golf on City Island, Carpet Mart, U-Haul Company, ABC Lanes, Inc. Trindle Bowl, Outback Steakhouse and our many wonderful family members, friends and volunteers! **“PLEASE JOIN US AGAIN NEXT YEAR!”**

“Talent wins games, but teamwork and intelligence win championships.” ~ Michael Jordan



The Nicholas Ryan Over Foundation



L-R:
Irene Edmunds,
Ken Sutton,
Jean Yeakle,
Dana Lopes
(school nurse),
Tim Yeakle,
Skip Over,
Cris Over,
Rhonda Foster

Lebanon. On Jan. 3rd the NRO Foundation provided a presentation to the Northern Lebanon School Board on the importance of AEDs. Tim Yeakle of Take It To Heart provided a PowerPoint presentation on sudden cardiac arrest in our youth. NRO Foundation donated a Cardiac Science AED to the Northern Lebanon School.



Carlisle. On April 12th & 19th, Skip Over trained 14 Board members and staff at the Carlisle Family Center Moose Lodge #761. All employees, as well as some Moose officers, received CPR & AED certification training.

The NRO Foundation commends the Carlisle Family Center Moose Lodge #761 for making their Lodge "heart safe."



Carlisle. On May 18th, the 6th Annual NRO Foundation Dinner & Silent Auction was held at the Elks Lodge in Carlisle.



L-R:
John Quigley
(Governor of
Carlisle Moose
Lodge),
George (Skip)
Over, and
Cristal Over

Carlisle. On July 15th the NRO Foundation donated a Cardiac Science AED and cabinet to the Carlisle Family Center Moose Lodge #761.

More AEDs donated by the Nicholas Ryan Over Foundation in 2008 include...

- ♥ Carlisle Family YMCA (Health Center at Camp Thompson)
- ♥ Scotland School for Veteran's Children
- ♥ Hershey Gardens



SAVE THE DATE!

Saturday, May 16, 2009 in Carlisle, PA

for the 7th Annual Nicholas Ryan Over Foundation Dinner & Silent Auction!

All proceeds from the event go towards the NRO South Central Pennsylvania Heart Safe Program.



"When you learn, teach. When you get, give." ~ Maya Angelou



June 1-7 is now “National Cardiopulmonary Resuscitation (CPR) & Automated External Defibrillator (AED) Awareness Week”



Reminder...

- With CPR only, average survival rate is 3 - 5%.
- Using an AED within 4 - 6 minutes increases survival rate to 60%.
- Without an AED, survival rate decreases 10% for every passing minute.
- National average for ambulance response time is 9 minutes!
- An AED will not shock the victim if the shock is not needed!



More reminders...

- AED pads should be replaced every 2 years, according to most AED manufacturers.
- AED battery should be replaced every 4-5 years, according to most AED manufacturers.
- AED cabinet alarm battery should be replaced every 12-24 months (typically a 9 volt battery).
- Locking an AED in an office provides NO benefit for public access.



October is now “National Sudden Cardiac Arrest Awareness Month”

What is sudden cardiac arrest (SCA)?

Your heart has the very important job of pumping blood to your lungs, to pick up oxygen, and then to deliver oxygen throughout your body.

Sudden cardiac arrest occurs when the heart begins to quiver and can't pump effectively. A heart in arrest (stoppage of normal rhythm) won't deliver enough blood to sustain life. Sudden cardiac death will occur within five to 10 minutes of arrest.

What causes SCA in children and teenagers?

- a defect in the structure or the electrical system of the heart
- an enlarged or weakened heart muscle
- a blow to the chest, such as from a baseball or lacrosse ball, that interrupts the electrical signal of the heart (commotio cordis)
- use of cocaine or other drugs

How do I know if my child is at risk for SCA?

Many heart conditions are genetic (passed down through families).

Your child is at increased risk if either parent has a family history of:

- known heart abnormalities, including a defect that was repaired
- unexplained death before 50
- sudden infant death syndrome (SIDS)
- unexplained fainting and seizures

Are there warning signs?

Sometimes sudden cardiac arrest strikes with no warning. However, children might have symptoms that they don't recognize as dangerous, including:

- feeling dizzy or lightheaded
- feeling that the heartbeat is abnormal (racing or skipping beats)
- fainting, especially during or immediately after exercise
- feeling very tired (fatigued) or out of breath
- chest pain or discomfort, especially during exercise

Often these symptoms occur during or after exercise or play. They can also occur when a child is not active.

What should I do if my child has these symptoms or my family has risk factors?

If your child faints or has other symptoms, or your family has risk factors, you must visit your pediatrician as soon as possible. Explain your concerns. Ask for a referral to a pediatric cardiologist, who will assess your child's heart using tests such as an electrocardiogram, and possibly an echocardiogram or continuous 24-hour ECG (or Holter) monitor.



Information provided by “Protecting Young Hearts” by Victoria L. Vetter, M.D. “Children's View” Summer 2008, a publication of The Children's Hospital Foundation, The Children's Hospital of Philadelphia.

“He who saves one life, it is as if he had saved the world.” ~ Talmud



Since the sudden death of 15 year old soccer player Louis Savino who collapsed 10/12/00 of an undetected heart disorder, Toni Pellegrini (Louis' Mother - on left) and Lorraine Sikora (Louis' Aunt - on right) have been advocating education and awareness of sudden death in student athletes. The Savino Foundation provides funding for automated external defibrillators (AEDs), life-saving training and cardiac screenings. The Foundation also maintains an ever-growing registry of sudden cardiac death news stories among youth across the United States.

The Savino Foundation Provided Funding for the Following AEDS...

- ♥ Friends School of Atlanta, Decatur, GA
- ♥ Villa Joseph Marie High School, Holland, PA
- ♥ Elk Hill School, Goochland, VA
- ♥ St. Francis of Assisi School, Springfield, PA

The Louis T. Savino, III Foundation

"Louis Savino Day of Service"



Philadelphia. More than 450 William Penn Charter High School Students participated in the Louis Savino Day of Service on October 10th. From raking up debris on the historic Walnut Lane Bridge to working with handicapped children at the Widener School, these students and teachers honored Louis Savino with their community service. Louis Savino was a Penn Charter student who died in 2000.

Louis' mother, Toni Pellegrini, and his aunt, Lorraine Sikora, began the day with a remembrance of Louis and a presentation about the Louis T. Savino III Foundation.

Louis collapsed on a Bucks County soccer field of an undetected heart condition the night before the Day of Service in October 2000.

Louis' enthusiasm for community service prompted this day in his honor. In her comments, Louis' Mom encouraged students to embrace service.

*"Do it from your heart - it will show.
Give it your best and you will find enjoyment and peace."*

*~ Toni Pellegrini,
Louis' mom*

The students accomplished a great deal on October 10th and they are to be commended for their time and service.



St. Thomas Aquinas School
CPR Training Donation



Thanks to Cardiac Science for their donation of an AED to the Savino Foundation. The unit was re-donated to the Philadelphia Police Athletic League and it now resides in their Lenfest Athletic Center.



Villa Joseph Marie High
School AED Donation

The Savino Foundation Provided Funding for CPR & AED Training to...

- ♥ Police Athletic League, Philadelphia, PA
- ♥ St. Thomas Aquinas, Croydon, PA

"We make a living by what we get. We make a life by what we give." ~ Winston Churchill



Simon's Fund & Youth Heart Watch



Screening Young Hearts

500 Children Screened

Simon's Fund hosted two (2) heart screenings for all youth, grades K-12, in the school district in which the screening was held. Five hundred (500) children were screened in all.

The first screening, Sept. 20th, was held at Exeter High School in Exeter, a suburb of Reading. The second screening, Oct. 18th, was held at Abington High School in

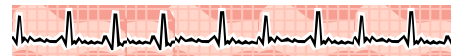
Abington, a suburb of Philadelphia.

All children received an electrocardiogram (ECG); those youth that showed an irregularity were followed up with an echocardiogram (ECHO). All of the tests were performed by Dr. Victoria Vetter and the staff from Children's Hospital of Philadelphia.



Simon's Fund Pledges \$250,000

Simon's Fund has pledged \$250,000 to support research performed by Dr. Victoria Vetter on the information derived from these ECG screenings to determine the feasibility of universal ECG screening and potentially mandating ECG screenings for children.



Saving Young Lives at School

Training School Staff in CPR & AED Use

Youth Heart Watch in partnership with Joseph Russell, AED Program Coord. & Exec. Dir. of the C-P-A-T Network (CPR & AED Public Awareness Training) provided CPR & AED Certification Training to:

♥ 250 School Staff members at 23 schools



Funding CPR & AED Education

Youth Heart Watch funded grants to 36 schools for:

- ♥ Training for 12 School Staff members to become Certified CPR & AED Instructors
- ♥ 464 School Staff members and students to receive CPR & AED Certification Training

Central PA American Heart Association 2008 Heart Walk

"Walking for Kyle" team raised \$6,200 for the 2008 Central PA AHA Heart Walk in memory of Kyle Derek Edmunds 🐾

"Walking in Memory of Nick" team raised \$1,611 for the 2008 Central PA AHA Heart Walk in memory of Nicholas Ryan Over 🐾

"Jesse Yeakle's Family & Friends" team raised \$6,531 for the 2008 Central PA AHA Heart Walk in memory of Jesse David Yeakle 🐾



2008 AHA "Walking for Kyle" Team



2008 AHA "Jesse Yeakle's Family & Friends" Team

"Jesse Yeakle Memorial Award"

The "Jesse Yeakle Memorial Award" for \$500 was awarded to a senior at Mechanicsburg Area Senior High. This scholarship is in memory of Jesse David Yeakle who was a member of chorus throughout high school and performed in four spring musicals. His involvement in the choral program was a positive factor in many ways in his life.

"Kyle D. Edmunds Memorial Scholarship"

Harrisburg. The "Kyle D. Edmunds Memorial Scholarship" for \$500 was awarded to Brian Bucks, father of two children and 2nd year Electronic Engineering Technology student at Harrisburg Area Community College (HACC), in memory of Kyle who also attended HACC, enjoyed repairing electrical equipment and majored in that field.



Teaching CPR

Tim Yeakle, Take It To Heart member, became certified as an American Red Cross Instructor this year for Lay Person CPR/AED/First Aid.

Carlisle. June 7th Tim Yeakle, Certified CPR Instructor, helped to certify 12 people in CPR & AED use for the American Red Cross on Free Community Day.



AED Donated to

St. Thomas United Church of Christ

Linglestown. Irene and Tom Edmunds, Take It To Heart members, donated a Cardiac Science AED and cabinet to St. Thomas United Church of Christ in memory of their son Kyle.

To address an article in this newsletter, please email Rhonda@TakeItToHeart.org

5 Very Important Questions to Ask Your Coach & School...

1. Do you have an AED available in all school buildings?
2. Where is the AED during athletic practices, games, and competitions?
3. Is the AED always visible and publicly accessible?
4. How many people are trained to use the AED?
5. Do you have an emergency plan for when a child collapses?

***It should take no longer than 90 seconds to reach an AED...
To get the AED and return with it will take 3 minutes!**

A circular graphic featuring a green and blue globe. The text "Screen a Heart! ❤️ Save a Heart!" is written in a white, curved font along the top edge of the globe. The text "If you will be making a year-end charitable donation, please consider one of the organizations listed on the cover of this newsletter; each one is passionately dedicated to saving young lives from Sudden Cardiac Arrest." is written in white text across the center of the globe. Below this, the text "Thank you for your support! We wish you a Happy & Healthy New Year!" is written in white. At the bottom of the globe, the text "One mission... Thousands of reasons." is written in white. Along the bottom edge of the globe, the text "Heart Screenings & AEDs Save Young Lives!" is written in a white, curved font. The background of the graphic is a dark blue gradient with small white stars and red heart icons on the right side.

Screen a Heart! ❤️ Save a Heart!

If you will be making a year-end charitable donation, please consider one of the organizations listed on the cover of this newsletter; each one is passionately dedicated to saving young lives from Sudden Cardiac Arrest.

Thank you for your support!
We wish you a Happy & Healthy New Year!

**One mission...
Thousands of reasons.**

Heart Screenings & AEDs Save Young Lives!