

# heart happenings

Heart of Iowa Chapter - National Marfan Foundation

## Heart of Iowa Chapter-NMF Co-Hosts 25th NMF Conference

*Help Us Welcome Marfan Community to the Midwest*

The Heart of Iowa Chapter-NMF is excited to co-host the 25<sup>th</sup> Annual Conference on Marfan Syndrome and Related Disorders with the Twin Cities NMF Chapter and Mayo Clinic in Rochester, Minnesota, August 6-9, 2009.

The four day conference will offer participants the opportunity to take advantage of a free Marfan clinic at Mayo and to attend more than 70 workshops, educational sessions and support groups designed to help them become educated consumers and advocates of their own health care. Members of the NMF professional advisory board, physicians from Mayo Clinic, and invited guest specialists will staff the clinic and lead educational sessions. The conference will also offer special programming for affected children, teens, and their siblings. For additional information and to register for the 2009 NMF Conference, visit [www.marfan.org](http://www.marfan.org).

### Conference Scholarships

In need of financial assistance to attend the conference? The Heart of Iowa Chapter-NMF has limited funds available for conference scholarships. A scholarship application can be found at [www.heartofiowa.org](http://www.heartofiowa.org). Send the completed form to: Heart of Iowa Chapter-NMF; 435 Schaffer Boulevard; Pleasant Hill, Iowa 50327 or fax to 515-254-1125. **Applications are due by July 15, 2009.** Recipients will be notified by July 20, 2009. ♥

### Help Support the NMF Conference!

- **Participate** in one of these upcoming events to help raise funds for the NMF Conference...
  - Moonlight Stroll for Marfan (July 17)
  - Have Heart for Marfan Walk/Fun Run (July 18)
- **Volunteer** at the conference. Several volunteer opportunities are still available. Contact Teri Dean at [tkdean11@mchsi.com](mailto:tkdean11@mchsi.com) for further information.
- **Donate** items for Heart Mart
- **Purchase** a *Recipes from the Heart Cookbook*



June 2009



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### Dates to Remember

- July 17 - Moonlight Stroll for Marfan
- July 18 - Have Heart for Marfan Walk/Fun Run
- Aug. 6-9 - NMF Conference, Rochester, MN



## Stroll and Walk/Fun Run Move to July

*Join us at this Annual Family-Friendly Event*



The Moonlight Stroll for Marfan and Have Heart for Marfan Walk/Fun Run are moving from Labor Day weekend to the heart of summer - July 17-18 - this year.

### Fun Run Improvements

In addition to the date change, the Have Heart for Marfan Fun Run will also feature several improvements this year, including: chip timing, an updated, more difficult route, and more age divisions. "We felt it was time to bring this event to the next level," explained Teri Dean, Heart of Iowa chapter presi-

dent. "These additions were made based on feedback from race participants. We are hopeful that these improvements will draw more people to the event."

### Summerfest

The Moonlight Stroll for Marfan and Have Heart for Marfan Walk/Fun Run will be held in conjunction with the Pleasant Hill community festival - this year called Summerfest. "The community is hopeful that moving the event away from a holiday weekend will help boost attendance," said Dean. This year's

festival will feature a parade, inflatable activities, a car show, water ski show, BBQ cook-off and Bill Riley talent show.

### Registration

To register for the stroll or walk/fun run, visit [www.heartofiowa.org](http://www.heartofiowa.org) or [www.active.com](http://www.active.com). Participants are also encouraged to create a fundraising page asking friends and family members to support their efforts by making a donation through their page. Information on how to set up a page can be found at [www.firstgiving.com/marfan](http://www.firstgiving.com/marfan).♥

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## Inaugural Drink for a Cure a Hit

*Fun, New Event Raises Funds for NMF Conference*

The Heart of Iowa Chapter-NMF branched out its fundraising efforts in May with a fun, new event designed to broaden the group's target audience. Drink for a Cure, modeled after the successful Drink for a Cure event held in Illinois, took place Saturday, May 16, at the Rock Bottom Restaurant & Brewery, in West Des Moines.

"This event had been a successful fundraiser for other chapters, so we thought we'd give it a try," explained Teri Dean, chapter president. "Everyone who attended (our event) seemed to have a great time. Several participants have encouraged us to make this an annual event."

The event featured an appetizer buffet, wine and beer samples, a tour of the brewery, a silent auction, door prizes and 50/50 raffle. In addition, participants competed in games such as The Price is

Right, Let's Make a Deal and Jeopardy for great prizes.

The Brewmaster also created a special beer just for the event called "Skinny Finger." The wheat lager featured a hint of cherry and was enjoyed by all, including non-beer drinkers.

### Thank You

A special thanks to the following businesses and individuals for their generous contributions to Drink for a Cure...

Paula Barbour, Laura Biggart, Carrier Access, Teri Dean, Kari & Marty Dostalick, Kathy Grove, Stephanie Hanson, Ken & Jodi Henke, Iowa Corn Grower's Association, Stella Lane, DeAnne Lusk, Rock Bottom Restaurant & Brewery, Victor's Sports Club, Vintage Wine & Spirits Co., Wine Spirits Gallery, and WineStyles.



### T-Shirts for Sale

Couldn't attend the event? Purchase a Drink for a Cure T-shirt for just \$20 at [www.heartoiowa.org](http://www.heartoiowa.org). The royal blue heavyweight shirt features a small Heart of Iowa Chapter logo on the front left-hand chest, and a large Drink for a Cure logo on the back of the shirt. ♥

# Help Support Heart Mart

## *Raffle Supports NMF Conference Scholarship Fund*

**H**earth Mart, a raffle featuring heart-themed items, is an annual conference tradition that allows members and friends to express their creativity while raising funds to support the NMF conference Scholarship Program.

### ***What is Heart Mart?***

Heart Mart is a "Chinese Auction." Throughout the conference, attendees have the opportunity to view the donated items and purchase raffle tickets. They "bid" by placing a ticket in the container that is numbered the same as the item(s) they wish to win.

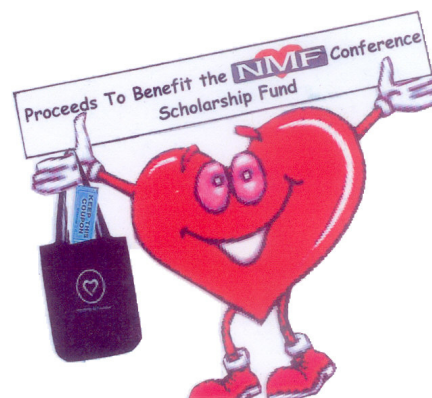
This year, our goal is to raise \$12,000. With the support of the Iowa and Minnesota Marfan communities, we remain hopeful that this goal can be reached.

### ***How to Help***

In order to reach our goal, we are asking you to consider donating items to be included in the Heart Mart. Donated items should be new, and possibly have a heart theme or be red in color. Creativity is always welcome!

Consider asking someone creative you know to make jewelry, cards, quilts, etc. for Heart Mart. Gift cards to national chains are also great.

In addition, we are looking for several "larger" prizes for the raffle. Ideas include: IPODs, digital cameras, GPS navigation systems, video game systems, and computers. Autographed sports memorabilia and tickets to sporting events also remain popular. Iowa-themed items would also be fun to include at Heart Mart. Use your imagination!



### ***Where to Send Items***

Send Heart Mart items to Kari Dostalík by July 25, 2009.

Kari Dostalík  
8211 Goodman Drive  
Urbandale, IA 50322  
[kdostalík@msn.com](mailto:kdostalík@msn.com)

Donations will also be accepted on-site during the NMF conference August 6-7. ♥

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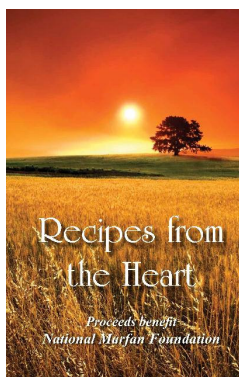
## Recipes from the Heart

### ***Member Creates Recipe Book to Raise Funds for NMF Conference***

**M**arsha Jones spent several months feverishly working on a large project to support a cause close to her heart - Marfan syndrome. Jones, leader of the Eastern Iowa NMF Network and a Heart of Iowa Chapter board member, came up with the idea to create a personalized cookbook last fall. Since that time, she single-handedly coordinated the project from inception to completion. The recipe book has received rave reviews.

The recipe book features nearly 700

mouth-watering recipes from around the world. Most came from



Jones' family, friends, and people she's met in the Marfan community.

The book also includes valuable information about Marfan syndrome.

All proceeds will go toward the 2009 NMF Conference or Iowa Conference Scholarship Fund. "I hope this book will be enjoyed by many and will be passed along for generations to come," said Jones.

To order your copy of *Recipes from the Heart* (\$20, plus \$2.50 s & h.), complete the order form to the right or visit [www.heartofiowa.org](http://www.heartofiowa.org). ♥



435 Schaffer Boulevard  
Pleasant Hill, Iowa 50327  
Phone: 515-263-1948  
Fax: 515-254-1125



**We're on the Web!**  
[www.heartofiowa.org](http://www.heartofiowa.org)

If you would like to be removed from our mailing list or change your address e-mail [tkdean11@mchsi.com](mailto:tkdean11@mchsi.com).

## Heart of Iowa Chapter-NMF Membership Form

Annual membership dues help cover printing and mailing costs associated with the *heart happenings* newsletter, published quarterly. Dues are just \$10 for a single and \$15 for a family membership. Thank you for your support!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

### Mail Form & Payment to:

Heart of Iowa Chapter - NMF  
c/o Teri Dean  
435 Schaffer Boulevard  
Pleasant Hill, Iowa 50327

### BOARD of DIRECTORS

Our board members represent central, eastern and western Iowa. Feel free to contact us with any questions, suggestions, or to volunteer for any of our activities. We'd love to hear from you!

**Teri Dean, President**  
515-263-1948  
[tkdean11@mchsi.com](mailto:tkdean11@mchsi.com)

**Stella Lane, Treasurer**  
515-371-0082  
[stella44446@yahoo.com](mailto:stella44446@yahoo.com)

**Kari Dostalick, Secretary**  
515-252-1892  
[kdostalick@msn.com](mailto:kdostalick@msn.com)

**Sherry Heldt, Member at Large**  
402-932-4504  
[roshawco@hotmail.com](mailto:roshawco@hotmail.com)

**Marsha Jones, Member at Large**  
319-461-4228  
[iowamarf@hotmail.com](mailto:iowamarf@hotmail.com)

**Stephanie DeJong, Member at Large**  
641-628-8438  
[dejongSK@Pella.com](mailto:dejongSK@Pella.com)