

### A NOTE FROM THE BABBITT FAMILY



Time does march on ...and as we mark the fourth anniversary of John's sudden and untimely passing, his memory does sustain us and fuels our desire to make a difference in this world by helping to eliminate preventable deaths due to sudden cardiac arrest.

Over the years, many people have asked me to explain what John died from (Hypertrophic Cardiomyopathy or HCM) and what is being done

for our young athletes to prevent sudden cardiac death from this often fatal disease. HCM is the leading cause of sudden cardiac death in young athletes, accounting for nearly 40% of such deaths. Given the unfortunate and untimely deaths earlier this year of Chicago Bears player, Gaines Adams, and Southern Indiana basketball player, Jeron Lewis, both from SCA (Sudden Cardiac Arrest), this topic is very much in the news. Not a day goes by that someone does not ask us our views on more comprehensive cardiovascular screening in children, especially among young athletes. This is an area of intense public debate and one that we are proud to highlight in this addition of our newsletter.

Another area gaining much attention is the need for more comprehensive AED placement and training legislation and a careful review of the current Good Samaritan laws in New Jersey and nationwide. Thanks to the efforts of many families personally touched by sudden cardiac death, our elected officials are starting to listen ...and making some progress in looking at laws requiring AEDs in public gathering places as well as requiring CPR/AED training in high schools. We still have a LONG way to go and this is further complicated by the lack of funding at the local, state and federal levels. As you will read in our AED update, we believe there are alternative ways to finance these programs and are actively working with various organizations to implement comprehensive AED placement and training programs.

As an organization, we have continued to follow recent developments in the area of scientific research. Thanks to your support, we feel we are now in a position to look at providing funding towards programs that focus on areas improving the accuracy and cost effectiveness of screening initiatives and genetic testing aimed at identifying genetic cardiac disorders. ... therefore reducing the probability of sudden cardiac death.

All this would not be possible without the continued love, support and guidance of our many friends and family...as well as the many organizations, such as the Hypertrophic Cardiomyopathy Association and Atlantic Health...that so graciously share their knowledge and expertise in this area. A very special thanks to the community of Chatham, St Patrick Parish, and The Pingry School for their continued love and support of the Foundation and our family. Last but not least, to our Board of Directors...your time, dedication and advice are truly appreciated and very much a gift we value and thank God for everyday!

With much love and appreciation,

Dave, JoAnne and Andrew

### VILLANOVA STUDENTS START JTB HEART CLUB!



In November 2009, John Taylor Babbitt Foundation Board members JoAnne Babbitt and LeeAnne Lan drove to Villanova University in Philadelphia to work with Villanova students Colleen Caufield, Joe McLaughlin and Natalie Schifano to establish the Villanova JTB Heart Club. The students organized a meeting of fellow students to introduce the concept of beginning a Heart Club at Villanova. Over 50 students attended the meeting, many of whom had known John as young people in Chatham, New Jersey and are committed to supporting the club. The

continued on page 3

## John Taylor Babbitt Foundation

### GOALS AND OBJECTIVES

*The John Taylor Babbitt Foundation is a nonprofit 501©-3 organization founded in John's memory and dedicated to preventing sudden cardiac death. The specific goals of the foundation are to:*

- Install **defibrillators** in schools, athletic venues, and public gathering places.
- Establish **JTB Heart Clubs** in high schools and universities to raise awareness and save lives.
- Support **research** on genetic cardiac disorders that increase risk of sudden cardiac death.

#### **Defibrillators:**

- Proposing legislation and lobbying for state-level laws on defibrillators
- Working on municipal policies and procedures to support the purchase and maintenance of defibrillators
- Sponsoring local training programs in CPR/AED

#### **JTB Heart Clubs:**

- Establishing campus JTB Clubs at high schools and universities
- Club activities are focused on: Advocacy, Education, Defibrillators and Fund Raising

#### **Research:**

- Supporting research on genetic cardiac disorders, including Hypertrophic Cardiomyopathy and other diseases, that increase the risk of sudden cardiac death
- Research focus areas include improving the accuracy and cost effectiveness of screening programs and investigating promising treatments.

## YOUNG ATHLETES, SCD, AND WHETHER TO SCREEN WITH EKGs

*Cardiac screening for student athletes is an active topic of current research and debate worldwide.*

The American Heart Association proposed a 12-point screening program for young athletes almost 15 years ago. This screening program includes 5 questions on personal health history and 3 questions on family health history followed by a 4 point physical exam. Only athletes whose screening results indicate higher risk are referred for follow up tests such as an EKG (electrocardiogram) or cardiac sonogram. [Details can be found at <http://americanheart.mediaroom.com/index.php?s=43&item=297>.]

Thirty years ago the Italian Ministry of Health began mandating EKG screening for all competitive athletes. This has resulted in an 89% reduction in instances of cardiac death in Italian athletes aged 14 to 35. The success of the Italian program has led both the International Olympic Committee and the European Society of Cardiology to recommend the inclusion of EKGs in screenings for all competitive athletes.

Should EKGs be required screening for athletes in the U.S.? This is a complex question that is impacted by the prevalence of SCD in the athlete population, the ability of EKGs

### NEW INITIATIVES FOR PINGRY'S JTB HEART CLUB



The Pingry School JTB Heart Club, headed by senior, Kelly Kurylak, and junior, Eric Schoenback, has been hard at work this year. The club, begun at Pingry in the fall of 2006, has for the past four years been instrumental in raising funds to contribute to the annual JTB Walk With Heart. Each year the club members run numerous bake and "clothing" sales at the school which they in turn donate to the Walk With Heart committee to be used as seed money for the event. This year they reached out to the entire school body in an effort to promote the goals and

to detect conditions that can cause SCD, the cost of administering EKGs to large numbers of athletes, and the estimated number of lives that could be saved by wider screening. Two studies have been recently released which deal in part with these issues.

Dr. Barry Maron, of the Minneapolis Heart Institute Foundation, and his colleagues have compiled a National Registry of Sudden Death in Athletes over the past 27 years. A report was published in *Circulation* on March 3, 2009 which showed that there are defined risks of SCD associated with athletic training and competition. The authors conclude that these absolute risks suggest the need for mandatory and more systematic reporting of SCD in athletes on a nation-wide basis. The risks are also relevant for the ongoing discussion on whether to include EKGs in screening programs.

On March 1, 2010, the New York Times Health Report discussed a study from *Annals of Internal Medicine* which estimated the lives that could be saved in the U.S. if EKGs were required in athletic screening. [Details can be found at <http://www.nytimes.com/2010/03/02/health/02heart.html>.] Based on a detailed computer simulation of American athletes from 14 to 22 years of age, the study estimates that adding EKGs would save 2.06 additional life-years per 1,000 student athletes at a cost of \$89 per athlete.

These two studies raise critical questions, including whether an adequate number of trained medical personnel is available for more widespread EKG screening in the U.S., how to identify subpopulations of athletes at greater risk, and a variety of legal issues. We will monitor this important topic as it continues to be discussed by experts in the cardiac and sports medicine communities.

### ACTS OF KINDNESS... WITH MUCH APPRECIATION.

Life is so busy...for all of us...filled with shuffling kids back and forth to events, visiting grandchildren, taking care of pets...and the list goes on. But every once in a while, someone or something touches you in a way that leaves a lasting impression on you for the rest of your life. This is how I feel about my Aunt Dot.

Dorothy DiLuigi was my Godmother...a kind and gentle soul who never had a bad word to say about anyone. We lost a wonderful woman when she passed away in September...but I also know that God gained an angel that day.

Although our discussions were far too few, Aunt Dot always made me feel special. She remembered every birthday, anniversary, and special occasion...marking it with a card that religiously arrived in the mail. She was also one of the few people I spoke to after John so suddenly and tragically passed away. Always inspirational, she knew exactly what to say and when to say it. Aunt Dot knew

when her days on this earth were coming to an end. I am so grateful and appreciative she thought of John...and asked that donations be sent to the foundation set up in his memory. Although I was surprised, honored and humbled by her generosity, in a way it does not really surprise me...after all, she was a class act!

I would like to thank the DiLuigi family and their friends for all their support. So far, we have received over \$1800.00 in Dot's memory, which is being used to help us in our journey to prevent sudden cardiac death by placing defibrillators on playing fields and underwriting CPR/AED training programs for recreation programs.

For more information about how you can donate funds in memory of a loved one, like my Aunt Dot, please contact us.

With much love,  
JoAnne Babbitt

objectives of the club and the JTB Foundation as a whole. JoAnne Babbitt worked with Kelly and Eric to develop a presentation to be given to the student body at the school's "Morning Assembly." Upon the request of the Upper School Director, Dr. Denise Brown-Allen, the students discussed why students should become involved in school clubs, how they can help to make a difference, and the tangible work that they can do to meet the objectives of their clubs. Eric spoke specifically on the prevalence of sudden cardiac arrest among young people, es-

pecially young athletes, and the importance of being CPR/AED trained.



## VILLANOVA STUDENTS START JTB HEART CLUB! continued from page 1

Heart Club coordinators opened the meeting and introduced Mrs. Babbitt. Mrs. Babbitt discussed John's history, the background and current goals of the Foundation, the issue of sudden cardiac arrest and how the Villanova Heart Club can contribute to the goals of the Foundation. Mrs. Babbitt and the Board feel that a campus Heart Club should identify

needs on its own campus that fall within the scope of the Foundation's goals and focus fundraising, education, and training on meeting those needs. The students were excited about the opportunities to support the Foundation and kicked off their fundraising with a bake sale.



## THE JOHN TAYLOR BABBITT FOUNDATION HOLIDAY LUNCHEON

On Wednesday, December 12 over 300 women joined Dave and JoAnne Babbitt at Fairmount Country Club for The John Taylor Babbitt Foundation Holiday Luncheon. Chatham resident Donna Campbell chaired the Luncheon committee which included over 20 dedicated volunteers from the community. The support of the committee and the community at large made the holiday event an overwhelming success. The sold out event included beautiful piano and harp music, over 30 fun and exciting raffle baskets, fabulous silent auction items, and shopping at a variety of charming boutiques. It was a day filled with fundraising and fellowship.

A special thank you to Alan Jacobs and Paul Wawrynek of Fairmount Country Club for helping us to make the event such an overwhelming success.

A heartfelt thank you to our wonderful committee co-chairs: JoAnne Babbitt, Sue Beattie, Candy Booker, Frances Chester, Jennifer Cosgrove, Toni DeMaria, Diane Duffy, Grace Foca, Stephanie Hosbein, Donna Kreisbuch, LeeAnne Lan, Mary MacIntyre, Jane Maltby, Clare MacAloon, Debbie McCahill, Jean



McFadden, Brigit Mitsch, Barbara Murphy, Julie Holland Murphy, Gina Nilson, Lucille Plantemoli, Lisa Tenic, and Mary Vohden.

Thanks to the many individuals who donated gifts that helped to fill the great chance baskets. Thank you also to all of the businesses that supported the event, the chance baskets, and silent auction with their generous donations: Arbonne International-Gay Doherty, Barth's Market, Beauty Lounge, Cambridge Street Papers, Charlie's Aunt, Chatham Sports Shop, Cove Carpet One, Coviello's,

Collegewise-Rick Michalak, Communal Brands-Melissa Saunders, Creative Memories-Debbie McCahill, D.J. Crater, Dreyer's Lumber and Hardware, F. Gerald New, Fairmount Country Club Pro Shop, Frames on Main, Henry's Painting, The Short Hills Hilton, John Hyatt, Kicks and Sticks, La Pasteria, Madison Area YMCA, Madison Pet Shop, Madison PhotoPlus, Marco Polo Restaurant, Morris Animal Inn, Nanina's in the Park, OME Caterers, Ott's Okinawan Karate, Pete Wallburg Studios, Peter Duffy Furriers, Q-Tees-Tracy Porrino, Salvatore Minardi Salon, Sass Interiors-Kim Sass, Serenade, Spa Chakra at the Hilton Short Hills, Spring Street Designs-Dezi Folenta, Stirling Bike Shop, Suburban Chiropractic Center-Dr. Joseph Murphy, Summit Sampler, The Annex, The Chatham Club, The Mendham Spa, The Sanctuary Salon, TM Ward Coffee, Tory Jane's, and Willow Street.

Maryann Villone and Donna Callaghan from Atlantic Healthsmart attended the event with a display of Phillips AED's. The display provided valuable information regarding AED's and their use.

Also, a special thank you to our young musicians, Kathleen McAuliffe, Harp; Ben Morris, Piano; Patrick Sullivan, Piano, who took time out from their school days to provide an elegant musical program.

## UPDATE....AUTOMATED EXTERNAL DEFIBRILLATOR (AED) AND TRAINING PROGRAM

In our previous newsletter, we shared with you our success in donating funds towards the purchase and installation of 12 defibrillators for use on the playing fields in Chatham NJ. The Foundation also provided funding for CPR/AED training classes, as it is our firm belief that the combination of available AEDs and trained individuals will have the biggest impact in saving lives.

Soon after our successful implementation in the Chathams, the Foundation developed a comprehensive guide for other communities and organizations to use should they choose to implement a similar program. "It was so important for us to share the knowledge we acquired in implementing our program in the Chathams with others" said Foundation Vice President JoAnne Babbitt. The guide addresses tasks such as how to conduct a needs

assessment, what devices to select, device placement, roles and responsibilities and training requirements. Since publishing the guide, numerous contacts from community recreation programs, club sports organizations, and towns have been received requesting our assistance in helping them to implement their own programs. The foundation is currently working with several groups...with three organizations scheduled to activate the program in the very near future.

We would like to thank Atlantic Heartsmart, a division of Atlantic Health System, for partnering with the Foundation by providing medical oversight, conducting site assessments and providing CPR/AED training. Funding for the programs has been a collaborative effort, shared by the JTB Foundation, the organizations themselves, and donation

of time by the trainers. Our goals with this program are to provide advice, assist with initial funding if required, and develop a process for these organizations to financially maintain their own programs going forward.

It is our belief that NOW is the time for us to all work together to eliminate preventable deaths from sudden cardiac arrest. Deployment of AEDs, emergency action response plans, and CPR/AED training should be a requirement of all schools, athletic programs, public facilities, and corporations.

For more information about implementing an AED placement and training program, please view the guide on the Foundation web site at [www.jtbfoundation.org](http://www.jtbfoundation.org).

## LEGISLATIVE CONCERNS ON JTB FOUNDATION AGENDA

*"AEDs themselves do not save lives. Rather, people quickly retrieving and using AEDs save lives."*

Richard A. Lazar, Esq. stated this important distinction in 2006 in a paper titled "Legislative Strategies for Modernizing U.S. AED Laws." Dr. Lazar's call for updated Automatic External Defibrillator (AED) legislation remains as critical today as it was when first published. For victims of Sudden Cardiac Arrest (SCA), every minute counts and defibrillation is key to saving lives. The current legislative framework is not only complex and confusing, but also outdated given ongoing advances in AED technology. According to the American Heart Association (AHA), "The variations in state and federal legislation have complicated efforts to promote lay rescuer AED programs and in some cases have created impediments to such programs."

Good Samaritan laws serve to provide some immunity from liability to bystanders who, in good faith and without compensation, attempt to provide emergency assistance. The reasoning behind such statutes is obvious – they are intended to encourage people to assist victims in an emergency situation.

Persons who step up and attempt to render aid should not have to fear that they will be sued if their attempts are not successful (or are deemed to be negligent). When the assistance involves use of an AED, there is a reasonably broad federal Good Samaritan law, but it only applies in the absence of a state law. Almost all states have their own laws and these vary widely resulting in a hodge-podge of different requirements and obligations. Many state laws were enacted a decade or more ago when AEDs were much more difficult to use and require that the bystander have current certification in CPR/AED. Some state laws require a call to 911 and leave it unclear whether this call is to be made before helping the victim.

Laurie Heavener, a Randolph NJ resident, whose life was saved by a teenager who provided CPR until EMS personnel arrived with an AED says that, "Doing something is better than doing nothing." Heavener, an AHA Survivor Ambassador, is one of many voices calling for New Jersey to pass legislation that will provide broad immunity to Good Samaritans who use an AED in an emergency situation.

The JTB Foundation strongly supports this much needed legislative reform. Stay tuned for more about our future efforts and how you can help us to remove legal hurdles to broader installation and use of AEDs.

### SELECT A MEANINGFUL GIFT TO HONOR A LOVED ONE...



**\$250.00** – buys an external defibrillator cabinet (share \$50.00)

**\$500.00** – buys CPR/AED training class for 10 people (share \$100.00)

**\$1500.00** – buys an AED (share \$500.00)

...all designated gift donations will receive special mention in our newsletter. The donation of an AED will include a plaque dedicating the device donation in honor and memory of your loved one.



### JTB Foundation Board of Directors

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**To learn more about the JTB Foundation and our efforts to prevent sudden cardiac death contact:**

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