



JOHN TAYLOR BABBITT FOUNDATION

NEWSLETTER 2021

Dedicated to preventing sudden cardiac death

Going virtual opens Foundation to worldwide participation

Although its roots are in New Jersey, the JTB Foundation has gone global because it has embraced the concept of virtual reach.

Virtuality has introduced the organization's mission to so many more people, bringing the organization worldwide attention and with it increased donations. More than \$63,000 was raised through the May 14-16 virtual Walk With Heart, nearly 40 percent more than in previous years.

Dave Babbitt, president of the JTB Foundation, said it is clear the new interest and renewed interest from supporters who have relocated geographically are a direct result of the move to virtual. He and other Foundation officials are so excited by the spark that they are adding other virtual events to the JTB's roster of fundraising activities.



ON THE MOORS in St. Andrews, Scotland for JTB's virtual Walk With Heart this past May are Londoners Robin Moore Wolfe (right) and Hal Lee.

"Our virtual activities help create awareness in more and more people that as bystanders they can assist in the event of a sudden cardiac arrest event," said Babbitt. "That's what we are about - education."

Educating not only the public but health professionals as well was the goal of a virtual webinar held in August on the return of school sports after COVID. Co-sponsored by the JTB Foundation and Morristown Medical Center, it attracted hundreds from around the tri-state area. The number was many more than if the Foundation had held the course in person.

Additionally, the auction at the Babbitt Ball Feb. 5, 2022 is going virtual for the first time, along with the traditional in-person chance auction. JoAnne Babbitt, vice president of the Foundation, said it is in *Continued on page 3.*

AED goes to policewoman . . . and her K-9 Unit partner

West Windsor Police Officer Alison Pollini was on duty monitoring the annual New Jersey State Triathlon July 17 when a participant on the 11-mile cycling leg collapsed in the 100-degree heat. She ran to her patrol car to get her AED to resuscitate him, but the car she was in that day lacked an AED.

"I didn't want to be in that situation ever again," said Pollini, an eight-year veteran of the force, who reported an ambulance thankfully arrived quickly, and the triathlete fully recovered.

When the JTB Foundation heard about Pollini's and the West Windsor Police Department's critical need for another AED, it stepped in to provide one. Only now Pollini has a K-9 partner, Phoenix, a bright and lively female Belgian Malinois who will be along when emergency situations arise where Pollini can use the portable device to save lives.

It was a sharp-looking Phoenix who accompanied Pollini the day in August she received the AED donation from JoAnne Babbitt, vice president of the JTB Foundation. Pollini was proud to announce she and Phoenix had just graduated from the New Jersey State Police Canine Training Academy in Wrightstown.

The patrolwoman had been waiting about two years for just the right dog to come along when the department got a call from the SAVE animal shelter in Skillman, New Jersey. A stray had been picked up on the streets of South Brunswick, and shelter officials recognized the Malinois breed as one frequently used for K-9 duty. Their first call was to West Windsor.

Pollini and Phoenix, now 1 and ½ years old, are the second partners to join the West Windsor

K-9 unit. But Phoenix had yet to be called to duty the day her handler was managing the roadways near Mercer County Park for the triathlon. Suddenly Pollini saw a cyclist make an unusual U-turn and fall to the ground in front of traffic.

"Naturally I knew something was wrong, and then I heard the screams for help," she recalled. When she reached the cyclist he was unresponsive, and his lips were blue. She joined bystanders in doing chest compressions and then ran for her medical bag.

When she got there she realized that although all other department patrol cars have AEDs, hers was the only one that did not have a device assigned to it. "It was a terrible feeling to run for my medical bag and realize I don't have a portable AED," she recalled.

A friend who is a firefighter with West Windsor Fire & Emergency Services, Joshua Jamison, wrote to the JTB Foundation about Pollini's need for a portable device. "The story likely would have not ended well for the athlete had personnel not been so close with an AED," he noted. "Alison and Phoenix are essential personnel that need the essential pieces of equipment," noted Jamison. "Please consider them, the residents they serve, and fellow police officers on your decision to award an AED."

Pollini recognizes the importance of making every second count in an emergency and said the portable AED she now carries in her patrol car will go a long way toward saving lives. In addition, the device she just received will add reassurance to her and Phoenix's work on the comprehensive explosive detection mitigation unit known as the New Jersey Detect and Render Safe Task Force.

This task force operates around the clock and

supports NJ Transit and other infrastructure during times of increased threat levels.

"I am eternally grateful for the kindness of the JTB Foundation in recognizing my particular situation," noted Pollini. "The gift of the AED will enable me to continue serving my community to the best of my ability." 



PORTABLE AED from the JTB Foundation, represented by Vice President JoAnne Babbitt (left), went this summer to West Windsor, New Jersey Police Department Officer Alison Pollini and her K-9 Unit partner Phoenix, a female Belgian Malinois.

A LETTER FROM THE BABBITT FAMILY

Dear Friends and Supporters,

The John Taylor Babbitt Foundation continues to grow by collaborating with other organizations and institutions that share our mission and goals. Working with similarly minded people to build on our successes and share our strengths enables us to make a bigger impact in our communities.

This has been an amazing year, and we have planted many seeds for 2022 and beyond. In this newsletter you will read about many of these very important programs and initiatives and see how we are saving lives with your generous support.

Our focus of donating AEDs in our communities remains a priority, and if you are involved with an organization or live in an area requiring assistance, please let know. It is surprising how many places still don't have these life saving devices.

You are part of our team and can really help us make sure AEDs are strategically placed in our local communities and in all places of public assembly.

Thank you very much for your support and continued commitment to the John Taylor Babbitt Foundation.

With much gratitude,
Dave, JoAnne, Andrew and Colleen



BABBITT FAMILY: (from left) Colleen, her husband Andrew, and his parents, Dave and JoAnne, respectively president and vice-president of the Foundation.

John Taylor Babbitt Foundation goals and objectives

The John Taylor Babbitt Foundation is a not-for-profit 501(c)-3 organization founded in John's memory and dedicated to preventing sudden cardiac death.

Goals and Objectives:

- Install defibrillators (AEDs) in schools, athletic venues and public gathering places and facilitate training of individuals in the use of AEDs and CPR
- Propose and sponsor legislative efforts to encourage widespread placement of AEDs
- Raise awareness of sudden cardiac arrest and the key role of bystanders in saving lives
- Fund research on genetic cardiac disorders that increase risk of sudden cardiac death
- Promote and support screening for sudden cardiac arrest risk factors

Defibrillators and Training:

- Provide assistance for the planning, purchase and deployment of defibrillators
- Deliver and sponsor training programs in CPR/AED

Research:

- Support research on genetic cardiac disorders, including Hypertrophic Cardiomyopathy and other diseases that increase the risk of sudden cardiac death

Legislation:

- Propose legislation and advocate for state-level and federal laws on defibrillators
- Work on municipal policies and procedures to support the purchase and maintenance of defibrillators

Awareness and Education:

- Raise awareness of cardiac arrest and how to save lives at high schools, universities and among young adults
- Team on educational campaigns and outreach with the American Heart Association, Sudden Cardiac Arrest Foundation, Parent Heart Watch and other organizations

Screening:

- Promote screening programs to identify individuals at risk for sudden cardiac arrest and efforts aimed at improving the accuracy and cost effectiveness of screening programs

Contact info: For more information go to www.jtbfoundation.org. Also on Facebook "The John Taylor Babbitt Foundation," Instagram "John Taylor Babbitt Foundation," and Twitter @thejtbtweet.

Address: PO Box 698 Chatham, NJ 07928 973-722-1212

JOHN'S STORY:

John was 16 years old when he collapsed and died from an undetected heart condition while playing basketball with his friends. He was a 2003 graduate of St. Patrick's School in Chatham N.J. and a junior at The Pingry School in Basking Ridge. An avid sports fan, John played football, basketball, soccer and baseball. His knowledge of

sports was legendary, and he loved nothing more than sharing that knowledge with his friends and family.

Virtuous, decent, kind and caring, John was a great friend, brother, son and grandson. He always listened when people wanted to talk and had the ability to bring a smile to the faces of those he touched.

Project Heartbeat on the horizon

JTB Foundation will be looking ahead to a project in 2022 where it will survey Morristown local businesses and restaurants to determine whether they have AEDs on site.

Although details are not yet fully worked out, once the survey is completed the Foundation may end up donating an AED to those businesses that may have difficulty affording one or facilitating acquisition of AEDs at discount.

Early discussions for a partnership with Morristown Medical Center have taken place, said JoAnne Babbitt, vice president of the JTB Foundation.

JTB intends to ensure proper procedures are in place to maintain these life saving devices, including recommending where to place them, adding signage, and facilitating CPR and AED training for employees.

"This is an incredible opportunity for businesses that interact with the public," Babbitt said. "You never know when a patron will suffer from Sudden Cardiac Arrest (SCA), and employees can help save a life."

SCA is a leading cause of death in the United States, and Babbitt said each year emergency medical services treat about 356,000 victims of SCA before they reach the hospital. Less than 10 percent of those victims survive.

JTB Foundation looks for new research to fund

2021 saw the completion of the Foundation's research project with Stanford University as well as the launch of outreach for a new collaboration.

The JTB Foundation has stated its intention to support one new research study, which is slated to start in the fourth quarter of the year. Once the information is received from the sponsoring medical/academic institutions about the research studies, the Foundation will make its choice which to fund.

The research grant that just ended resulted in several articles published in 2021, including work that investigated the mechanisms and genetics and their clinical implications in cardiomyopathy. Led by Dr. Vicki Parikh, assistant professor of medicine (cardiovascular medicine) at Stanford University, this research was aimed not only at understanding how individuals develop hypertrophic cardiomyopathy and related genetic cardiac diseases but also at understanding specific genetic risks of disease and disease severity in patients and populations.

The Foundation is grateful for our donors' support, which has allowed us to sponsor research to advance the scientific foundation for saving lives and improving patient outcomes. We're looking forward to announcing the next research project later this year. Stay tuned.

Virtual JTB activities invite participation around globe

Continued from page 1. response to the dozens of supporters who cannot attend the ball but have asked repeatedly to be a part of the activities and cardiac awareness message. She reported that the Foundation plans to post videos of the speeches that always grip the ball attendees.

“We are gradually moving to more and more virtual events,” noted JoAnne Babbitt, “simply because they allow more people to participate with us and continue to support the foundation’s goal to raise awareness about the prevalence of sudden cardiac arrest.”

The young people who went to The Pingry School with her late son John are now in their early 30s, she explained, and even though they may have attended the Walk year after year, now they may not be geographically close or are busy with their families and building their careers.

“Virtuality allows them to experience events

that instead of being on a certain day are spread out over a longer period of time,” she stated.

In 2020, COVID forced the Foundation to pivot on a dime and hold the Walk virtually for the first time. “COVID unfortunately did not cooperate with us again this year,” said Babbitt, “but by winter we made the decision to go virtual again.” She said Foundation officials had gotten comfortable with disseminating information about the Walk over social media, registering walkers, collecting entry fees, and using Zoom to hold opening and closing sessions.

In May 2022, the Walk will be back in person, according to Babbitt, with the virtual component continuing.

Many attend virtual webinar

A webinar JTB co-sponsored in August with Morristown Medical Center about the return of school sports after COVID attracted 258 reg-

istrants, among them athletic coaches, sports trainers, high school and college administrators, cardiologists, pediatricians, and parents (see separate story on P. 6).

The course, which gave out education credits, focused on understanding the virus and the vaccine and whether there is risk for heart injury in young athletes who may get or had COVID.

Course director was Martin Martinez, MD, co-director of the Chanin T. Mast Center for Hypertrophic Cardiomyopathy at Morristown Medical Center. Speakers included Margot Pudukian, MD, chief medical officer for Major League Soccer, and Dean Padavan, MD, associate team internist for the New York Jets.

“We hope to partner with health professionals like these for other educational webinars and symposia in the future,” said Babbitt, “whether they are virtual or in-person.”

ONE WALKER’S STORY: UK’s Robin Moore Wolfe missed JTB events

Robin Moore Wolfe, marketing director at Amex living in London with her husband, always felt a little melancholy around the middle of May when the JTB Foundation held its annual Walk With Heart at The Pingry School, and Wolfe couldn’t be there.

After all, she was a close friend of the late John Babbitt at Pingry and was one of seven seniors who started the Walk 15 years ago as a way of honoring John’s memory.

Now, because the Walk has gone virtual and will continue to be virtual as well as in-person next year, Wolfe has become a walker for JTB once again. In fact, she and fellow Pingry alum Hal Lee, also a Londoner, joined the Red Hot Chili Steppers team and tramped the heathers of St. Andrews, Scotland earlier this year to support the Foundation. They walked the Fife coastal trail from St. Andrews to Kingsbarn and ended on the beautiful St. Andrews Beach.

Last year she and Lee, who was also a good friend of John Babbitt and played with him on Pingry’s baseball team, mapped out a 12-mile walk across London. They made sure to take a pit stop half way at a local pub and ended the walk at a pizzeria.

“During the first virtual Walk With Heart last year Hal was one of the first people I texted to get to walk with me,” Wolfe noted. “He was equally excited about being able to walk and support from a distance.”

That distance is an ocean and a formidable barrier to participation in JTB Foundation events, not only for people like Wolfe and Lee but for others

around the globe. That is, until the Foundation added the virtual component to the Walk.

“It has been hard to stay involved or aware of the latest Foundation happenings from afar when I am not able to attend some of the events,” said Wolfe. “Not only did the virtual Walk help enable me to get involved again, but I also thought all the surrounding communications -- the emails, Instagram posts, etc. -- did a great job leading up to the Walk to get people engaged or re-engaged.”

Wolfe feels that the Foundation’s push to go virtual, which started out of necessity in 2020 because of the pandemic, is an example of how the organization has “continued to evolve to keep and get more people involved and stay relevant.”

Wolfe grew up in Summit and started at Pingry in the eighth grade. After John Babbitt’s death, a group of friends felt they wanted to do something special to honor him and knew the Babbitt family was starting to build the Foundation. As the senior project, they came up with the idea of the Walk as a way to support the fledgling organization.

“It was definitely much more than a senior project to us all and an exciting and meaningful way to show our support to the Babbitt family and help get the Foundation off the ground,” recalled Wolfe. “We had so much fun planning and putting it together. As 18-year-olds who had never really thrown a large event before, there was lots to do and learn -- from reaching out to local sponsors to ordering a balloon arch and designing the T-shirt.”

During her years at Wake Forest University and while she was working in Manhattan, Wolfe was able to join her Pingry friends in the Walk. “Once I moved to London, I was so sad not to be able to attend anymore,” she said.

However, she kept up with the news of the event over the years and felt “re-energized” when it went virtual last year. “When I saw that, I was so excited, not only to be able to participate but also to be able to connect with so many people and broaden the reach of the Walk, especially in the midst of a difficult year,” Wolfe said.

She reported that a few of the young women who planned the first Walk With Heart even chatted over Facetime while walking during last year’s event!



SEVEN PINGRY SCHOOL seniors got together in 2007 to start the Walk With Heart as a way to support the then new JTB Foundation. From left are: Sandra Hough Masselink, Anna Porges Sheridan, Robin Moore Wolfe, Elizabeth Gallo Pope, Dave Babbitt, JoAnne Babbitt, Michelle Auerton Jesse, Liz Lan Petrunik, and Natalie Schifano Bradley. Wolfe lives in London and Facetimed during the Walk with some of the originators.

15 years in, Walk With Heart is virtual

Over the course of 48 hours one weekend in May, 425 walkers from as far away as Dubai, Scotland, and France participated virtually in the 15th Walk With Heart to benefit the JTB Foundation.

The walkers racked up 1,894 miles and helped raise \$63,000 for the Foundation, a new record.

“Sudden Cardiac Arrest is the No. 1 cause of death in the United States,” JTB Foundation Vice President JoAnne Babbitt said in her Zoom remarks that officially opened the virtual event. “Only 10 percent of the people survive. However, lifesaving efforts may increase the survival from 10 percent to more than 50 percent.”

Her husband Dave, president of the JTB Foundation, reviewed the goals of the organization and highlighted some of the activities of the past year. “We wish we could be together in person,” he said, “but we can all celebrate the survival of thousands through CPR and AEDs.”

Both Babbitts were on Zoom over the weekend giving updates and encouraging



SEVERAL GENERATIONS walked together during the JTB's virtual Walk With Heart in May. Here are Mary Vohden, a longtime supporter of the Foundation, and her granddaughter Ruby. They participated as members of Team Walk Forrest Walk, which is a play on the film "Forrest Gump."

“I am proud to support such a wonderful organization. Thank you for making the world safer.”

— Lisa Benzaia

walkers. They increased the fun by giving out Amazon gift cards to random walkers and awarding Apple AirPods to raffle winners..

Walkers registered through Facebook and other social media, participating individually or in teams. The team known as the Red Hot Chili Steppers walked the most miles – 181. Team Walk Forrest Walk, named for a scene in the movie “Forrest Gump,” had almost as many miles.

Teams fielded members from all over the globe. But local supporters of the Foundation were out in force, too. Chatham High School's freshman girls' lacrosse players fielded a team. Seniors at The Pingry School fielded a team.

Participant Caitlin Wyatt came from farthest away – the country of Dubai in the Middle East. Florent Tixier walked in Paris.

Leigh Wolf of Chatham walked the highest number of miles – 35. Tim Brix was close at 31 miles. He walked over the Gov. Mario M. Cuomo Bridge!

Registrants could elect to walk, amble, run, sprint, or race. Even walking on the treadmill counted! Throughout the weekend, emails and

text messages of encouragement poured in for walkers, and photographs enlivened the Internet.

Ray and Mary Peloquin wrote in that they were proud to walk, this year from their home in Florida.

Kathy and Greg Barone said they were “keeping John in our hearts while walking.”

Mike and Mandy Webster texted: ““We love supporting the JTB Foundation's good works caring for and making an impactful difference in our community.”

And Janet Cibik sent this in: “We are so impressed with all the accomplishments of the JTB Foundation. Keep saving lives!!”

JoAnne Babbitt said the event would not have been the success it was without the efforts of Walker Johnson, the Pingry senior who organized the Walk this year for his independent senior project.

Babbitt also saluted event corporate or premier sponsors Delta Financial Group and the Donovan family, The Able Baker in Maplewood, New Jersey, and First Republic Bank.

“We were so humbled by the response, so appreciative, and so amazed by the love and support for this event,” stated Babbitt. “It is probably one of most memorable events the JTB Foundation has ever hosted.”

JTB Heart Clubs News

Sudden Cardiac Arrest has touched the lives of many high school and college students in the Northeast, and some of them have flocked to the JTB Heart Clubs on their campuses to create awareness.

The high schools and college clubs are founded, organized and run by students. They contribute to the Foundation mission by focusing on three goals: *Advocacy, Education and Defibrillators (AED)*.

Advocacy is the promotion of laws, regulations and policies designed to prevent Sudden Cardiac Death. *Education* involves raising public awareness regarding Sudden

Cardiac Death. *Defibrillators* are essential to decrease the risk of death due to sudden cardiac arrest, and clubs work to ensure their campuses have defibrillators and emergency response plans.

Chatham High School

The JTB Heart Club was very active in the Virtual Walk With Heart and formed teams, including the Chatham High freshman girls' lacrosse team, the Pingry School seniors, and others. Freshman Oliver Neumann-Loreck did a lot of the organizing and appeared on behalf of the Foundation in the Opening Zoom session for the Walk With Heart.



JOHN TAYLOR BABBITT FOUNDATION



VIRTUAL WALK WITH HEART

FINAL LEADERBOARD

TEAM LEADERS		INDIVIDUAL LEADERS	
1. Red Hot Chili Steppers	181.1 Miles	1. Leigh Wolf	35 Miles
2. Team Beans	160.69 Miles	2. Tim Brix	31.53 Miles
3. Bridgewalkers	146.47 Miles	3. Hal Lee	27.7 Miles
4. Walk Forest Walk	138.31 Miles	4. Robin Moore	26.7 Miles
5. Chatham Emergency Squad	114.71 Miles	5. Peter Fagan	25.66 Miles

FARTHEST PARTICIPANT		RAFFLE WINNERS	
Caitlin Wyatt	Dubai, United Arab Emirates	Amazon Gift Cards	
		Quinn Portfolio	Friday
		John Papale	Saturday
		Lily Keane	Sunday
BEST EVENT PHOTO		Apple Air Pod Pro	
Three Winner!		Patricia O'Rourke	

1,894 MILES
Total Walk With Heart 2021 Miles

LEADERBOARD SHOWS category winners for the Walk With Heart in May. Participants walked 1,894 miles. That's the distance from New Orleans, Louisiana to Los Angeles, California!

, earns fundraising record



TEAM BRIDGEWALKERS conquered the Hudson River during the Walk With Heart as they made it over the Mario Cuomo Bridge. Rear row (from left) are: Tim Brix, Christine Brix, Dave Russin, Pat Schaubeck, and Gerry Scales. Front row (from left) are: John Fallon, Kathy Fallon, Megan Russin, Liz Keogh, and Audrey Leona.



WITH PALM TREES in distance, Kathy and Greg Barone did their walking in Punta Gorda, Florida.

“So happy to be participating this year.”

— Abigail Maddi,
Chatham Emergency Squad



STICKS AND ALL, members of the girls' freshman lacrosse team at Chatham High School participated virtually in the 2021 Walk With Heart.

Dave Babbitt wins honors for JTB stewardship

It is said part of life is not controlling what happens to us but using what happens to us.

That's what Dave Babbitt did 14 years ago following the death of his 16-year-old son John from sudden cardiac arrest due to a genetic disorder. He and his wife JoAnne established the JTB Foundation in 2007 to champion greater access to automated external defibrillators (AEDs).

Because of this powerful commitment to health and community through his Foundation work, President Dave Babbitt has now become a member of the Hall of Fame of his alma mater, Union Catholic Regional High School in Scotch Plains.

Induction ceremonies were held Sept. 17 first at the school library and then at a dinner at Shackamaxon Country Club. Babbitt, who graduated from the school in 1975, was one of 16 inductees. He was honored as a “hero” inductee, only the third to earn that designation in the school's history.

The hero designation, said ceremony emcee Dave Thornton, exemplifies what people are capable of doing, or better yet, choosing to do when faced with challenging or difficult times.”

Dave Babbitt, he said, “is an “uplifting example

of that resiliency and spirit.”

The honoree said he was humbled to be on the list of this year's Hall of Fame honorees, and he paid tribute to Union Catholic High School for his education and ability to persevere. “I know the



CEREMONIES HONORING JTB Foundation President Dave Babbitt (left) and welcoming him into the Union Catholic High School Hall of Fame were held Sept. 17. Presenting Babbitt with his “Hero” award is principal of Union Catholic High School, Sister Percylee Hart, RSM.

seeds that I gained at Union Catholic were the things that made a difference and really helped me through this journey,” Babbitt said in his acceptance speech. “In that I will ever feel so blessed.”

Babbitt took the audience back to 2006 after John died, when he and his wife JoAnne were locked in grief. But when they heard about four other school-aged athletes who experienced sudden cardiac arrest and died around the same time, they decided to become pro-active. “I told JoAnne we can't live our lives like that.” Babbitt recalled.

The couple started to train people to use defibrillators, and the Foundation's work grew from there. Not only has the Foundation sponsored AED training and granted funds nationally to public and private entities to purchase AEDs, but it has been instrumental in getting legislation passed, such as New Jersey's Good Samaritan Law that protects from liability those who try to save a life using CPR and AEDs.

Babbitt finished by urging the audience to always “be aware of their surroundings, know where the AEDs are, and get trained on lifesaving devices.”

Babbitt Ball is back; Save the date Feb. 5

The sellout Babbitt Ball, paused last year because of COVID, is back. It will be held Saturday, Feb. 5 at the New York Athletic Club and will feature an evening of dining, dancing, chance and silent auctions, and above all, heart health awareness.

This is the sixth Babbitt Ball, and excitement is already building.

According to JoAnne Babbitt, vice president of the JTB Foundation, the event attracts primarily young people ages 21 to 30 but brings in Foundation supporters of all ages, both old and new. She said the ball has come to be the social event of the winter, among young professionals, and she is expecting a crowd of 500. In 2020 the event raised \$40,000.

A committee of young people is working with the JTB Board to plan the event. Band will be The Eleven's New Authors.

One new event in 2022 will be a virtual Silent Auction, open to all remotely, which will include luxury items, hotel stays, tickets to sports and culture events, and services. This will supplement the chance auction, which has always been a staple of the Babbitt Ball.

Babbitt said the Foundation made formal arrangements for a virtual auction after hearing from many supporters who indicated they wanted to participate but could not attend the ball in person.

More information on the auction and tickets to the ball is available on the Foundation's website, jtb-foundation.org.



A YOUNG CROWD has made the winter Babbitt Ball at the New York Athletic Club in New York its own.

JTB to enter team in Spring Lake Run

The JTB Foundation is looking for runners to mount a team in the Spring Lake 5-Mile Run for charity, which takes place from May 27-28, 2022.

This is the first time in two years that the charitable event is being held. The JTB Foundation is one of only 22 charities that will benefit from the Run. Since 2002, the race has raised over \$2.7 million for charitable organizations such as the JTB Foundation.

"The fact that we were chosen by the race committee to be a charity partner is quite an accomplishment," noted JoAnne Babbitt, vice president of the JTB Foundation.

As many as 12,000 runners from all over the country participate in the race. Anyone who wants to be part of the running team should contact info@jtbfoundation.org.

Foundation sponsors webinar on getting back to sports

Educators who work with young athletes, coaches, physicians, and parents around the tri-state area tuned in Aug. 16 when the JTB Foundation sponsored a stimulating webinar on the cardiac implications of returning youth to competitive sports as the pandemic enters its latest phases.

This was the second time the Foundation has sponsored a medical education event. A number of years ago the JTB Foundation held a seminar at The Pingry School in Basking Ridge, New Jersey, on mitigating sports risk.

For its second offering (and there will be more), the Foundation gathered some of the nation's top health professionals who advise amateur and professional athletics. Working alongside JTB to offer the

webinar were the Morristown Medical Center staff and Dr. Matthew Martinez, director of sports cardiology at the medical center.

"Our Board of Directors felt it was important to provide fact-based information about returning professional, amateur, and school sports post-pandemic, and we are thrilled with the 'A-List' team Morristown Medical Center and Dr. Martinez assembled for the event," stated JoAnne Babbitt, vice-president of the JTB Foundation.

Topics covered during the webinar ranged from understanding the importance of getting vaccinated to how getting COVID might affect a young athlete's heart and the COVID precautions necessary to keep high school and college athletes virus-free.

Speakers included Dr. Margot Putukian, chief medical officer for Major League Soccer, Dr. Dean Padavan from Morristown Medical Center, associate team internist for the New York Jets, Dr. Jason Kessler, section chief for infectious diseases at Morristown Medical Center, and Dr. Jonathan Kim, chief of sports cardiology at Emory University in Atlanta.

"We've come a long way understanding the risks of COVID-19 in our society," said Dr. Martinez, as he opened the webinar.

Dr. Kessler called COVID vaccines' effectiveness "remarkably robust" and stressed that vaccine hesitancy is the biggest problem that educators and youth sports sponsors face in returning athletes to active play. "Every 1 million adolescents fully vaccinated are estimated to prevent between 6,000 and 8,000

new infections, some 200 hospitalizations, and some deaths," noted Dr. Kessler.

Dr. Putukian said a responsible return to youth sports can improve conditioning, mental health, and academics for young people. "Sports are really important," she stated. "Exercise plays an important role in mental health."

Furthermore, Dr. Putukian said there is very little evidence that COVID transmission happens during sports play. What does promote transmission, she emphasized, are "high risk behaviors off the field." Among these, she said, are carpooling to events, eating too close to one another, and not wearing masks unless during play.

Coaches should also be wearing masks at all times, she advised.

If athletes get the virus, the general guidelines are not to exercise for 10 days, said Dr. Putukian.

Many have expressed cardiac concerns about young athletes who have contracted COVID, noted Dr. Kim, but they shouldn't be worried. "The prevalence of cardiac injuries and inflammation is low," he stated.

In fact, studies such as the recent one among hundreds of Big Ten athletes, have shown that very few contracted common heart ailments like myocarditis, which is inflammation around the heart.

Dr. Martinez closed the webinar by thanking the JTB Foundation for its sponsorship, calling the work of the Foundation "incredible in Morristown and the surrounding communities."

John Taylor Babbitt Foundation Trustees and Board of Directors

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JTB Foundation donates 47 AEDs this year

Along with the AED donated to the West Windsor, New Jersey Police Department and Officer Pollini (see story on P. 1), the JTB Foundation donated 47 AEDs to schools and community centers where athletes compete.

Among those institutions that received

AEDs were: Brooklyn Jesuit Prep, St. Francis Prep in Queens, Gateway Family YMCA in Elizabeth and Rahway, New Jersey, and Northwest Center for Youth and Families in Easthampton, MA for use in its three therapeutic day programs.

Also on the receiving end was Shepherd of the Valley Church in Alexandria Township, New Jersey outside Milford, the Hazlet United Soccer Association, and Our House in New Providence, New Jersey.



STAFF AT St. Francis Prep in Queens was thrilled to receive a donation of three AEDs.



GATEWAY FAMILY YMCA, with centers in Elizabeth and Rahway, received a donation of five AEDs for use in its transitional housing and athletic complexes.



AED DONATION was made to Brooklyn Jesuit Prep, just one of many institutions serving young people that the JTB Foundation made a gift to this year.

Major Donors' List 2021

We would like to thank all our donors for their generous support and recognize the following major contributors, all of whom gave the JTB Foundation \$1,000 or more.

Without generous donations from individuals, families, foundations, and corporations, our organization would not be able to continue making a difference in the health advocacy field.

Donors Over \$1,000

- Marianne Andreach
- Dave and JoAnne Babbitt
- William Babbitt
- Nicolaas and Rhonda Ballintyn
- i/m/o Joan Ballintyn
- Stephen and Rosalie Balog
- Alan and Penny Blake

- Nick and Fran Boccoello
- Bill and Candi Booker
- Delta Financial Group
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- Herman Goldman Foundation
- Jennifer Murray Johe and Meredith Johe - "The Shine on Steven Fund"
- Jeff and Doreen Johnson
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- Gerald Scales

- SDK Sports, LLC
- Jay and Ricki Terzis
- The Able Baker
- Robert Thornton
- Robert Wasky - Wasky Group
- i/h/o Sean Donovan and Delta Financial Group
- Scott West

Gifts through Charitable events

- The Bennett - Gray Families
- Facebook Birthday
- Fundraisers - Ken, Tanya and Katy
- Fairmount Country Club - Ladies Holiday Charity "Virtual" Event
- Eric Hynes - Facebook Fundraiser and "Spring Forward With Your Heart" Fundraiser



OUR HOUSE in New Providence, New Jersey received an AED donation this year from the JTB Foundation.



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Resuscitation of Danish soccer star, seen on air, highlights JTB Foundation's AED donations

The nationally known automated external defibrillator (AED) donation program run by the JTB Foundation received new attention in June after millions of soccer fans watching the Union of European Football Associations tournament on TV saw Danish soccer star Christian Eriksen, 29, suffer sudden cardiac arrest during one of the games and collapse on the pitch.

Fortunately, bystanders at the match against

Finland immediately provided CPR and defibrillation to restore Eriksen's heart to a normal rhythm. Medics transported him to a hospital, where he received an implantable cardioverter defibrillator.

"So many people contacted me after seeing how Christian Eriksen was revived on the field with an AED since giving out AEDs is what we do," said JoAnne Babbitt, vice president of the JTB Foundation.

"The immediate action of team members and bystanders saved his life," she noted. Eriksen was technically dead before resuscitation started.

According to Babbitt, only one-in-10 victims survive an out-of-hospital cardiac arrest, but survival odds increase to nearly five-in-10 victims when bystanders provide immediate CPR and treat victims with an AED.

What happened to soccer star Eriksen is not as unusual as one might think, reported Babbitt. Many athletes who experience sudden cardiac ar-

rest are seemingly healthy people with no known heart impairments. Babbitt's son John was 16 when he suffered sudden cardiac arrest during a basketball game and died.

The JTB Foundation has made its one of its purposes to make sure sports venues for kids and adults have AEDs accessible wherever possible and to educate bystanders about the power of knowing how to use them as well as to use CPR techniques. 📍



DANISH SOCCER STAR Christian Eriksen collapses on the pitch during the Euro 2021 tournament in June. He was revived through CPR and use of an AED.

Inventive ways to give

Corporate matching, pre-tax payroll deduction, or designating JTB for your United Way Donation are great ways to support the mission and activities of the JTB Foundation.

Most corporate programs allow you to direct your donation to any registered tax-exempt nonprofit organization in the U.S., including the JTB Foundation.

If your company has a United Way program, a corporate matching or pre-tax payroll deduction program, please consider leveraging them to help us save lives from sudden cardiac arrest. Contact the John Taylor Babbitt Foundation at 973 722-1212 or email info@jtbfoundation.org.