

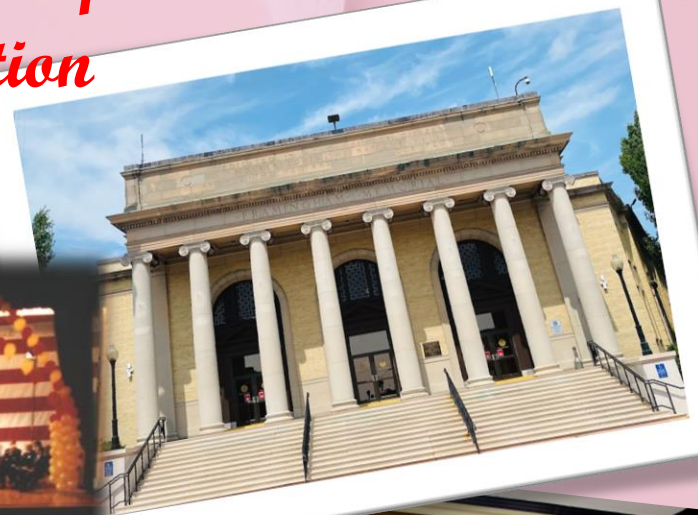
Save the Date



Invitations
Coming Soon!

Monday, April 8, 2024

*Join us at Nevins Hall
in the heart of Framingham for a
75th Anniversary Celebration*



From the FHS 50th Anniversary, Nevins Hall

An abbreviated version of this tribute appeared in USA Today on
October 22, 2023



Honoring their Legacy: The Framingham Heart Study's Original Cohort

It is with a grateful heart that the Framingham Heart Study (FHS) shares the passing of the last member of its original research cohort.

In 1948, in the then Town of Framingham Massachusetts, an awe-inspiring group of 5,209 Framingham citizens volunteered to address the cardiovascular disease epidemic. Seventy-five years later, their collective contribution to health research is without equal.

This remarkable group of individuals dedicated much of their lives to advancing the health of others. They propelled us forward in the battle against heart disease and contributed to a knowledge base that has led to life-saving treatments and preventive measures. They inspired future generations of researchers and study participants to continue to advance this one-of-a-kind endeavor. They set the groundwork for FHS to uncover insights for the treatment and prevention of cardiovascular disease, diabetes, dementia, lung diseases, and much more.

As we mark the passing of a generation, we celebrate their enduring legacy. It serves as an undying gift to humanity and an inspiration to us all. It lives through the countless lives they improved and hearts they touched. It lives in the inspiration they provided to future generations of their children and grandchildren, as well as participants in the FHS Omni cohorts, who now follow in their footsteps as FHS participants.

To our first-generation trailblazers we say farewell and thank you. Thank you for courageously participating in countless research exams, interviews, and tests, all in hope of creating a better world. Thank you for your charity, your kindness, and your dedication. Thank you for the gift of your life, so much of which was given without personal reward.

You have left an indelible mark and will forever be treasured
by the FHS community.

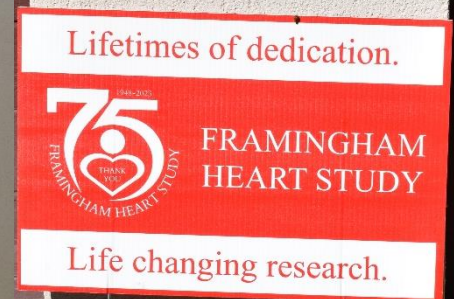
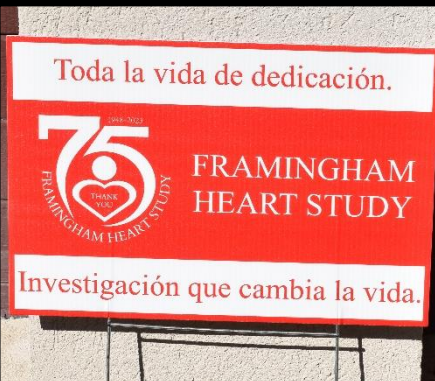
In Loving Memory.



FHS 75th Anniversary Open House

Held at the Framingham Heart Study Research Center

October 25, 2023



Friends of the Framingham Heart Study Scholarship

HIGH SCHOOL SENIORS

ENTER THE 2024 \$1,500 DAWBER ESSAY CONTEST!

John Galvani, President, and the Board Members of the Friends of FHS, announced two scholarships for 2024 based on an essay contest: First place \$1,500 and Second place \$750. All other submissions receive a \$50 gift card.

Eligibility: Open to children, stepchildren, and grandchildren of FHS participants. Applicants must be graduating from high school this year and planning to attend college in the fall 2024.

To apply, only two items are needed: an email with the applicant's name, address, telephone number, and college and career plans (roughly a two-sentence description), and a 1,000-word essay titled ***What it means to be a participant in medical research in the Framingham Heart Study***. Applicants tell a story, conduct an interview, or pursue any angle of interest. Please fact-check and proofread before submitting. Email the essay as an attachment to Rebecca Bennett (rlbennet@bu.edu) by Monday, May 6, 2024. We will confirm receipt of all essays within one business day. If you do not receive a confirmation, please call 508-935-3486. The Friends will review the essays and notify recipients by May 20, 2024. Recipients will be invited to accept their awards at the Framingham Heart Study.



A Message from the Friends of the Framingham Heart Study

Greetings, fellow participants. We are participant volunteers from the Offspring (Second Generation), Third Generation, and Omni cohorts who meet periodically throughout the year as members of the Board of Trustees for the Friends of the Framingham Heart Study. With funds donated to the Friends, we provide support for items and activities at FHS, such as occasional travel grants to FHS investigators attending scientific conferences, audio-visual equipment for long-distance conferencing with collaborators, annual scholarships to high-school graduates going to college and the ECG cards sent to participants after clinic visits. With your help, we will be able to do more to support FHS in its groundbreaking research for improving public health related to heart disease, diabetes, cancer, sleep disorders, aging and Alzheimer's disease.

The Friends of the FHS is a 501(c)(3) nonprofit organization supported solely by donations. We invite you to contribute a personal donation or one in the memory of, or in honor of, a family member or friend. No donation is too small or too large and all are tax deductible.



FHS Word Search



C	Y	A	R	X	Y	G	O	L	O	R	U	E	N
A	D	E	C	E	G	E	N	E	T	I	C	S	F
R	I	C	O	H	O	R	T	E	I	E	E	I	R
D	E	M	T	B	S	E	T	E	B	A	I	D	A
I	T	O	C	S	C	I	I	N	H	L	B	I	M
O	E	X	E	R	C	I	S	E	T	S	T	Y	I
V	S	T	U	D	Y	A	E	M	T	N	G	H	N
A	G	C	E	O	G	B	N	O	E	R	N	T	G
S	S	U	R	V	E	Y	O	M	R	E	I	L	H
C	T	S	D	P	D	I	E	N	S	H	G	A	A
U	R	L	N	A	R	D	E	I	E	E	A	E	M
L	A	E	A	M	U	U	G	E	N	S	E	H	P
A	E	E	S	Y	R	A	L	L	I	C	N	A	O
R	H	P	N	U	T	R	I	T	I	O	N	E	S

SURVEY
 CARDIOVASCULAR
 EXERCISE
 MRI
 NHLBI
 SLEEP
 ANCILLARY
 HEALTH
 NUTRITION
 NEUROLOGY
 DEMENTIA
 CTSCAN
 GENETICS
 BONES
 COHORT
 DIABETES
 DNA
 FRAMINGHAM
 HEART
 STUDY
 AGING
 DIET
 ECG
 XRAY

Sudoku

6			3	1	4
				5	
2	5				
4			2	3	
	4			2	



5			2	3	9	7		
7	1				6			
3		2	1		7		4	5
					4		3	6
	5	3		7		9		4
	2						8	
	3		5		8			1
		4		1	3			2
		5	6					9

Exam 4 is winding down



If you're traveling to
Massachusetts or New England
in the Summer
Let Us Book Your Exam Now!



If you can't make it to
Massachusetts
Please call FHS to learn
about other ways to
participate

Spanish Speaking Participants

Patricia Olea-Fichtel

Call or Text (508) 935-3485

Email polea@bu.edu

All Participants

Maureen Valentino

Call or Text (508) 935-3417

Call (800) 536-4143

Email maureenv@bu.edu

Generation 3 ❖ Omni 2 ❖ NOS

Don't miss an opportunity to participate!

How to Donate to FHS

Both of these accounts support the work of the Framingham Heart Study

Donate to Friends of FHS



To make a donation:

Please mail a check made out to:

"Friends of the FHS"

Address it to:

Rebecca Bennett
ATTN: Friends of the FHS
73 Mt. Wayte Ave., Suite 2
Framingham, MA 01702

Donate to the Framingham Heart Study



To make a donation:

Please mail a check made out to:

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Address it to:

Rebecca Bennett
Framingham Heart Study
73 Mt. Wayte Ave., Suite 2
Framingham, MA 01702

Sudoku Answers

6	2	5	3	1	4
3	1	4	6	5	2
2	5	3	4	6	1
4	6	1	2	3	5
5	3	2	1	4	6
1	4	6	5	2	3

5	4	6	2	3	9	7	1	8
7	1	8	4	5	6	2	9	3
3	9	2	1	8	7	6	4	5
8	7	1	9	2	4	5	3	6
6	5	3	8	7	1	9	2	4
4	2	9	3	6	5	1	8	7
2	3	7	5	9	8	4	6	1
9	6	4	7	1	3	8	5	2
1	8	5	6	4	2	3	7	9

What's Inside

- ♥ *75th Anniversary Save the Date*
- ♥ *Appreciation of Original cohort participants*
- ♥ *75th Open House pictures*
- ♥ *Friends of FHS Scholarship*
- ♥ *Brain games*
- ♥ *How to donate to FHS*
- ♥ *Exam 4 information*