

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

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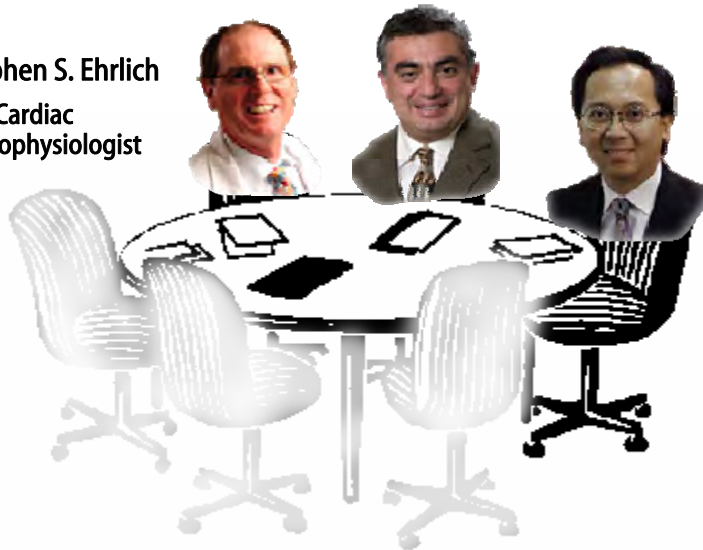
Doctor's Roundtable

February is "Heart Month" and we will have our annual "Doctor's Roundtable" on February 15th. As always we have a great line up of Doctors to answer your questions. Come prepared with your questions and one of the Doctors will give you an answer. Our panel this year consists of:

Dr. Sevak H. Darbinian
Cardiothoracic
Vascular Surgeon

Dr. Stephen S. Ehrlich
Cardiac
Electrophysiologist

Dr. Michael P. Truong
Endocrinologist



Don't forget the program starts at 7:00 pm, Wednesday February 15 at the Conference Center. Come early for a seat as the program is always very popular and the public is invited. Refreshments start at 6:30 pm.

Location:

*Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA*



“It's great to be alive - and to help others!”

FOR THE HEART PATIENT AND THEIR FAMILIES

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**Have you
hugged
a mended
heart
lately?**



**“It’s great to be alive -
And to help others!”**

Note to recent heart surgery patients and others considering membership:

We hope all of you who have undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.



President's Pulse

Fred is currently recovering from a detached retina. Fred, we all wish you a speedy and complete recovery!

We also have another change this month, after 17 years of producing this fabulous newsletter Lee Goode has decided to pass the reins, thank you Lee for a fantastic job!

This is where I segue in, I'm Dave Lindsay and I'll be your new editor trying to fill the big shoes Lee left.

I volunteered for this position after seeing a sign on the Rehab door pleading for a new editor to continue the newsletter. My wife was the patient and I was there to support her. I immediately felt I should do this, mostly else as a way to give back to the fine folks who have been so supportive throughout my wife's mending process.

I do have a little experience in the publishing field as I currently sit on another non-profit board and serve as webmaster and newsletter editor there also. I look forward to working with all the wonderful people I keep meeting. My first impression from all of them is that they realize they've been given a second chance and want to use it to their best advantage. The positive thinking and warm, open support I have encountered is obviously contagious, I hope I can at least partially fill those big shoes Lee left for me!

The first day I was here I said something about being a car guy and was suddenly overwhelmed with "you'll have to meet so and so". As it turns out I knew a few patients from my "car guy" connections. So, if you're a "car guy" I have a website that lists all the car events that go on in SoCal, www.SoCalCarCulture.com.

About this time we were also looking for someone who could handle the intricacies of the address lists, labels, etc. Voila, at the next rehab session Pat Kenefick, who is a caregiver for her mother, stepped-up and offered her time to do that. After a few conversations I have discovered that Pat has numerous computer skills as well so I'm sure she will contribute in many ways. The soup recipe in this issue is courtesy of Pat and I think she will continue to provide some healthy recipes on a regular basis.

Thanks everyone for this opportunity to serve you!

Dave

Don't forget, visit our Web Site: www.mendedhearts216.org

Members Page - Feb. 2012

Chapter 216 Membership - 280

Birthdays—February

Nancy Gromme.....2-15
David Nelson.....2-17
Peter Pukszta.....2-18
Val Flynn.....2-19
Nina Slayter.....2/22
Ben Buchanan.....2-26
Barbara Stewart.....2-28

New Members

Macy Lindsay
Marie D. Kenefick
Ken Kenworthy



Mendiversaries—February

Richard Beaubien 2/6/1996
Frank Bold 2/29/2008
Gale Brick 2/5/1988
Connie Brown 2/1/1993
Lonnie Camilleri 2/1/1999
Charles Chapman 2/16/1993
Allen Deyo 2/6/1991
Val Flynn 2/20/1997
Norman Foster 2/19/95
Dick Gottron 2/3/2001
J Michael Healion 2/21/1998
Ruth Housser 2/25/2000
William Jay 2/18/2000
Samuel Kirkland 2/5/2000
Stuart MacLaren 2/24/2009
Steven Mandala 2/8/2007
Jim McEwen 2/1/1998
Arthur Springer 2/22/2005

Chapter 216 Meetings 2012 Meeting Schedule

March 21 Medtronic Stents
April 18 LVADs - Heart Pump
May 16 Zoll Corporation
June 20 Identity Theft
July Dark
August Dark
September 19 Alzheimer's Disease
October 17 Precise Moves with Magnets
November 21 Patient's Roundtable
December Gala

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA

Meetings start at 7 PM

Happy Valentines Day



Carol's Corner



Dear Ones, Once again I want to wish you all a Happy Heart's Day!! Be sure to give a big Mended Hearts Hug to your Valentine. If you do not have one, I will be available at the meeting!!

I also want to take this opportunity to thank Lee Goode for all of his years of service and hard work as our Newsletter Editor. His efforts won the Chapter awards on both the state and national level more than once. He just got better and better at it and while I am sad to see him go, he deserves a rest. Job well done Lee!! I also want to thank Sue who kept track of Mended Hearts series and Birthdays and addresses for us, not to mention putting up with the editor when things were not going well! Bless you both and I hope we will still see you at the meetings and parties.

Welcome to Dave Lindsay our new Editor. Who I am sure is going to do a great job. He has a lot of computer knowledge and skills that will enhance the Ticker Talker even more. We were also fortunate to recruit Pat Kenefick to keep track of Mended Hearts series, Birthdays and addresses. Mind you, neither one of these wonderful people are patients, they are both care takers which makes them even more special. Thank you Pat and Dave for stepping up to the plate when we needed you the most.

Don't miss our annual Doctor's Round Table with Dr. Ehrlich, Dr. Darbinian and Dr Truong!!!

Take Care and God Bless,

Carol, SHMBO



Have You Hugged a Mended Heart Lately

Do you have anxiety, depression, or just want to talk to others with similar heart problems?

Every third Wednesday of the month, at 5:30 PM, the Cardiac Patient Discussion Group meets in the Conference Center with Carol and her staff prior to the regular Mended Hearts meeting. The group discussion is for all new patients and all others who are interested in finding out more about life with heart disease. Come and join the group, it's interesting and enjoyable.

There is no cost and no tests just good discussions.

Cardiac Rehab says.....

In a study of Medicare beneficiaries who attended cardiac rehabilitation sessions it was found that those who attended had fewer heart attacks and were less likely to die within four years than those who did not go to rehab or went less. The study included 30,000 patients age 65 or older who had gone to at least one cardiac rehabilitation session between 2000 and 2005. When examining those who went to cardiac rehab, investigators learned: The more sessions the better.

Medicare reimburses 36 sessions, yet about half of these Medicare-enrolled patients attended 24 or fewer, researchers found.

Patients who attended all 36 sessions lowered their risk of heart attack and death when compared to patients who went to fewer sessions.

Those who attended 36 sessions had a 47% lower risk of death and a 31% lower risk of heart attack than those who went to far fewer sessions.



Typically people may attend multiple sessions per week. The program at **RRMC** is designed to fit each patient's abilities and needs.

Unfortunately, use of cardiac rehab is very low, said the author of the study. Under 20% of those eligible ever go. This sizeable study so based on the metrics information gained shows how important it is to get involved in rehab if you are a candidate.

**Contact Carol Catalano or Elaine Gotro at
Mission Hospital's Cardiac Rehab Center
949-364-7755 for more information**

We are looking for a few inspirational stories for the Ticker Talker. If you have a story you would like to share, please submit it by email to: nurturelactation@cox.net.

Or mail it to :
Jeannine Leaper
P.O. Box 2117
Capistrano Beach, CA 92624



We have limited space, so please restrict your submission to 1/2 page. Those stories that meet our criteria will be edited and published in the Ticker Talker (print and online versions).



Heart Healthy soup recipe for Heart Month

Our newest Board Member Pat Kenefick shared this great vegetarian soup recipe with us for Heart Month. Try it and let us know how you liked it or if you were feeling creative what changes you made to it!

Red Lentil and Vegetable Soup

- 1 tablespoon olive oil**
- 4 medium carrots, chopped**
- 1 small onion, chopped**
- 2 to 3 cloves of garlic, minced**
- 1 teaspoon ground cumin**
- 1 can (14 1/2 ounces) diced tomatoes**
- 1 can (14 to 14 1/2 ounces) vegetable broth**
- 1 cup dried red lentils, cleaned and sorted**
- 1/4 teaspoon salt (optional)**
- 1/8 teaspoon ground black pepper**
- 1 bag (5 ounces) fresh spinach**



- 1) In 4 quart saucepan heat oil on medium until hot. Stir in carrots, onion, garlic and cook 6-8 minutes or until lightly browned and tender. Stir in cumin; cook 1 minute.
- 2) Add in tomatoes, broth, lentils, 2 cups of water, salt and pepper; cover and heat to a boil on high. Reduce heat to low and simmer, covered, 8 to 10 minutes or until lentils are tender. Stir in spinach.

Makes about 7 1/2 cups.

Variations: Add any vegetables you enjoy; increase broth, substitute vegetable broth for water; add 2 table-
spoons of tomato paste; add bay leaf.



Keep your heart healthy in February

Heat disease, a catchall term that refers to several specific kinds of heart conditions, is the overall leading cause of death in the U.S. It affects both men and women, and people of all ethnicities and age groups. It is costly to treat, but dangerous if ignored. However, heart disease can be prevented by adopting healthy habits. Meanwhile, research continues to find new, effective ways to prevent and treat the disease. To bring awareness of risks and rally support for new research, February is American Heart Month.

Since it was established by Congress in 1963, the President has issued a proclamation every year declaring **February as American Heart Month**. The event is used to raise awareness on heart disease prevention and to raise funds for treatment research, while health organizations champion the month each year to help their cause. Every February, the American Heart Association heads up major campaigns such as National Wear Red Day on Feb. 3, which aims to raise money to treat heart disease in women.



**eHEALTH
INITIATIVE**
Real Solutions. Better Health.

The Mended Hearts has joined forces with eHealth Initiative! eHealth Initiative (eHI) represents diverse stakeholders who are improving healthcare through the use of Health Information

Technology (HIT). eHealth Initiative's mission is to drive improvement in the quality, safety, and efficiency of healthcare through information and technology.

Mended Hearts is one of the few patient groups represented in the eHealth Initiative family so there will be many opportunities for MHI members to raise awareness about cardiovascular disease and share their stories from the patient perspective through health IT channels.

Check out their website at: www.ehealthinitiative.org/

“Have you hugged a Mended Heart lately!!”

Top 5 ways to stay calm and reduce stress

By: John Halderman



Are you looking for more calm satisfying experience with you daily life?

Do you get frustrated with yourself at the end of the day because you've gotten stressed, unfocused or agitated?

Are you tired of getting over emotional and worn out.

Whether you are experiencing one or all of these feelings here are my 5 best tips on reducing the unwanted feelings so that you will feel calm and satisfied with yourself each day.

1. Catch yourself when you exhibit a feeling of behavior that you don't like and change it.

At first you may not notice the feeling until after you have gone through it, that's fine.

Think about how you would rather have felt.

Think about how you would rather have handled yourself. Decide how you want to do it next time.

As you continue with this process each day you will find that you will notice more easily what you are doing throughout the day.

You will begin to catch yourself earlier and earlier as you do this.

Eventually, you will be seeing yourself while you are doing it, then stop yourself.

At some point you will be able to notice before you even begin to feel and react in the undesirable way.

Here is where you will actually begin to change the way you react to the situations in your life and change your behavior.

2. Stay centered all day by refocusing throughout the day.

Develop the habit of paying attention to your mindset as the day goes on.

Several times a day, step away from what you are doing to get re-centered.

Sit down close your eyes and take several long slow deep breaths while imagining the tension washing slowly out of your body.

Notice your breathing getting slower and calmer.

Just think about your breath.

Try to keep from thinking about anything in particular.

It's ok to not be actively thinking for a while!

3. Watch out for your expectations.

You are setting yourself up for failure, upset and frustration when you set too many standards as to how you think things should be.

Think about what leads you to getting upset?

Why does it upset you?

Notice that you decide how many things should be, based on your own outlook and desire.

The things others do that are not to your liking, even the things you do that don't match your expectations.

Ask yourself, really how important is it that they be exactly that way

Ask, who am I to insist that they are that way?

Does it matter that much?

Is it worth getting myself worked up about?

Choose which expectations are really important for you to hold on to and which ones are not.

Holding on to many expectations just complicates your life, with constant judgment.

Simplify your life and reduce the stress!

4. Delegate.

This applies to your personal life as well as at work.

Most of us think of delegating as a workplace skill, but it can apply personally as well.

We are all very busy these days with our activities and duties.

Trying to fit it all in and get it all accomplished can lead to tension.

For various reasons, many of us have developed the habit of thinking we must do it all ourselves.

Take a look at your situation.

Think about it, really, how important is it that everything must be done perfectly to your standards?

Are you sure there are not other people who can assist you. Are the other people in your life pulling their weight?

Many times we get into habitual ruts that don't need to be as they are.

Look at what has been, with the eye of reducing the pressure on yourself.

5. Accept other people as one.

As you think of yourself as different and separate from the rest of mankind, you unknowingly create thinking and behavior that separates you from others.

This kind of separate thinking leads us to think we are superior to others which leads to judgment then selfish thinking and behavior.

We are then having an internal battle with others, which brings on fear, competition and comparison, ending in frustration and anxiety.

Look to discovering how to see yourself as one with all of mankind, not as separate.

Focus on what we have in common rather than the relatively small uniqueness.

Author Bio

John Halderman is a writer, speaker and trainer, dedicated to helping people with getting real results with their personal development efforts. He supports strategies, methods, tools and information that actually bridge the gap between information and effective results. Go to www.activepersonaldevelopment.com for free information and newsletter.

Article Source: <http://www.ArticleGeek.com>



Riders & Drivers Needed



Mended Hearts is organizing a Ride-Share program for our members that are unable to drive to our meetings.

We would like to match those individuals with someone in their area that can provide a ride to the meeting and back.

Please let us know if you need a ride, or if you are able to provide a ride.

Call Jeannine at 949-240-0530 with questions, and to sign up for the program.

We will also have a sign-up sheet available at our next meeting.

The Mended Hearts, Inc. Chapter 216

Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums. Our mission is to “inspire hope in heart disease patients and their families.”

Please Print: _____ Date _____

Name _____ Spouse _____

Address: _____ City: _____ Zip: _____

Home phone _____ Cell phone _____ E-mail _____

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm) _____ Episode/Surgery date dd/mm/yy) _____

Physician/Surgeon _____

Type of procedure: STENT (PCI) _____ MI (Myocardial Infarction) _____ BYPASS _____
 HEART VALVE _____ TRANSPLANT _____ ANEURYSM _____
 ATRIAL SEPTICAL DEFECT _____ PACEMAKER/ICD _____

Hobbies & Interests: _____

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients _____ Telephoning _____ Other (describe) _____

	Individual	Family
Dues: Initial, Annual, National & Chapter Dues	\$25	\$32
Life membership, National & Chapter	\$225	\$335
<i>I wish to donate to defray Special Projects</i>		
<i>And Newsletter Expenses: \$ _____</i>		

Membership fees include both Chapter and National dues.

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691

Annual billings will be from the National Office located in Dallas, Texas.

Billings will be on the anniversary of joining.



Ticker Talker

Mission Hospital Cardiac Rehab Center
26732 Crown Valley Parkway, Suite 281
Mission Viejo, CA 92691

Return Service Requested
Dated Material

The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.

