

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 22, Number 7

www.mendedhearts216.org

July 2012

FOR THE HEART PATIENT AND THEIR FAMILIES

Everyday Heart Health Tips

If you're not convinced about the need to develop an exercise program for your life, you can at least try following some of these tips in your everyday routine. Take advantage of any opportunity for exercise. Try some today.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart.
- If you ride a bus or subway, get off a stop before your destination. Walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll around the campus grounds. It should help you stay awake after lunch.
- Think of housework as an extra chance to exercise. Vacuuming briskly can be a real workout.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.



The Mended Hearts, Inc.

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

Chapter 216 Board of Directors and Contacts

Officers

<i>President</i>	Fred Damiano	949-831-4181	fdamiano@mac.com
<i>Vice President</i>	Dennis Galloway	714-381-1906	
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<i>Treasurer</i>	Alex Neil	949-366-8477	ajneil@cox.net
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<i>Sunshine</i>	Joyce Gordon	949-768-3063	
<i>Telephone Chair</i>	Jeannine Leaper	949-240-0530	
<i>Visitors Chair</i>	Barbara Lane	949-859-3400	bandbofmv@cox.net
<i>Visitor Co-Chair</i>	Dee Nangle	949-582-2719	
<i>V.P. Circulation</i>	Bob Lane	949-859-3400	
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Mission Hospital

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<i>Regional Director</i>	Patrick Farrent		irishrjf@comcast.net
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National Headquarters

www.mendedhearts.org

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.

Visitors Report

May 2012

	<u>MO</u>	<u>YTD</u>
Hospital Visits	11	54
Phone Visits	4	18
Visitors	7	36
Visitors Trainees	0	0

Visitors: Jim Waples, Dennis Galloway, Chip DeSon, Rocco, Ben Buchanan Barb Lane, Louise Hornbeck.

Visitors Coordinator for months as follows:

Jul.	Susan Goldberg	949-768-0913
Aug.	Dee Nangle	949-582-2719
Sep.	Barbara Lane	949-859-3400

Have a great summer. See you in September.

Barb Lane & Dee Nangle

President's Pulse



Dear Friends:

This afternoon, June 18, **Mission Hospital** was designated a **Magnet hospital by the American Nurses Credentialing Center**. Magnet status is the epitome of nursing excellence.

The process took seven years from inception (nursing leadership aspiring to attain this prestigious recognition) to the official survey earlier this year.

The designation recognizes outstanding nursing service, by creating an environment that attracts, retains and rewards outstanding nurses. It is based on expert patient care, ongoing training and continuing education, teamwork, community involvement and utmost responsiveness to patient needs.

Magnet status signifies that Mission nurses are among the best to be found anywhere.

Fred

Our Mission " **Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.**"



SAVE THE DATE
SUNDAY DECEMBER 2, 2012
THE MENDED HEARTS CHAPTER 216
HOLIDAY GALA
ARROYO TRABUCO COUNTRY CLUB
MISSION VIEJO, CALIFORNIA
FULL DETAILS TO FOLLOW

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

Members Page - July 2012

Chapter 216 Membership - 276

Birthdays—July

Stuart MacLaren	7-3
Robert Creighton	7-4
Dr. Frank Lieberman	7-4
Marie Kenefick	7-10
Joyce May	7-17
James Widner	7-19
Joyce Gordon	7-21
Kathleen Fallon	7-23
Lisa Curtis	7-25
Edward C. Kurt	7-28
Dick Gottron	7-29

New Members

Always looking to grow our family, Mended Hearts welcomes you to join our cause.

You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

Your application is on page 11 of this newsletter, fill it out and join today!



Mendiversaries—July

Dee Nangle	7/06/1990
Arnold Koci	7/09/1990
Dr. Michael Onorato	7/30/1991
Bob Kensler	7/01/1994
Harry Yamauchi	7/18/1995
Larry Ryan	7/26/2000
Chuck Seward	7/11/2005
Nick Williams	7/13/2005
Dennis Galloway	7/09/2008
Alan Kiehn	7/13/2009
Steve Gourley	7/14/2009
Nadine Cardello	7/15/2009
Conrad Bullard	7/03/2010
Shirley A. Neal	7/12/2010
Phyllis Lueck	7/30/2010
James G. Prasad	7/11/2011

Chapter 216 Meetings 2012 Meeting Schedule

July	Dark
August	Dark
September 19	Alzheimer's Disease
October 17	Precise Moves with Magnets
November 21	Patient's Roundtable
December 2	Gala

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

If we missed your mendiversary or birthday and you would like it included in the Ticker Talker please email it to: pk2003@sbcglobal.net



Carol's Corner

Carol is still recuperating, we look forward to having her back soon!

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.

Have an inspirational story to share?

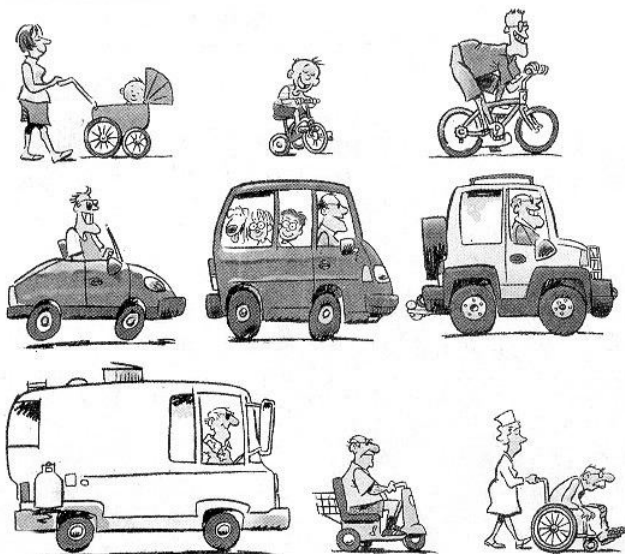
We are looking for a few inspirational stories for the Ticker Talker. If you have a story you would like to share, please submit it by email to: nurturelactation@cox.net

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).

The Wheels of Life



**Every day, thousands of
people suffer sudden
cardiac arrest.**

Would you know how to help?

www.heartrescuenow.com

The HeartRescue Project, funded by the Medtronic Foundation, is dedicated to improving how sudden cardiac arrest (SCA) is recognized, treated and measured in the United States. Community response education is an important component of the program's mission. Go to the [HeartRescue Project resource page](#) for more information about SCA, including education videos, training programs, and information about our partners.



Stress Management Essential: Creative Problem Solving

Problem solving is a deceptively simple process that enables you to come up with creative solutions for managing your stress.

By Mayo Clinic staff

Feeling stressed? You're not alone. Our lives are complicated. We're faced every day with uncertainty, complicated relationships, unthinkable choices and urgent deadlines. Developing your problem-solving skills can help make life more manageable.

Problem solving is the process of identifying stressors and creating strategies to manage them. It's a powerful tool to add to your stress management toolbox. You can brush up on your problem-solving skills with these simple steps. Like any skill, the more you practice the more effective you'll be.

Identify the problem

What do you see that tells you there's a problem? Ask yourself these questions:



- What is happening?
- Where is it happening?
- Is it happening around certain people?
- When is it happening?
- Why might this be happening?

Be specific and focus on issues. Try to avoid assigning blame. It may help to describe your problem in writing. Now take a step back. Consider these questions to determine if the problem deserves the time you'll spend resolving it:

- Is the problem really that big? Would others think so?
- If you could solve this problem, would your life improve?
- Is there any part of the problem over which you have

control?

You can't change everything, so it's best to focus on issues you can realistically change and that will make a real difference in your level of stress. In other words: Choose your battles.

Brainstorm ideas



Now that you have a well-defined problem, it's time to think about solutions. Think of all the ways in which you might solve your problem. The sky's the limit. Now isn't the time to judge whether one solution is better than another.

Not sure where to begin? Try these tips:

- Recall past problems that you were able to solve. Could a similar solution work for this problem, too?
- Ask friends, family and people you trust for advice.

If you're still having trouble, perhaps your problem is too complicated. In that case, try to divide and conquer. Break the problem into smaller parts you can more easily tackle.

Remember, consider everything that pops into your head — even ideas that initially seem silly. Your stress-reduction plan may include a little silliness. Maybe taking a salsa dancing class after work a few days a week will help you to unwind better than would quiet meditation.

Select a solution



Of all your creative ideas — silly or serious — which has the most potential? You might want to consider:

- Do you realistically think it will solve the problem?

(Continued on page 7)

Stress Management Essential: Creative Problem Solving

(Continued from page 6)

- How will using this solution make you feel in the end? How will it make others feel?
- What are the possible positive and negative consequences?

When you've chosen what looks like the best solution, take another couple of minutes to think it through. Even the best solution may require fine-tuning. You might ponder:

- Do you have the resources and, more important, the will to carry out your plan?
- What new problems, if any, might the solution create?
- What might go wrong? Can you correct this part of the plan?

Don't be discouraged if your plan isn't perfect. A good long-term solution may temporarily generate new problems. That doesn't mean you should give up the plan, just that you need to be prepared for the new problems with a new set of solutions.

Put your plan into action



It may help to write down the details of your plan. Be sure to really commit to it before giving up or trying something else. Believe in yourself and go for it.

Reflect on your experience



You're not done problem solving quite yet. Experience is a great teacher, if you're willing to take a little time for reflection.

- Did your solution solve the problem?
- If not, what issues remain unresolved?
- Do you need a new plan?

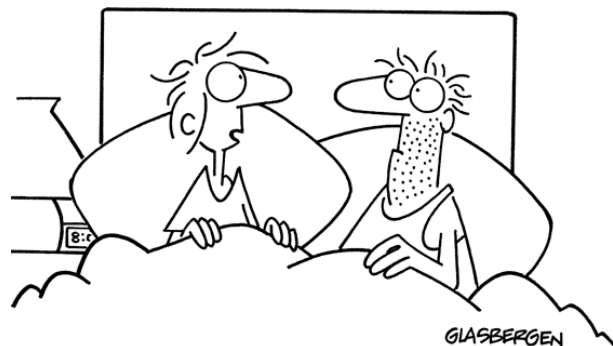
What would you do differently the next time?

Mission accomplished?

Problem solving is a natural human talent. We're born solving problems from our first attempts as babies to grasp and crawl. We may not count the thousands of choices we make each day as problem solving, but that's what they are. So when you focus on solving more complicated problems, have the confidence of knowing that you've got plenty of experience behind you.



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www.glasbergen.com



"I was going to wake up early to go jogging, but my toes voted against me 10 to 1."



Mended Hearts is pleased to introduce a fully interactive digital version of the Summer 2012 Heartbeat Magazine.

Please visit <http://www.mh-resources.com/hb-summer-2012/> to experience this exciting digital version of Heartbeat Magazine, which is designed to complement our print version of the magazine.

Inside the magazine, you will find an easy to use navigation bar at the top which will allow you to share this resource with your friends, family and caregivers. The online version also contains helpful videos, print tools and much more.

Please share this digital version of Heartbeat Magazine with your friends and family to help spread our message of compassion, hope and encouragement with heart patients and caregivers across the country.

Warm Regards,

Karen Caruth
Executive Director

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 Convention in Dallas was a big success. Attendees enjoyed knowledgeable, inspiring speaker (physicians and patients alike), attended informative workshops, met and spoke with motivated Mended Little Hearts leaders, and formed or renewed friendships from previous MHI Conventions. Next year - San Diego.

Color version of the Ticker Talker is available to all with an email address!

This newsletter is available as a pdf file, in color every month, to sign up simply send your name and email address to the editor at socalcarculture@yahoo.com and you will be added to the list. PDF files are viewable on either Mac or PC computers and the free reader is available at <http://get.adobe.com/reader/>

The newsletter is also on our website...

www.mendedhearts216.org



Heart Healthy Recipe for July

If you have a Heart Healthy Recipe that you would like to share please email it to us at pk2003@sbcglobal.net.

Asian Brown Rice and Peanut Salad Toss

Ingredients

- 1 ½ cups water
- ¾ cup brown rice, uncooked
- 3 ounces dry roasted peanuts
- 1 (8 ounce) can sliced water chestnuts, drained
- 3 ounces frozen snow peas, thawed, patted dry
- ½ cup red onion, chopped
- ½ cup green bell pepper, chopped
- ¼ cup dried sweetened cranberries
- 2 tablespoons cider vinegar
- 2 tablespoons honey
- 2 tablespoons light soy sauce
- ¼ teaspoon dried red pepper flakes



Preparation

1. In small saucepan, bring water to boil over high heat.
2. Stir in rice and return to boil.
3. Reduce heat to low, cover & simmer 25 minutes or until rice is tender & liquid is absorbed.
4. With fork, fluff rice & spread out on greased baking sheet.
5. Cool to room temperature, about 30-40 minutes.
6. Meanwhile, place large skillet over medium-high heat.
7. Add peanuts & stirring frequently, toast 3-4 minutes or until fragrant & beginning to lightly brown.
8. Place in medium bowl.
9. Add water chestnuts, snow peas, onion, bell pepper & cranberries, then add cooled rice.
10. In small bowl combine vinegar, honey, soy sauce & pepper flakes.
11. Add to rice mixture, then toss to coat.



We need your suggestion on topics for next year's meetings!

Send your suggestions to the editor at

socalcarculture@yahoo.com

What topics, speakers, ideas are of interest to you? All suggestions are welcome!

Tips for Cooking Fish

Evidently when Fred Damiano saw the “Tips for Cooking Fish” article in the latest issue of Housecall from the Mayo Clinic, he decided to try it. One thing leads to another and while shopping for fish at Whole Foods the Marketing Supervisor captured this image for their magazine. Fred is now famous and well fed, thanks for sharing the image with us Fred!



Cooking fish is easier than you think

You want to eat more fish, in keeping with the latest dietary guidelines that recommend increasing the amount and variety of seafood in your diet. But you don't know where to start. Don't worry — cooking fish isn't difficult, as you'll see in this guide.

To begin with, only buy fish that is refrigerated or properly iced. Fresh fish should smell fresh and mild, not fishy, sour or ammonia-like. Whole fish and fillets should have firm, shiny flesh and bright red gills free from slime. When buying frozen fish, avoid packages placed above the frost line or top of the freezer case. If the package is transparent, look for signs of frost or ice crystals. These could mean the fish has been stored a long time or thawed and refrozen — in which case, choose another package.

Poaching allowed

Poaching is a healthy and easy way to cook tender fish, such as the salmon shown here. In a shallow pan, place the fish on a bed of aromatic ingredients, such as leeks or fresh herbs, add a few ounces of vegetable broth and some herbs. Cover loosely and gently simmer on the stove top. Cook 4 to 6 minutes covered. Poaching time will vary with the amount of fish being poached and the thickness.

How to tell when it's done

Fish should be cooked to an internal temperature of 145 F. But if you don't have a food thermometer, you can determine whether fish is properly cooked by slipping the point of a sharp knife into the flesh and pulling it aside. The flesh should be opaque and separate easily, as in this photograph of poached cod.

Wrap it up

It's easy and delicious to cook fish fillets in packets of parchment paper, a technique called en papillote. The fish is cooked by the trapped steam. If you don't have parchment paper on hand, use aluminum foil to make the packets. The fish need to bake for only 10 to 15 minutes at 400 F.

Grilled fish sandwich

Grilling is a great way to prepare fish — it's quick and adds a distinctive flavor. Grilling also lets you cook with little added fat. Marinades, dry rubs and fresh herbs can add variety to grilled fish.

An alternative to frying

Baking is a healthier alternative to frying. You can bread and bake any fish this way, but tilapia is a good choice because it's thin and cooks quickly in a hot oven, producing a crispy crust. For the breading, use whole-wheat breadcrumbs, cornflakes or panko, as shown here.



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.

