

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 22, Number 9

www.mendedhearts216.org

September 2012

FOR THE HEART PATIENT AND THEIR FAMILIES

This month's Speaker - Patty Barnett Mouton



Healthy Brain & Current Research on Alzheimer's.

Patty Barnett Mouton joined the staff of the Alzheimer's Association in 2005, after volunteering for several years as a speaker and support group facilitator. In her role as Vice President of Outreach & Advocacy she oversees professional and community education activity and events, and coordinates the Chapter's legislative advocacy and public policy forming activities. Her responsibilities include writing and delivering in-service education classes for continuing education credit for healthcare professionals, including physicians, nurses, social workers and nursing home/residential care facility for the elderly administrators.

Patty has more than 30 years of experience in health care, focused initially in the pharmaceutical industry with divisions of Johnson & Johnson, with the American Red Cross Blood Services and more recently in Hospice/ End of Life care. She implemented and trained staff and volunteers for an 11th Hour Vigil program for the actively dying, she has been an active volunteer in the Clinical Pastoral Care program at Mission Hospital, and is a certified ELNEC Instructor (End of Life Nursing Education Consortium). Patty is a national master trainer for the Alzheimer's Association's "Foundations of Dementia Care," "Savvy Caregiver," and "Activity-based Alzheimer's Care" curricula. Patty and her husband, Roger, live in Laguna Niguel and are now happy grandparents of Keegan Maurine!

Don't forget the program starts at 7:00 pm, Wednesday Sept. 19 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!"

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 | |
| <i>Secretary</i> | Open | | |
| <i>Treasurer</i> | Alex Neil | 949-366-8477 | ajneil@cox.net |
| <i>Membership</i> | Open | | |
| <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 | |
| <i>Newsletter Editor</i> | Dave Lindsay | 949-929-5227 | socalcarculture@yahoo.com |
| <i>Member at Large</i> | Lonnie Camilleri | 949-362-3944 | |
| <i>Member at Large</i> | Marty Lipson | 949-586-3596 | |
| <i>Webmaster</i> | Jeff Gotro | | www.mendedhearts216.org |

Mission Hospital

| | | | |
|----------------------|----------------|--------------|--|
| <i>Cardiac Nurse</i> | Carol Catalano | 949-364-7755 | |
| <i>Secretary</i> | Helen Scotece | 949-364-7755 | hscotece@mhr.stjoe.org |

Regional Contacts

| | | |
|--------------------------------|-----------------|--|
| <i>Regional Director</i> | Patrick Farrent | irishrjf@comcast.net |
| <i>Assistant Regional Dir.</i> | Jeanee Varndell | mmjv@cox.net |

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

July/August 2012

| | <u>MO</u> | <u>YTD</u> |
|-------------------|-----------|------------|
| Hospital Visits | 14 | 68 |
| Phone Visits | 1 | 19 |
| Visitors | 9 | 45 |
| Visitors Trainees | 0 | 0 |

Visitors: Louise Hornbeck, Darrell Schmidt, Rocco, Jim Waples, Jeff Wolff, Dennis Galloway, Ben Buchanan, Susan Goldberg, Chip DeSon.

Visitors Coordinator for months as follows:

| | | |
|-------|----------------|--------------|
| Sept. | Barbara Lane | 949-859-3400 |
| Oct. | Dee Nangle | 949-582-2719 |
| Nov. | Susan Goldberg | 949-768-0913 |

We have a wonderful program planned for Sept!

Hope to see you there.

Barb Lane & Dee Nangle



President's Pulse

WOW, where did the summer go! It's hard to believe that our vacation is over. Hope everyone enjoyed their summer.

During September, we celebrate Labor Day which was dedicated to the economic and social contributions of workers

Please join us at our September meeting, Patty Mouton Vice President, Outreach & Advocacy with Alzheimer's Association, Orange County Chapter will discuss,

" Healthy Brain and Current Research about the best ways to push back symptoms of Alzheimer's."

It promises to be very informative evening DON'T MISS IT !!!!!

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 - August 2012

Chapter 216 Membership - 277

Birthdays—August

| | |
|-------------------|------|
| Bessie Roussakis | 8-3 |
| Anthony Marotti | 8-4 |
| Arthur Springer | 8-4 |
| Dolly Roknich | 8-5 |
| Linda Haslinger | 8-11 |
| John Cox | 8-16 |
| Harry Taormina | 8-18 |
| Patricia Phillips | 8-20 |
| Edward C. Pugh | 8-20 |
| Darrell Schmidt | 8-22 |
| Jack Blaney | 8-27 |
| Jim Beverly | 8-28 |
| Samuelo Kirkland | 8-29 |

New Members: Arthur Feldman

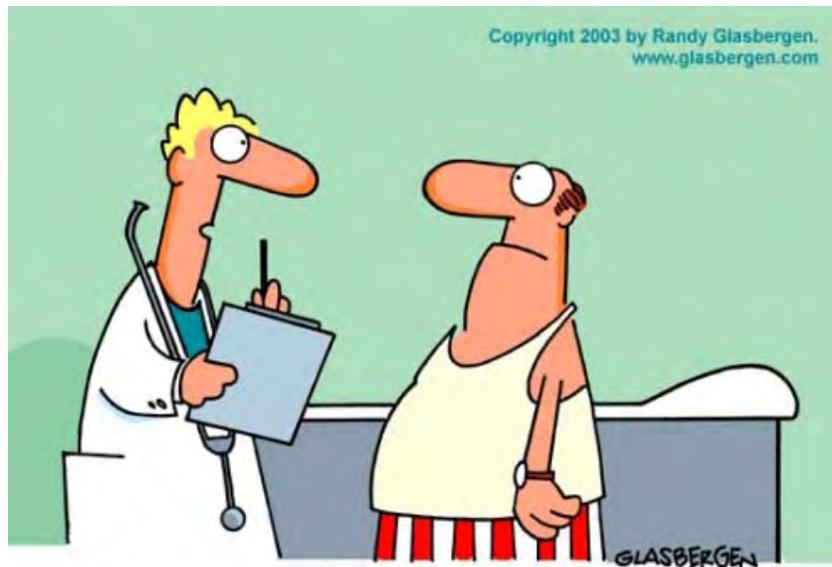
Always looking to grow our family, Mended Hearts welcomes you to join our cause. You'll be able to make a difference in a patient's recovery and outlook on life, as well as interact with other members through local chapter meetings, volunteer opportunities and special events.

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



Mendiversaries—August

| | |
|--------------------|-----------|
| William Chapman | 8/09/1993 |
| Elizabeth Rhodes | 8/09/1995 |
| Alice Harrison | 8/30/1996 |
| Dick Spaulding | 8/01/1999 |
| Edward C. Pugh | 8/16/1999 |
| Connie Van Leeuwen | 8/24/1999 |
| Robert Creighton | 8/04/2003 |
| Leonard Kane | 8/22/2006 |
| Keith Lindemann | 8/24/2007 |
| Danielle Enyeart | 8/19/2008 |
| Kathleen Fallon | 8/22/2008 |



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Members Page - September 2012

Chapter 216 Membership - 277

Birthdays—September

| | |
|-------------------|------|
| Marian Harper | 9-1 |
| Conrad Bullard | 9-2 |
| Robert Burdick | 9-3 |
| Bonnie Hidinger | 9-3 |
| Ken Kenworthy | 9-5 |
| Kim Essayian | 9-7 |
| Ron Blanchard | 9-9 |
| William Chapman | 9-10 |
| Steve Gourley | 9-14 |
| Arnold Koci | 9-14 |
| Dorothy T. Gobo | 9-16 |
| John A. Lore | 9-18 |
| Richard Picuch | 9-22 |
| Alex Neil | 9-26 |
| Christopher Nolan | 9-27 |
| Alan Kiehn | 9-28 |
| Theresa Brendecke | 9-28 |
| Robert Crittendon | 9-30 |

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—Sept.

| | |
|---------------------|-----------|
| Wildemar Dziurznski | 9/20/1993 |
| Robert Reynolds | 9/07/1994 |
| Christopher Nolan | 9/11/1995 |
| Dolly Roknich | 9/27/1999 |
| Edward Rocco Jr. | 9/07/2000 |
| Robin Clark | 9/14/2000 |
| Chip DeSon | 9/06/2003 |
| A.M. Binsfield | 9/03/2004 |
| James Condor | 9/07/2004 |
| Reuben Casey | 9/17/2004 |
| Fred Bonn | 9/20/2005 |
| Marjorie M. Ball | 9/07/2006 |
| Alfred Bauer | 9/13/2006 |
| Ralph Nelson | 9/16/2008 |
| Nina Slayter | 9/16/2008 |
| Ben Buchanan | 9/05/2009 |
| Edgar Chambers | 9/28/2009 |
| Sharron Volante | 9/02/2010 |
| Marie D. Kennefick | 9/21/2011 |

Chapter 216 Meetings 2012 Meeting Schedule

| | |
|--------------|----------------------------|
| 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

Meetings start at 7 PM

If we missed your mendiversary or birthday and would like it included in the Ticker Talker please email it to: socalcarculture@yahoo.com

Carol's Corner



Dear Ones, Yes I am back and improving daily! You just cannot keep a good German down! I really appreciated all of your cards and messages of concern, they did a lot to brighten my days. I also want to again thank the Board for those wonderful chocolate covered strawberries. Best medicine I have ever had! Much to my surprise, Cardiac Rehab did not fall apart. In fact it got better under the watchful eyes of Elaine Gotro who I am indebted to for all of her dedicated hard work . The rest of the staff all get stars too. They even survived one of the toughest CMS inspections we have ever been through!

I hope all of you have enjoyed the summer and I look forward to seeing you at the meeting this month.

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).



10 ways to control high blood pressure without medication

By making these 10 lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease.

By Mayo Clinic staff

If you've been diagnosed with high blood pressure (a systolic pressure — the top number — of 140 or above or a diastolic pressure — the bottom number — of 90 or above), you might be worried about taking medication to bring your numbers down.

Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.



1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Losing just 10 pounds (4.5 kilograms) can help reduce your blood pressure. In general, the more weight you lose, the lower your blood pressure. Losing weight also makes any blood pressure medications you're taking more effective. You and your doctor can determine your target weight and the best way to achieve it.

Besides shedding pounds, you should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure. In general:

- Men are at risk if their waist measurement is greater than 40 inches (102 centimeters, or cm).
- Women are at risk if their waist measurement is greater than 35 inches (89 cm).
- Asian men are at risk if their waist measurement is greater than 36 inches (91 cm).
- Asian women are at risk if their waist measurement is greater than 32 inches (81 cm).

2. Exercise regularly

Regular physical activity — at least 30 to 60 minutes most days of the week — can lower your blood pressure by 4 to 9 millimeters of mercury (mm Hg). And it doesn't take long to see a difference. If you haven't been active, increasing your exercise level can lower your blood pressure within just a few weeks.

If you have prehypertension — systolic pressure between 120 and 139 or diastolic pressure between 80 and 89 — exercise can help you avoid developing full-blown hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels.

Talk to your doctor about developing an exercise program. Your doctor can help determine whether you need any exercise restrictions. Even moderate activity for 10 minutes at a time, such as walking and light strength training, can help.

But avoid being a "weekend warrior." Trying to squeeze all your exercise in on the weekends to make up for weekday inactivity isn't a good strategy. Those sudden bursts of activity could actually be risky.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 mm Hg. This eating plan is known as the Dietary Approaches to Stop Hypertension (DASH) diet.

It isn't easy to change your eating habits, but with these tips, you can adopt a healthy diet:

(Continued on page 8)

10 ways to control high blood pressure without medication —continued

(Continued from page 7)

Keep a food diary. Writing down what you eat, even for just a week, can shed surprising light on your true eating habits. Monitor what you eat, how much, when and why.

Consider boosting potassium. Potassium can lessen the effects of sodium on blood pressure. The best source of potassium is food, such as fruits and vegetables, rather than supplements. Talk to your doctor about the potassium level that's best for you.

Be a smart shopper. Make a shopping list before heading to the supermarket to avoid picking up junk food. Read food labels when you shop and stick to your healthy-eating plan when you're dining out, too.

Cut yourself some slack. Although the DASH diet is a lifelong eating guide, it doesn't mean you have to cut out all of the foods you love. It's OK to treat yourself occasionally to foods you wouldn't find on a DASH diet menu, such as a candy bar or mashed potatoes with gravy.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 mm Hg. The recommendations for reducing sodium are:

Limit sodium to 2,300 milligrams (mg) a day or less.

A lower sodium level — 1,500 mg a day or less — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have high blood pressure, diabetes or chronic kidney disease.

To decrease sodium in your diet, consider these tips:

Track how much salt is in your diet. Keep a food diary to estimate how much sodium is in what you eat and drink each day.

Read food labels. If possible, choose low-sodium alternatives of the foods and beverages you normally buy.

Eat fewer processed foods. Potato chips, frozen dinners, bacon and processed lunch meats are high in sodium.

Don't add salt. Just 1 level teaspoon of salt has 2,300 mg of sodium. Use herbs or spices, rather than salt, to add more flavor to your foods.

Ease into it. If you don't feel like you can drastically reduce the sodium in your diet suddenly, cut back gradually. Your palate will adjust over time.

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 mm Hg. But that protective effect is lost if you drink too much alcohol — generally more than one drink a day for women and men older than age 65, or more than two a day for men age 65 and younger. Also, if you don't normally drink alcohol, you shouldn't start drinking as a way to lower your blood pressure. There's more potential harm than benefit to drinking alcohol.

If you drink more than moderate amounts of it, alcohol can actually raise blood pressure by several points. It can also reduce the effectiveness of high blood pressure medications.

Track your drinking patterns. Along with your food diary, keep an alcohol diary to track your true drinking patterns. One drink equals 12 ounces (355 milliliters, or mL) of beer, 5 ounces of wine (148 mL) or 1.5 ounces of 80-proof liquor (45 mL). If you're drinking more than the suggested amounts, cut back.

Consider tapering off. If you're a heavy drinker, suddenly eliminating all alcohol can actually trigger severe high blood pressure for several days. So when you stop drinking, do it with the supervision of your doctor or taper off slowly, over one to two weeks.

Don't binge. Binge drinking — having four or more drinks in a row — can cause large and sudden increases in blood pressure, in addition to other health problems

6. Avoid tobacco products and secondhand smoke

On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 mm Hg or more for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

You should also avoid secondhand smoke. Inhaling smoke from others also puts you at risk of health problems, including high blood pressure and heart disease.

7. Cut back on caffeine

(Continued on page 9)

10 ways to control high blood pressure

(Continued from page 8)

The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting.

To see if caffeine raises your blood pressure, check your pressure within 30 minutes of drinking a cup of coffee or another caffeinated beverage you regularly drink. If your blood pressure increases by five to 10 points, you may be sensitive to the blood pressure raising effects of caffeine.

8. Reduce your stress

Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

If you can't eliminate all of your stressors, you can at least cope with them in a healthier way. Take breaks for deep-breathing exercises. Get a massage or take up yoga or meditation. If self-help doesn't work, seek out a professional for counseling.

9. Monitor your blood pressure at home and make regular doctor's appointments

If you have high blood pressure, you may need to monitor your blood pressure at home. Learning to self-monitor your blood pressure with an upper arm monitor can help motivate you. Talk to your doctor about home monitoring before getting started.

Regular visits to your doctor are also likely to become a part of your normal routine. These visits will help keep tabs on your blood pressure.

Have a primary care doctor. People who don't have a primary care doctor find it harder to control their blood pressure. If you can, visit the same health care facility or professional for all of your health care needs.

Visit your doctor regularly. If your blood pressure isn't well controlled, or if you have other medical problems, you might need to visit your doctor every month to review your treatment and make adjustments. If your blood pressure is under control, you might need to visit your doctor only every six to 12 months, depending on other conditions you might have.

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.

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

10. Get support from family and friends

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low. Talk to your family and friends about the dangers of high blood pressure.

If you find you need support beyond your family and friends, consider joining a support group. This may put you in touch with people who can give you an emotional or morale boost and who can offer practical tips to cope with your condition.



Heart Healthy Recipe for September

If you have a Heart Healthy Recipe that you would like to share please email it to us at socalcarculture@yahoo.com

Talapia & Summer Vegetable Packets

Ingredients

- 1 cup quartered cherry, or grape tomatoes
- 1 cup diced summer squash
- 1 cup thinly sliced red onion
- 12 green beans, trimmed and cut into 1-inch pieces
- 1/4 cup pitted and coarsely chopped black olives
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon capers, rinsed
- 1/2 teaspoon salt, divided (optional)
- 1/2 teaspoon freshly ground pepper, divided
- 1 pound tilapia fillets, cut into 4 equal portions

* This recipe works great with any vegetables that you enjoy such as; asparagus, broccoli, zucchini, peppers, etc.



Preparation

1. Preheat grill to medium. (No grill? See Oven Variation, below.)
2. Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
3. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
4. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.

Oven Variation: Preheat oven to 425°F. Place green beans in a microwavable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables (Step 2). Assemble packets (Steps 3-4). Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes.



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.

