

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 3

www.mendedhearts216.org

March 2013

FOR THE HEART PATIENT AND THEIR FAMILIES

Your Home, Your Retirement, Your Life - Enjoy it More with a Reverse Mortgage!



Come, listen, learn, and ask questions to Dean Jones, Certified Reverse Mortgage Professional with Senior Funding Associates of Calabasas, CA.

He will be presenting the facts, the pros and cons, and providing an overall review of this very misunderstood program - The FHA Home Equity Conversion Mortgage (HECM) better known as the government insured reverse mortgage. This program can be a tremendous financial option however like most financial products you need to be properly educated to determine if this is the right course of action for you or someone you know. Dean has worked in the reverse mortgage industry since 1993 and has assisted more than 1,200 homeowners obtain an improved financial retirement with the reverse mortgage. He is a delegate member of the

National Reverse Mortgage Lenders Association (NMRLA). From 2005 – 2009 he served on NRMLA's Board of Directors. From 2007 – 2009 he served as their Secretary and during that time co-chaired their Professional Development committee. He is one of less than 60 individuals nationally who has earned their Certified Reverse Mortgage Professional (CRMP) designation. He holds a CA Real Estate Brokers License and is licensed through the Nationwide Mortgage Licensing & Registry System (NMLS). Dean covers the state of California and is based in San Diego. He is an Eagle Scout and a graduate of San Diego State University with a degree in Business Administration. He looks forward to meeting you all in sharing his knowledge and experience. Come, listen, learn and ask questions – you will be glad you did!

Don't forget the program starts at 7:00 pm, Wednesday Mar. 20 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>	Mike Bresnan		bresnan@cox.net
<i>Membership</i>	Open		
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<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>Interim Manager</i>	Elaine Gotro	949-364-7755	
<i>Secretary</i>	Helen Scotece	949-364-7755	hscotece@mhr.stjoe.org

Regional Contacts

<i>Regional Director</i>	Patrick Farrent		irishpjf@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

February 2013

	<u>MO</u>	<u>YTD</u>
Hospital Visits	12	17
Phone Visits	2	2
Visitors	7	11
Visitors Trainees	3	3

Visitors: Dee Nangle, Dennis Galloway, Jeannine Leaper, Tony Marotti, Bill Huber, Rocco, Dustin Frei
Visitor Trainee: Dustin Frei

Visitors Coordinator for months as follows:

Mar.	Barbara Lane	949-859-3400
Apr.	Dee Nangle	949-582-2719
May	Susan Goldberg	949-768-0913

See you at the March meeting. Stay healthy!!

Barb Lane & Dee Nangle



President's Pulse

During the month of March, the eight day festival of Passover is celebrated it commemorates the Israelites Exodus from Egypt. Easter celebrates the resurrection of Jesus Christ, thus making it the most important Christian festival of the year. Wishing you all a Happy Holiday.

Let's not forget St. Patrick's Day. The color **green** predominant and searching for the Leprechaun's pot of Gold.

We had a really great turn out last month for our Doctor's Round Table, in celebration of Heart Month. 90 people attended and benefited from the opportunity to ask questions and receive accurate and articulate answers. Thank you for your participation.

Please join us at our March meeting, Speaker Dean Jones, Certified Reverse Mortgage Professional, will be presenting the facts, the pros and cons, and providing an overall review of this very misunderstood program.

God Bless

Fred



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

Put Wednesday April 24, 2013 on your calendar, it's time for the **2013 FUNDRAISER NIGHT WITH THE ANGELS**, the flyer with ticket info is in this issue of the Ticker Talker and on www.mendedhearts216.org Great big thanks to **DENNIS GALLOWAY** for organizing this event.

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: nurtarelactation@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.

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.

From the CardioPulmonary Rehab Center

Dear Mended Hearts,

We had a very busy, but productive Heart Month. The OC Heart Walk was February 3rd and thanks to your support, we raised over \$5000 for the American Heart Association! On Valentine's Day we had our "Official Open House" with complimentary chair massages (a big hit!), non-fasting cholesterol tests and refreshments. Carol was able to join us, which was perfect, since she orchestrated the renovation of the rehab center. The Physician's Roundtable at Mended Hearts was interesting and informative as always – thank you to Dr. Rediker, Dr. Thibault & Dr. Barrera.

Just a reminder that the Patient and Family Discussion Group will continue as usual at 5:30 before the Mended Hearts meeting. Eric Jaeger, RN, will facilitate the meetings. If you haven't met Eric yet, you're in for a treat – he is VERY knowledgeable as a former cath lab nurse, so bring your questions and concerns to the discussion group!

Stay Healthy!

Elaine

Elaine Gotro, Interim Manager



Secretary Needed - The Mended Hearts chapter 216 is looking for a volunteer to serve as Secretary, this would involve attending the Board meetings once a month, 10am on the last Monday of the month and we meet at Cardiac Rehab. We need someone who can take notes and produce the minutes of the meeting, then e-mail them to the board members. If you would be interested in volunteering your time to do this please contact our President, Fred Damiano (contact info on page 2).

**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 Eric Jaeger, RN 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.



Members Page - March 2013

Chapter 216 Membership - 287

Birthdays—March

Eric Tan	3-1
Edgar Chambers	3-11
Ron Hill	3-15
Jenny Katzen	3-20
Bob Kensler	3-20
Alvin Breitman	3-22
Ralph Nelson	3-25
Dick Spaulding	3-28
Antoinette Thompson	3-29



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—March

Jim Waples	3/04/1988
Patricia Phillips	3/26/1996
Hazel Schwab	3/02/2000
Edwin Stotereau	3/08/2000
Jeffrey Gotro	3/26/2001
Walter Kuhns	3/28/2001
Richard Piecuch	3/12/2001
Peter Puksza	3/14/2001
Ron Blanchard	3/19/2002
Mona Mahieu	3/26/2002
Jo Cristian	3/02/2004
George Denney	3/22/2005
John Dewey	3/01/2006
Warrand R. Kirsch	3/09/2006
Graciela Belletti	3/15/2007
Josephine Hicks	3/27/2008
Louise Hornbeck	3/12/2008
Janet Burgus	3/09/2009
Jenny Katzen	3/15/2009
Joyce May	3/05/2011

Chapter 216 Meetings 2013 Meeting Schedule

March 20	Reverse Mortgages
April 17	Care Givers
May 15	Women's Heart Health
June 19	Rock & Roll Exercise
July	Dark
August	Dark

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



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

How to be happy: Tips for cultivating contentment

Are you tired of waiting around for happiness to find you? Stop waiting and start getting happy with these tips.

By Mayo Clinic staff

Do you know how to be happy? Or are you waiting for happiness to find you?

Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate.

So, what are you waiting for? Start discovering how to be happy.



How to be happy: What science tells us

Only 10 percent or so of the variation in people's reports of happiness can be explained by differences in their circumstances. It appears that the bulk of what determines happiness is due to personality and — more importantly — thoughts and behaviors that can be changed.

So, yes, you can learn how to be happy — or at least happier.

Although you may have thought, as many people do, that happiness comes from being born rich or beautiful or living a stress-free life, the reality is that people who have wealth, beauty or less stress are not happier on average than those of who don't enjoy those blessings.

People who are happy seem to intuitively know that their happiness is the sum of their life choices, and their lives are built on the following pillars:

- Devoting time to family and friends
- Appreciating what they have
- Maintaining an optimistic outlook
- Feeling a sense of purpose
- Living in the moment

How to be happy: Practice, practice, practice

If you have been looking for happiness, the good news is that your choices, thoughts and actions can influence your level of happiness. It's not as easy as flipping a switch, but you can turn up your happiness level. Here's how to get started on the path to creating a happier you.



Invest in relationships

Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.

Friends and family help you celebrate life's successes and support you in difficult times. Although it's easy to take friends and family for granted, these relationships need nurturing.

Build up your emotional account with kind words and actions. Be careful and gracious with critique. Let people know that you appreciate what they do for you or even just that you're glad they're part of your life.



Express gratitude

Gratitude is more than saying thank you. It's a sense of wonder, appreciation and, yes, thankfulness for life. It's easy to go through life without recognizing your good fortune. Often, it takes a serious illness or other tragic

(Continued on page 7)

How to be happy: Tips for cultivating contentment

event to jolt people into appreciating the good things in their lives. Don't wait for something like that to happen to you.

Make a commitment to practice gratitude. Each day identify at least one thing that enriches your life. When you find yourself thinking an ungrateful thought, try substituting a grateful one. For example, replace "my sister forgot my birthday" with "my sister has always been there for me in tough times."

Let gratitude be the last thought before you go to sleep. Let gratitude also be your first thought when you wake up in the morning.

Cultivate optimism

Develop the habit of seeing the positive side of things. You needn't become a Pollyanna — after all, bad things do happen. It would be silly to pretend otherwise. But you don't have to let the negatives color your whole outlook on life. Remember that what is right about you almost always trumps what is wrong.

If you're not an optimistic person by nature, it may take time for you to change your pessimistic thinking. Start by recognizing negative thoughts as you have them. Then take a step back and ask yourself these key questions:

- Is the situation really as bad as I think?
- Is there another way to look at the situation?
- What can I learn from this experience that I can use in the future?



Find your purpose

People who strive to meet a goal or fulfill a mission — whether it's growing a garden, caring for children or find-

ing one's spirituality — are happier than those who don't have such aspirations.

Having a goal provides a sense of purpose, bolsters self-esteem and brings people together. What your goal is doesn't matter as much as whether the process of working toward it is meaningful to you.

Try to align your daily activities with the long-term meaning and purpose of your life. Research studies suggest that relationships provide the strongest meaning and purpose to your life. So cultivate meaningful relationships.

Are you engaged in something you love? If not, ask yourself these questions to discover how you can find your purpose:

- What excites and energizes me?
- What are my proudest achievements?
- How do I want others to remember me?

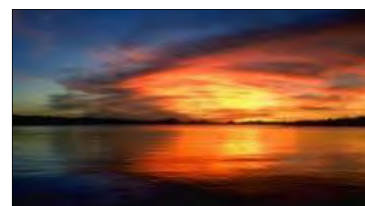


Live in the moment

Don't postpone joy waiting for a day when your life is less busy or less stressful. That day may never come.

Instead, look for opportunities to savor the small pleasures of everyday life. Focus on the positives in the present moment, instead of dwelling on the past or worrying about the future.

Original Article: <http://www.mayoclinic.com/health/how-to-be-happy/MY01357>






Mended Hearts Chapter 216

Fundraiser Night with the **ANGELS.**

Vs.



Wednesday, April 24th @ 7:05pm

-  Special Lower View MVP-411 seating for **\$27.00!**
-  All Family, Friends and Neighbors are welcome to attend.
-  Tickets are limited. ACT NOW!

**DEADLINE FOR
YOUR ORDER IS:**

APRIL 15, 2013

We will accept: CASH and CHECKS
Make Checks Payable to:
MENDED HEARTS 216

www.mendedhearts216.org

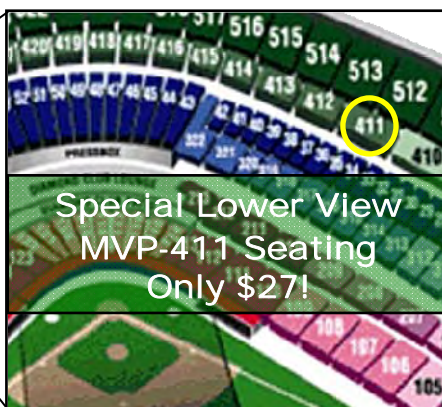
Questions:

**DENNIS
GALLOWAY**
(714) 381-1906

# OF TICKETS YOU WANT TO PURCHASE	PRICE PER TICKET Price listed is per person	TOTAL \$ AMOUNT OF ORDER	NAME: _____ TM
	\$27.00	\$	ADDRESS: (To mail tickets)
			PHONE Number: ()
Sorry, unable to make the game. <u>Donation Only</u> \$			Email Address:

NO REFUNDS OR EXCHANGES!

PLEASE RETURN ORDER FORM WITH PAYMENT BY: 4-15-13
TO: DENNIS GALLOWAY 2 Phaedra, Laguna Niguel, CA 92677



How to Buy Your Metrolink Ticket

Tickets may be purchased:

1. Online
2. At Metrolink Ticket Vending Machines by selecting SPECIAL TICKET OPTIONS
3. Via phone at 714-560-5932
4. In person at the OCTA Store: 550 S. Main St., Orange, CA 92868

Please allow 5 business days for tickets to arrive via mail for online and phone orders.

\$4 FOR YOUTH 6-18
ages 5 and under ride FREE

ALL ABOARD THE ANGELS EXPRESS

RIDE METROLINK TO ANGEL STADIUM FOR **ONLY \$7 ROUNDTRIP**



Say "Goodbye" to fighting traffic and paying for parking.

The **Angels Express** special train service is back again this season to all Angels weekday home games that start at 7:05 p.m. And this year we're introducing Angels Express service on the IEOC Line for every Friday night game. Ride to and from Angel Stadium for a very special price - only **\$7 roundtrip, \$6 for senior/disabled**, \$4 for youth (ages 6 – 18), and free for children 5 and under with a paying adult (up to 3 children). The train takes you straight to the stadium's parking lot so you're just a short walk away. By taking the train from Laguna Niguel/Mission Viejo, you are saving nearly 47 miles of driving round trip. By taking the train from L.A. Union Station, you are saving nearly 60 miles of driving round trip. Save money on gas, forget about the crowded stadium parking lot, and leave your car behind!

ANGELS EXPRESS SCHEDULES

DEPARTURE TIMES

to all weekday games on the OC Line

L.A. Union Station to Anaheim	6502
L.A. Union Station (LAUS)	5:50 p.m.
Norwalk/Santa Fe Springs	6:11 p.m.
Buena Park	6:17 p.m.
Fullerton	6:24 p.m.
ANAHEIM, Arrive at Angel Stadium	6:33 p.m.

Laguna Niguel/Mission Viejo to Anaheim	643
Laguna Niguel/Mission Viejo	5:50 p.m.
Irvine	5:59 p.m.
Tustin	6:05 p.m.
Santa Ana	6:11 p.m.
Orange	6:16 p.m.
ANAHEIM, Arrive at Angel Stadium	6:20 p.m.

DEPARTURE TIMES

to Friday games on the IEOC Line (via Orange)

Riverside - Downtown to Orange	899
Riverside - Downtown	5:01 p.m.
Riverside - La Sierra	5:11 p.m.
North Main Corona	5:19 p.m.
West Corona	5:25 p.m.
Anaheim Canyon	5:45 p.m.
ORANGE, Transfer to OC Line	6:10 p.m.

Orange to Anaheim	643
Orange	6:16 p.m.
ANAHEIM, Arrive at Angel Stadium	6:20 p.m.

DEPARTURE TIMES back home

OC Line special train #6503 North to L.A. Union Station and train #644 South to Oceanside will depart 30 minutes after the game ends. To Riverside-Downtown via Orange, and all stops in between, take train #644 South to Orange Station and transfer to IEOC Line special train #898 to Riverside-Downtown.

<http://mendedhearts216.org/>

"It's great to be alive – and to help others!"



Heart Healthy Recipe for March

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

Coconut Chicken

This month's recipe was sent to us by member Pat Piecuch, she got it from the Dr. Oz show, tried it, thought it was delicious and worth sharing—thank you Pat!

Ingredients

- 1/2 cup mayonnaise
- 1 egg yolk
- 1 tsp sesame oil
- Pinch of mustard powder
- Pinch of salt
- Pinch of pepper
- 1 1/2 lb boneless, skinless chicken
- 6 tbsp sesame seeds
- 4 tbsp coconut flakes



Directions

Preheat the oven to 450°F

Line a baking sheet with parchment paper.

In a medium bowl, whisk together mayonnaise, egg yolk, sesame oil, mustard powder, salt & pepper

Add the 1 1/2 lb of 1" chicken chunks and toss to coat.

Spread the sesame seeds & coconut flakes on a plate & combine with your fingers. With one hand, lift each piece of the chicken from the mayonnaise mixture and set it on top of the sesame-coconut mixture.

With the other (clean, dry) hand, sprinkle some of the sesame-coconut on top.

Transfer the chicken to the prepared baking sheet as you do so, the pieces don't have to be completely coated with sesame-coconut to end up heavenly.

Bake until golden brown and cooked through, 20-22 minutes.

Let cool for 1-2 minutes (to allow the crust to firm up a bit), then serve



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

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
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I wish to donate to defray Special Projects

And Newsletter Expenses: \$ _____

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.

