

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 4

www.mendedhearts216.org

April 2013

Angela Manriquez on Caregiving



Angela Manriquez
and Husband Ron

Please join us at our April meeting. Speaker, Angela Manriquez, who is President of Chapter 149 and National Chair for the Caregiver Committee. Angela, will speak on the MH/MLH increased focus on Caregiving . She will share the results

of the National Caregiver Survey and results from 2012. She will share how these results are helping the Caregiver Committee create resources that address the different roles of caregiving. She will share some of the resources along with Caregiver Tips. She will be available to listen to your ideas and suggestions that will help create a Caregiver Manual.

Don't forget the program starts at 7:00 pm, Wednesday Apr.17 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

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
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<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

March 2013

	<u>MO</u>	<u>YTD</u>
Hospital Visits	17	34
Phone Visits	7	10
Visitors	9	20
Visitors Trainees	3	3

Visitors: Tony Marotti, Fred Damiano, Dennis Galloway, Dustin Frei, Jim Waples, Rocco, Chip Deson, Jo Cristian, Dee Nangle

Visitors Coordinator for months as follows:

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

Hope you will order your Angel Tickets or Donate towards our fundraiser before April 15th - Thank you for your support .

Barb Lane & Dee Nangle

President's Pulse



Hope everyone had a nice Easter and Passover. We had a good meeting last month on our Topic of Reverse Mortgage. Our guest speaker Dean Jones was very informative and articulate.

Please join us at our April meeting. Speaker, Angela Mannriquez, who is President of Chapter 149 and National Chair for the Caregiver Committee. Angela, will speak on the MH/MLH increased focus on Caregiving . She will share the results of the National Caregiver Survey and results from 2012. She will share how these results are helping the Caregiver Committee create resources that address the different roles of caregiving.

She will share some of the resources along with Caregiver Tips. She will be available to listen to your ideas and suggestions that will help create a Caregiver Manual.

It promises to be a Very Informative evening. Don't Miss It !!!!

If there are TOPICS that you would be interested in for the future speakers, please give me a call.

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: 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.

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,

Have you ever been to our “Healthy Heart & Lifestyle” series of education classes? Every Wednesday morning from 10:00-11:00am in the CardioPulmonary Rehab Center, we have classes on a wide range of topics, including: how your heart functions, nutrition, stress management, exercise/activity guidelines, diabetes management, how to make positive lifestyle changes and much more. Our dietitian, Stephanie Hennings, even teaches a heart-healthy cooking class! Classes for April are listed below, and bring some family members and friends along, as all classes are open to the public.

April 3 - “Ticker Talk ” – How the Heart Works, Managing Heart Problems: Drugs, Devices and Surgeries (Carol will be our Guest Speaker and it’s her 70th Birthday! Party for SWMBO! :)

April 10 – How to Make Positive Lifestyle Changes

April 17 – Meal Planning & Dining Out Guidelines

April 24 – Heart-Healthy Cooking Class

To Your Good Health!

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.

C O L O R V E R S I O N

of the Ticker Talker is available to all.

This newsletter is available as a pdf file, in color every month on our website...

www.mendedhearts216.org

PDF files are viewable on either Mac or PC computers and the free reader is available at...

<http://get.adobe.com/reader/>



Members Page - April 2013

Chapter 216 Membership - 287

Birthdays—April

Barbara Marks-Matsui	4-1
Capt. Ralph Wilson Jr.	4-03
Carol Catalano	4-03
Barbara Lane	4-04
Hazel H. Schwab	4-07
Ruth Housser	4-07
Connie Brown	4-10
Dr. Gary Phillips	4-11
Susan Goldberg	4-12
Judy Starr	4-14
John R. West	4-16
Bob Selzer	4-21
Ronald Reeves	4-22
Rae Faigin	4-28

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—April

Carl Sabatino	4/1995
Dave McCoy	4/1995
Lee Goode	4/1996
Charles Oldham	4/1997
James Widner	4/1998
Jeff Jacobs	4/1998
Greg Gensichen	4/1999
Ted Venia	4/2002
Richard Bondurant	4/2003
Marilyn Zeiner	4/2008
Willis Jacobs	4/2008
Arthur Feldman	4/2012
William Silva	4/2012



Chapter 216 Meetings 2013 Meeting Schedule

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 Treat a Heart Attack - Five Steps

You find yourself going on a leisurely walk with your dad and out of nowhere he begins to complain of chest pain. Initial shock kicks in and you wonder if he may be suffering from a heart attack. Would you know what to do in this scenario? According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death for both men and women and an astounding one in every four deaths of Americans are from heart disease.



Have you ever wondered what causes a heart attack? On television and in movies it is always depicted as an overweight man exerting himself and boom, on comes the heart attack. In reality, the most common cause of a heart attack is coronary artery disease. Coronary artery disease is the hardening and narrowing of the coronary arteries caused by the buildup of plaque inside the walls of the arteries. Over time, the buildup of plaque can narrow the arteries so that less blood flows to the heart muscle, completely blocking the arteries and flow of blood or causing blood clots to form and blocking the arteries, according to NIH Senior Health.

Would you be able to tell if someone was experiencing a heart attack? Below you can find common symptoms a person may be experiencing if a heart attack is present.

Heart Attack Symptoms

- **Chest pain or chest pressure**
- **Shortness of breath**
- **Cold sweat, nausea or vomiting**
- **Weakness or left arm pain**
- **Jaw, abdominal and back pain**
- **In diabetics and females, symptoms may be less obvious or atypical including lightheadedness, fainting or extreme fatigue**

Now back to our scenario from earlier, what do you do if someone you are with is experiencing heart attack symptoms? According to Danielle Thomas, EMT-P, director of Pro EMS Center for MEDICS, below are instructions if this medical emergency happens to someone you may be around.

Instructions

1. Stay safe and remain calm
2. Call 911. "If anyone is experiencing a sudden or building onset of one or more of these heart attack symptoms, activate the emergency response system," says Thomas
3. Seat the patient. Stop all exertion.
4. If no normal breathing and no signs of life are present, administer CPR (If you don't know CPR, the 911 dispatcher can help walk you through it). (For CPR) Thomas advises, "Press hard and fast in the center or meaty part of the chest, 100 times a minute until help arrives. If you get tired, switch in someone else."

Thomas adds, "If the patient has no allergies and no recent problems with bleeding, 81 mg. of low dose or baby aspirin can be given." You must remember,

(Continued on page 7)

How to Treat a Heart Attack - Five Steps

the aspirin is not for pain, but rather to prevent blood from sticking to already forming clots and making those larger. After taking the aspirin, the patient should immediately seek medical treatment.



If the situation above leaves you feeling nervous and underprepared, remember that the AHA has developed Hands-Only™ CPR. With two simple yet monumental steps, you could save someone's life. According to the AHA, people feel more confident performing Hands-Only™ CPR and are more likely to remember the correct rhythm when trained to the beat of the disco classic "Stayin' Alive" (has more than 100 beats per minute, the push rate necessary for effective CPR).

Remember, to always have iTriage downloaded on your smartphone or tablet. It could someday save you or a loved one's life and can even help you find the closest medical facility when you need medical care. <https://www.itriagehealth.com/mobile>



What is iTriage?

iTriage is a mobile and web healthcare platform developed by two ER Physicians that empowers people to make better healthcare decisions by answering the two most commonly asked healthcare questions:

1. What is wrong with me?
2. What do I need to do, or where do I need to go for treatment?

iTriage allows users to take action regarding their own healthcare through a "Symptom-to-Provider™" pathway:

1. Look up your symptoms
2. Learn about possible causes of your symptoms
3. Based on the causes, guide you to the most appropriate treatment path
4. Locate the closest appropriate healthcare providers to your current location or any location you choose

In addition to the "Symptom-to-Provider™" pathway, the iTriage application also provides consumers:

- Information on thousands of symptoms, diseases and medical procedures
- A nationwide directory of Hospital ERs, Physicians, Urgent Cares, Retail Clinics, Pharmacies, and Out patient Clinics
- Turn-by-turn directions to all provider facilities using either GPS, IP address, or any specified location
- Information on nurse advice lines
- Hospital Emergency Room wait times and a pre-registration feature in select parts of the country
- And much more!

To date, millions of consumers in over 80 countries have downloaded iTriage making it the most widely distributed mobile platform connecting patients to healthcare delivery.

<https://www.itriagehealth.com/>

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

Questions:

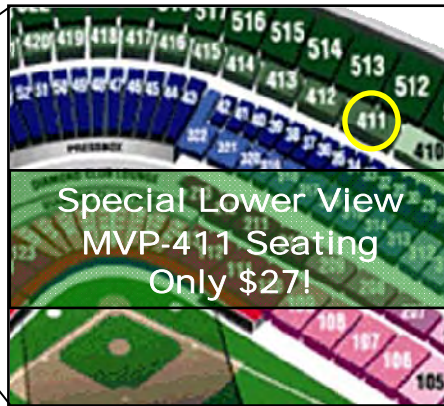
**DENNIS
GALLOWAY
(714) 381-1906**

www.mendedhearts216.org

# 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 April

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

Shaved Asparagus and Arugala Salad

Placing the "shaved" slices of peeled asparagus spears in cold water causes them to curl up into a unique, spiral shape, adding to this beautiful salad's visual appeal. White asparagus has a mild flavor that we prefer for this salad. However, green asparagus will actually curl better than the white. Serves 4.

Ingredients

- 1 small parsnip, peeled and roughly chopped
- 1 bunch white asparagus, woody stems trimmed
- 1 1/2 cups baby arugala
- 4 figs
- 1 cup good quality red wine, such as Cabernet Sauvignon or Merlot
- 6 tbsp Vinaigrette (*recipe below*)
- 2 tbsp crumbled Stilton cheese



Directions

1. Place the parsnip in a small saucepan, cover with water by 1/2-inch, and bring to a low boil. Cook until the parsnip is just fork tender, about 5 minutes. Reserving the cooking liquid, place the parsnip pieces in the bowl of a blender or food processor and blend with just enough cooking liquid to make a smooth paste
2. Transfer the parsnip puree to a small bowl and set aside until ready to use.
3. Place the asparagus flat on a work surface and one at a time, run a vegetable peeler from the tip nearly three-quarters of the way down to the bottom. Turn the spear over and repeat on the other side. Place the peeled asparagus in a bowl of cold water and repeat with the remaining spears. (*The peeled asparagus can be made and kept refrigerated for up to 24 hours in advance.*)
4. Place the figs and wine in a medium saucepan and bring to a boil over medium-high heat. Cook until the figs are soft, about 5 minutes. Remove the figs from the pan with a slotted spoon and refrigerate until ready to serve. Continue cooking the wine until reduced to a thick syrup 1 to 2 table spoons, about 10 minutes. Remove from the heat and let the syrup cool before using.
5. To assemble the salad, drain the asparagus curls and pat dry on a clean cloth. Combine the arugala and asparagus in a medium bowl and toss with the vinaigrette (*recipe below*).
6. Spoon 1 teaspoon of the parsnip puree into the center of four salad plates and place one-quarter of the salad on top. Sprinkle 1 1/2 teaspoons of the cheese over each salad.
7. Cut each fig in half and place 2 halves on each salad. Drizzle each plate with the red wine reduction and serve.

For Vinaigrette

- 3/4 C white balsamic vinegar
- 1/2 C thickened vegetable stock
- 1 tbsp honey
- 3 tbsp extra-virgin olive oil
- 1 1/2 tbsp Dijon mustard

To make Vinaigrette

Add in all ingredients except olive oil into a small mixing bowl. Slowly whisk in oil.

This recipe is from the cookbook, **Mindful Eating** from internationally renowned, award-winning **Miraval Resort & Spa** in Tucson, Arizona.

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.

