

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 23, Number 6

www.mendedhearts216.org

June 2013

FOR THE HEART PATIENT AND THEIR FAMILIES

Elaine Gotro and “Rockin’ Rehab”



Put on your comfy exercise clothes & get ready for “Rockin’ Rehab!” “Rockin’ Rehab” is a fun, relaxing, stretching class while seated in a chair, set to “oldies” music. The program was developed by Elaine Gotro, M.S. over the course of many years of teaching adult fitness classes. She initially taught the class for the University of Michigan in the center court of the local mall, with 80-100 participants every Monday, Wednesday and Friday. Participants ranged from young moms trying to get back in shape to a 94-year old “spitfire” that came religiously to the class! Elaine then brought the program to the University of Wisconsin – LaCrosse, where she and the LaCrosse Exercise and Health Program produced a DVD of the class. She has taught the class for the American Association of Cardiovascular & Pulmonary Rehabilitation’s National Conference, the California Society for Cardiac Rehabilitation’s State Conference, regional corporation’s employee health programs and for various Mission Hospital functions, as well as in the CardioPulmonary Rehab Center.

Elaine has been an Exercise Specialist for Mission Hospital’s CardioPulmonary Rehab Center for 13 years. She also teaches on various health-related topics such as: Exercise for a Healthy Heart, Fitness with Diabetes and Metabolism & Body Composition. She is a Past President of the California Society for Cardiac Rehab and has also presented for the American Association of Cardiovascular & Pulmonary Rehabilitation. She is currently the Clinical Manager for the CardioPulmonary Rehab Center at Mission Hospital.

Don’t forget the program starts at 7:00 pm, Wednesday June 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>	Mike Bresnan		bresnan@cox.net
<i>Newsletter Distribution</i>	Dustin Frei		dustin.frei@msn.com
<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>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

May 2013

	<u>MO</u>	<u>YTD</u>
Hospital Visits	15	60
Phone Visits	6	23
Visitors	10	37
Visitors Trainees	0	3

Visitors: Chip DeSon, Susan Goldberg, Greg Gensichen, Darrell Schmidt, Dennis Galloway, Ben Buchanan, Jeff Gotro, Dee Nangle

Visitors Coordinator for months as follows:

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

We hope to see you all at the June meeting to Rock & Roll Exercise with Elaine!

Barb Lane & Dee Nangle

President's Pulse



Can you believe it's June? Where did the time go? It's summer, a time for picnics, beaches and vacations. Don't forget the sunscreen!!

During June we celebrate Father's day it allows us to honor our fathers, and in addition, all men who have acted as father figures in our lives. I know for many of you like me Father's day is a day to cherish memories of our Fathers who have passed away.

We had a really good turnout last month on our topic Women and Heart Disease, our speaker, Peggy Kirkwood, was articulate and very informative.

Please join us in June, Speaker Elaine Gotro, M.S. Certified Exercise Specialist, Manager of the CardioPulmonary Rehab Center. Elaine will teach us how to improve fitness in a fun way. "Rockin Rehab " a simple fun exercise program you can do seated in a chair. Dress in your COMFORTABLE exercise clothes and get ready to stretch and move.

DON'T MISS THIS MEETING IT'S GOING TO BE FUN!!!!!!!!!!

Fred

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



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,

I'm very excited for the opportunity to teach "Rockin' Rehab" to Mended Hearts this month! I had the honor of first teaching this program for the University of Michigan and a wonderful lady who had "grown" a similar class over the course of many years. It was so much fun and a pleasure to teach (I get my workout, too ☺). I hope you enjoy it as well! Dress is comfy clothes & hope to see you June 19th!

Here's To Your Good Health!

Elaine



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 - June 2013

Chapter 216 Membership - 287

Birthdays—June

Nick Williams	6-01
Jim McEwen	6-05
Gale Brick	6-09
Marty Lipson	6-09
Carolyn Mulcahy	6-11
Jeffrey L. Wolff	6-13
Paul Traum	6-16
Scott Neiman	6-21
Warrand R. Kirsch	6-22
John P. Smith	6-22
Jeff Jacobs	6-24
Dr. Roger Francerschi	6-26
Ronald Allan	6-29
Frank Heller	6-30
James Waples	6-30

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—June

Barbara Lane	6/05/1991
Bill Pirie	6/14/1991
Kimburlee Essayian	6/01/1992
Bob Selzer	6/06/1993
Ralph Curtis	6/26/1994
Faith Hope Bigler	6/01/2000
Joseph Mayer	6/02/2001
Alvin Breitman	6/12/2003
Ralph Wilson Jr.	6/03/2004
Roger Bradshaw	6/23/2004
Graciela Belletti	6/13/2005
Carol Catalano	6/13/2005
Mike Bresnan	6/27/2006
Antoinette Thompson	6/28/2007
Irene Judge	6/01/2008
Irene Westerman	6/10/2008
Paul Buehler	6/01/2010
David Nelson	6/28/2010
Dorothy T. Gobbo	6/08/2011
Robert C. Wachs	6/12/2011

Chapter 216 Meetings 2013 Meeting Schedule

June 19	Rock & Roll Exercise
July	Dark
August	Dark
December	Gala

Mission Hospital Conference Center
26726 Crown Valley Parkway



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

Members Page - July 2013

Chapter 216 Membership - 287

Birthdays—July

Joyce May	7-17
James Widner	7-19
Joyce Gordon	7-21
Kathleen Fallon	7-23
Edward C. Kurt	7-28
Dick Gottron	7-29
Valerie O'Grady	7-31

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Mendiversaries—July

Joyce Gordon	7/01/1986
Dee Nagle	7/06/1990
Arnold Koci	7/09/1990
Bob Kensler	7/30/1994
Harry Yamauchi	7/18/1995
Larry Ryan	7/26/2000
Chuck Seward	7/01/2005
Nick Williams	7/13/2005
Mary Thompson	7/01/2007
Michelle Dorris	7/17/2007
Dennis Galloway	7/09/2008
Alan Kiehn	7/13/2009
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
Les Karr	7/13/2012



15 MINUTES OF CARDIO, 15 MINUTES OF WEIGHTS, AND AN HOUR OF TALKING MYSELF INTO IT.

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

Members Page - August 2013

Chapter 216 Membership - 287

Birthdays—August

Bessie Roussakis	8-03
Anthony Marotti	8-04
Linda Haslinger	8-11
John Cox	8-16
Dorothy T. Gobbo	8-16
George Denney	8-18
Mike A. Gonzalez	8-20
Patricia Phillips	8-20
Edward C. Pugh	8-20
Darrell Schmidt	8-22
Michelle Doris	8-24
Andrew Harautuneian	8-28

New Members

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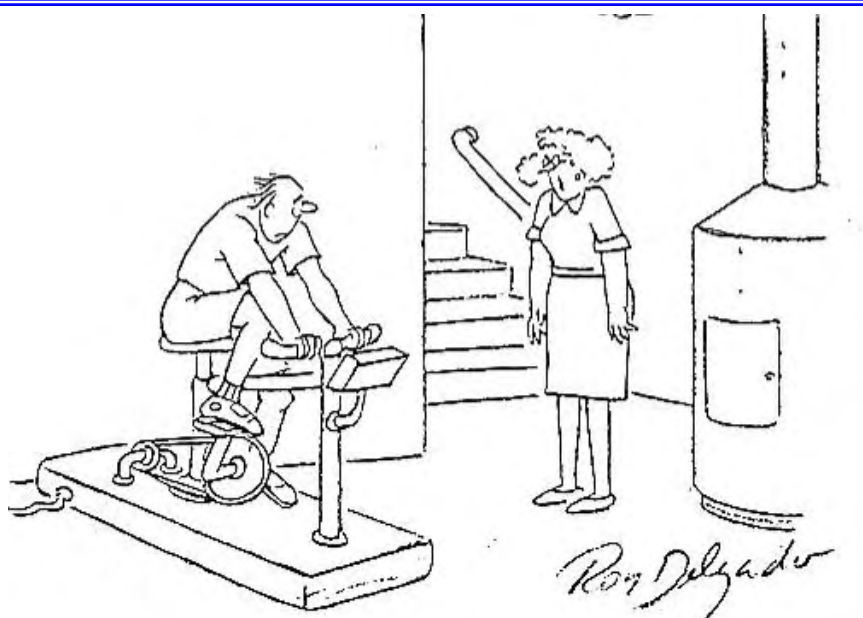


Mendiversaries—August

William Chapman	8/09/1993
Elizabeth Rhodes	8/09/1995
Dick Spaulding	8/01/1999
Edward C. Pugh	8/16/1999
Connie Van Leeuwen	8/24/1999
Leonard Kane	8/01/2006
Jeffrey L. Wolff	8/07/2007
Keith Lindemann	8/14/2007
Danielle Enyeart	8/19/2008
Kathleen Fallon	8/22/2008
Stephen DeSales	8/01/2011



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"How far from home are you,
so I'll know when to start dinner?"

Hussman donates to Chapter 216



Hussmann Regional Sales Holds 7th Annual Charity/Golf Tournament

The Hussmann West Regional Sales Division recently held a customer appreciation and charity fund-raiser at Strawberry Farms Country Club in Irvine, California. This year's event contributed \$4000.00 to Mended Hearts Chapter 216. Dennis Galloway (on the right) accepts the check on behalf of Mended Hearts Chapter 216.

The event began with a putting contest, followed by a best ball scramble tournament. After the golf outing attendees enjoyed a re-

ception and dinner. Many regional customers participated in the tournament, along with industry sponsors and Hussmann's sales and operations group.

A team directed by Michael Nobile, Western Sales Director, organized the successful event. "Special thanks to all the tournament volunteers from Hussmann, as well all Hussmann affiliated companies, for their generous support, said Nobile. "Customers and sponsors are already looking forward to next year's event."

Smartphone Apps Can Make Workouts More Fun

Latest technology lets you jog along with zombies, bulls and race cars

By Dennis Thompson
HealthDay Reporter

FRIDAY, May 31 (HealthDay News) -- You're jogging at a steady pace, enjoying your favorite music through your headphones. Your breath is short and your heart is pumping. Your legs feel like they couldn't carry you any faster.

And then you hear the groan of a zombie over your right shoulder. It's sprint or be eaten.

The zombie apocalypse isn't upon you. You're just taking part in the latest fitness craze -- smartphone apps that make a fun and interactive game out of your daily workout.

Software developers are taking advantage of smartphones' advanced technology -- GPS, accelerometers, MP3 players -- to create "immersive" fitness games that appeal to both avid and reluctant exercisers.

It's part of an overall trend in the fitness industry toward making your daily workout "a fun experience rather than something you have to do," said Jessica Matthews, an exercise physiologist for the American Council on Exercise.

"We are attempting more 'play' opportunities as opposed to working out, basically getting people to move and having fun while they are doing it," Matthews said, noting that fitness instructors are being encouraged to include game play in group and one-on-one exercise as well.

One popular fitness game app, *Zombies, Run!*, places you in the role of a supplies runner for a walled community trying to survive against the walking dead.

During your run, the game's surprisingly complex story unfolds through your headphones. You "pick up" supplies for the community as you jog along. At certain intervals, you're alerted that zombies are nearby, and if you don't pick up the pace you'll have to pitch some supplies to keep from being caught.

The game doesn't end once your jog is over. After your workout, you can use the supplies you picked up during your run to fortify your community. The GPS statistics from your run are uploaded automatically to the game's website, so you can review your average speed and the estimated calories you burned.

Other fitness game apps place you in different scenarios.

BullDash, for instance, puts you in the middle of the running of the bulls in Pamplona, Spain, with immersive audio propelling you forward lest you receive a taste of the horns. *Fit Freeway* makes you the engine of a race car that you drive while on a treadmill or elliptical machine. The phone's accelerometer picks up the motion of your stride -- the faster you go, the faster your car goes. You tilt the phone left or right to steer.

Fitness apps that take a more social tack also are available. *Teemo*, *Nexercise* and *Fitocracy* all allow you to post your latest workout to share with friends. Some games have you work with friends to reach a common goal -- completing a relay race, for example -- while others encourage competition.

"That's another big area, having that social component," Matthews said. "Having social support of some kind is a critical factor in adhering to an exercise program. For some people, having that friendly competition or the feeling of being on a team can help them stay motivated."

What's more, the apps either are free or available at a minimal price of \$2 to \$4. *Zombies, Run!* is the most expensive at \$7.99 for two "seasons" worth of episodes.

Donna Arnett, president of the American Heart Association, said there's good evidence already that gadgets like accelerometers can prompt interest in physical activity.

"I know when my accelerometer says I have 3,000 more steps to go to reach my daily goal, that motivates me," she said. "I would think the apps would work the same way. Anything we can do to motivate people is a good thing."

Dr. Stephen Ponder, an American Diabetes Association spokesman, said it remains to be seen whether these fitness games will have a lasting impact or prove a passing fad.

"If there are ways to use those devices to get people to move, I think that has a lot of potential," said Ponder, a pediatric endocrinologist in Temple, Texas. "The question is, can you see yourself using this indefinitely or would it need to change and morph and you'd need to have different games to keep your interest? For any kind of health technology, it needs to be something that people will put up with and use for an extended period of time."

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





Heart Healthy Recipe for June

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

Lemon Pasta Salad

Makes 4-6 servings.

Ingredients

Salt to taste
1 pound corkscrew pasta
1 pound asparagus
2 tablespoons Dijon mustard
1 garlic clove, minced
1/4 cup fresh lemon juice
1/4 cup extra virgin olive oil
Freshly ground black pepper
1 pint cherry tomatoes, halved
1/4 cup freshly chopped dill leaves
1 cup frozen peas, defrosted
7 ounces crumbled feta cheese



Preparation

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente. Drain and rinse. Set aside
2. In another large pot of boiling salted water, add the asparagus and blanch until bright green and slightly tender, about 3 minutes. Remove with a slotted spoon and shock in icy cold water. Remove from the water and dry well. Trim the ends of the asparagus and cut into bite-size pieces on the bias.
3. Whisk together the mustard, garlic, lemon juice, and olive oil in a small bowl. Season with salt and pepper to taste.
4. Combine the reserved asparagus and pasta in a large serving bowl. Add the tomatoes, dill, peas, feta and the mustard dressing. Toss with tongs to coat the salad well. Taste and add additional salt and pepper if needed.

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.

