Facing the Future: Mission Hospital’s Response to a Changing Healthcare Environment

For many of you, you most probably call Mission Hospital, “Your Hospital” especially if you live in the surrounding community and have had a cardiac procedure or received cardiac rehabilitation services. Since 1972, Mission Hospital, like other hospitals’ across the nation, has continually responded to a dynamic healthcare environment and now is no different! The current challenges of healthcare reform and the changing needs of the community has been the compelling force behind the development of a new strategic vision for St. Joseph Health System and its Southern California region, of which Mission Hospital is a member.

Cindy Mueller, R.N., MN, M.A.H.C.M., Vice President of Mission Integration and a member of the hospital’s executive team will provide an overview of this vision and the current planning for both the Mission Viejo and Laguna Beach campuses, based on the needs of the community.

She will also address some of the current challenges for Mission Hospital in the context of healthcare reform and how the hospital is responding.

Cindy has been a registered nurse for over forty-one years and has served at Mission Hospital for thirty-six of those years. She has held a wide variety of roles from operating room nurse who assisted in developing Mission’s cardiac surgery program to also serving as the Executive Director of Cardiovascular Services from 1995-2000. Cindy’s current includes the integration of the mission and values into the organization’s culture as well as executive oversight to spiritual care, ethics, and caring for the community, especially for those who are most vulnerable.

Don’t forget the program starts at 7:00 pm, Wednesday March 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

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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<tbody>
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### Mission Hospital

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<tr>
<th>Position</th>
<th>Name</th>
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### Regional Contacts

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<tr>
<th>Position</th>
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<tbody>
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### National Headquarters

[www.mendedhearts.org](http://www.mendedhearts.org)

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### 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.

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### Visitors Report

February 2014

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<tr>
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<tr>
<td>Visitors</td>
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<td>6</td>
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<tr>
<td>Visitors Trainees</td>
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<td>3</td>
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Visitors: Rocco, Lonnie Camiller, Greg Gensichen, Ben Buchanan

Visitors Coordinator for months as follows:

- March: Dee Nangle 582-2719
- April: Susan Goldberg 768-0913
- May: Barbara Lane 859-3400

See you next meeting!

Barb Lane & Dee Nangle
“Obamacare” More Questions then Answers

The Affordable Care Act, or widely known as “Obamacare” is our nation’s Health Care Law that started taking applications last fall and officially launched January 2014.

All levels of our community are affected, from government, state and local, businesses, families and individuals and most important, the doctors and hospitals that serve our health needs.

The Affordable Care Act Law has already backtracked on its roll-out delaying on both small and large business requirements to participate making it even more difficult to understand and more costly for us all.

We are now hearing that if you’re not admitted to the hospital under the proper terminology and admitted for “under observation”, it may cost you more for out of pocket expenses for both the services at the hospital and follow up care. Right or Wrong?

This is why it is important to join us Wednesday evening March 19th at 7pm Mission Hospital Conference Center to hear and ask questions of one of our top hospital executives, Cindy Mueller, Vice President Mission Integration. She will discuss how they are working hard to deal with these critical changes in Health Care, while continuing to grow and develop the latest in medical technology to benefit our community.

I look forward to seeing you.

God Bless,

Dennis

“Giving back does the Heart Good”
From the CardioPulmonary Rehab Center

Dear Mended Hearts –

What a great turnout for our Physician’s Round Table in February! Many thanks to Dr. Rediker and Dr. Truong for their wealth of information and willingness to be on our panel. Just a reminder that the American Heart Association’s Heart Walk is Saturday, March 8th at Angel Stadium. The CardioPulmonary Rehab Center’s goal this year is to raise a new record of $5100. Please help support the AHA and get your donation to the CardioPulmonary Rehab Center by March 31st. Any donation is greatly appreciated and Thank You for your support!

Here’s to Your Good Health –

Elaine

Color Version

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/
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!

Birthdays-March
Eric Tan 3-01
Hal Schwartz 3-14
Shirley Neal 3-18
Jenny Katzen 3-20
Alvin Breitman 3-22
Arthur Feldman 3-25
Ralph Nelson 3-25
Dick Spaulding 3-28
Chandler Rabins 3-29
Antoinette Thompson 3-29

Mendiversaries-March
Carol Munroe 3/01/1992
Dee Nagle 3/26/1992
Shirley Neal 3/04/1998
Alex Neal 3/03/2000
Scott Neiman 3/08/2000
David Nelson 3/28/2001
Ralph Nelson 3/14/2001
Peter Pukszta 3/14/2001
Joseph Nishimura 3/26/2001
Michael Nobile 3/28/2001
Dr. Christopher Nolan 3/19/2002
Ray Nopper 3/26/2002
Roger O’Connor 3/22/2005
Valerie O’Grady 3/01/2006
Peter Palumbo 3/12/2008
James Petrone 3/27/2008
Dr. Gary Phillips 3/09/2009
Patricia Phillips 3/17/2009

Chapter 216 Meetings
2014 Meeting Schedule

March 19 Cindy Mueller
Vice President Mission Integration.

April Michael Hunn
Boston Scientific, Cardiac Rhythm Management

May Bret Ellington L.Ac, MS
Inner Balance Acupuncture

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:
queenofthekassel@gmail.com
WE THANK YOU
Mended Hearts
Community Supporters

Facebook Web Address:
https://www.facebook.com/MendedHeartsChapter216
Mended Hearts
Chapter 216

Fundraiser Game

Vs.

DETROIT TIgers™

Sunday, July 27th @ 12:35pm

Special Lower View MVP-412 seating for $29.00!
All Family, Friends and Neighbors are welcome to attend.
Tickets are limited. ACT NOW!

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:

ADDRESS: (To mail tickets)

PHONE Number: (

Email Address:

Sorry, unable to make the game. Donation Only

NO REFUNDS OR EXCHANGES!
PLEASE RETURN ORDER FORM WITH PAYMENT BY: 7-11-14
TO: DENNIS GALLOWAY 2 Phaedra, Laguna Niguel, CA 92677
**Lifestyle Changes**

Living a healthier lifestyle can help to prevent heart disease. This includes the following:

*Eliminating all tobacco products*

You should be aware that all tobacco products are included as risk factors for chronic illness, not just cigarettes. And, although there may be medical uses from derivatives of some social drugs, such as alcohol, there is no therapeutic use for nicotine. As soon as you stop smoking, your body begins to heal itself from the devastating effects of tobacco.

*Adhering to a heart-healthy diet*

One aspect of managing your heart attack risk factors includes eating a heart-healthy diet that includes appropriate levels of the following:

- Calories
- Cholesterol
- Fat
- Fiber
- Sodium

To try and eliminate any confusion, the federal government has established a food pyramid and food labeling laws. Maintaining a heart-healthy, balanced diet will help to accomplish the following:

- Manage stroke and heart-attack risk factors
- Prevent or manage other chronic diseases
- Assist in losing weight and boosting energy
- Promote overall good health
- Following an appropriate exercise program

One vital step toward reducing your chances of having a heart attack is making the time to exercise. Today, with our fast-paced society, people must schedule time to exercise. Choose an activity that you enjoy doing, and then talk with your physician about an exercise plan that meets your individual capabilities and needs.

An exercise program will help in the management of almost all stroke and heart attack risk factors.

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Doctors may be able to identify people with high risk of heart attack, also known as a myocardial infarction, according to a study of a new medical test.

Scientists from the Scripps Research Institute in La Jolla, California, developed a test that works by detecting and measuring certain cells, called endothelial cells, which line the interior walls of blood vessels. In the study, researchers used their test on 79 patients who recently had a heart attack. Two control groups were also used, one made up of 25 healthy patients and the other made up of seven patients undergoing treatment for vascular disease (a form of cardiovascular disease affecting the blood vessels).

The study’s findings, published in the journal Physical Biology, showed that endothelial cells levels are significantly higher in the blood of heart attack patients than they are in the blood of people who have never had a heart attack.

Researchers said they hope that the test will be able to predict heart attacks in people who have chest pain or other symptoms and require a diagnosis. An upcoming study will focus on patients at risk for heart attack with the goal of finding out how predictive the test is, researchers said.

Sourced from:

New Test Could Predict Heart Attacks, Live Science

Ker Than, ISNS Contributor  |  January 09, 2014 11:25pm ET
Meal Planning

Leading health organizations agree that starting at age two everyone should follow heart-healthy diet and lifestyle recommendations. But eating heart healthy meals doesn't mean giving up on taste. Here are some tips on how to make "health" a special ingredient in your recipes:

How to Make Heart Healthy Meals


Cooking Methods
- Use low-fat methods and remember not to add butter or high-fat sauces—Bake, broil, microwave, roast, steam, poach, lightly stir fry or sauté in cooking spray, small amount of vegetable oil, or reduced sodium broth, grill seafood, chicken, or vegetables.
- Use a nonstick (without added fat) or regular (with small amount of fat) pan.
- Chill soups and stews for several hours and remove congealed fat.
- Limit salt in preparing stews, soups, and other dishes—use spices and herbs to make dishes tasty.
- Use a variety of herbs and spices in place of salt
- Use low-sodium bouillon and broth, instead of regular bouillons and broths.
- Use a small amount of skinless smoked turkey breast instead of fatback to lower fat content but keep taste.
- Use skinless chicken thighs, instead of neck bones.

Oils/Butter
- Use cooking oil spray to lower fat and calories.
- Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.
- To cut saturated fat, use regular soft margarine made with vegetable oil.
- Choose margarine that lists liquid vegetable oil as the first ingredient on the food label and is low in saturated fat and low in or free of transfat.

Eggs
- In baking or cooking, use three egg whites and one egg yolk instead of two whole eggs, or two egg whites or 1/4 cup of egg substitute instead of one whole egg.

Meats and Poultry
- Choose a lean cut of meat and remove any visible fat.
- Remove skin from chicken and other poultry before cooking.
- Try replacing beef with turkey in many recipes.

Sandwiches and Salads
- In salads and sandwiches, use fat-free or low-fat dressing, yogurt, or mayonnaise, instead of regular versions.
- To make a salad dressing, use equal parts water and vinegar, and half as much oil.
- Garnish salads with fruits and vegetables.

Soups and Stews
- Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating the dish, lift off the hardened fat that formed at the surface. If you don't have time to chill the dish, float a few ice cubes on the surface of the warm liquid to harden the fat. Then remove and discard the fat.
- Use cooking spray, water, or stock to sauté onion for flavoring stews, soups, and sauces.

Breads
- To make muffins, quick breads, and biscuits, use no more than 1–2 tablespoons of fat for each cup of flour.
- When making muffins or quick breads, use three ripe, very well-mashed bananas, instead of 1/2 cup butter or oil. Or substitute a cup of applesauce for a cup of butter, margarine, oil, or shortening—you'll get less saturated fat and fewer calories.

Desserts
- To make a pie crust, use only 1/2 cup margarine for every 2 cups of flour.
- For chocolate desserts, use 3 tablespoons of cocoa, instead of 1 ounce of baking chocolate. If fat is needed to replace that in chocolate, add 1 tablespoon or less of vegetable oil.
- To make cakes and soft-drop cookies, use no more than 2 tablespoons of fat for each cup of flour.

Recipes courtesy of the National Heart, Lung and Blood Institute
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:

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 $28 $38

Life membership, National & Chapter $225 $335

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.

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.