

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 \* Chartered 1989

Volume 23, Number 21

[www.mendedhearts216.org](http://www.mendedhearts216.org)

November 2014

## Blue Zones - 9 Lessons for Living Longer, Healthier Lives



If you had the “magic bullet” to live a longer, healthier life, would you take it? Blue Zones are areas in the world where people live the longest – in fact, it is not uncommon for people to live active, satisfying lives well into their 90’s and 100’s! So what’s their secret? Researchers have studied these populations and determined the common traits among them - establishing the “Nine Lessons for Living Longer - from the people who’ve lived the longest.” Find out the five areas of the world that are considered “Blue Zones” as well as strategies you can incorporate to make your life healthier and more satisfying!

Elaine Gotro is originally from Ohio, Illinois - a small farming community of 500 people, located about two hours west of Chicago. She received her Bachelor of Science degree from Northwestern University in Evanston, Illinois (and is still an avid “Wildcat” fan) and started her career as a high school Health/Physical Education teacher in the Chicago suburbs. Throughout the years (and many relocations) she taught various health/physical education and aerobics classes for local health clubs, the State University of New York at Binghamton, and the University of Michigan in Ann Arbor. She received her Master’s degree in Adult Fitness/Cardiac Rehab from the University of Wisconsin – La Crosse and is a certified Exercise Specialist through the American College of Sports Medicine. She has been an Exercise Specialist for the CardioPulmonary Rehabilitation Department at Mission Hospital since 2000 and has been the Clinical Manager of the department since January 2013. Elaine’s passion has always been to provide education regarding exercise and risk factor modification to improve one’s quality of life. She created and produced “Rockin’ Rehab,” a seated and standing exercise DVD and has presented “Rockin’ Rehab” at state and national cardiac rehab conferences. She is a former President, and current Board member, of the California Society for Cardiac Rehab (CSCR).

Elaine is married to Jeff, a polymer scientist (and Mended Hearts Vice President and Webmaster), and has two married daughters, Erin and Lindsey, as well as Parker, her two and a half year old grandson (her secret to living an active, satisfying life!). Her favorite hobbies include working out, riding roller coasters and spending time with family and friends.

*Don't forget the program starts at 7:00 pm,  
Wednesday Nov. 19th 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!”**