

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989



Volume 25, Number 10

www.mendedhearts216.org

October 2015

FOR THE HEART PATIENT AND THEIR FAMILIES

Supporting Heart Health with Breath Work and Gentle Movement: A Yoga Practice with Essential Oils.



Margie Deutsch Lash has worked in education and the health and wellness fields for over 30 years. Using natural solutions to create conscious wellness has been a part of her life for decades. She is the co-owner of WHOLEistic Life, a company that supports people in improving their quality of life through healthy nutrition and lifestyle choices including yoga practice and essential oil use.

Margie feels so fortunate to be able to bring all of the things she loves together with her work as a yoga teacher

and Wellness Advocate with doTERRA.

Margie is also an International Board Certified Lactation Consultant (IBCLC), a Master's prepared educator, a Registered Yoga Teacher, a bodyworker (employing Reiki, Craniosacral Therapy and other energy modalities), and an essential oils educator. With this unique combination, Margie provides a full range of services to her clients including yoga for special populations, spinal oil applications and body treatments for a variety of situations.

She is a published author having been a columnist for **Paths of Learning**, a learning journal and is co-author of a book entitled *The Stone Age Baby in a Techno Society*.



*Don't forget the program starts at 7:00 pm, Wednesday
October 21st 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*

Chapter 216 Board of Directors and Contacts

Officers

<i>President</i>	Dennis Galloway	714-381-1906	
<i>VP/Webmaster</i>	Jeff Gotro		www.mendedhearts216.org
<i>Secretary</i>	Jeannine Leaper	949-240-0530	
<i>Treasurer</i>	Alan Kiehn		alandsylvia@cox.net
<i>Fundraising</i>	Dustin Frei		dustin.frei@msn.com
<i>Past President</i>	Fred Damiano	949-831-4181	fdamiano@mac.com
<i>Visitors Chair</i>	Barbara Lane	949-859-3400	bandbofmv@cox.net
<i>Visitor Co-Chair</i>	Dee Nangle	949-582-2719	
<i>Membership Chair</i>	Grace Belleti		soar2heaven@hotmail.com
<i>Newsletter Editor</i>	Dave Lindsay		socalcarculture@yahoo.com
<i>Satellite Coordinator</i>	Lonnie Camilleri	949-362-3944	
<i>Member-at-Large</i>	Shana Kassel		

Mission Hospital

<i>Clinical Manager</i>	Elaine Gotro	949-364-7755	
<i>Secretary</i>	Janie Vasilia	949-364-7755	janie.vasilia@stjoe.org

Regional Contacts

<i>Regional Director</i>	Ron Manriquez		rmanriquez@gmail.com
<i>Assistant Regional Dir.</i>	Angela Manriquez		scemanriquez@gmail.com

National Headquarters

www.mendedhearts.org

Our Mission:

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

Note to recent heart surgery patients and others considering membership:

We hope all of you who have had a stent emplaced or 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 September 2015

	<u>MO</u>	<u>YTD</u>
Hospital Visits	13	85
Phone Visits	3	12
Visitors	8	45
Visitors Trainees	1	1

Visitors: Lonnie Camilleri, Barb Lane, Dave Butler, Greg Gensichen, Ben Buchanan, Joe Pierantoni, Chip DeSon, Rocco

Visitors Coordinator for the months as follows:

October	Barb Lane	949-859-3400
November	Dee Nangle	949-582-2719
December	Jo Cristian	949-581-1824

Looks like our Oct meeting will help us get ready for the holidays with our speaker dealing with stress reduction!!

Hope to see you there!

Barb Lane & Dee Nangle

Presidents Heartfelt Message

From the CardioPulmonary Rehab Center



Can you believe that it's October with Thanksgiving, Mended Hearts Gala, Christmas and New Years fast approaching? I sure can't.

In case you missed it, our September member meeting was a very good one with Bill Lockhart and Oliver Gillespie of the Orange County Fire Authority sharing with us the operation of its EMS services group and what we can expect in an emergency.

Here is what some of the attendees have shared with me:

"We really liked how both Bill and Oliver delivered the information. It was clear and precise with an added sense of humor".

"It was well worth our time we learned a lot and now are more comfortable about reaching out in case of a need".

Mended Hearts Chapter 216 community outreach program continues its Philanthropy

On September 25th we made a donation and were sponsors of the "Putting Contest" for the Alzheimer's Charity Golf Tournament held at Tijeras Creek Golf Club. I was able to share with many of the attendees how Mended Hearts supports heart patients and their families here in our community and discuss vascular disease and Alzheimer's.

We will announce the two Mission Hospital nurse recipients of our \$1000.00 Scholarships at our October 21st, member meeting, don't miss it.

Mark your calendars for the October 21st member meeting with guest speaker Margie Deutsch Lash, "Stress reduction with yoga and essential oils", something we can all benefit from.

Happy Halloween



Cherish Each DAY!

Dennis

Our Mission: *"Inspiring hope and improving the quality of life for heart patients and their families through on-going peer-to-peer support"*

Dear Mended Hearts

Mission Hospital proudly received certification of its cardiac and pulmonary rehabilitation programs by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). With this certification, Mission Hospital continues to demonstrate its commitment to providing community members with an excellent patient experience marked by the highest quality.



Mission Hospital's cardiac and pulmonary rehabilitation certified programs work with patients suffering from cardiovascular and pulmonary issues, while providing the highest level of care. Mission Hospital patients recovering from heart attacks, coronary artery bypass graft surgeries, chronic obstructive pulmonary disease (COPD), respiratory symptoms, etc. are rehabilitated and cared for with the most advanced practices. By offering notable exercise programs, education classes, counselling and support, patients and families at Mission Hospital are receiving quality care.

In order to obtain certification, the Mission Hospital CardioPulmonary Rehabilitation Program took part in an application process that included a thorough examination of the program's practices. The AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other professional societies. Each program is reviewed by the AACVPR Program Certification Committee and Certification is awarded by the AACVPR Board of Directors.

Linda Johnson, Chief Clinical Officer, spoke about the certification: "We are very excited about receiving this notable achievement. Mission Hospital strives for excellence in all its fields and we are so thankful for all the staff who helped us progress to this point. We are also very grateful for the patients who trust us with their care and are excited that we were able to prove our dedication to them once again."

I am extremely proud of each and every one of our staff members for their dedication and commitment to our patients and programs! We have been certified for both our Cardiac and Pulmonary Rehab Programs since 2003!

Here's to Your Good Health –

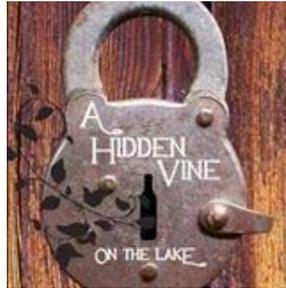
Elaine 

Thank you to our Community Supporters



ANGELS BASEBALL

HUSSMANN®



SALT CREEK
G-R-I-L-L-E



Marriott.



Mended Hearts™
Chapter 216

WELLS
FARGO



Dealer Services



Chapter 216 Members Page - October 2015

Birthdays - October

Macy Lindsay	10/01
Howard Neil	10/06
John F. Sullivan	10/06
Fred Damiano	10/07
Paul Buehler	10/10
William Sims	10/12
Wally Dziurnski	10/13
Dee Nangle	10/25
Marilyn Sullens	10/25
Frank Bold	10/28
Louise Hornbeck	10/28

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 - October

Marty Lipson	10/04/1989
Darrell Schmidt	10/31/1990
Carol Munroe	10/21/1992
John R. West	10/16/1997
Rae I. Faigin	10/21/1998
Ronald Gardon	10/09/1998
Alex Neil	10/11/1999
Fred Damiano	10/18/2000
Jim Frey	10/10/2002
Ben Buchanan	10/01/2004
John Gordon	10/15/2006
Jeannine Leaper	10/15/2009
John Mahar	10/07/2010
Ken Kenworthy	10/13/2011
James Larkin	10/16/2013

HAPPY HALLOWEEN

Chapter 216 Meetings 2015 Meeting Schedule

Oct. 21	Margie Deutsch Lash, MEd, E-RYT 200, Stress reduction with yoga and essential oils
Nov. 18	Patty Mouton, Alzheimer's Association Orange County
Dec. 6	Annual Mended Hearts Gala See Invitation in this newsletter

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

The latest news from Cleveland Clinic

Refresh Your Work Day With 9 Standing Yoga Poses

Driving to work, sitting at a computer all day and driving home again can contribute to sedentary living. But you can stay active and get your blood flowing without taking a lap around the office. Here are nine simple standing yoga poses to stretch your muscles, relieve your tension and get you ready to tackle the job ahead!

healthessentials

Hold poses for at least 3 to 5 deep breaths to release tension and stress. Do only as much as you can, comfortably.



1. Mountain

Bring your feet parallel with toes facing forward, about 4-6 inches apart. Engage your leg muscles and relax your shoulders back and down. Balance head over shoulders.



2. Extended mountain

From the mountain position, extend your arms up in line with your ears. Reach up through your fingertips while drawing your shoulders down into their sockets.



5. Rocking horse

Rock forward and back from your toes to your heels.



3. Chair pose

From the mountain position, bend your knees, engage your core and sit your tail back and down into a squatting position. Reach your arms forward or up. Keep head, neck and spine in a long line.



4. Press-ups

With hands on chair for stability, press up onto your tiptoes and try to hold. Repeat 3-5 times.



6. Easy back bend

Interlace fingers behind your head and let your head drop back into your hands. Press your elbows back and gaze upward.



7. Hip circles

With your knees soft and feet shoulder-width apart, circle your hips 4-8 times in each direction.

The latest news from Cleveland Clinic



8. Tree pose

Bring weight onto your right foot and focus your eyes in one place. Open your left knee to the left while placing your left foot on your right ankle, calf or thigh, not on your knee. Hands may be on the chair, up, down, or out to the sides. Repeat on the other side.

<http://health.clevelandclinic.org/2015/09/refresh-work-day-9-standing-yoga-poses-infographic/>

More Yoga articles here...

<http://health.clevelandclinic.org/2015/09/12-yoga-poses-can-work/>

<http://health.clevelandclinic.org/2015/09/7-yoga-poses-help-get-better-sleep/>

healthessentials

Truth About The Great Pumpkin: It's Good For You



Hold that whipped cream. Who says the only way to enjoy pumpkin is in pie?

Fall's great gourd is so healthy for you that it shouldn't be reserved just for Thanksgiving dinner. According to Julia Zumpano, RD, LD, a dietitian in Cleveland Clinic's Section of Preventive Cardiology & Rehabilitation, pumpkin is good for your:

- **Eyesight and immune system.** That's thanks to vitamin A, which is naturally packed into pumpkin. Eating a single (1 cup) serving of pumpkin can provide 200 percent of most people's recommended daily in take of the vital nutrient.
- **Heart.** Pumpkin's potassium and antioxidants can help prevent heart disease – as well as some cancers.
- **Cholesterol.** Plant sterols in pumpkin seeds can help lower your LDL (bad) cholesterol. So can the omega 3 fatty acids, which help lower triglycerides (blood fats) and blood pressure.
- **Weight.** Pumpkin is easy on your waistline, with only 50 calories per cup. The same portion also provides 3 grams of fiber, which can keep you feeling fuller longer.

Ways to roll pumpkin into your everyday diet

Rolling pumpkin into your everyday diet isn't hard. Julia recommends you:

- Roast pumpkin in the oven for a side dish.
- Stir pureed or canned pumpkin into soups or sauces (even tomato sauce) to thicken them. Pumpkin can even replace fats or carbohydrates in your recipes.
- Substitute pumpkin for fat or oil in breads, muffins and pancakes.
- Add pumpkin to plain or vanilla yogurt with some pumpkin spice and a dab of honey.
- Mix pumpkin into a smoothie.
- Toast pumpkin seeds to top a salad or roasted vegetables.

<http://health.clevelandclinic.org/2015/09/truth-about-the-great-pumpkin-its-good-for-you/>

healthessentials

The latest news from Cleveland Clinic

Pumpkin Lentil Soup

The fall and winter brings cooler air, which often means warmer meals for dinner like the perfect soup or stew. This recipe would be delicious to make for a Meatless Monday dinner. The lentils provide slow digesting carbohydrate, protein, and are high in fiber, therefore this soup will keep you satisfied for hours! The soluble fiber in lentils can help lower cholesterol, too!

Ingredients:

- 1 large onion, chopped (1 cup)
- 2-6 garlic cloves, diced
- 3 ribs celery, chopped (3/4 cup)
- 3 carrots, chopped
- 2 cups red lentils
- 7-8 cups vegetable broth or water
- 1 large can pumpkin (no sugar)
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- Lots of Tabasco

Cooking Instructions

1. Combine onion, garlic, celery, carrots, lentils and broth or water in a soup pot. Bring to a boil.
2. Lower heat and simmer, covered, 30 minutes or until vegetables are soft and lentils have turned to mush.
3. Add pumpkin and spices and simmer until all is blended.
4. Add Tabasco to taste.

Makes 8-10 Servings

Nutritional Analysis (per serving):

Calories: 180
Fat: 0 grams
Saturated Fat: 0 grams
Sodium: 135 mg
Protein: 11 gram
Carbohydrate: 33 grams
Sugars: 7 gram
Dietary fiber: 7 grams



Guiltless Pumpkin Cheesecake Bites

These bite-size delectables offer the rich flavor of cream cheese and ricotta (both low-fat) along with the cinnamon and pumpkin flavors so welcome at this time of year. They are small, but satisfying — and the pumpkin puree offers nutritional benefits too.

Ingredients

- 1 (8 oz.) block of reduced fat cream cheese
- 1/2 cup low fat ricotta cheese
- 1/2 cup pumpkin puree
- 2 tsp vanilla
- ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- 3 tablespoons powdered sugar
- Puff Pastry Mini Cups – 2 packages

Preparation

1. Blend ingredients in food processor for one full minute.
2. Scrape the sides of the food processor and blend for another 30 seconds.
3. Spoon two tablespoons of the mixture into each mini pastry cup and serve.

Nutritional information

Makes 30 servings
Serving size: 1 pastry

Calories: 120
Protein: 1 g
Carbohydrate: 4 g
Dietary Fiber: 0 g
Total Fat: 3 g
Saturated Fat: 1 g
Sugar: 1 g
Sodium: 55 mg
Calcium: 14 mg
Magnesium: 1 mg
Potassium: 9 mg



The latest news from Cleveland Clinic

Stressed Out? Aromatherapy Can Help You to Feel Calmer

A scent can be more than a passing pleasant experience. If you're feeling stressed out or tired, scents can help to lift your mood, and help you to feel calmer and more energized.

When you use scents to improve your health or mood, you're using aromatherapy, which is a form of complementary therapy. In aromatherapy, essential oils that are distilled from plants are absorbed into the body either through the pores of the skin during massage, or by inhalation through the nose.

The scents released by the oil act on the hypothalamus, a part of the brain that influences the hormonal system. Individual responses to scents are highly personal, but a scent can affect your mood, metabolism, stress levels and libido.



Less anxiety

Research has demonstrated that aromatherapy, specifically lavender, can improve mood and lessen anxiety.

A study published in the Journal of Advanced Nursing showed that aromatherapy helped intensive care patients to feel less anxious and more positive immediately.

You can bring that lesson home by using aromatherapy around your house, says behavioral health specialist Jane Ehrman, MEd, of Cleveland Clinic's Wellness Institute.

"You can create fragrant stress relievers in your own kitchen and provide the kind of mood you're looking for when you're trying to calm down," she says.

The power of aromatherapy can be seen in our sense of smell's ability to bring forth vivid memory.

"When you think of how your grandmother's house smelled when food was cooking, it lifts your mood," she says. "When you smell certain fragrances, like the spring air, it does something for you."

Energizing and soothing

Different scents can have varying effects. Certain fragrances, such as lemon, can energize you, Ms. Ehrman says.

"If you're feeling pretty tired and low in mood, try one of the citruses, like grapefruit or orange. Rosemary also can be invigorating," she says.

Aromas such as lavender can help to soothe you, she says.

"Breathing in that scent takes your mind off of the frustration or the stress you are experiencing," she says. "As you breathe in and experience the scent, you get out of your head and into the moment."

Aromatherapy at home

Aromatherapy is an affordable relaxation technique you can use at home in a number of ways:

- Place essential oils in an infuser, which fills a room with scent.
- Put a few drops of essential oil in about 2 cups of water. Stir the water then dip in a washcloth. Wring out the cloth and use it to wipe your face, hands and neck. Or store the cloths in a sealed container in the refrigerator for later use. Two or three drops of the essential oil is plenty. Experiment with one or two and see if the fragrance is strong enough. Cotton washcloths work best.
- Apply a scented lotion to your skin.
- Set out a scented stick. Carry a few in your purse or pocket to use as needed.

<http://health.clevelandclinic.org/2015/03/stressed-out-aromatherapy-can-help-you-to-feel-calmer/>

healthessentials



<https://www.facebook.com/MendedHeartsChapter216>



Please Join Us for the Annual
Mission Hospital
Mended Hearts Gala



♥ **Arroyo Trabuco Golf Course**

26772 Avery Parkway, Mission Viejo

♥ **Sunday, December 6, 2015**

12:00 PM – 4:00 PM

♥ **Mike De Bellis-Satin Express**

For your Dancing and Listening Pleasure

♥ Your choice of:

Beef Medallions, Salmon, or Vegetarian (Lasagna)

Includes: Salad, Vegetables, Dessert, Coffee or Tea

~ ~ ~No Host Bar ~ ~ ~

\$30.00 per person

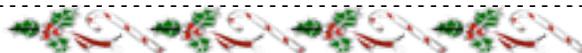
♥ **Send check and form to:**

Mended Hearts Chapter 216 – 26732 Crown Valley Parkway, Suite 281 Mission Viejo, CA 92691

Questions: (949) 363-1496

Checks and forms must be received by November 18th

PLEASE DETACH AND RETURN BOTTOM PORTION WITH YOUR CHECK



Please Indicate Food Preferences for Each Member of Your Party:

♥ Beef Medallions _____ ♥ Salmon _____ ♥ Vegetarian _____

Limited Seating ~ Reserve your seats NOW!

Member's Name: _____

Please indicate the names of your guests: _____

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

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	\$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.

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.



St. Joseph Health 
Mission Hospital



St. Joseph Health 
St. Mary



hoag