

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 \* Chartered 1989

Volume 26, Number 9

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

Aug/Sept 2016

## Shari Langer from Council on Aging-Orange County



**S**hari Langer is a State Registered Counselor and Community Educator for the Council on Aging - Orange County HICAP program (Health Insurance Counseling and Advocacy Program). She serves HICAP as the Community Education and Outreach Coordinator. Shari has a Master of Education degree and has worked in educational counseling for several years.

**Topic:** This presentation will give an overview of the programs with the Council on Aging, Orange County. It will also explain Medicare's Annual Open Enrollment (Oct 15 – Dec 7) and how attending one of HICAP's Medicare Plan Review sessions can help determine the best possible drug & health plans to maximize Medicare benefits.



*We Understand. We Care. We Help.*

*Don't forget the program starts at 7:00 pm, Wednesday  
September 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*

FOR THE HEART PATIENT AND THEIR FAMILIES

# Chapter 216 Board of Directors and Contacts

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## National Headquarters

[www.mendedhearts.org](http://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 July-August 2016

	<u>MO</u>	<u>YTD</u>
Hospital Visits	16	66
Phone Visits	0	11
Visitors	11	44
Visitors Trainees	0	0

Visitors: Chip DeSon, Ed Rocco, Greg Gensichen, Fred Damiano, Dave Butler, Dee Nangle, Connie Christianson, Joe Pierantoni.

Visitors Coordinator for the months as follows:

August	Pat Phillips	949-472-9680
September	Jo Cristian	949-581-1824
October	Dee Nangle	949-582-2719

See you at the next meeting!

*Barb Lane & Dee Nangle*

## Heartfelt Message



### Heartfelt Message

I would like to thank Doctors Darbinian and Rediker and their surgery teams for applying all their expertise to a very difficult and lengthy procedure. And to Nelo for her support given my family and me. My recovery in the CICU and Cartel was second to none by all the wonderful care given me by the nurses team. We are very fortunate to have these true professionals here at Mission Hospital.

I would also like to thank my family, friends, cardiac rehab team and all the Mended Heart members locally and nationally for all their prayers, get well wishes and support during this bump in the road on my life's journey. If it were not for all this comforting support the outcome could have been very different.

Each new sunrise is better than the last one!

*Dennis*

**"It's great to be alive-and to help others!"**

### 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](http://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/>



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

## From the CardioPulmonary Rehab Center

### Dear Mended Hearts

We have another introduction to make! Lisa Prins is a new per diem Exercise Physiologist for the CardioPulmonary Rehab Center. Lisa just obtained her Master's of Science degree in Kinesiology with an emphasis in Exercise Science from California Baptist University in Riverside. Her Bachelor's degree in Kinesiology is also from California Baptist University. Lisa did her Cardiopulmonary internship at Loma Linda University Medical Center and is also a Certified Personal Trainer through the American College of Sports Medicine.



Although Lisa has only been with us since the last week of July, she is getting "rave reviews" from patients and staff alike. Please welcome Lisa when you see her – we know she'll be another tremendous asset to our program



The CardioPulmonary Rehab Center recently earned a **5-Star Rating for "Overall Quality of Care"** from PRC Consultants.

This award indicates that we rank in the **Top 10%** of all PRC-rated Cardiac Rehab Centers nationwide!

Thank You to all those surveyed who rated us as **"Excellent"** in Overall Quality of Care!

It's always a pleasure to serve you, but we certainly appreciate the acknowledgement of an exceptional, knowledgeable, competent, caring and compassionate staff.

Here's to Your Healthy Heart!

*Elaine* 

## Thank you to our Community Supporters



## The latest news from Cleveland Clinic

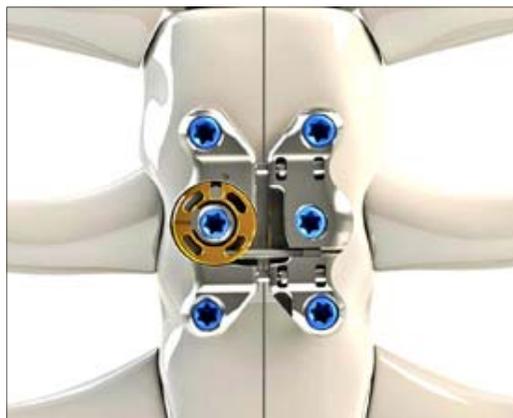
### Innovative Device Closes Breastbone After Your Heart Surgery

#### Reduces complications after open-heart surgery

Woe to the unlucky patient who sails through open-heart surgery, only to suffer painful complications when their breastbone (sternum) fails to heal.

Patients with diabetes, obesity or prior radiation to the chest, are among those at risk. In such patients, wiring the split sternum back together may not produce a tight closure or stable union, resulting in chronic pain.

Cleveland Clinic surgeons have found a better way:



Borrowing plate-and-screw technology from orthopedic surgery—the experts at putting bones back together—they developed a rigid sternal closure (RSC) device that aligns bone perfectly and eliminates slippage.

The device is unique in that it is installed before the sternum is opened as opposed to other available systems that are installed afterwards. When surgery is complete, the ribs are brought back together and the two halves of the RSC are realigned. A ratchet is used to close the space tightly, which promotes healing and prevents bleeding.

“Cardiothoracic surgery is one of the only surgical specialties still using wires to close bones. Plates and screws create a more secure union,” says Cleveland Clinic cardiothoracic surgeon Douglas Johnston, MD, one of the inventors. “We hope that healing will be faster with less pain, especially in high risk patients.”

Made of titanium, the RSC is biocompatible, MRI-compatible and does not activate metal detectors. Should access to the heart ever be needed for an emergency reoperation, the device can be easily reopened.

**healthessentials**

<https://health.clevelandclinic.org/2015/09/innovative-closure-device-seals-deal-heart-surgery-video/>

# Chapter 216 Members Page - August - September 2016

## *Birthdays - August*

Dennis Galloway	08/01
Bessie Roussakis	08/03
Anthony Marotti	08/04
Les Kar	08/09
Linda Haslinger	08/11
John Cox	08/16
Dorothy T. Gobbo	08/16
George Denney	08/18
Mike A. Gonzales	08/20
Patricia Phillips	08/20
Edward C. Pugh	08/20
Darrell Schmidt	08/22
Michele Dorris	08/24
Andrew Harautuneian	08/28

## *Birthdays - September*

Marilyn Zeiner	09/01
Dr. Frank Lieberman	09/04
Ken Kenworthy	09/05
Kimburlee Essayian	09/07
Ron Blanchard	09/09
William Chapman	09/10
Arnold Koci	09/14
John A. Lore	09/18
Pat Picuch	09/22
Dr. Christopher Nolan	09/27
Alan Kiehn	09/28
Theresa Brendecke	09/29
Robert Crittendon	09/30

## **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 - August*

William Chapman	08/09/1993
Elizabeth Rhodes	08/09/1995
Dick Spaulding	08/01/1999
Edward C. Pugh	08/16/1999
Connie Van Leeuwan	08/24/1999
Leonard Kane	08/22/2006
Jeffrey L. Wolff	08/07/2007
Keith Lindemann	08/14/2007
Danielle Enyeart	08/19/2008
Kathleen Fallon	08/22/2008
Stephan DeSales	08/01/2011
Annette Foyer	08/12/2013
Carole Sharp	08/27/2013

## *Mendiversaries - September*

Wally Dziurznski	09/20/1993
Dr. Christopher Nolan	09/11/1995
Edward Rocco Jr.	09/07/2000
Robin Clark	09/14/2000
Chip De Son	09/26/2003
James Condor	09/07/2004
Reuben Casey	09/17/2004
Arnold Wessman	09/06/2005
Fred Bonn	09/20/2005
Marjorie M. Ball	09/07/2006
Alfred K. Bauer	09/13/2006
Ralph (Ed) Nelson	09/16/2008
Valerie O'Grady	09/23/2011
Mike A. Gonzalez	09/29/2011
Sandy Hoyal	09/12/2013
Phyllis Amato	09/18/2014

## **Chapter 216 Meetings**

### **2016 Meeting Schedule**

Sep. 21	Orange County Council on Aging
Oct. 19	Dr. Ken Howayeck - Heart Trouble, Forecast & Solutions
Nov. 16	To be Announced
Dec. 11	Annual Gala

Mission Hospital Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA

# The latest news from Cleveland Clinic

## Why Hair Turns Gray

**It's a natural process, but stress and smoking don't help**

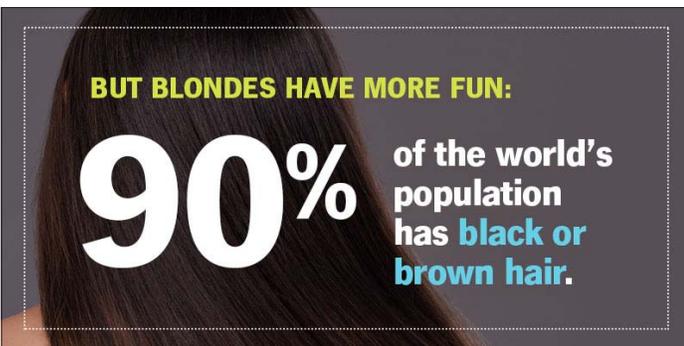
Unless you dye, your hair eventually loses its color, usually beginning in your 30s or 40s. Though going gray is natural, many people dread it because of society's notions about aging. Here's what researchers know about how and why graying hair happens.

### What gives hair its natural color?

Melanin, the brown/black or yellow/red pigment that tints skin and eyes, also dictates your hair's hue. Like paint-mixing, the amount and combination of melanin determines hair color

## Why does hair turn gray?

Gray hair is really hair with reduced melanin, while white hair completely lacks it. That's partly because of a gradual decline in the number of stem cells that mature to become melanin-producing cells. Scientists aren't sure why. The cells may wear out, become damaged, or lose the support systems meant to keep them working. Genes are also a factor, since they help control melanin production.



### Can anything prevent hair from graying?

For now, no. Scientists experimenting with mice recently showed that three specific genes can help maintain stable numbers of melanin-producing cells. By manipulating the genes, the researchers prevented or reduced gray hair in the mice. But no product based on the research is currently available.

### Why does hair have color?

Scientists aren't sure. The trait may have evolved partly to help pre-humans stand out from each other and attract mates, and to help regulate body temperature by absorbing or reflecting sunlight.



### Can stress or fear cause hair to suddenly lose color?

Probably not. Historical accounts claim jailed British statesman Sir Thomas More and French queen Marie Antoinette went white overnight while awaiting execution. But dermatologists say the likely explanation is either that

# The latest news from Cleveland Clinic

their vegetable- or mineral-based hair dye washed away, or that they had *alopecia areata*, an autoimmune disease that can be triggered by stress and causes pigmented hair to rapidly fall out but doesn't affect white hairs, creating the illusion of a sudden color change.



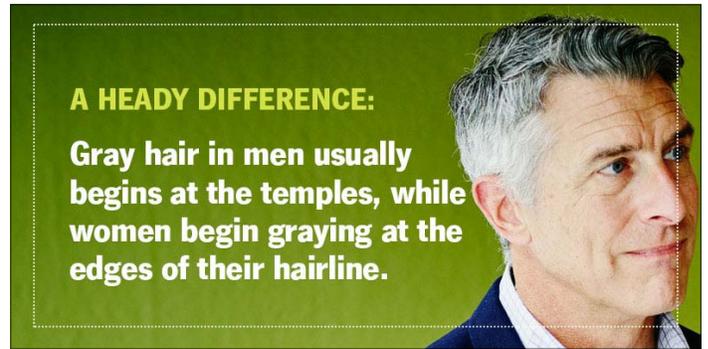
## Can stress cause gradual, long-term hair graying?

Maybe. Researchers examining gray hair have found evidence of “free radicals” - damaging chemicals caused by stress, smoking, inflammation or radiation exposure, among other things - and propose that they're responsible for destroying pigment-producing melanocyte stem cells. But there's no conclusive proof.



## Can smoking cause premature graying?

There's definitely a link. A 2013 study found that smokers on average went gray three years earlier than non-smokers. Scientists suspect that smoking causes chemical changes that damage the body's melanin-producing cells.



## healthessentials

<https://health.clevelandclinic.org/2016/08/going-gray/>

## Should You Throw Away Your Toothbrush After Being Sick?



### The Short Answer from a registered dental hygienist

**A:** The bacteria that live on a toothbrush after you use it are considered anaerobic - meaning that they will die in the presence of oxygen. So, in general, if you let your toothbrush air dry, it will take care of most bacteria.

Some experts recommend having two toothbrushes and alternating while one dries.

However, after you are sick, my general recommendation is to replace your toothbrush. It's an easy fix to make sure lingering bacteria doesn't get passed on to family members. This makes a lot more sense than trying to clean your toothbrush by boiling it or by using hydrogen peroxide or vinegar.

Also avoid storing multiple brushes, such as those of family members, in the same holder or in a drawer together. It's best if they do not contact each other.

## healthessentials

<https://health.clevelandclinic.org/2016/07/throw-away-toothbrush-sick/>

# The latest news from Cleveland Clinic

## If You Work Past Age 65, Will You Live Longer?

### Study says 'yes,' but consider three things before you retire

Does work add meaning to your life? Or are you counting the months till you retire?

A new study suggests that working an extra year or two may be good for your health.

Oregon State University researchers found a link between delayed retirement and improved survival. Looking at 3,000 people who retired before age 65 or at ages 66 or 67, they found that survival was 11 percent higher for those working longer.

This held true whether people considered themselves healthy or unhealthy, or held white collar or blue collar jobs. The study also took a host of other socioeconomic factors into account.

### Benefits of working longer

Why should working longer help you live longer? “Work can be a place of purposeful effort, meaningful social connections, physical activity and economic security,” comments psychologist Scott Bea, PsyD.

Preventive medicine specialist Raul Seballos, MD, adds, “Work can provide intellectual stimulation and give you a sense of identity. When people ask what you do, you say, ‘I’m a teacher,’ or ‘I’m a doctor,’ instead of ‘I’m a husband,’ or ‘I’m a grandparent.’”

But working longer isn’t for everyone. It depends on whether your work is meaningful — and on your work environment. “If you’re in a high-stress job, working longer is for the birds,” says Dr. Seballos.

### Planning for a healthy retirement

If you’re thinking about retirement and want to stay productive and independent, Dr. Seballos suggests asking yourself three questions:

**1. What will you do to stay socially engaged?** You’ll need face-to-face interaction with other adults to avoid isolation.

**2. What will you do to stay intellectually stimulated?** Along with engaging socially, stimulating your mind lowers your risk of dementia.

**3. What will you do to stay physically active?** Exercise lowers your risk of chronic disease, and can ease aches and pains, boost mood, and more.

“When patients say they’ll start exercising when they retire, I say, ‘No, no, no — it’s never too late to begin,’” says Dr. Seballos. “If you’re generally healthy before you retire, you will stay healthy after you retire.”

### Other considerations

If you own a business, he poses a fourth question: What are you doing about a succession plan?

“If your kids aren’t interested in the business or the family is fighting about what happens after you retire, that creates stress,” says Dr. Seballos. If you decide to sell your company and share the profits with your children, for example, or create a board to run it, that will relieve your tension.

Another thing to consider is whether retirement is on your terms or your employer’s. “Some of my patients are told to retire at 55,” he says. “Then the question becomes: What factors that created a sense of meaningfulness at work can you carry forward?”

### Committing your time wisely

Dr. Bea suggests choosing obligations and activities that fuel a sense of purpose. Whether it’s caring for grandkids or volunteering, “there’s more than one way up the mountain,” he says.

If your expertise is with a spreadsheet, says Dr. Seballos, you can share your knowledge by serving on a non-profit board or going back to teaching. But it’s important to be realistic about your time.

“Retirees are often asked to serve on non-profit boards, school boards and community programs. But they often think they’ll have more time than they do, especially if they want to travel,” he notes. “Don’t be afraid to say no.”

One of the best things about retirement: *You* get to decide how you spend your time.

healthessentials

<https://health.clevelandclinic.org/2016/08/can-live-longer-work-past-65/>

# The latest news from Cleveland Clinic

## 3 Ways That Laughter Can Give You a Healthier Heart

### Research shows that laughter is good for your blood vessels

In recent years, studies have shown a strong link between our emotions and cardiovascular health.



Research shows that hostility, anger, depression, anxiety and social isolation all lead to higher rates of heart disease.

The reverse is true as well: Laughter, happiness and a sense of humor actually can help you to stay healthy. Research suggests laughter can decrease stress hormones, reduce artery inflammation and increase HDL, the “good” cholesterol, says the American Heart Association (AHA).

The positive effects of laughter last 24 hours, the AHA says.

Here are three ways in which laughter can give you a healthier heart:

### 1. Increased blood flow

Researchers at University of Maryland Medical Center found that laughter increases your blood flow by dilating the inner lining of blood vessels, which is called the endothelium.

Laughter causes the release of beta-endorphins in the hypothalamus, which leads to the release of nitric oxide, which dilates the vessels.

Nitric oxide is a chemical that also protects the heart by reducing inflammation and preventing formation of cholesterol plaque.

The researchers said the change in the endothelium caused

by laughter appears to be similar to the benefits of aerobic exercise or the use of cholesterol-lowering drugs like statins. The difference is that laughter is spontaneous and has an immediate effect.

### 2. Less stress hormones

Laughter has also been shown to have beneficial effects on other aspects of our biochemistry. For example, it leads to a reduction in stress hormones, including cortisol and epinephrine. Stress causes our blood vessels to constrict.

### 3. Antibody boost

Laughter boosts the number of antibody-producing cells, which leads to a stronger immune system.

“The benefits of laughter cannot be understated,” says cardiologist Benico Barzilai, MD. “Laughter leads to an immediate reduction in the body’s negative response to stress and causes the blood vessels of the body — including the heart — to increase blood flow as needed.”

Researchers are just beginning to understand all that laughter can do to promote heart health. There is some thought that laughing on a regular basis can even reduce your risk for a heart attack.

Here are a few suggestions to reduce stress and laugh more:

- Look at the lighter side of things
- Spend more quality time with loved ones who bring joy and laughter
- Catch a comedy on TV or at the movies

By making humor a regular part of your life, you can have a big impact on your own heart health.

**healthessentials**

<https://health.clevelandclinic.org/2016/08/3-ways-laughter-can-give-healthier-heart-2/>





Please Join Us for the Annual  
**Mission Hospital**  
**Mended Hearts Gala**



♥ **Arroyo Trabuco Golf Course**  
26772 Avery Parkway, Mission Viejo

♥ **Sunday, December 11, 2016**  
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 (Ravioli)  
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: 949-582-1908

**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.



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