

Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 * Chartered 1989

Volume 27, Number 3

www.mendedhearts216.org

March 2017

All That Jazz - from New Orleans

Updates from the National Cardiac and Pulmonary Rehabilitation Conference

Mended Hearts Chapter 216 subsidized three Cardiac Rehab staff members' attendance at the annual AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation) National Conference in New Orleans last September. A highlight of this year's conference was Dr. Murray Low's "A Year in Review" of cardiac research, which showcased various research studies on the following topics:

- A fitness/obesity association with Atrial Fibrillation - what can you do to decrease your chances of developing Atrial Fibrillation?
- What is "Interval Training?" Is it an effective way to exercise and what are the benefits of interval training?
- What does exercise have to do with sleep apnea?
- Can your walking speed be a predictor of future cardiovascular events?
- Is it better to use heavier weights or lighter weights when doing resistance training?
- What are telomeres? Does exercise really increase your chances of living longer?

So what did we learn?

Find out the answers to all these questions and learn tips and techniques to improve your fitness level and quality of life at the March 15th Mended Hearts meeting!

Elaine received her Bachelor of Science degree in Education from Northwestern University in Evanston, Illinois. She started her career as a high school Health/Physical Education teacher in the Chicago suburbs. Throughout the years (and several re-locations) she taught various health-

(Continued on page 4)

*Don't forget the program starts at 7:00 pm, Wednesday
March 15th 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



Thank you to our Community Supporters



All That Jazz — From New Orleans continued from Cover

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 and a Certified Cardiac Rehab Professional through AACVPR. She started her career as an Exercise Specialist with the Cardiac Rehabilitation Department at Franciscan Skemp Healthcare in La Crosse, and in 2000 joined the CardioPulmonary Rehab Team at Mission Hospital. She 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, Secretary and Board Member of the California Society for Cardiac Rehab (CSCR). Elaine has been involved with Mended Hearts since 2000 and has been the liaison between the Cardiac Rehab Center at Mission Hospital and Mended Hearts Chapter 216 since her management role started in 2013. Elaine wishes to thank Mended Hearts Chapter 216 - not only for providing support and education to hundreds of heart patients and their families, but also for generously supporting and funding many educational opportunities for the Mission Hospital Cardiac Rehab Team.

