Living Well with Diabetes

Susan Watkins, RD, CDE

Susan Watkins, RD, CDE is originally from Ohio and attended Kent State University. She has been a Registered Dietitian for 18 years. She is also a Certified Diabetes Educator. She is the manager of St. Joseph Health’s Center for Health Promotion, where she has worked for 14 years. She is versed on providing disease management to patients with multiple medical conditions, as well as managing the Center for Health Promotions HMR weight loss program. The HMR weight program has won best, fast weight loss diet by the US News and World Report for the 3rd year in a row! She also runs the department’s diabetes program, which has been recognized nationally by the American Diabetes Association.

She enjoys writing and giving presentations to the medical community and patients. She is married, with 2 daughters and on her off time loves spending time in the sun and at the beach!

Don't forget the Program starts at 7:00pm, Wednesday June 20th at the Conference Center. Come early for a seat as the program is always very popular and the public is invited. Refreshments start at 6:30pm.

Location:
Mission Hospital Conference Center
26726 Crown Valley Parkway Mission Viejo, CA 92691
Chapter 216 Board of Director and Contacts

**Officers**

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<tr>
<th>Position</th>
<th>Name</th>
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<tr>
<td>President</td>
<td>Charlotte O’Connor</td>
<td>949-285-5494</td>
<td><a href="mailto:char4mt@aol.com">char4mt@aol.com</a></td>
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<tr>
<td>Vice President</td>
<td>open</td>
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<tr>
<td>Secretary</td>
<td>open</td>
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<tr>
<td>Treasurer</td>
<td>Alan Kiehn</td>
<td>949-582-1908</td>
<td><a href="mailto:alandsylvia@cox.net">alandsylvia@cox.net</a></td>
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<tr>
<td>Past President</td>
<td>Joe Pierantoni</td>
<td>949-842-6927</td>
<td><a href="mailto:dale7231@gmail.com">dale7231@gmail.com</a></td>
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<tr>
<td>Visitor Chair</td>
<td>Jo Cristian</td>
<td>949-581-1824</td>
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<td>Visitor Co-Chair</td>
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<tr>
<td>Membership Chair</td>
<td>Grace Belleti</td>
<td></td>
<td><a href="mailto:soar2heaven@hotmail.com">soar2heaven@hotmail.com</a></td>
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<td>Event Chair</td>
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<td>Lance Stockton</td>
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<td><a href="mailto:lancestockton@me.com">lancestockton@me.com</a></td>
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<tr>
<td>Web-master</td>
<td>Jeff Gotro</td>
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<td><a href="http://www.mendedhearts216.org">www.mendedhearts216.org</a></td>
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<tr>
<td>Member-at-Large</td>
<td>Ron Tompkins</td>
<td>949-939-1989</td>
<td><a href="mailto:rktompkins1@cox.net">rktompkins1@cox.net</a></td>
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**Mission Hospital**

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<tr>
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<td>Elaine Gotro</td>
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**Regional Contacts**

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<tr>
<td>Regional Director</td>
<td>Ron Manrique</td>
<td><a href="mailto:rmanriquez@gmail.com">rmanriquez@gmail.com</a></td>
</tr>
<tr>
<td>Assistant Regional Dir.</td>
<td>Angela Manrique</td>
<td><a href="mailto:scemanriquez@gmail.com">scemanriquez@gmail.com</a></td>
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**National Headquarters**

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 placed 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 (3rd 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 next to last page). 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 May 2018**

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<td>23</td>
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**May Visitors:**

Chip de Son (2), Fred Damiano

Mended Hearts Visitors Coordinator:

Jo Cristian 949-581-1824

See you at the next meeting!

Jo Cristian
President's Heartfelt Message

June ushers in the promise of warm days, Bar-B-Qs, graduations, and energetic walks.

We honor the American Flag on June 14, our dear Fathers on June 17, and celebrate the first day of Summer on June 21.

I can't let May pass without recognizing one of our members, Michael Nobile, of Hussmann Corporation and his cohorts, Dave Martin and Tim Figge. For the past several years Mended Hearts Chapter 216 has been the recipient of Michael's and Hussmann's largesse.

Our organization received a $15,000 donation at the 12th Annual Hussmann Charity Golf Classic Tournament on May 21, 2018.

Mended Hearts Chapter 216 is very grateful to Michael Nobile and the Hussman Corporation, we are determined to PAY IT FORWARD.

The Mended Hearts Speaker’s Program is on hiatus for the summer months of July and August, but will resume on September 19 with Polly Bowen, ED Specialist, OCFA, whose presentation will be on fire safety, smoke alarms, and disaster preparedness. Mark you calendars now, this is a program that you won't want to miss.

I wish you all a glorious summer and a Safe and Sane Independence Day, July 4th.

Charlotte

From CardioPulmonary Rehab Center

Dear Mended Hearts

Eight of our staff members just returned from the California Society for Cardiac Rehab (CSCR) annual meeting, hosted by Scripps Memorial Hospital in La Jolla. Several excellent speakers updated us on: New Hope for Heart Failure, Cardiac Electrophysiology, Evidence Based Supplementation, Autonomic Dysfunction and Exercise, Use of CT & Fractional Flow Reserve in Stable Coronary Artery Disease and A Woman's Heart. We also had workshops on LVADs, innovative programming in rehab centers, group orientations, patient education and protocols for the new Supervised Exercise Training for Peripheral Artery Disease.

Networking is a valuable part of these conferences, so we can hear what other cardiac rehab centers are doing and get ideas for improving our program. At one of the networking events, Cindy Smith and myself were recognized as inaugural Fellows of CSCR for our many years of service to CSCR!

THANK YOU AGAIN, Mended Hearts Chapter 216 for funding our continued education! Your generous support will not only significantly enhance our Cardiac Rehab program, but it will make a tangible difference in the lives of our patients!

Here's to Your Healthy Heart!

Elaine

Put Tuesday July 10, 2018 on your calendar as it's time for the 2018 Fundraiser Night With the Angels.
The flyer with all the ticket details is in this issue of Ticker Talker and on the Mended Hearts 216 website. www.mendedhearts216.org  Many thanks to Alan Kiehn for organizing this event.

http://www.facebook.com/MendedHeartsChapter216
THANK YOU TO OUR COMMUNITY SUPPORTERS

Angels Baseball

Panera Bread

Hussmann

Wells Fargo

BJ's Restaurant Brewhouse

St. Joseph Health Mission Hospital

Mission Viejo Supporters

The Home Depot

Chilis

Office Depot OfficeMax

Conroy's Mission Viejo

Williams-Sonoma

Coco's Bakery & Restaurant

The Coffee Bean & Tea Leaf

California Pizza Kitchen

Paul's Pantry Neighbors Feeding Neighbors

Orchard Supply Hardware

Cal Med Pharmacy

Sprouts Farmers Market

Trader Joe's
**Birthdays - June**

- Nick Williams 06/01
- Jim McEwen 06/05
- Gale Brick 06/09
- Marty Lipson 06/09
- Carolyn Mulcahy 06/11
- Jeffrey L. Wolff 06/13
- Paul Traum 06/16
- Scott Nieman 06/21
- John P. Smith 06/22
- Jeff Jacobs 06/24
- Dr. Roger Francerchi 06/26
- Ronald Allan 06/29
- Frank Heller 06/30
- James Waples 06/30

**Birthdays - July**

- Carole Sharp 07/05
- James Widner 07/19
- Joyce Gordon 07/21
- Kathleen Fallon 07/23
- Edward C. Kurt 07/28
- Dick Gottron 07/29
- Valerie O’Grady 07/31

**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 - June**

- Barbara Lane 06/05/1991
- Bill Pirie 06/14/1991
- Kimburlee Essayian 06/01/1992
- Bob Selzer 06/06/1993
- Ralph Curtis 06/26/1994
- Faith Hope Bigler 06/01/2000
- Joseph Mayer 06/02/2001
- Howard Neil 06/12/2001
- Alvin Breitman 06/12/2003
- Capt. Ralph Wilson Jr. 06/03/2004
- Roger Bradshaw 06/23/2004
- Graziella Belletti 06/13/2005
- Carol Catalano 06/13/2005
- Frank Heller 06/19/2005
- Anthony Samantha 06/20/2005
- Steve Jordanov 06/21/2005
- Mike Bresman 06/27/2006
- Antoinette Thompson 06/28/2007
- Irene Judge 06/01/2008
- Irene Westerman 06/10/2008
- Paul Buehler 06/01/2010
- David Nelson 06/28/2010
- Dorothy T. Gobbo 06/08/2011
- Majid Baba 06/03/2013

**Mendiversaries - July**

- Joyce Gordon 07/01/1986
- Dee Nangle 07/06/1990
- Arnold Koci 07/09/1990
- Bob Kensler 07/20/1994
- Harry Yamauchi 07/18/1995
- Larry Ryan 07/26/2000
- Chuck Seward 07/01/2005
- Nick Williams 07/13/2005
- Mary Thompson 07/01/2007
- Michele Dorris 07/17/2007
- Dennis Galloway 07/09/2008
- Alan Kiehn 07/13/2009
- Nadine Cardello 07/15/2009
- Conrad Bullard 07/03/2010
- Richard Pieuch 07/09/2010
- Shirley A. Neal 07/12/2010
- Phyllis Leuck 07/30/2010
- James G. Prasad 07/11/2011

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**Errors & Omissions**

Mr. Ted Robinson’s Mendiversary was 05/05/06
The latest news from the Cleveland Clinic

Using Food to Preserve Brain Health After a Stroke

When it comes to heart health, the Mediterranean diet is the winner. The DASH diet is the best choice for patients with high blood pressure. Both diets have shown some ability to protect the brain from cognitive decline. Now it appears that a diet composed of those brain-beneficial foods may help shield stroke survivors from developing dementia within 10 years after their stroke.

The eating regimen, known as the Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, emphasizes specific foods to eat, all of which have been associated with slower cognitive decline in clinical studies. It also names groups of foods to avoid, based on adverse effects on the brain.

According to the MIND diet pioneers, an ischemic stroke causes the brain to age 3.6 years for every hour that stroke symptoms go untreated. This likely explains why stroke survivors have double the rate of dementia than the general public, and almost 20 percent of stroke survivors develop dementia.

“The ability to alter these outcomes with a healthy diet has tremendous implications for thousands of people who suffer a stroke every year,” says Cleveland Clinic dietitian Kate Patton, RD.

Using Food As Medicine

Since the MIND diet made its debut in 2015, it has been shown to slow cognitive decline in healthy older adults. A study of healthy Chicago-area residents found that those who tended to follow the MIND diet functioned as if they were 7.5 years younger than those who were least adherent to the diet.

Earlier this year, a study comparing the Mediterranean, DASH and MIND diets in octogenarians who had suffered a stroke was presented at the International Stroke Conference. This study found a 20-year difference in cognitive functioning between those who were most and least adherent to the MIND diet.

continued on page 8

HAVE AN INSPIRATIONAL STORY TO SHARE?

We are looking for a few inspirational stories for the Ticker Talker. If you have a story you would like to share, please submit via email to: lancestockton@me.com

We have limited space, so please restrict your submission to 1/2 page. Those stories that meet our criteria will be edited and published in the Ticker Talker.
Mended Hearts Chapter 216

Fundraiser Game

Vs.

Tuesday, July 10th @ 7:00pm

Special Lower View MVP-424 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:
Alan Kiehn
949-582-1908

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Sorry, unable to make the game. Donation Only $ |

NO REFUNDS OR EXCHANGES!
PLEASE RETURN ORDER FORM WITH PAYMENT BY: 7-2-18
TO: ALAN KIEHN 25861 Cedarbluff Ter. Laguna Hills, CA 92653
continued from page 6

How the MIND Diet Is Unique

All three diets encourage eating lean meats, fish, whole grains, fresh produce and olive oil and discourage salt. But they have important differences.

The MIND diet deviates from the Mediterranean and DASH diets in that it restricts the type and amount of fruits and vegetables to be consumed. The MIND diet specifies eating berries, but not other fruits, as the other diets do. Nor does it tout eating dairy products, potatoes or more than one meal of fish a week.

The MIND diet suggests consuming green, leafy vegetables plus one other vegetable every day, while the Mediterranean and DASH diets encourage loading up on fruits and vegetables of all kinds.

When it comes to dairy, the MIND diet discusses limiting only cheese and butter. The Mediterranean diet encourages consuming dairy products in moderation and allows eggs.

The MIND diet specifies eliminating foods with an unhealthy effect on the brain. These include red meat, and processed meats, fried fast foods, sweets and pastries, butter, stick margarine and whole-fat cheese.

Is It Worth it?

You don’t have to follow the MIND diet to the letter. Its developers say it should be used as a guideline for avoiding foods that are bad for the brain and encouraging brain-friendly foods. Most people would find the MIND diet appealing, if they felt sure it would stave off dementia.

That confirmation may come by 2021, when the results of a five-year clinical trial are reported. The trial, supported by a grant from the National Institute on Aging, is evaluating the impact of the MIND diet on 600 seniors, some of whom will be given brain scans.

“I think it will prove effective,” says Patton.

Cleveland Clinic Heart Advisor.com

May 2018 Issue

**The personal data you give away**

A fun Facebook quiz pops up: Fun with family names! And pretty soon you are typing in your mother's maiden name. Congratulations: You just revealed the answer to your bank's security question. It's bad enough that you just let the app know your name, profile picture, age, sex, birthday, your entire friends list, everything you've ever posted on your timeline, all your photos, your employment history, education, home town and every meme or post you ever liked. What happens to all this information? Maybe nothing, or maybe everything. It depends who is asking for it. More than 17 million Facebook users have clicked on a link that promises to provide a word cloud of your most used words. Created by a South Korean company, the app gathers every conceivable snippet of information. This is extremely common. According to the BBC, the firm claims it never sells information and never stores information. Yet, that firm is one of thousands that do quizzes on everything from your Disney princess soulmate to the best cat for you. An evil app could gather information from your mobile phone, even if you did the quiz on a desktop computer. It could take control of your tablet microphone, detect your phone carrier, and log your entire shopping history. Then the company could sell that information to other companies that might not be honest. Think twice before you click on quizzes that could give away all or part of your passwords: Dog and cat names, family names and street names, among others.

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**Easy Summer Storm Tip**

For summer storms and winter snows, losing power means you might not have water. Keep five gallons of water in rotation throughout the year for drinking. But if you know a storm is coming, one easy way to build a water reserve for pet bowls and flushing is to fill the bathtub halfway up. This should give you enough reserve to keep you going if power is off for a few hours -- or even a day.

"I'll need your username and password..."
Health in the News

New shingles vaccine offers reliable protection

Shingrix, a newly approved shingles vaccine, is recommended for all healthy adults age 50 and older, according to the Centers for Disease Control and Prevention. Even if you had a shingles vaccination of Zostavax, the vaccine in use since 2006, you should get two shots of Shingrix, six months apart.

It also doesn’t matter if you have had shingles or if you do not know if you had chickenpox or not. The CDC recommends you get the new shingles shot.

On the other hand, you should not get the vaccine if you have tested negative for immunity to varicella zoster, the shingles virus. If you test negative, you should get the chickenpox vaccine.

Pregnant and breastfeeding women should not have the vaccine and those who currently have shingles should not get the vaccine.

If you have the first of the two Shingrix shots, and you have an allergic reaction, do not get the second. Two doses of Shingrix in adults ages 50 to 69 was 97 percent effective in preventing shingles and protection remained strong four years later.

HEALTHY HEART RECIPE FOR JUNE

Cucumber Salad with Chile, Mint and Basil

4 cucumbers, peeled, halved lengthwise, seeded, & very thinly sliced
1/3 Cup white wine vinegar
1 tablespoon freshly squeezed Lime juice
1 tablespoon Fish sauce
2 teaspoons seeded and minced Thai chiles
2 teaspoons vegetable oil
2 teaspoons sugar
1 teaspoon kosher salt
1/4 Cup chopped fresh mint leaves
1/4 Cup chopped fresh basil
1/4 Cup chopped, toasted peanuts

1) Spread sliced cucumbers on a paper towel-lined baking sheet. Refrigerate tray while preparing dressing.
2) Bring vinegar to a simmer in a saucepan over medium-low heat; cook until reduced to 2 tablespoons, about 4-6 minutes. Transfer vinegar to a bowl and set aside to cool to room temperature, about 10 minutes. Whisk in lime juice, fish sauce, chiles, oil, sugar, and salt.
3) When almost ready to serve, add cold cucumbers, mint, and basil to the dressing and toss to combine. Let stand 5 minutes; re-toss cucumbers and dressing, sprinkle with toasted peanuts, and serve. Makes 4-6 servings.

© Originally in Cook's Illustrated - Chef/Cook Yvonne Ruperti
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 __________________________

Email ________________________________

Birthday (dd-mm) ________________ Episode/Surgery Date (dd-mm-yyyy) ________________

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) ________________

Dues: Initial, Annual, National & Chapter Dues

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Life membership, National & Chapter

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I wish to donate to defray Special Projects and Newsletter Expenses - $ __________

Membership fees include both Chapter and National dues.

Return the completed application with a 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 health care 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"