

ISSUE NUMBER 33

JANUARY/
FEBRUARY 2011



Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heart Beat of Rochester”

www.mendedheartsrochester.org

JANUARY MEETING

Monday, January 17, 2011, Noon

Our speaker will be Wendy Beller Madway, Yoga instructor. Learn various benefits of what Yoga can offer you in releasing physical aches and pains, relaxation techniques, and gaining new awareness by connecting to your body and how it moves. Most of all come with a sense of lighthearted playfulness and have fun. We will not be doing any mat work. Ms. Madway has been a Yoga instructor for more than six years. She also was a psychotherapist for 20 years.

We will have box lunches available. (Please see Page 2 for more information.) Note that this meeting will be held at the Jewish Community Center, in the Conference Room, 1200 Edgewood Av, Rochester, NY.

FEBRUARY MEETING

No Meeting Scheduled for February.



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CANANDAIGUA MEETINGS

Thursday, January 13, 2011, 7:00-9:00 PM

Jeremy Heriman, MA, ATC, CSCS, from Sports Medicine will be delivering a program titled: “Preventing Injuries by Improving Strength, Flexibility and Balance.”

The meeting will be held in the RG&E Family Room, in the M.M. Ewing Continuing Care Center, Thompson Health, 350 Parrish St, Canandaigua, NY.

Thursday, February 10, 2011, 7:00-9:00 PM

“Healing with Integrated Medicine” by the BodyMind Center: Laura Fritz, Cranio-Sacral Therapy; Molly Malone, Healing Touch; Chelsey Black, Massage Therapy; & Sharon Eamer, Reiki.

The meeting will be held in the RG&E Family Room, in the M.M. Ewing Continuing Care Center, Thompson Health, 350 Parrish St, Canandaigua, NY.



We ask for your blessings, Lord:

We ask for strength that we may pass it on to others...

We ask for faith that we may give hope to others...

We ask for health that we may encourage others...

We ask for wisdom that we may use all your gifts well.

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

LUNCH AND LEARN RELAXATION AND STRESS REDUCTION

Monday, January 17th, 12:00 PM

Jewish Community Center, 1200 Edgewood Av, Rochester

Box Lunch Choices

Turkey, Tuna or Veggie Burger Sandwiches

on White, Wheat or Rye Bread

Lettuce, Tomato, Ketchup, Mayo & Mustard Are Available

Coffee and Tea

Cost: \$8.00 per person

RSVP to Jackie Joyal, (585) 377-1247 by January 14th to reserve your place. Space is limited.

Please send a check to Jackie Joyal, 65 Erie Dr, Fairport, NY 14450 or you can pay on the day.

HEARTBEAT OF ROCHESTER

The "HEARTBEAT of ROCHESTER" is the bimonthly periodical of Mended Hearts of Greater Rochester NY, Chapter 50. Mended Hearts, Inc. is a nonprofit service organization dedicated to alleviating the stress and trauma associated with heart disease and surgery. This periodical is issued free of charge to heart patients and to members of Chapter 50. Written permission to reprint with credit any portion of this newsletter may be requested from the editor.

MENDIVERSARIES

JANUARY

Joseph Amato

Ron Krahl

John Becker

Joseph LeFrois

Nicholas Borrelli

Gerald McGonigle

Michael Bradley

Joan Moll

Richard Clarke

Dominic Scafetta

Jim D'Aiello

John Schmidt

Richard Keily

Joseph Slisz

Marvin Korus



FEBRUARY

Carrie Breitkopf

Virginia Noxon

Robert Flaherty

Ann Nuciolo

Esther Herman

Bernard Quinlan

Charles Lentine

Alan Wolf

If you do not want your name to appear in this column please contact Sharon at (585) 544-1565

NEW MEMBERS

Mended Hearts - Chapter 50 would like to welcome our new members. We are happy to have you a part of our chapter.

Stephen and Donna Hanning

Rich Parton

Thank you for your support!

DONATIONS

In Memoriam:

Robert Joyal

Mr. and Mrs. Samuel Carrera

Mr. Peter Dunfey

Steven Cherkas (Marlene Adams' Brother)

Mr. and Mrs. Larry Feldman

Rose Reid (Cheri Steron's Mother)

Mr. and Mrs. Larry Feldman

Donation to Chapter 50

Anonymous

PRESIDENT'S CORNER

Hello Everyone,

Can you believe that it's 2011? Wow, where does the time go? I usually do not make New Year's resolutions, but this year I figured that if I put it in writing, that maybe I'd actually do it. As many of you know this past year I took an unexpected "trip" and had a compressed vertebrae fracture. I was out of commission for quite a few months. Recovery was slow, but eventually I healed. Now you would think that with all the vegetating I did for those months, I would be anxious to start back to exercise. No such luck, I enjoyed being a couch potato. Over the past few months I did walk a couple of times a week, but that's not enough. You and I both know we need to do more than that to keep our hearts and bodies in good condition. So my resolution is to do some sort of aerobic exercise three times a week and also lift weights a couple of times a week. There, I said it, you know it; let's see if that motivates me.



2011 will be your Chapter's 45th Anniversary Year. Your Program Committee has already planned a June celebration luncheon. It will also be the time that I hand over the reins of leadership of this wonderful group to someone else. If you would like to be a part of the team that helps make our Chapter as great as it is, please let me or someone else on the Board know. We will train you and be by your side to help out whenever and wherever needed. We have very active members with a lot of other interests and your time is precious, but we need you too. Our Chapter gives back so much to our community throughout the year via our hospital visitation program, monthly meetings and community outreach. Everything is in place for you to just step in and take over! Won't you please help?

At our November meeting, Peter

Sullivan spoke to us about relaxation and how it can de-stress us. He had us practice the following technique. Sitting quietly (or lying down) saying quietly in your mind: "Now I'm breathing in one" with the first in-breath; "Now I'm breathing out one" with the first exhale; "Now I'm breathing in two with the second in-breath," etc. up to ten breaths; and then start the count at one again. Focus on the physical sensations of the breath coming in and going out. As thoughts, feelings and sensations show up, observe them all with interest, and then bring your focus back to the breath. Continue this exercise for five minutes or longer. Everyone felt quite relaxed when they finished the exercise. Mr. Sullivan said that if you can take time to do some quiet relaxation every day that you will be able to better control your emotions. He recommends "The Relaxation Response" by Herbert Benson, MD, "Being Peace" by Thich Nhat Hanh, and "Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain and illness" by Jon Kabat-Zinn, PhD. Mr. Sullivan's wife, Wendy Sullivan, MSW, holds weekly Mindful Meditation sessions, Tuesday evenings at 7:00-8:00PM, at St. Stephen's Episcopal Church, 350 Chili Av, Rochester. No meditation experience needed. There is no charge, but donations are accepted. For more information: Call St. Stephen's at 328-0856 and leave a message for Wendy Sullivan, or email Wendy at wendy@sullybrown.com.

Continuing in that vein, I hope you can join us for a lunchtime meeting, January 17th to learn about other ways to relax using yoga techniques taught to us by long time yoga instructor Wendy Beller Madway. There will also be an optional box lunch available at the meeting.

Our Get Well Wishes go out to Peter Dunfey, John Schmidt, and Claire Elizabeth Kowal (daughter of Jennifer and Peter Kowal).

Larry and I wish you all a Happy and Healthy 2011. Hope to see you January 17th.

Sharon

TEN COMMANDMENTS FOR STRESS REDUCTION (Author Unknown)

- I. Thou shalt not be perfect, or even try to be.
- II. Thou shalt not try to be all things to all people.
- III. Thou shalt sometimes leave things undone.
- IV. Thou shalt not spread thyself too thin.
- V. Thou shalt learn to say "No".
- VI. Thou shalt schedule time for thyself and for thy support network.
- VII. Thou shalt switch thyself off, and do nothing regularly.
- VIII. Thou shalt not even feel guilty for doing nothing, or saying no.
- IX. Thou shalt be boring, untidy, inelegant, and unattractive at times.
- X. Especially, thou shalt not be thine own worst enemy. But, be thine own best friend.

CHAPTER 50 CARDS

This is a great opportunity for you to acknowledge important events, to especially recognize family and friends or to honor those who have passed away, and at the same time help our Chapter 50. A Mended Hearts card with an appropriate message, indicating you have made a contribution to our chapter for a special reason will be sent if you call Marlene Adams at (585) 244-2030. There is a \$6.00 minimum contribution.

THE KIDDIE CORNER

Dear Friends & Family,

We are launching our Mended *Little* Hearts 'Hospital Parking Pass Campaign' for families whose children are or will be undergoing heart surgery at Golisano Children's Hospital. As you can imagine, parking at the hospital is an added expense and stress for many families. One way to help families is to sponsor them with a monthly parking pass.

The parking pass will allow the family unlimited ins/outs for up to two cars for one month. A monthly parking pass is \$35. Without the pass, a family could spend over \$300 in parking fees. When families are in the hospital for their child's surgery, it is estimated that the child will stay two to four weeks. Expenses add up quickly from food, to comfort items, to travel and of course, parking.

Please consider sponsoring a family. And remember, it is fully tax-deductible.

The more people who know about our campaign, the more families we can help. This time of year, people want to help, but sometimes don't know how—this is an excellent solution for them.

If you should have any questions, please don't hesitate to contact me.

If your child will be going to surgery anytime soon, please let us know if there is anything we can do for you and your family.

“Little Hearts Hold Big Hopes!”

Wishing all our Heart families a Very Happy Holiday Season and a Safe and Healthy New Year!

Jennifer Kowal, Chapter Coordinator, Mended *Little* Hearts of Greater Rochester

(585) 398-7112

<http://mlhrochesterny.shutterfly.com/>

www.mendedlittlehearts.org

<https://www.carepages.com/carepages/BabyKowal>

**Save The Date**

**Saturday, February 5th, 2011,
6:00PM**

Rochester Heart Ball

Rochester Plaza Hotel

70 State St

Rochester, NY

**For more information contact
the American Heart**

Association at

(585) 697-6270

Chickpeas: The New Health Food

People eating roughly 25 ounces of chickpeas per week for four weeks— that's a little more than three ounces a day—saw their total cholesterol and bad LDL levels decrease and good HDL levels increase, compared to four weeks on a chickpea-free diet. Their insulin levels also improved, and they lost a small amount of weight—without dieting OR exercising. Credit should go to the fact that these legumes fill you up with fiber (more than five grams in half a cup), protein (six grams per half cup), and polyunsaturated fatty acids, all qualities your heart and your weight love. Plus, chickpeas are a great source of vitamins, minerals, and phytoestrogens. Try some hummus or add chickpeas to your salad or use them in pasta.

Dr. Dean Ornish's Vegetarian Chili

This vegetarian version of chili is always appreciated. The bulgur wheat adds a nice texture along with the vegetables.

Makes 8 servings

2 cups diced red onion

1 cup diced red bell pepper

1 jalapeño, minced

1 cup diced carrots

4 garlic cloves, finely minced

2 tablespoons chili powder

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon ground cinnamon

1/4 teaspoon cayenne pepper

Salt and freshly ground black pepper to taste

1 28-ounce can crushed Italian plum tomatoes

1 cup vegetable broth

1/2 cup bulgur wheat

1/2 cup lentils, cooked

1 can kidney beans

1 can lima beans

Spray a Dutch oven with nonstick cooking spray, add the vegetables and garlic, and sauté over medium heat. Add the chili powder, cumin, coriander, cinnamon, and cayenne pepper. Cook the vegetables in the spices, about 5 minutes. Season with salt and pepper. Add the tomatoes, broth, bulgur wheat, lentils, kidney beans, and lima beans. Bring to a simmer and cook until the bulgur is tender—about 10 minutes. Test to see if it's done and then serve, or let it cool down and freeze it.

(See Page 5 for more about Dr. Ornish.)

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**MEMBER SPOTLIGHT—
DOUGLAS BRUCE NEWTON**

In April of 2009, while visiting my doctor for a flu-like illness, they did an EKG. My doctor did not like what he saw and my friend drove me to Parkridge Emergency.

After many tests the doctors told me I had suffered an extensive (silent) heart attack. They could not say when it happened. They did say it killed 1/3 of my heart tissue and blood flow was very low – 16 percent (normal is 52-54 percent). The doctors placed one stent and told me not to expect any healing. The only thing they could do was place a stent and prescribe medications.

The doctors also recommended a defibrillator. I agreed and we received approval from my insurance company in late May. Surgery was scheduled for mid July 2009. In May through July, I had many tests including two more echocardiograms. Both showed 18 percent blood flow. Early July while I was visiting my cardiologist for pre op, we did another echocardiogram. The doctor was amazed that the blood flow increased to 39 percent. Wow, was my reply, which was great news!

The doctor could not explain why after such a low flow percentage, it was now more than doubled. He said he never expected that I would ever have that high a blood flow, especially in such a short time. Because of the 39 percent blood flow, I was no longer eligible for the defibrillator. This did bother me at first. My doctor said we will do another echocardiogram in January 2011. If the blood flow is the same or close to the same that would be a good thing. I would not need a defibrillator.

Somewhere in all of this I joined Rochester Mended Hearts, Chapter 50. Betty, my wife of 39 years, and I were struggling with this heart issue along with some other major health issues I have and still have. We are grateful to everyone for the information and help we have received from Chapter 50, and also the new friends we have made. Chapter 50 is a well run support group. I truly say it's not just words, but from my heart – **THANK YOU!**

Finally, but not least, I believe G-d is in total control of all things that happen. I don't know why things happen to some people and not others. But I do know that G-d does know, and that he loves all mankind.

**Happy Hanukkah – Merry Christmas –
Happy New Year**

**DR. DEAN ORNISH'S PROGRAM TO
REVERSE HEART DISEASE**

Dean Ornish, MD, is the founder and president of the nonprofit Preventive Medicine Research Institute in Sausalito, CA, where he holds the Safeway Chair. He is clinical professor of medicine at the University of California, San Francisco. Dr. Ornish received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. For more than 32 years, Dr. Ornish has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. Recently, Medicare agreed to provide coverage for this program, the first time that Medicare has covered a program of comprehensive lifestyle changes. He directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may stop or reverse the progression of early-stage prostate cancer. His current research showed that comprehensive lifestyle changes affect gene expression, “turning on” disease-preventing genes and “turning off” genes that promote cancer and heart disease, as well as lengthening telomeres, the ends of chromosomes that control how long we live, in collaboration with Dr. Elizabeth Blackburn, who was awarded the Nobel Prize in Medicine in 2009.

Eat plant-based foods. It will make you feel better. It also does less violence, helps reduce global warming, and frees more land to grow food for those who most need it. It's the healthiest way to eat—both for you and for Earth.

Even severe heart disease can often be reversed by making comprehensive lifestyle changes. These include a very low-fat diet of predominantly fruits, vegetables, whole grains, legumes, and soy—and enhanced love and social support, which may include support groups. Most people can make progressively bigger changes in nutrition to achieve their health goals. If moderate changes in diet aren't sufficient to lower your cholesterol, bigger changes usually are. How much you want to change is up to you.

To the degree that you move in a healthful direction, you're likely to look better, feel better, lose weight, and gain health. People have different needs, goals, and preferences. What matters most is your overall way of eating and living.

ELECTION OF MENDED HEARTS 2011 - 2013 NATIONAL BOARD OF DIRECTORS

Profiles of the candidates for the office of the Mended Hearts National Board of Directors for the 2011 - 2013 term are included in the Winter 2010 Issue of Heartbeat Magazine. We will discuss and vote on the candidates as part of the meeting scheduled for Monday, January 17th. Please try to attend.

A ballot for those unable to attend the meeting is included below.

**Northeast Region, Mended Hearts Rochester, Chapter 50
Ballot for Members Unable to Attend Chapter Meeting**

This ballot must be returned by: February 21, 2011

Mail completed ballot to:

**Sharon Feldman
99 Hillhurst Ln
Rochester, NY 14617**

Check one box in each section. Vote is null if more than one box is checked.

President

- Sue Borum
- Raul Fernandes
- Gordon (Gus) Littlefield

Executive Vice President

- Keith Beard
- Donnette Smith

Vice President

- Lynn Berringer
- Seymour Miller

Treasurer

- Dale Briggs
- Jana Stewart

Northeast Regional Director

- Robert (Bob) Scott

Name of Member _____

The Mended Hearts, Inc. / Greater Rochester, NY Chapter 50

Founded 1951 * Incorporated 1955

MEMBERSHIP APPLICATION

Mr./Mrs./Ms. _____ Date ___ / ___ / ___
 Address _____ Phone _____ Birthday ___ / ___ / ___
 City _____ State _____ Zip _____
 Name of Spouse _____ E-mail _____
 Type of Procedure _____
 Date of Procedure ___ / ___ / ___ Hospital _____ Surgeon _____

Membership Type (circle one)

- Individual
- Family
- National Life (Individual)
- National Life (Family)

Membership Dues

- \$22 (National \$17 + Chapter \$5)
- \$31 (National \$24 + Chapter \$7)
- \$155 (National \$150 + Chapter \$5)
- \$217 (National \$210 + Chapter \$7)

Please mail this application and your check made out to Mended Hearts, Inc., Chapter 50, to:

**Jackie Joyal, Treasurer
 65 Erie Dr
 Fairport, NY 14450**

You must be a member of the National Organization to be a Chapter Member

I/We (spouses are always welcome) would like to be part of Mended Hearts effort as checked off below:

- Hospitality Visiting Communications/Publicity
- Newsletter Program Membership Historian Sunshine

WHO WE ARE...

Mended Hearts, a national nonprofit organization, has been offering the gift of hope to heart disease patients, their families and caregivers for more than 50 years. Total membership is over 18,000.

Mended Hearts began in 1951 when Dr. Dwight Harken, Chief of Cardio Thoracic Surgery at Brigham Hospital in Boston, saw a need for a support group to help his patients after they had undergone heart surgery. The Greater Rochester Chapter 50 was established in 1966.

Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring individuals.

SPECIAL THANKS TO OUR SPONSORS

Mended Hearts Chapter 50 would like to express its sincere thanks to the "Rochester Heart Institute" – a part of Rochester General Hospital – for its generous assistance in printing our newsletter!

A great big thank you to New York State Senator Jim Alesi and New York State Assembly Member Joseph Morelle. Your support is greatly appreciated and will go towards helping us educate the public about living with heart disease.



Mended Hearts Chapter 50 wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings.

The support of Cinchlink Internet Marketing for our website is gratefully acknowledged.

www.cinchlink.com/



The Mended Hearts, Inc.
Chapter 50 of Greater Rochester
Editor
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Fairport, NY 14450

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It's Great to be Alive -- and to Help Others

Return Service Requested



Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

Mended Hearts Chapter 50 Board of Directors

President	Sharon Feldman	544-1565
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Canandaigua Coordinators	Mary Allhusen & Jim Fralick	396-6253
Mended <i>Little</i> Hearts Coordinator	Jennifer Kowal	315-2478
NE Assistant Regional Director	Larry Feldman	544-1565
Chapter 50	Voice Mail	234-1538