

ISSUE NUMBER 34

MARCH/APRIL  
2011

# Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heartbeat of Rochester”

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



## MARCH MEETING

**Monday, March 21 , 2011, 7:00PM**

Our speaker will be Michael Carpin, P.T., M.P.T., who will speak on “Dealing With Osteoarthritis”, and ways to exercise safely and comfortably. Mr. Carpin is the owner of Victor Physical Therapy. Mr. Carpin received his Masters Degree in Physical Therapy from Northwestern University and his undergraduate degree from the University of Notre Dame. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

## APRIL MEETING

**Monday, April 18 , 2011, 7:00PM**

Our speaker will be , John Teeters, MD, who will speak on “Mended Heart, but Do I Have Broken Arteries? An Introduction to Peripheral Vascular Disease”. Dr. Teeters is the Chief of Cardiology at Highland Hospital and Assistant Professor of Clinical Medicine at the URMC. He received his Medical Degree from the University of North Carolina at Chapel Hill and completed his residency in internal medicine at the URMC, where he was Chief Resident. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

## INSIDE THIS ISSUE:

VISITING CHAIR REPORT & MENDIVERSARIES	2
PRESIDENT’S CORNER	3
MEMBER SPOTLIGHT	4
HEALTH INFO & RECIPE	5
IN MEMORIAM: CHARLES LENTINE & DONALD FISHER	6
MEMBERSHIP APPLICATION & SPONSORS	7



*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!*

## CANANDAIGUA MEETINGS

**Thursday, March 10, 2011, 7:00-9:00 PM**

Dale Heffer, Certified Laughter Yoga Leader, will deliver a program titled “Laughter Yoga.” She received her BFA, in Metal Arts from California College of the Arts, and her AAS, in Computer Science from MCC. Ms. Heffer is the Owner/Director of Lady Be Fit Express. 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, April 14, 2011, 7:00-9:00 PM**

Panel Discussion: “Successfully Coping with Heart Disease”  
Facilitator: Jim Fralick

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.

**VISITING CHAIRMAN'S REPORT**

Greetings Fellow Members and Potential Members,

My heartfelt thanks to all of our hospital visitors for their visiting efforts last year. It wasn't exactly a banner year number of visits-wise, but we did complete a total of 1,299 patient/family visits. So, hats off to Marlene Adams, Frank Angevine, Gene Binder, Bob Brown, Sharon and Larry Feldman, Bob Flaherty, Rollie Heimberger, Paul Millhausen, John Schmidt and Ron Wheat. And I'll always be grateful for the long time contributions of Don Fisher.

Now its a new year - Paul Millhausen will be back after his medical leave, and we'll soon have our two newest hospital visitors at Strong and Rochester General, Milt Braverman

and John Campana.

The first six months of The Cath Lab Project are completed, and now we're in the process of contacting those patients that chose to participate. I'm sure that Mended Hearts National will have some interesting information after the follow-up interviews are completed.

I'll be happy to set up another visitor accreditation class in the latter part of March, so if anyone's interested in becoming a hospital visitor, just let me know.

Please call me at (585) 442-7211 or email me at [hsteron@frontiernet.net](mailto:hsteron@frontiernet.net).

Heartfully,  
Harvey Steron

**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**

**MARCH**

- Eugene Binder      Joseph Russo
- Patricia Guerrette      David Wohlers
- Irving Kessler      Clare Wolcott
- Joan Reineke



**APRIL**

- Donald Bulmer      Robert Multer
- Roy Farnsworth      Charles O'Connor
- Sharon Feldman      James Poole
- Jean Groff      Bradley Sturmer
- Gary Honeyford      Jay Taber
- Joseph Kruppenbacher      Clarence Weissinger
- Mary MacIntyre

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

**HELP YOUR CHAPTER SAVE TIME AND MONEY**

Despite the best supportive efforts of Senator Alesi and Assemblyman Morelle, the state has lately been unable to provide our chapter with financial support, as in previous years. Members need to help the chapter budget and many of you can do this without it costing you anything.

If you have a computer, join others in the chapter, and sign up to receive your newsletter by e-mail. You will save your chapter much needed postage money, in addition to the time spent folding, labeling, and mailing, performed by chapter volunteers. You will also get your newsletter a lot sooner.

Just give me your email at the March meeting or, if you don't expect to be there, please send me a note at [eb518@aol.com](mailto:eb518@aol.com). You can always print any page you want to keep.

Thanks for your help.  
Gene Binder

**MALL WALKING**

Did you know that there is a Mall Walking group at Eastview Mall?

Judith Flamini, LPN, Lifestyle and Nutrition Specialist, who works as an advisor for Phase 2 patients in Cardiac Rehab at Thompson Health in Canandaigua, sets up a table near "Gloria Jean's Coffee Shop" the 2nd and 4th Tuesday of the month from 8:00 am - 9:30 am.

If you would like, she will take your blood pressure and keep an ongoing record for you. It's free and open to anyone who wants to walk.

**PRESIDENT'S CORNER**

Hello Everyone,



As you all know we should exercise fairly regularly, but sometimes other issues such as osteoarthritis (OA) can keep us from doing what is good for our heart. OA is the most common form of arthritis and the leading cause of chronic disability in the United States. It affects nearly 27 million people in the United States. OA is a chronic degenerative disorder related to, but not caused by, aging. OA occurs when cartilage in your joints wears down over time. While OA can affect any joint in your body, it most commonly affects joints in your hands, hips, knees, neck and lower back. No wonder it's so hard to exercise. There is no cure for OA. Michael Carpin, our March speaker, has treated many people suffering from OA with exercises that have been developed for them. Come join us and find out how you too can once again exercise.

The American Heart Association's Heart Walk will be Saturday, April 9th. If you are interested in participating in the walk give Bob Peri a call, and he will give you all the information. His phone number is listed on the back of the newsletter. Or come to our March meeting, where we will have information available.

Our Mended Little Hearts president Jennifer Kowal, her husband Pete and their family have had a very stressful last few months. Their daughter Claire Elizabeth had heart surgery at

Strong Memorial Hospital. Wonderful news—the surgery was very successful. We wish Jennifer and her family all the best.

We send our get well wishes to Peter Dunfey and Ann Nuciolo.

We sadly report that two of our members passed away: Charlie Lentine and Don Fisher. (Please see Page 6.) They were both Mended Hearts members for many years. Charlie was a Chapter 50 Chairman in 1976-1977. (At that time we called our chapter leader Chairman instead of President.) Charlie continued to be active and came to meetings whenever he was able. He was a very friendly man with a big smile, and lots to say to everyone. Don was the consummate volunteer visitor. He would go weekly to Rochester General Hospital and visit 10-15 people each time he went. He made sure that he didn't miss seeing anyone on the 5th floor cardiac wing. All the nurses knew him by name. Don was admired by everyone for his dedication to the patients and Chapter 50. They will both be missed.

To all our members, please give one of us a call and let us know when you'll be leaving town for the winter. When we send out the newsletter to you via bulk mail, it doesn't get forwarded. It gets returned to us and we not only pay for the original bulk mail, but we also pay when the post office returns your newsletter to us with a stamp that says "temporarily out of town". When you're away, we can just put a stamp on your

newsletter and send it to you via regular mail. Also, send us your new address when you move. Bulk mail isn't forwarded to your new address. Your newsletter is returned to us, and we have to pay double again. We appreciate your help in this matter.

On February 2nd my favorite rodent, the ground hog, happily did not see his shadow, which means that we're going to have an early spring. Some of you will say, "What does a ground hog know?" But I believe in his prognostications. And, I predict that by the time you get this newsletter in early March, spring will have sprung. (I hope.)

Stay well and I'll look forward to seeing you in March.

Sharon

**SAVE THE DATES**  
**April 9th, AHA Heart Walk**  
**May 12th, Go Red For Women Luncheon**  
**May 23rd, Dr. Bisognano is rescheduled to speak to us**  
**June 1st-June 5th, Mended Hearts National Convention in New Orleans**  
**June 20th, Chapter 50's 45th Anniversary Luncheon at Marios**

**MEMBER SPOTLIGHT—  
PATT GUERRETTE****23 Years... and Still Square  
Dancing!**

In the early 80's, I was having shortness of breath, and palpitations. The doctors saw before them a 54-year old, thin, active, low blood pressure, low cholesterol, no-family-history-of-heart-disease woman. I was not your classic heart patient. At that time in the medical field, women weren't candidates for heart disease.

Then in the fall of 1987, I was experiencing more shortness of breath and also pressure mid-sternum. I didn't worry because I'd been cleared by a heart specialist, and assumed it was only stress and anxiety. However, in early January it was getting worse, especially when I was square dancing or exercising. After one or two dances I had a difficult time catching my breath. I saw my Primary Care Physician and insisted on seeing a cardiologist. I had an appointment three weeks later.

A stress treadmill test followed which I was unable to finish. One week later, I had a nuclear stress test. My cardiologist told me that if my heart was pie shaped, nine out of those ten pieces were fine, but number ten was a little shady and he thought I should have an angiogram.

I was not concerned because none of my tests showed any serious problems. Now that was an invasive procedure and I felt it was unnecessary; but I finally agreed.

Thanks to the wisdom of my cardiologist, Dr. Falkoff, I had an angiogram. I was found to have 98 percent blockage in my left descending artery, 96 percent blockage in my right ascending artery, and 60 percent in my circumflex artery. I was a time bomb ready to go!! Next day I was transferred to Strong Hospital and on March 10th, 1988, Dr. George Hicks operated on me. I had a triple bypass. As I left the hospital, I was told that they would see me in ten years for the next bypass surgery, as that was the case in most bypass operations in those days.

When I saw Dr. Hicks for a follow-up exam, he suggested that I attend a Mended Hearts meeting. He is a Chapter 50 member. I went to a meeting, and there I met Ernie Amato, a chapter member and at the time, was already a 20-year bypass surgery survivor. I couldn't believe that he had gone so long without needing another bypass. By G-d's Grace, caring doctors and Mended Hearts support, I am a survivor and I'm still square dancing!

**WOMEN'S HEART HEALTH**

"Go Red for Women," is a movement that provides information to women about cardiovascular disease. Traditionally, we think about men being the primary victims of heart disease, but each year, it claims the lives of hundreds of thousands of women.

The older you are, the more likely it is that you will get heart disease. But healthy living at any age is the foundation for disease-free later years.

In your 20s, health isn't on your mind, and you believe there will be plenty of time later to think about it. Wrong. Heart disease can develop at any age, so it's crucial that you make health conscious-decisions that will benefit you now and in the long run. Don't smoke, drink in moderation, and choose birth control methods carefully.

In your 30s, life is a balancing act between family, work and yourself. But you're not a kid anymore. Now is the time to build heart-healthy habits. If you avoid the conditions that put you at risk for heart disease until you turn 50, you may never develop heart disease. Check your family history, quit smoking, and avoid gaining weight.

In your 40s, it becomes even more important to make healthy choices. No matter what life brings, it's important to stay happy and healthy so you can enjoy the years to come. Make healthy lifestyle choices now that will benefit you in the long run. Eat well, exercise, watch your weight, and get a checkup.

In your 50s, your body is changing and that affects your heart. Check with your doctor too see if your numbers are acceptable for cholesterol, triglycerides, blood pressure, fasting glucose, and body mass index. To get your estimated heart risk, go to [goredforwomen.org](http://goredforwomen.org).

In your 60s and beyond, heart disease is more likely, but you have the power to prevent it. Smoking is the most preventable cause of death in the United States. It's never too late to quit. Keep an eye on body weight, continue to exercise, and have your blood pressure checked.

Source: PagesMag.com

**You can lose weight without going hungry: Here's how to do it**

To achieve a healthy weight, and maintain it for the rest of your life, don't think about losing weight fast. Do it slowly and steadily.

You won't have to make intricate calculations about how many calories you should eat, then write down the value of every morsel you consume. And you won't have to buy a diet book that calls for recipe ingredients you've never heard of.

Instead, reduce calories by making better food and drink choices.

**Drinks:** Rather than drinking a latte with 500 calories, have a cup of black coffee. Instead of drinking sugary soda pop, choose diet pop or water.

**Planning:** Plan your meals and snacks for a week. Make a shopping list that includes low-fat meat, fish, chicken, vegetables, fruits and whole grain bread.

**Snacks:** If you want to snack on chips, nuts, crackers or candy, put the amount you intend to eat in a bowl. Stash the bag away so you won't eat more without thinking about it.

**Prepare foods wisely:** Broil or bake your chicken, fish and red meats. Frying adds calories. Battering and deep frying can double the number of calories.

**Skip the butter** when you make mashed potatoes. You won't notice it's missing after you add low-fat gravy.

**Salads:** Use fat-free or low-fat salad dressing. Two tablespoons of blue cheese dressing have 150 calories. You might use three or four tablespoons, depending on the size of the salad.

**When to eat:** At three meals: breakfast, lunch and dinner, plus an evening snack. Studies show that people who eat breakfast will eat less the rest of the day. Include protein, like cheese or an egg, fruit, and whole grain bread. Drink a glass of water before each meal.

**How much to eat:** At home and at restaurants, eat a reasonable portion of food. Relax and take your time. If you eat fast, you'll eat more.

You may not want to do all of these things, but doing some of them will result in weight loss.

Source: PagesMag.com

**Survey Request**

Nick Lockwood, a student at the University of Montana, and member of Chapter 324, is asking members of Mended Hearts to complete a very interesting survey for a study he is doing on humor and heart disease. To participate in the survey, go to the chapter web site and select Survey Request from the Menu Bar on the left side of the Home Page. You'll enjoy it, and help support a fellow MH member.

Gene Binder

**Bulgur Wheat and Quinoa Pilaf**

This is a tasty side dish for any meal. Bulgur is a wheat-based staple of Middle Eastern and Mediterranean cuisine. Quinoa and bulgur have higher protein and fiber content than rice.

**Directions:**

Makes 8 servings

1 cup dry bulgur wheat

1 cup dry quinoa

1 large onion, chopped

1 cup chopped celery

4 cups low-sodium vegetable broth

1/4 cup finely chopped fresh parsley

1 teaspoon crushed dried rosemary or dried thyme or oregano, & salt to taste.

Place bulgur and quinoa in a dry heavy skillet (such as cast-iron), stir-fry pan, or wok over high heat and cook, stirring constantly, until the grain smells toasty. Remove from heat immediately and set aside.

Steam-fry onion and celery in a large saucepan with a tight lid until onion begins to soften using a small amount of water. Add broth, bulgur, quinoa, parsley, and rosemary, thyme, or oregano. Bring to a boil over high heat, then reduce heat to low and cook, covered, for 20 minutes. Let stand for 5 minutes. Fluff with a fork and season with salt.

**Nutrition Information:**

Per serving (1/8 of recipe)

Calories: 156

Fat: 1.6 g

Saturated Fat: 0.2 g

Calories from Fat: 9%

Cholesterol: 0 mg

Protein: 5.4 g

Carbohydrates: 31.8 g

Sugar: 3.8 g

Fiber: 5.1 g

Sodium: 303 mg

Calcium: 39 mg

Iron: 2.7 mg

Vitamin C: 4.8 mg

Beta-Carotene: 446 mcg

Vitamin E: 0.5 mg

Recipe from Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, M.D.; recipe by Bryanna Clark Grogan

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**IN MEMORIAM: DONALD M. FISHER**

Donald Fisher passed away October 25, 2010 at age 90. He is survived by his loving wife of 67 years, Estelle (Korus) Fisher; son, Neil Fisher; brother-in-law, Marvin Korus; nephew, Alan (Anna) Korus, great niece & great nephew, Katelyn & Michael Korus and many friends. Don was a volunteer at Rochester General Hospital and the Jewish Home of Rochester for many years. The family would like to thank Drs. Chessin, Falkoff & Penn for their excellent care of Don.

**IN MEMORIAM: CHARLES LENTINE**

Charles Lentine passed away peacefully on Thursday, January 13th at the age of 84. Predeceased by his wife, Margaret Lentine; parents, Samuel & Gerlanda Lentine; son, Samuel J. Lentine; granddaughter, Latasha McQueen. Survived by his children, Phyllis (Steve) Breedlove, Geraldine Watson, Diane (Barry) Grimes, Charles S. (Domenica) Lentine & Rosemary Picardo (Jeff); 15 grandchildren; 14 great-grandchildren; many loving nieces, nephews, cousins & friends.

**DONATIONS**

**In Memory of Rose Reid (Cheri Steron's Mother)**

**Margie Kitz**

**Donations to Chapter 50**

Many thanks to those members who made an extra donation when they renewed their membership.

Mr. and Mrs. Richard Clarke

Mr. and Mrs. Harris Rusitzky

**Special Thanks to the Rochester Cardiopulmonary Group, P.C., for their very generous donation.**

**NEW MEMBERS**

Mended Hearts - Chapter 50 would like to welcome our new members.

We are happy to have you a part of our chapter.

James and Roseann Molloy

*Thank you for your support!*

**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 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.

The support and confidence for Mended Hearts Rochester shown by the Rochester Cardiopulmonary Group, P.C., is gratefully acknowledged and appreciated.

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/](http://www.cinchlink.com/)

Thank you to New York State Senator Jim Alesi and New York State Assemblyman Joseph Morelle. Your support is greatly appreciated and will go towards helping us educate the public about living with heart disease.



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

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

Return Service Requested

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# Mended Hearts

Chapter 50 - Rochester, NY

**It's great to be alive and to help others**

## Mended Hearts Chapter 50 Board of Directors

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