

ISSUE NUMBER 35

MAY/JUNE/
SUMMER 2011



Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heartbeat of Rochester”

www.mendedheartsrochester.org

MAY MEETING

Monday, May 16, 2011, 7:15PM

John Bisognano, MD, PhD, will speak on “Treating High Blood Pressure in 2011: How Low Is Low Enough?” Dr. Bisognano is Board Certified in Internal Medicine and Cardiovascular Disease. He is Professor of Medicine/Cardiology at the University of Rochester Medical Center. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

JUNE MEETING

Monday, June 20, 2011, Noon, 45th Anniversary Luncheon at Mario’s Restaurant. Please see Page 4.

AUGUST PICNIC

Sunday, August 7, 2011, Annual Picnic at Harvey & Cheri Steron’s. Please see Page 4

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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, May 12, 2011, 7:00-9:00 PM

Robert Ostrander, MD, will speak on "Wellness and Prevention in the 50 Plus Population." Dr. Ostrander practices family medicine in Rushville, NY. He received his Medical Degree from SUNY Upstate Medical University and completed his residency at St. Josephs Hospital in Syracuse, NY. 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, June 9, 2011, 7:00-9:00 PM

Cheryl Minchella will speak about “Golden Sexuality: Exploring the Myths and Reality about Intimacy.” Cheryl has a Bachelor's Degree in Social Work and is currently a Community Health Educator for Preferred Care. In addition to teaching health & wellness classes, she is a certified fitness instructor and yoga teacher. 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 Prospective Members,

I'm smiling because spring is finally here (or at least it's supposed to be here). We'll probably be complaining about the heat, soon.

Our hospital visiting program is moving along, albeit at a slower pace than it has been in the past. Our regular visitors have been doing their part to fulfill our mission to bring hope and encouragement to the cardiac patients at Strong and Rochester General Hospitals: but we really do need more visitors at each of those hospitals. Next month, our President, Sharon Feldman, and

Larry Feldman, our Assistant Regional Director, and I are travelling to Syracuse to train 15 to 18 of their members for their chapter's visiting program. It would be utopia if we had even half that number to become part of our fine program here.

If anyone reading this article would like more information on participating in this very satisfying and needed program, please contact me at hsteron@frontiernet.net or (585) 442-7211. I will be very happy to hear from you.

Heartfully,

Harvey Steron, Chapter # 50
Visiting Chairman

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

MAY

- Joe Buggie
- Andrew Chastek
- Donald Clark
- Harvey Steron
- Audrey Verschneider

JUNE

- Mary Amato
- Anthony Carlisi
- Vernon Iuppa
- Donovan Jenkins, Jr.
- Douglas Johnson
- Philip Mendola
- Richard Rosenbloom
- Sherman Soles
- Robert White



JULY

- Franklin Angevine, Jr.
- Vivian Darling
- Albert Dianetti
- Joseph Hartman
- Bruce Newton
- Robert Tiernan
- Beverly Turk
- Ronald Wheat
- Frank Wojciechowski

AUGUST

- Marlene Adams
- Carrie Breitkopf
- Norm Dandurand
- Charles Frame
- Clyde Glover
- Murray Kellogg
- Anne Korenstein
- Gerald Kuhner
- Edward Maloney
- Patricia O'Neill
- Rich Parton
- Robert Peri
- Harris Rusitzky

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 newest member. We are happy to have you in our chapter.

Janet Lagas

Thank you for your support!

MATTERS OF THE HEART: A COUPLES INTERVENTION FOR CARDIAC RECOVERY

This study tests an intervention intended to promote healthier coping in couples after a recent cardiac event (within eight months) and thereby prevent some of the potential psychological problems that develop after cardiac events (e.g., depression, and anxiety).

If you would like to learn more about this study, please contact Dr. Jennifer La Guardia, the Principal Investigator:

Phone: (585) 473-2556

Email: jennifer_laguardia@urmc.rochester.edu

PRESIDENT'S CORNER

Hello Everyone,
 It's not too late to register for the Mended Hearts Convention, June 1-5, in New Orleans. Larry and I are going. You will have a great time and learn so much. For more information, see Page 6 or go to www.mendedhearts.org/convention.htm.



For those who couldn't be there, you missed a really good presentation by Dr. John Teeters on Peripheral Vascular Disease (PVD). Here are a few of the points he made.

Anyone can get PVD. The biggest risk factor is age—over 65 years old, more than 20% have PVD. By the age of 70, 50% of people have PVD.

Men with diabetes, high blood pressure and high cholesterol are most at risk. People who smoke and have a history of heart disease are at greater risk too. There is a high mortality rate—75% of people who have PVD and have a heart attack or stroke will die from it. Some of the warning signs of PVD are carotid artery disease, decreased hair growth on men's legs, mini stroke, dizziness, vision changes, cramping of legs (claudication) with exertion, aortic aneurysm, and renal vascular disease. 50-90 % of women are asymptomatic.

Long term risks include heart attack, stroke, amputation, dialysis, aneurysm rupture and death. Upon suspicion of PVD, the first-line study is the ankle brachial pressure index (ABPI/ABI). This

is a non-invasive test. When the blood pressure readings in the ankles are lower than those in the arms, blockages in the arteries which provide blood from the heart to the ankle are suspected. Medication can usually help control PVD.

The good news is that when you stop smoking, within the first 24 hours of not smoking, your risk goes down by 50%. Exercise and diet can also help control PVD. Exercise 30 minutes a day, 4-5 days a week and get your heart rate up to 90-120 beats per minute. You should break a sweat, but still be able to carry on a conversation. Restrict the amount of salt intake; cut out junk carbohydrates; eat multigrain breads, vegetables and fruits; and make sure you eat a well balanced diet. (Also, please see the article on Page 4.)

These recommendations are all the things we already know. So let's do the right things, and stop making excuses for our bad behavior.

I've come across a few good websites that might interest you. If you know of a good site, please tell us about it and we will put it in the newsletter and link to it on our website.

1. The Cleveland Clinic has online health chats at www.clevelandclinic.org/health/chatreg/.
2. For valve replacement information go to: www.valverepacement.org.
3. "Time To Talk CARDIO" is a program to help patients make the

most of their conversations with health professionals by building communication skills to help better manage heart health at www.timetotalkcardio.com/#.

4. The American College of Cardiology has a Cardio Smart section on its site with all sorts of information available to help people with and without heart problems. Go to www.cardiosmart.org.

Speedy recovery to Michael Bradley, Tony Carlisi, and Verna Mendola.

Show your support for Mended Hearts Chapter 50 and come to our 45th Anniversary Luncheon at Mario's, on Monday, June 20th. *If you don't come, we will talk about you!!!!!!*

Hope to see you real soon at the May Meeting, the June Luncheon, and the August Picnic.

Sharon

2011-2012 Chapter 50 Slate of Officers

President	Sharon Feldman
Vice President	Harvey Steron
Treasurer	Bernard Quinlan
Secretary	Douglas Bruce Newton

We will hold our election at our May meeting.

If you are a member in good standing, and would like to nominate someone else for any Officer position, please let one of the current Board members know or come to our May meeting.

45th Anniversary Luncheon, Monday, June 20th at Noon.**Place: Mario's Restaurant, 2740 Monroe Av, in Rochester****Cost: \$15 Per Person****Cash Bar****The menu will include:****Salad and rolls****Relish Tray****Herb Roasted Chicken****Red Bliss Potatoes****Penne with Mario's Pasta Sauce****Penne with Spinach, Capers, Artichokes, Tomatoes, Garlic & Olive Oil****Mixed Fresh Vegetable Medley****Assorted Italian Cookies****Complimentary House Wine, Fresh Brewed Decaf and Regular Coffees, and Hot Teas****You are guaranteed a great time and an awesome meal. For reservations, please call Jackie Joyal's Voice Mail at (585) 377-1247 by June 14th.****Our Annual Summer Picnic, Sunday, August 7th, 2:00PM-Til****Mended Hearts will supply the meat, veggie burgers, snacks, desserts, drinks, plates and silverware. All you need to do is bring a lawn chair & a side dish to pass. The picnic is open to all members and their families.****Please note that this year the picnic will be hosted by Harvey & Cheri Steron. They have been kind enough to open their home to us. Their address is 148 Willowbend Rd, which is off of Westfall Rd, right near Monroe Av.****RSVP, by August 2nd, to Jackie Joyal (585) 377-1247 on her Voice Mail.****Hope to see you there!****DIETING WITH WHOLE GRAINS REDUCES ABDOMINAL FAT****When you calculate the calories in your weight reduction diet, be sure to include the value of whole grains.****An important clinical study of people age 20 to 65 shows that dieters who included plenty of whole grains not only lost more belly fat, they reduced an inflammation marker linked to diabetes, hypertension and cardiovascular disease.****Over the 12-week study, all****dieters got the same weight-loss advice, but half of them ate whole grains instead of refined grains. The two groups lost the same amount of weight, but the whole-grain group lost significantly more fat from the abdominal region than those who ate white bread and other refined grains.****The whole grain group also experienced a 38 percent decrease in C-reactive protein, an inflammatory marker linked to the risk of heart attack, stroke, high blood pressure and diabetes. The reduction was****similar to that seen with the use of statin drugs.****Senior researchers for the study say a lot of foods claim they contain whole grains but are not really major sources.****They recommend finding products in which at least 51 percent of grain comes from whole grain. Examples of such foods include oatmeal, whole grain cereal, brown rice, granola bars, popcorn and whole-wheat crackers.****Source: PagesMag.com**

**Annual American Heart Walk–
Saturday April 9th Results**

Well another year has come and gone. This year we had great weather for the Heart Walk. Our group has raised over \$4,000, so far.

We are very fortunate here in Rochester, as all the money raised here stays here. We had several teams from our chapter who walked and collected money. Bob Peri collected the highest amount. Gene & Georgianna Binder, along with Georgianna's daughter, dedicated their walk and money collection to Georgianna's son, Leon.

Many thanks to all our teams who raised money. Great Job!!

We had quite a few volunteers the day of the walk manning our table and the Red Hat table: Bob Peri , Gene & Georgianna Binder and members of their families, as well as Harvey & Cheri Steron, Bruce Newton, and Jackie Joyal.

If anyone still wishes to make a donation, it's not too late. Please send a check, made out to the American Heart Association, to: Jackie Joyal, 65 Erie Dr, Fairport, NY 14450.

Canandaigua Rose Walk

The 15th Annual Rose Walk will be held on Saturday, June 18, 2011 from 8:00-11:00 AM at Sonnenberg Gardens and Mansion State Historic Park in Canandaigua. Donation is \$10. Proceeds benefit the Cardiac Rehabilitation Department at F.F. Thompson Hospital.

With funds collected at past Rose Walk events, the Cardiac Rehabilitation Department has been able to provide financial assistance to hundreds of patients to attend the rehabilitation program . This year the need is greater than ever to not only support the anticipated number of patients who will require financial assistance, but to help with equipment and outreach costs. The emphasis on prevention in health care increased the need to provide outreach, education and services to many high-risk individuals.

Jim Fralick has been a wonderful advocate and lead facilitator for the Mended Hearts Canandaigua Satellite program. He, Gene Binder and Paul Millhausen have supervised a table at the Rose Walk with Mended Hearts information. They have been available to discuss the invaluable activities of the organization and promote Rehab programs.

Much of the preparation, sponsor support and energy to accomplish the success of the Rose Walk are the result of volunteer time given by the Cardiac Rehabilitation and Fitness Center staff and the wonderful support of the Hospital Foundation. This program is truly one of the ways we have "Raised the Bar" at Thompson Health.

Kevin Doran, from Channel 8, will be the MC for the event and share his heart story. Honored will be Ted and Rosalie Fafinski. Ted is Farmington Town Supervisor. He and his wife Rosalie have been participants and wonderful supporters of our program and this event.

DO COME JOIN US! Walk the one - two mile walk in the most historical and beautiful area of Canandaigua. Enjoy the many activities and beautiful Sonnenberg Gardens free of charge when participating in the event.

For more information about the event, contact Mary Allhusen and the Cardiac Rehab Team at (585) 396-6253 or visit www.thompsonhealth.com.

IN MEMORIAM: BRADLEY G. STURMER

Bradley G. Sturmer, age 65, died unexpectedly on Monday, October 11, 2010 at his home. He is survived by his sister, Barbara McNeill of East Amherst; nieces and nephews. Mr. Sturmer was born in Rochester and was the son of Richard and Verna (Kuczmy) Sturmer. He was raised in Buffalo and attended schools there, and was a graduate of Amherst Central School. He earned a bachelor's degree in engineering from the University of Buffalo. Mr. Sturmer was a US Army veteran of the Vietnam War. He worked as a Civil Engineer for the NY State Dept. of Transportation in Rochester, specializing in bridge design. He retired in 2007 after many years there.

DONATIONS**In Memory of Donald M. Fisher**

Larry & Sharon Feldman

In Memory of Charles Lentine

Larry & Sharon Feldman

Special Thanks to BJ's Wholesale Club for its generous donation.**JUNE 1ST-JUNE 5TH, MENDED HEARTS NATIONAL CONVENTION IN NEW ORLEANS**

"The Attitude is Gratitude. THE POWER OF GIVING BACK!" is the theme of the 59th Mended Hearts Annual Convention in New Orleans – a message which resonates in all of our members as each of you strives to help others on their heart journey. Mended Hearts members serve as examples and inspirations to fellow heart patients and other caregivers. The convention committee wishes to recognize the "power of giving back" and your accomplishments as a visitor, a member and your example for other heart patients and families who are embarking upon their journey today.

As with previous conventions, expect excellent presentations from leading medical professionals and leaders in the cardiovascular field on topics important to you, your chapters and the heart patients and families served. There will be plenty of opportunities for networking, meeting old friends and new, sharing successes and lessons learned, picking up lots of helpful 'how-tos', and certainly time to make some memories in New Orleans.

Hope to see you there!

For more information, please go to www.mendedhearts.org/convention.htm**HELP YOUR CHAPTER SAVE TIME AND MONEY**

The list of members who are saving our chapter money and volunteer time, by getting our newsletter by e-mail, is rapidly growing. If you have already done this, your chapter thanks you. If you haven't yet, please join our member "Newsletter-by-E-mail" list, by writing to me at eb518@aol.com.

You will get your newsletter a lot sooner and you can always print any page you want to keep.

Thanks for your help.

Gene Binder

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 60 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/

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

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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 and Coordinators

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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 Chapter 50	Larry Feldman Voice Mail	544-1565 234-1538