

Issue Number 36

September/
October 2011



Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heartbeat of Rochester"

www.mendedheartsrochester.org

September Meeting

Monday, September 19, 2011, 7:15PM

George Hicks, MD, will speak on: "What's New in Cardiac Surgery." Dr. Hicks is Chief of Cardiac Surgery and Professor of Surgery at the University of Rochester Medical Center. He received his MD from the University of Rochester School of Medicine and additionally completed his residency and fellowship there. Dr. Hicks joined the Department of Surgery in 1981 and has been Chief of the Division of Cardiac Surgery and Program Director for Cardiothoracic Surgery since 1990.

PLEASE NOTE THAT THE MEETING WILL BE HELD AT THE Jewish Community Center, Senior Lounge, 1200 Edgewood Av, Rochester, NY 14618.

October Meeting

Thursday, October 13, 2011, Noon

Joint meeting of Mended Hearts Rochester and Canandaigua. Join us for a delicious lunch at the Canandaigua Yacht Club, 3524 W Lake Rd, Canandaigua, NY 14424, followed by a relaxing sail on the Canandaigua Lady paddleboat.

Please see Page 4 for all the details.

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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, September 8, 2011, 7:00-9:00 PM

Cheryl Minchella will speak to us about "Revving up Your Metabolism." 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.

Thursday, October 13, 2011, Noon

Joint meeting of Mended Hearts Rochester and Canandaigua. Join us for a delicious lunch at the Canandaigua Yacht Club, 3524 W Lake Rd, Canandaigua, NY 14424, followed by a relaxing sail on the Canandaigua Lady paddleboat.

Please see Page 4 for all the details.

Mended Hearts, Inc.

Visiting Chairman's Report

Greetings Fellow Members and Prospective Members, Where has the summer gone? Actually, its still here, with plenty more warm weather to come.

In September, vacations are usually over, kids go back to school, and Mended Hearts Chapter 50 often has its hospital Visitor Reaccreditation. I am planning to hold it when I secure a meeting place and an appropriate time. I'll notify all of our visitors well in advance so they can save the date on their calendars.

There's also the possibility of an Accreditation class for the benefit of new hospital visitors. It would be very nice if we could have two or three new people who were able to

participate. Hospital visiting is a personally satisfying activity, that can be very beneficial for cardiac patients and their families.

We've done pretty well with our visiting at Rochester General and Strong Memorial this summer, and we're actually quite close to last year's numbers for this same time.

If you 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 would be very happy to hear from you.

Heartfully,

Harvey Steron, Chapter 50 Visiting

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

SEPTEMBER

- Carl Brant
- Richard DePauw
- Ruben Isaacson
- Lawrence Mastin
- Gerard Roncinske
- William Smith
- Lloyd Walker



OCTOBER

- Robert Brown
- Peter Dunfey
- Stephen Hanning
- Suzanne McNamara
- Gloria Smith
- Suzanne Taney

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

*** SAVE THE DATE—October 6, 2011 ***

It's that time of year again for the Jim Alesi Family Health and Fitness Fair at the Dome Arena. If you can help man our American Heart/Mended Hearts table call Sharon at (585) 544-1565. The Fair runs from 9 am until 4:30 pm at the Dome Arena, on Calkins Rd in Henrietta.

New Members

Mended Hearts—Chapter 50 would like to welcome our newest members. We are happy to have you in our chapter.

John Fisk

Bonnie Wise

Thank you for your support!

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

President's Corner

Hi Everyone,

Can you believe it's almost September? We've had some really interesting weather this spring and summer! Hope you've enjoyed our break from winter.



We had a great Anniversary Luncheon with more than 45 members and guests attending at Mario's. The picnic at the Steron's was lots of fun too. Thanks to all for the great side dishes and thanks to Harvey and Cheri for being such gracious hosts. A special thank you to TOPS FRIENDLY MARKETS for their gift card donation that helped pay for the food and drinks served at our picnic.

Speaking of Harvey, he hopes to hold a visitor accreditation class this fall. If you've ever thought of trying it, I hope you do. I've been a visitor for over 10 years. I mainly visit at Strong, but I substitute a bit at Rochester General too. I just wanted to tell you about a visit I had several years ago at Rochester General. It was during the winter and I wasn't too enthusiastic about going up to the hospital that day, but I went anyways. One of the people I spoke to was a woman from out of town who was going to have her aortic valve replaced the next day. When I told her that that was the surgery I had she was very interested in what I had to say. We spoke for more than 20 minutes and as I was leaving the room I wished her an easy recovery. She seemed to be a lot more relaxed than when I had first entered her room. She called to me and said "You know, last night I prayed that an angel would visit me and my prayer was answered". Needless to say it was one of the nicest things anyone has ever said to me. It still brings tears to my eyes when I talk about it. Most of the time you never really know if you've made a difference in any one's life, but that time I knew I had. We can use lots of visitors both at Strong and General as there are lots of patients to see and talk to. The staffs at both hospitals are always glad to see us, and even let us know when someone can really use a visit from us. I like to go every other week, but because we are so shorthanded at Strong I

have to go weekly. I hope you will consider trying it.

Larry and I had a wonderful time at the New Orleans Mended Hearts convention in June. I'll tell you more about it in the next newsletter. The 60th Annual convention will be held May 16 - 21, 2012 in Dallas, Texas at the Hyatt Regency on Reunion Blvd.

We had such a good time a few years ago when we had our combined meeting with our Canandaigua members that we decided to do it again this October. See the details on Page 4. Hope to see many of you back again.

We had a lot of sad news the past few months. We lost four wonderful members.

Carrie Breitkopf was a member for more than 35 years. She held many positions in our Chapter including Phone Visiting Chairperson as well as Sunshine Coordinator. At our meetings she made sure to always greet everyone.

Ron Tuttle was also very active in the organization. He also held many positions, including Chapter President and also Mended Hearts Assistant NE Regional Director. He was always willing to lend a hand whenever we needed him. In recent years, both Ron and Carrie were unable to attend meetings because of health issues.

We also lost two newer members, Jim Molloy and Irving Kessler. Jim and his wife Roseann recently moved to Rochester to live closer to their daughter Amy Bogardus, and were looking forward to becoming more active in our chapter. I only knew Jim for a short time, but he was the kind of man who knew how to make you feel welcome and was always happy to see you.

We first met Irving when he would come to meetings with his brother Jack. At that time it was his brother who had the heart problems. A few years ago Irving underwent heart surgery too and became a member of our chapter; but because of poor health he was unable to attend many meetings.

We will miss all of them, but we will always remember how willing they all were to share their love of life with their families, friends and

Mended Hearts. We extend our deepest sympathy to their Families

I won't be able to attend our September meeting, but I hope to see you in October.

Sharon

Heart Disease and the Flu

If you have heart disease, it's important to do all you can to avoid getting the flu, a viral infection of the respiratory system. According to the CDC, nearly 36,000 people die from flu and more than 200,000 are hospitalized due to flu complications each year. Studies also show that death from the flu is more common among people with heart disease than among people with any other chronic illness.

While everyone has a chance to catch the flu, having heart disease makes it harder to fight off viruses that cause flu. The flu and other viral infections can create added stress in the body, which can affect your blood pressure, heart rate, and overall heart function.

In addition, some new findings show that the risk of having a heart attack or stroke doubles in the week following a respiratory infection such as flu. Researchers believe this may explain why heart attacks and strokes occur more commonly during winter months. Take steps now to prevent having serious problems with flu.

Both the American Heart Association (AHA) and the American College of Cardiology emphasize the importance of getting a flu shot if you have heart disease. According to the AHA, the best time to get a flu shot is October or November. If you didn't get a flu shot, you can still benefit by getting the influenza vaccine in January or even later. Flu season can begin as early as October and last through May, so make sure you're taking preventive steps throughout the entire season.

Be sure to ask for the flu shot, and not FluMist. Patients with heart disease should not receive the live, attenuated vaccine given as a nasal spray in FluMist. The live vaccine can cause influenza in some high-risk patients.

In addition to getting a flu shot, keep your hands clean to prevent flu. Thorough hand washing is vital to keep germs off your hands so you don't introduce them to your body through your mouth, nose, or eyes.

www.webmd.com/cold-and-flu/default.htm

WebMD Cold & Flu Health Center

Preventive Cardiovascular Nurses Association (PCNA) Presents:**FREE 2011 Community Program****In partnership with SCAI, Mended Hearts, and WomenHeart****TAKE CHARGE OF YOUR HEART HEALTH****Patients, families, and community members are invited to attend a free 2-hour session to learn more about heart health.****Rochester, NY - October 15, 2011****University of Rochester Medical Center****School of Medicine & Dentistry****Class of '62 Auditorium G-9425****601 Elmwood Av****Rochester, NY 14642****www.urmc.rochester.edu/oer/documents/Ground_62_Aud.pdf****Schedule:**

1:00-1:30 pm	Registration
1:30-1:45 pm	Opening Remarks
1:45-1:55 pm	Empowering You to Take Charge of Your Heart Health: A Patient's Story
1:55-2:15 pm	Blood Pressure: How do you measure up?
2:15-2:30 pm	Break
2:30-2:50 pm	The Beat Goes On: Living with Atrial Fibrillation
2:50-3:10 pm	Mending Hearts from Stents to Cardiac Rehab
3:10-3:30 pm	Discussion and Closing

Register at www.pcna.net/members/chapevent_register/register_community?chapter_event_id=52**Please call Harvey Steron (585/442-7211) if you need more information.****Cancellations: Please e-mail info@pcna.net by Monday, October 10, 2011 with your cancellation notice.****Joint meeting of Mended Hearts Rochester and Canandaigua, Thursday, October 13th, 2011****We will begin our monthly meeting at the Canandaigua Yacht Club, 3524 W Lake Rd, Canandaigua, NY 14424, at Noon. We will have a very enjoyable lunch with lots of good conversation. Then we will go on to experience an afternoon cruise on the "Canandaigua Lady" from 2:30 – 4:00pm. If you are interested in car pooling let us know on your registration slip or call. Please make your check payable to Mended Hearts Chapter 50.****The cost for both events will be \$27.00 for members and \$30.00 for nonmembers. This fee covers your lunch and the cruise!****Name(s) _____ No. of People _____****Menu Choice(s) _____**

- Cobb Salad Haddock French Sliced Sirloin of Beef w/au jus

Each lunch comes with: a starch, vegetable, roll/butter, coffee/tea, and dessert cookies.**RSVP by September 30th. Please mail your check to: Jackie Joyal, 65 Erie Dr, Fairport, NY 14450.****Make checks payable to Mended Hearts Chapter 50. For more information or to find out about car pooling, please call Jackie at (585) 377-1247.****Driving Directions to 3524 W Lake Rd, Canandaigua, NY 14424 (From Eastview Mall, Victor, NY)**

- | | |
|--|---------------|
| 1. Head southeast on Eastview Mall toward Eastview Mall Dr | 0.5 mi |
| 2. Take the 1st right onto NY-96 S/Pittsford Victor Rd | 0.6 mi |
| 3. Continue straight to stay on NY-96 S/Pittsford Victor Rd; Continue to follow NY-96 S | 6.1 mi |
| 4. Turn right onto NY-332 S/Rochester Rd; Continue to follow NY-332 S | 7.7 mi |
| 5. Turn right onto Parrish St | 0.4 mi |
| 6. Take the 1st left onto W Lake Dr | 1.5 mi |

Canandaigua Rose Walk



THANK YOU to everyone who participated, volunteered, contributed and or wished us well with the 2011 Rose Walk. As described in previous issues, this event raises money to assist our participants with their Cardiac Rehabilitation co-pays, which are three times a week and now \$20.00 to \$50.00 per visit.

This year's event raised the bar to new heights! It was the most successful ever, even realizing the difficult economic times. Over \$23,000.00 was raised and donations are still coming in. An estimated 300 participants attended or volunteered. We again had wonderful support from our Medical Director, Dr. Bryan Henry and the entire staff of Finger Lakes Cardiology Associates. The community came out in force. Special thanks to Ted Fafinski, Supervisor of Farmington, and his wife Rosalie who again gave great energy to increasing awareness of this event. Ted and Rosalie were our much deserving 2011 Honorees. Kevin Doran from Channel 8 was our MC and gave his own compelling cardiac story. Thompson Health's Leadership team was well represented to include our CEO, Linda Farchione.

We are very grateful to Jim Fralick, who had the vision and offered the time and energy to become a Mended Hearts facilitator, making it possible for us to have a Mended Hearts Satellite of the Rochester Chapter, in Canandaigua since 2007. Jim Fralick and Paul Millhausen represented Mended Hearts at the walk. They offered information at a Mended Hearts table display, increasing awareness of Mended Hearts Inc. and the activities of the Cardiac Rehabilitation and Fitness Center programs. We are appreciative for Gene Binder from Rochester Mended Hearts for also being a great supporter of our Canandaigua Mended Hearts activities from the beginning!

We are so pleased with the success of this activity. THANK YOU ALL!

A personal thanks to the Cardiac Rehabilitation and Fitness Center Staff, Anita Pietropolo, and the Thompson Foundation Staff and friend Kathi Nevin, who give much creativity, energy and strength to this event and all initiatives the center offers. You represent expertise and professionalism in all that you do to the highest quality.

With great appreciation,

Marie Rusaw, RT, and Mary Allhusen, RN-BC , Event Co-Chairs

Veggie Burgers Could Cut Health Care Costs

Heart disease, stroke, and other health problems related to high blood cholesterol account for \$634 billion in direct and indirect costs every year. But a scientific review in October's American Journal of Cardiology found that vegetarian and vegan diets cut cholesterol levels decisively, offering a possible solution to these exorbitant costs.

In "The Effects of Plant-Based Diets on Plasma Lipids," PCRM's Hope Ferdowsian, MD, M.P.H., and Neal Barnard, MD, compiled results from 27 previously published scientific studies and compared the effects of four diet interventions on cholesterol levels. Individuals following a vegetarian or vegan diet of nuts, soy, and fiber experienced a reduction in cardiovascular disease—America's number one killer. Dietary interventions including small amounts of lean meat were less effective at reducing cholesterol.

"Heart-healthy plant-based diets could dramatically reduce spending on cholesterol-lowering drugs, cardiac surgery, and blood pressure medication," says Dr. Ferdowsian.

Reprinted with permission from PCRM

Fall for Sweet Potatoes

Sweet potatoes are a traditional fall food. They're plentiful now, and inexpensive as well. Eating a sweet potato keeps you feeling full for hours on end. There are 180 calories in a cupful. And they are nutritional superstars, containing vitamins C and B6, potassium, large amounts of beta-carotene that translate into immune system health, lutein for your eyes, and a big seven grams of fiber for your digestive system.

Sugar vs. Corn Syrup

A growing number of restaurants are retooling their recipes in order to replace ingredients containing high-fructose corn syrup (HFCS).

The Mayo Clinic says table sugar and HFCS are chemically similar, but some researchers believe the body reacts differently to the corn syrup.

In an Environmental Health study, some HFCS samples contained small amounts of potentially harmful mercury. That study was done in 2008, and most HFCS formulas have changed since then. But some HFCS is made outside the U.S.

Many food and drink makers are taking no chances. In the last two years, brands from Wheat Thins to Pepsi have introduced new recipes or products with sugar instead of HFCS.

Source: PagesMag.com

In Memoriam: Caroline Breitkopf

Passed away on May 15, 2011, at age 86. Predeceased by her husband, Irving, granddaughter, Stephanie Breitkopf; siblings, Bessie Capsuto, Bella Sussman, Rose Tokars, Bernard & Marvin Rockoff & special friend, Margaret Carr. She is survived by her loving children, Barbara Sue (Charles) Chernoff, of Skaneateles, NY & Stanley J. (Lona Carr) Breitkopf of Palmyra, NY; grandchildren, William, Benjamin & Becki Chernoff, Melissa (Eric) Schaubert, Mia (Jeremy Lane) Breitkopf, Sarah Breitkopf, Emily (Ryan Derentz) Breitkopf; three great grandchildren; brothers, Samuel (Annette) & Louis Rockoff; brother-in-law, Martin (Shirley) Breitkopf; and many nieces & nephews.

In Memoriam: Irving Kessler

August 1, 2011 after a brief illness. Predeceased by his brothers, Ben, Abe & Jack Kessler. Beloved uncle of Gilbert & Lynda Kessler, Richard & Andrea Kessler, Lynda & David Newman, Warren "Skip" & Joan Kessler, Roger & Donna Kessler, Shelly & Paul Brown, Michael Kessler, Robert Kessler, Nancy Kessler; many great & great great nieces & nephews and many dear friends. Irv was a decorated WW II Army Veteran who served in Italy. He attended Ohio State University and graduated from Harvard Law School. Irving will be remembered as a prominent attorney with Underberg & Kessler for over 60 years. He also served as counsel for the Jewish Home of Rochester and the Rundel Library. He was a civic leader and his contributions to community were recognized as he received the Nathaniel Rochester Award.

In Memoriam: Jim Molloy

July 19, 2011. Husband of Roseann (Tonucci) Molloy; father of Amy (Michael) Bogardus; grandfather of Catherine and Caroline Borgardus; brother of Janet E. Molloy and Kathleen (William) Straub. Also survived by nieces and nepehws. Mr. Malloy was former Doorkeeper of the United States House of Representatives. He was a member of the Buffalo Professional Firefighters Local 282, the Blackthorn Club, and the Mended Hearts of Rochester.

In Memoriam: William R. (Ron) Tuttle

June 14, 2011, age 77. He leaves his wife of 51 years, Norma; children, Milo (Tina), Anna (Rick) Frank; grandchildren, Jason (Terra) Tuttle, Kelsey, Nick & Austin Frank; great-grandchildren, Kayla & Alex; sisters, Karen (Ed) Miller, Nadine (Don) Paulsen, Jean Johnson, Donna Kann; sister-in-law, Donna Atkinson; several nieces & nephews. Ron was a Xerox retiree

He was a dedicated, longtime member and leader of Mended Hearts Rochester. Ron held many positions, including Chapter President. For many years, he served as Mended Hearts Northeast Assistant Regional Director.

Donations

In Memory of Caroline Breitkopf

Larry & Sharon Feldman
Judith Lindauer
Harvey & Cheri Steron
NY State Lottery co-workers of Caroline's daughter
Barbara Chernoff

In Memory of Jim Molloy

Amy & Mike Bogardus and Roseann Molloy
Larry & Sharon Feldman

In Memory of Ron Tuttle

John & Josie Baccoli
Gene & Georgiana Binder
Linda Bordwall
Marianne Boutor
E. Junior & Anna Brinkhoff
Larry & Sharon Feldman
Pat Harrington & Dale Tucker
James Lamurglea
Karen Miller(Edwards)
Don & Nadine Pauleen
Mary Ann Pembroke
Sandra Richardson
Harvey & Cheri Steron
Frank & Priscilla Soucy
Arline & Jay Tabor
The Atkinson Family
The Catham Family
The Haley Family
The May Family

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)	Membership Dues
Individual	\$22 (National \$17 + Chapter \$5)
Family	\$31 (National \$24 + Chapter \$7)
National Life (Individual)	\$155 (National \$150 + Chapter \$5)

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.

We appreciate the generous support of Tops Friendly Markets.

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

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 and Coordinators

President	Sharon Feldman	544-1565
Vice President	Harvey Steron	442-7211
Treasurer	Jackie Joyal	377-1247
Recording Secretary	Eugene Binder	728-5166
Publicity & Programs	Jackie Joyal	377-1247
Heart Walk Team Leader	Robert Peri	243-0996
Interim Newsletter Editor	Larry Feldman	544-1565
Sunshine Coordinator	Marlene Adams	244-2030
Visiting Chairperson	Harvey Steron	442-7211
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