

Issue Number 37

November/
December 2011



Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heartbeat of Rochester"

www.mendedheartsrochester.org

ALIGNED WITH THE AMERICAN COLLEGE OF CARDIOLOGY

November Meeting

Monday, November 21, 2011, 7:15PM

John Campana, Food Safety Consultant, will speak about "Food Safety Issues – What You Should Know and Do." Mr. Campana is presently a consultant on a variety of food safety issues and was previously Sr. Public Health Sanitarian with the Monroe County Department of Public Health.

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



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!

December Holiday Party

Monday, December 19, 2011, 6:00PM

**Location: Grinnell's Restaurant
1696 Monroe Av, Rochester, NY 14618**

Cost: \$25 Per Person; Cash Bar

Please See Page 5 for Menu & Reservation Information.



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Canandaigua Meetings

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

Gloria Karr, MS,RN,BC,CIC, will speak to us about "Healthy Holidays." Gloria is Director, Infection Prevention & Emergency Preparedness, Thompson Health.

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

Linda Rowsick, RD, will speak to us about "Healthy Choices 365 Days of the Year." Linda has been a Registered Dietician for over 25 years.

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 to All,

The past couple of months have been busy for our chapter, and for me too, as Visiting Chairman. First, we made the move back to the JCC for our monthly meetings, and I'm sure that we'll be very comfortable there.

This summer, I had a hospital visit with a gentleman who said that he would like to invite me to speak about Mended Hearts at his Rotary Club's monthly meeting, and I did just that on October 5th. It was the Wolcott, NY Rotary Club, so I had a nice ride out there, along with an enjoyable casual lunch. I had about 15 minutes to speak and to answer questions from the Rotarians, who were a very friendly group of men and women. They thanked me with a very nice pen and key chain set.

At Strong Memorial's Annual Friends of Strong Volunteer Recognition Dinner on October 6th, our chapter received The Friends of Strong Group Award, which was a great

honor for our Strong Memorial Hospital visitors and for Chapter #50 in general.

The Preventive Cardiovascular Nurses Association (PCNA) is having a series of meetings in nine cities in the East, and I attended the one at University of Rochester Medical Center. PCNA is a longtime ally of Mended Hearts, and included a good description of our organization for all of the attendees. The presenters spoke about taking charge of your heart health, monitoring blood pressure, living with atrial fibrillation and mending hearts from stents to cardiac rehab. I had the opportunity to give some additional information about our chapter. It was a very worthwhile session.

In the next few weeks we will be having a hospital visitor accreditation course for five prospective visitors; and they will be a great addition to our visiting team. We're very fortunate to have

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.

a heart transplant survivor as one of this new group.

Enjoy the fall, and stay healthy.

Heartfully,

Harvey Steron, Chapter 50
Visiting Chairman

Mendiversaries

NOVEMBER

Richard Buxton Thomas O'Gorman
John Campana James Williams
Harry Flanders



DECEMBER

John Allhusen Robert Kelly
Robert Beeler Janet Lagas
Milton Braverman James J. Nelson
Frank Fantanza Dwight Rasbeck
James Fralick Dominic Rotolo
Mildred Frank Justine Wilder

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 members. We are happy to have you in our chapter.

Ann & Michael Cannarozzo Marie Rusaw
Richard Howk Dolores Sibs
Kathleen Roeland

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.

President's Corner

Hi Everyone,

Something totally unexpected happened last month.

We had some wonderful news from the Friends of Strong. Our chapter was given the award for Group of the Year. What an honor! The award was presented to us at the Friends of Strong Volunteer Recognition dinner by Joyce Stadtmiller, Volunteer Coordinator and Louise Criticos, Director. We know we must really be doing something special to receive this prestigious award.

As many of you know, the Mended Hearts National Convention in June took place in New Orleans, LA. It is a lovely city, and even though it was hot and humid, we still had a wonderful time sight-seeing. There are still some places that have yet to be fixed up from the damage caused by Hurricane Katrina. The people in New Orleans are warm and friendly. The beignets and chicory coffee at the Café Du Mond were delicious.

One of our speakers was Dr. Pradip Jamnadas. He spoke about diet and depression, and how both can affect your health. When it comes to your diet, he believes that a Mediterranean diet is good for everyone. If you eat walnuts, almonds and pecans on a daily basis it can reduce your chances of having a heart attack by 50%. Eat fruits before dinner. Peaches, plums, apricots and prunes are high in fiber and good for preventing constipation. Avoid processed food and increase your omega 3 intake. Some of



his favorite foods are blueberries, nuts, apples, spinach, tomatoes, broccoli, avocado, cauliflower, and green tea. Do not drink soda or milk (milk produces mucus and decreases absorption of other nutrients). Eat small amounts of lean meats and fish a few times a week, have 1-2 drinks a week (wine with meals as the French do), 1-2 cups of coffee a day, and plenty of water to drink.

Dr. Jamnadas said that Monday mornings between 6AM. and Noon are the time that most heart attacks occur. He believes that everyone should meditate 20 minutes in the morning and 20 minutes in the evening; and pay more attention to your spirit and thoughts. You should not repress your emotions because that will decrease your body's immune functions and cause an increase in your cholesterol, cortisol, glucose, blood pressure and heart rate. You must be open and honest when speaking to your doctor. Don't take things personally as nothing in life is permanent. If you have optimism in your life, as well as a support group, you do better after heart surgery. Pessimism can bring on rehospitalization. Leave your past behind you and focus on something positive in your life. Your spouse, minister and good friends will all help to bring you good health.

At our September meeting, I understand Dr. Hicks was excellent. I couldn't be there, but I heard that more than 35 members and guests heard him speak.

The day trip in October to Canandaigua was very relaxing. The joint meeting started with lunch at the Yacht Club and then a paddleboat ride on Canandaigua Lake (see photo below). The weather cooperated and we had a great time. Many thanks to Mary Allhusen, Jim Fralick, and Jackie Joyal for coordinating the event.

Please attend our November meeting. John Campana (one of our members) will speak about food safety, a very good topic for us to learn about what with all of the food handling problems we seem to be having in this country. Our Holiday party in December will be at Grinnell's, a favorite of many of our members.

Get well wishes go out to Verna Mendola. Hope to see all of you real soon, but just in case you can't make it to any of our upcoming events, have a happy and healthy Holiday Season. Don't forget to thank and hug a veteran on November 11th. Without their many sacrifices, we couldn't lead the lives we do today.

Sharon



High Blood Pressure (Hypertension)

What Is High Blood Pressure?

High blood pressure (hypertension) increases the risk of dangerous health problems, such as heart attacks and strokes. Doctors measure blood pressure using two numbers, such as 120/80. The first number shows the surge of pressure in the arteries with every heart beat, and the second number shows the pressure between beats. If either one of these numbers is too high, blood pressure can be dangerous.

Classification	Systolic BP	Diastolic BP
Normal	<120	and <80
Prehypertension	120-139	or 80-89
Stage 1 hypertension	140-159	or 90-99
Stage 2 hypertension	>160	or >100

Bringing blood pressure under control is very important, and treatment often involves taking medication. However, changing the way you eat can bring your blood pressure down and may help reduce the need for medication.

What Can I Do to Control My Blood Pressure?

Reduce salt in your diet. Cutting down on salt helps reduce blood pressure. You can do this by:

- Using less and less salt in cooking. Your taste will soon adjust.

- Avoiding adding salt to foods at the table.

- Avoiding salty snacks, such as potato chips.

- Avoiding canned foods with added sodium (salt).

- Choose low-sodium (low-salt) varieties of canned soups and vegetables, or fresh or frozen vegetables which are naturally low in sodium.

- Limit foods that are packed in brine, such as pickles and olives, and high sodium condiments, such as soy sauce, ketchup, mustard, and barbeque sauce.

Read the "Nutrition Facts" label. The amount of sodium (salt) in a food product is listed on the nutrition facts label. The following label claims can be placed on a food package which will tell you if the product is low in salt:

- Low Sodium—contains 140 mg or less sodium per serving

- Very Low Sodium—contains 35 mg or less sodium per serving

- Sodium Free—contains less than 5 mg of sodium per serving

Choose more vegetarian foods. People who follow vegetarian diets typically have lower blood pressure.

No one knows exactly why these foods work so well, but it is probably because cutting out meat, dairy products, and added fats reduces the blood's viscosity (or "thickness") which, in turn, brings down blood pressure. Plant products are generally lower in fat and sodium and have no cholesterol at all. Vegetables and fruits are also rich in potassium, which helps lower blood pressure.

Try following a vegetarian diet for four to six weeks to find out how well these foods will work for you. Then have your doctor check your blood pressure. Pure vegetarian diets—diets that do not contain any meat, chicken, fish, poultry, eggs, dairy, or animal fat—are generally adequate in all nutrients except vitamin B12, which is found in fortified cereals, such as Product 19 and Total, or any common multivitamin.

Include more of the following foods in your diet which are naturally low in sodium:

- Whole grains—brown rice, whole wheat bread or pasta, unsweetened hot or cold cereal, millet, barley, buckwheat groats, and quinoa

- Beans/legumes—dried (not canned) black-eyed peas, kidney beans, pinto beans, lentils, navy beans, chickpeas, soy milk, textured vegetable protein, and tofu

- Vegetables—fresh or frozen varieties, such as broccoli, mustard greens, collard greens, kale, spinach, carrots, potatoes, tomatoes, squash, and corn

- Fruits—fresh or frozen varieties, such

as bananas, oranges, apples, pears, grapefruit, strawberries, mango, papaya, guava, strawberries, and blueberries

Lower your weight. Avoiding fatty foods, such as animal products and fried foods, and increasing the use of whole grains, vegetables, fruits, and beans helps reduce weight. In turn, this helps bring down blood pressure. As an added benefit, losing weight reduces your risk of diabetes, heart problems, joint problems, some cancers, and other conditions. If you have a significant weight problem, be sure to consult with your doctor about the best ways for you to lose weight.

Limit alcohol use. Alcohol can raise blood pressure; and it helps to limit alcohol to no more than one to two drinks per day (beer and wine count as drinks).

Become more physically active. Exercise can help bring down your blood pressure. A typical healthy exercise schedule would include a brisk walk for a half-hour each day or one hour three times per week. Since exercise puts added strain on your heart, be sure to check with your doctor first about the best way for you to become more physically active.

Avoid tobacco. There are many good reasons to quit smoking, and healthier arteries is one of them.

Let your doctor know you are concerned about your blood pressure and want to use foods to help bring it under control. High blood pressure is dangerous, so, let your doctor guide you as to when and if your need for medication has changed.



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<http://millionhearts.hhs.gov/individuals.shtml>

Be One in a Million Hearts

Preventing one million heart attacks and strokes in the next five years will require the work and commitment to change from all of us. There are steps that each of us can take to reach this goal as a nation. Be one in a Million Hearts and see how your actions can make a positive difference. A Million Hearts begins with you.

PREVENT heart disease and stroke in your family by **UNDERSTANDING** the risks.

GET UP and **GET ACTIVE** by exercising for 30 minutes on most days of the week.

KNOW your **ABCS**:

- **A**ppropriate **A**spirin Therapy
- **B**lood Pressure Control
- **C**holesterol Control
- **S**moking Cessation

STAY STRONG by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.

TAKE CONTROL of your heart health by following your doctor's instructions for medications and treatment.

The Kiddie Corner

Pediatric Cardiology Fall Speaker Series

Presented by Mended Little Hearts of Greater Rochester

We have a very exciting 'Fall Speaker Series'. The Speaker Series is meant to bring the doctors and surgeons expertise up close and personal to us. Many of us know these people quite well; but we know them because we see them in and out of our child's room when in crisis mode. These events will bring them to us where we can think and process what they are saying in a learning, educational environment.

Dr. Roger Vermilion

Monday, November 14th at 6:00pm

"The Children's Heart Center and In-Patient Update"

The events are free and will be held at the LeChase Room at the University of Rochester Medical Center. Please use the Kornberg Parking Lot (first light to the west of the main hospital entrance, small parking fee), and enter through the School of Medicine & Dentistry.

Please RSVP to Jennifer Kowal, Chapter Coordinator, Mended Little Hearts of Greater Rochester via e-mail or by calling (585) 398-7112. Light appetizers will be served.

<http://mlhrochesterny.shutterfly.com/>
www.mendedlittlehearts.org
<https://www.carepages.com/carepages/BabyKowal>

"Little Hearts Hold Big Hopes"

Mended Little Hearts provides hope and support to children, families, and caregivers impacted by congenital heart defects in order to extend and improve quality of life.



Holiday Party – Monday, December 19th

TIME: 6:00 PM; **DINNER SERVED:** 6:30 PM

PLACE: GRINNELL'S RESTAURANT, 1696 MONROE AV, ROCHESTER, NY 14618

DINNER COST: \$25 PER PERSON

CASH BAR

VALET PARKING AVAILABLE

ENTREES

PRIME RIB, SALMON, OR CHICKEN FRENCH

FOR RESERVATIONS PLEASE CONTACT JACKIE JOYAL AT (585) 377-1247 OR SEND YOUR CHECK, MADE PAYABLE TO MENDED HEARTS, INC., CHAPTER 50, TO JACKIE AT 65 ERIE DR, FAIRPORT, NY 14450, BY FRIDAY, DECEMBER 16TH.



In Memoriam: Alvin Wagner

Passed away on October 11, 2011 at age 80. Predeceased by his parents, Carl & Sylvia Wagner and brother, Murray, he is survived by his loving daughters, Nettie (Ron) Goeler, Susan (Ron) Payer, Leigh (Russ) Bird and their mother, Janet Wagner; grandchildren, Rachael, Kate, Jacob, Justin and Miriam; and companion, Shelli Plosscowe. Donations may be made to Temple Emanu-El or the American Heart Association in Al's memory.



<http://cliconhealth.org/>

CLIC-on-Health is a collaboration of hospital, public and school librarians, in order to provide all the people of the greater Rochester, New York area with the high-quality healthcare information and resources they need to make wise lifestyle and healthcare choices. The project features :

- Websites and RSS feeds from reliable, up-to-date websites. All of the websites follow the HON (Health on the Internet Foundation) guidelines for authoritative content, which distinguishes ads from reliable medical content.
- Information on medical and healthcare providers in the Rochester region, through links to cooperating websites.
- Training in the use of health information on the Internet.

The project is coordinated by the Rochester Regional Library Council, a multi-type library consortium serving libraries in the 5-county (Monroe, Livingston, Wayne, Wyoming and Ontario) Rochester area.

Mall Walking

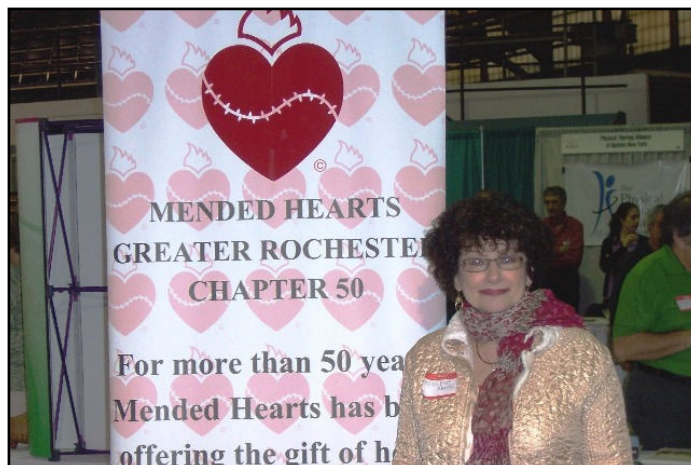
Did you know that there is a Mall Walking group at Eastview Mall?

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.

22nd Annual FREE Family Health and Fitness Fair

Mended Hearts Rochester Chapter 50, along with the American Heart Association, was pleased to once again participate in the NY State Senator Jim Alesi Health Fair on October 16th, 2011. This event has become Upstate New York's largest exposition devoted to health care and family fitness. It includes hundreds of exhibitors, including national manufacturers, local retailers and professionals, and nearly every area not-for-profit health agency. Marlene Adams (pictured below), Gene Binder, Ann Quinlan, Bruce Newton, Cathy & Joe Buggie, and Larry & Sharon Feldman represented the chapter. We spoke to many attendees about heart disease, Mended Hearts and Mended *Little* Hearts.



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

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:

Barney Quinlan, Treasurer
491 Granger Circle
Webster, NY 14580

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
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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

President	Sharon Feldman	544-1565
Vice President	Harvey Steron	442-7211
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Visiting Chairperson	Harvey Steron	442-7211
Canandaigua Coordinators	Mary Allhusen & Jim Fralick	396-6253
Mended <i>Little</i> Hearts Coordinator	Jennifer Kowal	315-2478
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Chapter 50	Voice Mail	234-1538