

Issue Number 39
March/April 2012



Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heartbeat of Rochester"

www.mendedheartsrochester.org

ALIGNED WITH THE AMERICAN COLLEGE OF CARDIOLOGY

March Meeting

Monday, March 19, 2012, 7:15 PM

Ted Barnett, MD, will speak about "How Not to Prevent Disease: A Brief History of Official Dietary Recommendations in the U.S." Dr. Barnett is a graduate of Yale College and Tufts University School of Medicine. He has received board certifications in Diagnostic Imaging and Vascular & Interventional Radiology. He has practiced in the Rochester area since 1986. He and his wife, Carol, have been vegan for over 20 years and have raised three vegan children who are now 19, 22, and 24 years old.

The meeting will be held at the Jewish Community Center, Senior Lounge, 1200 Edgewood Av, Rochester, NY 14618.

April Meeting

Saturday, April 21, 2012

In lieu of our regular monthly meeting, a Mended Hearts **MEMBERS ONLY** Northeast Regional Cluster Meeting will be held in Henrietta.

Please see Page 6 for more information.



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!

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Canandaigua Meetings

Thursday, March 8, 2012, 7:00-9:00 PM

Robert Rosenblatt, DO, will speak to us about "Management for Cardiac Health in 2012." Dr. Rosenblatt received his medical degree from Philadelphia College of Osteopathic Medicine. He completed his internship and residency at the University of Connecticut Health Center and his fellowship in Cardiovascular Medicine at Albert Einstein Medical Center in Philadelphia. Dr. Rosenblatt is board certified in Echocardiography and in Internal Medicine & Cardiovascular Disease. He is currently Director of Cardiac Rehab at Clifton Springs Hospital and Clinic.

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 12, 2012, 7:00-9:00 PM

Panel discussion with Cardiac Rehab Participants, "Successfully Coping with Heart Disease."

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 statistics are in regarding our hospital, internet, and telephone visiting for 2011. Our totals for last year were just slightly less than for 2010. We've added two new visitors with Alison Schantz at Strong Memorial and Peter Bohne visiting at Rochester General Hospitals We'll soon have two more visitors at Rochester General. More visitors would be welcome!

So far, one new member is waiting for an accreditation class. In the latter part of March, I plan on having a reaccreditation session for all those needing to meet this annual requirement. A hearing impaired member

of our chapter is interested in attending our February monthly meeting when Dr. Gerald Gacioch will be speaking, and Desiree Leonard, a sign language interpreter at Rochester General will be signing for the benefit of our member. That's pretty special in my book.

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.

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

Mendiversaries

MARCH

- | | |
|--------------------|---------------|
| Eugene Binder | Joseph Russo |
| John Fisk | Dolores Sibbs |
| Patricia Guerrette | David Wohlers |
| Joan Reineke | Clare Wolcott |



APRIL

- | | |
|----------------|----------------------|
| Donald Bulmer | Joseph Kruppenbacher |
| Roy Farnsworth | Mary MacIntyre |
| Sharon Feldman | Robert Multer |
| Jean Groff | James Poole |
| Richard Howk | Jay Taber |
| Gary Honeyford | Clarence Weissinger |

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.

- Edward Baron
- Richard Galvin

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,

Although the groundhog saw his shadow which means six more weeks of winter, I am not going to rely too much on his prognostication. The National Climatic Data Center reportedly has stated that the groundhog's overall prediction accuracy rate is around 39%. I did watch the movie this year, yet again, as Groundhog Day is my all time favorite.



In my last column I gave a synopsis of our November speaker, John Campana, who spoke about food safety. John has sent me a couple of things that I should add. John notes that foodborne illness is not more prevalent today than 50 years ago, but a larger number of people are affected primarily because of the way food is distributed today. After handling raw foods such as meat, to prevent cross-contamination, you must be sure to wash your hands and the work surface/board you were using with lots of soap and hot water before handling some other food that won't be cooked such as bread or salad.

Did you see our "Thumbs Up/Down" in the Rochester Democrat and Chronicle on Saturday, February 4th? If you didn't, here's what it said: "Up for the Greater Rochester Chapter of Mended Hearts, which was recently presented the Group Award by the Friends of Strong at the University of Rochester Medical Center. Mended Hearts has provided hospital visits and community support to local cardiac patients for more than 45 years." We thank the D&C for recognizing us.

The American Heart Association's Heart Walk will be Saturday, April 28th, 2012 at the Blue Cross Arena at the

Rochester War Memorial. Registration starts at 8:00 AM; and the walk itself starts at 10:00 AM.

It's three miles long and will be held rain or shine. Bob Peri, who is our Heart Walk Team Leader, will be at our March meeting with Walk Kits and to answer any questions you might have about the walk. If you need any additional information please call Jennifer Connolly, at the AHA, at (585) 697-6269 or email her at jennifer.connolly@heart.org.

I know I shouldn't, but sometimes I watch the Doctor shows, mostly Dr. Oz, because he's a heart surgeon. Sometimes the shows "creep me out," and make me imagine all sorts of bad things happening in my body. I record them so that I can run through those topics without listening to them. Last week I recorded a few shows and finally got around to watching them. On one show Dr. Oz spoke about cooking oils and which ones are the best for heart health. As we all know olive and canola oils are the best for cooking and frying. (Of course no one fries anymore!) Along with those two, he also added macadamia nut oil to use for baking; toasted sesame oil to use for stir frying; and walnut oil to use for a salad dressing. (If you heat walnut oil, it loses all of its heart healthy goodness.) He said try not to use oils with labels that say corn or vegetable oil, as these are junk oils.

Like many of you, I have been trying to keep my brain from deteriorating by doing crossword and Sudoku puzzles. On another Dr. Oz show, I heard something interesting. He had Dave Farrow on his show. Mr. Farrow is a two time Guinness Book record holder for best memory. He memorized 59 decks of playing cards! He says

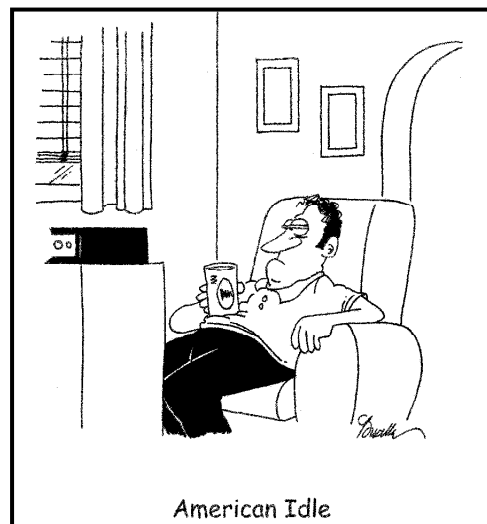
that his memory, and Dr. Oz agrees, gets a boost from the three foods he eats almost daily. They both believe that these foods can help anyone's brain, no matter what the age of the person. He eats beets, cashews and avocados. The nitrates in beets have the ability to lower blood pressure, and increase blood flow to the brain. Cashew nuts or cashew butter have good fats, along with high levels of thiamine in them. Avocados are high in the good fats that the brain needs. It also has Vitamin E, Vitamin K and folate. This combination reduces the risk for hardening of the arteries. (I am on Coumadin, so on days that I eat avocados, I don't eat much of other green veggies.) Mr. Farrow said that within a few weeks you will no longer feel like you have brain fog. Sounds good to me, think I'll go to the store and stock up on these three foods. I'll let you know if it helps in the next newsletter, if I remember.

Get well wishes go out to Verna Mendola and Bruce Newton.

Don't forget, we can always use your help. Please let me know what you'd like to do for your chapter.

Hope to see you at the next meeting.





Sharon



Source: PagesMag.com

The “New Four Food Groups”

Be sure to include a good source of vitamin B₁₂, such as fortified cereals or vitamin supplements.

<p> Fruit</p> <p>3 or more servings a day</p> <p>Fruits are rich in fiber, vitamin C, and beta-carotene. Be sure to include at least one serving each day of fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber.</p> <p>Serving size: 1 medium piece of fruit • 1/2 cup cooked fruit • 4 ounces juice</p>	<p> Legumes</p> <p>2 or more servings a day</p> <p>Legumes, which is another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soymilk, tempeh, and texturized vegetable protein.</p> <p>Serving size: 1/2 cup cooked beans • 4 ounces tofu or tempeh • 8 ounces soymilk</p>
<p> Whole Grains</p> <p>5 or more servings a day</p> <p>This group includes bread, rice, tortillas, pasta, hot or cold cereal, corn, millet, barley, and bulgur wheat. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.</p> <p>Serving size: 1/2 cup rice or other grain • 1 ounce dry cereal • 1 slice bread</p>	<p> Vegetables</p> <p>4 or more servings a day</p> <p>Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory, or cabbage are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.</p> <p>Serving size: 1 cup raw vegetables • 1/2 cup cooked vegetables</p>

Many of us grew up with the USDA’s old Basic Four Food Groups, first introduced in 1956. The passage of time has seen an increase in our knowledge about the importance of fiber, the health risks of cholesterol and fats, and the disease-preventive power of many nutrients found exclusively in plant-based foods. We also have discovered that the plant kingdom provides excellent sources of the nutrients once only associated with meat and dairy products—namely, protein and calcium.

The USDA revised its recommendations with the Food Guide Pyramid, a plan that reduced the prominence of animal products and vegetable fats. But because regular consumption of such foods—even in lower quantities—poses serious health risks, PCRM developed the “New Four Food Groups” in 1991. This no-cholesterol, low-fat plan supplies all of an average adult’s daily nutritional requirements, including substantial amounts of fiber.

The major killers of Americans—heart disease, cancer, and stroke—have a dramatically lower incidence among people consuming primarily plant-based diets. Weight problems—a contributor to a host of health problems—can also be brought under control by following the New Four Food Group recommendations.

Try the New Four Food Groups and discover a healthier way to live!

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Physicians Committee for Responsible
Medicine (PCRM) [www.pcrm.org/]

A Pecan-crusted Tilapia and Mexicorn Dinner

When thinking about the cuisine of Mexico, you might visualize a cantina in a dusty desert town or mountain village. But when you look at a map of Mexico, you see coast lines that fall on both the Atlantic and Pacific Oceans as well as the Gulf of Mexico.

Those who have enjoyed cruises to the country South of the Border know that Mexico has a great love affair with ocean delicacies as well as the spicy cooking associated with other regions of the country.

Seafood dishes often contain Gulf shrimp, crab and scallops and many have a hint of Greece, because many Greek fishermen chose to make their homes in Mexico.

So, this combination of pecan-crusted tilapia and a Mexicorn casserole is not such an unlikely one. The fare is tasty, filling and nutritious.

Baked Tilapia

4 large tilapia fillets

1 1/3 cups finely crushed pecans

1 cup honey

1/2 of one lemon

Salt and pepper to taste

Pat the fillets dry with paper toweling. Squeeze lemon juice onto each side of the fish and add salt and pepper to taste.

Coat the fillets on each side with the honey, using a pastry brush or spoon. Put the finely crushed pecans into a shallow dish or pie pan. Then, press the sticky fillets into the pecan bits until they are uniformly covered.

Bake at 350 degrees in a casserole or pie plate until the filets are crusty and brown.

Mexicorn Casserole

15 ounce can Mexicorn

2 tablespoons butter

1 1/2 cups cracker crumbs

3 tablespoons milk

Salt and pepper to taste

Pour the Mexicorn into a medium-size casserole dish. Add the cracker crumbs, salt, pepper, milk and butter. Stir thoroughly. Place in an oven at 350 degrees and bake until the top layer is medium brown and solid.

A side salad or green vegetable will complement the combo for a complete meal.

Source: PagesMag.com

Kiddie Corner

Mended *Little* Hearts is a non-profit organization that provides hope, caring and support to families who have children with Congenital Heart Defects (CHD) and heart disease.

Membership is free and open not only to parents and caregivers of these special children, but also to heart defect survivors, extended family members, healthcare partners, neighbors, friends and anyone else interested in furthering the outreach and support network of Mended *Little* Hearts.

For more information about Mended *Little* Hearts of Greater Rochester, contact Jennifer Kowal at kowaljennifer@yahoo.com or (585) 398-7112.

We are always looking for volunteers. If interested in helping in any of the following areas, please contact to Jennifer Kowal:

- Collecting Care Package Goods
- Event Planning
- Fundraising
- Getting Speakers
- Grant Writing
- Any other area not mentioned!



In Memoriam: Irene A. Wojciechowski

Passed away on December 23, 2011 at age 84. Survived by her beloved husband, Frank, of 63 years; sons, Michael, Eugene, Stephen and John; daughter Amelia Baretzky; six grandchildren; one brother, John (Frances) Deppeler; and nieces and nephews. Predeceased by brother, Charles (Janet) Deppeler; son-in-law, Thomas Baretzky.

Irene was a longtime member of our chapter. With her husband Frank, she was a volunteer visitor at Rochester General Hospital for many years. They were a great team. We send our deepest sympathy to Frank and his family.

Mended Hearts Northeast Region Cluster Meeting in Henrietta

An exciting Mended Hearts **MEMBERS ONLY** Cluster Meeting is being planned for **Saturday, April 21st, from 8:00 AM to 5:00 PM**, at the Country Inn & Suites, 4635 W. Henrietta Rd, Rochester, NY 14467.

The purpose of a Cluster Meeting is to enable us to better help heart patients and their families and to foster sharing of best practices among chapters. These events bring many chapter leaders together for a day in a working conference to address those objectives. We are expecting representatives from several upstate and downstate Mended Hearts chapters for this event.

Bob Scott, Northeast Regional Director, and Donette Smith, Mended Hearts Executive Vice President, will also attend.

Thanks to generous sponsorship from the American College of Cardiology and the Mended Hearts Northeast Region, the cost per person will be \$25, which will include meeting room arrangements, a buffet lunch, a continental breakfast, and an afternoon break. *(There will be no charge*

for Chapter 50 Members who do not plan to have lunch at the meeting.)

The agenda is as follows:

8:00 AM C o n v e n e ; continental breakfast; introductions, opening remarks; expectations; and begin small group discussions.

9:45 AM Car pool to Aab Cardiovascular Research Institute, University of Rochester School of Medicine & Dentistry.

10:15 AM Tour of a world-class research facility. (Hosted by Dr. Burns C. Blaxall, Associate Professor of Medicine and of Pharmacology & Physiology, URMC and his team)

11:30 AM Car pool back to hotel.

11:45 AM Buffet lunch and continue small group discussions.

1:15 PM Our keynote speaker will be, John Teeters, MD. Dr. Teeters is Chief of Cardiology at Highland Hospital and Assistant Professor of Clinical Medicine at the URMC.

2:30 PM Continue small group discussions

3:00 PM Break
3:15 PM Recap small group discussions & round table discussion

4:15 PM W r a p - u p & concluding remarks

5:00 PM Adjourn
Space is limited, so please call Sharon at 544-1565 as soon as possible, if you plan to attend.

Save the Dates

April 28th

AHA Heart Walk at the Blue Cross Arena, at the Rochester War Memorial. Registration starts at 8:00 AM; and the walk itself starts at 10:00 AM. It's three miles long and will be held rain or shine.

May 16th-20th

Mended Hearts National Convention in Dallas, TX.

MENDED HEARTS ANNUAL CONVENTION

MAY 16-20, 2012 DALLAS, TEXAS



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.

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/

We appreciate the generous support from our Anonymous Donors. Thank you!

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
100 Worthing Ter
E. Rochester, NY 14445

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"It's Great to be Alive — and to Help Others"

Current Resident or



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
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Chapter 50	Voice Mail	234-1538