

Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heart Beat of Rochester”

www.mendedheartsrochester.org

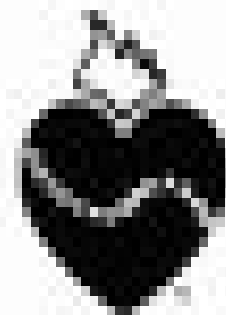


JANUARY MEETING

Monday, January 19th - Guest Speaker: Donna Prader, EPIC Outreach Representative. She will discuss EPIC coverage and eligibility. Time: 11:30 @ Golden Dynasty Chinese Restaurant, 1900 S. Clinton Ave, Rochester NY 14607. Fee: \$9.75 Please see p. 10 for more details

FEBRUARY MEETING

No Meeting Scheduled for Rochester’s Mended Heart Chapter 50



*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!*

INSIDE THIS ISSUE:

SURVIVER-SARIES	2
STOP STRESS	3
PRESIDENT’S CORNER	5
WINTER TIPS	7
RECIPE	9
JANUARY MEETING	10
MEMBERSHIP APPLICATION	11

CANANDAIGUA MONTHLY MEETINGS

Thursday, January 8, 2009 - *Tai Ji Chuen, Dao Yin, Chi Kung – Reduce Stress in Everyday Life.* Presenter: Master Kenny Kuek. Time: 7:00 PM @ RG&E Family Room (In the M.M. Ewing continuing Care Center) Thompson Health, 350 Parrish Street, Canandaigua, NY 14424. For more information, call the Cardiac Rehabilitation Department 396-6253

Thursday, February 12, 2009 - *A Special Forum on Lung and Heart Interactions.* Speaker: Carlos R. Ortiz, MD FCCP, Pulmonologist Sr. VP Medical Services / Hospital Medical Director. Time: 7:00 – 9:00PM @ RG&E Family Room (In the M.M. Ewing Continuing Care Center) Thompson Health, 350 Parrish Street, Canandaigua, NY 14424

TAKE THE STRESS OUT OF MONEY

If you're stressing about the poor economy, you may be hurting more than your bank account. Use these tips to take the stress out of finances and protect your heart at the same time.

The constant bad news about the economy is creating stress in people's lives that one mental health expert says she has never seen before. "I have been in practice for more than 20 years, and I have never experienced clients with this much stress around the economy," says Nancy Molitor, Ph.D., a clinical psychologist in the Chicago area. "People feel a real lack of control. They feel helpless and powerless."

But take heart - You may have no power over the financial markets, but a few basic strategies can help you respond to economic stress in ways that protect, rather than jeopardize, your heart health.

Keep Money In Prospective - Don't overreact to negative news. Pay attention to what's happening around you but don't fall into the doom-and-gloom pit. That only leads to higher levels of anxiety, which increases your blood pressure, and bad decision-making that could affect you long after the economy improves. Plus, you can only personally affect so much of the big picture. Focus your energy on decisions

you control.

Remember Its Not All About You - Adjust your attitude. Beth Sanchez, Ph.D., associate medical director for the Lovelace Health Plan in Albuquerque, says you can reduce stress by reminding yourself it's not personal. "One of my favorite ways to cope when something happens in which I have no control is to tell myself, 'This has nothing to do with me,'" she says. "So much of stress is our attitude. Bad things are bound to happen—it's how we interpret them that matters."

Take Action When You Can - Act on the things you can. Write down specific ways you can reduce expenses or manage your finances more efficiently. Planning a monthly budget and committing to it is a big step. Another way to take control is to scout out a cheaper pharmacy or go online to see if you can find cheaper heart medications through the mail. Many chain stores sell common prescription drugs for \$4.

Get Moving - Exercise, exercise, exercise. Walking or running is cheap and can do wonders for stress.

A small study of 134 people with coronary heart disease found that those who walked or jogged 35 minutes three times a week reduced their stress and improved blood vessel function and

heart rate more than those who did not exercise. The study was published in 2005 in the *Journal of the American Medical Association*.

Stay Positive - Find the silver lining and don't let money troubles dominate your mindset. If you have to downsize your home, find another job, or cancel costly holiday travel plans, try to find the bright side of it. A different job may turn into a better one, and shorter day trips close to home can be less stressful. Lean on your family more as well—they love you even in bad times.

By Martha Miller Johnson

www.hearthealthyonline.com



SURGIVERSARIES

JANUARY

JOSEPH AMATO
NICHOLAS BORRELLI
MICHAEL BRADLEY
RICHARD CLARKE
DONALD FISHER
RICHARD KEILY
MARVIN KORUS
JOSEPH LEFROIS
GERALD MCGONIGLE
JOAN MOLL
JOHN SCHMIDT
JOSEPH SLISZ

FEBRUARY

DAVID BILLINGS
CARRIE BREITKOPF
ROBERT FLAHERTY
ESTHER HERMAN
ROBERT JOYAL
CHARLES LENTINE
VIRGINIA NOXON
BERNARD QUINLAN
BENJAMIN TEN EYCK



Mended Hearts
"Dedicated to inspiring
hope in heart disease pa-
tients and their
families"

HEARTBEAT OF ROCHESTER

The "HEARTBEAT of ROCHESTER" is the bimonthly periodical from the Mended Hearts, Inc., Rochester NY Chapter #50. Chapter #50 is a nonprofit service organization of Mended Hearts, Inc., Dallas, Texas, which is 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 the Chapter #50 Mended Hearts Inc. Permission is granted for anyone to reprint any portion of this newsletter.

STOP STRESS IN 60 SECONDS

Reducing stress doesn't have to take a lot of time. One minute can be enough to help you relax. Use these ideas to get started.

If stress is getting the better of you, give yourself a minute. Literally. Next time you're feeling stressed, spend 60 seconds doing one of the activities below and feel yourself relax. Or, mix and match these stress-busters to create your own relaxation break. Your heart will thank you for it.

Take 5 Slow, Deep Breaths

Stress typically causes quick, shallow breathing, which contributes to a rapid heart rate and sweating, which causes more stress. "Get control of your breathing and the spiraling effects of stress will automatically become less intense," says Brent Bauer, M.D., director of the Complementary and Integrative Medicine Program at the Mayo Clinic and medical editor of the *Mayo Clinic Book of Alternative Medicine*.

Try this technique to feel more relaxed:

Inhale as slowly and deeply as you can to the count of six.

Keep your mouth closed, shoulders relaxed.

As you breathe in, push your stomach out.

Hold and slowly count to four.

Exhale through your mouth as you slowly count to six.

Repeat three to five times.

Read Your Fan Mail

Print out complimentary e-mails and look at them when you're feeling anxious. "Just as negative events elicit the fight-or-flight response, positive events can help elicit the relaxation response," Bauer says. Keep notes, letters, and cards in a special box you can get to easily. Or play back friendly phone messages.

Drink a Huge Glass of Water

Dehydration can exacerbate stress and cause fatigue. "Any activity that causes you to stop for a few moments can be helpful," Bauer says.

Look Forward to Fun

Take a one-minute time-out and think about something fun you're looking forward to later that day. "It can be anything from planning to watch the *Dancing with the Stars* finale to going to your granddaughter's dance recital," says Larina Kase, a Philadelphia psychologist. "Thinking about something enjoyable you'll do later helps keep things in perspective. You may be stressed now, but you'll know it will soon pass, and you'll be doing something relaxing."

Find a Quiet Place to Meditate

Meditation actually changes brain waves—not just while you "ohm," but often for the rest of the day. Close your eyes and focus on a word or phrase in rhythm with your breath.

Pet Your Pet

Researchers looked at a group of stockbrokers who were being treated with an ACE inhibitor. Half of the subjects had a dog or cat; the other half had no pet. Although their blood pressure stayed consistent in day-to-day situations, during times of stress the pet owners had lower blood pressure and heart rates than those without pets.

Chew Gum

Studies show that chewing the stuff can actually change brain waves, improving alertness and concentration and reducing stress.

Perform a Random Act of Kindness

"Pick a bouquet of flowers from your garden and give it to a neighbor, or let someone pull ahead of you on the expressway," Kase says. "Kindness is a natural stress-buster."

Escape ... in Your Mind

Sit in a quiet place for a moment and

imagine yourself lying on a beach. Feel the sunlight on your body, hear the sounds of the ocean waves, smell the surf. "Research has found that the same parts of the brain are activated when people are imagining something as when they're actually experiencing it," Bauer says. "When someone imagines a serene image, the optic cortex is activated in the same way as when the person is actually seeing the beautiful vista."

Hug and Kiss Someone

Touch can help reduce stress-hormone levels and boost the immune system.

Eat an Orange

In one study, subjects who got 1,000 milligrams of vitamin C two weeks before performing a task that combined public speaking with math problems had lower levels of the stress hormone cortisol and lower blood pressure than those who didn't get the vitamin.

Listen to Beethoven or Bach

One study found that people who listened to classical music after a stressful task had significantly lower blood pressure than those who heard no music.

Make a Thankful List

Write down five things that you're grateful for at that moment. "It could be the window in your office, air-conditioning on a hot day, or your pet," Kase says. When you are under stress, everything can seem overwhelming, and it's easy to forget about things you appreciate. "Writing down a grateful list helps people realize there can be stressful things and wonderful things at the same time," she says.

Play with a Favorite Toy

Keep wind-up toys, Nerf balls, Rubik's Cubes®, etc., in your desk. "I keep a clown nose, an Elvis driver's license, and light-up thumbs with me at all times," says Steven M. Sultanoff,

(Continued on page 5)

TIPS TO REDUCE WINTER HEART RISK

As a winter chill begins to cut through the air, it's important to be aware of the toll the falling temperatures – and the remaining holidays – can take on heart health.

During the winter months the risk of severe heart problems increases by more than 30 percent, says Dr. Cam Patterson, chief of cardiology at the University of North Carolina at Chapel Hill School of Medicine and the UNC heart Care System and director of the Carolina Cardiovascular Biology Center.

Heart diseases are still the number one cause of death and disability in the United States, even though rates have started to decline in recent years. Data from the American Heart Association and others indicate that now is a good

time to be mindful of keeping a healthy heart and avoiding common holiday and wintertime pitfalls. Patterson offers these...

Tips for a heart healthier 2009

Cold weather itself can increase the likelihood of acute heart events. Studies have shown increases in hospitalizations and death rates during the winter months. Icy conditions won't cause new heart problems but they can exacerbate existing, frequently silent heart disease, Patterson says. It's unclear why, but we do know that cold weather increases blood pressure and the thickness, or viscosity, of blood, either of which can trigger a cardiac event.

Strenuous activities – such as shoveling snow and starting or continuing strenuous exercise – may be detrimental in cold

weather. Moderation and common sense are the watchwords.

Too much alcohol can lead to a rapid, irregular heart rhythm called atrial fibrillation. This time of year medical professionals call it “holiday heart,” a frequent reason for emergency room visits. Take a pass on another round of beer, wine or eggnog.

Depression is linked to an increased risk of heart disease, and the holidays can exacerbate or trigger severe depression. Being unmotivated to exercise or to eat a healthy **diet** may contribute. Fortunately, some things that ward off depression – keeping busy, watching your diet and exercising regularly – will help your overall health. If you think you need more help, don't hesi-

(Continued on page 7)

17 WAYS TO STAY HEART-HEALTHY THIS WINTER

1. Serve a classic artichoke appetizer at an upcoming gathering. A German study links eating artichokes with lower levels of cholesterol.
2. Swallow a daily dose of aspirin. It's often linked with preventing heart attacks and strokes. But check with your physician first.
3. Turn on mellow music. Studies show that listening for 30 minutes increases brain wave activity and lowers blood pressure.
4. Skip your morning coffee if you need to shovel snow. Experts say the brew can put extra stress on your heart during strenuous activities by constricting blood vessels and raising your heart rate.
5. Sprinkle on some flaxseed. It's been found to reduce blood pressure and the risk of stroke. Try it as a salad topper, or add ground flaxseed to bread dough.
6. Cook with cranberries. They're high in heart-smart antioxidants.
7. Add a boost of antioxidants. Go for cruciferous veggies, such as cabbage, kale, broccoli, Brussels sprouts, and cauliflower, to drop your risk of heart disease.
8. Turn an apple a day into a cold-weather treat. Slice it, sprinkle with cinnamon, and pop it into the microwave for about a minute. Studies link apples to a reduction in cholesterol and plaque buildup in arteries.
9. Try a new workout. Escape cold weather with indoor activities.
10. Return to snail mail. Sending greeting cards and thank-you notes is good for your health.
11. Shop on the weekdays. Avoiding weekend crowds will reduce your stress levels.
12. Snack on citrus. Vitamin C in your body plummets when pressure builds. Protect yourself by eating plenty of oranges, grapefruit, and other citrus fruits this season.
13. Share a hug. You know what it feels like to get one when you need it. So pass it on, and chase away the blues.
14. Avoid post-holiday chaos. Stash gift receipts in a bright red envelope that's easy to find later.
15. Set aside 30 minutes for yourself every day. It's important, no matter how busy you get this winter.
16. Read a bedtime story out loud. A good read induces relaxation. One of our favorites: Jan Brett's Christmas Treasury (Putnam, 2001).
17. Sip hot cocoa. It's rich in heart-healthy phenols and flavonoids and can help muscles recover after a workout. Skip sugary instant cocoa mixes and opt for hot chocolate made with cocoa powder and low-fat milk.

By Bridget Nelson

www.hearthealthyonline.com

PRESIDENT'S CORNER



Sharon Feldman

Happy New Year Everyone,

I hope that all your holiday travel plans went without a hitch and that you arrived and returned home with your luggage at the same time.

We had 42 people attend our Holiday Party at the Burgundy Basin Inn. Everything went very well. We had plenty of parking, big room and the food and company were great. Thank you Jackie and Bob for all your hard work in setting up the party, it was a big success.

Our January meeting will be a luncheon. Many of you requested that we have a daytime meeting during the winter, so I hope to see you there.

February is American Heart Month. The American Heart Association in Rochester will hold their annual Heart Ball, February 7th at the Rochester Plaza Hotel on State Street. Call the Heart Association at 697-6276 to find out more details.

Rochester Mended Hearts will not be meeting in February as we are snowed

out more often than not. If the weather is good you can go take a ride to Canandaigua where there will be a meeting.

We are going to start a new column next month called "Member Spotlight". In each newsletter we will try and get one or two members to write a column talking about themselves. We hope to eventually get all our members to participate. You can even dictate the information to one of us, and we will, with your approval, submit the bio for publication in the newsletter. You don't have to wait for us to call you, we'd love for you to call us and tell us that you would like to submit a bio.

Winter and its lack of sunlight can make for some pretty dreary days and melancholy thoughts. One of my all time favorite movies is "Groundhog Day", with Bill Murray. On my list of things I'd like to do was to visit Punxsutawney, PA during their annual Groundhog Day celebration on February 2nd; so several years ago I talked Larry into driving down there. He thought I was nuts but went along with it. It took about four or five hours to get there. We went the day before because festivities start around 5 am. We got up around 3:30 am, got dressed and drove into town so we could catch the shuttle to "Gobblers Knob" where Punxsutawney Phil (aka the groundhog) would be making his prog-

nostication. We thought we would be one of just a few idiots attending. Well, that year there were more than 11,000 people in attendance. It was freezing up there. If you were smart you didn't buy any of the coffee being sold as you could have frozen body parts off if you had to use the portapotties. There were people of all ages and many of them were students from the surrounding universities who might have been awake all night. All the townies were walking around with top hats and tuxedos. There were spotlights, music and talking and laughter and we had a great time. By the time 7:25 am rolled around it was time for Phil to let everyone know what the weather was going to be like for the rest of the winter. The proclamation was read and unfortunately for us, Phil saw his shadow which meant that winter was going to continue for at least six more weeks. Walking down the hill at the end you realized how cold your feet were and how hungry and tired you were, but it was worth it. I just found out that here in Greece they have a groundhog celebration too. I'll have to find out where and when – maybe I'll see you there.

Have a Healthy 2009.

Sharon

STOP STRESS IN 60 SECONDS

(Continued from page 3)

Ph.D., an adjunct professor in psychology at Pepperdine University. "Humor adds perspective, making the stressors of life less potent."

Eat Yogurt

A study found that people suffering from exhaustion and stress improved after taking a probiotic supplement for six months. Probiotics contain the good bacteria found in yogurt.

Mix Your Breakfast

Have a breakfast of oatmeal and bananas with a dash of half-and-half, says Shawn M. Talbott, Ph.D., research director at SupplementWatch.com, a health education company. A meal that contains protein and complex grains will help you think more clearly. The more clearly you think, the less anxious you'll get during the day.

By Leslie Pepper

www.hearthealthyonline.com



MENDED HEARTS, INC.

A MOMENT OF SILENCE

Brent Gosson, our past president and former newsletter editor, passed away on November 24th, after a long battle with Lou Gehrig's disease. Brent joined Chapter #50 in May, 1997 and he became a visitor at Rochester General Hospital a year later. Brent was a strong supporter of, and an advocate for anything benefiting Mended Hearts. He attended National and Regional M/H meetings and served as our chapter president for 4+ years Brent always said that it was my great salesmanship that convinced him to run for president. As newsletter editor, Brent helped us through the problem of losing our printing source, but managed to increase the size and quality of our newsletter. Whenever we were asked to help at a health fair, Brent was very reliable in offering his help. We will miss his dedication and friendly willingness to help our organization.

Respectfully submitted by:

Harvey Steron, Chapter #50
Vice-President

DONATIONS RECEIVED IN HONOR OF BRENT

Brent's family asked that any donations in his memory be made directly to our chapter, in care of Bob Joyal, Treasurer, 65 Erie Drive, Fairport, NY 14450.

Your Donations are Greatly Appreciated:

- Sharon & Larry Feldman
- Monica Trevett
- Dick & Susan Marsden
- Nancy Aplin
- Jay & Arline Taber
- Harvey Steron
- Barbara J. Santucci
- Ron & Norma Tuttle
- Gilbert C. Herrick
- Rochester Rehabilitation Center

Thank You

DATES TO REMEMBER

January - Meeting @ Golden Dynasty (Tops Plaza) on the 19th

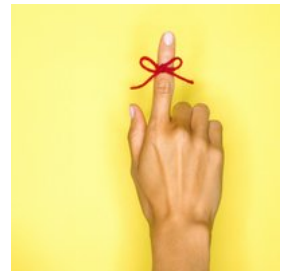
February - NO MEETING

March - Regular Meeting 16th, Henrietta Volunteer Ambulance

April - Regular Meeting 20th, Henrietta Volunteer Ambulance

May - Regular Meeting 16th, Henrietta Volunteer Ambulance

June - Meeting at The Riparian at Rivers Run on the 15th @ 6:30pm



A THOUGHT FOR 2009

The Station

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train. Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But uppermost in our minds is the final destination. On a certain day, at a certain hour we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true, and the pieces of

our lives will fit together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering - waiting, waiting, waiting for the station.

"When we reach the station. that will be it!" we cry. "When I'm 18." "When I buy a new 450SL Mercedes Benz!" "When I put the last kid through college." "When I have paid off the mortgage!" "When I get a promotion."

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream.

"Relish the moment" is a good motto, especially when coupled with Psalm

118:24 : This is the day which the Lord hath made; we will rejoice and be glad in it." It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are twin thieves who rob us of today.

So, stop pacing the aisles and counting the miles. Instead , climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets. laugh more, cry less. Life must be lived as we go along. The station will come soon enough.

By Robert J Hastings

VISITING CHAIRMAN'S REPORT

What a year it has been with our hospital visiting program. As for the end of November, we're only 158 visits away from 2,000 for the year! That would be an increase of 594 over last year. I'm very proud of all 16 of our hospital visitors. After many years of being the M/H Visiting Coordinators at Strong Memorial, Cliff and Hazel Squier are retiring from that position. They were very conscientious and dependable coordinators, as well as visitors themselves at SMH. I've certainly appreciated and enjoyed working with Cliff

and Hazel over the years. They plan on continuing their visiting, without their other responsibilities. I'll announce the new coordinator soon.

Rochester General has created a new job description for Mended Hearts visitors, using information that I have supplied to them from our accreditation program. They have also implemented a new annual volunteer training program for all volunteers to attend, including our visitors. This year's program covers emergency codes, HIPAA, infection control and a program called A.I.D.E.T., aimed at best relations

with patients and RGH.

I wish all members of Chapter #50 and their families a very Happy and Healthy Holiday Season and a wonderful 2009.

Respectfully,

Harvey Steron, Chapter #50 Visiting Chairman



TIPS TO REDUCE WINTER HEART RISK

(Continued from page 4)

tate to see a mental health practitioner.

Flu Shots are still available and it's not too late to get one. Studies show that people with heart disease who get influenza have an increased risk of death, Patterson says.

Overeating causes the average American to gain 1 pound during the holidays. (People who are already overweight tend to gain more.) The bad news: the extra pound tends not to come off after the holidays. The good news: you can plan ahead and avoid weight gain. Become aware of what foods will lead you astray and reach for healthy alternatives.

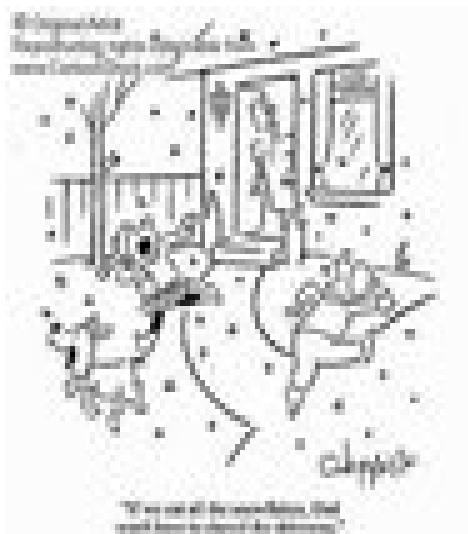
Heart healthy resolutions for the new year

Going into 2009, make a few resolutions – or revive old ones – to reduce your risk of heart disease. Dr. Cam Patterson, chief of cardiology at the University of North Carolina at Chapel Hill School of Medicine and UNC Health Care System and director of the Carolina Cardiovascular Biology Center, offers these heart healthy resolutions:

- Stop smoking – or don't start; smoking is a major cause of death by heart disease.
- Know your numbers – keep track of your cholesterol and blood pressure, especially if you have heart disease or there is a family history of heart disease.
- Learn CPR and how to use an automated external defibrillator (AED) – both are easy and can save a life.
- Give blood – there is a constant national shortage, especially during the holidays.
- Diet and Exercise – these might be the two most commonly and quickly forgotten

resolutions, but eating sensibly and revving up your heart three times a week really do work, and it's never too late to start.

www.americanheart.org



NEW MEMBERS

Mended Hearts - Chapter 50 would like to welcome a few new members. We are happy to have you apart of our organization. Thank you for your support!

Mary Allhusen
Sylvia Caternolo
Robert Tiernan

HEALTH INFORMATION AVAILABLE

Do you need information on a medical condition, disease, or treatment? The Stabins Wellness Information Center at Rochester General Hospital offers confidential answers to your medical questions from their medical library service.

Our medical librarians provide reliable medical information in understandable

language. Call 922-9355 to request information on your health topic. We will mail or e-mail the information to you, free of charge. The library's website is: www.rochestergeneral.org/library/wellnessinfocenter

MENUS FOR HEART- HEALTHY EATING: CUT THE FAT AND SALT

Do you want to adopt a heart-healthy diet, but aren't sure where to start? One way to begin is to create a daily meal plan that emphasizes whole grains, fruits and vegetables, and limits high-fat foods (such as red meat, cheese and baked goods) and high-sodium foods (such as canned or processed foods). Below are two days' worth of heart-healthy menus. Use them as a template for healthy eating. Menus provided by: www.mayoclinic.com

DAY 1 MENU

Breakfast
 1 cup cooked oatmeal, sprinkle with 1 tablespoon cinnamon and chopped walnuts
 1 banana
 1 cup skim milk

Lunch
 1 cup low-fat (1 percent or lower) plain yogurt with 1 teaspoon ground flaxseed
 1/2 cup peach halves
 5 Melba toast crackers
 1 cup raw broccoli and cauliflower
 2 tablespoons low-fat cream cheese, plain or vegetable flavor (as a spread for crackers or vegetable dip)
 Sparkling water

Dinner
 Grilled turkey burger (4 ounces, or oz.) with a whole-grain bun
 1/2 cup green beans with toasted almonds
 2 cups mixed salad greens
 2 tablespoons low-fat salad dressing
 1 tablespoon sunflower seeds

DAY 1 NUTRIENT ANALYSIS

Calories	1,637
Protein	85 g
Carbohydrate	245 g
Total fat	43 g
Saturated fat	9 g
Monounsaturated fat	14 g
Cholesterol	101 mg
Sodium	1,545 mg
Fiber	30 g
Potassium	4,290 mg
Calcium	1,887 mg

DAY 2 MENU

Breakfast
 2 whole-wheat pancakes, 4-inch diameter, topped with 3/4 cup blueberries
 3/4 cup calcium-fortified orange juice
 1 cup skim milk

Lunch
 1 whole-wheat pita stuffed with 1 cup shredded romaine lettuce, 1/2 cup sliced tomato, 1/4 cup sliced cucumber, 1/4 cup crumbled feta cheese and 2 tablespoons reduced-fat ranch dressing
 1 kiwi
 1 cup skim milk

Dinner
 Oriental chicken (5 oz.) with braised pineapple ring
 1 cup brown rice with 1 tablespoon chopped dried apricots
 1 cup steamed broccoli
 4 ounces red wine or concord grape juice

Snack
 3 graham cracker squares
 1 cup fat-free frozen yogurt

DAY 2 NUTRIENT ANALYSIS

Calories	1,734
Protein	88 g
Carbohydrate	257 g
Total fat	29 g
Saturated fat	10 g
Monounsaturated fat	8 g
Cholesterol	159 mg
Sodium	2,376 mg
Fiber	25 g
Potassium	3,530 mg
Calcium	1,436 mg

DIRECTIONS: CHICKEN POT PIE

Prepare the chicken. In a large sauté pan over medium-high heat, heat the olive oil until hot. Stir in the garlic, thyme, oregano, tarragon, bay leaf, turmeric, salt-free all-purpose seasoning, pepper, salt and sauté for one minute. Add the onions, carrots, celery, and mushrooms and sauté for two minutes. Stir in the flour and coat the vegetables well. Add the Pernod, if using, and chicken stock and stir to blend well. Allow the mixture to come to a simmer. Stir in the chicken and simmer for five minutes. Stir in the peas and parsley. Remove from heat and pour the mixture into a 3-quart oval casserole. Cover loosely with foil and set aside.

Preheat the oven to 375°F. Line a rimmed baking sheet with foil and set aside. To make the crust, placed the flour (and salt, if using) in a medium-sized bowl and add the margarine spread, cut into in one-inch pieces. Cut the margarine spread into the flour with a fork or pastry cutter (this can all be done in a food processor) until crumbly. Avoid over-working the dough. Add the ice water and mix (pulse in a food processor) until the dough just comes together. Roll the dough between two pieces of film wrap until it matches the size of the casserole. (Hold the dish above the dough to check for correct size.) Peel off the top layer of wrap and bring the casserole next to the dough. Lift the dough by the bottom wrap and use it to help invert the crust onto the casserole. Trim the outside edges of the crust and gen-

tly press the dough so that it fits perfectly around the inside perimeter of the casserole dough. Cut eight, evenly spaced 1-inch vents in the dough as demarcations of portions and to release steam while baking. Place the casserole on the foil-lined baking sheet and bake until the crust is golden brown and the juices are bubbling, about 45 minutes. Let the casserole rest for ten minutes before serving. Serve the pie in a soup plate over a small mound of Olive Oil Mashed Potatoes.

Note: This filling for the pie can be made a day or so in advance. Feel free to put an egg wash (one egg whisked with a tablespoon of water) on the finished pastry before baking if you prefer a sheen on your crust.

This version of pot-pie is loaded with vegetables, gets rid of the cream or milk usually called for in other recipes, and the crust is trans-fat-free.

Recipe courtesy David Hagedorn

www.goredforwomen.org

CHICKEN POT PIE

Ingredients for the chicken:

- 2 tablespoons olive oil
- 6 cloves crushed garlic
- 1 tablespoon picked thyme leaves or 1 teaspoon dried
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- 1 bay leaf
- 1 teaspoon turmeric
- 2 teaspoons salt-free all-purpose seasoning
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 cups frozen pearl onions, thawed
- 1 cup carrots, peeled and cut into 1-inch cubes
- 1 cup celery, cut into 1-inch pieces
- 1 cup shiitake mushrooms, sliced 1/2-inch thick
- 1 cup crimini or button mushrooms, quartered
- 4 tablespoons flour
- 1/4 cup Pernod (optional)
- 3 cups low-sodium chicken stock
- 1 pound skinless, boneless chicken breast, cut into 2" cubes
- 1 cup frozen sweet peas, thawed
- 1/2 cup chopped parsley

Ingredients for the crust:

- 1 and 1/3 cups flour
- 1/2 teaspoon salt (optional)
- 1/2 cup trans fat free margarine spread
- 3 tablespoons ice water



Calories	295
Total Fat	9.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	5.0 g
Cholesterol	33 mg
Sodium	493 mg
Carbohydrates	33 g
Sugar	4 g
Fiber	3 g
Protein	19 g

AMERICAN HEART ASSOCIATION WANTS YOU TO LEARN CPR

Spurred by the "woefully inadequate" number of cardiac arrest victims who receive CPR from a bystander—only 15% to 30%—the American Heart Association is calling for a push to increase and improve CPR training in the US, Reuters reports. The low CPR rate is an "enormous missed opportunity to save lives," said an AHA doctor.

Communities with effective CPR training have raised survival rates of people who suffer sudden cardiac arrest associated with ventricular fibrillation from the national average, 6%, to as high as 74%, the association says. "Quick initiation of CPR, as well as providing high-quality CPR, is crucial

to survival," the organization adds.

By: www.cpranytime.org

To help in the attempt to increase CPR knowledge please check your local American Red Cross Location and sign up for a CPR course today!

Training Course Registration:
The Greater Rochester Chapter of the American Red Cross offers a wide range of Safety classes at locations throughout Monroe and Western Ontario counties.

Training locations:

Rochester - Rochester Red Cross,
[50 Prince St.](#)

Penfield - Penfield Community Center, [1985 Baird Rd.](#)
Fairport - Perinton Volunteer Ambulance, [1400 Turk Hill Rd.](#)

Pittsford - Pittsford Volunteer Ambulance, [40 Toby Rd.](#)

Spencerport - Spencerport High School Library,
[2707 Spencerport Rd.](#)

Canandaigua - West Ontario Red Cross Office
[5297 Parkside Dr., #301](#)



JANUARY MEETING

Monday, January 19th - Guest Speaker: Donna Prader, EPIC Outreach Representative. .

Time: 11:30am

Where: Golden Dynasty Chinese Restaurant, 1900 S. Clinton Ave, Rochester NY 14607.

Fee: \$9.75

Name: _____ How Many: _____

Amount included: _____

**For more details on this event and others, please call Jackie: 585-377-1247*

Please make checks payable to: Mended Hearts Chapter 50

And return form to:

Jackie Joyal

65 Erie Drive

Fairport NY 14450

Please Fill Out Form and Return Before January 12th



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 _____ Birthday ___ / ___ / ___
 Type of Procedure _____
 Date of Procedure ___ / ___ / ___ Hospital _____ Surgeon _____

Membership Type (circle one)

- Individual
- Family
- National Life (Individual)
- National Life (Family)

Application 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:

Robert P. 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:

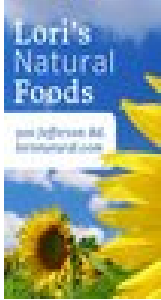

- Telephone Hospitality Visiting Communications/Publicity
 Newsletter Program Membership Historian

WHO WE ARE...

Mended Hearts, a national nonprofit organization affiliated with the American Heart Association, has been offering the gift of hope to heart disease patients, their families and caregivers for more than 50 years. Total membership is over 17,500. 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.



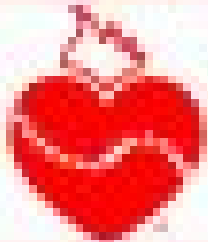
**MENDED HEARTS OF ROCHESTER
 ACKNOWLEDGES THE GENEROUS SUPPORT OF:**

<p>Mended Hearts - Chapter 50 would like to express its sincere thanks to the "Rochester Heart Institute" – a part of Rochester General Hospital for their generous assistance in printing our newsletter!</p>	<p>Mended Hearts - Chapter 50 Wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings!</p> 
<p>A great big thank you to New York State Senator Jim Alesi and New York State Assembly Member Joseph Morelle. Your support is greatly appreciated and will go towards helping us educate the public about living with heart disease.</p>	

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

NON-PROFIT ORG.
U.S. POSTAGE PAID
ROCHESTER, N.Y.
PERMIT NO. 519

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



Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

Mended Hearts Chapter 50 Board of Directors

President	Sharon Feldman	544-1565
Vice President	Harvey Steron	442-7211
Treasurer	Robert Joyal	467-4194
Recording Secretary	Eugene Binder	728-5166
Publicity & Programs	Jackie Joyal	377-1247
Chapter Communications	Robert & Jackie Joyal	377-1247
American Heart Association	Robert Joyal	377-1247
Newsletter Editor	Kelly Joyal	377-1247
Sunshine Coordinator	Vacant (Looking for Volunteer)	
Visiting Chairperson	Harvey Steron	442-7211
Visiting Coordinator at SMH	Cliff & Hazel Squier	586-6326
Assistant NE Regional Director		
Chapter-50	Voice Mail	234-1538