

Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heart Beat of Rochester"

www.mendedheartsrochester.org



MAY MEETING

Monday, May 18th at 7:15 pm, Cheryl Minchella will speak about "How to Boost Your Energy Naturally". Cheryl has a Bachelor's Degree in Social Work and is currently a Community Health Educator for Preferred Care's Wellness Center. In addition to teaching health & wellness classes, she also is a certified fitness instructor and yoga teacher. The meeting will be at the Jewish Community Center, 1200 Edgewood Ave in Auditorium A.

JUNE MEETING

Monday, June 15th at 6:30pm, Instillation Dinner at Rivers Run. More details on page 10.

THE MENDED HEARTS, INC. 57TH ANNUAL CONVENTION

Orlando Florida - June 6-10, 2009, The 57th Annual Convention hosted by the Southern Region promises magic the moment you arrive in Orlando! This five day, action packed annual event brings members and leaders together from around the country offering outstanding programs including some exciting medical presentations. There will also be tours arranged to take in all that Orlando has to offer. The Convention is always inspirational.



*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

MAY

Thursday, May 14, 2009, 7:00 – 9:00PM, Bryan Henry, MD, Medical Director of Thompson Health's Cardiac Rehabilitation and Cardiology Department will speak on: Latest Updates in Cardiology Care RG&E Family Room, (In the M.M. Ewing Continuing Care Center) Thompson Health, 350 Parrish Street, Canandaigua, NY

JUNE

Thursday, June 11, 2009, 7:00 – 9:00PM, Ginger Zimmerman, Artist, Motivational Speaker, Writer, and Heart Transplant Recipient, will speak on: "Surviving to Live." RG&E Family Room, (In the M.M. Ewing Continuing Care Center) Thompson Health, 350 Parrish Street, Canandaigua, NY

MORE ABOUT CANANDAIGUA ON PAGE 4

VISITING CHAIRMAN'S REPORT

Our visiting efforts at Strong Memorial and Rochester General were greatly enhanced in 2008, as we had a 43% increase in hospital (and Internet) visits. In 2007 we visited 1,406 patients and families and we increased that to 2,015 visits last year. I'm very pleased with all of our visitors and their dedication to our visiting program.

On the subject of visitors, our 2 newest accredited visitors are Norma Danesh and Paul Millhausen, who completed the Mended Hearts Visitor Accreditation program on April 15th. They will both be part of our Strong Memorial team.

I met with an infection control nurse at RGH, and she said that that hospital,

and The Center for Disease Control, are now recommending more usage of the alcohol based (so-called "waterless") hand cleaners. Dispensers are located throughout the units where we visit at both hospitals. The recommended usage of these hand cleaners is to supplant regular hand washing.

Don Fisher is home recuperating from abdominal aortic aneurism surgery. He had his procedure on April 20th, and he's anxious to get back to his visiting at RGH. Wish Don well.

Cliff and Hazel Squier are retiring from their positions as co-coordinators for our visitors at Strong Memorial. They've been visiting since 1992 and have been co-coordinators for nearly as

long. It has been a pleasure for me, as visiting chairman for the past 10 years, to have worked with Cliff and Hazel. Besides being outstanding visitors for the patients' benefit, these two wonderful Chapter # 50 members cared for their co-positions to the extent that all of their tasks were completed in the best manner possible. I will personally miss them in their retirement and believe it will be a challenge for their successor to fill their big shoes. Thank you, Cliff and Hazel Squier.

Respectfully,

Harvey Steron,
Chapter #50
Visiting Chairman



SURGIVERSARIES

May

Andrew Chastek
Donald Clark
Harvey Steron
Audrey Verschneider
Carl Zollo



June

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

July

Franklin Angevine, Jr.
Franklin Austin
Albert Dianetti
Joseph Hartman
Jack Kessler
Robert Tiernan
Beverly Turk
Ronald Wheat
Frank Wojciechowski

August

Marlene Adams
Carrie Breitkopf
Norm Dandurand
Charles Frame
Clyde Glover
Murray Kellogg
Gerald Kuhner
Edward Maloney
Peter Maushart
Patricia O'Neill
Robert Peri
Harris Rusitzky

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!*

Norma Danesh
John Becker
Janet Becker

HEARTBEAT OF ROCHESTER

The "HEARTBEAT of ROCHESTER" is the bi-monthly periodical from the Mended Hearts, Inc., Rochester NY Chapter #50. Chapter #50 is a non-profit 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.

PRESIDENT'S CORNER



Hi Everyone,

First off I'd like to congratulate Kelly Joyal, our newsletter editor, on her marriage to Matt Balconi this past week. They have a website that tells all about how they met and fell in love (www.joyconi.com)! We wish them much happiness as they start their new life together. They will be at our Installation Dinner in June so you will have a chance to give them your best wishes in person.

I'm sitting in our family room at the computer and trying to write this column, looking out the window for inspiration. Spring is here FINALLY and I'm thinking that it's time to put up the bird feeder. I love animals and for more than 20 years swore off of eating anything that had a face. At one point I was a complete vegetarian, but in the past few years Larry has insisted that I eat some fish. He knows I read lots of health stuff and reminded me about all the benefits of fish (omega 3 fatty acids and stuff like that) so I decided to include fish in my diet. I still feel guilty. But I digress, back to the bird feeder. As many of you may remember Irondequoit has a deer problem and in certain neighborhoods like mine (near the lake and not too far from Durand Eastman Park) we have lots of deer calling our backyards home. The deer problem started when the Zoo decided to move from Durand Eastman to Seneca Park and decided to leave their 7 or 8 deer in the park to fend for themselves. When we moved to this house more than 30 years ago you never saw deer. When their numbers started to increase we would see them occasionally. They were beautiful and being from Brooklyn originally I loved seeing them even if they did nibble lots of my plants. During those years I even bought 40 lb bags of cracked corn throughout the winter so that they wouldn't starve. It was a big bone of contention as some of the neighbors hated what I was doing and others loved it. You know the rest of the story, feeding was banned and bow hunting was in. But still even with all of those measures I just had a herd of 6 deer go by this morning. So what you may ask do they have to do with my bird feeding?

For many years I hung an ordinary feeder

and got lots of birds but I also got lots of those pesky squirrels. I've learned that squirrels are quite ingenious and are able to figure out ways to get to the seeds in the bird feeder no matter what you do. They can jump, dive or fly through the air and do totally crazy things just to get to the seeds. I was walking past a neighbors' home one day and realized that I had never seen a squirrel chomping in her birdfeeder and I asked her what she did to discourage them so successfully. She told me about her "Droll Yankee" battery operated feeder. I went straight home and bought one online. Maybe you've heard of them, it made us laugh when we hung it up and watched the action. It has a bar for the birds to perch with 4 holes around to get to the seed and when a squirrel lands on the bar it spins them slowly around and they drop off. It worked from day one. Of course I felt guilty so I put some seeds on the ground for the squirrels and the big birds who would also make the bar turn and make them fly off. One day I noticed the chipmunk had figured out how to scale the pole and get to the feeder. He isn't too heavy and so was able to get to the free eats now that the squirrels were no longer hogging it. Chipmunks don't eat as much as the squirrels, but I complained to Larry anyway. At the hardware store he bought clothes dryer exhaust vent piping and taped it around the bottom of the pole. Yes, it worked and now it was the Feldman's 2 critters 0. I felt guilty but the seeds were just for the birds. It was such fun watching the birds. Every morning I'd be out there adding food to the feeder and throwing some on the ground for the squirrels, chipmunks and now the turkeys - it was great until Bambi and his relatives discovered the feeder. They stood in the back of the yard watching me and as soon as I went in Bambi and family moved over to the feeder and drained it in a minute. I couldn't believe my eyes. I'd knock on the window and yell at them, I'd go out and chase them away, they'd just come right back. Now I've learned that if I wait until later in the morning after Bambi has gone past our house I can safely add the seeds but invariably by late afternoon when they return from foraging they have dessert at the Feldman's birdfeeder. Did I tell you I've given up and realize that you can't fight the critters just learn to live with them?

Our March speaker Dr. Burr Hall was excellent as was our April speaker Mary Allhusen, RN. Dr. Hall told us about treatments available for electrical problems of your heart and Mary talked about ways to stay well even with heart problems. Thank you both for your time and informative programs. Your program committee is keeping very busy scheduling very interesting meetings for the rest of 2009. We are making arrangements to go to the U of R Cardiac Research facility and also at another meeting to have the whole cardiac surgery team talk to us. We can always use help with ideas for upcoming meetings, so give Jackie Joyal a call here in Rochester or Mary Allhusen a call in Canandaigua.

As you may know we are having a bit of a money crunch. Our 2008 NY State grants have not come through and probably won't at all. We've sent in our grant applications for 2009 but are not hopeful at all. We'll have to find other ways to pay for our mailings, phone, hospital pamphlets, website and other supplies. You can help our chapter stay afloat by paying your dues on time so that we can get our portion sent back to us from National. You can also donate directly to the chapter. Your contributions are fully tax deductible. Lastly, if you have any money raising ideas let us know.

For the next couple of months we will hold our meetings at the Jewish Community Center due to the renovations being done at the Henrietta Volunteer Ambulance Facility. Thank you to the JCC for coming to our aid. We may have to stay at the JCC through September. We'll keep you updated.

Hope to see all of you at our May meeting to learn about how to boost your energy, our Installation dinner at River Run in June and our picnic in July. Stay healthy and enjoy the warm weather, sun and critters.

Sharon



THE CARDIAC REHABILITATION DEPARTMENT ROSE WALK

Innovation, Community Outreach and Commitment to Best Patient Care and Patient Satisfaction

Scholarship Program

What initially was a small, Cardiac Rehabilitation Scholarship program has grown into a significant outpatient service. The Cardiac Rehabilitation Department at Thompson Health, in Canandaigua, New York, would like to share our story of a creative program which supports increased patient participation. This program offers individuals who are financially unable to afford this outpatient program, the opportunity to participate.

In June of 1996, our Cardiac Rehabilitation Department celebrated our first "Walk and Smell The Roses" fund raiser. This activity offered a Walk through some of the most beautiful and historic areas of our community. The central location for the walk was the grounds of the Sonnenberg Garden and Mansion, a State Historic Park, located in Canandaigua.

Our initial walk raised three thousand dollars for our scholarship fund. Last year, we raised approximately thirteen thousand dollars! These funds are used entirely to help cardiac patients offset their co-payments in Cardiac Rehabilitation. At present, more than forty percent of our patients would not be able to attend our Cardiac Rehabilitation program if we did

not offer this support. Every June, our patient population has the opportunity to give back to the scholarship fund by contacting sponsors and by participating in the walk. They also assist in the preparation and organization of the walk. Their interest and support of this program have been extraordinary! This has increased awareness of the Cardiac Rehabilitation program in the community.

We celebrated the twelfth anniversary of this Rose Walk in June, 2008 and are beginning preparation for the 2009 Rose Walk!

COME JOIN US FOR THE THIRTEENTH ANNUAL ROSE WALK

Date: *June 20, 2009*

Time: *8:00am-11:00 am*

Place: *The Beautiful Sonnenberg Gardens and Mansion*

Jim Fralick has been a wonderful advocate and lead facilitator for the Canandaigua satellite Mended Hearts program. He and Gene Binder supervised a table at the Walk with Mended Hearts information and were available

to discuss the invaluable activities of the organization last year. Much of the preparation, sponsor support and energy to accomplish this achievement is the result of volunteer time given by our staff. We have been wonderfully supported by the hospital foundation, through the efforts of Linda Nevin

This program is truly one of the ways we have "raised the bar" at Thompson Health and the Cardiac Rehabilitation department. We are very proud of this

innovative program and wish to share our success with others.



<http://www.sonnenberg.org/>

SAVE THE DATES

Go Red for Women Luncheon
Thursday, May 14th. Call Ashley Lotito at the American Heart Ass'n 697-6271 to make reservations. The food and speakers are always great. Great prizes and interesting booths including free health screenings.

Bay Knoll Church Health Fair
Sunday, June 14th at 2639 E. Ridge Rd. The Fair is from 11-5 with lunch too. There is a great guest speaker and lots of booths to interest you.

Summer Picnic
Sunday, July 26 at 1pm
The Joyals
65 Erie Dr.
Fairport, NY 14450

Canandaigua Rose Walk
Saturday, June 20th at the Sonnenberg Gardens and Mansion. The Walk is from 8:00-11:00 am. See article above.

Installation Dinner
Monday, June 15th at 6:30pm
Rivers Run
50 Fairwood Drive
Rochester NY 14623

MEMBER SPOTLIGHT - SUE TANEY - CHAPETR 50

My life as I had known it came to a halt after my heart was attacked by a virus August, 2001. My active life style that included kayaking, scuba diving and maintenance of a house and large property came to an abrupt halt. The diagnosis was Congestive Heart Failure and Cardiomyopathy.

Everything was a physical chore. However, the most debilitating aspect was the emotional toll it took on me and ultimately those around me. The energy I had always had was now sapped and I spent many hours scrolling (via internet) through current research for my condition moving from one cardiologist to another. The information I received from the medi-

cal community was that "a fix" was not available. I received support, encouragement and wonderful camaraderie from the members of Mended Hearts, many had traveled the same road and remain a kind and caring group.

In August, 2008 I saw a man from the Buffalo area on TV news and his physicians who were talking about an experimental device called a HeartNet. That was followed by an article in the D&C. For the first time in seven years I felt HOPE. I telephoned the number for the clinical trial, consulted with my cardiologist and was tested for the study. In October, 2008 I had the HeartNet installed around my heart and have felt like a new person ever since. In a couple

of weeks I will have my six month post tests and will be followed until 2013. I think that's pretty good since in 2001 I was told that I had about five years to live and there was nothing that could be done to help me.

Sue Taney

Thank you Sue for sharing your experiences... your input is truly appreciated!

If you would like to be featured in the next Mended Hearts' newsletter please e-mail Editor, Kelly Joyal: kelly.joyal@gmail.com

AMERICAN HEART WALK

The local American Heart Walk was on Saturday, April 4th.

There was a very good turn out considering the weather. Many hardy folks still walked outside but we had a huge increase in the number of folks who walked inside. It was a great day and lots of fun for all.

Chapter 50 - Mended Hearts group has raised \$ 2900.00(so far).

These funds were raised by Bob Peri, Harvey Steron, Georgianne Binder,

and Bob Joyal. Our walkers and/or helpers were Bob Peri, Cheri & Harvey Steron, Gene & Georgianne Binder and Jackie Joyal.

A special THANK YOU to all who participated. There is still time for you to raise money for the American Heart Association. You can send me a check for any funds you would like donated to the HeartWalk.

Please make your check payable to the American Heart Walk and send it to me no later than May 22nd. That is when I

will take in any of the remaining funds that we collect to the AHA.

Remember, no donation is too small and we live in a very special community where all of the funds raised stay here.

Jackie Joyal
65 Erie Dr.
Fairport, NY 14450



SOOTHING SONGS PLEASE THE HEART

WEDNESDAY, April 15 (HealthDay News) — If you have [heart problems](#), you might want to plug in that iPod or pop in a CD of mellow songs.

Hospital patients with [coronary heart disease](#) reduced their heart rates, breathing rate and [blood pressure](#) just by listening to music, a Temple University review of 23 previous studies found.

The report, published in the latest issue of The Cochrane Library, found that the soothing effects were greatest when these

patients chose their own tunes. For example, patients' pulse rates fell by more beats per minute when they made the selections compared with those who listened to music selected by researchers.

"So we do know from clinical experience that if people select music they like, and the music has sedative qualities such as slow tempo, predictable harmonies and absence of sudden changes, they will be better able to relax to the music," researcher Joke Bradt,

assistant director of the Arts and Quality of Life Research Center at Temple University, said in a news release issued by the college.

The review looked at past studies on how music affected 1,461 patients with coronary heart disease, either during a cardiac procedure or within two days of hospitalization. In all the studies, the music used had slow tempos, but in some cases, a music therapist was employed to help with the song selections.

(Continued on page 7)

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:

Sue Taney

Thank you!



Mended Hearts
*“Dedicated to inspiring
hope in heart disease
patients and their
families”*

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 TRUTH ABOUT CHOLESTEROL: A QUIZ

A high blood cholesterol level is a major risk factor for coronary heart disease. Take this quiz to test your cholesterol knowledge, because what you don't know can hurt you.

1. True or false? Most of the cholesterol in your body comes from what you eat.
2. To protect your heart, you want:
 - a. high levels of high-density lipoproteins, or HDL
 - b. high levels of low-density lipoproteins, or LDL
 - c. high levels of triglycerides
 - d. none of the above
3. Which one of the following oils is bad for your cholesterol?
 - a. peanut
 - b. canola
 - c. palm
 - d. olive
4. True or false? The cholesterol in your food is the biggest culprit behind high cholesterol levels.
5. The government-sponsored Therapeutic Lifestyles Changes (TLC) diet recommends you get how many of your daily

calories from saturated fat?

- a. less than 25 percent
- b. less than 12 percent
- c. less than 7 percent
- d. They make no recommendation.

6. True or false? If you're not overweight, you don't have to worry about cholesterol.

7. The American Heart Association recommends you start cholesterol testing at age:

- a. 20
- b. 30
- c. 40
- d. 50

Answers:

1. False. Your body makes about 75 percent of the cholesterol in your blood, or about 1,000 mg a day. That's all it needs to function. The other 25 percent comes from what you eat.
2. A. High levels of hdl. HDL is the good cholesterol. If your HDL is 60 mg/dL or higher, it can help protect against heart disease. HDL that's lower than 40 mg/dL can raise your risk of

heart disease. LDL brings cholesterol to your body, causing blockages in the arteries. You want your LDL to be under 130 mg/dL (below 100 mg/dL if you're at risk for heart disease). Triglycerides are another type of blood fat that can raise your heart disease risk. Aim for less than 150 mg/dL. Total cholesterol should be less than 200 mg/dL.

3. C. Palm. Palm oil is high in saturated fats, which raise your total cholesterol and LDL. Monounsaturated and polyunsaturated fats, found in canola, peanut, olive, sunflower, corn, soybean and flaxseed oils, can help lower bad cholesterol and boost good cholesterol.

4. False. Saturated fat is the main cause of high cholesterol. But you need to watch your cholesterol intake, too. Limit the amount of saturated fat you eat and keep your cholesterol intake to less than 300 mg a day—200 mg if you have high LDL or are taking cholesterol medications.

5. C. Less than 7 percent. Eating foods low in saturated fats and cholesterol helps keep cholesterol levels down and may help you achieve or maintain a healthy weight. Find out more at the National Heart, Lung, and Blood Institute's Web site, www.nhlbi.nih.gov.

(Continued on page 7)

MEDICATION MYTHS & FACTS

Heart pills save millions of lives each year. Some work by slowing down the heartbeat and strengthening its ability to pump blood, others work by keeping the heart's electricity running smoothly or by lowering blood pressure. And some heart pills that lower cholesterol may also ward off other problems such as cancer. But while these drugs can help treat your heart problem, they aren't a quick fix. Don't become a victim of these commonly held myths surrounding heart medicines:

• **You don't have to eat right or exercise if you take a heart pill.** Medicine is meant to supplement—not replace—healthy habits. If you're on blood pressure or cholesterol medications, exercise may lessen your need for them. Working out helps your heart pump more efficiently and increases amounts of HDL, or good cholesterol, while lowering LDL, or bad cholesterol. (Make sure to talk with your healthcare provider first before starting any exercise program.) Eating a diet rich in fruits, vegetables and whole grains, and low in saturated and trans fats, can help keep your arteries clear and the strain of excess weight off of your heart.

• **You can stop taking your medicine if you feel better.** Heart pills can treat

certain conditions, but they're not a cure. Many drugs, like those used to treat high blood pressure, only help the condition while you're taking them and may need to be taken for the rest of your life for the best results. High blood pressure isn't called the "silent killer" for no reason: It can be high even when you feel good.

• **Your healthcare provider doesn't need to know about those over-the-counter (OTC) medicines you're taking.** Pain relievers and herbal remedies could interact with your prescription medication, so it's important to let your healthcare provider know everything that's in your medicine cabinet. For example, most OTC cold and flu products contain decongestants, which can raise your blood pressure and interfere with blood pressure medications. Set up an appointment with your provider to bring in all your prescription and OTC drugs, as well as vitamins and other supplements, and have him or her look them over for any possible interactions.

• **It doesn't matter when you take your medicine or whether you miss a dose.** Not following orders can lead to your drugs not working or cause mild to harmful side effects. Or you could counteract one medicine if you take it with another. If you have trouble remembering to take your medicine, try making it part of another daily

routine—for instance, take it with a meal or right before brushing your teeth—or use a pillbox labeled with each day of the week.

• **You've been prescribed this drug, and that's all you need to know.** For the best outcome, you need to play an active role in treatment decisions—and that includes knowing about your medication. How does it work? What are the side effects or possible complications and how can you manage them? What if the medicine doesn't work? Don't be afraid to ask questions. Your heart is on the line.

Take-away tips

- Medicine is meant to supplement—**not** replace—healthy habits.
- Heart pills can treat certain conditions, but they're **not** a cure.
- Pain relievers and herbal remedies **can** interact with your prescription medication.
- Not following orders can lead to your drugs **not** working.

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THE TRUTH ABOUT CHOLESTEROL: A QUIZ

(Continued from page 6)

6. False. Everyone has to worry about cholesterol. If you don't gain weight easily, you may not even realize you're eating a lot of saturated fats or unhealthy trans fats, which raise bad cholesterol and lower good cholesterol.

7. A. 20. Start cholesterol testing at age 20 and continue to get tested every five years. You may need more frequent testing depending on your cholesterol levels, your age and other heart disease risk

factors. Ask your healthcare provider about the testing schedule that's right for you.

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SOOTHING SONGS PLEASE THE HEART

(Continued from page 5)

Dr. Robert Bonow, a past president of the American Heart Association, challenged the findings. While agreeing that alleviating stress is important for heart

patients, he said the new review shows "no conclusive evidence that this relaxation therapy actually reduces the stress, let alone reducing the outcome of the stress."

"Exercise is beneficial because it reduces stress, but it also lowers blood pressure," Bonow, chief of cardiology at Northwestern University, said in the same news release.

More information

The American Music Therapy Association Inc. has more about [music therapy](#).

— Kevin McKeever

SOURCE: Temple University, news release, April 14, 2009

Last Updated: April 15, 2009

LAUGHTER MAY LOWER DIABETICS' RISK OF HEART ATTACKS

FRIDAY, April 17 (HealthDay News) — Setting aside time each day for some good, hearty laughter could help [diabetics](#) improve their [cholesterol](#) levels and possibly lower their risk of [heart attack](#), researchers report.

“Laughter may indeed be a good medicine,” said study author Lee Berk, a preventive care specialist and psychoneuroimmunologist at Loma Linda University in Loma Linda, Calif. “Laughter may be as valuable as the diabetes medicines you are taking.” Berk is slated to present his findings at the American Physiological Society annual meeting in New Orleans.

Berk and his colleague, Dr. Stanley Tan, an endocrinologist and diabetes specialist at Oak Crest Health Research Institute in Loma Linda, assigned 20 adults with type 2 diabetes, average age 50, to a control group or the laughter group.

All had high blood pressure and high cholesterol. Both groups were taking standard diabetes medications, [high blood pressure](#) medicines and cholesterol-lowering drugs.

The laughter group was instructed to view “self-selected” humor for at least 30 minutes every day. Self-selected humor, Berk said, was “that which they found humorous or funny for themselves.” That usually meant watching sitcoms or funny movies.

The laughter group members got into it, he said, and were faithful to the minimum exposure to humor time of 30 minutes daily. “Once they got into it, they really liked it,” he said.

After 12 months, the researchers

evaluated both groups by such tests as measuring cholesterol levels and levels of C-reactive protein, a marker of inflammation thought to be associated with heart disease.

The laughter group had an increase in “good” HDL cholesterol of 26 percent, compared to just a 3 percent increase in the good cholesterol of the control group, Berk said. Harmful C-reactive proteins declined by 66 percent in the laughter group but just 26 percent for the control group. Both differences were statistically significant, Berk noted.

What’s the secret? Put very simply, Berk said, “you are decreasing the bad chemicals in the body with laughter and increasing the good chemicals, which help you stay well, may prevent disease and may well have [additional] value relative to the therapies you are taking.”

The findings came as no surprise to Theresa Garnero, a nurse and diabetes educator at the California Pacific Medical Center in San Francisco, who has long employed humor in helping her patients deal with diabetes. She also has woven information about the use of humor into the books she has written on the topic.

A growing body of evidence finds value in humor when dealing with diabetes, Garnero said. She cites another study in which laughter helped to lower the increase in blood glucose that occurs after meals. Laughter, she said, “can help put things in perspective, light the fire of self-care management — this is a self-care disease — and help people maintain their stride.”

“There is so much minutia involved in this disease,” Garnero said, referring to the detailed instructions those with diabetes get from their doctor and diabetes educator to maintain a healthy diet, watch their blood sugar, and be on the alert for any symptoms of complications

of the disease. “By adding a little humor, they can maintain perspective over the long haul,” she said.

Sue McLaughlin, president of health care and education for the American Diabetes Association, said, “It is encouraging to know that something like laughter, which is cost-free and can be shared and promoted by many, has beneficial effects on the well-being of a chronic disease that affects 24 million Americans.”

Reduction in heart disease risk is especially valuable, she said. “People with diabetes are at a two- to fourfold increased risk for cardiovascular disease, compared to their non-diabetic counterparts.”

More information

To learn about more humor books, visit the [International Society for Humor Studies](#).

SOURCES: Lee Berk, Dr.P.H., M.P.H., preventive care specialist and psychoneuroimmunologist, Loma Linda University, Loma Linda, Calif.; Theresa Garnero, R.N., certified diabetes educator and clinical nurse manager, Center for Diabetes Services, California Pacific Medical Center, San Francisco; April 18, 2009, presentation, Sue McLaughlin, R.D., certified diabetes educator, American Diabetes Association, The Nebraska Medical Center, Omaha; April 17, 2009, presentation, American Physiological Society annual meeting, New Orleans

By Kathleen Doherty
HealthDay Reporter

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BEEF AND VEGETABLE KEBABS

<http://www.mayoclinic.com/health/healthy-recipes/NU00369>

Serves 2

Ingredients

- 1/2 cup brown rice
- 2 cups water
- 4 ounces top sirloin (choice)
- 3 tablespoons fat-free Italian dressing
- 1 green pepper, seeded and cut into 4 pieces
- 4 cherry tomatoes
- 1 small onion, cut into 4 wedges
- 2 wooden skewers, soaked in water for 30 minutes, or metal skewers



Directions

In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 to 45 minutes. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.

Cut the meat into 4 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Thread 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place the kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed.

Divide the rice onto individual plates. Top with 1 kebab and serve immediately.

FRUIT SMOOTHIES

Serves 2

Ingredients

- 1 cup fat-free vanilla frozen yogurt
- 3/4 cup fat-free milk
- 1/4 cup frozen orange juice concentrate



Directions

In a blender, combine the frozen yogurt, milk and orange juice concentrate. Blend until smooth. Pour into tall frost-chilled glasses and serve immediately.

Dietitian's tip: Orange juice is an excellent source of potassium, a mineral that helps to regulate blood pressure and cell function. If you want to substitute a banana instead of the orange juice, the potassium content is similar.

<http://www.mayoclinic.com/health/fruit-smoothies/NU00389>

Nutritional Analysis

(per serving)

Calories.....	160
Protein.....	10 g
Carbohydrate.....	30 g
Total fat.....	trace
Saturated fat.....	trace
Monounsaturated fat.....	trace
Cholesterol.....	4 mg
Sodium.....	120 mg
Fiber.....	0.5 g
Potassium.....	700 mg
Calcium.....	323 mg

INSTALLATION DINNER AT RIVERS RUN

When: June 15th @ 6:30pm

Where: Rivers Run, 50 Fairwood Drive, Rochester NY 14623

Why: Come enjoy a fabulous evening with your friends at Rivers Run. Rivers Run offers a unique opportunity for Active Adult Living. Thanks to a collaboration with the Rochester Institute of Technology, Rivers Run community members attend lectures and participate in campus life.

You do not want to miss out on experiencing the latest active adult community in Rochester. Rivers Run brings a whole new out look on life after 50. Impressions, Rivers Run's signature restaurant will be catering this years Installation Dinner. Go to: www.riversrunliving.com for more information and directions.

Directions: Take 390south, exit Lehigh Station Road, take a right, follow Lehigh Station Rd. to the end, make another right, Fairwood Drive is your second left. Follow Fairwood Dr. to the end then make a right into the main building called The Riparian. This is where your dinner will be held. Look forward to seeing you there!

DINNER AT RIVERS RUN - HOPE TO SEE YOU THERE !

Please be sure to fill out the information below and return to Jackie Joyal by: June 1st 2009

Three Course Meal:

Soup or Salad

Main Dish - select one per person

- Sliced pork tenderloin w/warm pear salsa
- Herbed ½ split chicken w/fruit glaze
- Poached or grilled salmon w/vegetable veloute

(all main dishes will be served with a starch and seasonal vegetable)

Dessert

Ice Cream or Sherbet



Please make checks payable to Mended Hearts - Chapter 50. Dinner is \$20 per person, please make sure to indicate dinner selection. Mail checks for dinner to: Jackie Joyal, 65 Erie Drive, Fairport NY 14450

ANNUAL MENDED HEARTS PICNIC

When: Sunday, July 26th

Time: 1:00PM

Where: The Joyals, 65 Erie Dr.
Fairport, NY 14450

Picnic: Mended Hearts supplies the meat, plates, silverware, snacks, beverages & dessert and good company. All you need to do is bring a dish to pass and a lawn chair.

Please RSVP by calling 585-377-1247, so that we will have enough food. Family members are also welcome.

We hope to see you there!

Jackie & Bob Joyal



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:

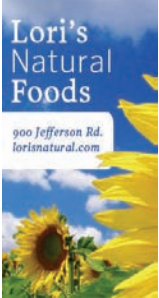

- Telephone _____
- Hospitality _____
- Visiting _____
- Communications/Publicity _____
- Newsletter _____
- Program _____
- Membership _____
- Historian _____

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

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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	377-1247
Recording Secretary	Eugene Binder	728-5166
Publicity & Programs	Jackie Joyal	377-1247
Heart Walk Team Leader	Robert Peri	243-0996
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Sunshine Coordinator	Marlene Adams	244-2030
Visiting Chairperson	Harvey Steron	442-7211
Canandaigua Coordinators	Mary Allhusen and Jim Fralick	396-6253
NE Regional Director	Priscilla Soucy	860-289-7422
Chapter-50	Voice Mail	234-1538