

Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heart Beat of Rochester"

www.mendedheartsrochester.org



SEPTEMBER MEETING

Monday, September 21st at 7:15 pm:

Cardio/Thoracic Surgical Team, made up of a Cardio/Thoracic Surgeon, the Associate Director of Cardiovascular Nursing, an Operating Nurse and a Nurse Manager will speak to us about "new technology" in cardiac surgery. Some of the newest technologies that we will learn about includes samples of new valves and artificial hearts. The meeting will take place at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta.

OCTOBER MEETING

Monday, October 19th at 3:00pm:

Burns C. Blaxall, PhD, FAHA, will take us on a tour of the largest stand-alone cardiovascular research institute in the United States, at the University of Rochester Medical Center, 211 Bailey Road, West Henrietta, NY, 14586...it's just south of RIT, free parking immediately next to the building. Space is limited, so we need you to call Jackie Joyal at 377-1247 to reserve a spot. Please RSVP by October 12th.

Burns C. Blaxall, PhD, FAHA, Associate Professor of Medicine and of Pharmacology & Physiology in the Aab Cardiovascular Research Institute at the University of Rochester Medical Center, where he also directs the Graduate Cluster in Cardiovascular Science. His entire career has focused on translational research of heart failure and cardiovascular disease, resulting in over thirty peer-reviewed publications. He has held numerous administrative and leadership positions throughout his career. He chairs a peer review study section, was recently elected Fellow of the American Heart Association, and serves on two national executive committees for the American Heart Association. Dr. Blaxall received his PhD in Pharmacology from the University of Colorado Health Sciences Center, followed by postdoctoral training at Duke University Medical Center.



*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, September 10, 2009, 7:00 – 9:00PM

Thomas Curtis, RPh, MPA, Pharmacy Operations Manager, will speak on 2009 Pharmaceutical Miracles, RG&E Family Room, (In the M.M. Ewing Continuing Care Center), Thompson Health, 350 Parrish Street, Canandaigua NY 14424

Thursday, October 8, 2009, Thursday, 7:00 - 9:00PM

Suzanne Feather, MVP Community Health Educator will speak on Boosting Your Energy Naturally, RG&E Family Room, (In the M.M. Ewing Continuing Care Center), Thompson Health, 350 Parrish Street, Canandaigua, NY 14424

MORE ABOUT CANANDAIGUA ON PAGE 4

VISITING CHAIRMAN'S REPORT

Greetings, and I hope that this has been a pleasant (though wet) summer for all.

Our visiting program at Rochester General and at Strong Memorial (University of Rochester Medical Center) is continuing at a pace slightly ahead of last year.

This is good, as we are doing so without the services of Cliff and Hazel Squier, Bob Peri and Gary Honeyford at SMH and without Don Fisher at RGH. When Don gets back on his feet, and Rollie Heimberger returns from his summer home, we should be able to pick up the pace.

Paul Millhausen is now doing his "on-

the-job" training at Strong and will be visiting on his own very soon.

I'll be setting up an accreditation session in early September, as we have 4 members interested in our hospital visiting program. Larry Feldman, our ARD for the Northeast Region, Joe and Cathy Buggie and Lois Giancursio will be attending the accreditation sessions. There will be room for any others that would be interested in attending in order to become an accredited visitor. Just let me know.

Heartfully,

Harvey Steron,

Chapter # 50 Visiting Chairman



JOKES

Doctor: "I can do nothing for your sickness. It is hereditary."

Patient: "Then send the bill to my father."



"If your husband's blood pressure gets too high while watching all those Thanksgiving Day football games, pressing this button will fire a tranquilizer dart."

SURGIVERSARIES

SEPTEMBER

- | | |
|------------------|----------------|
| Carl Brant | William Smith |
| Ruben Isaacson | Cliff Squier |
| Jack Kessler | Ron Tuttle |
| Lawrence Mastin | Lloyd Walker |
| Gerard Roncinske | William Servis |



OCTOBER

- | | |
|------------------|---------------------|
| Robert Brown | Gloria Smith |
| Norma Danesh | Suzanne Taney |
| Robert Kraus | Irene Wojciechowski |
| Suzanne McNamara | |

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!*

H. John Allhusen

Joe & Cathy Buggie

Donna McCagg

Robert & Nancy (Staton)Multer

Joseph & Donna Kruppenbacher

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,

Hope you're having a great summer. It has been a little cooler than I like and bit rainier. In fact Larry and I needed our winter quilt the other night. Did someone say global warming? I still can't believe it's September (actually it's only August 12th).

First we'd all like to send our congratulations and best wishes to Raul Fernandes on becoming our new National President. The job is daunting but we know that Raul is up to the challenge and will make a great leader and spokesperson for all of the Mended Hearts Chapters.

As a new Mended Hearts season starts – our 43rd year – I'd just like to tell you how lucky I am to have so many people in this group help get things done. I will start by saying that your Board is great. Many thanks to Harvey Steron, Bob and Jackie Joyal, Gene Binder, and Cliff and Hazel Squier. Other members who have helped by "fair sitting" and/or getting the newsletter out, and other jobs that needed doing are (in no special order) Kelly Joyal-Balconi, Verna and Phil Mendola, John and Nancy Schmidt, Barnie and Ann Quinlan, Georgiana Binder, Sue Taney, Cheri Steron, Marlene Adams, Gerry and Ruth Roncinske. When one of our members Amy Bogardus' parents were here for a visit they came with us to Canandaigua, and then even helped out at Senator Alesi's Health Fair. I'd also like to thank Bob Peri for the work he did on the Heart Walk and Marlene Adams for being such a fine Sunshine Coordinator. Many thanks also to Mary Allhusen Jim Fralick, Paul Millhausen and the staff at Thompson Cardiac Rehab for doing such wonderful work coordinating speakers, meetings and events for our satellite in Canandaigua. And of course, I wish to thank all

of our Visitor Volunteers for their work this year; Marlene Adams, Frank Angevine, Gene Binder, Bob Brown, Norma Danesh (in training), Don Fisher, Bob Flaherty, Charlie Frame, Rollie Heimberger, Mac McGonigle, Paul Millhausen (in training), Chuck O'Connor, John Schmidt, Cliff and Hazel Squier, Harvey Steron, and Ron Wheat. And I can't forget about my "all-around go to guy for everything", Larry, my beloved, for more than 45 years. Don't forget we always need more help so if you're called please say yes.

We really were having a hard time monetarily here at Mended Hearts. We had several people make donations to help keep us going. Would you believe that Georgiana Binder had a plant sale to raise money for Chapter 50? Then she and Gene had a garage sale too. They took in more than \$160 and donated all of it to us. Thank you both for your kindness. That must have been what sparked the next good news (they say that "like attracts like"). We got word that our 2008/2009 State grants from Assemblyman Joe Morelle and Senator Jim Alesi were approved; and shortly after that we received one of the checks and we're awaiting the second one. A great big THANK YOU to both Senator Alesi and Assemblyman Morelle and their staff for helping us finally receive these grants. We applied for the 2009/2010 grants but because of the State's problems we were not able to get any. We will look around for other ways to raise some money to pay the bills. Let us know if you have any ideas.

Chapter 50 has been busy this summer. In June we were at the Bay Knoll Church Health Fair as well as the Rose Walk in Canandaigua. We also had our Installation Dinner at Rivers Run. In July we were at the Ontario County Fair and we had our annual picnic at the Joyals. In August we were at As-

semblyman Joseph Morelle's Senior Health and Wellness Fair. They were all lots of fun with great food and great people and lectures too.

Larry and I went to the National Convention in Tampa, Florida in June. We learned so much and were greatly inspired by the other participants and speakers. *There is a big push for all of us not to neglect to get our Seasonal Flu Shots.* There is a fact sheet in the newsletter this month, please read it. From what I've heard the H1N1 (swine) flu shot will be a separate shot and no one is sure yet when it will be administered.

We send our Get Well Wishes to Don Fisher, Michael Bradley, Bob Joyal, Gerry Roncinske and Frank Wojciechowski.

We've got some great programs that you've asked for during this 2009-2010 season here in Rochester and Canandaigua. We're starting off in Rochester with the Cardiac Surgical Team from Strong, telling us about new procedures, and then in October our trip to the Research Labs to find out what's in the pipeline. Sounds great to me. In Canandaigua they will start off with Pharmaceutical Miracles, and in October they will learn about Boosting Your Energy. So don't sit home, come to the meetings or only one. I look forward to seeing you real soon.



MENDED HEARTS CONFERENCE IN ORLANDO

One of the conference speakers was Dr. Bob Arnot. If the name sounds familiar that's because you've probably seen him on TV – he served as the chief medical editor and special foreign correspondent for NBC News. He's also worked with Google on a YouTube series of educational videos on chronic illness which you can view. Dr. Arnot's mother just had her valve replaced at 91 years of age. He spoke on "Six Steps to Roll Back Your Age". These steps include:

1-Be Upbeat – Optimists live longer! Don't take everything personally. There is a book that he spoke about "The Biology of Success" that can help rewire a pessimist to be an optimist (cognitive therapy).

2-Exercise – Find some exercise that you love to do. You should be burning 4,000-5,000 calories a week doing exercise. It raises your HDL, lowers

your LDL and decreases your chance of getting diabetes and also reduces your anxiety. These are just a few of the things an exercise program can do for you.

3-Pump Iron – We all know that as we age we lose muscle mass and our metabolism slows. When people 70-100 years old were taught to lift weights their muscle mass increased by over 100% .

4-Eat Young – Eat whole grains with soy milk, eat beans veggies, fruits and nuts . Cut out trans fats and lower your intake of high glycemic foods such as sugary treats, and also lower your salt intake (we know all of this). If you make wise decisions about what you eat you can lose weight, lower your cholesterol and blood pressure too.

5-Meditation and Relaxation – Learn to meditate and try to do it daily.

6-Consumer Medicine – Know survival rate of procedure you might need. Find

out how many surgeries, like the one you need, your surgeon has done in a year (many is good – a few is not good). Remember to take your medicine. Know what your medicines are for. 1/3 of people do not fill the prescription that their doctors give them and 1/3 don't renew them.

He is a very charming, and down-to-earth kind of man. He looked good too! At the end of his talk I waited in line to say hello to him and gave him one of our bookmarks, and told him that the next time he was in Rochester to give Chapter 50 a call.

The next convention will be in Bloomington, Minnesota, May 19th-May 23rd, 2010. I encourage you to consider attending. You won't be sorry – they are great.

Sharon, Chapter 50 President

A HEART FELT THANKS FROM CANANDAIGUA!

Thank you to everyone who participated, volunteered, contributed and or wished us well with the 2009 Rose Walk. As described in previous issues, this event raises money to assist our participants with their Cardiac Rehabilitation co-pays, which are three times a week and now \$20.00 to \$40.00 or even \$50.00 per visit!

This year's event was the most successful ever, even realizing the difficult economic times. The amount of \$17,950 was raised (net), up from \$12,000 last year. An estimated 200 participants attended or volunteered. We had wonderful support from our Medical Director, Dr. Bryan Henry, and the entire staff of Finger Lakes Cardiology. The community came out in force including Mayor Ellen Polimeni. Thompson Health was well represented including our CEO, Linda Janczak, and the Vice President of Patient Care Services and

CNO, Hazel Robertshaw.

Paul Millhausen, one of our fine Mended Hearts Facilitators, and Jackie Stiles, a very active cardiac rehabilitation participant, facilitated a table of information to increase awareness of Mended Hearts Inc. and the activities of the Cardiac Rehabilitation Program.

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

We are very grateful to Jim Fralick who had the vision and offered the time and energy to become a Mended Hearts facilitator. He made it possible for us to have a Mended Hearts Satellite of the Rochester Chapter in Canandaigua. Jim is currently filling the Canandaigua town supervisor vacancy. This is a very generous gift to the community and yet another very significant example of Jim's commitment to contributing to the well being of all.

Hats off to Sharon Feldman, President, Rochester Mended Hearts, Larry Feldman, Assistant Regional Director, Eugene Binder, Paul Millhausen and Joan Reineke, facilitators, who so generously encourage and support the activities of the Canandaigua Mended Hearts Group.

Thank you to those of you who have become Mended Hearts Members and to the fine Cardiac Rehabilitation Staff who deliver care with a passion! You are all insuring the future of this inspirational initiative.

To the future of Heart Health

Respectfully

Mary Allhusen, RN-BC

MEMBER SPOTLIGHT - MARLENE - CHAPTER 50

It seems like a good place to start my little story, with Mended Hearts. I was seriously looking for a support group, wanting to meet people who had had heart issues (I had a quadruple by-pass on August 31, 2006), and I was so happy when I found Mended Hearts (by asking the nurses at Cardiac Rehab).

In fact, quite a number of good things have happened since my surgery. I lived, for one; and I've met so many lovely people at Mended Hearts, at Cardiac-Rehab, and at Strong. It's opened up my volunteering impulse, curtailed my work hours (no more staying at the office until 11:00 at night), and gave me time, time to think, time to be with myself, focus and be true to my Virgo nature. I've made new friends, baby-sat for my great-grandson, and am acquiring some new philosophies and values. For example, I don't really have to shop 'til I drop (because I could drop!). I accept the need for exercise, the negative aspects of stress, the value of laughter and hugs, and do I really need acrylic nails? (I really do need to color my hair, though!)

The Visiting arm of Mended Hearts has really opened my heart and mind., Through the dedicated support of Harvey, Sharon, Cliff and Hazel, I was gently ushered into Strong as an Accredited Mended Hearts Visitor, to talk to patients who are where I had been, with empathy, sympathy, and a whole system to help me. I almost float out of Strong, believing that someone was uplifted by my visit.

My work, which is real estate, has changed. It feels more like making friends with people who trust me, share their stories with me, and know that I will help them in many more ways than the usual. (I'll even make beds, but I don't do windows.) Many of my clients have become friends for life. Since 1990, when my husband, Dick, suggested I get my license, I've enjoyed the challenge and work associated with helping people make one of the biggest decisions of their life. (I couldn't help a little plug here!) In fact, I love answering real estate questions!

In keeping with the autobiographical aspect of this space, I was born in Cortland, N.Y., went to high school in Syracuse, moved to Cleveland and went to

Ohio University and Ohio State. Married, husband no. 1 and I moved to Sacramento, California where we adopted two children and lived for 10 years. My third life began in Rochester as a single mom, met Dick (what a guy!), became an amateur actress, performed in ten plays, eventually getting into real estate. I dropped theatre as real estate was all encompassing.

I figure I'm in my fifth life, now, with my husband and partner of the past 33 years, Dick, also in real estate. (What a guy!) I love my work, volunteering at School 45 through the Jewish Coalition of Literacy Volunteers, exercising, meeting friends for lunch and Mended Hearts and visiting. It's a good life! I'll see you at the next meeting, or let's do lunch!

Thank you Marlene for sharing your experiences... your contribution 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

EXERCISE HELPS YOUR HEART EVEN IF YOU DON'T LOSE WEIGHT

Maybe you've been exercising some and pretty regularly, but the bathroom scale hasn't budged and your middle is still about the same size.

You have probably made an improvement in your cardiovascular health, and that could be even more important than your pants size.

Researchers at Harvard University and Brigham and Women's Hospital report that moderate amounts of exercise is associated with as much as a 41 percent reduction in cardiovascular risk. While their study was done entirely on

women, men can assume they have a similar benefit.

In various study subjects, Body Mass Index changes accounted for just 10 percent of the reduction. Blood biomarker improvements accounted for about one-third of the risk reduction, and blood pressure changes were accountable for 27 percent of the improvements. Reduced cholesterol accounts for a 20 percent improvement.

The benefits of regular moderate exercise outweigh what the scale will tell you. The researchers found that the more

study subjects exercised, the greater their cardiovascular health improved. The surprise was that cardiovascular risk dropped by 27 percent for those whose activity burned just 200 to 599 calories per week.

The risk was reduced by 32 percent for those who burned 600 to 1,499 calories per week, and 41 percent for those who worked off 1,500 calories a week.

Article from:
www.pagesmag.com
Page 8 - Health

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 necessary and no amount is indicated when the card is sent out.



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.

GET THE FACTS: PROTECT YOUR HEART FROM THE FLU

What is the flu?

Seasonal influenza, commonly known as “the flu,” is a contagious and potentially deadly infection that affects on average, five percent to 20 percent of the total U.S. population each flu season. In past years, flu and its complications have caused an average of 36,000 deaths (1990-1999) and more than 200,000 hospitalizations (1979-2001) annually. Most of these deaths occurred in people 65 years of age and older. The flu is easily passed from one person to another through the air by droplets released when an infected individual coughs or sneezes, but may also be spread by direct contact with influenza virus-contaminated surfaces.

How does the flu affect the heart?

Flu-related death is more common among individuals with heart disease than among patients with any other chronic medical condition. Persons with heart disease are at a high risk of complications from the flu. The American Heart Association (AHA) and American College of Cardiology (ACC) recommend that the more than 12 million persons in the United States with heart conditions get annual flu shots. However, according to recent CDC data, approximately 40 percent of adults living with heart disease did not receive a flu shot in 2007. Mended Hearts

joins the AHA and ACC in urging people living with heart disease to get a flu shot each and every year.

Did you know?

- The flu can exacerbate heart disease conditions and can lead to conditions like viral or bacterial pneumonia that cause complications of heart disease.

- Flu vaccination can save lives: the American Heart Association and the American College of Cardiology have said that flu vaccination is as important as controlling cholesterol in preventing heart attacks and strokes.

- It has been estimated that flu vaccination could help prevent thousands of deaths from heart attacks and strokes each year.

- The Centers for Disease Control and Prevention (CDC) recommends vaccination of household contacts and caregivers of persons at high risk of severe complications of flu (e.g., persons with heart disease).

- People with severe allergies to chicken eggs or who have had severe reaction (including Guillain-Barré syndrome) to flu vaccination in the past should not be vaccinated.

Can the flu be prevented?

According to the CDC, annual flu vaccination is the best way to help prevent influenza infection and its complications.

This information is compliments of:



The Mended Hearts, Inc.



www.theheartflushots.com

SAVE THE DATES

Tuesday, September 29th Flu Shot, Health & Wellness Fair @ Rivers Run, 12-4pm., 50 Fairwood Drive Rochester NY 14623. Call for more information, 585-292-5440 or visit www.riversrunliving.com

Sunday, October 4th Making Strides Against Breast Cancer@ Frontier Field. Registration begins at 9:00 am. Walk Begins at 10:00 am. For more information or to request your "walking papers" call Jean @ 288-1951 ext. 101

Thursday, October 15th - Jim Alesi, Family Health and Fitness Fair - Upstate New York

MONEY AND PERSONAL FINANCE

For 2010, no Social Security cost-of-living increases

For the first time in 35 years, the Congressional Budget Office estimates that older Americans will receive no cost-of-living increases in their Social Security checks for 2010.

Under a "hold harmless" provision of federal law, basic premiums for Medicare Part B cannot rise higher than any year's COLA. So a zero cost-of-living increase means that the basic premium of \$96.40 will not change. Part B covers doctor visits and outpatient services.

The protection does not apply to beneficiaries who do not have Part B premiums withheld from their Social Security checks, pay a higher amount based on higher income, or are newly enrolled in Part B. Their price for Part B will rise unless Congress makes changes before the end of 2009.

Fake winnings, dead debts, false bills: How to recognize scams

A few days after the funeral, a "collection agency" calls and says your deceased mother or dad owed \$500 and it's up to you to pay the bill.

This scam takes advantage of people who are still in grief. Elderly people are often targeted. When threatened with legal action, they may rush to settle. Another goal of the con artist is to obtain bank account and Social Security numbers.

Unless you are a cosigner, you are not responsible for the deceased's debt and you should not pay, whether or not it's a legitimate bill.

Police say con artists are ramping up their old false winnings game. In difficult times, people are eager to win at something. Some will send thousands of dollars to "pay taxes in advance" to receive lottery winnings. After getting the money, the con man disappears.

One type of improper "bill collection" may be initiated by legitimate companies. It involves accounts that are settled for one reason or another. But five or six years later, the company sells a list of old debts to a collection agency for pennies on the dollar.

In one case, a cardholder's brother asked to borrow his card so he could use it "just to check into a hotel." The brother charged \$3,000, moved to another city and couldn't be found. The card company settled for \$1,500.

Six years later, a collection agency came after the former cardholder for the balance. In spite of the threats, he insisted the account was settled. He never heard from the collector again.

Other cases involve smaller amounts of money. A collector called to say a woman owed \$55 in bank charges on an account that had been closed for several years. He said he could ruin her credit by reporting that she had a bounced check and never paid for it, which wasn't true.

Though some people would be bullied into sending money, this woman was not.

The AARP Foundation offers advice about fraud. Call 1-800-646-2283 for information.

Program saves 40 percent on the cost of a student loan

Before this year, college students didn't have to make a payment on Sallie Mae education loans until after they graduated. The problem with that arrangement is that

the loan balance didn't stand still. The amount owed was increased by interest charges added to the balance each month.

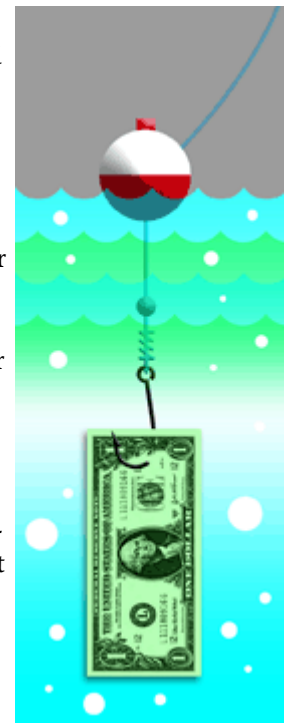
Under that arrangement, a \$17,000 loan plus interest made in the first two years of college would have been repaid over 15 years after graduation at \$250 a month. The total cost would be about \$45,000.

Now, Sallie Mae, the nation's largest private student lender, has changed its program. The student must pay the interest while still in school.

The borrower would pay \$40 a month in the first semester of the freshman year. By the second semester of the sophomore year, the interest payment on the entire \$17,000 loan would be \$160 a month.

Once out of school, the student would owe only \$17,000. It would be paid off over the next six years at \$328 a month. The total cost of the loan under the new terms would be \$28,000 rather than \$45,000 under the previous plan.

Some authorities worry that the additional cost to parents, who would probably make the interest payments, would put the loan out of reach for some families.



HEALTHY EATING : TIPS FOR A HEALTHY DIET AND BETTER NUTRITION

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible – all which can be achieved by learning some nutrition basics and incorporating them in a way that works for you.

Choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer, and diabetes. Expand your range of healthy choices to include a wide variety of delicious foods. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.

Healthy Eating: Strategies for a healthy diet

Here are some tips for how to choose foods that improve your health and avoid foods that raise your risk for illnesses while creating a diet plan that works for you.

Eat enough calories but not too many. Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

Eat a wide variety of foods. Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.

Keep portions moderate, especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a

dish with a friend, and don't order super-sized anything.

Eat plenty of fruits, vegetables, grains, and legumes—foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of cholesterol. Try to get fresh, local produce

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.

Limit sugary foods, salt, and refined-grain products. Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds. See suggestions below for limiting salt and substituting whole grains for refined grains.

Don't be the food police. You can enjoy your favorite sweets and fried foods in moderation, as long as they are an occasional part of your overall healthy diet. Food is a great source of pleasure, and pleasure is good for the heart – even if those French fries aren't!

Get moving. A healthy diet improves your energy and feelings of well-being while reducing your risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.

One step at a time. Establishing new food habits is much easier if you focus on and take action on one food group or food fact at a time

Eating Smart: A key step towards healthy eating

Healthy eating begins with learning how to “eat smart”. It's not just *what* you eat, but *how* you eat. Paying attention to what you eat and choosing foods that are both nourishing and enjoyable helps support an overall healthy diet.

Take time to chew your food: Chew your food slowly, savoring every bite.

We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of what is in our mouths. Reconnect with the joy of eating.

Avoid stress while eating: When we are stressed, our digestion can be compromised, causing problems like colitis and heartburn. Avoid eating while working, driving, arguing, or watching TV (especially disturbing programs or the news). Try taking some deep breaths prior to beginning your meal, or light candles and play soothing music to create a relaxing atmosphere.

Listen to your body: Ask yourself if you are really hungry. You may really be thirsty, so try drinking a glass of water first. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly. Eating just enough to satisfy your hunger will help you remain alert, relaxed and feeling your best, rather than stuffing yourself into a “food coma”!

Eat early, eat often: Starting your day with a healthy breakfast can jumpstart your metabolism, and eating the majority of your daily caloric allotment early in the day gives your body time to work those calories off. Also, eating small, healthy meals throughout the day, rather than the standard three large meals, can help keep your metabolism going and ward off snack attacks.

This articles comes from:
http://helpguide.org/life/healthy_eating_diet.htm



CHILLED STRAWBERRY SOUP

1 c apple juice
 1 c water
 2/3 c sugar
 1/2 tsp cinnamon
 1/8 tsp cloves
 2 c fresh strawberries
 2 8 oz cartons strawberry yogurt
 2 drops red food coloring, optional
 additional strawberry halves, optional



In a saucepan, combine apple juice, 3/4 c water, sugar, cinnamon & cloves. Bring to a boil over medium heat. Cool. Place strawberries and remaining water in a blender or food processor. Cover and process till smooth. Pour into a large bowl. Mix in the chilled apple juice mixture, yogurt and food coloring, if desired. Cover and refrigerate until well chilled. Chill bowls. Garnish with additional strawberries, if desired.

For the picnic, she adjusted the recipe to make it a little less sweet. She made 1 & 1/2 times the recipe. She used 1 carton of strawberry yogurt and 1 carton of plain and 4 c of frozen unsweetened strawberries.

ANGELIC BERRY TRIFLE

Ingredients

1 (3.4-ounce) package vanilla instant pudding mix
 2 cups plus 2 tablespoons 1% low-fat milk, divided
 1/4 cup (2 ounces) 1/3-less-fat cream cheese
 2 (16-ounce) packages frozen mixed berries, thawed
 3 tablespoons sugar
 1/3 cup whipping cream
 8 ounces angel food cake, cut in 1/3-inch-thick slices
 1/2 cup sliced almonds, divided

Preparation

1. Make the pudding according to package directions, using 2 cups low-fat milk. Refrigerate until ready to assemble trifle.
2. Place remaining 2 tablespoons milk and cream cheese in a bowl, and beat with a mixer at high speed until smooth. Refrigerate until ready to assemble trifle.
3. Toss berries with sugar; set aside.
4. Place cream in a bowl, and beat with cold beaters on high speed until stiff peaks form; refrigerate.
5. Place half the berries on the bottom of a straight-sided 2- or 3-quart clear dish. Top the berries with half the angel food cake slices, overlapping slightly.
6. Stir the pudding and cream cheese mixtures together, and gently fold in whipped cream. Pour 2 cups pudding mixture over cake, and top with 1/4 cup almonds. Use the remaining cake to form another layer, and top it with the remaining berries. Pour the remaining pudding mixture over the berries, and sprinkle with remaining 1/4 cup almonds. Refrigerate at least 1 hour, or up to 8 hours.



10 BEST FOODS FOR YOUR HEART

1. Oatmeal

Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, and potassium. This fiber-rich superfood can lower levels of LDL (or bad) cholesterol and help keep arteries clear.

Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.

2. Salmon

Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Aim for two servings per week, which may reduce your risk of dying of a heart attack by up to one-third.

"Salmon contains the carotenoid astaxanthin, which is a very powerful antioxidant," says cardiologist Stephen T. Sinatra, MD, the author of *Lower Your Blood Pressure In Eight Weeks*. But be sure to choose wild salmon over farm-raised fish, which can be packed with insecticides, pesticides, and heavy metals.

Not a fan of salmon? Other oily fish like mackerel, tuna, herring, and sardines will give your heart the same boost.

3. Avocado

Add a bit of avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body.

"Avocados are awesome," says Dr. Sinatra. "They allow for the absorption of other carotenoids—especially beta-carotene and lycopene—which are essential for heart health."

4. Olive oil

Full of monounsaturated fats, olive oil lowers bad LDL cholesterol and reduces your risk of developing heart disease.

Results from the Seven Countries Study, which looked at cardiovascular disease incidences across the globe, showed that while men in Crete had a predisposition for high cholesterol levels, relatively few died of heart disease because their diet focused on heart-healthy fats found in olive oil. Look for extra-virgin or virgin varieties—they're the least processed—and use them instead of butter when cooking.

5. Nuts

Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet, says Dr. Sinatra. "And like olive oil, they are a great source of healthy fat."

6. Berries

Blueberries, raspberries, strawberries—whatever berry you like best—are full of anti-inflammatories, which reduce your risk of heart disease and cancer.

"Blackberries and blueberries are especially great," says Sinatra. "But all berries are great for your vascular health."

7. Legumes

Fill up on fiber with lentils, chickpeas, and black and kidney beans. They're packed with omega-3 fatty acids, calcium, and soluble fiber.

8. Spinach

Spinach can help keep your ticker in top shape thanks to its stores of lutein, folate, potassium, and fiber.

But upping your servings of any veggies is sure to give your heart a boost. The Physicians' Health Study examined

more than 15,000 men without heart disease for a period of 12 years. Those who ate at least two-and-a-half servings of vegetables each day cut their risk of heart disease by about 25%, compared with those who didn't eat the veggies. Each additional serving reduced risk by another 17%.

9. Flaxseed

Full of fiber and omega-3 and omega-6 fatty acids, a little sprinkling of flaxseed can go a long way for your heart. Top a bowl of oatmeal or whole-grain cereal with a smidgen of ground flaxseed for the ultimate heart-healthy breakfast.

10. Soy

Soy may lower cholesterol, and since it is low in saturated fat, it's still a great source of lean protein in a heart-healthy diet.

Look for natural sources of soy, like edamame, tempeh, or organic silken tofu. And soy milk is a great addition to a bowl of oatmeal or whole-grain cereal. But watch the amount of salt in your soy: some processed varieties like soy dogs can contain added sodium, which boosts blood pressure.

This article comes from:
www.health.com

Check out this website for recipes on all 10 foods recommended for a healthy heart.



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.



MENDEDED HEARTS OF ROCHESTER ACKNOWLEDGES THE GENEROUS SUPPORT OF:

<p style="text-align: center;">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 style="text-align: center;">Mended Hearts - Chapter 50 Wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings!</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">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>	<div style="text-align: center;">  </div> <div style="text-align: center; border: 2px solid black; padding: 5px; margin-top: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">HENRIETTA VOLUNTEER</p>  <p style="font-weight: bold; color: blue;">AMBULANCE SERVICE</p> </div>

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Mended Hearts

Chapter 50 - Rochester, NY

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