

Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heart Beat of Rochester"

www.mendedheartsrochester.org



NOVEMBER MEETING

Monday, November 16th 2009, 7:15 – 9:00PM

Wilfred Pigeon, Ph.D. will speak about Sleep: A Vital Nutrient for Well-Being". Dr. Pigeon is a clinical psychologist, an Assistant Professor of Psychiatry, and Director of the Sleep & Neurophysiology Research Laboratory at the University of Rochester Medical Center, as well as a Clinical Researcher at the VA Center of Excellence in Canandaigua, NY. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta, NY.

DECEMBER MEETING

Monday December 14th 2009

Holiday Party

Cash Bar @ 6:15pm

RSVP by: December 1st to Jackie Joyal

Cost: \$22.00 per person (members)

25.00 per person (non-members)



More information on page 8. Please be sure to fill out the form on page 8 and return by December 1st to Jackie Joyal. Thank you!



*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, November 12, 2009 7:00 – 9:00PM

Lisa Guile Kotyra, RN, MS, ACNP, Coordinator for The Heart Transplantation Program at the University of Rochester Medical Center, will speak on "Update Topics in Cardiology from the Front Line". The meeting will be held in the RG&E Family Room, (In the M.M. Ewing Continuing Care Center), Thompson Health, 350 Parrish Street, Canandaigua, NY

Thursday, December 10, 2009, 7:00 – 9:00PM

Nancy Stanton Multer, MS, Education Consultant, will speak on "Stress and Neuro Gender Differences". The meeting will be held in the RG&E Family Room (In the M.M. Ewing Continuing Care Center) Thompson Health, 350 Parrish Street, Canandaigua, NY

VISITING CHAIRMAN'S REPORT

On October 13th and 15th, we had a very successful accreditation seminar at Strong Hospital, and we now have 4 new hospital visitors ready to complete their hospital volunteer requirements. Congratulations to Cathy and Joe Buggie, Larry Feldman (our ARD) and to Peter Maushart. Peter had been a long-time visitor at SMH but due to work requirements, he had to forego his visiting time. Welcome back, Peter!

Our year to date visiting totals have fallen behind last year at this time, but, hopefully, we'll catch up by the end of the year.

Both Rochester General and Strong Memorial are requiring that all of their volunteers have a regular flu shot to maintain

patient contact. I had mine at the Alessi Health Fair and I know that RGH is offering free shots for their volunteers on an almost daily basis. I presume that SMH is doing something similar.

I would like to emphasize the need for proper hand washing for our visitor members. It is necessary for all visitors to either wash their hands with soap and water or use the alcohol-based hand cleaners that are readily available at each of our 2 hospitals. **DON'T GIVE IT, DON'T GET IT, DON'T TAKE IT HOME.**

Harvey Steron
Chapter #50 Visiting
Chairman



HUMOR

Some neighbors of my grandparents' gave them a pumpkin pie as a holiday gift. As lovely as the gesture was, it was clear from the first bite that the pie tasted bad. It was so inedible that my grandmother had to throw it away. Ever gracious and tactful, she still felt obliged to send the neighbors a note. It read "Thank you very much for the pumpkin pie. Something like that doesn't last very long in our house."

I was feeling pretty creaky after hearing the TV reporter say, "To contact me, go to my Facebook page, follow me on Twitter, or try me the old-fashioned way-e-mail."

MENDIVERSARIES

NOVEMBER

Richard Buxton

Charles Gelsomino, Jr.

Paul Millhausen

Thomas O'Gorman

James Williams



DECEMBER

Robert Beeler

James J. Nelson

Frank Fantanza

Dominic Rotolo

James Fralick

Judi Tellier

Mildred Frank

Justine Wilder

Robert Kelly

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!

Anne Korenstein

Judi Tellier

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, I'll start with a correction: In my last column I said the Mended Hearts National conference was in Tampa, but it was actually in Orlando – Duh! And I wasn't sure if you knew that Marlene's (she wrote the Member Spotlight column) last name is Adams.

Thank you to Harvey Steron who just had a volunteer accreditation. We will have four more volunteers. Thank you to Larry Feldman (my honey) for accepting the job of Assistant Regional Director. We know he will be a wonderful addition to the National organization and the chapters in upstate New York and Sudbury Canada.

We've been busy with lots of Mended Hearts stuff. Our September meeting was very interesting, as it highlighted changes in surgical procedures and devices used to treat us, including replacing valves through minimally invasive surgery and downsizing of pacemakers and defibrillators. We were able to see and hold these devices and were shown differences between the old and new ones and also learned about EMTs and their role in our hospital experience. We wish to thank the whole team: Dr. Peter Knight Associate Professor, Cardiac Surgery, Anna Lambert, RN MS CCRN Associate Director of Cardiovascular Nursing, William Hallinan, RN MS, Mechanical Circulatory Support Program Coordinator, Patricia Haak, RN NP- Nurse Practitioner Cardiac Surgery, and Kara SugarDeFelice, RN- OR Nurse Cardiac Surgery.

We've been to several Health Fairs

giving information courtesy of Mended Hearts, Inc., the American Heart Association and Chapter 50. Thanks to Cathy and Joe Buggie, Larry Feldman, Ann Quinlan, Cheri Steron and Sue Taney for helping us with our booths. Marlene Adams and I went to the Strong Cardiac Rehab Facility in Clinton Crossings, to introduce the people attending cardiac rehab to Mended Hearts. We will be contacting the other cardiac rehabs in Rochester to see if we might be able to set up at their facilities too. Health Fairs are fun. There is so much to see and learn: from all the printed materials to choose, the free pens, snack bag clips, pads of paper, candy and other freebies the vendors use to entice us to their booths, you can really fill up a bag quickly. One thing I've sworn off of is the testing. From blood pressure, cholesterol, hearing, blood sugar, to name a few – I've tried them all (except for the carotid artery screening) and flunked them all. This year I tried the BMI (Body Mass Index) hand held test that measures the fat content of your body. I failed that one too. The device shows two numbers. The bottom number takes your height, weight and age and comes up with a body fat percentage. I was in the high normal range with a 23.5% total body fat. For the top number, the machine sends a teensy electric charge through your entire body to show your actual body fat. According to that I am 41.2 % fat. Now, I've watched the Dr. Oz show and seen women twice my weight whose body fat was similar to what my BMI "supposedly" is. I'll be the first to admit that I need to lose 10 lbs to get rid of the fat around my waist, but that machine can't be right, can it?

It's with a heavy heart that we must

tell you about the death of four wonderful members. Cliff and Hazel Squier, who were tireless volunteers for Mended Hearts, passed away within a few months of each other recently. Cliff was a past president of our chapter; and he and Hazel were the Strong visiting coordinators as well as serving on our Board. They will be greatly missed. We recently learned that Jack Kessler and Beverly Turk have also died. We send our heartfelt condolences to their families.

Hope to see you in November to hear Wil Pigeon speak about how our sleep can lead to better health. In December we will have our Holiday Party at the Burgundy Basin Inn. Please note that the party will be on the 2nd Monday in December. If you need a ride to any of our functions, please get in touch with one of your Board members and they will do their best to get you a ride.

Until I see you, have a wonderful Veterans Day. To all our Veterans thank you for keeping us safe and able to enjoy the lives we are leading. Also have a great Thanksgiving, Hanukkah, Christmas and Kwanzaa.

Sharon



A MOMENT OF SILENCE . . .

Remembrance of passed Mended Hearts Members:

Hazel Squier (Ash)

East Rochester: August 31, 2009, at the age of 82 years. Predeceased by a daughter, Judith and a brother, Gordon Ash. She is survived by her husband, Clifford; children, James Squier & Janice (Michael) Mandrino; grandchildren, Ashley, Chelsea & Anthony Mandrino; the Ronald Fenby family; many nieces & nephews and 2 sisters-in-law, Peg Squier & Beryl Ash.

In lieu of flowers, please consider a contribution in Hazel's memory to The American Lung Association or the Memorial Fund of The Episcopal Church of the Incarnation.

Clifford W. Squier

East Rochester: October 6, 2009, at the

age of 81 years. Predeceased by his wife, Hazel and a daughter, Judith. He is survived by his children, James Squier & Janice (Michael) Mandrino; grandchildren, Ashley, Chelsea & Anthony Mandrino; 2 sisters-in-law, Peg Squier & Beryl Ash; the Ronald Fenby family; many nieces & nephews. Clifford was a US Army Veteran of WWII. He was retired from Lawyers Co-operative Publishing, where he worked for many years.

In lieu of flowers, please consider a contribution in Clifford's memory to the American Diabetes Association 595 Blossom Rd., Rochester, NY 14610 or the Memorial Fund of The Episcopal Church of the Incarnation.

Jack L. Kessler

Rochester: On September 21, 2008 at age 93. He is predeceased by his beloved wife, Belle; brothers, Ben and Abe

Kessler. He is survived by his sons, Richard (Andrea) Kessler, Warren "Skip" (Joan) Kessler, Michael Kessler, Robert Kessler; grandchildren, Sean, Shannon, Marc & Eric Kessler; brother, Irv L. Kessler; many nieces, nephews, cousins, and dear friends.

Jack was a retired new car automobile dealer, former president of the Rochester Automobile Dealer's Assn. (RADA) and enjoyed a real estate sales partnership with his wife, Belle, for many years. Jack's family would like to extend a special thanks to the caregivers and staff at the Jewish Home of Rochester.

Those who wish, may make contributions to the Jewish Home Foundation or Temple Beth David Marsha Fishman Fund in his memory.

Beverly J. Turk

Webster: Monday, January 12, 2009, at age 77 surrounded by her loving family. Predeceased by her husband, Robert and sister, Phyllis Zimmermann. She is survived by her children, William, Nancy Messmer, John (Sue) and Richard (Fran); grandchildren, Robert, Austin, Trevor and Jackson; sister, Florence (Ronald) Galloway; extended family and friends. Beverly was a 35-year employee of the Country Club of Rochester.

In lieu of flowers donations may be made to the American Heart Assoc.

May they always live on in our hearts.

STUDIES SHOW MOBILE PHONE HAZARDS



Only 2 percent of people are able to safely multitask while driving

Texting and dialing create more danger on the road than any cellphone-related activity.

The National Highway Traffic Safety Administration, however, says using the cellphone at all is a serious safety hazard on the road.

The Senate is considering a bill that would require all states to ban texting while driving; 17 states and the District of Columbia have already passed a ban. Seven states have outlawed driver use of hand-held communication devices altogether. (A 2008 nationwide survey showed that only 63 percent of phone users say they would obey such laws.)

There is no way to know how many

accidents are cellphone-related but David Strayer, a professor at the University of Utah, estimates that only 2 percent of drivers can safely multitask while driving. They are the same people who would make good fighter pilots.

In his studies, people who were legally drunk had fewer crashes when they were sober and talking on a phone.

Some authorities believe that hands-free technology makes mobile phones safer. But talking to someone on the phone is different from talking to a passenger. The passenger helps the driver observe dangers on the road. Often in Strayer's studies, the passenger stopped or started talking according to roadway conditions.

At Johns Hopkins University, scientists have discovered that when people direct their attention to sound, the visual capacity of their brain decreases.

Article from:
www.pagesmag.com
Page 7 - Safety

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 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.

Why is it important for those living with heart disease to get vaccinated against the flu? How does the flu affect people with heart disease?

People living with heart disease are at high risk for serious and potentially life-threatening complications from the flu, such as viral or bacterial pneumonia that cause flare-ups of heart disease. Flu-related death is more common among individuals with heart disease than among patients with any other chronic medical condition. 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.

How many heart patients typically get vaccinated against the flu each year?

According to recent CDC data, approximately 40 percent of adults living with heart disease did not receive an annual flu shot in 2007. Mended Hearts, as the nation’s largest community-based heart patient support organization, is uniquely positioned to help improve this percentage through educational initiatives, such as I Heart Flu Shots™.

Should people who come in contact with, or take care of those living with heart disease get vaccinated against the flu?

It is important for people who are caretakers of those living with heart disease to protect themselves from seasonal flu by being vaccinated annually against the virus so that they do not spread it.

Can the flu be prevented?

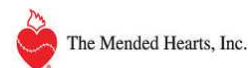
According to the Centers for Disease Control and Prevention, annual flu vaccination is the best way to help prevent influenza infection and its compli-

cations.

How can people with heart disease protect themselves against the H1N1 virus (swine flu)?

The focus of the I Heart Flu Shots™ program is on seasonal flu, which is a contagious and potentially deadly infection, affecting thousands of people each year. For questions related to the H1N1 virus, please refer to the U.S. Centers for Disease Control and Prevention at www.CDC.gov.

Information compliments of:



DONATIONS TO CHAPTER 50

Larry & Sharon Feldman made a donation in memory of Cliff & Hazel Squier, Jack Kessler and Beverly Turk.

If you would like to make a donation, please read “Chapter 50 Card” section at top of page 6 to find out how.

Thank you for your contributions. Every donation is appreciated no matter the size!

TEN WAYS TO REDEFINE YOURSELF FOR RETIREMENT

Shifting Gears to Successful Retirement

By Cynthia Barnett

If you're like most folks, you have your doubts about retiring. On one hand you may be elated. On the other hand, you may be a bit frustrated because you have no idea what the future entails. We'll, we're here to tell you that shifting gears from a working professional to a successful retiree can be easy. In fact, we consider it like simply shifting gears to a different lifestyle and being open to redefining yourselves. It is not about giving up. It is about undergoing a career transformation, maintaining your professional and personal identity and taking control of your life. It is about being productive, not losing touch with that inner you that makes you special.

In this article, we'll discuss ten proven ways that you can use to redefine yourself and transition into the initial phase of retirement. These ten tips will help you adapt positively to your post-retirement years and are as follows:

1. Partial disengagement – In order to transition smoothly, you must partially disengage yourself from your full time working life. This isn't to say that you must go cold turkey. Instead, you have to develop a different mindset that retirement, although a time for change, is a period of new growth and a time for self fulfillment. At this point, many go from full time to part time and some go from full time to no work at all. Trust your instincts and go with what you feel works for you.

2. Changing our image – You must change your internal image about what your career means. After all, don't focus on 'What am I to do now that I'm retired?' instead think "What will I become once I'm refocused and retired?" Therefore, you have to change

your perception and realize that you can succeed as a retiree if you believe that you can.

3. Appreciating ourselves – Remember that you're a unique individual and you need to celebrate this fact, every single day! Your personal worth is far beyond the work you did in the past. You have so much to give and contribute to the world and retirement is the perfect time to let your "inner light shine" and let this light shine as far as you can see.

4. Staying connected – You should be committed to interacting with people with whom you have a common interest. Finding such people can be done by improving your social life to include more people, places and things. Make it a point to get to know people with similar interests as yours. Join clubs and groups, participate in activities, and have a great time.

5. Remain active – Do not think of retirement as only a period of rest and relaxation. Times have changed, and so has the concept of retirement. Being inactive is "OK" if this is all that you want to do. This is about you. Some people take a period of a few months to a year to just cool out and relax before moving on into a more active life. Whether you decide to be "active" or "inactive" and how long, it is totally up to you. You know yourself better than anyone else and you must do whatever makes you happy.

6. Consider your options– Consider your many available options. Whether you 'ease' into retirement, take a course at a college, or work some part time job or pursue a volunteer position, do what you want to do and let no one tell you what you need to do while in retirement. This is your personal time and you are in control of your life.

7. Increase our knowledge – There is no end to educating yourselves. As long as you've got breath in your body, you should increase your knowledge base. After all, learning is a lifelong process and there are

many things that you can do to increase your knowledge and in the process share your knowledge with others. For instance, you can learn computers. You can learn how they operate, how to fix them, and many other things. The possibilities are endless.

8. Explore Your Dreams - Retirement is a perfect time to fulfill your dreams, especially now that you have some time to devote primarily to your needs. Take some time and really think about what you want to accomplish in life and then make those dreams a reality!

9. Join a Cause – Retirement does not mean that you are worthless. To derive a feeling of self worth and fulfillment, commit yourself to a worthy cause that you truly believe in. For instance, you might chose to help people become aware of the devastation of HIV or breast cancer.

10. Maintaining youthful attitude - Retirement from a job does not mean that you give up everything and retire to 'watering plants'. Just because you are so does not mean you have to act your age! It is the attitude that counts.

Redefining yourself after retirement is not as difficult as you might imagine. By maintaining a youthful attitude, joining a cause, exploring your dreams, increasing your knowledge, considering your options, remaining active, staying connected, appreciating ourselves, changing your image and partially disengaging from work force, you can redefine yourself.

Article from: Senior Daily Living
10/7/09

www.seniordailyliving.com

MAY YOUR STUFFING BE BETTER THAN A "FARCE"

Stuffing, or the mixture that is known as dressing today, was first called forcemeat, or farce. It was a meat concoction much like modern sausage and first appeared in cooking in the 1530s.

In the theater at that time, a farce was a light skit between acts of a serious play, one "stuffed between" or just "stuffing."

The upper classes of the 1880s

sought a more elegant cooking term and it became known as a dressing, served with, but not stuffed into, a bird's cavity.

Later, stuffing often included food plentiful in various locales such as pecans and fruits in the Old South or potatoes and apples in Germanic areas.

The key to a good oyster dressing is using just the right amount of the sometimes-pungent mollusks so the flavor doesn't overpower the recipe.



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

STILL MUCH TO BE THANKFUL FOR ON THIS THANKSGIVING DAY

As we slice the turkey at our Thanksgiving table, we should count the blessings we take for granted. Though the past year has been challenging for many, we are far better off than many in American history have been.

We know the early Pilgrims were near starvation before their harvest Thanksgiving Day in 1621. The day went on to become a harvest celebration declared by governors of each colony or state. As New Englanders moved west in the 18th century, they took the holiday with them. Many people traveled to their original homes to celebrate it.

Some were not so lucky. During the gold rush in California, miners far from home observed the day in 1850. Alfred T. Jackson of Connecticut described their Thanksgiving Day: "Although there was nothing to show it, we observed Thursday as Thanksgiving, as that was the day in the States. All we did was to lay off and eat quail stew and dried apple pie. I thought a lot about the old folks and would like to have been home with them, and I guess I will be next year."

In 1863, following the battle of Gettysburg, President Lincoln declared the last Thursday in November to be

Thanksgiving Day. To add a healing note, "The President's Hymn" was composed and was sung across the nation. "Give thanks all ye people, give thanks to the Lord; Alleluias of freedom with joyful accord: Let the East and the West, North and South roll along, Sea, mountain and prairie, One thanksgiving song."

With these memories, we give thanks for our families, our friends and a day of feasting and football.

Happy Thanksgiving to all!

From: Mended Hearts, Chapter 50



Mended Hearts 2009 Annual Holiday Party

Jackie (Social Coordinator),

We are pleased to inform you that we will be coming to the Annual Holiday Party. Please count us in for _____.

Enclosed you find a check for the amount of \$ _____ & _____

_____ will be attending the festivities this year. See you at 6:15 for cocktail hour. We look forward to a fun filled evening!

Please make checks payable to:

Mended Hearts Chapter - 50

Mail to:

Jackie Joyal
65 Erie Drive

Fairport, NY 14450

Happy Holidays,

The _____

PLEASE FILL OUT FORM AND RETURN BEFORE DECEMBER 1ST

TRADITIONAL OYSTER STUFFING

8 cups bread crumbs or small pieces of dry bread
 1 cup celery
 1/2 cup chopped onion
 1/2 cup butter or margarine
 1 teaspoon sage
 1 cup chicken broth
 2 eggs
 1/2 pint fresh or canned oysters
 Salt and pepper to taste



In a saucepan, cook celery and onion in margarine or butter until tender but not brown. Remove from heat. Stir in sage and several dashes of salt and pepper.

Place bread cubes in a bowl and add the onion and celery mixture.

Whisk the eggs into the chicken broth and drizzle the liquid over the bread crumbs. Drain liquid from the oysters and thoroughly stir the oysters into the bread mixture. The dressing can be stuffed into the cavity of the chicken or turkey or placed around it in a large baking pan or roaster.

Cook until the bird is done and the top of the dressing in the pan is brown and crisp. If the bird needs to be baked longer, periodically baste the dressing with chicken broth or water to keep it from becoming too dry.

CROCKPOT TURKEY BREAST

2 onions, chopped
 3 stalks celery, chopped
 1 lb. baby carrots
 1 Tbsp. chopped garlic
 4-6 lb. turkey breast, cut in half, thawed
 1 tsp. dried thyme leaves
 14 oz. can low sodium chicken broth
 1/2 cup white wine or water
 1/2 tsp. poultry seasoning
 1/8 tsp. Pepper



Spray a 3-4 quart crockpot with nonstick cooking spray. Place the onions, celery, carrots, and garlic on the bottom of the slow cooker. Put the turkey breast halves on top of the vegetables. Combine the thyme, chicken broth, wine or water, poultry seasoning, and pepper and pour over the turkey breast.

Cover crockpot and cook on low for 5-7 hours or until turkey is tender and meat thermometer registers 170 degrees. 8-10 servings

MASTER YOUR MEDS

We are fortunate for the advances in western medicine. It seems like there is a medication for every possible ailment threatening senior citizens. Prescription and over-the-counter drugs can treat diseases, minimize symptoms, and contribute to a longer, healthier life.

However, medication cannot be "taken lightly", and is a more complicated issue than just swallowing pills. Making sure your medication is being used the correct way, playing an active part in the decision making about your treatment, and following your prescription plan just as your doctor prescribed it will help you avoid many of the side effects and complications that can happen from using your medication in the wrong way.

Your Body is Your Own

Take an active stance in your own treatment. Ask questions of your doctor and express your concerns. Jot down notes to bring to the doctors office so you can formulate all your questions ahead of time. Don't worry about being a nuisance. If it's helpful, have a friend or family member come along with you to encourage you to be open and honest about your concerns and problems. Ask these key

ELECTION DAY

November 3, 2009

General Election Day is Tuesday, November 3 in 2009.

This year, there will be many state and local government elections, though no congressional and senate seats are being filled. That only happens in even-numbered years.

Years when no national candidates are on the tickets may draw fewer voters. That, however, is an odd situation because state and local offi-

questions when your doctor suggests a new medication:

1. What are the benefits and risks of the medication?
2. How often will the effects of the medication be checked by you or your doctor? Meaning, how often do we follow-up to see if the meds are having the desired effect?
3. Will this new medication have any adverse interaction with the current meds you are taking?

Tell your doctor what preferences you have in terms of medicines.

- Do you want a low dose?
- Low side-effects?
- Easy to swallow?

Tell your doctor about any allergies you have or any negative experiences with past medicines.

Tell your doctor about any other medicines being prescribed by another doctor.

Efficiency is Key

When prescribed a new medicine, ask these questions of your doctor or phar-

macist:

macist:

macist:

macist:

macist:



1. What's the name of the medication and what's its purpose?
2. How often and at what time of day do you take the medicine? How much, and for how long?
3. Are there any foods, beverages, other medicines, or activities that you need to avoid while on the medication?
4. What are the possible side-effects, and what should you do if they happen?
5. Will you get refills? If so, how often?
6. What happens if you miss a dose?
7. Is there a brochure or pamphlet you can take with you?

Give and Receive Feedback

When using your medication, keep your doctor informed on how it's working, how you're feeling, any problems you're having, and whether any new medicines have been added by another doctor. Ask your doctor for the results of all medical tests evaluating your progress on the drug.

By: Senior Daily Living 10/7/09

www.seniordailyliving.com

MALL WALKING

Did you know that there is a Mall Walking group at Eastview Mall? Judith Flamini, LPN, Lifestyle and Nutrition Specialist who works as an advisor for Phase 2 patients in Cardiac Rehab at Thompson Health in Canandaigua sets up a table near "Gloria Jean's Coffee Shop" the 2nd and 4th Tuesday of the month from 8:00 am - 9:30 am. If you'd like she will take your blood pressure and keep an ongoing record for you. It's free and open to anyone who wants to walk.

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:

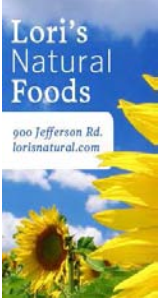


- Telephone Hospitality
- Visiting Communications/Publicity
- Newsletter Program
- Membership Historian

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.
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Chapter 50 - Rochester, NY

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