

# Mended Hearts, Inc.

## Greater Rochester Chapter 50

### “Heart Beat of Rochester”

[www.mendedheartsrochester.org](http://www.mendedheartsrochester.org)



#### JANUARY MEETING

**Monday Morning, January 18th @ 9:15am**

**CPR Training:** The program is tailored toward everyday citizens who want to make a difference by saving someone's life. Many people have avoided learning CPR because they don't want to perform mouth-to-mouth breathing on someone they don't know. The reality is that simply doing chest compressions on someone can often result in a much greater survivability rate for those in cardiac arrest. Therefore, mouth-to-mouth has been omitted from the Community CPR program. *This training is open to our extended family as well.*

Location:

Rivers Run

50 Fairwood Drive ( off of East River Rd. in between Lehigh and Bailey )

Class will be followed by a luncheon @ a cost of \$9.00 per person

Please RSVP by January 11th

Please send a check made out to Mended Hearts, Chapter 50

Mail to: Jackie Joyal at 65 Erie Dr. Fairport, NY 14450. Call 377-1247 for more information.

#### FEBRUARY MEETING

**Sunday, February 7th, 2009, 2:00 PM – 4:30 PM**

Ice Cream Social at the Jewish Community Center, 1200 Edgewood Ave. See Sharon's column for details. Let Sharon know if you'd like to attend.

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#### CANANDAIGUA MEETINGS

**Thursday, January 14, 2010, 7:00 – 9:00PM**

Randy Jacque, MPA, Director of Health and Tina Culver, BS, RN, CWPC, Family Health and Wellness Manager will speak on “Consumerism and Health Coaching (changing our behavior)”. 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, February 11, 2010, 7:00 – 9:00PM**

Jennifer Klein, PT, Assistant Coordinator, Healing Pathways, will speak on “Have Less Stress in 2010”. 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.



*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!*

### VISITING CHAIRMAN'S REPORT

Whew, how time flies! It seems like all of a sudden it's the end of the year already.

Chapter #50 has had a lot of successes in 2009, including in the area of our hospital visiting program. We haven't been able to keep pace with the number of total visits that we accomplished last year, but we're still visiting an average of 128 patients each month.

We've lost some visitors from our program and had illness curtail the efforts of still others. Nevertheless, all of our hospital visitors deserve a lot of praise for their efforts during the year. So, my heartfelt thanks and congratulations to Marlene Adams, Frank Angevine,

Gene Binder, Bob Brown, Sharon Feldman, Don Fisher, Bob Flaherty, Rollie Heimberger, Mac MacGonigle, Paul Millhausen, Chuck O'Connor, John Schmidt and Ron Wheat. Before they were taken from us Cliff and Hazel Squier were major contributors to our chapter's hospital visiting program.

We have some new visitors trained and ready to go, so here's hoping that in 2010 we'll be able to reach a record number of patients and their families.

I wish everyone who reads this a very Healthy and Happy New Year.

Harvey Steron

Chapter #50 Visiting Chairman

### TRIVIA ANSWERS PG. 8

Answers to "From the West"  
1-b, "Romeo and Juliet"  
2-a, Robert Conrad  
3-a, Taylor Swift  
4-c, Herbert Hoover  
5-b, Jay Gatsby  
6-a, Rudyard Kipling  
7-d, Cincinnati  
8-a, Oscar Robertson  
9-b, Burt Ward  
10-c, Anne Francis  
1209-272.txt 35 wds



### MEN DIVERSARIES

#### JANUARY

- |                   |                  |
|-------------------|------------------|
| Joseph Amato      | Richard Keily    |
| John Becker       | Marvin Korus     |
| Nicholas Borrelli | Joseph LeFrois   |
| Michael Bradley   | Gerald McGonigle |
| Richard Clarke    | Joan Moll        |
| Donald Fisher     | John Schmidt     |

Joseph Slisz

#### FEBRUARY

- |                  |                   |
|------------------|-------------------|
| Carrie Breitkopf | Charles Lentine   |
| Robert Flaherty  | Virginia Noxon    |
| Esther Herman    | Bernard Quinlan   |
| Robert Joyal     | Benjamin Ten Eyck |



### 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!*

**No New Members**

### 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



Happy and Healthy  
New Year Everyone!

Has anyone made any New Year's resolutions? I usually do not, but this year I did. I admit that I have a very bad time wasting addiction, playing three different solitaire games on the computer. There have been times that I played so long that my hand hurt (now we're talking a couple of hours straight). So, from now on I promise that I will only play until I have won three games of each solitaire. Now that I've made it public perhaps that will work.

As some of you may know I fell last month and was confined to the house for quite a few weeks with a compressed fracture of one of my vertebrae. During my couch potato period I had lots of thinking time. I will tell you about one of my thoughts. It has long been my desire, since the first Mended Hearts Conference I attended, to try to start a Mended Little Hearts chapter here in Rochester. You may be surprised to learn that Strong Memorial Hospital is the only hospital in all of upstate New York that has a pediatric cardiology surgical team; and there is only one pediatric surgeon on that team, Dr. George Alfieris. Children come here for their surgeries not only from Rochester, but also from Buffalo, Syracuse, and Binghamton, just to name a few. After speaking to Jodi Lemacks, Mended Little Hearts, National Program Coordinator, I found out that February 7th - 14th is Congenital Heart Defects Awareness month. Since we usually do not hold a meeting in February, your Board thought it would be a good time to hold an Ice

Cream Social with clowns and face painting for these children and their families. There is lots of planning and things to do and we need your help. We are going to plan it for February 7th with a snow date on the 14th. If you'd like to help us with the planning and/or the actual party for the children and their families call me or one of the Board members. Our numbers are on the back of the newsletter.

We are once again looking for a Newsletter Editor and also someone who can take over the duties of the upkeep of our website. As you know the newsletter only comes out five times a year and the website is updated with the monthly meeting information. If you've wanted to become active but didn't want to do hospital visiting and you can type then these jobs can be yours. Kelly would be very happy to show you how easy it is to put the newsletter together. She will be able to do the next newsletter too, so that leaves only three for the rest of the year. Kelly is more than happy to teach someone all the ins and outs of putting the newsletter together. She's leaving us because of increased demands of her job and her family. Don, our webmaster, has decided that he'd rather travel in his retirement than work at his computer!!! So please help your chapter out – your Board is good – but we need your help for these special projects.

Marlene Adams, our Sunshine Coordinator, has been going to exercise, ever since her heart surgery at the Clinton Crossings Rehab Facility, which is part of Strong. She recently was told that Phase 3 people would not be allowed to exercise there any longer (even though they pay on a per class basis, it was still a losing

monetary situation for the Rehab). She took action. Marlene and several other Phase 3 people made signs and picketed the facility. The Executives at Strong heard about them and requested a meeting. They held the meeting at the Rehab facility and over 100 participants in the Phase 3 program attended. Each side presented their arguments for and against, and in the end the Executives listened. Phase 3 people are still going to be allowed to go to the facility, but where once they could go at any time, now it is only between the hours of 7-8:30 am, 10:30 am-12:30pm or 2:00-4:00 pm. Their monthly fee of was increased slightly to \$120.

Don't forget about our CPR class set for our January meeting with a lunch at a local restaurant afterwards. If you've always wanted to learn how to do CPR now is your chance – and there's no fee.

Thanks to Harvey Steron for his Member Spotlight last month and please read Paul Millhausen's this month.

Happy Groundhog and Valentine Day. Hope to see you soon.

Sharon



## NATIONAL FAMILY CAREGIVERS ASSOCIATION

The National Family Caregivers Association (NFCA) was founded in 1993 by two family caregivers, one caring for her husband with MS and the other for her mom with Parkinson's disease. The friends realized they had many of the same questions and concerns despite the differences in the details of their situations, and so in founding NFCA created an organization that reaches across the life span, varying diagnoses, and relationships to address the common needs of all family caregivers. NFCA is the voice of family caregivers.

NFCA's mission statement: To empower family caregivers to act on behalf of themselves and their loved ones and to remove barriers to health and wellbeing.

Four messages for caregivers to live by:

1-Choose to take charge of your life.

We fall into caregiving often because of an unexpected event, but somewhere along the line you need to step back and consciously say, "I choose to take on this caregiving role." It goes a long way toward eliminating the feeling of being a victim.

2-Love, honor and value yourself.

Self care isn't a luxury. It is your right as a human being. Step back and recognize just how extraordinary you are, and remember your own good health is the very best present you can give your loved one.

3-Seek, accept and at times demand help.

Caregiving, especially at its most intense levels, is definitely more than a one person job. Asking for help is a sign of your strength and an acknowledgement of your abilities and your limitations.

4-Stand up and be counted.

Recognize that caregiving comes on top of being a parent, a child, a spouse. Honor your caregiving role and speak up for your well-deserved recognition and rights. Become your own advocate, both within your own immediate caregiving sphere and beyond.

You can find out more about NFCA and how to join the organization by going to their website at: [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) or telephone them at 800-896-3650.

## AMAZINGLY SIMPLE HOME REMEDIES

Thanks to Sudbury, Canada, Chapter 154 for the following smiles.

1. A mouse trap, placed on top of your alarm clock, will prevent you from rolling over and going back to sleep after you hit the snooze button.

2. If you have a bad cough, take a large dose of laxatives, then you will be afraid to cough.

3. Clumsy? Avoid cutting yourself while slicing vegetables by getting someone else to hold them while you chop away.

4. Avoid arguments with the Mrs. about lifting the toilet seat by simply using the sink.

5. For high blood pressure sufferers: simply cut yourself and bleed for a few minutes, thus reducing the pressure in your veins. Remember to use a timer.

6. Have a bad headache? Smash your thumb with a hammer and you will forget about the headache.

Sometimes we just need to remember what the rules of life really are. You only need two tools. WD40 and Duct tape. If it doesn't move and should, use the WD40. If it does move and shouldn't, use the duct tape.

Remember:

Everyone seems normal until you get to know them.

Never pass up an opportunity to go the bathroom.

If you woke up breathing, congratulations! You get another chance.

And finally, be really nice to your family and friends, you never know when you might need them to empty your bedpan.

## 2010 ROCHESTER HEART BALL

February 6th 2010

6:00pm - 12:00am

Rochester Plaza Hotel and Conference Center, 70 State Street, Rochester, NY 14614.

For more information please contact Steve Miller, corporate events director, at 585-697-6276 or [steven.miller@heart.org](mailto:steven.miller@heart.org).

Join us for the Rochester Heart Ball on February 6, 2010! The evening will include cocktails, dinner and dancing, as well as Live and Silent Auctions.

The 20th Rochester Heart Ball celebrates remarkable individual and institutional achievements in research and advocacy in our region.

Learn how you, your company or organization can become aligned with one of the premier charity events in the region, or find out more about volunteer opportunities. To learn about sponsorship, table and ticket sales, underwriting opportunities and much more, please contact Steve Miller, corporate events director, at 585-697-6276 or [steven.miller@heart.org](mailto:steven.miller@heart.org).

## MEMBER SPOTLIGHT - PAUL MILLHAUSEN



On July 4, 2007 I was at a family holiday gathering with family and friends. After we had finished eating, our family friend, whose house we were at, and my daughter, both of whom work at Strong invited me into the living room and asked if they could listen to my heart and check my BP. My daughter is a pediatric N.P. at URMC, and our friend is Coordinator for the Heart Transplantation Program, at URMC. There was not much conversation after their examination, but I guess they had some concerns, and the following morning my daughter called to say that she and her friend had made an appointment for me to see a cardiologist, and "would I please come up and talk with him," which I did.

When we left the house that day, I had a feeling that, even though I was not feeling poorly, I probably would not be coming home with my wife. I was right! After a very thorough examination, I was told that I would be staying for a few days. I stayed 5 days for a battery of tests examinations and unloading of about 20lbs. of fluid. One thing led to another, and in mid-November of 2007, I was scheduled for replacement of my Pulmonary Valve, with a repair of an aneurism in

the Pulmonary Artery, and a hole between the left and right side of the heart was patched.

I came home from the hospital the day before Thanksgiving. I know that without the support and love of my wife and children, I would likely not have recovered as fast and as completely as I did. Most of my exercise, at the urging of my wife was to walk in the house. It was just too cold and too much snow, to walk outside.

I called Thompson Health's Cardiac Rehab Unit in F.F. Thompson Hospital, in early January. Although I knew some of the nursing staff that worked in the unit, I was not aware of all the really great things that this group of very special nurses do for recovering heart patients. It's not all physical exercise, but also includes education regarding diet, prescription drugs, and other areas of interest to a recovering heart patient. I can honestly say that without their dedication to make the Thompson Health Cardiac Rehab unit the very best there is, their patients would not recover so fast and so well from such traumatic surgery.

I think that it was about the same time, that I learned The Mended Hearts of Rochester was starting a satellite group in Canandaigua that was being spon-

sored by the Thompson Health Cardiac Rehab Unit. Having been visited by a Rochester Mended Hearts member, as a post surgery patient in Strong, it made me feel that I had available to me, the support and help that my family and I might need, to get accustomed to a much different life style. I felt that I wanted to become a member of this organization, and perhaps someday I could make a positive difference with regards to someone's recovery in a similar situation. I went to the first Canandaigua Mended Hearts meeting, and I'm hooked. I've started the Visitor Accreditation program and intend to become a Mended Hearts Visitor at URMC.

This past March I had a Pulse Generator (pace maker) implanted, and I'm feeling great.

That's my story, and I'm sticking to it!!

Paul Millhausen

*Thank you Paul 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](mailto:kelly.joyal@gmail.com)

## THE SCIENCE OF SLEEP

Dr. Wilfred Pigeon's talk to us on November 16th was enjoyed by all attending. According to Dr. Pigeon sleep is a vital part of our life. Poor sleep is associated with negative outcomes. Your immune system can be compromised and high blood pressure can result from poor sleep habits.

Sleep is regulated by exposure to sunlight which resets our body clock. With sleep deprivation, comes impaired performance. Sleep deprivation over a 24 hour period is like having a six pack.

Sleep apnea is a cessation of breathing. Your airway collapses, and you snore. It can be related to weight gain. Over time a person with sleep apnea may develop hypertension and it will put a strain on your cardiovascular system. There are several treatment options available which include: losing weight, surgery and wearing a breathing assist device while you sleep (called CPAP - continuous positive airway pressure device)

Circadian Disorders can be caused by jet lag and shift work. Adolescents can have

disrupted sleep rhythms. Women's insomnia increases as they get older, especially after menopause. Some treatment options include: no alcohol or caffeine, melatonin, avoid napping, avoid vigorous exercise too close to bedtime, avoid large meals and excessive fluids before bedtime, use a light box and take medications prescribed by your doctor.

Thank you to Marlene Adams for the report.

## 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.

## CLEAN HANDS SAVE LIVES!

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

When should you wash your hands?

- Before preparing or eating food

- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- \* Apply product to the palm of one hand
- \* Rub hands together
- \* Rub the product over all surfaces of hands and fingers until hands are dry.

This information comes from the CDC Website: [www.cdc.gov](http://www.cdc.gov)

## SKIP THE SCREEN SAVER, LET YOUR PC SLEEP

Because electricity is relatively cheap, junking an older PC because it uses more juice doesn't make economic sense. You could save up to \$100 a year by letting it sleep when it's not in use, according to SmallBiz.

Screen savers not only don't save energy, they waste it. Those pretty designs and animations take quite a bit of processing power, and that requires electricity.

When a PC is asleep, your work is in its memory, but the hard drive has stopped spinning. The display is dark, and the microprocessor is idle. Power use drops sharply.

A desktop system uses about 60 watts of power fully awake, but consumes just three watts when it's asleep, according to the Lawrence Berkeley National Laboratory.

PAGES, page 3, Business



## CANANDAIGUA NEWS

### Thompson Health Star of Distinction Award 2009 – Jim and Ellie Fralick

On November 1, 2009 at a brunch at the Inn on the Lake in Canandaigua, the Thompson Foundation honored two of our members, Jim and Ellie Fralick with their 2009 Star of Distinction Award. The President/CEO of Thompson Health, Linda Janczak gave the testimonial. Below is an excerpt from that speech.

The Star of Distinction acknowledges people who have made “generous and sustained contributions to Thompson Health and the people it serves. Today we add two more bright stars to that distinguished list. I know you will all agree that Jim and Ellie Fralick have given most generously of themselves not only to Thompson Health, but also to our shared community. I don’t have nearly enough time to tell of all their accomplishments, but if I had to come up with one phrase to characterize this couple, it would be “a passion for excellence in care and service.”

Here in Canandaigua, Jim spent time as

Chairman of the Board at Canandaigua National Bank. He is active with both the Canandaigua Watershed Alliance and the Finger Lakes Land Trust. Currently Jim is serving as the interim supervisor for the Town of Canandaigua. Jim has a special Thompson connection. He was instrumental in establishing an Auxiliary Chapter of the Mended Hearts Education and Support Group at Thompson Hospital. Mended Hearts is a national nonprofit organization affiliated with the American Heart Association which brings together heart disease patients, spouses, family, and medical professionals to form a network of caring individuals.

Ellie joined Thompson Health in 2000 as a member of its Senior Living Services Board. She soon took it upon herself to do something about Ontario County’s fragmented long-term care system and its readiness to serve the growing senior population and convened a countywide Summit on Aging in 2001. Her commitment to the elderly was strengthened by her and her husband’s involvement with Gleaner’s Kitchen where half of the population served is 65 and older. Ellie moved

to Thompson’s system board in 2005, where she continues to care for Thompson’s community. As a long-time chaplain’s volunteer at Thompson Hospital, she ministers to cancer patients and others who are seriously ill, often guiding them and their families through their final days. We would be remiss not to mention that Ellie is currently president of the Canandaigua Foundation which owns 2 low-income senior housing residences in Canandaigua (Wilcox Lane Senior Citizen’s Housing Company & 80 Parish St.). She is also leading the cause for Kids in Crisis in Ontario County. Ellie was the recipient of the Health Care Trustees of New York State Advocacy award in September of 2008. Ellie’s advocacy efforts and commitment to the community are boundless.

Everyone in Mended Hearts would like to send their congratulations to Jim and Ellie for being awarded the 2009 Star of Distinction Award. They obviously are a most deserving couple.

## NEW TAX TIPS FOR 2009 FEDERAL INCOME TAX RETURNS

It's time to gather your receipts and income statements. Tax time is approaching, and you might as well get a handle now on how much work you will have to do.

When you have made a list of your possible deductions, you can determine whether to use the Standard Deduction form or to itemize. Put the amount of Standard Deductions next to your list total to determine which is greater.

Don't forget to calculate above-the line deductions. They are important because they decrease your Adjusted Gross Income before deductions. They are allowed even if you take the Standard Deduction.

Health Savings Accounts are one example. You can claim a deduction for

money you paid into the HSA and money paid into it for you by someone other than your employer.

Another above-the-line deduction is a tax break that is part of the American Recovery and Reinvestment Act of 2009. The above-the-line deduction is the amount of state and local sales taxes paid on up to \$49,500 for the purchase of a new car, light truck, motor home or motorcycle, if it was bought between February 16 and December 31, 2009

The IRS offers these tax tips

1. If you file electronically instead of using a paper tax form, you will receive your refund in as few as 10 days.
2. Check the identification and Social Security numbers for each person listed.

Missing or incorrect numbers will delay your tax refund.

3. Double-check your figures if you are filing a paper return. Check to see that you have used the right figure from the right tax table.

4. Sign the form. Both spouses and the tax preparer must sign it or it will be sent back to you for a signature.

5. When mailing a return, use the coded envelope included with your tax package or check the section called "Where Do You File?"

6. Electronic payment options are convenient and safe for paying taxes. Authorize an electronic funds withdrawal or use a credit or debit card.

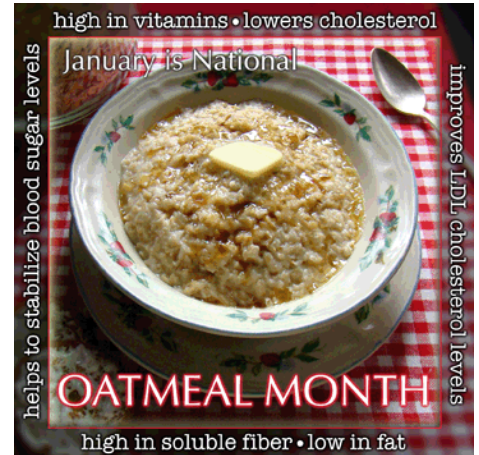
## JANUARY NATIONAL OATMEAL MONTH

January is National Oatmeal Month. I know what you're asking. "There is a month for Oatmeal?" Well, the answer is of course. January is known for the time Oatmeal is purchased and consumed more than any other time of the year.

Oatmeal is a meal that has been served and enjoyed all around the world for thousands of years. It has been around since the medieval times and has made a huge impact on the world since then. A lot of people really don't know how popular Oatmeal is, but it comes in all different forms and types. Many people add different kinds of toppings from fruits to wonderful spices such as cinnamon and ginger. Oatmeal also has health factors. One important component to Oatmeal is that its content has cancer-fighting

properties that assisting in attacking certain acids in the body. It can also ease digestion by slowing down the process of digesting starches in the body. Another wonderful fact about Oatmeal that it can reduce the LDL (bad cholesterol) without lowering HDL (good cholesterol) Good for heart health. Oatmeal is also known not only as a healthy food choice that not only satisfies, but also as a product that beautifies.

There are a myriad of products that use oat grains to make lotions and soaps for helping with skin conditions. Many of the soaps, shampoos, conditioners and lotions that we use to day take the oat and add it to their products because of the benefits that it gives to the skin. So take advantage of this month and learn more about how Oatmeal can create a better you, inside and out



Info from: [www.squidoo.com](http://www.squidoo.com)

## TRIVIA TEASER FROM THE WEST

1. The musical West Side Story was based on which Shakespearean play? a-Twelfth Night, b-Romeo and Juliet, c-The Tempest, d-Two Gentlemen From Verona.
2. Who starred as Secret Service agent James West on the TV series The Wild Wild West? a-Robert Conrad, b-Robert Blake, c-Robert Loggia, d-Robert Wagner.
3. Kanye West interrupted what singer during her acceptance speech for Best Female Video at the 2009 MTV Video Music Awards? a-Taylor Swift, b-Carrie Underwood, c-Lady Gaga, d-Britney Spears.
4. Whose presidential library is located in West Branch, Iowa? a-Teddy Roosevelt, b-Dwight Eisenhower, c-Herbert Hoover, d-John Quincy Adams.
5. Which literary character owned a mansion at West Egg, New York? a-Ivanhoe, b-Jay Gatsby, c-Rochester, d-Heathcliff.
6. Who wrote "East is East, and West is West, and never the twain shall meet"? a-Rudyard Kipling, b-Mark Twain, c-Carl Sandburg, d-Ralph Waldo Emerson.
7. Which city on the Ohio River did Henry Wadsworth Longfellow call "The Queen of the West"? a-Louisville, b-Toledo, c-Pittsburgh, d-Cincinnati.
8. The L.A. Lakers selected Jerry West with the second pick in the 1960 NBA Draft. Which player was taken ahead of him? a-Oscar Robertson, b-Willis Reed, c-Bill Russell, d-Wilt Chamberlain.
9. Adam West starred as Batman on the campy 1960s TV series Batman. Who played his sidekick, Robin? a-Tony Dow, b-Burt Ward, c-Bruce Lee, d-Paul Peterson.
10. Who starred in the title role of the TV private eye series Honey West? a-Connie Stevens, b-Angie Dickinson, c-Anne Francis, d-June Lockhart.

## START YOUR DAY WITH OATMEAL

Here are some quick tips on how to make delicious, nutritious oatmeal meals:

Start with 100% whole grain oats.

People who have plenty of time to spare to make breakfast and appreciate a hearty, nutty texture should try steel cut oats (also known as Irish oatmeal).

Folks who are rushed in the morning can enjoy instant whole grain oats, which can be cooked in one minute.

Choose your liquid.

- Water has no calories, and results in a lighter oatmeal. This is a good choice for people who are counting calories and eating other foods along with the oatmeal or are just looking for a filling snack.
- For something creamier, try fortified skim milk (80 calories per serving;

contains calcium and Vitamins A and D)

- Another great option is fortified soy milk (80-100 calories per serving; contains everything cow's milk has plus soy isoflavens and soy protein; typically has less sugar but more fat than cow's milk)

Make it yummy:

- instead of sugar or honey (which add calories but no nutrients), try a calorie-free sweetener such as Splenda or Stevia.
- cinnamon (not cinnamon sugar)
- natural apple sauce (no added sugar)
- raisins or other dried fruit (pay attention to the calorie content)

- chopped walnuts or almonds
- pieces of peach, apricot, apple, or whatever fruit sounds good
- vanilla or other flavor of yogurt

Yes, the fruit and yogurt add sugar and the nuts add fat, but they also contain important nutrients and can be part of a balanced diet. Bottom line: a bowl of oatmeal with milk and fruit pieces is a delicious way to get fiber, calcium, protein, and plenty of vitamins. It is also a lot more filling than many other breakfast foods with the same amount of calories.

Read more at Suite101: Healthy Oatmeal Recipes: Cooking Ideas | Suite101.com [http://heart-healthy-cooking.suite101.com/article.cfm/healthy\\_oatmeal\\_recipes#ixzz0ZudTIAEc](http://heart-healthy-cooking.suite101.com/article.cfm/healthy_oatmeal_recipes#ixzz0ZudTIAEc)

### HONEY RAISIN NUT GRANOLA

**Ingredients:**

- 11 cups rolled oats
- 4 cups coconut, unsweetened and toasted
- 2 cups almonds, sliced and toasted
- 2 cups sunflower seeds
- 3/4 cup date sugar or Florida Crystals
- 2 cups honey
- 1 1/3 cup canola oil
- 2 Tbsp vanilla
- 1 pound raisins



**Directions:**

1. Combine all dry ingredients in large bowl and set aside.
  2. Heat honey, canola oil and vanilla and add to dry ingredients. Mix well until all is moistened.
  3. Spread evenly in one layer on greased baking sheets.
  4. Bake at 300 degrees for 60 minutes, turning every 15 minutes with spatula.
  5. Let dry for 1 hour and add raisins.
  6. Store in an airtight container.
  7. Makes 6 pounds
- TRAIL MIX! Experiment with your choice of goodies such as: craisins, flax seeds, walnuts, pecans, chocolate chips, M&M's, wheat germ, dried apricots or apples and cinnamon.
  - Honey Raisin Nut Granola could easily be made vegan if you replace the honey with maple syrup.
  - Add Honey Raisin Nut Granola to your Once-A-Month Cooking recipe box.

## NEW CREDIT CARD SCAM

**Man, they are getting slick!!!**

**Snopes.Com says this is true.**

**To verify see this site:**

**<http://www.snopes.com/crime/warnings/creditcard.asp>**

This one is pretty slick since they provide YOU with all the information, except the one piece they want.

Note, the callers do not ask for your card number; they already have it.... This information is worth reading. By understanding how the VISA & Master Card Telephone Credit Card Scam works, you'll be better prepared to protect yourself.

One of our employees was called on Wednesday from 'VISA', and I was called on Thursday from 'Master Card'.. The scam works like this: Caller: 'This is (name), and I'm calling from the Security and Fraud Department at VISA. My Badge number is 12460.. Your card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be on your VISA card which was issued by (name of bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a Marketing company based in ?'

When you say 'No', the caller continues with, 'Then we will be issuing a credit to your account. This is a company we have been watching and the

charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?'

You say 'yes'. The caller continues - 'I will be starting a Fraud investigation. If you have any questions, you should call the 1- 800 number listed on the back of your card (1-800 -VISA) and ask for Security.'

You will need to refer to this Control Number. The caller then gives you a 6 digit number. 'Do you need me to read it again?'

Here's the IMPORTANT part on how the scam works. The caller then says, 'I need to verify you are in possession of your card'. He'll ask you to 'turn your card over and look for some numbers'. There are 7 numbers; the first 4 are part of your card number, the next 3 are the security Numbers that verify you are the possessor of the card. These are the numbers you sometimes use to make Internet purchases to prove you have the card. The caller will ask you to read the 3 numbers to him. After you tell the caller the 3 numbers, he'll say, 'That is correct, I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions?' After you say No, the caller then thanks you and states, 'Don't hesitate to call back if you do, and hangs up.

You actually say very little, and they

never ask for or tell you the Card number.. But after we were called on Wednesday, we called back within 20 minutes to ask a question.. Are we glad we did! The REAL VISA Security Department told us it was a scam and in the last 15 minutes a new purchase of \$497.99 was charged to our card.

Long story - short - we made a real fraud report and closed the VISA account. VISA is reissuing us a new number. What the scammers want is the 3-digit PIN number on the back of the card Don't give it to them. Instead, tell them you'll call VISA or Master card directly for verification of their conversation. The real VISA told us that they will never ask for anything on the card as they already know the information since they issued the card! If you give the scammers your 3 Digit PIN Number, you think you're receiving a credit. However, by the time you get your statement you'll see charges for purchases you didn't make, and by then it's almost too late and/or more difficult to actually file a fraud report.

What makes this more remarkable is that on Thursday, I got a call from a 'Jason Richardson of Master Card' with a word-for-word repeat of the VISA scam. This time I didn't let him finish.. I hung up! We filed a police report, as instructed by VISA. The police said they are taking several of these reports daily! They also urged us to tell everybody we know that this scam is happening.

## 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.



## CONT. FROM PG. 7

7. An extension of time to file a return should be filed by the April due date. It is not an extension of time to pay so if you have an idea of how much you owe, include a check.

8. If you are sending a check with your paper return, make it out to "United States Treasury" and enclose it with, but not attach it to, the tax return or the

## 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:**

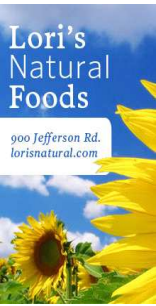


- Telephone Hospitality
- Visiting Communications/Publicity
- Newsletter Program
- Membership Historian

## WHO WE ARE...

**M**ended 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;"><b>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!</b></p>	<p style="text-align: center;"><b>Mended Hearts - Chapter 50 Wishes to thank Lori's Natural Foods for supplying the organic apples we serve at our monthly meetings!</b></p> <div style="text-align: right;">  </div>
<p style="text-align: center;"><b>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.</b></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>

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**

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# Mended Hearts

Chapter 50 - Rochester, NY

**It's great to be alive and to help others**

## Mended Hearts Chapter 50 Board of Directors

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