

Mended Hearts, Inc.

Greater Rochester Chapter 50

"Heart Beat of Rochester"

www.mendedheartsrochester.org



NOVEMBER MEETING

Monday, November 17th

Topic: Turning toward the moment: mindful awareness and healing
Mick Krasner, MD, FACP, Associate Professor of Clinical Medicine at the University of Rochester, School of Medicine and Dentistry, practices primary care internal medicine in Rochester, New York. Dr. Krasner has been teaching Mindfulness-Based Stress Reduction to patients, medical students, and health professionals for more than 8 years, involving nearly 800 participants. He is engaged in a variety of research projects including the investigation of the effects of mindfulness practices on the immune system in the elderly and on medical student stress and well-being.

DECEMBER MEETING

Monday, December 15th

Holiday Party at the Burgundy Basin @ 6:15pm

Please RSVP by December 1st

Hope to see all of you there!

More details on page 10



*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 MONTHLY MEETINGS

Special meeting on Friday, Nov 14th, 4 -7pm at the Canandaigua Wegman's Cafe.

A special forum on Diabetes Prevention and Treatment

There is a \$5 charge in advance or \$7 at the door.

Speaker: Ted Kaufman is a diabetic who is now an inspirational speaker on how to manage diabetes through diet and exercise. He himself lost over 100 lbs and tells you how you can too.

Thursday, Dec. 11th, 7pm at the RG&E Family Room, in the MM Ewing Continuing Care Center, Thompson Health, 350 Parrish Street

Topic: "Spirituality and Your Heart"

Speaker: Richard McCaughey, D. Min, Director of Spiritual Care at Thompson Health

CHECK HEART PATIENTS OFTEN FOR DEPRESSION, MEDICAL GROUP ADVISES

HHeart patients should be regularly screened for depression, which increases the risk for a second heart attack, the American Heart Association said in its new guidelines, released Monday.

"Studies show that depression is about three times more common in patients following a heart attack than in the general community," said Judith Lichtman of Yale University School of Medicine, who helped write the new guidelines that appeared in the journal *Circulation*.

"Because there has been no routine screening for depression in heart patients, we think there is a large group of people who could benefit from appropriate treatment."

Treating depression may help to slow deterioration in health, some doctors believe. It's thought that stress hormones released during depression may reduce a person's heart rate, constrict blood vessels and lead to blockage in the arteries.

While there is no direct evidence that screening heart patients helps them live longer, depressed patients may stop taking their heart medications and are less likely to eat a healthy diet, exercise regularly or participate in rehabilitation programs, Lichtman said.

Nurses, family doctors and cardiologists may do the screening, said Erika Froelicher, who co-chaired the panel that wrote the recommendations and who is a professor of nursing at the University of California, San Francisco.

Follow how patients do over time, psychiatrist says

Screening starts with two standard questions: In the past two weeks, have you had little interest or pleasure in doing things? Have you felt down, depressed or hopeless?

Anyone showing signs of depression should be evaluated by a medical professional trained in treating depression, the panel said.

The panel's emphasis on frequent screening is key because it's important to see how patients do over time, said psychiatrist Michelle Riba, past president of the American Psychiatric Association.

Monitoring is also needed, since many patients with depression often don't follow up, said Dr. Mary Whooley, a professor of medicine at the University of California, San Francisco, who was not on the panel.

The panel listed antidepressants, psychotherapy and exercise as treatment options.

Heart problems 'made me afraid to do things,' patient says

Some of these methods did the trick for Barbara Forman, 62, of Dayton, Ohio, who believes her depression was triggered by double bypass surgery five years ago.

Forman spent her days sitting, often crying for no reason. Forman said she would be winded just walking up a sidewalk to deliver cupcakes to her grandchild's classroom.

"I'm thinking, is this the way it's going to be for the rest of my life? Since I've had a heart event, is my life over?" she said. "It also made me afraid to do things. I didn't know how a heart attack felt. I would think, 'Is this a heart attack?'"

After a few months, Forman called Mended Hearts, a support group affiliated with the American Heart Association.

Starting a walking routine, volunteering with the group and antidepressants helped improve her outlook, Forman said.

CBS News

with files from the Associated Press

September 29, 2008

SURGIVERSARIES

NOVEMBER

- Richard Buxton
- Paul Millhausen
- Thomas O’Gorman
- James Williams

DECEMBER

- Robert Beeler
- Frank Fantanza
- James Fralick
- Mildred Frank
- Robert Kelly
- Dominic Rotolo
- Justine Wilder



HEARTBEAT OF ROCHESTER

The “HEARTBEAT of ROCHESTER” is the bimonthly periodical from the Mended Hearts, Inc., Rochester NY Chapter #50. Chapter #50 is a nonprofit service organization of Mended Hearts, Inc., Dallas, Texas, which is dedicated to alleviating the stress and trauma associated with heart disease and surgery. This periodical is issued free of charge to heart patients and to members of the Chapter #50 Mended Hearts Inc. Permission is granted for anyone to reprint any portion of this newsletter.

Mended Hearts

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

FIRST HEART FAILURE PATIENTS SUCCESSFULLY IMPLANTED WITH ANGIOBLAST SYSTEMS "OFF-THE-SHELF" ADULT STEM CELLS

Angioblast Systems Inc. today announced successful initial safety results following commencement of the world's first clinical trial to use allogeneic adult stem cells obtained from an unrelated, universal donor to treat patients with congestive heart failure.

The multi-center Phase 2 trial is examining the safety and effectiveness of three different doses of the company's proprietary allogeneic, "off-the-shelf," universal donor Mesenchymal Precursor Cells (MPCs) injected by catheter into damaged heart muscle of patients with congestive heart failure.

Safety data from the first seven patients enrolled in the trial by Angioblast at medical centers in Arizona, California, and Minnesota were presented today at the Transcatheter Cardiovascular Therapeutics (TCT) Conference in Washington D.C.

Dr. Nabil Dib, Director of Cardiovascular Research for Chandler Regional and Mercy Gilbert Medical Centers in Arizona, reported that no adverse events had occurred in any of the first seven patients following the catheter procedure.

The placebo-controlled trial of Angioblast's Revascor(TM) MPC cell therapy will randomize up to 60 patients suffering from congestive heart failure, including those with non-ischemic cardiomyopathy, to either implantation with allogeneic adult stem cells or stan-

dard of care in a 3:1 ratio.

Angioblast's Revascor(TM) adult stem cells are delivered to damaged areas of the heart by a minimally invasive cardiac catheterization procedure performed under local anesthesia while the patient is awake. Patients undergoing the procedure are released from the hospital within 24 hours.

Dr. Dib said: "We hope that the stem cells will increase the potential for myocardial repair and restoration of heart function. Angioblast's Revascor(TM) cells are a well characterized, pure population of MPCs. These cells, obtained from a healthy young adult donor, are isolated, expanded and cultured to produce treatments potentially for thousands of patients."

According to company founder, Professor Silviu Itescu, "Heart failure remains a major cause of hospital admissions and patient deaths. Based on studies to date, our Revascor(TM) MPCs have the potential to make a significant impact in patients with heart failure and to address this major clinical need.

"This Phase 2 clinical trial is an important step toward our entry into this vital and growing market," Professor Itescu said.

About Heart Failure

There are currently five million people in the United States living with heart failure, and trends indicate that the incidence of heart failure has not declined in the last 20 years. As the number of people living in the United States with cardiovascular disease continues to rise at a rate of 550,000 new cases annually, the health and economic burden of this disease will greatly impact

the population's health status. It is estimated that the healthcare cost to care for heart failure patients is in excess of \$29 billion per year.

Heart failure results from the progressive deterioration of the pumping function of the heart, leading to its inability to pump sufficient blood to the body's tissues, organs and limbs. The majority of heart failure patients have underlying cardiovascular disorders that are often the precursors of their condition. The most common of these are atherosclerosis, myocardial infarction, hypertension, cardiomyopathy and arrhythmia.

About Angioblast Systems, Inc.

Angioblast Systems, Inc. is a private New York City-based biotechnology company committed to the development of novel treatments for cardiac, vascular, and eye conditions. Angioblast's lead products are based on commercialization of a unique adult stem cell technology capable of regulating blood vessel growth critical for the treatment of ischemic heart disease and macular degeneration/diabetic eye disease. Angioblast's focus is to progress through clinical trials and regulatory processes necessary to commercialise the technology in as short a timeframe as possible. Angioblast has the worldwide assignment of rights for a series of patents and technologies that have been developed over more than 10 years and which relate to the identification, extraction, culture expansion and enablement of adult Mesenchymal Precursor Cells (MPCs).

NEW YORK

Oct 12, 2008

BUSINESS WIRE

JOKE - THANKSGIVING DIVORCE

A man in Phoenix calls his son in New York the day before Thanksgiving and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough.

"Pop, what are you talking about?" the son screams. We can't stand the sight of each other any longer," the father says.

"We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this,"

She calls Phoenix immediately, and screams at her father, "You are NOT

JOKE FROM: WWW.HUMORMATTERS.COM

getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for Thanksgiving and paying their own way."

CARDIAC YOGA

Cardiac yoga is a system of stress management and health promotion designed specifically to focus on the needs of a heart patient. Cardiac yoga is basically artery gentle yoga exercises tailored to the special needs of people who have various cardiac problems, live with a cardiac condition or recover from cardiac diseases, and their families.

Cardiac Yoga is listed as a trademark of M. Mala Cunningham, Ph.D. She is the founder and director of Cardiac Yoga.

Among the cardiovascular problems that cardiac yoga is aimed to relieve are coronary artery disease, hyperten-

sion, myocardial infraction, bypass surgery, and many others. Cardiac yoga is recommended to the medically stable patients.

Cardiac yoga focuses mainly on breathing practices, stress reduction, stretching and relaxation, and body awareness techniques. When exercising cardiac yoga, patients use mats, pillows, chairs and other accessories to ensure general comfort and correct positioning.

Cardiac yoga is aimed at helping cardiovascular patients to develop an exercising routine that can be done at home to further promote a healthy lifestyle. Patients learn deep relaxation, stretching and breathing techniques, work with their imagination, and observe a healthy diet.

Cardiac yoga concentrates on positive attitude and supports the mind, the spirit and the body of a cardiovascular patient.

From: Wikipedia, the free encyclopedia

Yoga Form

YOGA IN ROCHESTER

If you are interested in yoga, there are many studios in Rochester. I urge anyone interested to “google” key words “yoga studio in Rochester” on the internet. One will find numerous options. They range from specialty studios to organizations like the YMCA. Yoga can be quite costly, I would suggest checking with your healthcare insurance provider for incentives to join fitness centers. Members of Preferred Care Gold plans can participate in the SilverSneakers® Fitness Program at no additional cost! I know many locations in Rochester honor this program. My father (Bob Joyal) has taken advantage of this program at Penfield YMCA. He participate in classes and utilizes their fitness equipment. Ask him about it, I am sure he would be glad to advise you.

Kelly Joyal
Editor

For more information about the SilverSneakers Fitness Program, Gold members please call Preferred Care Member Services, Monday - Friday, 7:00 am - 8:00 pm, (585) 327-2480



HOW DO YOU MAINTAIN WEIGHT LOSS?

Get your head working and the middle will take care of itself!

The key to losing weight and keeping it off is to understand what really motivates you. Once you've felt the initial excitement of losing the first few pounds, you must find a way to turn that enthusiasm into the willpower to stick with your eating plan. You will encounter both ups and downs as you learn to maintain your weight. To help you through the downs, you need coping strategies. Think about what you really want to achieve. That desire will help you turn your eating and exercise strategies into a lifestyle that leads to lifelong weight control.

- **Ask Questions.** What gives you the strength to resist temptation? Can you form new habits that you can live with forever? What are the rewards of weight loss for you? How much do you want those rewards?
- **Get Real.** Losing 1 to 2 pounds a week is a realistic goal. Don't burden yourself with unrealistic expectations. Talk with your healthcare professional to determine a healthy goal weight.
- **Stay Balanced.** To maintain your weight, you must balance your intake of calories with the energy you burn. Just the difference of one 12-ounce soda (150

calories) versus at least 30 minutes of brisk walking on most days can add or subtract about 10 pounds to your weight each year!

- **Step Up to the Challenge.** Strap on a pedometer and find out how many steps you take each day. Gradually add just 250 steps per day averaged out over the week. That will give you a good start on a healthy routine of physical activity. Most sedentary adults take only 2,500 to 3,500 steps a day. Aim to add between 4,000 to 6,000 to whatever you are doing now, for a total of 10,000 or more each day. The more steps you take, the better.
- **Shop Smart.** Start your food control at the grocery store. Shop on a full stomach, use a list, read the labels on every food you buy, and skip any food that is not part of your chosen eating plan.
- **Take Notes.** As you plan your eating and activity strategies, keep records. What types of foods are you eating? How do the calories add up? How much are you moving? As you lose weight, record what works for you and what doesn't. Review your

(Continued on page 5)

PRESIDENT'S CORNER



Sharon Feldman

Hi Everyone,

If you missed our September meeting, you missed a really good speaker. Dr. Gerald Ginsberg, an endocrinologist, spoke on Diabetes and heart disease. I stopped over at the American Diabetes Ass'n and picked up some really great information which will be available at our next meeting, so be sure and look for it on the info table where you sign in. Peter Knappen, Associate Manager at the local ADA office, said that their website has a lot of information and also recipes, so check that out too. I saw many of you at the October luncheon and cruise. We got together with our Canandaigua MH people and had an awesome time. Even the weather was perfect. Many thanks to Gene Binder for suggesting the outing (by the way have you seen his picture and story in the MHI Heartbeat magazine, pg 16) and Jim Fralick and Jacqueline Joyal for putting it all together. At the luncheon we honored Mary Allhusen for all the time and effort she put into helping Jim start and run our satellite program in Canandaigua. Mary's rehab facility was awarded National Certification last week which indicates their program is

being recognized for quality of care. Congratulations to Mary and the rest of the hard working staff at Thompson.

Our meeting in November will help you with stress (of course I know that none of us have much stress in our lives). Dr. Mick Krasner, Assistant Professor of Clinical Medicine at the U or R will speak to us about stress and dealing with it. December of course will be our Holiday Party so look for the information further on in the newsletter.

Have you noticed that our newsletter looks a bit different? That's because we have a new newsletter editor. She's Kelly Joyal, daughter of Bob and Jackie Joyal. She's offered to do this temporarily, since our own Brent Gosson (aka Spidey) had to step down. Both Brent and Kelly say it's not hard to do, and would be happy to work with someone to help them get started getting out the newsletter. We only have five issues during the year and much of that is sent in by our Board and other members. Thank you Brent for your many years of service to Mended Hearts and for being our friend. Thank you Kelly for volunteering for the job.

Don't forget if you've always wanted to be a visitor but don't have the time to get to the hospitals and you have a computer, MHI can put you in touch with people to visit online. Just call Harvey Steron to find out how to do it. Guess what, Harvey has an article in the MHI Heartbeat magazine too, pg 20.

We are so blessed to be living in the most wonderful country in the world where we have such good people like you who come into our lives every day. I believe that everything happens for a reason and so if it hadn't been for my "valve job" I would never have met all of you, and that would have been a great loss for me.

Hope to see you all soon at one of the meetings. If not then I'll wish you a happy and healthy Thanksgiving, Chanukah and Christmas.

Sharon

HOW DO YOU...

(Continued from page 4)

notes so you can change strategies if needed.

- **Weigh Less.** Don't get on the scales every day. Once a week is fine. Try measuring inches lost instead of pounds.
- **Plan Ahead.** Plan your meals, plan for ups and downs, plan for holidays and plan to feel great when you've made health a daily habit. If you can do what's right 75 percent of the time, you're going to succeed in the long run!

October 13, 2008

www.americanheart.org

TAI CHI FOR YOUR HEAD AND HEART

We've written before about the benefits of Tai Chi for your *brain fitness* and your *immune system*. In fact, we go into some detail on this topic in a couple sections of our new book, *BrainFit for Life*. Now a new study shows some striking effects of a year-long Tai Chi program at dramatically reducing cardiovascular disease risk factors.

The new paper published by Chin Lang et al. in the *Journal of Complement-*

tary and Alternative Medicine details the evaluation of 53 patients with clinically problematic high cholesterol or triglycerides. About half of the patients in this study participated in a 12-month Tai Chi program while the other half continued their typical sedentary lifestyle. Since all of the patients were classified as high risk for cardiovascular illness, they remained on cholesterol reducing medication in both groups.

The group that received Tai Chi saw a significant improvement on many fronts.

Their blood pressure dropped, their total cholesterol and 'bad' cholesterol (LDL) went down, their insulin levels decreased and markers of excess inflammation fell as well. The sedentary control group saw a slight reduction in blood pressure but their cholesterol and triglyceride levels actually got worse - even though they remained on cholesterol reducing medication (chalk up another point for exercise).

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A MOMENT OF SILENCE



Billings, David C.
Gates: Passed suddenly April 16, 2008, at age 67. Predeceased by parents, William and Alma Billings; brother, William A.

Billings; sister, Ruth E. Solomon. He is survived by his nieces and nephews, Raymond (Joan) Solomon, Suzanne Solomon, Thomas Solomon and Laura (David) Pumputis; brother-in-law, Raymond S. Solomon; great-nephew and great-niece, Paul and Holly Pumputis; cousins and many friends. David was a State Insurance Fund retiree and an active member of Holy Apostles Church. Family and friends may attend calling hours, 2-6 PM Sunday, April 20th at **New Comer Funeral Home**, 2636 Ridgeway Avenue. David's Mass of Christian Burial will be held 9:30 AM Monday at Holy Apostles Church, 530 Lyell Avenue, Rochester, NY 14606. Donations may be made to Holy Apostles Memorial Fund. Interment, Grove Place Cemetery. To share a memory please visit:

www.newcomerfamily.com



Specksgoor, Dorothy M.
Rochester: September 7, 2008. Predeceased by her husband, Robert. Survived by her daughters, Diane (George) Taylor and Gina

Specksgoor; grandchildren, Robert (Amy) and Dennis Taylor; great-grandchildren, Ryan and Joseph Taylor, Kristin and Dennis Taylor Jr., Bret and Nicholas Mulrain; great-great granddaughter, Maryanna Taylor; sister, **V e r a B r e n n a n**. Friends may call Wednesday 4-8 at **Farrell-Ryan Funeral Home**, 777 Long Pond Road (between English & Latta). Funeral Mass, 10:00 Thursday at Church of the Annunciation. Entombment, Holy Sepulchre Cemetery. Friends wishing may contribute to Shepards For Animals, PO Box 92016, Roch., 14692.

Specksgoor, Dorothy
How do you say good-bye
To someone you love so much
My Mother
Was not just my Mom

She was everything to me
I never wanted to lose her
Even though someday
I knew I would
Each time you would become ill
I would ask a favor from above
Please just keep her close to me
I am not ready to lose her love
I knew that fate
Would come upon you
For that is something
I cannot change
You tried so hard
To hold on
To keep our love alive
As long as you could
The Lord decided
Your time was up
You had to say good-bye
To those you loved
You held on for me Mom
So I could say good-bye
For just one last time
I knew you had gone above
When a final tear
Shed from your eye
As I held your hand so tight
Your soul drifted out of sight
Your loving Daughter, Gina

TAI CHI FOR YOUR HEAD AND HEART

(Continued from page 5)

Beyond these blood markers, the Tai Chi group also experienced improvements on measure of physical fitness. They significantly improved their exercising heart rate, oxygen uptake and ventilation. The sedentary group saw no such benefits, and, in fact, saw a decline in several fitness markers.

This study provides more positive data for the health benefits of Tai Chi. Why is it so good for you? No one really knows the definitive answer to that, but there are likely many factors.

First, Tai Chi involves slow and deliberate movements that help regulate breathing and focus, which contributes to better stress management. A plethora of studies have shown the health boosting benefits of reducing stress, so this alone

is a major plus.

Second, Tai Chi provides moderate levels of exercise that mixes cardiovascular with strength training - holding those poses isn't easy. Even though the movements are slow, practitioners experience a sustained elevation of heart rate. Maybe not as much as shakin' your booty in a jazzercise class, but elevated all the same.

Third, Tai Chi helps improve balance and coordination. This is a huge benefit for older folks, since falling is the number one cause of injury in this age group. Younger folks glean benefit from this aspect as well, especially anyone engaged in athletics. Balance control is central to performance in many sports.

Fourth, often times, folks perform Tai

Chi in a group setting, involving the social support aspect. We have written about the huge benefits of social support in the past. In fact, a couple other recent studies found that social support significantly helps recovery from a stroke or heart attack while social isolation makes it worse.

Tai Chi, considered a 'soft martial art', has been around in Chinese culture for a couple hundred years and is now making its way to the rest of the world. It shouldn't be that difficult anymore to find a Tai Chi class in a community near you. Whether you're a busy professional needing to reduce some stress, a retired individual needing to keep your brain and body fit or a patient fighting an illness, Tai Chi seems to have a little something for everyone.

VISITING CHAIRMAN'S REPORT

Congratulations to our 10 hospital visitors who completed their reaccreditation training on September 2. Marlene Adams, Frank Angevine, Gene Binder, Bob Brown, Don Fisher, Bob Flaherty, Rollie Heimberger, Gary Honeyford, Chuck O'Connor and John Schmidt all participated in some lively discussions to complete the annual requirements for up-to-date training of the national office of Mended Hearts, Inc. In the next few weeks there will be another session for the 5 hospital visitors

that were unable to participate that night. We are increasing our number of patient visits on a very regular basis. As of the end of September we have completed over 500 more visits than for the same period last year. At Strong Memorial, some of our visitors are seeing angioplasty patients as well as those in the surgical units. This is adding to our total visiting numbers.

Gary Honeyford has created a new format for our Hospital Visiting Record, which we may try out in the near future. It needs a little tweaking before we can give it a try.

I'm always open to hearing of any ideas from our visiting staff that will enable us to have more or better visits.

Fall is here now – I hope that everyone enjoyed their summer.

Respectfully,
Harvey Steron
Chapter #50
Visiting
Chairman



SURVEY RESULTS

First of all I would like to thank all who participated in 2008 Mended Heart Survey. We mailed out 105 surveys and received 48 surveys back. Here is a summary of survey results. Length of membership spans from one month to 42 years. Attendance ranges from 31 people who attend regularly, to 14 who never come. Participation ranges from 37 people who are regular attendees, officers or visitors to 11 people who are not active.

We were surprised to see that only 2 people were interested in transportation, while 11 people were unaware of our website.

We also found that the majority of you favor the meetings to stay as is, but would enjoy an occasional lunch time meeting especially in the winter months. A few of you expressed an interest in relocating the meeting to a more central location. Please advise us of any other possible locations. The majority of you believe in the importance of a guest speaker. Returned surveys also indicated that some

would like one meeting a year for open discussions among our members in order to discuss topics such as member illnesses and coping with them. Surprisingly very few were interested in forming a walking group, but the majority of you favored more social events. Again we would like to thank you for your participation in this much needed survey.

We hope to put this information to good use.

More survey results...

Here is a summary of the topics you would like to see addressed by our Mended Hearts Group.....

- Depression
- The importance of diet and exercise
- Research
- New and upcoming treatments
- Addressing other illnesses that seem to come along with heart disease
- Problems with sleeping
- Prescription Drugs and their side

effects on the body

- Alternative Drugs
- Alternative treatments
- CPR Course
- Proper foods and vitamins
- Restaurants that cater to special diets
- Durability and the longevity of the heart following surgery
- The emotional impact of heart disease on everyday life for ourselves, our friends and our families

We will be working hard to see that these issues are addressed in the future.

To all that participated in the survey thank you once again. It is important for us to understand what the members want out of Mended Hearts in order for us to grow. All of your input was much appreciated.

Correction in survey: Mended Hearts monthly meetings are held at Henrietta Volunteer Ambulance Hall not the Henrietta Fire Hall. Thank you!

FLU SEASON

Did you know that the flu can exacerbate heart disease conditions and can lead to viral or bacterial pneumonia that cause complications of heart disease? In 2005 only 1 in 3 adults with

heart disease received the flu shot. In past years, the flu has caused about 36,000 deaths and more than 200,000 hospitalizations annually. Therefore, Mended Hearts Inc. joins with the American Heart Association and the

American College of Cardiology to urge everyone with heart disease, especially those 65 and older, to get their flu shots this year.

GOING BANANAS

After Reading this, you will NEVER look at a banana in the same way again!

Bananas Contain three natural sugars - *sucrose*, *fructose* and *glucose* combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain *tryptophan*, a type of protein that the body converts into *serotonin*, known to make you relax, improve your mood and generally make you feel better.

PMS:

Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has

just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power:

200 students at a Twickenham (Middlesex England) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation:

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system...

Heartburn:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness

Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:

Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work?

Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control:

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD):

Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking:

Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:

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GOING BANANAS

(Continued from page 8)

Potassium is a vital mineral which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes:

According to research in 'The New England Journal of Medicine,' eating

bananas as part of a regular diet can cut the risk of death from strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that

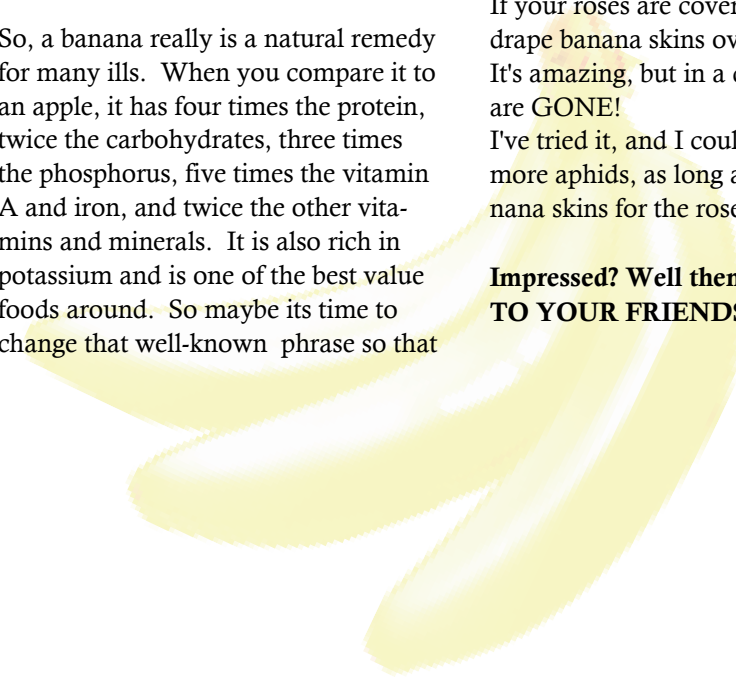
we say, 'A banana a day keeps the doctor away!'

Footnote:

If your roses are covered with Aphids, drape banana skins over the branches, It's amazing, but in a day or less, they are GONE!

I've tried it, and I couldn't believe it, no more aphids, as long as I save my banana skins for the rose bushes!

Impressed? Well then, PASS IT ON TO YOUR FRIENDS!



WHOLE GRAIN HEALTHY BANANA BREAD

INGREDIENTS

3/4 cup SPLENDA® Sugar Blend
 3/4 cup flax seed meal
 5 ripe bananas, mashed
 1/4 cup skim milk
 1/4 cup low-fat sour cream
 2 teaspoons egg whites
 2 cups whole wheat flour
 1 teaspoon baking soda
 1/2 teaspoon salt

PREP TIME: 15 Min
 COOK TIME: 1 Hr
 READY IN: 1 Hr 15 Min



DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C). Grease and a 9x5 inch loaf pan.
 In a medium bowl, mix together the sugar blend, flax meal, bananas, milk, sour cream and egg whites until well blended. Combine the flour, baking soda and salt; stir into the banana mixture until moistened. Spoon into prepared loaf pan.
 Bake for 1 hour and 10 minutes in the preheated oven, or until a toothpick inserted into the crown of the loaf comes out clean.

"Don't let the healthy name fool you, this banana bread is moist and full of flavor. Whole grains, high fiber and low fat and sugar are just the added benefits. My family devours it! This can also be made in 4 mini loaf pans, just bake for 25 to 30 minutes at the same temperature."

Recipe insert from:
www.allrecipes.com

Rated:4.5 stars out of 5.

OUR ANNUAL HOLIDAY PARTY

Once again the holidays are upon us.

I am pleased to announce our annual party will be at the Burgundy Basin located in the heart of historical Bushnell's Basin. The evening will consist of dinner, door prizes, good friends and fun. We hope to see all of there.

Please RSVP no later then:

December 1st

Phone # 585-377-1247

Send a check payable to
Mended Hearts, Chapter #50
c/o Jackie Joyal
65 Erie Drive

Buffet Dinner Menu

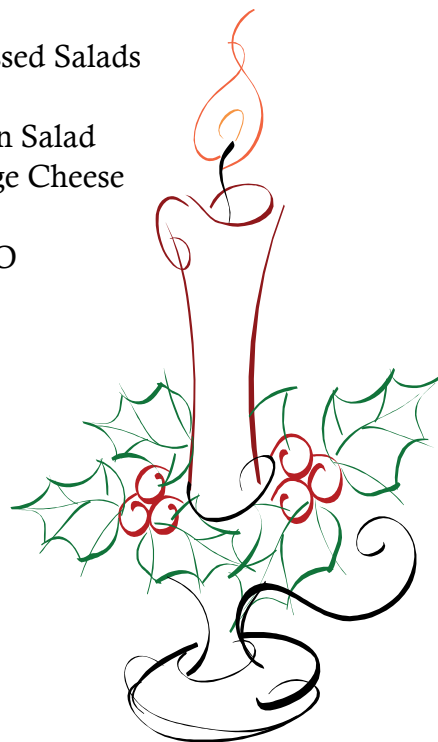
Roast Sirloin	Individual Tossed Salads
Chicken French	Fresh Fruits
Salmon Filet	Zesty SW Bean Salad
Rosemary Potatoes	Garden Cottage Cheese
Rice Florentine	Italian Olives
Penne Rigate	Whipped Jell-O
Vegetables	Asst. Relishes
	Rolls & Butter

Coffee, Tea & Milk

Vanilla Ice Cream with Choc Sauce

Cost: \$20.00 for members
\$25.00 for non-members
Cash Bar @ 6:15pm

Hope to See you all there!



PLEASE FILL OUT FORM AND RETURN BEFORE DECEMBER 1ST

Mended Hearts 2008 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!

Happy Holidays,
The _____

Please make checks payable to:
Mended Hearts Chapter - 50
Mail to:
Jackie Joyal
65 Erie Drive
Fairport, NY 14450

Please do not forget to R.S.V.P by Monday, December 1st !

The Mended Hearts, Inc. / Greater Rochester, NY Chapter 50

Founded 1951 * Incorporated 1955

MEMBERSHIP APPLICATION

Mr./Mrs./Ms. _____ Date ___ / ___ / ___
 Address _____ Phone _____ Birthday ___ / ___ / ___
 City _____ State _____ Zip _____
 Name of Spouse _____ Birthday ___ / ___ / ___
 Type of Procedure _____
 Date of Procedure ___ / ___ / ___ Hospital _____ Surgeon _____

Membership Type (circle one)

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

Application Dues

- \$22 (National \$17 + Chapter \$5)
- \$31 (National \$24 + Chapter \$7)
- \$155 (National \$150 + Chapter \$5)
- \$217 (National \$210 + Chapter \$7)

Please mail this application and your check made out to Mended Hearts, Inc., Chapter 50, to:

Robert P. Joyal, Treasurer
 65 Erie Dr.

Fairport, NY 14450

You must be a member of the National Organization to be a Chapter Member

I/We (spouses are always welcome) would like to be part of Mended Hearts effort as checked off below:

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

WHO WE ARE...



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

Mended Hearts began in 1951 when Dr. Dwight Harken, Chief of Cardio Thoracic Surgery at Brigham Hospital in Boston, saw a need for a support group to help his patients after they had undergone heart surgery. The Greater

Rochester Chapter 50 was established in 1966. Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring individuals.



MENDED HEARTS OF ROCHESTER ACKNOWLEDGES THE GENEROUS SUPPORT OF:

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

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

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



Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

Mended Hearts Chapter 50 Board of Directors

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