

Keep On Tick'n

Mended Hearts of Greater Charlotte

Chapter 372

“It’s great to be alive...and to help others!”

Aligned with the American College of Cardiology

Volume 2, No. 4 April 2012

Carolinas Medical Center
1000 Blythe
Charlotte, NC 28203

CMC-Mercy
2001 Vale Ave
Charlotte, NC 20207

CMC-North East
920 Church St. North
Concord, NC 28025

CMC-Pineville
10628 Park Rd
Charlotte, NC 28210

CMC-Main and CMC-Mercy meet at **noon**
the third Thursday each month in the CMC-Mercy Cafeteria

CMC-North East meets at **6:30pm the fourth Thursday**
each month in the Fitness Institute class room

For details call Bill Voerster 704-310-8354
bvoerster@yahoo.com

For details call Joel Nachman 704-577-5057
jhnnc@ctc.net

Dates to Remember

April 25 Special Introductory meeting, Siskey “Y”.
7:00pm Multi Purpose Room
Speaker: Lynn Pierre Jones - Physical Therapist
Topic: No Excuses...Just do it!

Many people have chronic diseases that interfere with even the best plans for exercising. We will talk about what an exercise program should incorporate for long term health and how to overcome medical challenges to achieve strength, flexibility, and cardiovascular fitness. He will also share the importance of injury prevention and how to keep the body safe and strong while enjoying daily activities at the gym or on your own!

April 26 Chapter support meeting, Health and Fitness Institute, Concord. 6:30pm
Speaker: Cristina Truesdell is a registered nurse and has worked at CMC Northeast on the Cardiovascular Intermediate Care Unit for 5 years, serving as a preceptor as well as working part time as clinical instructor at Stanly Community College.
Topic: “A Nurses Perspective”

“If we ever forget that we are a nation under God,’ then we will be a nation gone under.” *Ronald Reagan*

February’s meeting was all about *running*. Of course the talk was about heart rate and the different types of heart rhythms. Dr Sherry Saxonhouse a well known and respected electro physiologist at CMC-Northeast was our guest speaker. Dr. Saxonhouse covered the 3 different types of tachycardia 1-AV-Nodel, 2-Accessory pathway, and 3 Atrial Flutter. Dr Saxonhouse explained the long term therapy for Accessory pathway and atrial flutter.

March’s meeting topic was Common Sense/ Self defense. It was presented by Roxann Vaneekhoven Cabarrus County district attorney. She explained to us that your home is your castle and ways to protect it. She also covered things to watch out for so that our computers do not become easy access for criminals.

Mark your calendar for next month’s meeting scheduled for April 26. 6:30PM at the CMC-NE Rehab center.
Remember we have moved to the new facility on Copperfield

Stay healthy and laugh a lot



“Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

Diet, lifestyle can help preserve vision

The National Eye Institute acknowledges that the greatest risk factor for age-related macular degeneration (AMD) is age. But they also say diet and lifestyle play important roles in preventing or slowing the progression of this sight-robbing condition.

A Peking University study on effects of dietary intake of the carotenoids lutein and zeaxanthin shows a 26 percent reduction of later-stage AMD and a 4 percent reduction of early-stage AMD.

Contributing food sources identified in the study included spinach and other dark leafy greens, broccoli, zucchini, Romaine lettuce, corn and peas, along with egg yolks. The study included only foods, but supplements are also recommended.

As early as 1994, Harvard researchers concluded that consuming food with these carotenoids lowered the risk of AMD. The studies were reported by Tufts University

Lutein and zeaxanthin provide the yellow pigmentation in the center of the retina of the eyes. With aging, levels of these pigments decrease. The yellow color blocks harmful blue light from the retina, which can damage vision cells.

Other preventive steps suggested by the institute include maintaining normal blood pressure, watching your weight, and not smoking.

One study reported in the British Journal of Nutrition online shows that eating foods containing lutein may protect the eyes from problems caused by long-term computer use.

Pages

Aging:

**Two guys, one old, one young,
are pushing their carts around K-Mart
when they collide.**

**The old guy says to the young guy,
"Sorry about that. I'm looking for my wife,
and I guess I wasn't paying attention
to where I was going."**

**The young guy says, "That's OK, it's a coincidence.
I'm looking for my wife, too..."**

I can't find her and I'm getting a little desperate."

**The old guy says, "Well,
maybe I can help you find her...
what does she look like?"**

**The young guy says,
"Well, she is 27 yrs. old, tall,
with red hair,
blue eyes, is buxom...wearing no bra,
long legs,
and is wearing a mini skirt.**

**What does your wife look like?'
To which the old guy says, "Doesn't matter,
--- let's look for yours."
(ADORABLE)**

Top source of hidden salt: bread

Here's a surprising discovery made by the Centers for Disease Control and Prevention: the number one salt culprit in the United States is bread, including rolls and sweet rolls.

Americans get twice as much salt from bread products as from salty snacks, which only stand at number 10 in the CDC's list of the saltiest foods.

Breads and rolls aren't saltier than many other foods, but people eat a lot more of them, according to the CDC. Breads and rolls account for about 7 percent of the salt we consume.

About 40 percent of the salt we get is hidden. After bread, the next nine are:

- * Cold cuts and cured meats, such as deli turkey or ham
- * Pizza
- * Fresh and processed poultry
- * Soups
- * Sandwiches on bread or buns (including cheeseburgers)
- * Cheese
- * Pasta dishes
- * Meat-mixed dishes, such as meat loaf with tomato sauce
- * Snacks, such as chips, pretzels and popcorn.

These 10 foods are responsible for 44 percent of all sodium consumed.

Nine out of 10 Americans over age two get too much sodium. On average, they eat 3,300 mg a day.

Experts say everyone over age 51, all African Americans and anyone with high blood pressure, diabetes, or chronic kidney disease should limit sodium to 1,500 mg a day.

For everyone else, less than 2,300 mg is recommended.

Consuming too much salt is linked to heart disease and stroke.

Pages

Refreshing Definitions:

ADULT:

**A person who has stopped growing at both ends
and is now growing in the middle.**

DUST:

Mud with the juice squeezed out.

MOSQUITO:

An insect that makes you like flies better.

SKELETON:

**A bunch of bones with the person scraped off. And
MY Personal Favorite!**

WRINKLES:

Something other people have,

VISITING REPORT MARCH 2012

	Patient	Cath	Phone	Family	Internet
CMA-Main	61	4	21		4
CMA-Mercy	16	18	30	2	
CMC-NE	67	3		2	

TD 2,277 449 255 86 6

If you have a desire to share your positive heart experience with other patients call Bill Voerster

704-310-8354 bvoerster@yahoo.com

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Priscilla WilliamsSunshine & Telephone

Mike Lippard Speakers

Open Program

Priscilla Williams Patient Follow up

Sandara Scherrman Patient Follow up

Reita Pendry Patient Follow up

Joel Nachman Visitor Training

Bill Voerster Mid-Atlantic A.R.D. 704-310-8354

LOGICAL ANSWERS!!!!

STUDENTS GOT 0% ON AN EXAM

I would have given them 100%

Q1. In which battle did Napoleon die?

*** his last battle**

Q2. Where was the Declaration of Independence signed?

*** at the bottom of the page**

Q3. River Ravi flows in which state?

*** liquid**

Q6. What can you never eat for breakfast?

*** Lunch & dinner**

Q7. What looks like half an apple?

*** The other half**

Q8. If you throw a red stone into the blue sea what it will become?

*** It will simply become wet**

Q9. How can a man go eight days without sleeping ?

*** No problem, he sleeps at night.**

If you don't have time to run or go to the gym

Shape up and have fun in the living room with exercise videos.

There are dozens of DVDs out there featuring aerobic programs, strength training, yoga or Pilates. They include some you would really enjoy.

At collegevideo.com, co-owner Jill Ross has identified popular exercise DVDs and categorized them for beginner, intermediate and advanced exercisers. You might rent a couple of these to see if you want to buy one. Many cost just \$10 or \$15.

Beginners

Denise Austin Shape Up & Shed Pounds is a low-impact cardio program with simple choreography, toning and a few lunges, planks and push-ups.

Jane Fonda Prime Time Firm & Burn has easy to follow aerobics using dance steps like mambos, cha-chas and grapevines, plus meditation.

Beginner/Intermediate

Ellen Barrett Live: Grace + Gusto is a series of ab-focused exercises. Moves are deliberate and graceful, but challenging. It includes ballet and yoga moves.

Full Body Stretch by Karen Voight is a flexibility program with yoga and Pilates elements. It has calming instructions.

Intermediate

Walk It Off & Tone It Up by Leslie Sansone has high-energy walking steps, including kicks, sidesteps and simple dance moves. It lasts for 60 minutes.

10 Minute Solution: Rapid Results Pilates is designed in 10-minute segments that target specific areas, such as thighs, arms/shoulders and abs.

Advanced

Supreme 90-Day System led by Tom Holland is designed to reshape your body in 90 days. Has short but intense aerobic intervals and classic exercises.

Jari Love's Get Extremely Ripped features simple moves with multiple repetitions. The steps aren't complex or tricky, according to USA Today.

Pages

How to get enough B12 to keep your thinking sharp

If you're not getting enough B12 in your diet, your cognitive ability score might not be as high as it could be.

Doctors at Tufts University say evidence on vitamin B12 and thinking ability have been linked for a long time. Some of the earliest research at Tufts Neuroscience and Aging Laboratory connected low B12 levels to central nervous system problems.

A new study reported in the journal *Neurology* shows that a low B12 score is connected with performance in organization, speed of thought and memory. In older people, it also predicted decreased total brain volume.

The National Institutes of Health say the richest source of B12 is beef liver, which has eight times the recommended daily value (DV) requirement; 3 ounces of clams have more than five times the daily value.

Other sources of B12 include trout with 90 percent of the DV, and 3 ounces of salmon with 80 percent.

A cup of plain yogurt has 23 percent, the same DV as 3 ounces of broiled sirloin steak. A three-ounce serving of tuna has 17 percent.

A cup of milk has 15 percent of the DV, and a large egg has 10 percent.

People age 50 and older are advised to eat foods fortified with B12 or take supplements. At that age and beyond, they absorb less from natural sources.

Fortified foods and supplements use a form that is more easily absorbed. *Pages*

Speaking of Safety

What you always 'knew' about headphones. Walking while listening to music as you walk is a pleasant way to distract yourself, it's also a way to distract you from the car that's about to run over you.

University of Maryland researchers say that between 2004 to 2011, the number of American pedestrians killed by trains and cars tripled. Car drivers and locomotive engineers said the pedestrians were oblivious to the impending collision.

Audio players can distract users' attention with their dials and functions. As reported in *Time*, they also put listeners into a sensory cocoon, making them unaware of hazards like traffic or warning sirens and horns. *Pages*

"If you want to succeed you should strike out on new paths, rather than travel the worn paths of accepted success."

— John D. Rockefeller

For breakfast, lunch or a snack:

Put a frozen banana, a cup of skim milk and two tablespoons of peanut butter into a blender (add ice for a thinner consistency) and blend.

You get 375 calories, 18 grams protein, 17 grams total fat, 4 grams fiber, 5 mg cholesterol, and 45 grams of carbs, says the Women's Nutrition Connection.

Pages

Beans: a treat for your heart

If you don't know beans about beans, here's a start. They're good for your heart. They fight cholesterol even among people at risk for heart disease.

One study of pinto beans, the most common kind of bean, by the USDA Human Nutrition Research Center shows that regularly eating just a small amount three times a week leads to cholesterol reduction. That means you don't have to cook a whole pot of beans to get that benefit along with other vitamins including vitamin B6. Pinto beans are a common filling for burritos. They can also be eaten whole, in broth, mashed or refried. *Pages*

Your back-friendly home

Floors made of ceramic tile or hardwood can stress your lower back. If you have them, position thick nonskid rugs or rubber mats where you frequently stand. They absorb shock and comfort your feet.

Check your soft-cushioned chairs, say the editors of *Prevention*. Sofas and chairs without back support can triple the pressure on the disks in your spine. To help you sit up straighter, use a throw pillow behind the small of your back and rest your feet on a footstool. *Pages*



"All I remember is the smell of melted butter, and then I woke up with my heart racing."

Keep On Tick'n

Vol 3, No 5

Mended Hearts Chapter 372

May 2013

Chapter # 372 (NorthEast) Support Meeting Schedule

Our next meeting will be a *Welcome to Summer* Pot Luck Dinner Social that will start at **6:00 p.m.** on **June 6**, at the Health and Fitness Institute (cardiac rehab). A map is provided on page 2 for any new comers.

We acknowledge our grateful appreciation to Mike Lippard, CMC-NorthEast, Health and Fitness Institute for furnishing a heart healthy and great tasting turkey breast for our main course.

Please make a point to personally thank him, just to make sure he reads next month's newsletter.

See Pot Luck (page 3)

Presidents Corner

December of 2013 is the end of Chapter 372's current Officers' terms.

Priscilla Williams (704-467-7499 or priscilla1@windstream.net) and Jerry Poole (jpoole320@gmail.com) have agreed to be the nominating committee for the officers of the 2014 – 2015 term. The search for President, Vice President, Secretary, and Treasurer has begun. You may get a call from them.

I encourage each of you to think seriously about learning about Mended Hearts Chapter 372 leadership. If you have an interest in running for office, please contact them.

Nominations will be posted in October. We will vote during our Christmas party meeting in December.

At that time other nominations could come from the floor.

Installation of the new leadership team will take place during the January 2014 meeting.

Bill Voerster, President



Inaugural Support Group Meeting

Mended Hearts is opening support meetings in South Charlotte at CMC-Pineville on Thursday, June 20, starting at 5:30pm. Tell a friend and bring your spouse or caregiver.

We will have an interactive meeting on the benefits of being involved in a support group for cardiovascular disease. Our point is to openly discuss how to enjoy the best quality of life by embracing a heart healthy lifestyle.

Each of us is different, our bodies need different levels of care and have widely varying limitations. By preventing any limitations from degrading, we can maintain at least our existing standard of living for quite some time.

Our guest speaker will be Dr. John Cedarholm, Director of Cardiac Interventional Services at CMC-Pineville.

An assortment of heart healthy refreshments will be served as we gather and socialize a bit before Dr. Cedarholm makes his presentation.

We are open to fresh ideas that new faces can bring to expanding projects like we are undertaking.

More explicit details will be provided in June's newsletter. Now you have a date, time, page 2 has the location.

For additional information, Contact: Joel Nachman, 704-577-5057 or nachman.joel@gmail.com.

Joel Nachman, VP

Heart Patient Information Newsletter

Mended Hearts of Greater Charlotte Area

"It's great to be alive...and to help others!"

Aligned with the American College of Cardiology

We support Carolinas HealthCare System and

Sanger Heart & Vascular Institute

We visit heart patients at CMC - Main, NorthEast and Pineville

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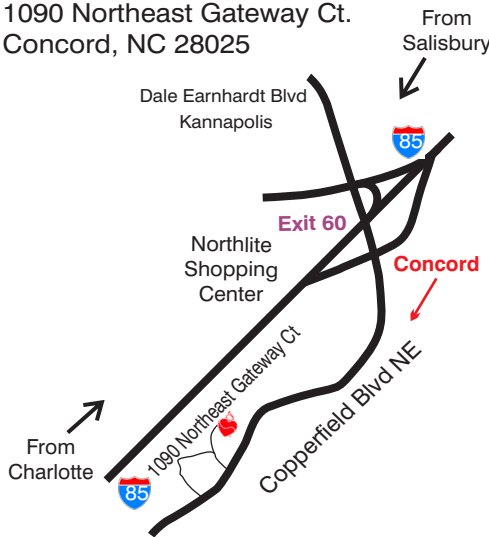
Last Month's Guest Speaker

Last month, our program started with an open forum and we discussed various concerns from individuals. We also had a good bit of time to socialize

Mike Lippard seems to always be prepared and provided an interesting talk emphasizing the processes involved in making an individual's cardiac rehab successful.

Mended Hearts Support Meetings

**CMC-NorthEast
Health and Fitness Institute**
1090 Northeast Gateway Ct.
Concord, NC 28025



CMC-Pineville Cardiac Rehab Center
CMC-Pineville Medical Plaza
4th floor conference room
Between the hospital and parking deck
10628 Park Rd., Charlotte, NC



The Benefits of Slumber

Why You Need a Good Night's Sleep

Illustration of a man waking up and stretching before a sun-filled window.

We have so many demands on our time—jobs, family, errands—not to mention finding some time to relax. To fit everything in, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being.

Of course, sleep helps you feel rested each day. But while you're sleeping, your brain and body don't just shut down. Internal organs and processes are hard at work throughout the night.

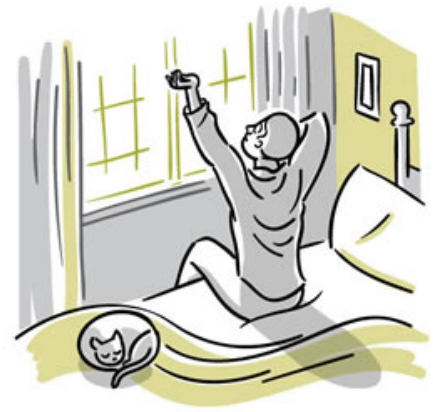
"Sleep services all aspects of our body in one way or another: molecular, energy balance, as well as intellectual function, alertness and mood," says Dr. Merrill Mitler, a sleep expert and neuroscientist at NIH.

When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. "The fact is, when we look at well-rested people, they're operating at a different level than people trying to get by on 1 or 2 hours less nightly sleep," says Mitler.

"Loss of sleep impairs your higher levels of reasoning, problem-solving and attention to detail," Mitler explains. Tired people tend to be less productive at work. They're at a much higher risk for traffic accidents. Lack of sleep also influences your mood, which can affect how you interact with others. A sleep deficit over time can even put you at greater risk for developing depression.

But sleep isn't just essential for the brain. "Sleep affects almost every tissue in our bodies," says Dr. Michael Twery, a sleep expert at NIH. "It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health."

Research shows that lack of sleep increases the risk for obesity, heart disease and infections. Throughout the night, your heart rate, breathing rate and blood pressure rise and fall, a process that may be important for cardiovascular health. Your body



releases hormones during sleep that help repair cells and control the body's use of energy. These hormone changes can affect your body weight.

"Ongoing research shows a lack of sleep can produce diabetic-like conditions in otherwise healthy people," says Mitler.

Recent studies also reveal that sleep can affect the efficiency of vaccinations. Twery described research showing that well-rested people who received the flu vaccine developed stronger protection against the illness.

A good night's sleep consists of 4 to 5 sleep cycles. Each cycle includes periods of deep sleep and rapid eye movement (REM) sleep, when we dream. "As the night goes on, the portion of that cycle that is in REM sleep increases. It turns out that this pattern of cycling and progression is critical to the biology of sleep," Twery says.

Although personal needs vary, on average, adults need 7 to 8 hours of sleep per night. Babies typically sleep about 16 hours a day. Young children need at least 10 hours of sleep, while teenagers need at least 9 hours. To attain the maximum restorative benefits of sleep, getting a full night of quality sleep is important, says Twery.

Sleep can be disrupted by many things. Stimulants such as caffeine or certain medications can keep you up. Distractions such as electronics—especially the light from TVs, cell phones, tablets and e-readers—can prevent you from falling asleep.

As people get older, they may not get enough sleep because of illness, medications or sleep disorders. By

See Slumber (page 4)

We visit heart patients at these CMC locations:

CMC - Main, 1000 Blythe Blvd
Charlotte, NC 28203

CMC - NorthEast, 920 Church St N
Concord, NC 28025

Contact Joel Nachman for details at
(704) 577-5057 or
jhnncc@ctc.net

CMC - Pineville, 10628 Park Rd,
Charlotte, NC 28210

Contact Bill Voerster for details at
(704) 310-8354 or
bvoerster@yahoo.com

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Priscilla Williams

Speakers: Mike Lippard

Programs: Open

Patient Follow up:
Priscilla Williams

Patient Follow up:
Sandara Scherrman

**Patient Follow up & Internet
Visitor:** Reita Pendry

Visitor Training: Joel Nachman

Mid-Atlantic A.R.D.: Bill Voerster,
704-310-8354

Visiting Report March 2013

CMC	Patient	Cath	Family	Phone	Internet
Main	51	2	7	5	
NorthEast	195	12	3	12	
Pineville	35	7			
Total	281	21	10	17	
Prior Mo YTD:	367	12	17	25	6
YTD:	648	33	27	42	6

Sharing positive heart experiences with other patients can be very rewarding. Interested? Contact Bill Voerster or Joel Nachman – see contact info above.

Pot Luck (from page 3)

Please RSVP to Dan Dallaire,
email dandallaire@ymail.com or
phone (704) 796-0628 with

1. your name
2. total number in your party and names so we can have name tags prepared.
3. type of side dish (appetizer, salad, casserole or dessert).

The 1st rule on pot luck dishes is not to fret too much! It isn't healthy to get your blood pressure up. The worst thing that can happen is that you will have a free lunch the next day.

The rest of our 2012 meetings are:
August 22 – Info on American Heart Assoc – Heart Walk

September 26

October 24

Dec 5 – Holiday Pot Luck
Dinner Social

Joel Nachman, VP

Manage Your Medicines

As we get older and acquire more illnesses, it can take lots of time just sorting the medicines I take in morning from those I take at night.

I wanted a more efficient way. Since I only have about seven actual medicines and three supplements, I created a really easy fix.

Using a red permanent marker, I simply mark the caps of my morning medicines and supplements with a "M". A black permanent marker is used to mark an "N" for my Night time medicines.

When I get a refill, I simply transfer the cap from the old bottle to the fresh bottle.

A simple caution is to always check to make sure you have the right caps on the right bottles. I keep an updated list of medicines that are separated by morning and evening.

An alternate method would be to make a color mark on the label.

– Editor

Memorial Day is Monday, May 27, 2013

We cannot allow ourselves to forget, those who gave their all so that We can be free. Since the Spanish-American war, over 626,000 American soldiers, sailors, marines and airmen died and 1,176,000 suffered injuries that needed hospitalization. Only God knows the numbers that unimaginable stress from knowing that their last breath might become their final breath. Post traumatic stress isn't a 21st Century problem, we just have a name for the reality of war. As Colonel Quincy Collins, (USAF retired and former Viet Nam POW) once said, "Every man or women who joins a military service must take an oath that is like signing a blank check payable to the US Government for their **all**. Their government can and frequently does send them into harms way. Fortunately, most actually survive."

The Lorraine American Cemetery and Memorial, located near Saint-Avold, France. Most of the 10,849 interred here died in 1944.



The lighter side ...

Whoops...

Hospital regulations require a wheelchair for patients being discharged. But while working as a student nurse, I found one elderly gentleman dressed and sitting on the bed who insisted he didn't need it to leave the hospital.

After a chat about rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

"I don't know. She's upstairs in the bathroom changing out of her hospital gown."

Oh to be 6 Again

A man saw his wife, looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like to have for her birthday.

"I'd like to be six again!" On the big day, he arose early, made her a bowl of Lucky Charms, then took her to Six Flags theme park. He put her on every ride in the park. Five hours later her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal and a chocolate shake. Finally they wobbled home and she collapsed into bed exhausted. He leaned over and lovingly asked, "What was it like being six again??"

Her eyes slowly opened and her expression changed, "I meant my dress size, you idiot."

Marriage Counseling

A couple came for counseling after 25 years of marriage. When asked what the problem was, the wife went on and on: neglect, lack of intimacy, emptiness, loneliness, and feeling unloved.

Finally, the therapist walked around his desk, embraced her and kissed her passionately on the mouth.

The woman, in a daze, quietly sat down. The therapist turned to the husband and said, "This is what your wife needs at least seven times a week. Do you think you can do this?"

Dan, the husband replied, "Well, Doc, I can drop her off here on Mondays and Wednesdays, but on the other days I play golf."

Pages

Slumber (from page 2)

some estimates, about 70 million Americans of all ages suffer from chronic sleep problems. The 2 most common sleep disorders are insomnia and sleep apnea.

People with insomnia have trouble falling or staying asleep. Anxiety about falling asleep often makes the condition worse. Most of us have occasional insomnia. But chronic insomnia—lasting at least 3 nights per week for more than a month—can trigger serious daytime problems such as exhaustion, irritability and difficulty concentrating.

Common therapies include relaxation and deep-breathing techniques. Sometimes medicine is prescribed. But consult a doctor before trying even over-the-counter sleep pills, as they may leave you feeling unrefreshed in the morning.

People with sleep apnea have a loud, uneven snore (although not everyone who snores has apnea). Breathing repeatedly stops or becomes shallow. If you have apnea, you're not getting enough oxygen, and your brain disturbs your sleep to open your windpipe.

Apnea is dangerous. "There's little air exchange for 10 seconds or more at a time," explains Dr. Phyllis Zee, a sleep apnea expert at Northwestern University. "The oxygen goes down and the body's fight or flight response is activated."

Volunteer Appreciation Week

CMC-Main and CMC-Pineville celebrated Volunteer Appreciation Week Between April 20 – 27.

Congratulations to our Visiting team Visiting CMC-Main.

10 - 99 Hrs: Reita Pendry
Sandara Scherrman

100-199 Hrs: Bruce White
400-499 Hrs: Joel Nachman
500-599 Hrs: Bill Voerster
Presidential Bronze

(100-149 in one year):
Bruce White
Joel Nachman

Congratulations to our Visiting team at CMC-Pineville:

100 Hrs: Bill Voerster
2000 Hrs: John Bertrand

CMC-NorthEast recognizes their volunteer milestones later in the year.
Bill Voerster, President

Blood pressure spikes, your heart rate fluctuates and the brain wakes you up partially to start your breathing again. This creates stress."

Apnea can leave you feeling tired and moody. You may have trouble thinking clearly. "Also, apnea affects the vessels that lead to the brain so there is a higher risk of stroke associated with it," Zee adds.

If you have mild sleep apnea, you might try sleeping on your side, exercising or losing weight to reduce symptoms. A CPAP machine, which pumps air into your throat to keep your airway open, can also help. Another treatment is a bite plate that moves the lower jaw forward. In some cases, however, people with sleep apnea need surgery.

"If you snore chronically and wake up choking or gasping for air, and feel that you're sleepy during the day, tell your doctor and get evaluated," Zee advises.

NIH is currently funding several studies to gain deeper insights into sleep apnea and other aspects of sleep. One 5-year study of 10,000 pregnant women is designed to gauge the effects of apnea on the mother's and baby's health. Zee says this study will shed more light on apnea and the importance of treatment.

Good sleep is critical to your health. To make each day a safe, productive one, take steps to make sure you regularly get a good night's sleep.

— National Institute of Health

<http://newsinhealth.nih.gov/issue/apr2013/feature1>



"You don't need a colonoscopy, but I'm sending you for one because, quite frankly, I don't like you."

— Pages

Keep On Tick'n

Vol 3, No 6  **Mended Hearts Chapter 372** June 2013

Chapter #372 (NorthEast) News

Open Invitation to heart patients, their spouses and caregivers.

Our next gathering has all the makings for a fun filled evening, it is our first **Welcome to Summer Pot Luck Dinner Social**. Be sure to clear your calendar for the evening of **June 6**. Set an alarm for **5:55 p.m.** minus travel for and estimated pre-departure preparations. You won't want to miss a minute!

Destination is CMC-NorthEast Health and Fitness Institute. A map is provided on page 2 for any first time guests which are welcomed.

Please RSVP to Dan Dallaire, email dandallaire@ymail.com or phone (704) 796-0628 with
See NorthEast (page 3)

Presidents Corner

Mended Hearts National Convention begins June 5 and runs through June 10. I will share a few highlights in our July Newsletter. In between feast your appetite on the following article I found that is timely and berry interesting as well as heart healthy.

June Marks The Start Of Berry Season by Bill Scifres.

One of the nice things of June is that it's the beginning of the wild berry season. That translates into pies, jam, wine, and strawberry shortcake.

It starts with wild strawberries around Memorial Day but certainly by the time June takes its bow. After that, the timing of wild berries and fruits continues its march across the calendar and into fall. It would be difficult to find a better scenario for cooks, bakers, and little old winemakers.

(See Berry Season on page 2)

Chapter # 372 (Pineville) News

Charlotte area heart patients, spouses and caregivers are invited to our inaugural Cardiac Support Meeting.

A **new** South Charlotte Mended Hearts support meeting at **CMC-Pineville** will be held on **Thursday, June 20**, starting at **5:30 p.m.** Tell a friend and bring your spouse or caregiver. A map is provided on page 2 for non-CMC-Pineville cardiac participants. First time guests are always welcomed.

We will have an interactive meeting on the benefits of being involved in a support group for people with heart or cardiovascular disease. Our point is to openly discuss how to enjoy the best quality of life by embracing a heart healthier lifestyle.

Each of us are different, our bodies need different levels of care
See Pineville (page 3)

Warning Signs of Heart Attack

For many women and men, the first symptom of heart disease is a heart attack. Recognizing the warning signs and getting help quickly can save your life.

Heart attacks don't always begin with sudden, crushing pain; many start slowly as mild pain or discomfort.

Most involve discomfort in the center of the chest that lasts more than a few minutes.

You may feel discomfort in other areas of the upper body, including one or both arms, the back, neck, jaw or stomach.

You may feel short of breath.

Other symptoms include nausea, light-headedness and breaking out in a cold sweat.

— National Institutes of Health (NIH)
<http://newsinhealth.nih.gov/2007/June/docs/02capsules.htm>

Heart Patient Information Newsletter



Mended Hearts of Greater Charlotte Area

"It's great to be alive... and to help others!"

Aligned with the American College of Cardiology

We support Carolinas HealthCare System and

Sanger Heart & Vascular Institute

We visit heart patients at CMC - Main, NorthEast and Pineville

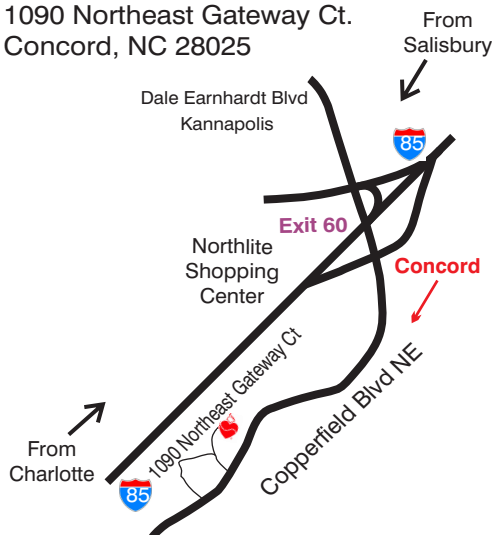


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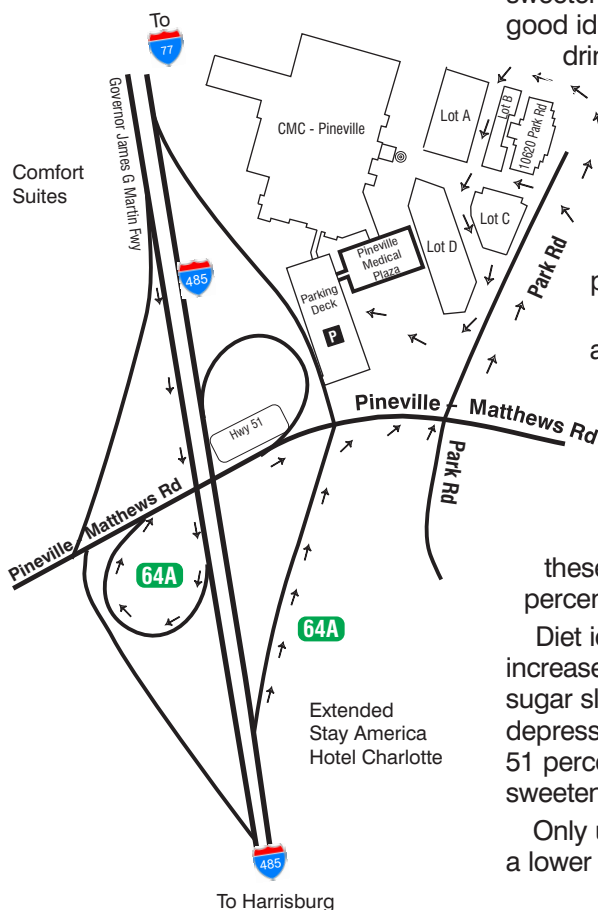
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Mended Hearts Support Meetings

CMC-NorthEast
Health and Fitness Institute
 1090 Northeast Gateway Ct.
 Concord, NC 28025



CMC-Pineville Cardiac Rehab Center
 CMC-Pineville Medical Plaza
 4th floor conference room
 Between the hospital and parking deck
 10628 Park Rd., Charlotte, NC



Heart Health for Women

Learn how to protect your heart health by reading the newly updated booklet *The Healthy Heart Handbook for Women*. This easy-to-use guide is packed with the latest information on heart disease, the #1 killer of women. Read practical advice on reducing the major heart disease risk factors: high blood pressure, high cholesterol, diabetes, smoking and being overweight. You'll find tips on following a nutritious eating plan, creating a physical activity plan, working in partnership with your doctor and getting the whole family involved in heart-healthy living. Quizzes, charts and the latest health statistics provide information you'll need to estimate your risk and control and prevent heart-related problems.

The full-color booklet is available for \$4 or can be viewed online without charge. Go to <http://email.nhlbi.nih.net/product2.asp?sku=07-2720> or call 301-592-8573.
 — National Institutes of Health (NIH)

Diet drinks linked to depression

Researchers say cutting back on sweetened diet drinks is probably a good idea after one study linked diet drinks to depression.

The results are not conclusive, however. Researchers for the National Institutes of Health say the higher reported depression rates could be caused by people who were prone to it.

Still, the study of 263,923 adults ages 50-70 is suggestive. They followed participants for 10 years. After that time, 11,311 reported having been diagnosed with depression between 2000 and 2006.

Those drinking four or more of these beverages per day had a 31 percent increase in depression.

Diet iced tea caused a 25 percent increase, while ice tea sweetened with sugar slightly decreased the risk of depression. Diet fruit punch caused a 51 percent greater risk, but sugar-sweetened punch had no effect.

Only unsweetened coffee produced a lower risk for depression.

Berry Season (from page 1)

The timetable for wild berries and fruits will be somewhat later in the north. If you love picking berries, you can take notes on when your favorites ripen.

Black raspberries generally follow the wild strawberries. Falling into line as summer progresses are dewberries, blackberries, choke cherries, red raspberries, and (as a last hurrah of the summer berry season) elderberries.

Actually, the term berry pickin' is a bit of a misnomer. Lots of berries aren't really picked. They are sort-of twirled off the cane. You place the palm of your hand under the cluster of berries (or a single). The thumb and index finger of your other hand twirl them off and allow them to fall into your palm. Then you can place them into your pail.

You can make a pail from a two-pound coffee can. Attach a heavy wire that can hook over your belt. This allows you to hold a prickly cane with one hand and twirl with the other. When berries are ripe and firm, rinse them in cool tap water, but guard against washing away natural juices of those that are dead-ripe and juicy.

AUTOBELL Car Wash Tickets

receiving 100 car wash tickets with AUTOBELL® a face value of \$14.99.



We have 31 days to sell the tickets.

Unsold tickets and \$7.48 for each sold ticket are

sent to AUTOBELL.

Hopefully, every active member will purchase one or more ticket for each car they own.

Distribution of these tickets needs to be fast and furious while keeping a reasonable level of accountability for each ticket.

Our executive committee will meet soon after the tickets are received. Complete distribution details need to be resolved by then.

A flyer will be sent out in the middle of June with details on the logistics.

We visit heart patients at these CMC locations:

CMC - Main, 1000 Blythe Blvd
Charlotte, NC 28203

CMC - NorthEast, 920 Church St N
Concord, NC 28025

Contact Joel Nachman for details at
(704) 577-5057 or
jhnncc@ctc.net

CMC - Pineville, 10628 Park Rd,
Charlotte, NC 28210

Contact Bill Voerster for details at
(704) 310-8354 or
bvoerster@yahoo.com

Chapter 372 Officers

President: Bill Voerster,
(704) 310-8354

**Vice president and Visiting
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(704) 577-5057

Treasurer: Colin Faulkenbery,
(704) 782-7002

Secretary: Dan Dallaire,
(704) 796-0628

Hospital Liaison: Mike Lippard,
(704) 403-1390

Editor: Sid Rauch, (704) 425-8050

Standing Committee Chairpersons

Sunshine & Telephone:
Priscilla Williams

Speakers: Mike Lippard

Programs: Open

Patient Follow up:
Priscilla Williams

Patient Follow up:
Sandara Scherrman

Patient Follow up & Internet

Visitor: Reita Pendry

Visitor Training: Joel Nachman

Mid-Atlantic A.R.D.: Bill Voerster,
704-310-8354

Visiting Report April 2013

CMC	Patient	Cath	Family	Phone	Internet
Main	27	6	1		2
NorthEast	95	7	15	12	
Pineville	17	2	2		
Total	139	15	18		
Prior Mo YTD:	648	33	27	42	6
YTD:	787	48	45	54	

Sharing positive heart experiences with other patients can be very rewarding. Interested? Contact Bill Voerster or Joel Nachman – see contact info above.

NorthEast (from page 1)

1. your name
2. number and names in your party – we plan to print name tags
3. type of side dish (appetizer, salad, casserole or dessert).

We are so appreciative of Mike Lippard and CMC-NorthEast, Health and Fitness Institute for furnishing a heart healthy and great tasting turkey breast for our main course. Mike has a chef's touch and will likely prove again that healthy food can taste really great!

Sid's golden rule for making a successful pot luck dish. Fix something you and your family loves. There is nothing worse than having nobody eat your food than going hungry the following week because you didn't like it either!

Our Mended Hearts group and CMC-NorthEast enjoys really great relationship. They benefit from the positive reinforcement and support that we provide.

The rest of our 2012 meetings are:

August 22 – Info on American
Heart Assoc – Heart Walk

September 26

October 24

Dec 5 – Holiday Pot Luck Dinner
Social

Our objective is to reinforce the information your doctors have talked to you about and encourage their patients to make some simple lifestyle changes so you can maintain or even achieve an improved quality of life.

As a bonus, you get to stay away from the hospital and enjoy living at home rather than the best institution your family can afford.

Preventing a recurrence of cardiac intervention or surgery

simply requires elimination of the word "can't" from your vocabulary. Actually the only sure thing a person can't do is stop taking your next breath. If a person tries just a little bit, they can find out they can do without most everything else.

Cardiovascular disease didn't suddenly happen. Genetics has far less to do with Cardiovascular disease than grandma's cooking! Southern Cooking is simply deadly. There are typically too much fat and salt. If you stop eating like grandpa and exercise a moderate bit, you may be able to extend a really great life to see those grand or great-grand kids graduate and start their own families.

Pineville (from page 1)

and have widely varying limitations. By preventing any limitations from degrading, we can maintain at least our existing standard of living for quite some time.

Our guest speaker will be Dr. John Cedarholm, Director of Cardiac Interventional Services at CMC-Pineville.

An assortment of heart healthy refreshments will be served as we gather and socialize a bit before Dr. Cedarholm makes his presentation.

As a courtesy to Dr. Cedarholm, it would be most appropriate to email joel@gmail.com with any questions you would like to have addressed by Dr. Cedarholm. Since time is often a limiting factor, we cannot guarantee that your specific question will be answered.

Sometimes we have to consolidate questions to prevent redundancy.

We are open to fresh ideas that new faces can bring to expanding projects like we are undertaking.

More explicit details will be provided in June's newsletter. Including more details of the slow cooker that likely will be used as a door prize. Now you have a date, time, page 2 has the location.

For additional information,
Contact: Joel Nachman, 704-577-5057 or nachman.joel@gmail.com.

Joel Nachman, VP

Note: You don't need to be a member to attend our support meetings. It is simply of vital importance to attend and learn whatever you can. Our goal is to encourage people to adopt a healthier lifestyle to enjoy the best quality of life they can.

Groundbreaking Diabetes Drug Ok'd by FDA

A drug from Johnson & Johnson uses a new method to lower blood sugar. It flushes sugar out in patients' urine.

The U.S. Food and Drug Administration has cleared J&J's Invokana tablets for adults with type 2 diabetes. The once-a-day medication works by blocking the kidneys from reabsorbing sugar, which occurs at higher levels in patients with diabetes than in healthy patients.

Regulators highlighted the drug as the first in a new class of medications that could help address the growing epidemic of diabetes in the United States.

People with type 2 diabetes aren't able to properly break down carbohydrates, either because their bodies don't produce enough insulin or they have become insulin resistant. That places them at a higher risk for heart problems, kidney problems, blindness and other serious complications. Diabetics often require multiple drugs with different mechanisms to control their blood-sugar levels, according to reports in the Associated Press.

Invokana shrinks the amount of sugar absorbed from food and stored in the liver. The most common side effects are yeast infections and urinary tract infections.

Pages



Pages

Migraines Tied to Heart Attack Risk

Men who suffer from migraine headaches may be at greater risk for heart attack and other types of cardiovascular disease, according to a new study funded by NIH. The findings parallel last year's report that women with a history of migraines also face a higher risk of cardiovascular disease.

More than 28 million Americans suffer from intense migraine headaches, often described as a pulsing or throbbing in one area of the head. Symptoms can include nausea, vomiting and extreme sensitivity to light and sound. Migraines affect about 18% of women and 6% of men.

Researchers studied more than 20,000 men for about 16 years. None had a history of cardiovascular disease or other major illnesses when they first enrolled in the study. About 1,500 of the men suffered from migraines.

Over time, the men with migraine had a 24% greater risk of developing major cardiovascular disease compared with men who did not have migraine. The men with migraine also had a 42% increased risk for heart attack.

The relationship between migraine and heart health is complex and unclear. Migraines may simply be a sign of an underlying cardiovascular problem. In any event, because of the apparent link to heart disease, migraine sufferers might be wise to take steps to reduce traditional cardiovascular risk factors, like high blood pressure, obesity, smoking and high cholesterol.

— National Institutes of Health (NIH)
<http://newsinhealth.nih.gov/2007/June/docs/02capsules.htm>

Quote of the Month

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

— Henry Ford, Industrialist of early 1900's

The Lighter Side

Start at the very beginning ...

When the new patient was settled comfortably on the couch, the psychiatrist began his therapy session.

"I'm not aware of your problem," the doctor said. "So perhaps, you should start at the very beginning."

"Of course," replied the patient. "In the beginning, I created the heavens and the earth..."

Man on a desert Island

A man of many vices, stranded on a desert island for over 10 years, sees a speck on the horizon. "It's not a ship," he thinks to himself and as it gets closer, he sees it's not a small boat or a raft.

Suddenly, emerging from the surf comes a beautiful woman in a wet suit and scuba gear.

She asks how long it's been since he had a cigarette, and he says, "Ten years." She opens a waterproof pocket on her left sleeve and pulls out a pack. He lights one up and says, "Great!"

"And how long has it been since you've had a sip of good whiskey?" she asks. Trembling, he says it has been 10 years. She unzips her right sleeve and pulls out a flask. He takes a long swig and says, "Absolutely fantastic!"

At this point she starts to unzip the front of her wet suit, and asks, "How long has it been since you've played around?"

With tears in his eyes, the man falls to his knees and sobs, "Oh, heavens! Don't tell me you've got golf clubs in there too."

Pages



"These fit well. Do you have them in a more hideous pattern?"

Pages

Keep On Tick'n

Vol 3, No 8



Mended Hearts Chapter 372

August 2013

AUTOBELL Car Wash Fun Raiser

Sometimes, things are just meant to happen as they do.

I suppose most of the credit goes to Bill for presenting the idea and driving it forward. While he also sold a bunch of coupons, Joel and Dan rounded the effort out to make Bill look totally brilliant.

All the coupons were sold out in less than three weeks. While all the miscellaneous expenses may not yet be fully accounted for, we should be right at making \$750.

This could likely become an annual event. I know a man who drives the dirtiest car in the entire piedmont area who bought two tickets. He uses Auto Bell after a snow when the roads were salted or brine sprayed.

— Editor

Were you visited by a Mended Heart Accredited Visitor while you were in the hospital? We hope that you were. Sometimes miss a few patients. We don't like missing patients, but our visitors have emergencies and other conflicts. Filling the gaps simply takes more volunteers. If interested, please contact Joel Nachman. See page 2 for contact information.

President's Corner

Congratulations to our Chapter's Accredited Visitors.

Each year, during Volunteer Appreciation Month, the Hospitals we volunteer in, awards those volunteers for the service they perform. As part of that recognition each Volunteer manager or Coordinator will tally the total hours and apply a dollar value to those hours. All three of our hospitals use the same hour to \$ formula. The following is what Chapter 372 Accredited Visitors have contributed:

See President, Page 3

Simple Plan, Better Man



Take the Next Step, Keep Your Heart Healthy

Nearly 1 in 4 African-American men will die of heart disease. Almost half of African-American men have high blood pressure. The stats go on. Minority men face health challenges; challenges they can tackle with simple changes, though.

Dr. J. Nadine Gracia is HHS' deputy assistant secretary for minority health. "Simple steps, like eating healthier options—more fruits and veggies—limiting alcohol intake and getting more exercise all contribute to having a healthy lifestyle."

All men should get at least 30 minutes of moderate-to-intense exercise a day.

See Men, Page 3

Meet Others Who Know What You're Going Through

Join the Mended Hearts Support Community

<http://mendedhearts.inspire.com>

We've created an online support community at Inspire where you can:

- Meet others dealing with heart disease
- Learn what to expect, from diagnosis to treatment
- Write about your experiences
- Start a guestbook for family and friends
- Maintain complete control of your privacy
- It's free and takes just a minute to join.

"In just one day, I've felt surrounded by hope, love, and the exquisite feeling that I was not alone"



Mended Hearts



Mended Hearts of Greater Charlotte Area

"It's great to be alive...and to help others!"

Aligned with the American College of Cardiology

We support Carolinas HealthCare System and Sanger Heart & Vascular Institute

We visit heart patients at CMC - Main, NorthEast and Pineville

This alternate header was designed to readily identify our newsletter when displayed in a 6" wide document holders in the waiting room at Sanger Heart & Vascular Institute in Concord.

Heart Patient Information Newsletter



NorthEast's Next Support Group Meeting

will start at 6:30 pm on July 27, at our regular meeting place in the Health and Fitness Institute.

Somebody will be talking about the Heart Walk and Bill Voerster will tell us some new things on the horizon with

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Support Meeting Locations for August's

CMC-NorthEast Health and Fitness Institute

1090 Northeast Gateway Ct.
Concord, NC 28025
Meets most 4th Thursdays



Reducing Risk Of Heart Disease

A study supports the idea that people can get their high blood pressure and high cholesterol under control to reduce their risk of heart disease.

At the Medical University of South Carolina, Brent Egan says national survey data from 1988 through 2010 found a sharp increase in the proportion of people who had blood pressure and cholesterol controlled – but most still did not have it controlled.

Egan says the benefits of control are powerful, and the lifestyle factors of physical activity and eating healthy can add to it.

“Individuals that both follow a healthy lifestyle and make sure that their blood pressure and cholesterol are controlled to goal can reduce the risk of heart disease and stroke up to 75 percent.”

The study was in the journal Circulation. HHS HealthBeat is a production of the U.S. Department of Health and Human Services.
– Ira Dreyfuss

Healthier Oatmeal Cookies

Dry ingredients

1 cup whole wheat flour
1 1/2 cups of large flake rolled oats
2 tablespoons flaxseed meal
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 1/2 tablespoons Cinnamon
1/2 tsp Nutmeg (optional)

Wet ingredients

1/2 cup olive oil (or canola)
1/2 cup honey (use the cup to first measure the oil for stick-free honey)
1 tablespoon Molasses
1 egg (beat with 1 tablespoon water)
1 tsp Vanilla

Yummy ingredients

1/2 cup raisins
1/2 cup walnuts

Preparation:

In a large bowl, mix all the dry ingredients together.

In a medium bowl, mix all the wet ingredients together.

Mix the wet stuff with the dry stuff. Add the raisins and walnuts and mix.

COOL the mix for 20 minutes in the fridge.

Preheat the oven to 335 degrees (lower temperature is needed since honey burns easily).

Drop by teaspoonfuls onto your baking sheet (I line the baking sheet with parchment paper for easy removal). Press down with a fork to ensure even cooking.

Bake for about 15 - 20 minutes or until golden on the bottom of the cookie. The cookies should freeze very well. I've never had the need to try freezing since they don't last long. They make a great snack!

Healthy snacks can taste great!
– Sid



“Well, that proves that. Mom's phone doesn't have a “Float” app.”

– Pages

What Is That Dizzy, Floating Feeling?

A balance disorder is a condition that makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. According to the National Institutes of Health, balance disorders can be caused by a health condition, medications, or the inner ear.

It could be a viral or bacterial infection in the inner ear, a head injury, or a blood circulation disorder that is affecting the inner ear or the brain.

In some cases, there is confusion, disorientation, blurred vision, nausea, fear and panic. Even more puzzling, symptoms may come and go.

The first thing a doctor will do is determine if your dizziness is caused by a medical condition or medication. If it is, your doctor will treat the condition or change the medication.

To help evaluate a balance problem, your doctor may suggest you see an otolaryngologist, a physician and surgeon who specializes in the ear, nose, and throat, and who may request tests to further assess the problem.

The doctor may also recommend changes in your diet, such as reducing the use of salt in your food and limiting alcohol and caffeine. Not smoking also may help.

Some anti-vertigo or anti-nausea medications may relieve your symptoms, but they can make you drowsy.

Other medications, such as the antibiotic gentamicin or corticosteroids, may be injected behind the eardrum to reach the inner ear.

– Pages

Quote of the Month

John F. Kennedy said, “There are three things which are real: God, human folly, and laughter. The first two are beyond our comprehension. So we must do what we can with the third.”

Quotes

Keep people in your life who truly love you, motivate you, encourage you, enhance you, and make you happy. If you know people who do none of these things, let them go.

– Unknown

If someone wants to be nice, don't stand in their way

– Unknown

Mended Hearts Accredited Visitors

Our accredited volunteer visitors have little or no medical training – most of our medical skills are limited to putting a Band-aid on a simple scratch!

Our purpose is to listen and share some of our heart health experiences. We are there to offer hope to new heart patients and their families.

While offering hope, we try to encourage patients and their families to at least consider some really simple lifestyle changes as they recover and to actively engage in cardiac rehab. Cardiac health is a long term effort to achieve the best quality of life possible for each patient.

Men (from Page 1)

“When you pair exercises that help elevate your heart rate with at least two activities to help strengthen your muscles, you're getting closer to good health and avoiding the top diseases that have sidelined so many men too early in life.”

Learn more at healthfinder.gov.

HHS HealthBeat is a production of the U.S. Department of Health and Human Services.

– Nicholas Garlow.

July MH Member Visitors:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients and / or their families during July.

John Bertrand
Dan Dallaire
Jerry Davis
Judy & Rick Duke
Colon Faulkenbery
Chris Jordan
Joel Nachman
Reita Pendry
Jerry Poole
Sid Rauch
Joe Russell
Sandara Scherman
Bill Voerster
Bruce White
Priscilla Williams

President (from Page 1)

	Hours	Estimated Value
CMC-NorthEast	1498	\$33,171
CMC-Main	431	8,721
CMC-Pineville	287	5,690
	2,216	\$43,582

So, again Congratulations to a great crew working as a TEAM.

– Bill Voerster, President

Memorials and Honorariums

Memorable occasions can be a poignant reminder of the loss of a spouse, parent, or special person in one's life. You may find it fitting to make a contribution to your local chapter of Mended Hearts to share your grief with each of us.

For a modest gift we will publish a two-line listing as a Memorial or Honorarium in our next newsletter. Please submit your request so it will be received by the 15th of the month before you wish the notice to be printed.

All monies we raise is used for improving the heart health of needy heart patients or public awareness.

Please make checks payable to Mended Hearts - Chapter 372 and mail to:

Mr. Colon W. Faulkenbery
Mended Hearts, Chapter 372
1113 Grove St
Kannapolis, NC 28083

We visit heart patients at these locations:

Concord

CMC - NorthEast

Charlotte

**CMC - Main,
CMC - Pineville**

Invitation To Become A Mended Hearts Accredited Visitor.

Each Heart patient and their spouse or caregiver are eligible. If you are interested in giving back at one of our locations, please contact Joel Nachman.

Accredited visitors must be MH members, complete visitor training and become a vetted volunteer at the facility you desire to serve.

Standing Committee Chairpersons

Sunshine & Telephone: Priscilla Williams

Speakers: Mike Lippard

Programs: Open

Patient Follow up: Priscilla Williams

Patient Follow up: Sandara Scherrman

Patient Follow up & Internet Visitor: Reita Pendry

Visitor Training: Joel Nachman

Mid-Atlantic A.R.D.: Bill Voerster, 704-310-8354

Chapter 372 Officers

President: Bill Voerster, 704-310-8354, bvoerster@yahoo.com

Vice president: Joel Nachman, 704-577-5057, nachman.joel@gmail.com

Treasurer: Colon Faulkenbery, 704-782-7002, agcwf@windstream.net

Secretary: Dan Dallaire, 704-796-0628, dandallaire@ymail.com

Hospital Liaison: Mike Lippard, 704-403-1390

Visiting Chairman: Joel Nachman, 704-577-5057, nachman.joel@gmail.com

Editor: Sid Rauch, 704-425-8050, editor@mendedhearts372.org

Visiting Report June 2013

	Patient	Cath	Family	Phone	Internet
CMC					
Main	26	11			3
NorthEast	64	4	12		
Pineville	26		4		
Total	153	25	24	12	0
Prior Mo YTD:	506	39	47	42	8
YTD:	659	64	71	54	8

Quotes

Make sure you visualize what you really want, not what someone else wants for you.

– Jerry Gilles, marketing consultant

Happiness cannot be traveled to, owned, earned, or worn. It's the spiritual experience of living every minute with love, grace and gratitude.

– Denis Waitley, business author and consultant

Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.

– Horace Mann, American educator, developer of public education

Remember, the thoughts that you think and the statements you make regarding yourself determine your mental attitude. If you have a worthwhile objective, find the one reason why you can achieve it rather than hundreds of reasons why you can't.

– Napoleon Hill, author of *Think and Grow Rich*

My biggest motivation? Just to keep challenging myself. I see life almost like one long university education that I never had - every day I'm learning something new.

– Sir Richard Branson, founder and chairman of Virgin Group, more than 400 companies

You are an unfinished work in progress. One of the good things about life's challenges: You get to find out that you're capable of being far more than you ever thought possible.

– Karen Salmansohn, author of 38 books on happiness and achievement

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, "I'll try again tomorrow."

– Mary Anne Radmacher, author of *Lean Forward Into Life*

– Pages

The Lighter Side

Student vs. stock broker

Deciding to take a day off from his important job, a young broker went back to visit some of his old professors. Entering the school, he saw a dog attacking a small child. He quickly jumped on the dog and strangled it.

The next day, the local paper reported the story with the headline "Valiant Student Saves Boy From Fearsome Dog."

The broker called the editor of the paper and strongly suggested that a correction be issued, pointing out that he was no longer a student, but a successful Wall Street broker.

The paper issued a correction, with a headline that read, "Pompous Stock Broker Kills School Mascot."

Minister takes an airplane flight

A minister was seated next to a cowboy on a flight to Texas. After the plane was airborne, drink orders were taken. The cowboy asked for a whiskey and soda, which was brought and placed before him. The flight attendant then asked the minister if he would like a drink.

He replied in disgust, "I'd rather lose my soul to lust than let liquor touch my lips."

The cowboy then handed his drink back to the attendant and said, "Me too. I didn't know we had a choice."

Attention campers

The State Department of Fish and Wildlife is advising hikers, hunters, fishermen and golfers to be on the alert for bears this year.

They advise people to attach noise-producing devices, such as little bells, on their clothing to alert bears but not startle them. They also advise carrying pepper spray in case of an encounter.

You should be able to recognize the presence of bears in an area by their droppings. Black bear droppings are smaller and contain berry residue and possibly squirrel fur.

Grizzly bear droppings have little bells in them and smell like pepper spray.

– Pages

'Better Boss' Tips Work in Companies of All Sizes

By this time, you know that people want different things. Some want attention; some want you to know about their families; and some want to be promoted, but some don't. But this advice works for all of them.

Make corrections in private. Avoid criticizing anyone's work in front of co-workers. You will build resentment among other team members as well as the humiliated individual. Correct and coach people in private, but give thanks and praise for good performance in public.

Manage in person, not by email. For matters of coaching or any conflict, email will just make things worse. Talk on the phone or in person about any important subject. What's more, without feedback from you, people often misunderstand emailed instructions.

Maintain relationships. Check in with individuals occasionally to see how their work is going. Ask what's happening outside of their daily routines.

Don't spend the majority of your time on problem people. Sometimes paying attention to undesirable behavior helps to sustain it. Focus on your stronger people, those who will have the best new ideas, ideas that can be built into successful new processes

– Pages.



"To better prepare you for the future, I've replaced the letters in your alphabet soup with Chinese ones"

– Pages

Keep On Tick'n

Vol 3, No.10

Mended Hearts Chapter 372

October 2013

October's Support Meeting

at CMC- NorthEast Health & Fitness Institute on October 24, 2013 as usual on the 4th Thursday each month.

This meeting will follow a more traditional support meeting format and there will not be a guest speaker.

Mark your calendar so you arrive on the 24th by 6:30 p.m. Come early to enjoy some extra time to fellowship without having to stay out late.

Our next meeting will be on December 5, 2013. This should be a fun filled night. *Our annual Covered Dish Holiday Celebration!*

President's Corner

What is a Cluster Meeting?

A Cluster meeting is "a multiple chapter's membership gathering"

Why do I ask this question? On November 2 there will be a Cluster meeting at the CaroMont Regional Medical Center, in Gastonia NC. I strongly encourage that you save this date and plan to attend this gathering. Very shortly you will receive the full information, in the form of an announcement, copy of the events agenda, local Motel accommodations, if you choose to come in on Friday, and a notification of the speakers.

Just as a teaser you will hear from a young lady, member of chapter 379, on "Living Large With CHF.

You will be amazed to hear about "The Human Aorta, Your Superhighway of Life." along with some others. Look forward to several Round Table discussions, such as Telephone Follow up success, Cardiac Rehab presentation, and other discussions pertinent to Chapter success.

Remember November 2, 2013.

– Bill Voerster, President

Mended Hearts Has Gone to the Dogs!

Not really, in fact the dogs have come to Mended Hearts! Casey and Chloe, two adorable therapy dogs, were the special guests at the September 25th support meeting held at CMC Pineville.

We were introduced to Casey, a Chow mix with a long black coat, was quite taken with Joel. And when Joel wasn't looking, Casey was infatuated with Kay Roberson's purse. (Apparently she had some candy in there.) And Chloe, a small butterscotch Yorkie mix, wandered around our feet smiling the whole time.

Their owner and trainer; Kay Farnick is a retired nurse. She spoke to our group about what it

See Dogs (Page 4)

Heart Walk Results

The American Heart Association annual Heart Walk saw some healthy people walking which included: Dan Dallaire, Barbara Harris, Chris Jordan, Martina and Jason McGuire, Joel Nachman and Bill Voerster.

Our chapter produced some dollars from within our membership. A hearty thanks to the following who contributed: Dan Dallaire, Jerry Davis, Colon Faulkenbery, Barbara Harris, Chris Jordan, Martina and Jason McGuire, Joel Nachman, Faye Owens, Reita Pendry, Sid Rauch, Dr. Don Roberson and Bruce White.

We are especially proud of those that walked and also worked hard to raised a substantial amount of money.

Heart Patient Information Newsletter



Mended Hearts of Greater Charlotte Area

"It's great to be alive...and to help others!"

Aligned with the American College of Cardiology

We support Carolinas HealthCare System and Sanger Heart & Vascular Institute

We visit heart patients at CMC - Main, NorthEast and Pineville

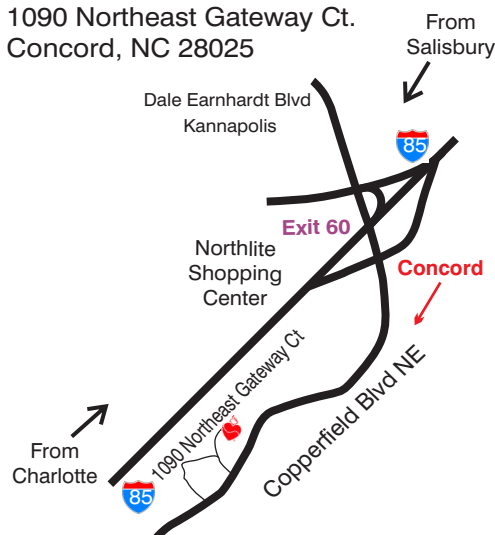
Note: You don't need to be a member to attend our support meetings. It is simply of vital importance to attend and learn whatever you can. Our goal is to encourage people to adopt a healthier lifestyle to enjoy the best quality of life they can.

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Mended Hearts Support Meetings

**CMC-NorthEast
Health and Fitness Institute**
1090 Northeast Gateway Ct.
Concord, NC 28025



MENDED HEARTS Mid-Atlantic

Regional Cluster Meeting

Sponsored by Chapter 379

Mark your calendar for Saturday,
November 2, 2013, from 8:30 am to
3:30 pm, in the Auditorium of
CaroMont Regional Health Center
2525 Court Dr., Gastonia, NC

Light continental breakfast & lunch
will be provided

Please RSVP

By

Wednesday, October 23, 2013

To: 379mhrts@att.net

Please include:

1. "RSVP Cluster" as the subject
2. Your Name and Chapter #

The same information is also
required if you RSVP by snail mail.

**Accredited Visitors, please wear
your visitors uniform and ID
Badge.**

Sometimes Life Can Be A Pain In The Neck:

What To Do About It?

If you sometimes have neck
pain, a diagnostic evaluation will
rule out dangerous problems.

Neck function is very
complicated, with many moving
parts, so doctors can't usually tell
what's causing it.

Even if an MRI or an X-ray
shows arthritis in a joint, there's
no way to know if that's the
cause or if it's something else,
such as how you hold your head
when you're at the computer.

Doctors say in the first few
weeks of common neck pain, a
hands-off approach is best. But
these self-care steps may speed
recovery, say Mayo Clinic
doctors.

🔥 Stay active. If you feel the
need, take 10 or 15 minute
breaks during the day to rest
your neck.

🔥 Improve your posture.
Keeping your head in a neutral
position is the key. Practice
sitting and standing tall. Avoid
positions that lean to one side or
tilt downward for periods of time.

🔥 Relax. Tense muscles benefit
from stress-reduction
techniques, such as deep
breathing, meditation and
progressive muscle relaxation. A
warm shower also makes
muscles relax.

🔥 Use nonprescription pain
medications (Tylenol and others).
After a strain, use an ice pack
wrapped in a towel for up to 20
minutes at a time.

🔥 Neck rotation: Slowly rotate
your head from side to side.

🔥 Neck tilting: tilt your head to
one side then the other, moving
your ear closer to your shoulder
each time.

Banana Nut Flax Bread

Wet Ingredients:

4 very ripe bananas
1/2 cup sugar
3/4 cup skim milk
1 tsp vanilla

Dry Ingredients:

1 cup whole wheat flour
1 cup all purpose flour
1/2 cup ground flax
1/4 cup chopped nuts
2 tsp baking soda
1 tsp cinnamon

Directions:

1. Preheat oven to 350 degrees. Mix
bananas and sugar in a 2-quart
mixing bowl using a heavy table fork
or hand mixer. Add the milk and
vanilla. Add the dry ingredients and
mix until smooth.

2. Lightly spray two 1-pound
nonstick loaf pan with canola or
olive oil cooking oil spray. Pour
batter into pan and bake until loaf is
done. A toothpick inserted in the
center should come out clean,
about 45-50 minutes.

Serves 16 slices: 200 calories, 4.5 g
fat, 0.5 g saturated fat, 0 mg
cholesterol, 266 mg sodium, 35 g
carbohydrate, 3.5 g fiber, 5 g
protein.

Note: This recipe started off needing
2-1/2 cups of flour. I substituted 1/2
cup of ground flax seed meal and
use 1 cup each of whole wheat and
all purpose flour.

— Editor

♥ Active Accredited Visitors:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during September.

John Bertrand
Greg Bonar
Steve Brewer
Dan Dallaire
Jerry Davis
Judy & Rick Duke
Colon Faulkenbery
Barbara Harris
Ken Hurlbert
Chris Jordan
George McCormick
Joel Nachman
Reita Pendry
Jerry Poole
Sid Rauch
Sandara Scherman
Bill Voerster
Bruce White
Priscilla Williams

Exercise At Midlife Pays Off For Decades Later

In their 40s and 50s, people who made a point of staying fit before may get pretty busy. They start wondering if lifting weights, exercising at home or going to the gym is worth the time and effort.

There has always been some evidence that people who are fit at midlife are more likely to be healthy in their 60s, 70s and 80s. The best evidence available now comes from the Cooper Institute in Dallas. It has a database of patients who have gone to their preventive medicine clinic since 1970.

Chronic illnesses

Their study, published in the September Archives of Internal Medicine, focused on data from 18,000 healthy people whose cardiovascular fitness was measured by treadmill tests in their 40s or 50s. ↗

By examining Medicare claims on these subjects, researchers found that those who were most fit were much less likely to develop heart disease, Alzheimer's, diabetes, kidney disease, colon or lung cancer during the next 20 to 30 years.

Dementia

They also found that subjects who were fittest at midlife were one-third less likely to develop dementia in their 70s and 80s. Cardiovascular fitness helps prevent dementia by reducing the risk of diabetes and hypertension, both of which can contribute to dementia. But even after controlling these factors, the reduced risk for dementia and Alzheimer's disease remained.

Fitness now

Doctors at the University of California, Berkeley, say one benefit of being fit in middle age is that it increases the likelihood that you'll continue to exercise, eat well and stop smoking.

If you're past middle age and didn't exercise much back then, you can still get many of the benefits of midlife fitness if you start to exercise now.

It's never too late to start improving your fitness level with exercise and other healthy habits.

– Pages

♥ Mended Hearts Accredited Visitors

Our purpose is to listen and share some of our heart health experiences. We are there to offer hope to new heart patients and their families.

While offering hope, we try to encourage patients and their families to at least consider some really simply lifestyle changes as they recover and to actively engage in cardiac rehab. Cardiac health is a long term effort to achieve the best quality of life possible for each patient.

Chapter 372 Officers

President: Bill Voerster, 704-310-8354, bvoerster@yahoo.com
Vice president & Visiting Chairman: Joel Nachman, 704-577-5057, nachman.joel@gmail.com
Treasurer: Colon Faulkenbery, 704-782-7002, agcwf@windstream.net
Interim Secretary: Priscilla Williams
Hospital Liaison: Mike Lippard, 704-796-7517 (mobile)
Editor: Sid Rauch, 704-425-8050, editor@mendedhearts372.org

Standing Committee Chairpersons

Patient Follow up: Priscilla Williams
Patient Follow up: Sandara Scherrman
Patient Follow up & Internet Visitor: Reita Pendry
Speakers: Mike Lippard
Sunshine & Telephone: Priscilla Williams
Visitor Training: Joel Nachman
Mid-Atlantic Assistant Regional Director: Bill Voerster, 704-310-8354

♥ We visit heart patients at these locations:

Charlotte

CMC - Main,
CMC - Pineville

Concord

CMC - NorthEast

♥ Visiting Report August 2013

	Patient	Cath	Family	Phone	Internet
CMC					
Main	46	9	1		2
NorthEast	67	2	5	8	
Pineville	48	1	3		
Total	161	12	9	8	2
Prior Mo YTD:	775	79	87	54	11
YTD:	936	91	96	62	13

Elayne Boosler Quotes:

I have six locks on my door all in a row. When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.

When women are depressed, they eat or go shopping. Men invade another country. It's a whole different way of thinking.

You never see a man walking down the street with a woman who has a little potbelly and a bald spot.

The Lighter Side

Old Man

He was eating lunch at a truck stop when three bikers walked in. The first pushed his cigarette into the old man's pie, then took a seat at the counter.

The second spit in the old man's milk, then took a seat at the counter. The third turned his plate over and then took a seat at the counter.

The old man left without a word.

One of the bikers said to the waitress, "Humph, not much of a man is he?"

The waitress replied: "Not much of a truck driver either. He just backed his truck over three motorcycles."

About The Devil

The Sunday School teacher asked little Johnny, "Do you believe in the devil?"

"No," said Johnny. "I believe it's just like with Santa Claus."

"The devil is my dad." into smile. I did!



Dogs (from page 1)

takes to certify a therapy dog. She started with "Dog volunteers are just like people volunteers, they have to have the right disposition." So true! Kay is just as tender hearted as the dogs and a very good judge of character. The dogs look to her for direction. She has taught them to watch her face and eyes, and she watches theirs too. She says, "Her first duty is to her animals, their safety." Especially in a hospital environment, you can't put booties or a mask on a dog!

But both the handler and the dog must wear a photo ID. The volunteer office at CMC determines where the dogs visit, but they are stopped for love no matter where they go. Patients, visitors and staff alike light up when they see the dogs! It's especially gratifying to Kay when her dogs are able to melt the facade of a "tough" patient who has put on a brave face or one that's been unresponsive. And who doesn't know that petting or holding an animal has been proven to lower ↗

What to do

An elderly couple just bought cell phones and learned how to text. She was the romantic type and one afternoon sent him this message.

"If you are sleeping, send me your dreams.

If you are laughing, send me your smile.

If you are eating, send me a bite.

If you are drinking, send me a sip.

If you are crying, send me your tears. I love you."

The husband texted back to her: "I'm in the bathroom. Please advise."

Leather

When a woman wears leather clothing, a man's heart beats faster. His throat gets dry. He gets weak in the knees and begins to think irrationally.

Ever wonder why?

She smells like a new truck!

blood pressure and alleviate depression? For people that have an extended stay in the hospital, and are missing their own pet, a visit from a therapy dog is a warm light on a dark day!

All of Kay's dogs are certified by Therapy Dogs International (TDI). The company is based in New Jersey, and was started in 1976. They have since certified over 25,000 dogs that provide service throughout the US, Canada and Europe. The dogs have to pass the temperament evaluation where they are put into scenarios they may encounter such as loud noises, crowds and equipment such as wheelchairs or crutches.

Therapy dogs don't just visit hospitals, Kay and her dogs have visited the Ronald McDonald House, assisted living facilities, Infusion House and public schools, as well as libraries. Kay is an advocate for reading and the children really love reading to the dogs, who would have thought? What a wonderful incentive for a child.

Like Mended Hearts, TDI is a non-profit organization that is supported by membership dues. The expense for the upkeep of the animals; including vaccinations required by the facilities they visit, are all absorbed by the volunteers, except in some cases. All of Kay's dogs have also achieved the Canine Good Citizens certification from the AKC. Casey and Chloe were so well behaved, of course. Who wouldn't be happy to see them, they were wonderful!

If you would like more information on TDI visit their website: <http://www.tdi-dog.org>

— Chris Jordan

Note to Mended Hearts Accredited Visitors: If you see a patient that is a bit more gloomy than you think they should be, ask them if they would like a visit from a therapy dog. Then contact the Volunteer Services at your hospital and see if you can't play a part in changing a frown

— Editor

Keep on Tick'N

Volume 3 - Issue No. 11

November 2013

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

Aligned with the American College of Cardiology



Oct. 2013	Patient	Cath	Phone	Family	Web
Main	27			2	
NorthEast	26	4	3		
Pineville	41			27	
Total	94	4	3	29	
YTD	1030	99	102	120	13



2013 Charlotte Heartwalk - Front Row: Joel Nachman, Karen Busman, Barbara Nachman, Elyse Nachman, Barbara Harris, Steve Norris, Rayann Norris, Nora Trinidad, Chris Jordan **Back Row:** Siegfried Fritz, Ira Busman, Ingrid Heise, Martina McGuire, Harry Heise, Mike Fritz, Jason McGuire, Dan Dallaire, George Clarkson, Susan Cameroon, Bill Voerster

Note from the Editor:

Many thanks to Bill Voerster for having faith in me and to Sid Rauch for passing the torch so graciously. I am open to ideas anyone would like to submit. I will be including (underlined) website links for those who receive the newsletter digitally. I am always learning, I would appreciate your kind suggestions.

Chris Jordan

Above: The 2013 Greater Charlotte Heart Walk was a wonderful success! Community Teams raised over \$45,000 towards the \$1.4 million raised for the entire walk. "Team Joel" members raised over \$4,000 in private donations! It would be nice if we could get the whole chapter to participate next year!

Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:

[CMC - Main](#)

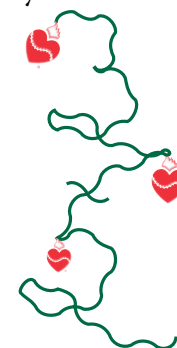
1000 Blythe Ave.
Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



SUPPORT GROUP &

MEETINGS SCHEDULES

PINEVILLE

November 14, 2013

January 9, 2014

March 13, 2014

May 8, 2014

NORTHEAST

Meets on the 4th Thursday of the month.

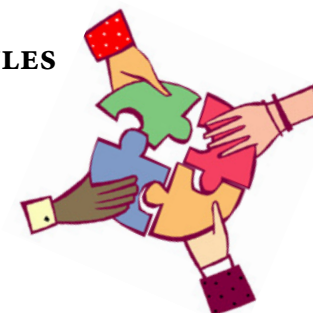
December 5, 2013 - Potluck Holiday Dinner

Mike Lippard at NorthEast Fitness Institute will provide the main course.

If everyone else would bring salads and desserts as heart healthy as possible, it should make for a delicious get together!

LOOKING AHEAD!

Heart Month is in February and in order to celebrate, the staff of CMC along with Sanger Heart and Vascular are sponsoring the Cupid's Cup. This is a 5K and 1 mile walk - jog - crawl - run at CMC - Main thru Myers Park via S. Kings and East Blvd. on Saturday Feb 15th. We will have more information at a later date.



THE FLU ON YOUR FINGERTIPS

The influenza virus can live on a person's fingers for half an hour or more, depending on the size of the droplet, according to a new Swiss study.

Experts assume most flu is transmitted by air -- tiny droplets spreading out on the air currents as the infected person coughs or talks.

But this finding also suggests that flu can be transmitted by touch.

The study should encourage people to wash their hands with soap and water and keep hands away from the face.

In public places, where you don't know the health status of the people around you be sure to keep your hands away from your eyes, nose and mouth.

Doctors recommend that, if you have the flu, don't go to work and share the disease with others: Stay home.

Get the flu shot to give yourself the best chance of staying healthy. pagesmag.com

TRADITIONS DEPEND ON YOU! ARE YOU PASSING THE TORCH?

"Over the river and through the woods to Grandmother's house we go ..."



The words of this children's song speak of tradition. It's traditional for the children, grandchildren, aunts, uncles and cousins to gather at Grandmother's house for the Holidays.

Often the cele-

bration begins days ahead of time as out-of-town families come home. The kids don't mind using their sleeping bags, and an odd aunt or uncle is sure to be found on a couch. There is a continuing bustle of activity right up to the big dinner.

In traditional families the women of the family are found in the kitchen, cooking for hours before the meal and cleaning up for hours afterward. In fact, the cleanup usually is finished just when someone thinks it's time for a snack, another piece of pie or a sandwich.

Each year there is an unspoken question in the minds of family members: How long can Grandma and Grandpa keep doing this? Inevitably, there will come a day when because of illness or frailty, they can no longer host the family in their home for the holidays.

The torch must pass, and the new tradition will begin.

Though you may try to continue to celebrate the holidays as your parents did, the celebration will never be quite the same.

As you have Thanksgiving this year, be thankful for this celebration. There will never be another one exactly like it. pagesmag.com



GOT A MINUTE?

Great discussion led by Mike Lippard at the Oct. 24th support meeting at NorthEast. Mike asked us to think about a few things that we ALL need to address:

- How healthy are you, really?
 - What is your outlook on life?
 - Was your heart attack meant to be?
 - What are you going to do about it?
- Then he suggested some solutions for staying positive and voicing our issues:
- Surround yourself with positive people you can be honest with.
 - Be in touch with who you are, denial will get you nowhere.
 - Be responsible for your own health.
- And a special thanks to Priscilla Williams for recording the minutes of the meeting.

TIPS TO STAY HEART HEALTHY THROUGH THE HOLIDAYS!

- ♥Focus on maintaining your weight, don't try to diet during the holidays! That's just pointless!
- ♥Try a shrimp cocktail, veggies and low fat dip or fresh fruit skewers for appetizers
- ♥Serve grilled veggies or lean meat kabobs
- ♥Simplify your dishes - Garlic green beans instead of a casserole, strawberries dipped in dark chocolate instead of a shortcake
- ♥Rinse canned fruits and vegetables
- ♥Google heart smart versions of your favorite recipes
- ♥Offer your guests lo-cal beverages like diet soda or sparkling waters
- ♥Keep alcohol simple, avoid drinks that have heavy cocktail mixers.

ALL YOU NEED FOR DINNER: BEEF BARLEY SOUP FROM A SLOW COOKER

Some say it's strictly a Southern dish. Others say it's a truck stop favorite. Whichever the case may be, when travelers know where to find good beef barley soup on a frequently traveled route, they plan to stop at that restaurant for sure.

There's no need to save the pleasure for your travels, because you can put the ingredients in the slow cooker in the morning and have a great dinner ready when you get home from work, play or volunteering.

The health benefits of beef, onions, carrots,



and celery are well known, but few people realize the powerhouse hidden in those little grains of barley.

Barley is one of the richest sources of the antioxidant tocotrienol, a form of vitamin E which reduces free radicals that damage the body, say researchers at the University of Toronto. In fact, they have 50 percent more power than other forms of vitamin E.

In addition to stopping free radical oxidation, this nutrient works in the liver to reduce the body's production of dangerous cholesterol.

Barley also contains lignans, compounds that have antioxidant ability, providing even more protection. And barley is rich in fiber content.

Though pearl barley found in grocery stores is a healthful food, its nutrients have been decreased by refining. It still makes a great soup, but hulled barley is richer in B vitamins. It is found in health food stores.

BEEF BARLEY SOUP

If your crockpot is large, this recipe can be doubled.

Cut one pound of lean stew meat into 1/2-inch cubes. (If chuck roast or chuck steak is on sale, that can be used.)

Put it into the crockpot and add 1/2 cup chopped onion, 2 ribs of celery, 2 medium carrots, 3/4 cup barley, 1 bay leaf, 6 cups of beef broth, 1 teaspoon salt, or salt and pepper to taste.

Cook beef and barley soup on LOW in the crockpot for 6 to 8 hours. Taste, and add any additional salt and pepper you need to please your taste buds. Remember that barley expands to four times its original size. Be sure your cooker is large enough.

pagesmag.com

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during September.

John Bertrand

Steve Brewer

Jerry Davis

Rick Duke

Barbara Harris

Chris Jordan

Joel Nachman

Jerry Poole

Sandara Scherman

Bruce White

Greg Bonar

Dan Dallaire

Judy Duke

Colon Faulkenbery

Ken Hurlbert

George McCormick

Reita Pendry

Sid Rauch

Bill Voerster

Priscilla Williams

What is the secret to a long successful marriage? Stop speaking to each other on day 2!

~ Tim Conway



PRESIDENT'S CORNER

November is National Care Giver Month!

The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns



throughout the country and overseas raising millions of dollars each year. Pledges made by Federal civilian, postal and military donors during the campaign season (September 1st to December 15th) support eligible non-profit organizations that provide health and human service benefits throughout the world. And Mended Hearts is a recipient of some of these donated funds. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

CHAPTER 372 OFFICERS

President: **Bill Voerster**, 704-310-8354,

bvoerster@yahoo.com

Vice President & Visiting Chairman: **Joel Nachman**, 704-577-5057, nachman.joel@gmail.com

Treasurer: **Colon Faulkenbery**, 704-782-7002, agcwf@windstream.net

Interim Secretary: **Priscilla Williams**

Hospital Liaison: **Mike Lippard**, 704-796-7517

Editor: **Christine Jordan**

STANDING COMMITTEE CHAIRPERSONS

Patient Follow up: **Priscilla Williams**

Patient Follow up: **Sandara Scherrman**

Patient Follow up & Internet Visitor: **Reita Pendry**

Speakers: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354





YOU SHOULD'VE BEEN AT THE CLUSTER, BUSTER!

by Christine Jordan

Boy, I tell ya the Cluster Meeting in Gastonia was great! [CaroMont Health](#) is a beautiful hospital that has huge sprawling grounds outdoors and lots of space indoors. Our host, Jake Grey, greeted us at the door as we registered, but everyone was so welcoming. For me, it was almost overwhelming in the best way. The speakers were all very engaging.



Joel Nachman and Jake Grey

Laurie Mercer's story, "Living Large with CHF" was wonderful to hear. Laurie is an active member of Chapter 379 who also manages 3 offices for Interim Home Healthcare. She is a vivacious and infectiously happy person that will make you smile with just a hello! An affirmation that all types of heart ailments respond to a positive attitude, a healthy diet and following the advice of your medical practitioner. She has truly beat down her CHF and is an active member of her church, choir and takes care of her family. She was even kind enough to grace us with a verse from her favorite hymn. She has a beautiful voice that could not be silenced!

Angie Ledford from the Preventative Cardiovascular Nurses Association - "Speaking from the Heart" was a talk about recognizing, understanding and controlling angina. Whether you know it or not, we have all experienced angina. All those "classic" symptoms of a heart attack: chest pressure, shortness of breath, "heart burn", etc., these are all forms of angina. They just may not feel the same for each person. Angie said that one of their mantras is "**Don't be Embarrassed to Death.**" I thought that was so on point, because thinking that your angina will turn out to be nothing is a common miscon-

ception, it certainly was for me. Angie was kind enough to provide everyone that attended the cluster with a booklet entitled "*Get Tough on Angina*". If you would be interested in the program, go to www.speakfromthe-heart.com/.

Dr. Dustin Letts - "Controlling Blood Pressure".

Dr. Letts completed his internship and his residency in Charlotte at CMC - Main, before entering into Cardiology. He explained blood pressure is a measurement of the force applied to the walls of your arteries as your heart pumps blood through your body. High blood pressure is often referred to as "The Silent Killer" because people often do not even realize how high their blood pressure is or that it has changed. He recommended the D.A.S.H. diet which stands for: Dietary Approach to Secondary Hypertension. Secondary hypertension (secondary high



Dr. Dustin Letts

blood pressure) is high blood pressure that's caused by another medical condition. Secondary hypertension can be caused by conditions that affect your kidneys, arteries, heart or endocrine system. Secondary hypertension can also occur during pregnancy. Proper treatment of secondary hypertension can often control both the underlying condition and the high blood pressure, which reduces the risk of serious complications — including heart disease, kidney failure and stroke. It is treatable, but requires effort. There have also been new developments in a procedure called "Renal Denervation" in which nerves to the kidneys are shorted circuited, and by chance this is effective in lowering blood pressure.

Robert Epps - "*The Human Aorta: Your Super Highway of Life*" relates the story of Robert Epps, a retire SCPO with the Coast Guard. He had absolutely no predisposition for heart disease, yet overcame incredible obstacles that started with an aortic dissection. It is a miracle against all odds that Robert not only survived his issues, but flourished. He has since become a patient advocate for aortic health, inspiring speaker, author and volunteer. I look forward to reading his book, which is available for sale on Amazon.

Finally, **Lynn Berringer** → Mended Hearts National Vice President spoke to the group about the upcoming 2014 projects: "Quantifying the impact of peer-to-peer support", and "Chapter and patient incentives" both will be launched this December.



Later, we broke into focus groups for round table discussions on a variety of topics which will be compiled and reported in a future newsletter. There were also drawings for door prizes throughout the day and prizes at every seat, so no one went home empty-handed! I myself won one of the beautiful floral centerpieces, can someone identify it for me? (biographical info provide by Chapter 379)



Keep on Tick'n

Volume 3 - Issue No. 12

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

Aligned with the American College of Cardiology

October 2013	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	27			2	
CMC - NorthEast	26	4	3		
CMC - Pineville	41			27	
Total for the Month	94	4	3	29	
Year to Date	1030	99	102	120	13

December 2013



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:

[CMC - Main](#)

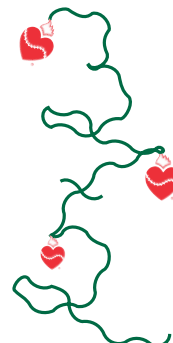
1000 Blythe Ave.
Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



YOUR VALVES AND YOU

by Christine Jordan



Dr. Watts

The Pineville support group was honored on November 14th to have Dr. Larry Watts as our guest speaker. And as you can guess by the title of this article, his topic of interest was aortic valve replacements.

Usually, this type of surgery is not a surprise to the patient. The symptoms of aortic stenosis range from angina to passing out and of course, heart failure. If not treated, studies show the survival rate drops significantly every 5 years. Surprisingly, age is not a contraindication for the surgery. The patient should fit one or both of the following criteria to undergo this surgery, will a valve replacement:

- ♥ Help somebody feel better?
- ♥ Help somebody live longer?

The decision to use a mechanical or a tissue valve is determined by the doctor and the particular procedure, but in some cases, can also be the patient's choice. While mechanical valves can theoretically last 300 years, the patient can't, but will be on a blood thinning drug such as Coumadin for the rest of their life. A tissue valve usually only requires an aspirin/Plavix regimen.

As much progress has been made in the many different types of valves used for replacement surgery, so has the most visible aspect of the procedure - the incision.

With most open heart surgeries, the patient goes home with the "zipper" in the middle of their chest. There are several other options for the placement and type

Valve continued on page 2

NOTE FROM THE EDITOR:

We will begin reporting the visiting counts for the 2 months prior to the release of the newsletter. That's why you'll notice the counts did not change this month!

Thank you all so much, Chris <3

SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE

Thank you CMC - Pineville for furnishing heart healthy snacks and refreshments for our Nov.

14 meeting.

January 9, 2014

March 13, 2014

May 8, 2014



NORTHEAST

Meets on the 4th Thursday of the month.

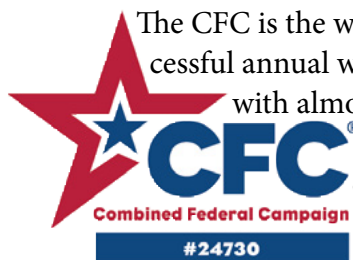
December 5, 2013 - Potluck Holiday Dinner

LOOKING AHEAD!

The Cupid's Cup in February raises money to benefit the scholarship fund for Cardiac Rehabilitation. People in need, need Rehab too! Please help support this worthwhile program! Follow the link for more information on participation:

http://events.carolinashealthcarefoundation.org/site/TR?fr_id=1310&pg=entry





The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended**

Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

Valve continued from page 1

of incision, usually based on the area that needs to be reached within the body. Median sternotomy, partial upper sternotomy, peri-sternal, we will hear it all and some of us will experience it firsthand. As volunteers that listen to the patients, we have probably seen and heard all the different techniques before. We are actually in a very unique position to learn so much more than the average heart patient. Because we are listening to all the different scenarios, not just our own experience, we can learn from our visits and offer the information to someone else down the line.

Dr. Watts' lecture was very educational and informative. The portion of his presentation on the new valves being manufactured and tested currently was really cool, I don't know how else to describe it. One of the newest valve replacements is a transcatheter valve. It looks a lot like a plastic squid and only requires a few stitches to keep it in place until it is deployed. This type of suture-less valve is still in clinical trials. The procedure requires a hybrid room that contains x-ray and surgical capabilities together. Who knows, in the future, heart surgery may become an outpatient procedure. But I'm guessing that's quite a ways off!

Thank you again to Dr. Watts for taking the time to offer some insight into some of the considerations he must take into account as a Cardiothoracic Surgeon.

CUTE FRUIT!

Layer on a toothpick or festive skewer:

♥Mini marshmallow

♥Strawberry

♥Banana slice

♥Green grape

Voila! Grinch-kabobs!



"If you do what you've always done, you'll get what you've always gotten." ~ Tony Robbins



PRESIDENT'S CORNER

The December 5th gathering at NorthEast is our last meeting of the year. We will be conducting elections during this meeting, so it is important to attend and cast your vote!

There is also a pot luck dinner before we get started, please bring a heart healthy side dish or dessert, the main course is provided.

We look forward to the fellowship of the season!

STAY HEALTHY

A Christmas gift for yourself

Don't wear yourself out in December over-preparing for family, friends, and fancy dinners.

Here are some tips to give yourself a Merry Christmas or Happy Holiday:

* Decorate for yourself. If you love your Christmas village, then why not do it early, even before Thanksgiving, so you can play with it and enjoy it longer?

If you don't care a thing about a big tree with fancy decoration, deck the halls with something you do like and skip the tree.

The main idea is to do the decorating that means the most and skip the stuff that just drains your energy.

* Get some rest. Your family and friends want to see you happy, not frazzled and worn. Plan ahead to have some fun yourself.

* Keep dinner simple. Even for formal dining, keep your menu to five items. Make those items special. Forget the rest.

* Simple shopping. Studies show that, overwhelmingly, the gifts people like most are gift certificates or money. These don't work for kids, but they're a convenient and appreciated gift for adults like your mother, your best friend, your sister, aunt or your uncle.

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THE STORY OF KWANZAA

Kwanzaa was the invention of one man, Maulana Karenga of Los Angeles, who saw it as a way for African-Americans to reaffirm their ancestors and their culture.



The celebration takes place from December 26 through January 1 and focuses on traditional African values of family. Different qualities are emphasized each day.

December 26: Unity, December 27: Self-determination, December 28: Collective work and responsibility, December 29: Cooperative economics, December 30: Purpose, December 31: Creativity, and January 1: Faith. pagesmag.com 1213-101.txt



HOLIDAY CREAM PESTO PASTA

When you're involved in holiday preparations, menu ideas for a family dinner are far down your list, but any recipe with pasta in the title signifies easy, time-saving and satisfying.

Pesto is Italian green sauce that gets its name from the process of crushing basil, garlic and pine nuts in olive oil with a mortar and pestle.



Here's an effortless pesto pasta recipe bound to please your family or guests any day of the month, but made doubly so, because it uses the already prepared sauce found in the refrigerated section of your grocery stores.

Holiday Pesto Pasta
(serves 4-6)

1 16-oz of your favorite pasta, or 2 9-oz packages of refrigerated fresh fettuccine. (try whole grain pasta!)

1 container (7 ounces) refrigerated pesto with basil
A few fresh basil leaves
10 baby spinach leaves
1/2 pint cherry or grape tomatoes, halved
1/4 cup pine nuts (or walnuts), toasted
1/4 cup freshly shredded Romano or Parmesan cheese
2 tablespoons butter
1/2 cup heavy cream

While waiting for pasta water to boil, wash and halve tomatoes and toast the nuts in a small skillet over high heat until browned. Then stack a few basil leaves, roll up like a cigar and slice diagonally into thin strips. Do the same for the spinach leaves.

Cook the pasta, and drain, saving 1/4 cup of the cooking water for thinning the pesto, if necessary.

Add the tomatoes to the hot pasta and stir a couple minutes to slightly soften them.

Heat cream and butter over low heat and stir into pesto.

When your guests are seated at the table, fold in the cream pesto and swirl until the pasta is evenly coated. Toss in the shredded fresh basil and spinach, leaving a few of each for garnish. Serve immediately on a heated platter and top your masterpiece with the nuts and shaved cheese (you could also add plump, ready-cooked shrimp). pagesmag.com 1213-081.txt 1213-081c.jpg

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during October.

John Bertrand	Gregg Bonar
Steve Brewer	Dan Dallaire
Jerry Davis	Judy Duke
Rick Duke	Colon Faulkenbery
Barbara Harris	Ken Hurlbert
Chris Jordan	George McCormick
Joel Nachman	Reita Pendry
Jerry Poole	Sid Rauch
Sandara Scherman	Bill Voerster
Bruce White	Priscilla Williams

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bvoerster@yahoo.com

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Editor: **Christine Jordan**, 704-563-0949, chjordan9@hotmail.com

STANDING COMMITTEE CHAIRPERSONS

Patient Follow up: **Priscilla Williams**

Patient Follow up: **Sandara Scherrman**

Patient Follow up & Internet Visitor: **Reita Pendry**

Speakers: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354

WHAT TO DO WITH STUFF YOU DON'T WANT OR NEED

How to declutter your home

Decluttering will give you more space in your home and make it easier to move or sell in the future. Here's some advice on how to do it.

Paper: Gather all your papers in one place. Then divide them into three categories, Action, Save and Toss.

The Action stack will have bills to pay and tasks to do.

The Save stack will include financial documents that are less than three years old. Always hold on to year-end statements showing the purchase price of your stocks and mutual funds so you can calculate cost basis when you sell them. Save all home purchase and home improvement documents, and all your tax returns. Keep other financial documents for a year.

Before you toss anything, put it through a shredder to make sure your account numbers can't be recreated.



SIX WAYS TO SERVE OTHERS AT CHRISTMAS TIME

* Decorate a Christmas tree with a family in need and help put some things under the tree that you can afford.

* Take a parent or guardian and their children out shopping. Buy each of them a gift, whatever fits their needs and your means. Show kindness and caring and the children will feel comfortable and happy with you.

* If you aren't spending Christmas with your family, you could help to serve at a free Christmas Day dinner hosted by a church or organization. You'll find that filling plates with holiday food can be a joyful experience for you as well as the recipients.

* Call the Salvation Army or other non-profit organizations in your area. Many need extra help during the Christmas season and can gladly find something worthwhile for you to do.

* Volunteer at a hospital or senior center. Many individuals don't have a family and would love to have someone to talk to on Christmas. Visiting can brighten the lives of others and even start friendships.

* Find a food shelter and help distribute food or clean up after dinner is served. Shelters rely on volunteers, and regular volunteers may not work during Christmas.

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Clutter continued from page 3
How to sell your stuff

Go to eBay and create an account. Focus on small items that are easy to price and pack, such as designer clothes, small collectables and jewelry. It costs nothing to list up to 50 auction items each month and add "Buy it now," say advisors at Kiplinger's Personal Finance.

Use Craigslist for larger items such as furniture and appliances. Buyers will come and haul them away. Listings are free for a week in big cities or 45 days in smaller cities. Insist on payment in cash.

Specialty sites will take expensive books. Enter the ISBN number and you'll receive online price quotes. Sell designer clothing at the Snob (www.thesnob.biz). Sell smart phones and other tech products on sites such as Gazelle.com or USell.com. Log on, get an offer and mail your item. You'll get a check or deposit to your PayPal account.

Or you could have a yard sale. Put a price tag on everything large or small and collect the money.

Donation

It's an easy solution. Give your stuff to the Goodwill or the Salvation Army. If there's a lot, they'll send a truck to pick it up.

Get a receipt if you want to take the donation as a tax deduction.

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THE HANUKKAH STORY

Journey to Palestine of the second century B.C., where Antiochus, a Syrian-Greek king, rules over the people of Israel, confronting them with a trying test of their faith. They must bow down and accept the Greek gods...or die.

Some submit, but not the Maccabees, a small group true to the faith of their fathers. They revolted and drove the Greeks from the land.

After the Maccabees entered the Temple and surveyed the defilement that had been wrought, they searched to find spiritually pure oil to use to re-kindle the Holy Menorah. All they found was one vial of oil which was sufficient for one day's menorah lighting or less.

It was from this one vial of oil that came the famous miracle that we celebrate when we light our menorah today.

Exactly what the miracle was is a matter of discussion between the various Rabbis in the Codes of Jewish Law.

Some contend that since it would take eight days to produce ritually pure oil, the oil poured into the menorah was only one-eighth of the amount that was necessary to burn for the time needed. The miracle being that the oil that was sufficient to burn for only one-eighth of a day, burnt for a full day and that this continued for each of the eight days.

Others contend that the miracle was not in the menorah, but in the vial of oil. Others say it was one full day's measure that lasted eight days.

The spirit and determination of the Maccabees still lives today in the celebration of Hanukkah, The Feast of Lights.

Note: In a rare convergence of the calendar, Thanksgiving and the first day of Hanukkah, which is typically close to Christmas, fell on the same day in 2013, November 28. It happened once before, in 1888, and it won't happen again for another 70,000-plus years.

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Keep on Tick'n



Volume 4 - Issue No. 1

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

Aligned with the American College of Cardiology



January 2014



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10628 Park Road
Charlotte, NC 28210

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920 Church St. North
Concord, NC 28025



November 2013	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	31	11			2
CMC - NorthEast	43	5		4	
CMC - Pineville	66	4		8	
Total for the Month	140	20		12	2
Year to Date	1170	119	102	132	15

LATEST REASON TO PUT MORE MOVEMENT INTO YOUR LIFE

It seems that no matter what aspect of health you're reading about, medical authorities will mention, or caution you, that you will need to exercise or be active to get all the benefits. After a while, you may no longer be listening.

But you will now.

It's the vision of yourself suffering with Alzheimer's disease (AD): no longer able to run your own life, at the mercy of caregivers, and the subject of pity as you become unable to speak.

The number of Alzheimer's patients in the United States could reach 13.8 million by 2050. But that number, and your own risk, could be significantly reduced among those who get moving.

People who are fit in middle age are less likely to develop any kind of dementia in later years, according to DukeMedicine newsletter. It's a good time to walk or do aerobics.

Keeping cholesterol under control also helps you avoid AD. All types of activity can help

Physical activity is strongly connected to improved blood flow to the brain, to the development of new brain cells, and to better brain activity.

A study at Rush University Medical Center shows that all physical activities are associated with a reduced risk of AD, including exercise and things like yard work, cooking and cleaning.



Adults who are not physically able to do traditional exercises can keep fit with ordinary activities. But they have to get off the sofa to do them.

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SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE

January 9, 2014 - Our speaker will be Chaplain Angela S. Clark. We will also be electing Chapter #372 Officers for the 2014-2016 term, you must be present to vote!

March 13, 2014 ~ May 8, 2014 ~
September 11, 2014 ~
November 13, 2014 ~
January 8, 2015



NORTHEAST

Meets on the 4th Thursday of the month @ 6:30 pm.

#372 SATELLITE @

WAKEMED HOSPITAL, RALEIGH NC

January 22, 2014 from 11:30 am to 1:30 pm. Mended Hearts Open House in 3B conference room. This is a chance for physicians, physician assistants, nurse practitioners, nurses, patients and families to stop by and talk to members of Mended Hearts about the program.



PRESIDENT'S CORNER

by Bill Voerster

The close of 2013 brings an end to my Chapter #372 Presidential term. I want to thank the entire chapter membership for your support! I am truly grateful and blessed that I have been given the opportunity to meet all of you and to serve as an officer in Mended Hearts.



The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. When donating, specify our Mended

Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

STAYING WELL

Moderate activity is called better than intense exercise.

Researchers at the University of Copenhagen looked for new ways to battle the obesity epidemic. They found that moderate exercising is more motivating than hard training. The study was reported in the Scandinavian Journal of Public Health in September 2013.

During a 13-week period, they discovered that 30 minutes of daily exercise was just as beneficial as a full hour of hard fitness training. The shorter period delivered more energy and more motivation to pursue a healthy lifestyle.

The subjects who exercised 30 minutes a day lost an average of eight pounds, while those who exercised for 60 minutes lost only six pounds.

The study authors concluded that the energy produced by a moderate amount of exercise can significantly impact the subjects' daily activities.

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POT LUCK!

The pot luck on December 5th was a lot of fun and fellowship! Although there were only a few people that braved the elements (it was cold, rainy and nasty!) we made the very best of it. Mike asked us all to share our favorite gift or memory from years gone by and it encouraged us all to reflect. Alas, there were not enough members present to conduct the chapter elections, but we are hoping to get together in January and try it again.

IN THE NEAR FUTURE LASER METHOD MAY IMPROVE CATARACT SURGERY

A newly approved laser system will improve precision and safety in cataract surgery, say doctors at Duke University.

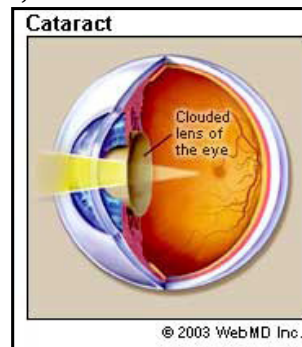


About 3 million cataract procedures are done each year in the U.S., making it one of the most common surgeries.

"Laser-assisted surgery will introduce a level of consistency, precision, and safety to cataract surgery we have never been able to accomplish with our manual methods," says Robin Raul Vann, Assistant Professor of Ophthalmology Service at Duke University.

Using computer technology, the new laser system uses a 3-D image of the eye to create a precise surgical plan. It uses a high-energy pulse to make bladeless incisions.

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JANUARY 20, MLK - NATIONAL DAY OF SERVICE

Why do we celebrate a National Day of Service?

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

The MLK Day of Service is a part of United We Serve, the President's national call to the service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

MLK Day is a chance to start the year off right by making an impact in your community. Use its Toolkits to plan for the Day of Service.

Join the hundreds of thousands of people who serve on MLK Day and throughout the year. Find a project in your community or register your own project so that volunteers can find it.

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EASY PULLED PORK FOR GREAT AFTER-HOLIDAY DINING

For two months, you've been shopping, wrapping, cooling, baking, and partying. Now you want to pull in the purse strings, but still provide your family with meals they'll love. Pulled pork is easy on the budget and requires only 15 minutes of prep time. Max. And leftovers can become your new favorites.

Crock pot slow-cooking is perfect for pulled pork and can make the ingredients sing.

SIMPLE SLOW COOK PULLED PORK

- 1 4-5 pound boneless pork shoulder or butt, trimmed of excess fat
- 1 large yellow onion, thinly sliced
- 4 medium garlic cloves, thinly sliced
- 1 can of beer or root beer, not diet, (acts as a meat tenderizer), or, 1 cup regular or low-sodium chicken stock

PORK RUB

- 1 tablespoon chili powder
- 1 tablespoon coarse salt
- 1 half teaspoon cinnamon
- 1 half teaspoon cumin
- 1 tablespoon packed brown sugar
- Your favorite barbecue sauce

Combine the chili powder, salt, cumin, and cinnamon in a small bowl with the brown sugar. Pat the pork dry with paper towels and rub well with the spice mixture.

Layer the sliced onions and garlic in the slow cooker and pour in the liquid (beer, root beer or chicken stock).

Place the meat on the onions and garlic. Cover and cook 5 to 6 hours on high or 8 to 10 hours on low, until the pork is fork tender.

Turn off the slow cooker and remove the pork to a cutting board. Using 2 forks, shred the meat into bite-sized pieces, discarding any remaining fat.

Pour the onion mixture from the slow cooker through a strainer into a bowl; return the solids to the slow cooker. Return the shredded meat to the slow cooker and mix to combine.

Now, remove the amount of meat that will be used in later meals. It refrigerates or freezes well. If you're serving on hamburger buns, add enough barbecue sauce to the remaining meat to thoroughly moisten. Serve with barbecue beans, corn and coleslaw.

Makes 10-15 servings. Try pulled pork in tacos, hash, a pot of chili, lettuce wraps, soup, or on a baked potato.

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ACTIVE ACCREDITED VISITORS:

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John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Barbara Harris
Ken Hurlbert	Chris Jordan
George McCormick	Joel Nachman
Reita Pendry	Jerry Poole
Sid Rauch	Sandara Scherman
Bill Voerster	Bruce White
Priscilla Williams	

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Speakers: **Mike Lippard**
Sunshine & Telephone: **Priscilla Williams**
Visitor Training: **Joel Nachman**
Mid-Atlantic Assistant Regional Director:
Bill Voerster – 704-310-8354



SMOKERS, EX-SMOKERS: SHOULD YOU BE SCREENED FOR LUNG CANCER?

Annual low-dose CT scans are being recommended for high-risk current and former smokers, according to Johns Hopkins Medicine.

At the U.S. Preventive Services Task Force, they say the goal of computed tomography (CT) is to detect cancer early enough so it can be cured.

The Task Force finds that, today, 75 percent of lung cancer cases are diagnosed only after the disease has reached an advanced stage or spread to other parts of the body. The five-year survival rate ranges from 4 to 24 percent for people in these stages.

The five-year survival rate for people whose lung cancer was caught early was 77 percent.

You're at high risk for lung cancer and should be screened if you:

- * Are a present or past smoker who's quit within the past 15 years, and

- * Have a smoking history of at least a pack a day for 30 years, two packs a day for 15 years or three packs a day for 10 years.

- * Are 55 to 79 years old.

Age is a factor. The National Lung Screening Trial, using CT, enrolled more than 53,400 men and women between ages 55 and 74. All were current or former smokers. Former smokers included only those who quit less than 15 years before the start of the study. Subjects received either a chest X-ray or a CT scan every year for three years.

At the eight-year mark, the study was stopped when it was discovered that 20 percent fewer people in the CT group died of lung cancer than those in the chest X-ray group.

The CT lung scans clearly saved lives in the study population.

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SAY THE DOG DID IT?

A team of physicians studying flatulence write that one of the most common places to pass gas is on airplanes.

Gas expands at higher altitudes, and that is just when you are elbow to elbow with 300 strangers.

You can hold gas, doctors say. If it's for a short time. It will give you time to move to a restroom or a more convenient place where there are fewer people.

Holding gas over a longer time can cause bloating, indigestion, heartburn and even pain.

Gas is a part of digestion and everyone releases a half to 2 pints a day on average. Whether you are aware of it or not, this gas will exit the body as you sleep or even cough or sneeze. If you have a serious flatulence issue, talk it over with your health care provider. Excessive gassiness can be a symptom of irritable bowel syndrome and lactose intolerance. And it often results from eating foods like beans and cruciferous vegetables.

You can buy charcoal-lined underwear at under-tec.com and seat cushions at smellbegone.com.

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DECEMBER BIRTHDAY
20th - Elaine Vick
SURGIVERSARIES
12/15/2012 - Chris Jordan
12/21/2012 - John Dowis

JANUARY BIRTHDAY
18th - Bill Voerster

© wondercliparts.c

TRY A SMILE

Researchers found smiling can reduce stress levels and lower the heart rate while performing difficult tasks.

Writing in Psychological Science, the authors tell how they studied the effects of different types of smiling in difficult situations.

Tara Kraft, of the University of Kansas, said: "Age old adages, such as 'grin and bear it' suggest that smiling is an important nonverbal indicator of happiness. Those who smiled after stressful tasks showed a decline in heart rate and faster recovery from stress."

pagesmag.com 0114-084.txt 82 wds



YOUR LINKS TO A HEALTHY HEART

Here are some interesting articles that were a little too long to be included in our newsletter!

New pacemaker being tried in Europe:

<http://www.bbc.co.uk/news/technology-24535624>

Menopause and Atrial Fibrillation:

<http://www.medpagetoday.com/resource-center/atrial-fibrillation/menopause/a/37881>



"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

~ Tom Stoppard



Keep on Tick'n

Volume 4 - Issue No. 2

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

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February 2014



December 2013	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	15	6			
CMC - NorthEast	53	4			
CMC - Pineville	58	2		6	
Total for the Month	126	12		6	
Year to Date	1296	131	102	138	15

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ON FEBRUARY 1, WEAR RED: RAISE YOUR VOICE!

Go Red on National Wear Red Day®, February 1, 2014. Go ahead and wear red! It's fun and it carries an important message.

A new study shows women's heart disease awareness is increasing, with the number of women aware that heart disease is their leading cause of death. Awareness has nearly doubled in the last 15 years, according to the American Heart Association.

Among the study's major findings, researchers found



PEER TO PEER SUPPORT - WEBINAR JAN. 9TH

Hosted by Marcia Baker, Director of Field Services, we are going to begin a new survey to quantify the impact of our visits. Please attend your next chapter #372 meeting for more information.



2014 - 2016 Chapter #372 Officers L to R: Vice President - Bill Voerster, President - Joel Nachman, Secretary - Christine Jordan, Treasurer - Jerry Davis. See more on page 3

that in 2012, 56 percent of women identified heart disease as women's leading cause of death, compared with 30 percent in 1997. In that year, women were more likely to cite cancer than heart disease as the leading killer of women, but in 2012, only 24 percent cited cancer.

Women 25-34 years old had the lowest awareness rate of any age group at 44 percent. Compared with older women, younger women were more likely to report not discussing heart disease risk with their doctors (6 percent among those 25-34 versus 33 percent for those 65 and older).

Wear Red on February 1. Raise your voice to tell the story of women and heart disease.

GO RED AND SHOW YOUR SUPPORT! pagesmag.com/0214-084.txt



WHO? YOU

WHAT? 10TH ANNUAL CUPID'S CUP 2014

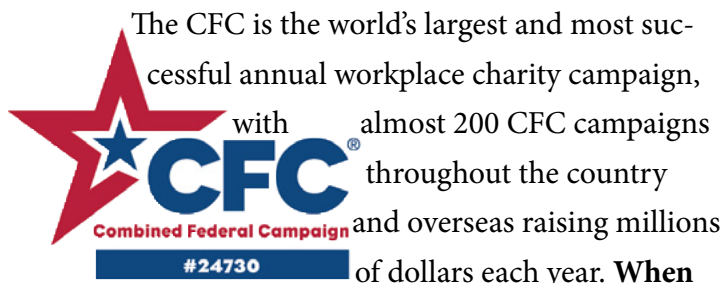
WHERE? Freedom Park - Charlotte, NC

WHEN? February 15, 2014

WHY? To raise funding for the scholarship program at the Carolinas HealthCare System cardiac rehabilitation programs at Carolinas Medical Center and CMC-Pineville. For general questions related to Cupid's Cup 5K & Fitness Walk, please email cupidscup5k@carolinashealthcare.org

How? http://events.carolinashealthcarefoundation.org/site/TR/CupidsCup/General/479356091?px=1275866&pg=personal&fr_id=1420#.UtR6IT-A2pp





REMEMBER *FAST* FOR A STROKE!

♥ FACE: Ask your loved one to smile. Does one side of his or her face droop?

♥ ARMS: Ask your loved one to raise both arms. Does one arm drift downward?

♥ SPEECH: Ask your loved one to repeat a simple phrase. Does his or her speech sound slurred or strange?

♥ TIME: Time is crucial. Call 9-1-1 immediately if you or your loved one has any of these symptoms.



FREE SMARTPHONE GAME GIVES REWARD POINTS FOR EXERCISE

This game app for iPhone or Android lets you hit "next game" level by logging workouts.

The points are awarded based on specific exercises and the workout's intensity. Fitocracy co-founder Brian Wang says you'll get more points for working out with weights, for example, than taking a slow walk in the park. By building up points, you can earn virtual badges and medals.

Users often follow friends, offering advice or giving "props" on workouts, the equivalent to a Like on Facebook. They can also join special groups for diabetics, weight loss, marathon runners and others.

pagesmag.com 0214-083.txt



PRESIDENT'S CORNER

by Joel Nachman

As I take the reins over from Bill, I only hope to achieve as much as Bill has achieved these past two years.

Happy Trails Bill and to a job well done. See you all at our Feb 6th lunch.

A FOCUS ON MIDDLE YEARS LEADS TO LATER REWARDS

We often wonder, what our health will be like when we grow older. Will our plans for the future have to change?

Whether you're in your 30s, 40s, 50s or beyond, researchers have found that you do have some control over your future.

Their studies, published in the *Annals of Internal Medicine*, November of 2013, show that what you eat and drink in middle age can lead to living well past age 70 with fewer physical and cognitive problems.

Though you've heard diet advice before, knowing that it will make you healthier in years to come makes it more important.

The researchers followed 11,000 middle-age women for 15 years. They found those in the group with the healthiest diet had a 34 percent greater chance of healthy aging, free of chronic diseases and with no major cognitive or physical impairment. Those who focused on the Mediterranean diet had a 46 percent greater likelihood.

That group of eating habits includes eating more fruits, vegetables, whole grains, legumes, polyunsaturated fatty acids, olive oil, and nuts.

It also recommends consuming less red meat, processed meat and sweetened beverages. A moderate alcohol intake is recommended for those who approve of it.

pagesmag.com 0214-082.txt



A cardinal is a representative of a loved one who has passed. When you see one, it means they are visiting you. They usually show up when you most need them or miss them. They also make an appearance during times of celebration as well as despair to let you know they will always be with you.

Look for them, they'll appear!



THE CHANGING OF THE GUARD

Here ye, here ye! Joel Nachman, was voted into the office of President of Chapter #372 "Mended Hearts of Greater Charlotte NC" on January 8th, 2014. Congratulations Joel! We also elected our "new" Vice-President, Bill Voerster. As many of you may know already, Bill just finished his term in office as the President. Gratefully, he is still an active officer for Chapter #372.

Jerry Davis was elected our new Chapter Treasurer. And Christine Jordan was elected to Chapter Secretary.



The official passing of the torch, or in this case, the passing AROUND of the torch! Above: Bill congratulates Joel on his Presidency. Below: Joel congratulates Bill on his Vice-Presidency. The old switcheroo!



SENIORS TEXTING CODE:

ATD: At The Doctors
BFF: Best Friend Fell
BTW: Bring The Wheelchair
BYOT: Bring Your Own Teeth
FWIW: Forgot Where I Was
GGPBL: Gotta Go Pacemaker Battery Low
GHA: Got Heartburn Again
IMHO: Is My Hearing-aid On
LMDO: Laughing My Dentures Out
OMMR: On My Massage Recliner
OMSG: Oh My! Sorry Gas
ROFLACGU: Rolling On Floor Laughing And Can't Get Up
TTYL: Talk To You Louder



SUPPORT GROUP & MEETINGS SCHEDULES



It's National Heart Month!

PINEVILLE

March 13, 2014 ~ May 8, 2014

September 11, 2014 ~

November 13, 2014 ~

January 8, 2015



NORTHEAST

Meets on the 4th Thursday of the month @ 6:30 pm.

*Everyone is welcome to attend the Heart Month Luncheon Feb. 6th @ 12:30 - Park Place Family Restaurant 10517 Park Rd - rsvp to Joel.



ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during December.

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Barbara Harris
Ken Hurlbert	Chris Jordan
George McCormick	Joel Nachman
Reita Pendry	Jerry Poole
Sid Rauch	Sandara Scherman
Bill Voerster	Bruce White
Priscilla Williams	



CHAPTER 372 OFFICERS

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704-577-5057, nachman.joel@gmail.com

Vice President : **Bill Voerster**, 704-310-8354,

bvoerster@yahoo.com

Treasurer: **Jerry Davis**, 919-889-9179,

vcsg12@gmail.com

Secretary & Editor: **Christine Jordan**, 704-563-0949,

chjordan9@hotmail.com

Hospital Liaison: **Mike Lippard**, 704-796-7517



STANDING COMMITTEE CHAIRPERSONS

Patient Follow up: **Priscilla Williams**

Patient Follow up: **Sandara Scherrman**

Patient Follow up & Internet Visitor: **Reita Pendry**

Speakers: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354

GET THE SKINNY ON ADVANCED DIRECTIVES

by Christine Jordan

Thursday January 9th our speaker was Chaplain Angela S. Clark from the Spiritual Care and Education department of CMC - Pineville. Chaplain Clark explained the differences and needs for advanced directives to be in place for all patients prior to entering the hospital or experiencing an unexpected life altering event.

WHAT'S WHAT? WELL, LET ME TELL YOU!

The advanced directive for a natural death, most commonly referred to as a **"living will"** addresses the health-care decisions associated with the comfort of a patient and the dignity with which they wish to be treated. Do you want to be on a feeding tube or a respirator? Now, I hope you all don't think I'm being morbid, but death is inevitable. A lot of us in Mended Hearts have actually survived death a time or two. I, myself, did not have any advanced directives in place. But I had told my family what I wanted. This is a good discussion to have with your people. How stressful would it be to have to make this decision, when you have no clue what the person wants?

A **"Goldenrod"** is a portable **DNR - Do Not Resuscitate**. It got its nickname from the color (goldenrod) of the paper it is printed on. This is a doctors order, it is legally binding and trumps any other paperwork and must be obtained from your Physician, Physician's Assistant or Nurse Practitioner. It specifically says that you are NOT to receive any CPR if your heart stops beating. Some people make several copies so as to have it easily available in case of an emergency.

A **"M.O.S.T"** - Medical Orders for Scope of Treatment - form is printed on "pulsar pink" paper and is also a doctors order. It however, specifies the *level* of treatment you wish to receive and must be signed by yourself AND a Physician, Physician's Assistant or Nurse Practitioner.

The health care power of attorney (**POA**) specifies WHO you have entrusted to make decisions on your behalf and in your best interest. Though not always necessary, if there is any indication that a fight might break

out over what you want and who has a say in things, get one of these filled out and put in your medical records! Often times, family members may be in a state of shock or disbelief when the time comes to make a decision. Without advanced directives, specifically the power of attorney, your next of kin has the right to make your medical and end of life decisions in the following priority:

- ♥ Spouse
- ♥ Majority of reasonably available parents and children (over 18)
- ♥ Majority of reasonably available siblings
- ♥ Individual with an established relationship with patient who is acting in good faith and can reliably convey patient's wishes (i.e. other family members, friends, boyfriend, girlfriend, fiancée)
- ♥ If no one, then attending physician

All the advanced directives mentioned should be discussed prior to any need. If you wish to designate a health care agent, that person will need to know beforehand what your wishes are and what is expected of them.

The health care power of attorney and the living will are both available at CMC from the Spiritual Care and Education office. The forms are to be discussed and filled out by you and your family, you would then bring them back to the Spiritual Care and Education office where Chaplain Clark or another staff member would notarize your signature, which must be witnessed by someone other than a member of the hospital staff or family. Then it is your responsibility to take the form to your hospital or doctor and have it scanned into your medical records. If you have an attorney, you might want to give them a copy too. But it needs to be available in case of emergency. It would be a shame to go to all that effort and no one knows where it is! Good Luck!



YOUR LINK TO A HEALTHY HEART

From NPR - *More Signs A Mediterranean Diet Helps Prevent Cardiovascular Ills* by Allison Aubrey:

<http://www.npr.org/blogs/the-salt/2014/01/21/264584979/more-signs-a-mediterranean-diet-helps-prevent-cardiovascular-ills?sc=17&f=1001>



"I know of only one duty, and that is to love."
~ Albert Camus



Keep on Tick'n

Volume 4 - Issue No. 3

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

Aligned with the American College of Cardiology



March 2014



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:

[CMC - Main](#)

1000 Blythe Ave.
Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



January 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	26	8		1	
CMC - NorthEast	58	8		2	
CMC - Pineville	27	4		9	
Total for the Month	111	20		12	
Year to Date	111	20		12	

HEALTH IN THE NEWS

NEW REPORT ADDS GRIM FACTS ABOUT SMOKING

In the 50-year history of surgeon general reports, from 1964 to 2014, facts on the dangers of smoking have become more worrisome. Now, a new reports shows that smoking is a factor in causing diabetes, liver cancer, and colorectal cancer.

It causes more physical and financial damage than previously believed, killing 480,000 Americans a year from diseases.

For the first time, the new report concludes that smoking is linked to rheumatoid arthritis, erectile dysfunction and macular degeneration, a major cause of age-related blindness.

It also causes inflammation, impairs immune function and increases the risk of death from tuberculosis. Smoking harms pregnant women and causes their babies to have birth defects.

Exposure to secondhand smoke, previously linked to cancer and heart attacks, is now known to cause strokes.

Surgeon General Boris Lushniak says, "We still have 18 percent of the population smoking; 5.6 million kids who are alive today will die early unless we take immediate action."

The actions will include educational campaigns, tax increases and bans on smoking in public places.

[pagesmag.com 0314-091.txt](#)



MARCH IS NATIONAL SOCIAL WORK MONTH

Sponsored by the National Association of Social Workers (NASW), most cities, states and public service organizations will recognize the continued commitment social workers have to improving the quality of life for our most vulnerable residents.

There are about 642,000 social workers employed in various fields of practice, including medical and public health fields; child, family and school (i.e., child abuse, eldercare, adoptions); mental health and substance abuse.

The 2014 theme is: All People Matter. Practitioners believe their work helps people move forward by utilizing their individual strengths to create a life vision for their own future.

March is also Women's History Month and NASW cites two pioneers in the social work field: Jane Addams, the first woman to receive a Nobel Peace Prize, in 1931, for establishing settlement houses for immigrants in Chicago; and Frances Perkins, also a social worker, appointed Secretary of Labor by President Franklin Roosevelt.

[pagesmag.com 0314-101.txt](#)

PRESIDENT'S CORNER

by Joel Nachman

Thanks to all who took time out of their schedules to attend the luncheon to honor National Heart Month in February. We were pleased to welcome Susan Cameron from the American Heart Association. The food, service and the company were excellent at Park Place Restaurant right across from CMC Pineville.





When donating, specify our Mended Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

CELEBRATING ST. PATRICK'S DAY

Welcome to all those who become Irish on St. Patrick's Day, March 17.

Join the fun by wearin' the green clothes and drinkin' the green beer on this day, which is bound to be a brighter Monday than most.

The New York City's St. Patrick's Day Parade is oldest Irish tradition in the U.S., marching for the first time more than 250 years ago, on March 17, 1762, 14 years before the Declaration of Independence.

The Chicago St. Patrick's Day Parade is held every year on the Saturday before St. Patrick's Day. The Chicago River is dyed green at 10 am, and the parade kicks off at noon.

pagesmag.com 0314-112.txt



DRIVING WHILE SLEEPY

The Division of Sleep Medicine at Harvard University reports:

- * Drowsy driving causes 1 million crashes, 500,000 injuries and 8,000 deaths in the United States each year.

- * One sleepless night can impair performance as much as a blood-alcohol level of 0.10.

- * Staying awake for 17 to 19 hours straight slows reaction time by about 50 percent compared to a well-rested driver.

pagesmag.com 0314-106.txt

MARCH 26-13, 2014

NATIONAL POISON PREVENTION WEEK

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country. About 90 percent of poisonings occur in the home. Most non-fatal poisonings occur in children younger than age six, but poisonings are one of the leading causes of death among adults.

If you think someone has been poisoned from a medicine or household chemical, call 1-800-222-1222 for your Poison Control Center. This toll-free number works from anyplace in the United States 24-hours-a-day, 7-days-a-week. Keep the number by your phone. The centers maintain information for the doctor or the public on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity of most substances found in the home.

Adult Tips

Poisonings can happen to anyone, so learn how to prevent poisoning, how to recognize and store poisons around your home, and what to do in a poison emergency. Remember, if you suspect someone has been poisoned, call the Poison Control Center right away.

Pay attention to these products:

- * Painkillers, sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills), and antipsychotics (drugs used to treat mental illness)

- * Household cleaning products, never mix household cleaners or chemical products together.

Be aware of common poisons to avoid. And keep all of your medicines out of sight.

Children

The best poison prevention plan is: First, keep medicines, vitamins and chemicals away from small children.

Second, keep an eye on small kids. The fact is, they are likely to put almost anything that fits into their mouths.

Children act fast. So do poisons.

pagesmag.com 0314-103.txt

Congratulations to all of the participants in the 10th annual **Cupids Cup 5K & 1-Mile Walk** held on Saturday, February 22, 2014. As all of you know, we had snow days before the race's scheduled February 15th date. And although most of it had melted by race day, it took Charlotte some time to recover. Fortunately, spirits were not "chilled" a bit! Thank you to everyone that donated time or funds to such a worthwhile cause, they managed to raise \$34,500 already and donations are still coming in, GREAT!

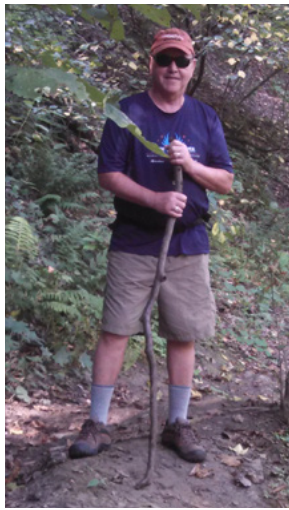


MEET BAILEY

Contributed by Jeff Dworkin

Jeff Dworkin is one of the founding members of the newly formed Raleigh chapter of Mended Hearts that was sponsored by Chapter #372. He had a triple bypass in 2001 and maintains an active life.

Bailey is a golden retriever and he will be four years old in May. He was a rescue dog who was found on the beach near Atlantic Beach North Carolina when he was about 7 months old. We were going to be foster parents for him but that didn't quite work out since we fell in love with him right away. He is such a sweet dog that we decided that he would be



great volunteering at the hospital visiting patients. We decided to do that on Sundays each week. We have been doing general visits to patients since last year.

I came up with the idea of blending mended hearts visits with pet visits. We just had our first visit in cardiac care at WakeMed. Patients seemed to love him from the beginning and we had a great time so we're going to keep doing it.



WILL YOUR NEST EGG HOLD UP?

A sophisticated way to test your retirement savings against what retirement will cost is the Balance Sheet Plan, which is used by most pension plans. If your expenses are more than your assets, you need to save more.

You compare the actuarial value of your present assets and liabilities. Use the value of all your expenses in retirement as a lump sum and compare it with the lump sum of all your assets in today's dollars, including your portfolio.

A survey by Russell Investments shows that only 15 percent of financial advisors use this plan, but it gives you a good idea of where you stand.

pagesmag.com 0314-141.txt

SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE

March 13, 2014
May 8, 2014
September 11, 2014
November 13, 2014
January 8, 2015



NORTHEAST

Meets on the 4th Thursday of the month @ 6:30 pm.

RALEIGH

Will be establishing a new meeting schedule.

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during January.

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Barbara Harris
Ken Hurlbert	Chris Jordan
George McCormick	Joel Nachman
Reita Pendry	Jerry Poole
Sid Rauch	Sandara Scherman
Bill Voerster	Bruce White
Priscilla Williams	

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Speakers: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354



ST. PADDY'S DAY TRADITION - CORNED BEEF & CABBAGE DINNER

Many thanks to Health.com website and MyRecipes. Corned beef and cabbage is the dish I think of for St. Patrick's Day without a doubt. Remember to trim the fat and mind your portions to keep it heart healthy!

Cooking Light MARCH 2003

Yield: 8 servings (serving size: 3 ounces beef, about 1 1/2 cups cabbage, and about 1 1/3 cups potatoes)

Ingredients

1 (4-pound) cured corned beef brisket, trimmed
16 cups water
2 cups chopped onion
1 cup chopped celery
1 cup chopped carrot
1 1/2 teaspoons pickling spice
3 garlic cloves, peeled
Cooking spray
1 tablespoon caraway seeds
1 (2 1/2-pound) head green cabbage, cored and cut into 1-inch strips



Preparation

Place brisket in a large stockpot; add water and next 5 ingredients (water through garlic). Bring to a boil. Cover, reduce heat, and simmer 3 hours. Remove brisket from pot.

Place brisket on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan. Strain cooking liquid through a colander into 2 large bowls; discard solids. Return liquid to pot. Add caraway seeds and cabbage; bring to a boil. Reduce heat; simmer 20 minutes. Drain.

While cabbage is cooking, place potatoes in a large Dutch oven. Cover with water. Bring to a boil; cook 20



Photo by: Randy Mayor

Styling: Melanie J. Clarke

minutes or until tender. Drain. Return potatoes to pan. Stir in parsley, butter, rind, juice, and pepper; toss to coat.

Preheat broiler.

Combine breadcrumbs and horseradish. Spread mustard over one side of brisket. Press breadcrumb mixture onto mustard. Broil 3 minutes or until lightly browned. Serve brisket with cabbage and potatoes.

YOUR LINK TO A HEALTHY HEART

NEW CPR - A MUST WATCH!

One never knows when we will see someone collapse suddenly. This is an easier and better method of CPR. This is the best demonstration and explanation I have seen. It is done by the physicians who invented the procedure at the University of Arizona, Sarver Heart Center.

Please watch - and then share. This short video illustrates the best demonstration and gives the simplest explanation of exactly what to do if someone near you collapses and is presumably having a heart attack. You could very well save the life of a friend or loved one. Someone you share this video with might save your life!

~Don Charles Wukasz, M.D

<http://ahsc.arizona.edu/node/730>

Old Irish saying:

May your neighbors respect you, trouble neglect you, the angels protect you, and heaven accept you.



MARCH BIRTHDAY

8th - Margaret Shytle

Keep on Tick'n

Volume 4 - Issue No. 4

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

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April 2014



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(click on the links for maps and information)

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[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



February 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	21	0		0	
CMC - NorthEast	17	4		5	
CMC - Pineville	35	1		17	
Total for the Month	73	5		22	
Year to Date	184	25		34	

UNDERSTANDING AND TREATING ARTHRITIS PAIN

In his new book, *The New Science of Overcoming Arthritis*, C. Thomas Vangsness (with Greg Ptacek) says many people with arthritis are "on a slow train to more pain." Vangsness is a professor of orthopedic surgery at USC's Keck School of Medicine.

About 54 million American adults have arthritis right now. The CDC estimates that number will rise to 67 million by 2030.

Arthritis includes many different diseases, but the most common are osteoarthritis, rheumatoid arthritis, lupus, fibromyalgia and gout. Arthritis is the most common cause of disability among adults, the government says.

It's a huge public health problem says rheumatologist Patience White of the Arthritis Foundation. The condition is caused by a breakdown of the joint's cartilage, the part of the joint that cushions the ends of the bones. The bones rub together, causing stiffness, pain and loss of movement in the joint.

The causes of arthritis include obesity, lack of physical activity, age, injury, and muscle weakness.

What can you do?

* Lose weight: Increased body weight adds stress to the lower body joints, a factor in developing osteoarthritis. For every pound you gain, you add 4 pounds of pressure on your knees and six times the pressure on your hips.

Quoted in USA Today, Vangsness says his overweight patients who lose 10 to 20 pounds decrease their pain.

* Exercise. It makes the muscles stronger so they can

Arthritis continued on page 3

PRESIDENT'S CORNER

by Joel Nachman

This past February, Jerry Davis, his wife Donna, my wife Barbara and I, served as volunteers at the annual American Heart Association® Heart Ball. The event raised over \$1 million, all to be used in the Charlotte



▲ Donna and Jerry Davis

region for education and research. Your participation

in our support group meetings is a vital part of our continuing growth. Hope you all have a wonderful April!

Keep on tickin!

◀ Barbara and Joel Nachman



BIONIC VALVES

At the Pineville meeting March 13th, we had 4 guest speakers: Lindsey Bennett - Marketing Development Specialist at Thoratec Corporation, the makers of the LVAD (Left Ventricular Assist Device), Susan Bernardo - CMC Transplant Coordinator, Cherie Cohen - CMC Social Worker, and Mercedes Hugo an LVAD patient who has been on the device for a year now. Most patients that opt for the lvad are "destination therapy"

Bionic continued on page 3





When donating, specify our Mended Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

NEW GUIDELINES EMPHASIZE STATINS FOR HIGH CHOLESTEROL

The American College of Cardiology and the American Heart Association have set aside numeric targets for treating high cholesterol. They are focusing instead on treating people with elevated risk of cardiovascular disease (CVD) with statin drugs. The guidelines are intended to help you and your doctor make decisions, not dictate them.

The new focus is on four groups:

- * People with pre-existing CVD, such as having had a heart attack, stroke or "mini" strokes.
- * People ages 40 to 75 who have diabetes, which increases CVD risk.
- * People with very high LDL (190 or above).
- * People ages 40 to 75 without CVD or diabetes who have a 10-year risk of at least 7.5, according to a new online assessment tool.

If you have Microsoft Excel, you can download the tool at tinyurl.com/cvriskcalculator.

pagesmag.com 0414-092.txt

SURVIVORS - JOEL NACHMAN

I am proud to say that I am almost 5 years out from my



massive heart attack, coding twice and triple bypass surgery. And I am as fit as ever. Do not give in to self doubt, do not give up, life has a lot to offer. Watch your salt, your fat but above all exercise, exercise, exercise. And every day smile and hug someone.

POLITICIANS, HEALTH GROUPS

AGITATE FOR E-CIG REGULATION

People of any age can buy them, and they come in hundreds of flavors that range from fruity and sweet to your favorite tobacco.

An e-cigarette is a cartridge filled with a nicotine solution. It has a battery to power a coil that heats the solution into vapor. The tip glows blue instead of red. The



nicotine is the same as found in cigarettes and nicotine patches. It's up to the smoker to charge the battery.

Some public health concerns:

- * Because they want to have their nicotine back, and urge to smoke satisfied, former smokers might switch to e-cigarettes even though there's no long-term research about health risks. According to Bloomberg Businessweek, there could be an increase in the number of Americans who smoke.

- * For some, it will be a gateway product. It will encourage them and young smokers to develop the nicotine habit, which would lead back to regular cigarettes.

- * Teenagers can buy them and start smoking right away. With regular cigarettes, they would get dizzy, cough and have to learn how to inhale.

At the Centers for Disease Control and Prevention, the rise of e-cigarettes is being prominently discussed.

- * While not inhaling nicotine smoke reduces the risk of lung cancer, e-cigarettes bring other problems. Nicotine is a vasoconstrictor that narrows blood vessels and drives up blood pressure. If inhaled several times a day, it's hard to imagine the long-term health effects. Further, no one knows what inhaling those "generally recognized as safe" glycerin and propylene glycol additives, will do to the lungs over time.

Under former mayor Michael Bloomberg, New York expanded the ban on smoking in public places to include e-cigarettes. In Chicago, Mayor Rahm Emanuel did the same thing.

In Brazil, e-cigarettes have been banned outright.

pagesmag.com 0414-094.txt



Arthritis continued from page 1

absorb some of the force on the joints. He recommends swimming, riding a stationary bike, and joining a health club to get access to weight training and professional advice. For some people, walking is a great exercise.

* Take the right meds. Over-the-counter drugs that can relieve both pain and inflammation include ibuprofen (Advil, Motrin), naproxen (Alleve) and aspirin. Prescription COX-2 inhibitors (Celebrex) work, but may cause stomach pain or discomfort.

pagesmag.com 0414-083.txt

Bionic continued from page 1

meaning they are not waiting for a heart transplant, they are going to live out their lives with the lvad. Heart failure patients have a choice, but must also meet the criteria. A social worker evaluates the psychological and social state of the patient *and* caregivers. The device is for left side only assistance and is powered by a battery pack that the patient wears in a variety of back-packs made by GoGear. The lvad allows for freedom of movement, but is not made for water activities. To date, there are over 17,000 patients using an LVAD. ***Please see the illustration in the Links section on page 4.*** cj

A NEW WAY TO CALL FOR HELP AFTER A FALL

What happens if you fall to the floor and you are knocked unconscious?

An alert pendant can't help if you can't press the button or if you aren't wearing it at the time. But a new system uses smart wireless technology to sense if a person has fallen.

The safe@home system, being tested by tech companies now, addresses falling, a common problem among seniors: falling. According to German statistics, about 30 percent of those over age 65 and living at home experience a fall at least once a year. For those over 80, the number is more than 80 percent. When seniors do fall, they are sometimes unable to call for help for hours.

The new system uses sensors the size of smoke detectors on the ceiling of every room. These sensors use both optical and acoustic methods to determine where a person is in the room and if the person is well. A fall can be detected within seconds. If the sensors detect no movement or cries for help, then the system calls the person. If the person is well, the alarm can be canceled. If no one answers, family members or neighbors can be notified.

The safe@home system should be ready later in 2014.

pagesmag.com 0414-142.txt

SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

MAY 8, 2014 - We are

having a special guest performer and a pot-luck dinner. **PLEASE** plan on attending and bring something heart healthy so we can enjoy dinner and a show



together! We look forward to seeing you in Pineville, it's not so far out!

NORTHEAST- 6:30 P.M.

Meets on the 4th Thursday of the month.

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during February:

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Ken Hurlbert
Chris Jordan	George McCormick
Joel Nachman	Reita Pendry
Jerry Poole	Sid Rauch
Sandara Scherman	Bill Voerster
Bruce White	Priscilla Williams

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Mid-Atlantic Assistant Regional Director:

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THE BEST YET: BEEF AND BROCCOLI STIR-FRY



Chinese food was first introduced by immigrants who settled in California in the mid-1800s to help construct the transcontinental railways. Mostly from Canton, the immigrants opened restaurants in the growing Chinatowns.

Beef and broccoli is still a favorite in Chinese and Asian restaurants. Here's an easy and economical recipe.

BEEF AND BROCCOLI STIR-FRY

1 pound boneless beef sirloin; sliced thinly against the grain into 1/4-inch strips. Marinate in **1 tablespoon fresh lemon juice**, **1/4 cup soy sauce**, **2 cloves garlic, minced**. Combine these in a zip-lock plastic bag, add beef strips, seal, shake well and set aside.

1 large head broccoli florets separated into bite-size pieces
1 red bell pepper, cored and julienned
2 large scallions, diced diagonally
2 cloves garlic, minced
2 tablespoon grated fresh ginger or 1/4 teaspoon ground ginger
1 cup low sodium beef broth
2 tablespoon low sodium soy sauce
1/4 cup cold water
2 tablespoon corn starch
2 tablespoon peanut oil
Cooked white or brown rice and
1 tablespoon sesame oil

Prepare the vegetables and place in a bowl. Parboil the broccoli for 2-3 minutes; drain and pat dry. Mix the corn starch and water and set aside.

Mix the soy sauce and beef broth and set aside.

Combine the ginger and garlic then add the corn starch and beef broth mixtures and stir.

Drain marinade from beef and preheat a wok or heavy skillet on high. Add the peanut oil and swirl to coat the surface. Add the ginger/garlic and stir-fry for 30 seconds.

Then add the beef using tongs. Stir-fry only until no longer pink; remove the meat with a spatula and place in a covered serving dish.

Stir-fry the vegetables for about two minutes only until crisp-tender. Return the beef to the wok and add combined sauce mixture. Heat until it thickens, about one minute. Add the sesame oil and combine.

Serve on steamed white or brown rice.

pagesmag.com 0414-081.txt

YOUR LINK TO A HEALTHY HEART

THORATEC LVAD

If you are interested in learning more about LVAD technology advancements, please visit the following websites:

<http://www.thoratec.com/>

<http://heartmateii.com/>

<http://www.vadparadigm.com/>



Happy Surgiversary to
Jerry Davis
4/1/2012



The first of April is the day we remember what we are the other 364 days of the year.

~ Mark Twain



Keep on Tick'n

Volume 4 - Issue No. 5

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

Aligned with the American College of Cardiology



May 2014



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

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(click on the links for maps and information)

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10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



March 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	31			1	
CMC - NorthEast	31			1	
CMC - Pineville	41			10	
Total for the Month	103			12	
Year to Date	287	25	0	46	0

CMC VOLUNTEER APPRECIATION BREAKFAST

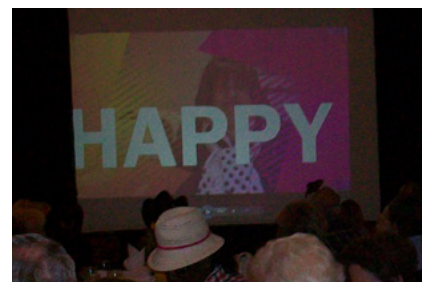
by Christine Jordan

The beautiful sit down breakfast was held at the Charlotte Marriott Southpark in appreciation of all the people that volunteer at CMC Pineville and CMC Steele Creek. The theme of the event was Western or cowboy and everyone in attendance received a goody bag with a coffee cup, a post-it carrying case with a built in calculator, a new ID badge holder and some coupons for the cafe and gift shop. While we all loved feeling special, the highlight of the morning was the "Happy" video that Ann Taylor, the Director of Volunteer Services, put together featuring CMC staff. If you've been on the internet at all, you know the song, it's everywhere!



Chapter #372's Pineville Service Award Recipients: Gregg Bonar - 100 hours, John Bertrand - 2500 hours, Joel Nachman - 100 hours.

Last year, volunteer teammates at CMC Pineville and Steele Creek contributed a total of 53,117 hours of their time. Mended Hearts is but one part of the big picture. We all work together to provide compassion to our neighbors in need. Often, we are there for them in times of extreme crisis. We do this, because we've been there. We do this because **WE** are Mended Hearts.



Chapter #372 Pineville Volunteers in attendance l to r: Bill Voester, Gregg Bonar, John Bertrand, Joel Nachman, Christine Jordan.





<http://www.opm.gov/combined-federal-campaign/>

pagesmag.com 0514-142.txt

pagesmag.com 0514-083.txt



THE MOVE OVER LAW

by Christine Jordan

NC G.S. 20-157 - Under the "Move Over" law, motorists are required to move over one lane, if possible, or reduce speed for stopped emergency vehicles with flashing lights on the shoulder of the highway, including public service vehicles with amber lights. **Violating the law could result in a \$500 fine.**

South Carolina has a similar law with the same fine, their law also provides for work zones. According to Wikipedia, the Move Over laws were originated in the US after a South Carolina Paramedic, James D. Garcia, was struck and injured at an accident scene Jan. 28, 1994, in Lexington, SC. Garcia was listed at fault, leading to his work to create a law to protect other emergency responders. SC's version (SC 56-5-1538) passed in 1996, and was revised in 2002.

Memorial Day weekend signals the start of summer travel in the United States. Please be aware of the Move Over law that was put in place to protect the people that protect all of us.

Other tips to keep in mind when traveling include taking frequent breaks to stretch, don't hold yourself to a schedule - take your time, do not use the phone while driving - this too is against the law, be aware of motorcyclists - share the road. And as always, be kind and have fun!



*we remember your sacrifice today. & every day.
on this memorial day.....*

THANK YOU!

Me-mo-ri-al Day

noun

a day on which those who died in active military service are remembered, traditionally observed on May 30 but now officially observed on the last Monday in May.

SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

MAY 8, 2014 - We

have unfortunately had to cancel the performer for our pot-luck dinner. We will still be having the potluck, we will just have to entertain each

other! Frightening, or exciting? Come and find out for yourself! And bring some food!

NORTHEAST- 6:30 P.M.

Meets on the 4th Thursday of the month.

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during March:

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Ken Hurlbert
Chris Jordan	George McCormick
Joel Nachman	Reita Pendry
Jerry Poole	Sid Rauch
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Chicken-Orzo Salad with Arugula and Chèvre *Celebrate National Salad Month*

Nothing is more lovely for a spring dinner than a salad. Best yet it can be quick and easy -- and even filling. Quick and easy doesn't mean boring. This chicken-orzo salad satisfies all the requirements.



What elevates it from the ordinary to extraordinary is the addition of arugula, with its slightly peppery and vibrant taste, and Chèvre (goat cheese), with its distinctive tartness. Arugula is related to the mustard plant and its name *eruca* is Latin for cabbage-like. The recipe makes two generous servings for a couple.

Army Brat vs. Navy Brat

An Army brat was boasting about his father to a Navy brat.

"My dad is an engineer. He can do everything. Do you know the Alps?"

"Yes," said the Navy brat.

"My dad built them."

Then the naval kid spoke: "And do you know the Dead Sea?"

"Yes," said the Army brat.

"My dad killed it!"

Chicken-Orzo Salad with Arugula and Chèvre

3/4 cup uncooked orzo (rice-shaped pasta)

1 1/2 cups chicken breast, chopped (may use ready-cooked strips like Tyson's or rotisserie chicken)

3/4 cup baby arugula

1/2 cup grape tomatoes, halved

1/8 cup red onion, finely chopped (or scallions)

1 tablespoon fresh basil, chopped (or 1 teaspoon dried)

1/2 teaspoon chopped fresh oregano (or 1/4 teaspoon dried)

1 tablespoon red wine vinegar

1 1/4 teaspoon virgin olive oil

Salt and pepper to taste

3 tablespoons crumbled Chèvre

Cook orzo according to package directions; you can omit the salt and fat, if you prefer. Drain well.

Combine orzo, chicken, and the next 5 ingredients in a large bowl.

Whisk vinegar, oil, salt and black pepper in a small bowl; drizzle the vinaigrette over the pasta mixture and toss well to coat. Sprinkle with the goat cheese crumbles.

NOTE: you may substitute Greek feta (30% goat and 70% sheep milk) for the Chèvre; and romaine lettuce and watercress for arugula to achieve a milder peppery taste. pagesmag.com 0514-081.txt 0514-081c.jpg

PRESIDENT'S CORNER

by Joel Nachman

Did you ever question your life after your heart event?

Did you ever feel like you had to **try** and make a difference?

When you stare down at your own mortality, you realize we are here for a reason.

My reason, was to help people and that is why I joined Mended Hearts, to give back to help people in need and to be with a group of people I call my own – fellow heart patients.

Come to one of our meetings and discover what it is to be among your brethren.



MAY BIRTHDAY
28th - Joel Nachman

SURGIVERSARY
5/24/2012 - Elaine Vick

Keep on Tick'n



Volume 4 - Issue No. 6

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!



June 2014

**Celebrate
Summer!**



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

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(click on the links for maps and information)

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Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



April 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	17				
CMC - NorthEast	41	10			
CMC - Pineville	39			8	
Total for the Month	97	10		8	
Year to Date	384	35	0	54	0

POT LUCKY - We enjoyed good company and bad jokes (lol) at our Summer Pot Luck held annually to kick off our 3 month hiatus from meetings. Hope ya'll have a great summer!



l to r: Rick and Judy Duke, John Bertrand and Laura Diviney.



l to r: Gregg Bonar, Sandara Scherrman, Bob Scherrman, Reita Pendry.

NATIONAL DAY OF GIVING - JUNE 5TH

The National Day of Giving is planned in honor of Dr. Harken's birthday, June 5, 2014. For those of you who do not know, Mended Hearts was founded by Dr. Harken, a heart surgeon, for his own patients in 1951. We encourage all chapters and groups to consider planning your fundraising event on or near June 5. The fundraising goal is \$50,000 which will help support our national education materials and programs like Heart-Pack and the newly developed, Little HeartPack. Support from every chapter and group is encouraged!



Donations made in honor of Dr. Harken can be made all year long. For all of his brilliant and compassionate work, Dr. Harken remains a Heart Hero of the first order. mendedhearts.org



l to r: Rick and Judy Duke (again!), Funnyman George the joker, and of course, our Treasurer, Jerry Davis.





When donating, specify our Mended Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>



HEALTH IN THE NEWS

By a Belgian tech company ...

New headband treats migraine headaches

It looks a futuristic, but its benefits are ready today.

The new Cefaly headband offers relief from migraines through the use of neurostimulation. It fits over the ears like a pair of glasses, with a wide diamond shape at the center of the forehead.

The Recent FDA approval for the Cefaly means migraine sufferers can actually prevent the debilitating headaches by using the device once daily for 20 minutes. Migraine symptoms can start days before the event and can include euphoria or irritability. Because the buildup comes on gradually, the developers recommend using the Cefaly daily.

A prescription is required for the Cefaly kit, which costs about \$295 in the U.S. and \$349 in Canada.

pagesmag.com 0614-091.txt



CONGRATULATIONS TO THE NEWLY FORMED CHAPTER #394! OUR SATELLITE CHAPTER IS ON THEIR OWN. THEY HAVE CHOSEN THEIR NAME, "MENDED HEARTS OF THE TRIANGLE" AND ARE UP AND OPERATIONAL. THEY SEE PATIENTS AT WAKE-MED HOSPITAL.



PREVENTING KIDNEY DISEASE

Almost six in 10 Americans will develop kidney disease in their lifetimes, according to a study published in the American Journal of Kidney Disease.

Individuals age 60 or older, those with diabetes or high blood pressure should be checked chronic kidney disease (CKD) by a simple urine test at their annual physical.

There has been a six-fold increase in the number of CKD cases in the United States since 1980. The Northwest Kidney Centers say there are certain things you can do to help keep your kidneys healthy.

* One is to avoid a high-sodium diet. It's one of the most important things you can do.

* Avoid illegal drugs and the overuse of prescription and over-the-counter drugs

* Control your blood pressure; reduce high blood pressure with medication prescribed by your doctor.

* Know your family health history. If there is hypertension or diabetes in the family, have your kidney function checked every year.

* **Quit smoking.** Check the Internet for programs that will help you quit.

If you have concerns about being at risk for chronic kidney disease, talk to your doctor and get screened. pagesmag.com 0614-082.txt

MORE TECH IN THE WORLD OF MEDICINE

A new stethoscope for the 21st century is here

The first stethoscope was accidentally invented in 1816. In Paris, a prominent physician was treating a woman for heart disease. Modestly, she refused to let him put his head to her chest.

So he made a paper cylinder and applied one end to her chest and the other to his ear. Eureka! He could hear the action of her heart more clearly than by the head-to-chest method.

Science and time have replaced the paper cylinder with flexible plastic tubing attached to a chestpiece. In our time, however, it contains a miniature electronic sensor or amplifier.

Stethoscopes are used for more than listening to the chest. They can listen to the sounds of air flow in the lungs, blood flow in major vessels and more. It's recognized as the symbol of modern medicine.

John Swartzberg, M.D., says there's a good chance the stethoscope will join the doctor's bag and the house call as reminders of old-time medicine.

Swartzberg, chair of the editorial board at Berkeley-Wellness.com, says powerful new hand-held ultrasound

Stethoscope continued on page 4



SNACKING HEALTHY ;)

For people looking to keep their blood pressure low and kidneys healthy, low salt snacks are the way to go.

The experts at Northwest Kidney Centers have come up with a list of 100 tasty, low salt snacks.

You might be surprised by some.

For example, if candy is your thing, try Twizzlers licorice, Junior Mints, Malt Balls, caramel chews, gummy candy, hard candy or salt-free Tootsie Rolls.

If you prefer to snack on cookies, you can find some that come with a lot of pleasure with a lot less guilt.

Try animal crackers, Nilla Wafers, shortbread cookies, fortune cookies, gingersnaps, and Fig Newtons.

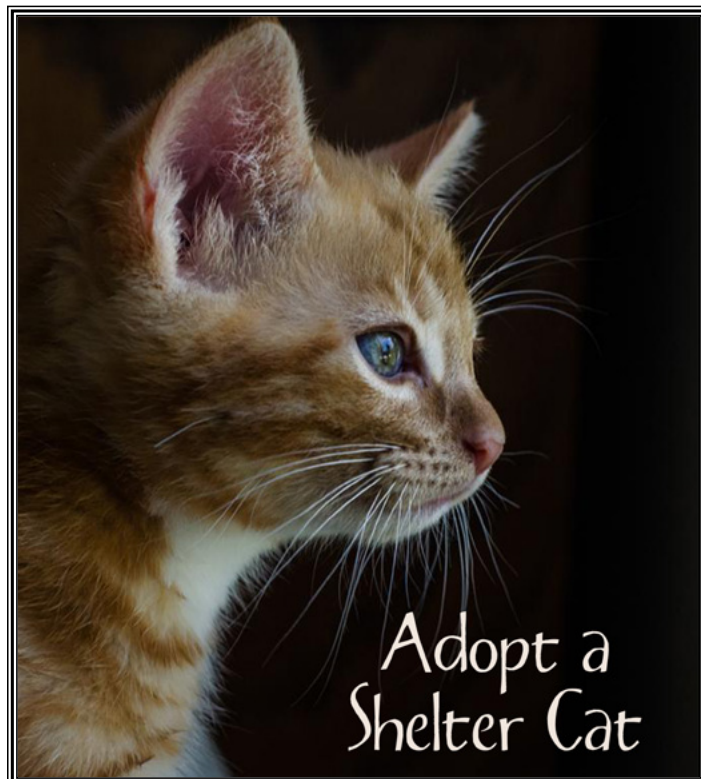
There are plenty of low-salt cracker type snacks too. Caramel rice cakes are good. For a crunchy snack, try unsalted tortilla or potato chips, melba toast, bagel crisps, rice crackers, low-sodium Triscuits, water crackers or wasa crackers.

In the fruit category, applesauce makes the low salt grade, along with fruit leathers, frozen fruit bars, fruit cocktail, and frozen grapes or berries..

See the whole list at: nwkidney.org.

A FEW TIPS FOR MENDED HEARTS VISITORS:

- ♥ Never give a patient food
- ♥ Keep your voice pattern **low**
- ♥ Time management - 20 minute visit - **TOPS!**



SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

September 11, 2014

November 13, 2014

January 8, 2015



NORTHEAST- 6:30 P.M.

Meets on the 4th Thursday of the month.

"Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough."

~Richard M. DeVos

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during April:

John Bertrand	Gregg Bonar
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Judy Duke	Rick Duke
Colon Faulkenbery	Ken Hurlbert
George McCormick	Joel Nachman
Reita Pendry	Jerry Poole
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Patient Follow up & Internet Visitor: **Reita Pendry**

Satellite Coordinator, Mended Hearts of Cabarrus

S372: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354



SIMPLE SHRIMP SCAMPI OVER LINGUINE

America is a melting pot of nationalities; each has its own cuisine that is passed down to the next generation. But few of us will turn down a meal of Italian pasta.

Today, both restaurants and home chefs are adding to their pasta offerings; a favorite is linguine, which are



thin flat strands of pasta that mean "little tongues" in Italian.

Shrimp scampi is a staple in American-Italian restaurants, but is shrimp a scampi? Actually, scampi are crustaceans that look like miniature lobsters, but Italian immigrants couldn't find them in the U.S. They substituted shrimp and used both names to lessen confusion. Now, scampi can mean the method that shrimp are prepared.

The following recipe is easy, delicious and addictive. It's quick, inexpensive, and elegant enough for any occasion. To make it even easier, the recipe uses fresh linguine and already-made cream sauce from the refrigerated

section of your grocery store (sometimes called alfredo sauce), jazzed up with lemon.

SIMPLE SHRIMP SCAMPI

Over Linguine (serves 4)

- 1 package (9 ounces) Buitoni Refrigerated Linguine
- 1 pound cooked jumbo-sized shrimp
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 clove garlic, crushed
- 1 container (10 ounces) Buitoni Refrigerated Light Alfredo Sauce
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon peel
- Chopped fresh parsley (optional)
- Grated fresh parmesan cheese

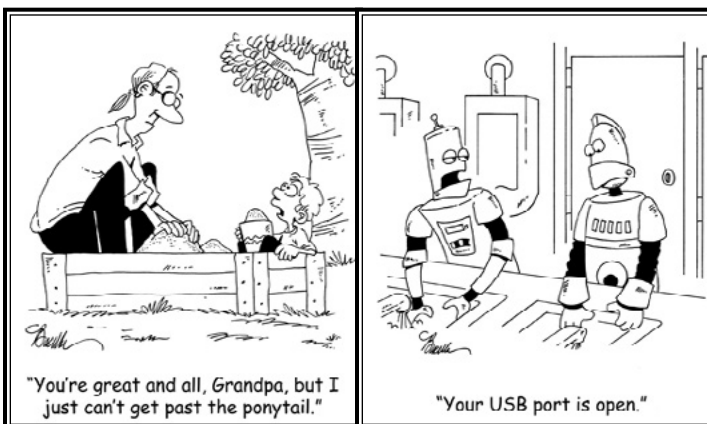
Heat oil and butter in a medium-sized skillet over medium heat. Add garlic and sauté one minute.

Add the shrimp, lemon juice, grated peel, and a little black pepper. Stir to coat shrimp and heat through.

Add the fresh alfredo sauce and reduce heat to medium-low. Prepare linguine according to package directions; don't overcook.

Either add the drained linguini to the skillet and toss well, or place individual servings on plates and spoon the shrimp scampi sauce over the top. Sprinkle with parsley and coarsely grated cheese. Linguine is best served hot. Buon Appetito!

pagesmag.com 0614-081.txt 0614-081c.jpg



Stethoscope continued from page 2

devices are on the verge of replacing the stethoscope.

Many experts think it's a good idea. Young doctors are less skilled at using stethoscopes than they should be. And the obesity epidemic has made the stethoscope harder to use, since body fat can muffle interior sounds.

Ultrasound devices offer a more accurate diagnosis of heart, lung and other problems, as well as assisting many kinds of medical specialists.

Data recorded by the devices can be saved and shared with other clinicians. They are especially helpful in the developing world, where access to medical imaging technology is limited.

Some doctors use both the stethoscope and the ultrasound devices.

pagesmag.com 0614-093.txt 0614-091c.jpg

PRESIDENT'S CORNER

by Joel Nachman

Have a safe and healthy summer folks, start training for the Heartwalk in Sept!



JUNE BIRTHDAY
14th - JJ Crowe

SURGIVERSARY
6/04/2012 - Gregg Bonar

Keep on Tick'n



Volume 4 - Issue No. 7

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

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July 2014



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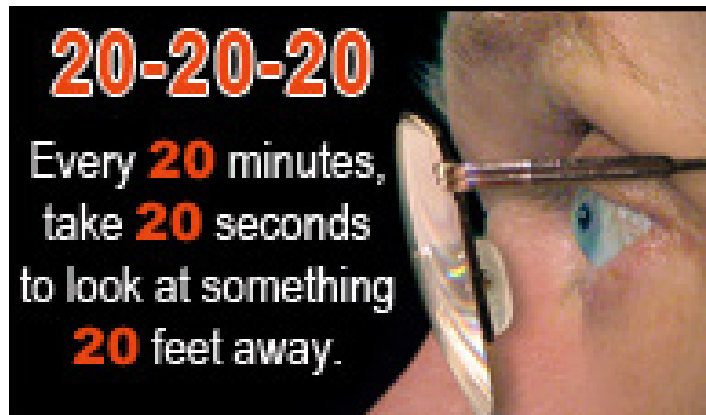
May 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	4				
CMC - NorthEast	68	11		6	
CMC - Pineville	42			8	
Total for the Month	114	11		14	
Year to Date	498	46	0	68	0

THE 2014 HEARTWALK IS COMING UP!

Don't forget to register for the 2014 Charlotte Heartwalk in uptown Charlotte. Save the date on your calendar, Saturday September 20th. The American Heart Association does a splendid job putting this event on and last year there were over 14,000 walkers! For more information and registration, goto this link: <http://www.charlotteheartwalk.org/faf/home/default.asp?ievent=1089326>

The Wellness Communities open at 7:30 am and the walk starts at 9:00 am. I recommend you get there early and check out all the vendor booths. When you register you will receive a parking permit right next to the event booths. So get ready to high step it into uptown!

Freedom is not the right to do what we want, but what we ought. Let us have faith that right makes might and in that faith let us; to the end, dare to do our duty as we understand it. ~ **Abraham Lincoln**



STAYING WELL RESEARCH:

TAKE A FISH OIL SUPPLEMENT

A great deal of research suggests that a diet rich in fish oil can be good for both the brain and the heart. Still other studies show that fish oil's omega-3 fatty acids may delay age-related cognitive decline.

To get enough omega-3s, people would have to eat oily kinds of fish about five times a week, but taking fish oil supplements can help.

The benefits are still under study, and some claim taking fish oil pills has little effect on heart health or strokes. But the American Heart Association believes the supplements benefit healthy people as well as those at risk for heart disease.

"I recommend them to most of my patients after 50," says Gina Lundberg, a spokesperson for the Heart Association and an assistant professor of medicine at the Emory University School of Medicine in Atlanta.

"Not just for the triglyceride-lowering benefit and cardiovascular benefit but for the powerful antioxidant and brain-power benefits," she says.

Those who want to take supplements should choose those that contain at least 1,000 milligrams of EPA and DHA, but they should still eat fatty fish twice a week. These include wild salmon, trout, sole, sardines and herring. pagesmag.com 0714-101.txt



"Everything that is really great and inspiring is created by the individual who can labor in freedom."

~ **Albert Einstein**



The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID**

number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

MORE CHEESE, PLEASE?

A new study, released in March, has reached a conclusion that will stun health-conscious Americans:

Butter, cheese, eggs and red meat do not clog your arteries with cholesterol and saturated fat does not cause heart disease.

Fat doesn't make you fat.

The study was published in the medical journal *Annals of Internal Medicine* suggests that the wisdom of generations is wrong.

That idea originated in the 1950s when a scientist was lauded for his research that purported to show that saturated fats raise cholesterol and therefore cause heart attacks. His idea was both scorned and praised but it finally became a fact in the world of health.

According to the May 6, 2014, Wall Street Journal, by 1961 the American Heart Association accepted the hypothesis and the matter became part of dietary dogma.

But what can the low-fat craze hurt? According to author Nina Teicholz, one problem is added carbohydrates. Anyone who has studied food labels knows that low-fat usually equals high carb. That's because when you take all the fat out of a substance, you have to fill it with something and that is usually carbohydrate.

Teicholz writes that the 25 percent increase in carbs during the last 40 years probably has something to do with increasing obesity since carbs break down into glucose and that prompts the release of insulin, which stores fat. More fat can lead to type 2 diabetes and, ironically, heart attacks. Teicholz writes that fat doesn't lead to diabetes, carbs do.

pagesmag.com 0714-091c.jpg 0714-093.txt

“In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline.”

~ *Martin Luther King Jr.*

WEAR TREATED CLOTHING TO PREVENT TICK BITES

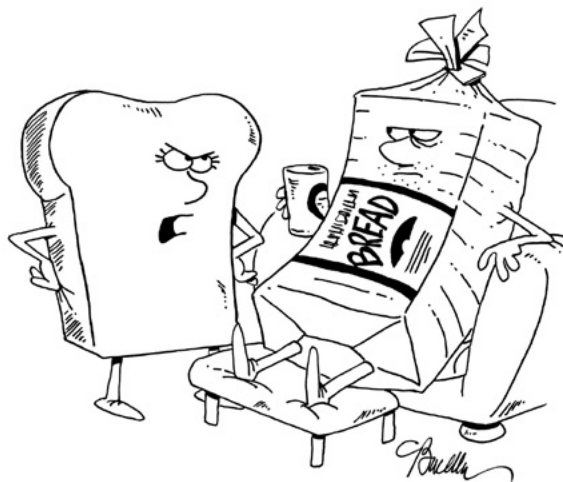
Wearing clothing that's pretreated with the insect repellent permethrin significantly reduced tick bites in outdoor workers. They were compared with those taking routine tick-prevention measures, according to a study reported in the May issue of the *American Journal of Preventive Medicine*.

About 34,000 cases of tick-related diseases are reported to the Centers for Disease Control and Prevention each year.

The active ingredient in permethrin controls a wide variety of crawling and flying pests, including ticks, fleas, lice, and mosquitoes.

Permethrin should be sprayed on clothing but not while it's being worn. It should not be sprayed directly on the skin. This insecticide is often used for camping gear, including tents.

See sawyer.com for a complete video of how to use permethrin. pagesmag.com 0714-073.txt



"Are you just going to loaf around all day?"



INSOMNIACS WHO EXERCISE SLEEP BETTER

After 16 weeks of walking outside or on a treadmill for 30 minutes, insomniacs slept an extra 75 minutes per night, more than other nondrug therapies. They walked four nights per week, according to a study reported in the journal Sleep Medicine.

The improvement is likely because exercise improves metabolism and decreases inflammation, both of which enhance sleep quality. pagesmag.com 0714-092.txt

DON'T BE POLITE WHEN IT COMES TO SECURITY

One World Trade Center in New York City, has a security system that cost \$20 million to purchase and install in 2008.

Nonetheless, this year a New Jersey teenager managed to get in and roam about for two hours before being caught.

Few have to be reminded of the security dangers in that scenario.

However, maintaining secure areas is a problem everywhere and mainly because people are so nice.

The most common causes of unauthorized entry into a building are piggybacking or tailgating.

Tailgating occurs when one person properly enters a secure door but another follows, unbeknownst to the first person.

Piggybacking is a bit different because the piggybacker gets permission. Either the piggybacker actually asks for access (Hey! Hold the door!) or he gets access as a courtesy. Holding the door for someone is a deeply ingrained habit. If that person is carrying something large, like computer equipment, it is virtually seen as a requirement to hold the door. But the latter is a typical ruse.

"If you ever used your access card to get into a building, then held the door open so someone who looked like he might work there can enter, you have participated in a security breach," says Mark Borto, CEO of Boon Edam, the leading manufacturer of security entrance solutions in North America.

Quoted in Bloomberg Businessweek, Borto also says, "The best access control systems in the world can be defeated by exploiting the fact that people are nice and will allow others to follow them through doors."

They have put themselves, their colleagues, and the business at risk.

It's also not just doors that can be tailgated or piggybacked. Computers are at risk. When you sign in on a secure computer, be sure you also sign off when you

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November 13, 2014

January 8, 2015

NORTHEAST- 6:30 P.M.

*Meets on the 4th Thursday
of the month.*



leave the desk.

There are many hacking situations that the average user can't control, but the one thing every user can control is basic sign-on and sign-off security.

pagesmag.com 0714-071.txt

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during May:

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Ken Hurlbert
George McCormick	Joel Nachman
Reita Pendry	Jerry Poole
Sid Rauch	Sandara Scherrman
Bill Voerster	Bruce White
Priscilla Williams	

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Patient Follow up: **Sandara Scherrman**

Patient Follow up & Internet Visitor: **Reita Pendry**

Satellite Coordinator, Mended Hearts of Cabarrus

S372: **Mike Lippard**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354



SUMMER FRUIT FUN GETTIN' IN THE SPIRIT!



FOURTH OF JULY STRAWBERRIES

an internet find via Mindy ~ The Sisters Cafe

Ingredients:

Strawberries

1 bag of white chocolate chips

Blue sugar sprinkles

Wash and dry strawberries. Melt chocolate in microwave until smooth, stirring occasionally (it should take about 1 1/2 to 2 minutes). In a separate bowl, pour sprinkles. Dip strawberries into white chocolate until about 2/3 of strawberry is covered, then dip into blue sprinkles on the bottom third. Place on wax paper until hardened. Place in fridge to cool quickly. Happy 4th of July!



Fruit skewers are fun and easy for ANYONE! I love this flag motif with strawberries, blueberries and bananas.



JULY BIRTHDAY
8th - Gregg Bonar
16th - Bruce White



PATRIOTIC LAYERED DRINKS

inkatrinaskitchen.com

Ingredients:

1 Cup Red CranApple juice

1 Cup White Sobe Pina Colada flavored drink

1 Cup Blue G2 Gatorade

Ice

Directions:

1.Fill your glass 1/3 of the way full with CranApple juice.

2.Fill to the top with ice.

3.Slowly pour the remaining drinks directly on top of a piece of ice.

Notes:

You MUST pour SLOWLY, DIRECTLY over ice :)

The secret to making this recipe work is the sugar content of the drinks you are using. The heaviest goes on the bottom, experiment with your favorite flavors!

I found lots of cool ideas on the web for the 4th that are easy enough for even me to do! These are just a few that are kid friendly for family get togethers.

PRESIDENT'S CORNER

by Joel Nachman

Have a safe 4th!



Keep on Tick'n



Volume 4 - Issue No. 8

Mended Hearts of Greater Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!



August 2014



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.
Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



June 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	18	3			
CMC - NorthEast	41	2			
CMC - Pineville	34			10	
Total for the Month	93	5		10	
Year to Date	591	51	0	78	0

THE MENDED HEARTS NATIONAL EDUCATIONAL CONFERENCE

The Mended Hearts National Educational Conference in Indianapolis, Indiana closed on June 22.

Our national office has posted all of the power point presentations on it's web site <http://www.mendedhearts.org/>. Members just log in on the home page.

Do any of the following subjects trip your trigger? They are all, plus more, available for you to review:

"Preserving the Brain: Treating Afib and Preventing Strokes"

"Every Movement Counts!"

"Valve Repair & Replacement Innovations"

"The Conflict of Caring — Finding the Path to Wellness from all Sides of the Bed rail"

"Power Up Your Chapter!"

"Tuning the Engine: Finding Balance in Kidneys, Diabetes, Metabolism, Hypertension and Salt"

"Cholesterol Management Interventions and FH — Therapies on the Horizon"

"Speak From the Heart — Angina Awareness"

"Fine Tuning Your Member Toolkit"

"Cardiovascular Imaging: Knowledge for the Informed Patient"

"Gear Up Your Visiting Program — Retain, Reclaim, Engage!"

"Inspiring Hope via the Internet"

"Maximizing Survivorship!"

"Everything I Learned About Leadership ... I Learned from Lewis and Clark"

Now is the time to start a saving plan so you can attend the 2015 conference. I have had the privilege to attend five conferences. The first conference gave me a new perspective on our Mended Hearts organization. To attend with 300 + folks with similar experience, heart disease, made a terrific impact.

To experience the dedication of our national staff, was motivating and impressionable.

I hope to see many of our members in 2015.

Bill Voerster VP Chapter #372

Mid-Atlantic ARD

PRESIDENT'S CORNER

by Joel Nachman

We hope that you all had a great summer and look forward to the return of football, the World Series, cool fall nights and of course, Mended Hearts Meetings.

Our first meeting will be on September 11th at CMC Pineville. *The AHA will be demonstrating the new CPR technique.* This is an important class that all heart survivors should attend.

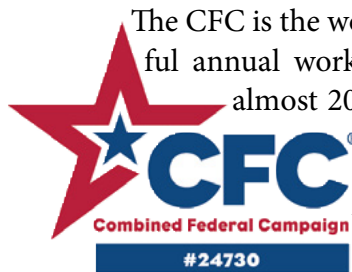
We want you and your loved ones to attend our meetings, they are informative and we have some fun.

If you would like to volunteer and visit patients, please email or call me.

Have a great end of summer!

**SEPTEMBER 20TH – THE ANNUAL
CHARLOTTE HEART WALK – JOIN
US AND 13,000 OTHER SURVIVORS**





The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

TO LIVE LONGER:

EAT A HANDFUL OF NUTS EVERY DAY

There's no need to check a list of health problems to see if nuts would be good for you. That's because eating a handful of nuts every day makes you less likely to die from any cause.

This simple and amazing conclusion is from a study made by Tufts University's Antioxidant Research Laboratory.

Nuts are good for you because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffrey Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits.

Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner. 0814-082.txt pagesmag.com

PUSHING 50 OR MORE? GUARD YOUR MUSCLES!

Sometime in your 30s, your muscle mass reached its peak. After that, unless you do things to preserve it, each subsequent decade shows a decrease of muscle fibers. By age 80, 30 percent of muscle bulk may be lost.

Exercise and a high-protein diet can change that prognosis.

People over age 50 should pay attention to getting adequate protein from healthy sources, not just a dinner but throughout the day. Researchers at Tufts University find that a steady intake of protein, combined with aerobic activity and weight training exercises, helps to counter the loss of muscle mass.

"It's estimated that 20 percent of people between ages 51 and 70 have inadequate protein intake," says Paul Jacques, DSc, director of Tufts' HNRCA Nutritional Epidemiology Program.

Their four-year study, published in the British Journal

ANY ONE OF HUNDREDS OF VIRUSES CAN CAUSE A COLD, SOMETIMES A LONG-LASTING ONE

The common cold can last longer than many people think; up to two weeks for the main symptoms and longer for a cough that stays even after the virus is gone.

It's also possible to get back-to-back colds. Doctors say it's unlikely that you'd be infected with the same virus because the body builds some immunity to it. These are the cold facts;

- * Adults get two to five colds a year, mostly between September and May.

- * Colds are most contagious about two days before symptoms start and in the early stages of the illness.

- * The average cold lasts for five to 14 days. Coughs can last for 18 days or more.

- * Experts say it's possible that the carrier of germs can infect others without having symptoms himself.

- * Exercise, reducing stress, getting enough sleep and hand hygiene can help to prevent a cold.

- * Influenza gets more attention, but the common cold is the leading cause of doctor visits, according to the National Institutes of Health.

Each year, people in the U.S. get a total of about 22 million colds. School children get seven to 10 colds. *The elderly get fewer colds because they've built up immunity.*

Rhinovirus is the most common viral cause of the common cold, accounting for 20 percent to 50 percent of adult colds.

Experts say rhinoviruses are out there all the time. It's just a question of when you are susceptible. Stress, lack of sleep and your overall health can make you more likely to get infected.

"The most confounding thing of all is that we still haven't identified 20 percent to 30 percent of adult common colds," said Anthony Fauci, director of the National Institute of Allergy and Infectious diseases.

Sometimes a cold that never seems to end could be caused by an allergy.

Sometimes it could be a sign of something more serious. A cold may result in a sinus infection, bronchitis or pneumonia. 0814-084.txt pagesmag.com



continued from page 2

of Nutrition, looked at the combination of protein intake and physical activity in people over age 50. They found that people who did muscle strengthening exercises, without protein intake of at least 70 grams daily, did not improve their muscle mass.

One study by the National Institutes of Health compared protein intake with lean muscle mass in men and women ages 70 to 79. Over three years, those consuming the highest amount of protein (an average of 91 grams a day) lost 40 percent less lean muscle mass than those in the bottom fifth of intake (an average of 57 grams a day). pagesmag.com 0814-141.txt

WEIGH IN ON THE ISSUE

A new study that questions prevailing wisdom about the effect of fats on heart disease, has not swayed some health authorities.

At the University of California, Berkeley, experts say the study has left people confused.

The new paper by British researchers appeared in the Annals of Internal Medicine examined the effects of saturated, monounsaturated, polyunsaturated, and trans fats, as well as the fatty acids that comprise them, on risk for heart disease.

The internal medicine study concluded that there was no significant association between various types of fat and coronary events. The exceptions being that eating fish produced a slightly lower coronary risk. Trans fats were linked to more risks.

That suggests that people who ate lots of saturated fats didn't have a MORE risk for coronary disease, and those who ate poly- or monounsaturated fats (which are heart healthy) did not have LESS risk heart disease.

Not exactly, say Berkeley analysts.

According to the UC Berkeley Wellness Letter, the new study lumped all saturated fats together regardless of their source. Saturated fats are found in sausage and cheesecake but also coconut oil and salmon.

In addition, the Letter also said the study didn't answer the main question, which is what people eat in place of saturated fats.

The study suggested that limiting saturated fats did not improve your coronary risk, but the Berkeley Letter points out that if people don't eat fatty foods, but do eat refined carbohydrates, they will not benefit from abstaining from fat.

Berkeley still advises that healthful diets focus on vegetables, fruits, beans, nuts and whole grains with little saturated fat.

pagesmag.com 0814-093.txt

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Meets on the 4th Thursday
of the month.



“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.”

~Abraham Lincoln

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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during June:

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Colon Faulkenberg	Ken Hurlbert
George McCormick	Joel Nachman
Jerry Poole	Sid Rauch
Sandara Scherrman	Bill Voerster
Bruce White	Priscilla Williams

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HEART-HEALTHY SPINACH FRITTATA WITH CREOLE SAUCE

Dishes like the Frittata have been around for centuries. The name comes from the Italian verb “friggere” which means to fry.

The Frittata has often been called an Italian open faced omelette. One interesting thing about it is that you won't find it on many menus in Italy. It's not something that would be considered formal fare.

This recipe is called a heart-healthy spinach frittata because it's made with an egg substitute and fresh or frozen vegetables. If you like, you can add some lean chopped ham to the mixture.

The Creole sauce gives it a delicious and colorful touch.



The Creole Sauce

- 1 cup coarsely chopped tomato
- 1/4 cup chopped onion
- 2 tablespoon sliced celery
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/8 teaspoon red pepper sauce

The Frittata

- 2 teaspoon canola or soybean oil
- 1/4 cup chopped onion
- 9 ounces Green Giant™ frozen spinach, thawed and drained
- 1 1/2 cups fat-free egg product
- 1/2 teaspoon chopped fresh or 1/8 teaspoon dried thyme leaves
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons shredded reduced-fat mozzarella cheese

“Once you replace negative thoughts with positive ones, you'll start having positive results.”

~Willie Nelson

The Directions

In small saucepan, heat the sauce ingredients to boiling, stirring occasionally; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until thickened. Keep warm.

In 8-inch nonstick skillet, heat oil over medium heat. Add the onion; and cook 2 minutes, stirring occasionally. Add spinach and cook 2 to 4 minutes, stirring constantly, until the spinach is thoroughly heated.

In small bowl, beat the egg product, thyme, salt and pepper. Pour it over the spinach.

Cover; and cook over medium-low heat 5 to 7 minutes or until set and light brown on bottom.

Sprinkle with cheese. Cut into wedges. Serve with sauce. pagesmag.com 0814-081.txt 0814-081c.jpg

GET MOVING ... FASTER!

If you're walking to improve your health, as many of us are, you may wonder whether how fast you walk makes any difference.

Contrary to some previous findings, a new analysis of data on about 39,000 participants in the National Walkers' Health Study finds that, even if the distance traveled was the same, walking at a brisk pace had more benefits.

We don't want to scare you about this, but the researchers came to that conclusion by determining how many people in the study died over a certain period of time.

For your own information, consider how long it takes you to walk one mile. Many in the study took 17 minutes. Most took about 20 minutes and some dawdled along for 24 minutes, at which the premature death rate was considerably higher.

Picking up your pace even a little seemed to pay off. Those that did saw a calculated reduction of their risk for dying prematurely. pagesmag.com 0814-103.txt



Keep on Tick'n



Volume 4 - Issue No. 9

September 2014

Mended Hearts of Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!



Mended Hearts[™]
of Charlotte

July 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	16	5			
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CMC - Pineville	47			10	
Total for the Month	91	9			
Year to Date	682	60	0	92	0

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[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



MEDED HEART'S PRAYER

BY HERBERT G. MAEDL

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, Lord, for wisdom that

We may use all our gifts well.

“One love, one heart, one destiny.”

~ Bob Marley

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Assistant Regional Director

Mid-Atlantic Region

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Charlotte, NC 28278

704-310-8354

NEW MEDED HEARTS LOGO

In August, Mended Hearts updated their logo. The bulletin they sent out explains it like this, “The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.” Very fitting since every one of us as survivors has had to pull out all these stops for our recovery. The newly branded merchandise will be available soon in the marketplace on the Mended Hearts website. Meanwhile, if you would like to purchase something with the old logo, all in stock items are reduced 50% while supplies last.

PRESIDENT'S CORNER

by Joel Nachman

We hope that you all had a great summer and look forward to the return of football, the World Series, cool fall nights and of course, Mended Hearts Meetings.

Our first meeting will be on September 11th at CMC Pineville. *The AHA will be demonstrating the new CPR technique.* This is an important class that all heart survivors should attend.

We want you and your loved ones to attend our meetings, they are informative and we have some fun.

If you would like to volunteer and visit patients, please email or call me.

Have a great end of summer!

**SEPTEMBER 20TH – THE ANNUAL
CHARLOTTE HEART WALK – JOIN
US AND 13,000 OTHER SURVIVORS**





<http://www.opm.gov/combined-federal-campaign/>

SOMETHING TO REMEMBER

by Christine Jordan

Personally, I like the new logo. But, I liked the old one too. So, I'm just going to have to overload on this new one because as bad as my memory is, I might forget they changed it. It's a possibility, for real. How many of you had memory issues after your heart event? I thought I had brain damage after mine it was so bad. So please remember this if you're still in that stage, it's normal, you're normal and it'll get better!

HEALTH IN THE NEWS

TO LIVE LONGER, BUILD

YOUR MUSCLE MASS

If you're near the middle of your expected life span and wonder what you can do to live a longer, healthier life, here's what experts at Johns Hopkins Medicine advise: Build more muscle!

How could it be that simple? Well, apparently it is. Worldwide, researchers aren't completely sure why, but their studies continue to show that the more muscle mass a person has, the less likely it is that he or she will die prematurely, even after taking cardiovascular and diabetic risk into account.

People who had the lowest muscle mass had a 30 percent higher risk of premature death than people with the highest amounts.

Doctors also say it's common for people with more muscle to have a more active lifestyle, which promotes longevity and also has something to do with their metabolism.

Whatever the reasons, they found that muscle mass relative to a person's height is a better predictor of longevity than the body mass index (BMI).

You can build muscle with a variety of strengthening exercises with dumbbells or resistance bands two or three times a week for about 30 minutes. Pushups and squats are muscle builders as well.

If you're new to strength training, ask your doctor for advice. pagesmag.com 0914-091.txt

WHAT TO DO ABOUT ELBOW PAIN THAT LIMITS YOUR ACTIVITIES

Your elbow has been sore for some time. You've avoided picking up things and generally limited the use of the arm, but resting it hasn't done much good.

It's time to see a doctor for a diagnosis and a treatment plan. The sooner you begin treatment, the shorter your recovery time will be.

The biceps and triceps in the upper arm are responsible for powering the elbow joint, but it's the tendons that connect the muscles to the forearm, which power wrist and hand movements that cause most of the trouble.

Doctors at the Mayo Clinic say inflammation usually isn't responsible for elbow pain. The pain is caused by damage, degeneration and disorganization of the tendons, caused by overuse.

When the pain occurs on the outside of the elbow, it's called tennis elbow in common terms. If it's on the inside of the elbow, it's called golfer's elbow.

At rest, both conditions cause a dull aching or burning feeling. The pain becomes sharp when you do something that aggravates the area. Use of the forearm is the main cause of pain.

Self-treatment

- * Avoid or modify activities. Keep your wrist locked in a neutral position when you lift objects, which allows the upper arm to do most of the work.

- * Icing the area for 15 minutes three times a day may help with pain. Over-the-counter pain relievers do help but don't aid in healing.

- * A counterforce strap around the forearm reduces the burden of everyday movement on injured tendons.

- * Gentle stretching, moving the elbow and wrist through their full range of motion, and gentle stretching of the wrist, can help keep the elbow limber.

Immediate medical help is needed if:

- * The elbow is hot, red or inflamed and fever is present

- * You can't bend the elbow

- * The joint looks misshapen or you suspect a broken bone

- * You experience extreme pain after an injury.

pagesmag.com 0914-083.txt

WHAT MY HEART ATTACK TAUGHT ME

Call 911 - it's there for a reason!

Don't tough it out - go to the ER, your doctor or a minute clinic type place if you're hurting. I'm talking about anything, not just heart issues. Get your hind end to the doctor if you aren't sure. I can email my family doctor, and I do, just so he knows what's going on.



GET OUT OF THE RECLINER.

AND, NO, IT DOESN'T SEEM FAIR

Here's why it doesn't seem fair. You walk a half hour a day so that should keep you healthy. You work all day and in the evening you want nothing but to sit in your chair.

The very idea is now one of medical science's favorite study topics. Many studies show that sitting too much increases the risk of heart disease, stroke, and diabetes, especially if all the sitting comes to a total of four hours or more and is virtually continuous.

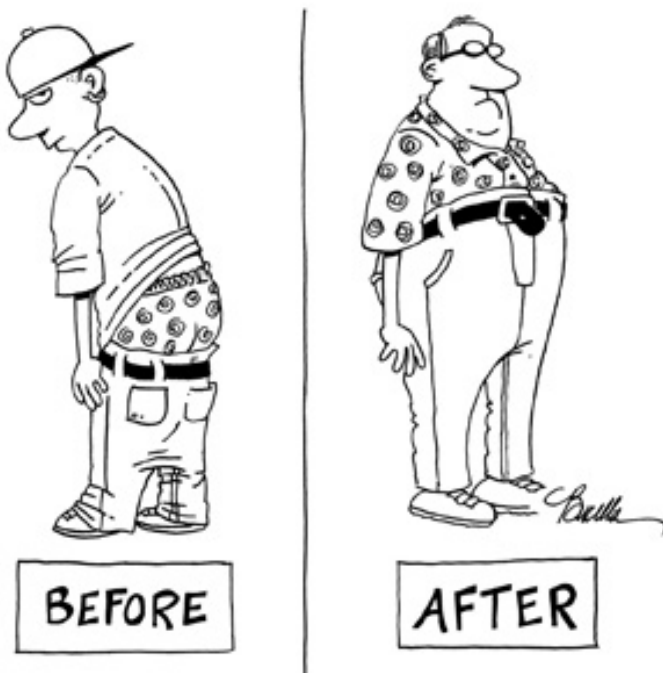
But the real news is: the disease risks are real even if you exercise regularly.

The key to avoiding these conditions is not to sit for long periods. Get up and walk around every hour or two. You don't need to jog around the block just stand up and do something at least for a few minutes at a time.

It could be during commercials, like getting ready for bed, wash your face, brush your teeth and put your pajamas on. During the next commercial make a phone call and stroll about while talking or straighten up the room.

The problem with sitting isn't just that it burns so few calories. Because of lack of muscle activity, it adversely affects your cholesterol, triglycerides and blood sugar levels.

For many people, it seems that life is switching from the chair in the car to the chair in the office to the chair by the TV. Most adults watch TV for several hours a day. pagesmag.com 0914-094.txt



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November 13, 2014

January 8, 2015

NORTHEAST- 6:00 P.M.

Meets on the 4th Thursday of the month. There will be snacks and a meet and greet session beforehand.

“Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip.”

~Winston Churchill

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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during July:

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Jerry Poole	Sid Rauch
Sandara Scherrman	Bill Voerster
Bruce White	Priscilla Williams

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Bill Voerster – 704-310-8354



<http://cooks.com/3b58g54g>



FYI - It's okay to use butter for recipes. Just remember, it is an ingredient, not a side dish!



SURGIVERSARY
9/11/2013 - JJ Crowe
Congratulations, the first
year is the hardest!

At home, you could do you more good to watch a funny video or comedy than to see a deep mystery or a shooter show. pagesmag.com 0914-093.txt



"How much older is the guy I'm dating? Well, he can play solitaire without a computer..."



Keep on Tick'n



Volume 4 - Issue No. 10

October 2014

Mended Hearts of Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!



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of Charlotte

Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:
(click on the links for maps and information)

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Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



August 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	24	8			
CMC - NorthEast	44	7		1	
CMC - Pineville	31				
Total for the Month	99	15		1	
Year to Date	781	75	0	93	0

PRESIDENT'S CORNER

by Joel Nachman

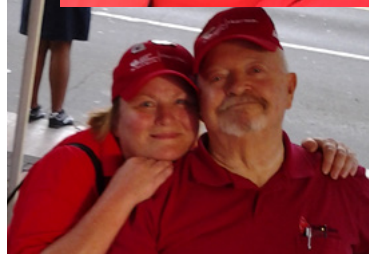
Mended Hearts is pleased to announce a new online educational go-to guide called "Why Cholesterol Matters: Why You Should be Tested for High Cholesterol and FH." The interactive guide includes videos, quizzes and printable patient tools. The guide may be found on the Mended Hearts website at www.mendedhearts.org/education/high-cholesterol-fh.

At our next meeting on November 13th, Dr. James Bowers of the Sanger Heart Clinic will be our guest

speaker discussing these topics.
Please mark your calenders.

Joel

2014 CHARLOTTE HEARTWALK REPRESENTING MENDED HEARTS #372



back row l to r: Ira Busman, Joel Nachman, Jerry Davis, Bruce Kramer, Kathy Kramer
front row l to r: Barbara Nachman, Karen Busman, Ashley Busman, Elyse Nachman
Thanks to all of you for your support!

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704-310-8354





<http://www.opm.gov/combined-federal-campaign/>

CELEBRATING COLUMBUS DAY,

522 YEARS AFTER WORLDS MEET

The second Monday in October is designated as Columbus Day. It commemorates Christopher Columbus' first voyage and sighting of the Americas on October 12, 1492. It became a federal holiday in 1937.

The first recorded ceremony marking the sighting occurred in 1792, 300 years after his first voyage. To honor Columbus, a monument was dedicated to him in Baltimore, Maryland. In 1892, a statue of Columbus was raised at Columbus Avenue in New York City. And at the Columbian Exposition in Chicago that year, replicas of Columbus' three ships were displayed.

Beginning on Oct., 1866, New York's Italian population organized a celebration of the discovery of America. Columbus Day spread to other cities.

Columbus Day continued on page 3

OFFICE STRETCHES TAKE

AWAY DESK STIFFNESS

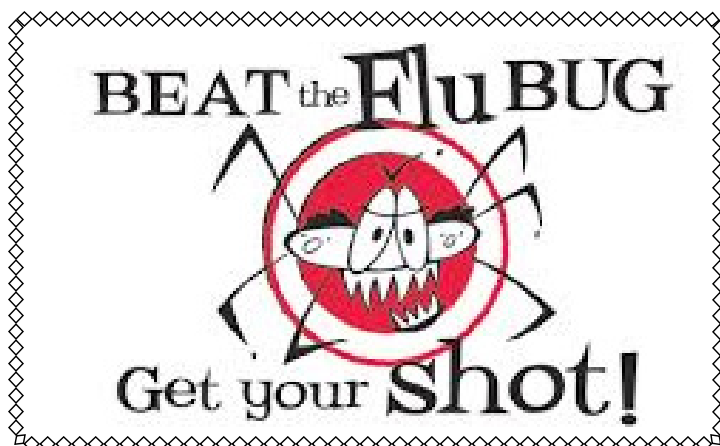
When working at your computer in the office, it's a good idea to take breaks. These yoga poses, by the Cleveland Clinic, are a good choice and can be done while sitting in your chair.

Neck rolls: Gently drop your head forward and roll from side to side. The weight of your head will gently stretch your neck. Reported in USA Today, avoid letting your head drop back in order to protect your cervical spine.

Shoulder rolls: Gently lift your shoulders and rotate them backwards in slow circular motions. Repeat a few times, then reverse the motions. This loosens and lubricates joints and it opens the chest for better breathing.

Yoga fan pose: Sitting forward in your chair, gently move your arms behind you until you can hold onto the back of your chair. Keep your elbows there and adjust the height of your hands until you feel a good stretch in your chest, arms and shoulders. This pose is great to open the chest and improve posture and breathing.

pagesmag.com 1014-102.txt



OCTOBER: TIME TO GET A FLU SHOT AND STOCK UP WITH HAND SANITIZER

The CDC does not recommend one flu vaccine over another. The important thing is to get a flu vaccine every year. Everyone who is at least 6 months of age should be immunized this season.

They include the following:

- * People who are at high risk of serious complications if they get the flu.
- * Those who have certain medical conditions including asthma, diabetes, and chronic lung disease.
- * Pregnant women.
- * People younger than 5 years old and people 65 years old and older.
- * Individuals who live with or care for others who are at high risk of developing serious complications.
- * Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.
- * Household contacts and caregivers of infants less than 6 months old.
- * Health care personnel.

Note that a standard dose quadrivalent flu vaccine, given as a nasal spray, is approved for healthy people 2 through 49 years of age.

THE BEST HAND SANITIZERS

The CDC says the best way to clean your hands is with soap and running water. Wash for 20 seconds if your hands are visibly dirty.

Without access to soap and water, an alcohol-based hand sanitizer is the best choice. It should have a minimum of 60 percent alcohol in order to kill most bacteria and viruses.

A study by BMC Infectious Diseases, reported by UC Berkeley, showed that office workers who used the sanitizer five times a day were about two-thirds less likely to get sick than others.

pagesmag.com 1014-092.txt



Columbus had arrived in the Caribbean Islands on his first voyage. In his diaries, he describes being impressed by the people he met:

"They know neither sect nor idolatry, with the exception that all believe that the source of all power and goodness is in the sky, and in this belief they everywhere received me, after they had overcome their fear. And this does not result from their being ignorant (for they are of a very keen intelligence and men who navigate all those seas, so that it is wondrous the good account they give of everything), but because they have never seen people clothed or ships like ours." pagesmag.com 1014-103.txt



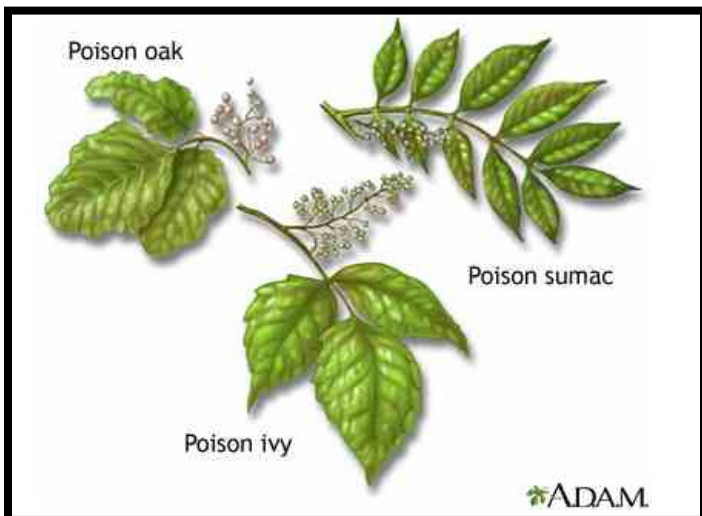
BEWARE THE POISON PLANTS!

by Christine Jordan

Don't fool yourself, these plants are prolific, no one's yard is immune. And to some people with allergies, these plants can pose a deadly threat. They are sneaky and sometimes blend in with your own lovely foliage. Make sure you wear a long sleeved shirt, pants and protective eyewear when trimming your shrubs and trees, or winterizing your flower beds.

Symptoms are itchy, red rash, often with clear blisters. Change your clothes immediately and wash your skin with cool water to prevent the poison oil from spreading.

If you prefer to throw caution to the wind, you might want to keep some calamine lotion and benadryl on hand. Make sure to check with your doctor before self medicating, better safe than sorry folks!



SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

November 13, 2014

January 8, 2015

NORTHEAST- 6:00

P.M.

Meets on the 4th

Thursday of the

month. There will be

snacks and a meet and greet session beforehand.



OCTOBER IS

National
Breast Cancer Awareness
Month

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during August:

John Bertrand

Steve Brewer

Judy Duke

Colon Faulkenbery

Joel Nachman

Sid Rauch

Bill Voerster

Priscilla Williams

Gregg Bonar

Jerry Davis

Rick Duke

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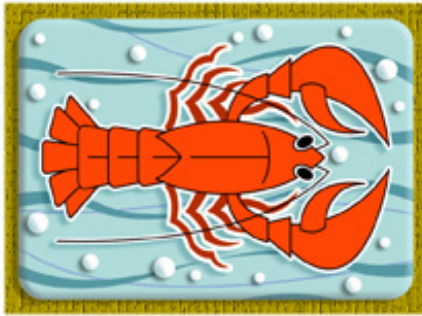
LOBSTER LOVERS REJOICE!

For those of us who have bypassed the live lobster tanks in grocery store meat departments, now's the time to buy and try. Abundant supplies and lower prices mean we can indulge in this luxurious crustacean recipe ingredient without breaking our budgets.

The New England Coast is lined with lobster shacks that specialize in serving whole boiled lobsters served with drawn butter, and seafood restaurants have them on their menus, usually for a steep price. But now we can do the same, at home. Cheaper.

In the past, most of us have stuck to frozen lobster tails for special occasions. Nothing inspiring, like lobster pasta, pot pie, bisque, chowder, or mini lobster rolls to impress dinner guests. And nothing to please our kids like mac and cheese or lobster pizza!

Restaurant chefs specializing in Southeast Asian, Chinese, or Thai cuisine wok-roast or fry lobster with garlic



and spicy herbs like ginger.

For purists, who prefer the fresh-from-the-sea taste, here's a simple recipe for preparing lobster tails. Lots of them. No muss. No fuss. But yummy served "as is" or to cut up for inclusion in your personal masterpiece.

BAKED LOBSTER TAILS IN FOIL

Buy fresh or frozen lobster tails, two for each diner if small and one if large. Thaw, if frozen, and pat dry with a paper towel.

Remove the membrane with a scissors and loosen meat from shell with your fingers.

Place 1 or 2 tails on a square piece of foil large enough to enfold generously. Sprinkle each with salt, pepper, lemon or lime juice and top with a pat of butter.

Fold foil to create sealed packages and place them on a cookie sheet.

Bake in a 450-degree oven: 25 minutes for 4-8 oz. tails, 30 minutes for 9-12 oz. tails, and 35 minutes for 13-16 oz. tails. Save the juice.

Remove from oven, fold back foil, and brown lobster for 1 minute under the broiler.

Place tails on a hot platter, pour juice from foil over them, and serve with hot drawn butter.

pagesmag.com 1014-081.txt 1014-081c.jpg

AT THE DINING ROOM TABLE

THERE'S ONE PLACE WHERE IT'S GOOD TO BE A SLOWPOKE

If it seems as though you're always in a hurry, you're probably eating in a hurry too, both at home and at a fast-food takeout.

Consider the big bites you take when downing a huge hamburger, or when you eat a hot dog in just a few bites. And you'll finish the French fries even though you don't want them all.

To get a feeling of eating enough, your body relies on two factors: hormones that signal your stomach that you're full, and the stretch receptor in your stomach that signals it's full.



OCTOBER BIRTHDAYS

7th - Rick Duke

22nd - Mary Leona Morgan

SURGIVERSARY

10/27/2009 - Joel Nachman
Congratulations on your 5th
year as a survivor!

But it takes 20 minutes for your brain to fully register when these two things have happened, according to the Journal of the American Dietetic Association. If you finish in 10 minutes, you'll probably eat more.

A study reported in the British Medical Journal shows that participants who reported eating quickly were three times more likely to be overweight than those who reported not eating quickly.

Some reasons to eat slowly:

1. It increases meal satisfaction because you can focus your attention on the food. You can fully enjoy each bite, sensing its flavors and textures.
2. Eating slowly improves digestion. Chewing each bite well and eating at a slower pace allows time for your stomach to digest food.
3. It promotes weight control. Slower eating allows you to feel that you're full. Faster eating does not.
4. Chew thoroughly. Nerves in the jaw muscles connect to satiety areas in the brain, say scientists quoted in The Wall Street Journal.
5. Skip the TV trays. Eating at the table helps you appreciate the food.

pages mag.com 1014-093.txt



Keep on Tick'n



Volume 4 - Issue No. 11

Mended Hearts of Charlotte

<http://mendedhearts.org/>

Chapter #372

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November 2014



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September 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	21				
CMC - NorthEast	58	10		9	
CMC - Pineville	36		5		
Total for the Month	115	10	5	9	
Year to Date	896	85	5	102	0

PRESIDENT'S CORNER

by Joel Nachman

The other day I was in a Home Depot store, and an employee with a bald head and pink scarf on her head offered to help. I just hugged her and said, "I am a survivor too!" We both welled up with tears because we are still here for our loved ones and for ourselves.

Next time you see a survivor for either heart disease or cancer, show them your support.

We are all in this together to beat the #1 and #2 diseases in this country. Solidarity for survivors!



Joel

PREPARING FOR A FINANCIAL CRISIS

Though you have an emergency fund in place and have saved for retirement, how would you quickly come up with cash if needed? MONEY.com says:

- * Tap a CD. Interest rates are so low, you won't have a big penalty.

- * Sell some securities. Get rid of money-losing stocks.

- * Take out a 401(k) loan. You can borrow half of your vested amount up to \$50,000. But if you leave your job before repaying, you have to pay off any balance within 60 days, or you'll owe a 10 percent penalty.

- * Get a home-equity line of credit now. When you need it, you'll benefit from low rates of about 5 percent or 3 percent if you have a high credit score. Payments are usually tax deductible.

- * Borrow from a stranger. Get a loan from a peer-lending site like LendingClub or Prosper. Rates on those sites can be less than 7 percent.

pagesmag.com 1114-053.txt



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<http://www.opm.gov/combined-federal-campaign/>

NOVEMBER IS:

NATIVE AMERICAN HERITAGE MONTH

The names of Native American leaders still ring through the places, people and things in America.

November's Native American Heritage Month is a time to remember the people behind these well-known names of America.

Squanto, 1585-1622. Assisting the Pilgrims during their first harsh winter, he befriended them in order to see them safely through to spring.

Pontiac, 1720-1769. Chief Pontiac is known for his defense of the Great Lakes Region from the British Troop invasion and occupation. He and his followers took the Fort Detroit from the English at The Battle of Bloody Run.

Sequoiah, 1767-1843. He is well known as George Guess, Guest or Gist, and was the silversmith who invented the Cherokee Syllabary. He was an inventor of writing systems as well.

Sacagawea, 1788-1812. She is most well-known for accompanying Meriwether Lewis and William Clark during their Corps of Discovery of the Western United States in 1806. Her face appears on the dollar coin.

Cochise, 1815-1874. This Apache leader aided in the uprising to resist intrusions by Mexicans and Americans in the 19th century.

Crazy Horse, 1840-1877. He led a group of Lakota and Cheyenne in a surprise attack against General George Crook's force of 1,000 Englishmen.

Will Rogers, 1879-1935. A Cherokee cowboy, he became known as an actor, philanthropist, social commentator, and presidential candidate. He traveled around the world and was famous.

Geronimo, 1829-1909. He was a Chiricahua Apache who defended his people against the encroachment of the U.S. on their tribal lands for over 25 years. He was a spiritual leader.

Tecumseh, 1768-1813. A Shawnee, he was known for leading several tribes and main-



taining hold on their land. In 1808, he established the village of Prophetstown near Battle Ground, Indiana. He died in the War of 1812.

Sitting Bull, 1831-1890. He was a Hunkpapa holy man and is known in history for his victory at the Battle of Little Bighorn against General Custer. He is considered to be one of the most famous Native Americans ever.

Blackhawk, 1767-1838, war leader and warrior of the Sauk tribe. Not a hereditary leader, Black Hawk's leadership in war gained him fame and power. He published the first autobiography by a Native American in which he criticized unfair treaties. During his lifetime he was one of the most famous warriors, known to Indian and white man alike. [pagesmag.com 1114-103.txt](http://pagesmag.com/1114-103.txt)

HEALTH LINKS

CHECK OUT THE WORLD'S SMALLEST PACEMAKER!

<http://www.technologyreview.com/news/522306/worlds-smallest-pacemaker-can-be-implanted-without-surgery/>



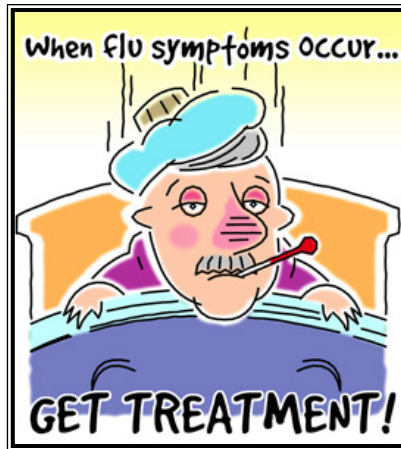
"It's not his knee. It appears his feelings are hurt and the team psychologist is rushing out onto the field."



IT'S THE FLU, DON'T TAKE IT LIGHTLY!

The influenza virus can be deadly: get treatment as soon as symptoms appear.

Every year 200,000 Americans are hospitalized for flu-related complications. About one-quarter of them die.



New research reported in the Journal of Infectious Diseases shows that only 35 percent of adults sought prompt treatment for influenza over the 2010-2011 influenza season.

This was true even though many were likely to have health risks, such as respiratory conditions, chronic health problems such as diabetes, and are over age 65. They didn't seek treatment even when they felt the virus coming on.

The symptoms include body aches, chills, fever, cough, sore throat, diarrhea, vomiting, fatigue, headache and runny or stuffy nose.

When dealing with the flu, say doctors at Johns Hopkins University, it's best not to count on letting it "run its course." Taking over-the-counter medications might not be enough.

The best treatment is a prescription antiviral drug, either Tamiflu or Relenza, taken within 48 hours of symptom onset. This is especially important if you have a chronic illness. Complications like pneumonia can come on quickly.

Antiviral drugs reduce the virus's ability to reproduce, which lessens symptoms and reduces the amount of time you're sick.

If you are at low risk, you are not a candidate for antiviral drugs after the 48-hour window. After two days, it's unlikely the drug will benefit you. That's why it's important to get treatment when you feel the first symptoms.

If you're getting the flu, ask your doctor for an antiviral. An antibiotic drug is ineffective against the flu virus.

SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

November 12, 2014 - Wednesday

January 8, 2015

NORTHEAST- 6:00 P.M.

December 4, 2014

Beginning in 2015 NorthEast

will hold meetings on the 1st

Thursday of the month. The

first meeting will be February 5, 2015.

THE ANNUAL POTLUCK HOLIDAY DINNER FOR CHAPTER #372 WILL BE HELD 12/4/14 AT THE NORTHEAST REHAB CENTER - 6 P.M.

On Thanksgiving Day, all over America, families sit down to dinner at the same moment — halftime.

~ *Author Unknown*

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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during September:

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Steve Brewer

Judy Duke

Colon Faulkenbery

Joel Nachman

Sid Rauch

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BLACK BEAN SALAD OR SALSA

1-15.5- oz. canned, no-salt-added or low-sodium black beans, drained
 1 15- oz. canned, no-salt-added or low-sodium kernel corn OR 3/4 cup frozen corn, thawed
 1 medium diced bell pepper OR
 1 medium tomato, diced
 1/2 cup red onion, diced
 1 tsp. minced garlic from jar
 2 Tbsp. chopped cilantro
 2 Tbsp. cider vinegar
 3 Tbsp. extra virgin olive oil
 1 juice of lime

Directions

1. Toss all together, chill at least one hour!

TO KEEP YOUR BRAIN YOUNG: GET ENOUGH SLEEP

When your eyes finally close and you drift into sleep, your brain springs into action.

There's chemical housekeeping to be done, information to be processed files, or discarded, and diagnostics to be completed.

Specialized parts of the brain get busy when we sleep.

Scientists quoted in Time say sleep rejuvenates bones, skin, muscles -- and the brain itself.

Researchers at the University of Pennsylvania say there is evidence that chronic sleep deprivation ages brains. A sleep-deprived 20-year-old has a brain that works like a much older person.

NOVEMBER SURGIVERSARIES

11/02/2006 Bill Voerster
 11/08/2013 Mary Leona Morgan
 11/13/2013 Jill Morrison
 11/15/2013 Margaret Shytle
 11/23/2009 Judy Duke

Wow! There's 5 extra people to give a special thanks for this month! Congratulations to you all!



TRY THESE HEART HEALTHY SUBSTITUTES

excerpted from AHA website, Nora Bass, author

We love family recipes, and these simple tricks make them better for you and your family's heart health (without totally changing the taste).

Baking

- Instead of butter, substitute equal parts cinnamon-flavored, no-sugar-added applesauce.
- Instead of sugar, use a lower-calorie sugar substitute.
- Instead of whole or heavy cream, substitute low-fat or skim milk.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking

- Use vegetable oils such as olive oil instead of butter (even in your mashed potatoes).
- Use herbs and spices, like rosemary and cloves, to flavor dishes instead of butter and salt.
- Use whole-grain breads and pastas instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.

Getting seven to eight hours is basic for all of this to happen. Sleep can improve your concentration, sharpen planning and memory skills and maintain fat-burning systems that regulate your weight.

But sleep only works well if we get enough of it. According to the CDC, insufficient sleep is emerging as so potent a factor that's becoming a public health epidemic.

ic. pagesmag.com 1114-094.txt



Nearly 40% of adults have nodded off unintentionally during the day in the past month.

About 5% have done so while driving. - CDC

Thanksgiving was never meant to be shut up in a single day.

~ Robert Caspar Lintner, philosopher



Keep on Tick'n



Volume 4 - Issue No. 12

Mended Hearts of Charlotte

<http://mendedhearts.org/>

Chapter #372

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December 2014



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October 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	21		2		
CMC - NorthEast	40	5	2	3	
CMC - Pineville	31		4		
Total for the Month	92	5	8	3	
Year to Date	988	90	13	105	0

WOMEN AND HEART ATTACKS

Article contributed by Joel Nachman via Symptomfind.com

Heart disease is the leading cause of death in women in the United States, and the Centers for Disease Control and Prevention reports that one in every four female deaths is caused by heart disease.

The heart attack, known to doctors as the myocardial infarction, or MI, was once mainly thought of as a man's condition, but that misconception is starting to clear up. Women are just as likely to have heart disease as men.

RECOGNIZING A HEART ATTACK

The symptoms of a heart attack may not be crystal clear. If you cut your hand, chances are you could close your eyes and describe exactly where the cut is, which finger and maybe even whether it was just a scrape or something more. Unfortunately, symptoms of a heart attack aren't always so straightforward. While plenty of people's symptoms include the classic "elephant-standing-on-your-chest" pain as seen on TV, it's also true that many do not. Understanding all of the symptoms of a heart attack is extremely important.

A WOMAN'S HEART ATTACK

If you are a woman, recognizing a heart attack may have

its own set of hurdles and obstacles. A recent study in women who were hospitalized for a heart attack found that they tended to be slightly less likely to have reported chest pain/discomfort than men. Instead, they may report what doctors call vague or less-typical symptoms, including the following:

- ♥ Upper back pain, shoulder pain
- ♥ Jaw pain or pain spreading to the jaw
- ♥ Pressure in the center of the chest
- ♥ Some sweating
- ♥ Light-headedness or dizziness
- ♥ Unusual fatigue, like they just ran a marathon

It's also important to keep in mind that doctors cannot necessarily tell from your symptoms, alone, whether or not there is a cardiac problem. They work based on

Women continued on page 2

PRESIDENT'S CORNER

by Joel Nachman

As we go into this wonderful Holiday Season, we wish you all the best for health and enjoyment with your families. Remember to eat reasonable portions, enjoy but use your head when it comes to food and drink. Try to walk each day and be thankful we are here with our families. Happy Holidays – Merry Christmas, Happy Chanukah and pray for our soldiers safe return.



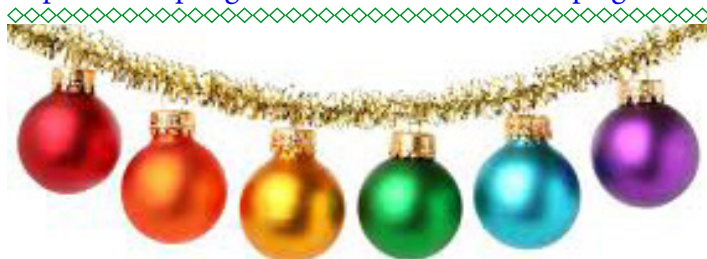
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GETTING THERE ON TIME:

CHANGING PERSPECTIVES

Psychologists at the University of California, Berkeley, are studying the problem of personal perception of time.

The issue is important because it can explain why some people are chronically late for appointments or even work.

The perception of time is a new frontier in management psychology.

One of the first findings is the 'boss effect.' People who feel more powerful feel they have more time. They also tend to underestimate the time needed for a task.

On the other hand, an August 2013 study presented in Science magazine, showed poor people tend to be late, too, and had reduced cognitive power, possibly due to stress.

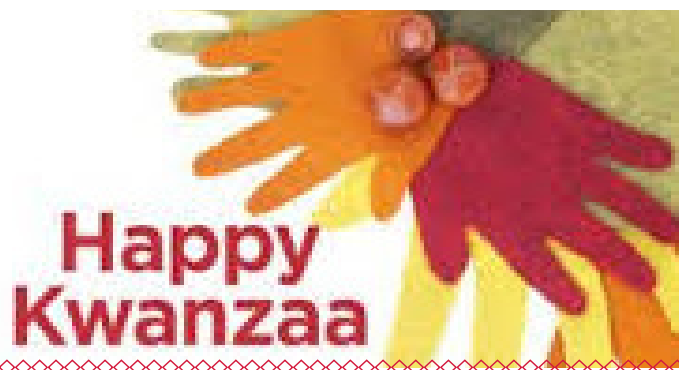
Scientists are hard-pressed to measure our perception of time, since no one else can directly experience it. Neuroscientist David Eagleman at the Baylor College of Medicine says, "Time is our most stubborn psychological filter. We can't escape viewing it from within our own psychology." pagesmag.com 1214-034.txt

FIRST NIGHT CELEBRATIONS

MOVE ACROSS NORTH AMERICA!

It's actually surprising that a new holiday tradition could take just a couple of decades to become an important part of the holidays.

Most Christmas, New Year and Hanukkah celebrations have been with us for thousands of years, but now this popular upstart event is held in many cities of the United States and Canada.



HEALTH LINKS

CARDIOVASCULAR DISEASE CALCULATOR TELLS YOU YOUR CVD RISK FOR THE NEXT 20 YEARS!

<https://healthyheartscore.sph.harvard.edu/>

Women continued from page 1

the level of suspicion, folding in the results from further tests and evaluation. That's why knowing your risk factors and having a healthy (but not to the point of obsessing) suspicion that it could happen to you is so important.

In considering the list of heart attack symptoms, consider the following:

You can definitely have a heart attack without chest pain.

Chest pain/pressure/discomfort is often present, but not always.

Women are more likely than men to have so-called atypical symptoms (and no chest pain) such as upset stomach, nausea and shortness of breath.

Not having chest pain can make it harder for both you and your doctor to recognize a heart attack.

Read more at <http://www.symptomfind.com/health/heart-attack-symptoms-in-women/#zXE1uWyfHip-jw7If.99>

The City of Boston started the First Night concept.

It's an alcohol-free New Year's Eve celebration for the entire family.

Boston's city-wide First Night party includes hundreds of different indoor and outdoor locations, performances, and a thousand musical, dance, theater and other artistic performers. It's a day long festival celebrating art and the community in Boston.

It's still the largest First Night celebration in North America and perfect for families. All the outdoor events are free and they attract individuals and couples of all ages.

After Boston's success, many cities both large and small have developed their own First Night celebrations. pagesmag.com 1214-113.txt



ARE YOU TAKING YOUR REFLUX MEDS THE RIGHT WAY?

Proton pump inhibitors (PPIs) can relieve the heart-burn and discomfort of gastroesophageal reflux disease (GERD), as well as heal damage done to the esophagus by stomach acids.

For the best results, be sure to use them correctly. A study in The American Journal of Gastroenterology shows that 61 percent of users do not.

FOLLOWING DIRECTIONS

The researchers interviewed patients taking over-the-counter (OTC) and prescription PPIs. They found that dosing frequency and timing were inconsistent, leading to poor symptom relief. Just 37 percent of OTC users took them correctly; 47 percent took prescribed drugs correctly; and drugs prescribed by a gastroenterologist were taken correctly 71 percent of the time.

Another study shows that only one-third of physicians instructed patients to take the medicine before breakfast. But gastroenterologists did.

WHAT PPIs DO

PPIs reduce the amount of acid produced in your stomach. Doctors at Johns Hopkins University say that, ideally, they should be taken once a day before the first meal of the day.

OTC PPIs include Prilosec, Prevacid 24HR and Zegerid. Prescription PPIs include Nexium, Prevacid, Protonix and AcipHex. Always use the lowest dosage for the shortest time possible.

Increasing their effectiveness

- * Take your pill 20 to 30 minutes before your first meal.
- * If prescribed two pills a day, take the second before dinner.

- * Don't skip doses. PPIs are most effective if taken consistently.

- * Avoid taking an over-the-counter PPI for more than 14 days, and no more than three series a year, without a doctor's approval.

- * If you've taken an OTC for more than 14 days. Ask your doctor if you should see a gastroenterologist for a better diagnosis or treatment.

- * It takes up to seven days of continuous use for maximum effect, but some individuals feel better after each pill.

pagesmag.com 1214-084.txt



SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

We hold meetings on the 2nd Thursday of every other month, starting with January.

Next meeting is January 8, 2015

NORTHEAST- 6:00 P.M.

December 4, 2014

Beginning in 2015 NorthEast will hold meetings on the 1st Thursday of the month. The first meeting will be February 5, 2015.

THE ANNUAL POTLUCK HOLIDAY DINNER FOR CHAPTER #372 WILL BE HELD 12/4/14 AT THE NORTHEAST REHAB CENTER - 6 P.M.

Pineville is also hosting a meeting on 12/4/2014 with our speaker Dr. Bower. This meeting is scheduled to fit into Dr. Bower's very busy schedule, but we hope you will try to attend one of these events.

ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during October:

John Bertrand	Gregg Bonar
Steve Brewer	Jerry Davis
Judy Duke	Rick Duke
Colon Faulkenbery	Ken Hurlbert
Joel Nachman	Jerry Poole
Sid Rauch	Sandara Scherrman
Bill Voerster	Bruce White
Priscilla Williams	

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Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

Bill Voerster – 704-310-8354



MAKE-AHEAD TWICE BAKED POTATOES

This delicious and healthful recipe takes 45 minutes to prepare in advance, not counting baking time, but you won't have to do that on Christmas morning. What's more, if you are having fewer than 12 for dinner, the frozen potatoes can be brought out at a later date.



MAKE-AHEAD TWICE BAKED POTATOES

- 5 pounds large baking potatoes
- 1/2 cup melted butter or substitute
- 1 cup skim milk, regular milk or half-and-half
- 3 ounces fat-free or regular cream cheese
- 2 tsp. salt or 2 tsp. salt substitute
- 1 tsp. ground black pepper
- 4 ounces shredded sharp cheddar cheese (1 cup)

Preheat the oven to 350 degrees. Wash potatoes and pat dry. Place them, not touching, on one or two baking

sheets. Spray generously with non-stick cooking spray, and sprinkle with a little salt.

Bake 1 1/2 hours until they "give" when gently squeezed. In a large mixing bowl, add butter, cream cheese, salt and pepper. Mix well. With a serrated knife carefully cut baked potatoes lengthwise. Using a large spoon, scoop out the inside of potatoes, leaving a layer of potato attached to the skin.

Place potato skin shells, skin side down, on the sheets used to bake them. As you scoop out the potatoes, put it in the mixing bowl and mix to combine with the butter mixture, adding milk as needed to make the mixture slightly stiff.

Put each potato in the palm of your hand to support it and fill. Press the mixture into each potato shell and return to the baking sheets. Sprinkle with shredded cheese and pat to make it adhere.

To serve immediately, return the potatoes to the oven and bake 15 to 25 minutes until they are hot and the cheese is melted. Serves 12.

To serve up to 3 months later, put the sheets into the freezer until the potatoes are completely frozen. Then put each potato into a resealable plastic bag. Bake at 350 degrees for 45 minutes. Or defrost in the microwave for 10 minutes and finish them in a 350 degree oven.

pagesmag.com 1214-081.txt 1214-081c.jpg

EDIBLE & ARTISTIC - MAKE YOUR TABLE HEALTHY AND CUTE!

There are so many crafty ideas out there for keeping your holiday snacking healthy and festive! Here are just a few things that came up when I googled Christmas food. I hope you all have a wonderful holiday whatever you will be celebrating. But most importantly, CELEBRATE LIFE!



DECEMBER BIRTHDAYS

John Dowis 12/8

Elaine Vick 12/30

DECEMBER SURGIVERSARIES

Christine Jordan 12/15/2012

John Dowis 12/21/2012



Keep on Tick'n

Volume 5 - Issue No. 1

Mended Hearts of Charlotte

<http://mendedhearts.org/>

Chapter #372

It's great to be alive...and to help others!

January 2015



Mended Hearts
of Charlotte



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas Healthcare Systems and we visit:
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.
Charlotte, NC 28203

[CMC - Pineville](#)

10628 Park Road
Charlotte, NC 28210

[CMC - NorthEast](#)

920 Church St. North
Concord, NC 28025



November 2014	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	23	3	1	1	
CMC - NorthEast	34	2	8	0	
CMC - Pineville	29	0	1	4	
Total for the Month	86	5	10	5	
Year to Date	1074	95	23	110	0

DR. KRUSE TO SPEAK AT CABARRUS

by Sid Rauch

Mended Hearts of Cabarrus is pleased to announce that our guest speaker for our February 5, 2015 meeting will be Dr. Kevin Kruse, one of North Carolina's finest cardiologists. He installed my stent just over 10 years ago. Not only is he a great heart doctor, he is a really nice guy and a true southern gentleman.

He is willing to try answering as many questions from our members as time allows. Anyone with a question about their heart health journey is asked to send your question to mendedheartsofcabarrus@carolina.rr.com. I see no reason to limit the number of questions a person can ask. So don't be bashful about sending them in. Bear in mind that if everyone sends in 10 questions, a committee may need to sift through them and come up with a smaller number.

Please keep questions limited to cardiovascular diseases which include Dr. Kruse's area of expertise.

"When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there." ~Zig Ziglar

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EBOLA:

WHAT THE BODILY FLUIDS ARE

When you think about catching Ebola, it's easy to know you haven't been exposed to someone's blood. But many people don't know, for example, that sweat is a bodily fluid. If you bump into a sweaty person, there's a remote possibility that you could get it.

In all the cautions about the disease, few of them mention what the bodily fluids actually are. They include blood, urine, saliva, semen, sweat, vomit and diarrhea.

Of course, the virus in those fluids needs an entry point for the disease to develop, like a cut, scrape, or contact with the mouth, nose or eyes.

pagesmag.com 0115-095.txt



PRESIDENT'S CORNER

by Joel Nachman

As we go into the new year we wish all of you health and happiness. We would like for you to think of Mended Hearts as your family and either join our organization or become a volunteer. Our chapter was selected by the national office as having one of the highest percentage of participation in the peer to peer support analysis program in 2014.

Thank you all for participating!



Joel Nachman





<http://www.opm.gov/combined-federal-campaign/>

~~~~~  
**YOU SAY YOU DON'T USE TOBACCO,  
SO HOW COULD YOU HAVE COPD?**

Smoking is not the only cause of COPD.

Though it's not commonly known, excess belly fat can lead to chronic obstructive pulmonary disease (COPD) just as smoking cigarettes can. And the opposite is true, a very thin person is also at risk.

Shrink your waistline and you'll lower your risk, suggests a recent study published in the Canadian Medical Association Journal.

Waist circumference is linked to COPD, but researchers in the U.S. and Germany wanted to know more. They studied the relationship of waist and hip circumference, BMI, and physical activity levels. More than 113,000 men and women ages 50 to 70 participated over a 10-year period.

In this age group, women with a waist circumference of at least 43 inches (46 and a half inches for men) had a 72 percent increased risk of COPD whether or not they smoked.

Abdominal fat, or the visceral fat that surrounds the organs, was more of a risk than total body fat.

Exercise made a positive difference. Even those with large hips reduced their risk by almost one-third as long as they were active at least five days a week. Exercise also reduces inflammation.

Researchers at Duke University say belly fat may cause chronic inflammation, hindering the lungs' ability to protect themselves from toxic exposure.

They also found that being underweight (a BMI of 18 or less) could have a negative effect. Underweight people experienced a 56 percent increase in the risk for COPD. It's because malnutrition and reduced muscle mass, which are common among older adults, can lead to increased susceptibility. And being underweight weakens the body's ability to fight if off.

**This is the message: Lose weight (but don't get too thin). Don't smoke.** pagesmag.com 0115-093.txt

Ring out the old,  
Ring in the new  
Ring out, wild bells, to the wild sky  
The flying cloud, the frosty night;  
The year is dying in the night  
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.

Ring out false pride in place and blood,  
The civic slander and the spite;  
Ring in the love of truth and right,  
Ring in the common love of good.

Ring out old shapes of foul disease;  
Ring out the narrowing lust of gold;  
Ring out the thousand wars of old,  
Ring in the thousand years of peace.

~Alfred, Lord Tennyson

~~~~~  
A New Year's resolution is something that goes in one year and out the other. ~Author Unknown



"I'd like to play, but I'm afraid it might void my warranty."

~~~~~  
What counts is not the fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

~ Nelson Mandela





## MILESTONE EVENTS IN AMERICAN HISTORY

### 150 YEARS AGO IN 1865:

President Abraham Lincoln signed the 13th Amendment to the Constitution, abolishing slavery in the U.S.

The John B. Stetson Hat Company opened in Philadelphia PA.

American blacksmith John Deere received a patent for his steel plow.

A popular song: "Nobody Knows the Trouble I've Seen," anonymous.

### 100 YEARS AGO IN 1915:

The Panama Pacific International Exposition was held in Seattle, celebrating completion of the Panama Canal.

Bayer introduced aspirin in tablet form, and Pyrex glass was invented by Corning Glass Works.

The first transcontinental phone call was made by Alexander Graham Bell in New York City to Thomas Watson in San Francisco.

A popular song: "Keep the Home Fires Burning," by Novello and L.G. Ford.

### 75 YEARS AGO IN 1940

Congress passed the Selective Training and Service Act requiring men ages 20 to 36 to register for the draft.

Radar was invented by Robert M. Page and others.

The first McDonald's opened in San Bernardino, CA, as a barbecue place.

The Indianapolis 500 was won by Wilbur Shaw, driving a Maserati at an average speed of 114.277 mph.

A popular song: "You Are My Sunshine," by Jimmy Davis.

### 50 YEARS AGO IN 1965

President Lyndon B. Johnson signed the Social Security Act of 1965, establishing Medicare and Medicaid as part of the "War on Poverty."

In space, James McDivitt and Edward White orbited the earth 66 times. White did a 20-minute spacewalk.

Pete's Subway, launching the Subway franchise, opened in Bridgeport, CT.

A popular song: "Woolly Bully" by Sam the Sham & the Pharaohs.

### 25 YEARS AGO IN 1990

President George H.W. Bush signed into law the Americans with Disabilities Act requiring that public facilities be made accessible for all.

President Bush ordered Operation Desert Shield, the largest U.S. military mobilization since Vietnam.

Many innovations in computing and gaming were introduced, including the Macintosh Classic, the HP-49 graphing calculator, the Commodore 64 and the Super Nintendo game systems, Sega Genesis and Microsoft windows 3.0.

A popular song: "Blaze of Glory," by Jon Bon Jovi.

## SUPPORT GROUP & MEETINGS SCHEDULES

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The first meeting will be February 5, 2015.

# 2015

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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during November:

|                    |                   |
|--------------------|-------------------|
| John Bertrand      | Gregg Bonar       |
| Steve Brewer       | Jerry Davis       |
| Judy Duke          | Rick Duke         |
| Colon Faulkenbery  | Ken Hurlbert      |
| Joel Nachman       | Jerry Poole       |
| Sid Rauch          | Sandara Scherrman |
| Bill Voerster      | Bruce White       |
| Priscilla Williams |                   |

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## BOURBON CHICKEN TASTES WONDERFUL AND DOESN'T TAKE LONG TO MAKE

Your holiday cooking formula may call for turkey on Thanksgiving, ham for Christmas dinner, and whatever you can come up with to kick off 2015.

It might be good to have some ham in reserve for the kids, and you can look forward to something fancy from one of your guests, but this Bourbon Chicken can be the highlight of your dinner. And it's great for those who want to grab a dish and watch a ball game.

By the way, there's no bourbon in it. It's named Bourbon Chicken because it was created by a Chinese cook who worked on Bourbon Street.



## BOURBON CHICKEN

Prep time, 15 minutes,

Cook time, 25 minutes

Note that this recipe serves only four to six, so multiply it according to the number of guests you expect.

### INGREDIENTS:

2 pounds of boneless chicken breasts, cut into bite-size pieces

1 to 2 tablespoons olive oil

1 garlic clove, crushed

1/4 teaspoon ginger

3/4 teaspoon crushed red pepper flakes

1/4 cup apple juice

1/3 cup light brown sugar

2 tablespoons ketchup

1 tablespoon cider vinegar

1/2 cup water

1/3 cup (low salt) soy sauce

### PREPARATION:

While preparing this recipe, cook the white rice according to package directions.

First, heat the oil in a large skillet. Add chicken pieces and cook until lightly browned, turning to achieve an all-over light brown.

Remove chicken.

Put all remaining ingredients into the skillet, heating over medium heat until well mixed and dissolved.

Add the chicken pieces and bring to a hard boil.

Reduce the heat and simmer for 20 minutes.

Serve over hot rice and enjoy. [pagesmag.com](http://pagesmag.com) 0115-081.txt

## SINUS NODE: A NATURAL PACEMAKER

With a mildly fast resting heart rate and no cause for it, you might be diagnosed with sinus tachycardia.

The sinus node is the heart's natural pacemaker. The term tachycardia means fast heartbeat. The heart rate stays elevated, sometimes above 120 beats a minute, even at rest.

The Mayo Clinic says causes include anemia, an infection, elevated thyroid, reaction to a medication, an illness, or too much caffeine or nicotine.

[pagesmag.com](http://pagesmag.com) 0115-084.txt



**JANUARY  
BIRTHDAY**  
Bill Voerster 1/18



Youth is when you are allowed to stay up late on New Year's Eve. Middle age is when you are forced to.

~Bill Vaughn

## VITAMIN B12 IS ESSENTIAL

### FOR THINKING SKILLS

It pays to have your vitamin B12 level checked, because you need it to think well. Dr. Anthony Komaroff, editor-in-chief of the Harvard Health Letter had his own level tested and discovered it was low!

We get B12 from our diet, particularly from meat, eggs, milk and other dairy products. Our stomach enzymes need to "shake it loose" from foods it comes with. Then the vitamin can attach itself to protein in the stomach so it can be absorbed.

If you suspect you're like Harvard's Dr. Komaroff, your body isn't absorbing B12 as well as it should. But the answer to that problem is simple, he says.

Take a vitamin B12 pill every day.

[pagesmag.com](http://pagesmag.com) 0115-094.txt





# Keep on Tick'n

Volume 5 - Issue No. 2

Mended Hearts of Charlotte

<http://mendedhearts.org/>



**Mended Hearts**  
of Charlotte  
National Heart Month!

February 2015

Chapter #372

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

<https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| December 2014       | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 21      | 0        | 0     | 0      | 0        |
| CMC - NorthEast     | 42      | 9        | 13    | 4      | 0        |
| CMC - Pineville     | 21      | 0        | 0     | 5      | 0        |
| Total for the Month | 84      | 9        | 13    | 9      | 0        |
| Year End - 2014     | 1158    | 104      | 36    | 119    | 0        |

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(click on the links for maps and information)

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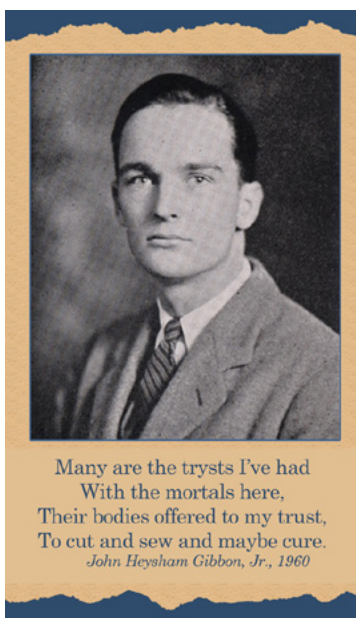
## THANK YOU DR. GIBBON

Sixty years have passed since the first successful heart-lung machine was used in surgery and generations of people have little memory of what a diagnosis of heart problems once meant.

In those days, there were no real therapies for heart problems. A patient could possibly have an operation, but it wasn't likely that he would survive it.

That is, until May 6, 1953, when an 18-year-old woman survived open heart surgery and recovered. Uneventfully.

Her surgery was an experiment 23 years in the making and the result of the singular vision and struggle of Dr. John H. Gibbon Jr.



The struggle began in 1931 when, as a surgical resident, Gibbon was assigned to monitor a young woman who, two weeks after surgery, developed a blood clot that went to the heart. During a long night, Gibbon watched as she progressively became worse. Her heart and lungs could no longer provide oxygen to the blood. That morning, Gibbon observed as the surgeon attempted to remove the blood clot during open-heart surgery. According to the Jefferson University archives, the operation was an act of pure desperation. Open heart surgery prior to 1953 could occur only two ways, either by placing the patient into a hypothermic freeze, or by

*Dr. Gibbon continued on page 2*



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## PRESIDENT'S CORNER

by Joel Nachman

Is eating a Reese's Peanut Butter egg while watching the Biggest Loser wrong...No. We can eat but in moderation.

We can lead very normal lives but be smart about it, remember our primary goals as people of CVD, low fat, low salt and EXERCISE. With that said, have a pizza this Sunday for Super Bowl, then no pizza for at least 2 weeks. Enjoy the game and Happy Valentines Day.



*Joel Nachman*







<http://www.opm.gov/combined-federal-campaign/>

Dr. Gibbon continued from page 1

stopping the heart (and respiration) and working fast. Surgeons could make repairs in six minutes or so, but patients rarely survived. Prior to 1953, no patient in the U.S. had ever been known to survive the removal of blood clots, according to the archives of Thomas Jefferson University, and neither did the sick young woman on the operating table that day in 1931.

But in this moment, Gibbon had an insight: Blood must be circulated and oxygenated by a machine outside the body while the surgeon worked inside the body. But what would serve as the pump? How would you provide the blood to the patient?

During the next 23 years, Gibbon and his wife/assistant worked on the idea, solving all the major problems associated with using a mechanical pump to bypass the heart. They had no big government grants but they had plenty of opponents and naysayers.

One day in May 1953, Gibbon tried out his new bypass machine, operating on an 18-year-old woman. Assistants watched in awe as the impossible happened and the patient lived through a once-impossible surgery.

Following the first successful operation, Dr. Gibbon told his biographer he felt exhilaration, relief and joy but, for the first time in his career, he was unable to bring himself to write his own notes on the operation. But after four failures, he declared a moratorium on the procedure. He never again went back to heart surgery.

Happily, there were doctors whose names are now writ large in the history of heart surgery who took the idea and made it work: Clarence Dennis of Downstate University in Brooklyn; John Kirklin of the Mayo Clinic; and C. Walton Lillehei (known as The Father of Open Heart Surgery) at the University of Minnesota,

The stunning truth is that in 1953, nearly 100 percent

of the patients died in open heart surgery and in 2014 more than 98 percent thrive. One example, 250,000 heart valve replacements are done every year and 98.3 percent of the patients recover. Some hospitals report they have never lost a heart valve patient on the operating table.

In the period of 61 years, an entire category of lifesaving medicine developed, sparked by the lonely efforts of one doctor.

John H. Gibbon, Jr., the descendant of four generations of doctors, died in 1973 of a heart attack.

pagesmag.com 091.txt



Hey ya'll! It's that time of year again, The Cupid's Cup! Get your walking or running shoes ready to raise some money for the scholarship fund for Cardiac Rehab! Woo-hoo! If you've gone through Cardiac Rehab at CMC or elsewhere, you know firsthand how much it helps to get you into a new routine and your new life as a cardiac survivor. The scholarship funds help people that might otherwise not be able to afford the program due to financial constraints or lack of insurance. The dedicated staff of Cardiac Rehabilitation know how important it is to get a handle on our new normal. So please: register, donate and participate! Give someone the helping hand they might not know is waiting! Click or go to this link to register and join the Chapter 372 team: [http://events.carolinashealthcarefoundation.org/site/TR/CupidsCup/General?px=1302838&pg=personal&fr\\_id=1580#.VL6WdWB0zX5](http://events.carolinashealthcarefoundation.org/site/TR/CupidsCup/General?px=1302838&pg=personal&fr_id=1580#.VL6WdWB0zX5)

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. ~ Helen Keller

## ANNUAL FEBRUARY EVENTS



### SUPERBOWL 49

SUNDAY, FEBRUARY 1, 2015

### MARDIS GRAS

TUESDAY, FEBRUARY 17, 2015



Mardi Gras



### 2015 DAYTONA 500

SUNDAY, FEBRUARY 22, 2015



## HEART HURTING? - DON'T HESITATE!

This is the only era in history that heart attacks do not have to be fatal, but much depends on speed.

To survive a heart attack, you must know the symptoms and get yourself into the hands of a medical professional as quickly as possible.

Many people having a heart attack will know immediately that the problem is serious but some might delay getting help -- a dangerous move. Undue fatigue, rapid heart beat, difficulty breathing and chest pain are all symptoms that you might be having a heart crisis.

Call 911 immediately. This, in effect, brings a hospital to your door and, if you are having a heart attack, this increases your chances of survival dramatically.

According to the American Heart Association, someone suffers a heart attack every 34 seconds.

In fact, according to Johns Hopkins, about 84 million people in the U.S. have some form of cardiovascular disease. About 15 million U.S. adults have coronary heart disease. Every year about 600,000 people die as a result of heart diseases.

You are at risk for a heart attack if you have high blood pressure, high blood cholesterol, and obesity. Smoking increases your risk along with a low activity lifestyle and diabetes. [pagesmag.com](http://pagesmag.com) 092.txt



## SUPPORT GROUP & MEETINGS SCHEDULES

### PINEVILLE - 6:30 P.M.

Pineville holds meetings on the 2nd Thursday of every other month:

March 12

May 14

July 9

September 10

November 12

**NORTHEAST- 6:00 P.M.** NorthEast holds meetings on the 1st Thursday of every month:

February 5

August 6

March 5

September 3

April 2

October 1

May 7

November 5

June 4

December 3

July 2



## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during December:

John Bertrand

Gregg Bonar

Steve Brewer

Jerry Davis

Judy Duke

Rick Duke

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Sid Rauch

Sandara Scherrman

Bill Voerster

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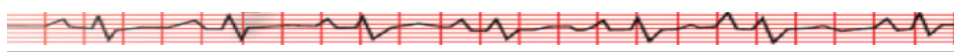








# Keep on Tick'n



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

Volume 5 - Issue No. 4

April 2015

Chapter #372



**Mended Hearts**<sup>™</sup>  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| February 2015       | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 35      | 3        | 0     | 0      | 0        |
| CMC - NorthEast     | 53      | 3        | 0     | 12     | 0        |
| CMC - Pineville     | 32      | 0        | 15    | 14     | 0        |
| Total for the Month | 120     | 6        | 15    | 26     | 0        |
| Year to Date        | 232     | 13       | 15    | 39     | 0        |

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(click on the links for maps and information)

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[CHS - Pineville](#)

10628 Park Road  
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[CHS - NorthEast](#)

920 Church St. North  
Concord, NC 28025



## CAREGIVING - COPING WITH SUNDOWNING

Agitation, even aggression, that begins or gets worse in the late afternoon, is called sundowning and it's a common problem for caregivers.

Late afternoon aggression is thought to be the result of stress and fatigue, according to the National Institutes of Health.

A dementia patient who isn't sleeping might not be able to settle down in the afternoon and the behavior can become aggressive as the evening approaches.

Dementia patients who, by definition, are already having a difficult time with their environment, can become stressed by extra activity or confusion. This can lead to agitation and aggression.

To decrease the severity of sundowning, the NIH recommends that patients eat the largest meal of the day at lunch with a smaller snack in the evening.

As the afternoon approaches, caregivers should be sure the house is brightly lit and quiet. There should be no visitors or excitement in the afternoon.

Calm, soft music may help or a familiar, favorite movie.

Most patients have different triggers for agitation and aggression. Caregivers should make note of the appar-

ent triggers and try to set the stage of an afternoon of serenity. [pagesmag.com](http://pagesmag.com) 141.txt

## NURSES NEED TO REDUCE HOURS OF WORK, FATIGUE

The American Nurses Association (ANA) seeks to reduce risks to patients caused by nurses working extra-long shifts, 16 to 20 hours or more. They want to reduce mistakes caused by fatigue and say employers can help. The group is spreading the word to nurses and health care facilities across the country.

The ANA is optimistic that hospital officials will focus much more on the issue. Employers should limit shifts to 12 hours or fewer, eliminate mandatory over-night time, keep consecutive night shifts to a minimum for nurses working both days and nights, and provide sleep rooms or transportation when nurses are too tired to drive. Nurses should also have the right to reject work assignments to prevent fatigue. [pagesmag.com](http://pagesmag.com) 0415-174

## PRESIDENT'S CORNER

by Joel Nachman



As we move into spring, we feel rejuvenated, alive and young. Maybe you're thinking, what can I do to make a difference in someone else's world? To help someone else to give guidance, and support.

Become a Mended Hearts accredited visitor, give back to your fellow heart patients. To volunteer a few hours a week is nothing, but to that person lying in bed it is like you lifted their life by weeks.

"It's great to be alive and give back" -

please think about it.  
Happy Easter & Happy Passover



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9212 Sea Mill Rd.  
Charlotte, NC 28278  
704-310-8354



<http://www.opm.gov/combined-federal-campaign/>

## THE FACTS ABOUT ORGAN DONATION

Signing up to be a donor can save up to 50 people. Here are the facts:


- Everyone is a potential donor regardless of age, race, or medical history.
- Organ, eye and tissue donations come only from deceased persons.
- There is no cost to the donor or their family members.
- An open-casket funeral is possible for all donors.
- There were 14,257 organ donors in 2013 and 28,953 organ transplants, 47,000 cornea transplants, and more than 1 million tissue transplants (one tissue donor can benefit 50 people).
- A living giver can donate either a kidney, a partial liver, pancreas or intestine or a lobe of a lung.

Ninety percent of Americans support donation, but only 30 percent know the essential steps to becoming a donor. Go to [www.transplantliving.org](http://www.transplantliving.org) or contact your local transplant center for specific information on how to register. [pagesmag.com](mailto:pagesmag.com) 103.txt

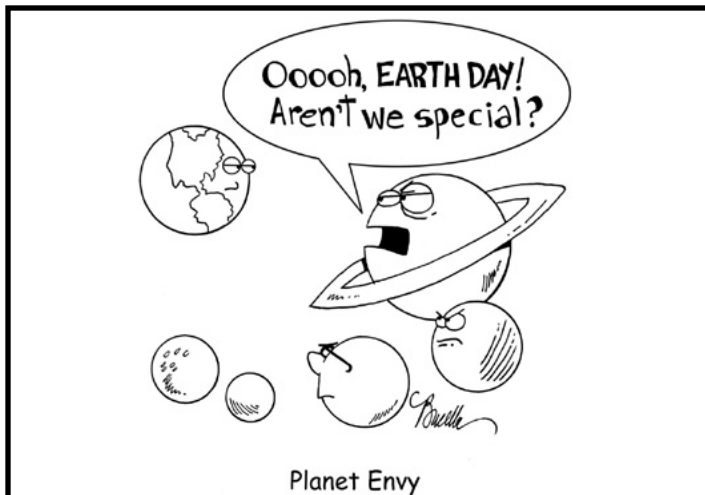
It does not matter how slowly you go as long as you do not stop. ~ *Confucius*

**Harvard's quick-start walking program:**  
**12 weeks to get in gear!**

All 12 weeks start with 5 minutes of slow walking and end with 5 cool-down minutes of slow walking. Here is the 12-week plan:



- 1 Five minutes of brisk walking. Two times during the week.
- 2 Do the same five minutes. Three times during the week.
- 3 Ten minutes of brisk walking, done four times during the week.
- 4-5 Ten minutes of brisk walking on each of five days.
- 6-7 Fifteen minutes of brisk walking on six days.
- 8 Go for 20 minutes of brisk walking six times during the week.
- 9 Increase to 25 minutes of brisk walking on six days of the week.
- 10 Increase brisk walking to 30 minutes, six days in a week.
- 11 Increase brisk walking to 40 minutes, six times in the week.
- 12 Go for 50 minutes of brisk walking, seven days of the week.



## HOW TO AVOID DEHYDRATION:

### THIS IS A PROBLEM THAT CAN OCCUR AFTER A COLONOSCOPY

Patients listen carefully when their doctors tell them how to prepare for a colonoscopy, but patients may know little about how to care for themselves afterward.

As with many procedures, patients are told not to eat or drink before the operation, but that means they aren't keeping themselves hydrated. Further, the colon cleaning preparation is also dehydrating.

Symptoms of light-headedness or fainting up to a couple of days after the procedure are common, say doctors at the Foundation for Integrated Medicine in New York.

Sometimes doctors order an IV with saline after the procedure. But after that, it's up to the patient to fix their dehydration symptoms by eating and drinking to restore their blood volume.

The foundation recommends:

- \* Drink 16 ounces of fruit juice right after the procedure. It wards off dehydration and hypoglycemia, low blood sugar. Drink another 48 ounces of fluid during the day and the day after.

- \* Eat a light snack after the procedure as soon as you feel able. Bring a sandwich or energy bar. Avoid high fats, which are difficult to digest.

- \* Some health authorities recommend taking a probiotic supplement right after the procedure and for a few days afterward. Probiotics can reduce bowel irritation and promote digestive health.

Remember that following pre-test instructions is important, but keeping yourself hydrated afterward is important as well.

Often, patients think that when the test is over, they can just get up, leave, and go on with their lives. There's more to it than that if they want to avoid fainting, dehydration and digestive irritation. [pagesmag.com](mailto:pagesmag.com) 0415-083.txt

## THE GOOD NEWS IS ...

### EXERCISE HAS BIG BENEFITS

#### EVEN IF YOU DON'T LOSE WEIGHT

Some doctors say the diet industry and popular culture overemphasize weight loss and underemphasize the benefits of exercise for people of any size and weight.

Health clubs and fitness studios advertise images of people with lean bodies, so many people stop exercising if they're not losing weight, doctors say.

One recent study shows that there are significant health benefits for overweight or obese people being physically active, even if they don't lose a pound. Researchers followed 334,000 Europeans during 12 years. They found twice as many deaths were due to a lack of physical activity than were caused by being overweight.

The American Journal of Clinical Nutrition backs up research about the value of exercising for improving health. It found that as little as a brisk, daily 20-minute walk can extend life expectancy.

Greg Degnan is medical director at ACAC, a chain of fitness and wellness centers in Virginia and Pennsylvania that offers medical guidance. He says it's no secret that being significantly overweight increases risks for heart disease and other conditions. "But the medical community has focused too long on diets."

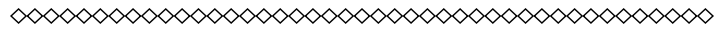
"Exercise can improve blood pressure, lower cholesterol and improve circulation in overweight people. It's also more palatable than slashing calorie content," he says.

Jeanette DePatie, author of *The Fat Chick Works Out*, focuses on exercises she has enjoyed for more than 16 years, including dancing, walking, hiking and yoga. DePatie now teaches dance-based exercise classes three or four days a week. She says she has more stamina than ever, sleeps better, has stable moods and gets sick less often.

When people ask why she exercises if she doesn't lose weight, she tells them: "The last time I was thin was in second grade. I am who I am." pagesmag.com 0415-093.txt



Celebrate Arbor Day and start a **green** family tradition! Planting trees is giving the Earth (and all its oxygen breathing inhabitants) a future. People in 2015 are more aware of the environmental consequences of pollution in all forms, so let's give back to the Earth!



## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

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June 11 - Summer Picnic

September 10

November 12

December 10



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September 3

May 7

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June 4

November 5

July 2

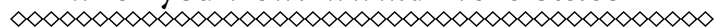
December 3

August 6



**Mended Hearts will receive a \$1 donation**

**when you view: [www.drive4clots.com](http://www.drive4clots.com)**



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## NOW HERE'S SOMETHING TO CELEBRATE! APRIL IS GRILLED CHEESE SANDWICH MONTH

In North America, the simple grilled cheese sandwich may be a bit of a secret indulgence for calorie counters.

Carb counters, on the other hand, are in luck. The sandwich is a low carb treat, when used with low-carb bread. The simple recipe: Grill bread in butter, allowing processed cheese to melt. That's 12 carbs if you are counting. About 30 carbs if you use regular bread.

In any form, it is one of the world's most popular sandwiches.

Swiss fans put a slice of ham between pre-toasted bread slices then bake covered with a molten lava of broiled Swiss cheese. The French layer thinly-sliced ham with Gruyere on hearty white bread, grilled each side, and then cover the top with Bechamel (white sauce with nutmeg). It bakes until bubbly. They name this tour de force Croque Monsieur (crusty mister).

The English call their version a toastie and prefer their nutty Montgomery cheddar combined with leeks, onions and garlic piled between layers of grilled sourdough.

For our April recipe, let's go Italian! Caprese grilled cheese sandwiches use ripe tomatoes and basil.

---

### CAPRESE GRILLED CHEESE SANDWICH

4 slices sourdough or white bread  
6 ounces fresh sliced mozzarella rounds  
8 slices Roma tomatoes  
2 tablespoons chopped, fresh basil ribbons  
Black pepper to taste  
4 tsp extra virgin olive oil or 2 tsp butter  
1 clove of garlic

---

Layer mozzarella rounds over two slices of bread followed by a layer of sliced tomatoes. Sprinkle basil ribbons on top, season with pepper and top with remaining two slices of bread.

Drizzle 2 teaspoons olive oil in a non-stick skillet and heat to smoking point. Add sandwich, or if the bread will toast before the cheese has a chance to melt butter on tops and bottoms of sandwich. Heat skillet over medium heat. Or, lay a heavy pan over sandwiches and grill about 2 minutes on each side until they are golden brown, and cheese is melted. Lightly brush a garlic clove over toasted sides.

Serve immediately. [pagesmag.com](http://pagesmag.com) 0415-081.txt 0415-081c.jpg



Use  
low-carb  
bread for  
a slim  
lunch!



---

### Easy Peasy Peep Cake!

Just frost your cake and attach those delicious little marshmallow bunnies all over the sides and then top it off with cute candies of your choice. There are lots of variations you can change it up with, try it, you'll like it! Remember portion control at your holiday get together everybody! ;)

---

### APRIL BIRTHDAY

Ken Ragan 4/19

### APRIL SURGIVERSARY

Jerry Davis 4/1

HAPPY  
BIRTHDAY



# Keep on Tick'n



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

Volume 5 - Issue No. 5

May 2015

Chapter #372



**Mended Hearts**<sup>TM</sup>  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| March 2015          | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 26      | 0        | 5     | 0      | 0        |
| CMC - NorthEast     | 33      | 11       | 4     | 0      | 0        |
| CMC - Pineville     | 34      | 0        | 4     | 14     | 0        |
| Total for the Month | 93      | 11       | 13    | 14     | 0        |
| Year to Date        | 325     | 24       | 28    | 53     | 0        |

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(click on the links for maps and information)

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920 Church St. North  
Concord, NC 28025



## FOR KIDS AND ADULTS:

### OUTDOOR ACTIVITIES ENERGIZE

May is National Physical Fitness and Sports Month. It's a great time to renew your commitment to a healthy, active lifestyle. According to the U.S. Department of Health & Human Services (HHS) Physical Activity Guidelines for Americans Midcourse Report:

#### FOR CHILDREN

Shellie Pfohl, Executive Director of the President's Council on Fitness, Sports and Nutrition, says children need 60 minutes or more of physical activity each day, where they can live, learn, and play. In addition to physical health benefits, regular activity provides cognitive health benefits. When children are physically active, they achieve higher grades in school, record better attendance and behavior improves.

#### GOOD TIMES FOR ALL

The HHS Department and the President's Council on Fitness, Sports & Nutrition have partnered with individuals, organizations, and companies to help further



the vision. HHS remains committed to creating opportunities for Americans of all ages and abilities.

#### FOR YOU!

Think about it. What will you do to be physically active in the next six months? Make a checklist so you can decide. It could include swimming, tennis, golf, or basketball.

If you've been too busy to develop specific sports skills, there's still a lot you can do to take advantage of summer and fall. In addition to hiking and biking, consider walks in the woods or around your neighborhood.

Walk your dog. Join friends walking.

[pagesmag.com](mailto:pagesmag.com) 0515-083.txt/image - poetrycelebrations.com

## PRESIDENT'S CORNER

by Joel Nachman

We are proud to announce that our chapter is going to start our annual nursing scholarship awards. There will be a \$500 scholarship for one nurse from either 6T at CMC Main or 3T from CHS Pineville, and two \$350 scholarships for one nurse from each facility. The award is meant to assist in the advancement of nursing care in one of four areas: research, certification, education, and conferences.

We hope you will join us June 11th for our Summer Picnic in Pineville for the fellowship and the awards ceremony for three outstanding nurses.



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<http://www.opm.gov/combined-federal-campaign/>

## THE TV REVOLUTION:

### THE SKINNY BUNDLE

You have 300 channels. You watch five. Or 10. You'll never, ever watch 100 of the channels.

But, can you buy just the channels you want? No sir. To get the channel you love, you have got to go up a tier with your cable company.

That's about to end.

Apple will be introducing the skinny bundle TV service through its Apple TV controller that could give you your favorite channels at half the price.

Media companies are negotiating with them for an online TV service. Apple's slimmed-down channel package will leave out less popular stations, creating a 25-channel package.

You will be able to buy Time Warner's premium network, HBO, as an unbundled add-on.

What could happen, however, is that all television distributors will probably have to cut prices in the short term.

In the long term? How about ala carte television? It won't be long before you can order ONLY the channels you want, to stream through your Apple TV or other desktop sets.

Observers say it's coming soon. [pagesmag.com](http://pagesmag.com) 0515-162.txt



"And for insurance purposes... is this a pre-existing condition?"



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[pagesmag.com](http://pagesmag.com) 0515-083.txt

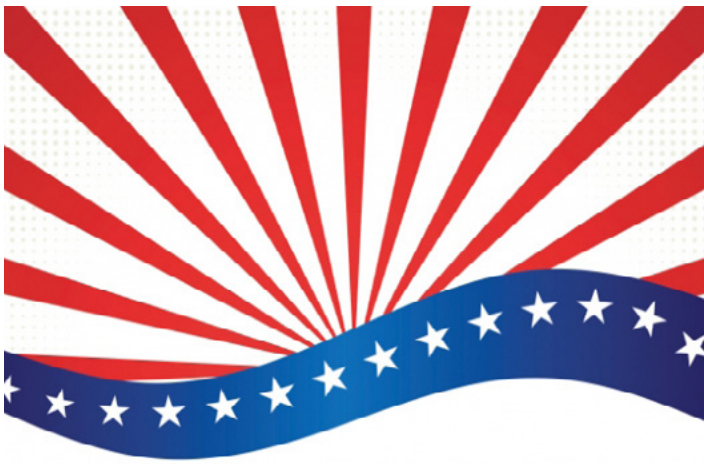


"Life is not measured by the number of breaths we take, but by the moments that take our breath away."

~ Maya Angelou







# MEMORIAL DAY

*Remember those who served*

## HEALTH LINKS

### VACCINE PREVENTS PNEUMONIA AMONG SENIORS

[HTTP://WWW.MEDPAGETODAY.COM/PRIMARYCARE/GERIATRICS/50549?ISALERT=1&UTM\\_SOURCE=BREAKING-NEWS&UTM\\_MEDIUM=EMAIL&UTM\\_CAMPAIGN=](http://www.medpagetoday.com/PrimaryCare/Geriatrics/50549?isAlert=1&utm_source=breaking-news&utm_medium=email&utm_campaign=breaking-news&utm_term=.nl_breakingnews_2015-04-11)  
[BREAKING-NEWS&UTM\\_TERM=.NL\\_BREAKINGNEWS\\_2015-04-11](http://www.medpagetoday.com/PrimaryCare/Geriatrics/50549?isAlert=1&utm_source=breaking-news&utm_medium=email&utm_campaign=breaking-news&utm_term=.nl_breakingnews_2015-04-11)

.....  
**MENDED HEARTS HAS FREE TEXTING PROGRAMS** on topics that are important to you! It's simple to sign up, go to [www.mendedhearts.org](http://www.mendedhearts.org) and you are one click away from entering your information. These are 52 weeks of helpful texts on either atrial fibrillation or medication adherence. Who couldn't use a little reminder to stay heart healthy? Don't delay and sign up today! To sign-up for the AFib Text Message Program: Text AFib; to 227346 (Cardio) or go to [www.mendedhearts.org](http://www.mendedhearts.org)



**Sunday - May 10th**  
**Happy Mother's Day !**

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December 10

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June 4                     October 1

July 2                      November 5

August 6                 December 3

**Mended Hearts will receive a \$1 donation**  
**when you view: [www.drive4clots.com](http://www.drive4clots.com)**

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|                   |                |
|-------------------|----------------|
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| Steve Brewer      | Jerry Davis    |
| Judy Duke         | Rick Duke      |
| Colon Faulkenbery | David Hatmaker |
| Joel Nachman      | Sid Rauch      |
| Sandara Scherrman | Bill Voerster  |
| Clarence Warren   | Dorothy Warren |
| Bruce White       |                |

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**CARROT: THE VERSATILE  
VEGGIE THAT  
MAY REDUCE THE RISK  
OF CHRONIC DISEASE**

Popeye the Sailor Man sang, "I'm strong to the finish 'cause I eat my spinach." Bugs Bunny hasn't boasted that much about his favorite food, but it turns out that carrots could be a life saver. At least scientists say carrots reduce the risk of chronic diseases.

They are best known as a source of vitamin A (which is good for your vision), but also contain fiber, potassium, vitamin C and others.

Like all healthy foods, carrots are more than the sum of their vitamins. A 10-year Dutch study, published in the British Journal of Nutrition, linked deep-orange fruits and vegetables, especially carrots, to a lower risk of heart disease. Study subjects ate about half a carrot



every day to achieve a 32 percent lower heart risk.

The phytonutrients in carrots have attracted attention for their cardiovascular benefits. They are thought to have anti-inflammatory properties, and that they keep blood vessels from clumping together, say scientists at Tufts University.

Some studies show the carrot peel is very rich in nutrients. Others show that cutting or chopping carrots after cooking rather than before preserves more nutrients.

Cooking can destroy some of vitamin C in carrots, but it helps make other vitamins more readily absorbed by the body. Steaming or microwaving rather than boiling loses fewer nutrients to water, and roasting brings out their natural sweetness.

pagesmag.com 0515-094.txt

**STUDY: SALT RELATES TO HEADACHES**

Researchers are finding that reducing high quantities of salt in patients' diets may help people avoid headaches. Some studies also show that chocolate, cheese and alcohol appear to trigger migraine and cluster headaches.

The current clinical trial, which included 390 people, compared the effects of two dietary approaches on high blood pressure (hypertension). One is the DASH diet, which is low in sodium. The second was the standard diet. Sodium in both groups ranged from 1,150 mg of salt a day to a high of 3,450 mg a day.

Although there is already evidence that hypertension is tied to frequent headaches, the researchers concluded that reducing high-sodium intake in the study was also associated with headache frequency.

Though they couldn't establish a direct link, they saw that reducing salt in the diet was independently associated with headache frequency. It especially helped people avoid tension-type headaches.

pagesmag.com 0515-101.txt

**!!!WARM WEATHER REMINDER!!!**

Whether you're working in the yard or going for a walk, as heart survivors always pay attention to the temperature and the humidity outside.

If: **TEMPERATURE + HUMIDITY => 150** please consider an air conditioned activity.

"The greatest weapon against stress is our ability to choose one thought over another."

~ William James

**BAKED CHICKEN BREAST**

Ingredients:

Nonstick cooking spray

4 4oz. boneless, skinless, halved chicken breasts, all visible fat discarded

1/3 cup fat-free Italian/Balsamic Vinaigrette dressing

1. Preheat oven to 350°. Lightly spray a 9 x 13 baking dish with cooking spray.

2. Trim visible fat from chicken

3. Place chicken breast halves in baking dish, spoon half of the dressing evenly over the chicken. Flip chicken with a fork and spread remaining dressing evenly over the chicken.

4. Bake uncovered at 350° for 25-30 minutes until chicken is tender and no longer pink.

**GLAZED CARROTS**

You choose the quantity and ratio of ingredients to your taste!

1. Steam carrots in a large pot of boiling water until tender. Drain off most of the liquid, leaving bottom of pan covered with water. Set the carrots aside.

2. Stir margarine and brown sugar into the water. Simmer and stir until the margarine melts. Return carrots to the pot, and toss to coat.

**MAY BIRTHDAY**

Joel Nachman 5/28

**MAY SURGIVERSARY**

Elaine Vick 5/24



# Keep on Tick'n



*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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

Volume 5 - Issue No. 6

June 2015

Chapter #372



**Mended Hearts**  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| April 2015          | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 18      | 5        | 0     | 0      | 0        |
| CMC - NorthEast     | 33      | 1        | 0     | 0      | 0        |
| CMC - Pineville     | 26      | 0        | 12    | 10     | 0        |
| Total for the Month | 77      | 6        | 12    | 10     | 0        |
| Year to Date        | 402     | 30       | 40    | 63     | 0        |

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(click on the links for maps and information)

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[CHS - NorthEast](#)

920 Church St. North  
Concord, NC 28025



## KENDRA SCOTT HOSTS FUNDRAISER NATIONAL DAY OF GIVING - JUNE 5TH

For those of you who don't know, Mended Hearts was founded by heart surgeon Dr. Dwight Harken for his own patients in 1951. The National Day of Giving honors the late Dr. Harken, whose birthday was June 5th. Mended Hearts is always grateful for donations, but every June we try a little harder for Dr. H!

This year, Kendra Scott will be hosting a "Kendra Gives Back" event for Mended Hearts of Charlotte. Kendra Scott designs and sells beautiful fashion jewelry and accessories. The SouthPark Mall location will donate 20% of its store sales from 12-2 p.m. on June 20, 2015 to Chapter #372!!!

PLEASE tell everyone you know to visit the Kendra Scott store and help support Mended Hearts with a purchase. Thank you all so much!



KENDRA SCOTT CHARLOTTE - SOUTHPARK MALL  
4400 SHARON ROAD | SUITE E101 | CHARLOTTE, NC 28211

*you shop, we give*  
KENDRASCOTT.COM

**ALSO REMEMBER** - When you are shopping online, if you go to <https://smile.amazon.com/> - Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Just be sure to select **MENDED HEARTS** from the list!

### MENDED HEARTS REGIONAL OFFICERS

Gerald Kemp  
Regional Director  
Mid-Atlantic Region  
215 Oakwood Ave.  
York, SC 29745  
803-684-9512

Bill Voerster  
Assistant Regional Director  
Mid-Atlantic Region  
9212 Sea Mill Rd.  
Charlotte, NC 28278  
704-310-8354

## MENDED HEARTS PRAYER

BY HERBERT G. MAEDL

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, LORD, FOR WISDOM  
THAT WE MAY USE ALL YOUR GIFTS WELL.







<http://www.opm.gov/combined-federal-campaign/>

## HERE THEY ARE!

### THE WINNING NUMBERS

They won't give you a cash payout, but you will get something better: lifelong health.

2.7: Days to stay home with the flu. Sixty percent of workers go back when they're still sick, spreading the flu or making themselves sicker.

2: Hours you can safely watch TV each day. More hours increase triglycerides in your blood and lower good cholesterol, which can harm your heart.

7+: Ideal daily servings of fruits and vegetables. The extra servings can reduce your risk of early death by 42 percent, according to a British study.

60 to 100: heartbeats per minute at rest. A gain of 10 beats per minute over normal increases your risk of dying from heart disease by 10 to 18 percent, a new study finds.

7: Hours of sleep per night you need to control weight. Healthy people who slept five or fewer hours per night were 50 percent more likely to become obese compared with those who get a full night's rest.

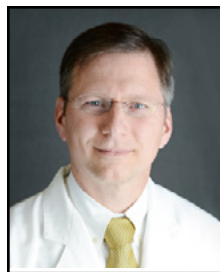
20: Miles you should commute each day. Longer commutes are associated with higher blood pressure, worrying and stress, one study shows.

1,500: Maximum amount of sodium, in milligrams, an average adult should consume daily. Most of it

comes from processed foods, so substitute fresh whole foods to lower blood pressure.

1.2: Healthiest ratio waist to height. A larger waist increases the risk of metabolic syndrome, a cluster of factors including high blood pressure and high cholesterol, which raises the chances of heart disease and stroke.

The numbers were provided by experts writing in AARP The Magazine.



Dr. Geoffrey Rose

## DR. GEOFFREY ROSE SPEAKS ON WOMEN'S HEART HEALTH

by Christine Jordan

At the May 21st meeting, our guest speaker was Dr. Geoffrey Rose, Chief of Cardiology for Sanger Heart and Vascular Institute at CMC Main in Charlotte. Dr. Rose directed his talk towards women's heart issues. Heart disease is the #1 killer of women at all phases of life. Yes, you read that right people, even though women do live longer than men, we are being picked off at all stages of the game by heart disease. No age discrimination going on here. One of the main reasons CHD is so accomplished at killing off ladies is because we are so tough. Women will quite often work through pain or push it aside while caring for other family members.

Dr. Rose explained very well the effect of cholesterol on the arteries and some of the prescription medications CHD patients may take. He read my mind when he said that there is no medication that can act like "Drano" for the heart. It would be so great to just take a pill that eliminates cholesterol from our bodies, but science hasn't advance to that degree yet. So, we take statins to stabilize what is already there. Unless you go completely vegan, you're going to have to deal with cholesterol in some way. Eating healthy is something we should all practice proactively.

Dr. Rose suggests that in the very near future, the medical community is gravitating towards catheterizations that go in through the wrist as opposed to the leg/groin area. It seems to be less invasive and presents a shorter healing time for the patient. Hopefully, the insurance companies will also recognize this as cost effective. As well, the use of a CAT scan to show the arteries of the heart will prove to be a better preventative diagnostic tool in the future.

Dr. Rose was very informative and he answered a wide variety of questions afterwards. He also presented a really nice animated slide show that spotlighted statistics on women's heart issues and heart health in general.

While we have all heard plenty of information from our doctors while we were in the hospital, in recovery, in rehab and in support meetings I would have to say that this was the first time I really understood what the doctor was saying to me. It only took one heart attack, 2 stents and 2-1/2 years for me to get it, but I guess that's not bad for a stubborn old gal considering the statistics.

Please consider taking advantage of such a willing expert next time, no charge. Thank you Dr. Rose!











# Keep on Tick'n



*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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

Volume 5 - Issue No. 7

July 2015

Chapter #372



**Mended Hearts™**  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| May 2015            | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 96      | 3        | 0     | 0      | 0        |
| CMC - NorthEast     | 88      | 11       | 2     | 0      | 4        |
| CMC - Pineville     | 34      | 0        | 0     | 11     | 0        |
| Total for the Month | 213     | 14       | 2     | 11     | 4        |
| Year to Date        | 615     | 44       | 42    | 74     | 4        |

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10628 Park Road  
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920 Church St. North  
Concord, NC 28025



## CARDIAC ARREST OR HEART ATTACK?

Cardiac arrest is America's third-largest killer, but is too often ignored, an expert panel concluded Tuesday. A new report from the Institute of Medicine found that too few people know the signs of cardiac arrest or what to do about it, and that too little is known about the condition, which kills more than 500,000 Americans a year.

Most people are more familiar with a heart attack, in which the heart muscle is deprived of blood, causing chest pain and shortness of breath. A heart attack patient usually can describe his or her agony and is brought to a hospital for immediate treatment.

With cardiac arrest, by contrast, the heart's rhythm gets dangerously out of whack, interrupting blood flow to the brain. The person usually collapses and is

*Cardiac continued on page 2*

**ALSO REMEMBER** - When you are shopping online, if you go to <https://smile.amazon.com/> - Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Be sure to select **MENDED HEARTS** from the list!

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Mid-Atlantic Region  
9212 Sea Mill Rd.  
Charlotte, NC 28278  
704-310-8354

## PRESIDENT'S CORNER

by Joel Nachman

We were so please at our June meeting to award \$1,200 in nursing scholarship money to 3 nurses to continue their cardiac studies.

In September we will walk together at the annual AHA Heart Walk and hope to raise \$1,000 for more nursing scholarship awards.

The additional two \$350 scholarships were made possible with a donation from the Jeremiah Fund from the Church at Charlotte.

Congratulations to this year's award winners!

**Ann Homa - 3T Pineville \$350**

**Alecia Wilson - 6T CMC Main \$350**

**Whitney Smith - 3T Pineville \$500**

Have a great summer!



*Handwritten signature*



Left to right: Whitney Smith - winner of the scholarship from The Jeremiah Fund, Bill Voerster - ARD and Vice President of Chapter #372 and Ann Homa - winner of the special scholarship from Mended Hearts.





<http://www.opm.gov/combined-federal-campaign/>

## FIVE MYTHS ABOUT HIGH BLOOD PRESSURE

These are the top five mistakes, the myths about high blood pressure.

**Myth No. 1: It's No Big Deal.** The problem with high blood pressure initially is there are no symptoms. You don't feel bad, so how could anything be wrong?

The truth is, when your blood flow begins to push too hard against your blood vessels, it leads to damage of your heart, kidneys, and other organs in your body. High blood pressure is a very big deal indeed.

**Myth No. 2: There Is No Good Treatment.** Many people feel there's nothing they can do about their high blood pressure.

The truth is if you follow a sensible plan, you can manage your high blood pressure.

**Myth No. 3: A "Little" High Blood Pressure Is Okay.** When you take your blood pressure readings, you probably notice they vary somewhat. You probably also notice there are two numbers, one on top and one on bottom.

Normal readings are: 119 or below for the top number, and 79 or below for the bottom number. Some people believe that as long as one of these numbers is normal, you're okay.

The truth is if either of your blood pressure numbers is above normal, you need to do something right away.

**Myth No. 4: High Blood Pressure Cannot Be Prevented.** This idea is dead wrong. Even if everyone in your family has higher blood pressure, this doesn't mean there is nothing you can do.

Simple changes such as eating a healthy diet, limiting salt intake, and keeping your weight under control, can help you prevent high blood pressure.

**Myth No. 5: Treatment Is Difficult.** Most people think that treating high blood pressure requires giving up all your favorite foods, engaging in some crazy exercise plan, or taking dangerous and expensive drugs.

While you do need to make changes to get your blood pressure under control, those changes do not have to be difficult or unpleasant. [pagesmag.com](http://pagesmag.com)

*Cardiac continued from page 1*

unable to speak. They need CPR before they reach the hospital to have any chance of survival or recovery, said Robert Graham, chairman of the 18-person Institute of Medicine Panel, which produced the report *Strategies to Improve Cardiac Arrest Survival: A Time to Act*.

"You have less than 10 minutes before changes in the brain become almost irreversible," he said.

Less than 10% of those who suffer cardiac arrest in the community survive to leave the hospital, previous research has shown, though success rates in a few places, including Seattle, are as high as 64%.

The difference there, Graham said, is a well-trained public and emergency system that responds rapidly with three crucial steps: calling 911; starting chest compressions to deliver blood to the person's brain; and obtaining a nearby automated external defibrillator (AED) and beginning defibrillation while waiting for an ambulance.

A campaign by the American Heart Association has led 24 states to require that high school students train in such CPR treatments, with one more, New York, possibly joining that list later this summer.

Research into the basic biology of cardiac arrest is also essential, the panel said, as is a deeper understanding of the risk factors that might predict who is going to develop the condition.

A simple stress test indicates whether someone is at high risk for a heart attack, but there is no comparable test to suggest when someone is in danger of cardiac arrest, Graham said.

More work is also needed to distinguish between people who are likely to die regardless of medical treatment, and those who could go on to have a high quality of life if they survive cardiac arrest, said Bruce Lindsay, section head for cardiac electrophysiology at the Cleveland Clinic.

Overall, Lindsay said he thinks the new report does a good job of calling attention to a crucial and under-appreciated health issue.

"There's room for improvement in how we deliver care all the way from the public through the medical system," he said. *contributed by Joel Nachman*



## WHAT IT MEANS WHEN A PILL LABEL SAYS 'TAKE WITH FOOD'

The brief instruction can leave you guessing whether it means before, after or during eating. And how much food do you have to take with it?

Doctors at the University of California, Berkeley, say the instruction is given if a drug is better absorbed when accompanied by food or if the drug is less likely to cause stomach upset when there's food in the stomach at the same time. Many pain relievers and some antibiotics have this instruction, but other kinds of medications do too.

For absorption, you may take the drug right before, right after, or while you are eating any amount of food. But taking the drug right after a full meal is usually most effective for the prevention of stomach upset.

You can make it simple by always taking such drugs right after a full meal. Or you can see which timing and amount of food works for you, which can differ for different drugs.

Your pharmacist is prepared to advise you about the best way to take a particular drug. [pagesmag.com](http://pagesmag.com)

"This country, with its institutions, belongs to the people who inhabit it. Whenever they shall grow weary of the existing government, they can exercise their constitutional right of amending it, or exercise their revolutionary right to overthrow it." ~ Abraham Lincoln



"I'm writing you a prescription. Do you want a longer life with less quality or vice versa?"

"Do what you can, with what you have, where you are."  
~ Theodore Roosevelt

## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

September 10

November 12

December 10

NORTHEAST- 6:00 P.M.

July 2

August 6

September 3

October 1

November 5

December 3



**Mended Hearts will receive a \$1 donation  
when you view: [www.drive4clots.com](http://www.drive4clots.com)**

## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during May:

|                   |                |
|-------------------|----------------|
| John Bertrand     | Gregg Bonar    |
| Steve Brewer      | Jerry Davis    |
| Judy Duke         | Rick Duke      |
| Colon Faulkenbery | David Hatmaker |
| Ken Hurlburt      | Joel Nachman   |
| Kelly O'Connor    | Sid Rauch      |
| Sandara Scherrman | Bill Voerster  |
| Clarence Warren   | Dorothy Warren |
| Bruce White       |                |

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704-577-5057, [nachman.joel@gmail.com](mailto:nachman.joel@gmail.com)

Vice President : **Bill Voerster**, 704-310-8354,  
[bvoerster@yahoo.com](mailto:bvoerster@yahoo.com)

Treasurer: **Jerry Davis**, 919-889-9179,  
[vcsg12@gmail.com](mailto:vcsg12@gmail.com)

Secretary & Editor: **Christine Jordan**, 704-563-0949,  
[cleosmom@hotmail.com](mailto:cleosmom@hotmail.com)

## STANDING COMMITTEE CHAIRPERSONS

Patient Follow up: **John Burris**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

**Bill Voerster** – 704-310-8354





## A white rectangular tray with handles is filled with a fruit and cheese salad. The salad consists of sliced strawberries, cubed white cheese, and a small bowl of blueberries in the top left corner. The tray is placed on a green lawn.

A photograph of a fruit arrangement in a rectangular aluminum foil tray. The arrangement is designed to resemble the United States flag. The top left corner is filled with a cluster of fresh blueberries, representing the blue field with stars. The rest of the tray is filled with horizontal stripes made of sliced strawberries (red) and sliced banana pieces (white/yellow). The stripes alternate between red and white, starting with a red stripe at the top right. The tray has a decorative, fluted edge.



Americans love patriotic holidays! Especially the Fourth of July, or Independence Day, as it's more properly called. People in every state celebrate it with parades, and spectacular fireworks displays.

That's something to celebrate!

### FIRECRACKER SLAW (SERVES 8)

- 

For the dressing, whisk and then microwave first 7 ingredients in a 1-quart glass bowl on HIGH for 2-4 minutes, stirring once. Taste, adjust, and set aside.

Add other shredded veggies such as carrots, nuts, corn or colorful peppers! [pagesmag.com](http://pagesmag.com)

Gregg Bonar 7/8  
Bruce White 7/16





# Keep on Tick'n



It's great to be alive...and to help others!

Volume 5 - Issue No. 9

October 2015

Chapter #372



**Mended Hearts**  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

| August 2015         | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 24      | 4        | 0     | 0      | 4        |
| CMC - NorthEast     | 46      | 0        | 12    | 0      | 0        |
| CMC - Pineville     | 24      | 0        | 0     | 10     | 0        |
| Total for the Month | 94      | 4        | 12    | 10     | 4        |
| Year to Date        | 1051    | 71       | 60    | 107    | 11       |

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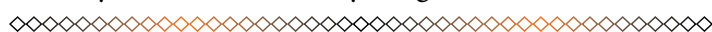
920 Church St. North  
Concord, NC 28025



## CONGRATULATIONS CONCORD!!!

On October 1st, our satellite in Concord became Mended Hearts of Cabarrus Chapter 397.

Congratulations to Sid Rauch President, Ken Ragan Vice president, Colon Faulkenbury Treasures/ Visiting Chairman and Cindy Ragan Secretary. You all offer great support in your visits, meetings and discussions. Thank you all so much for your great work!



★★ TIME TO VOTE ★★

FOR NEW

♥ ♥ CHAPTER 372 OFFICERS ♥ ♥

This is your group, so **YOU** have to decide who wants to step up and take a leadership position. All offices are up for election in January 2016! This is an opportunity to get new input for our Mended Hearts chapter. So please think, and step up to the plate to run this great group as an officer. We welcome change and we know some of you have some great ideas! Let's see what you've got!



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## PRESIDENT'S CORNER

by Joel Nachman

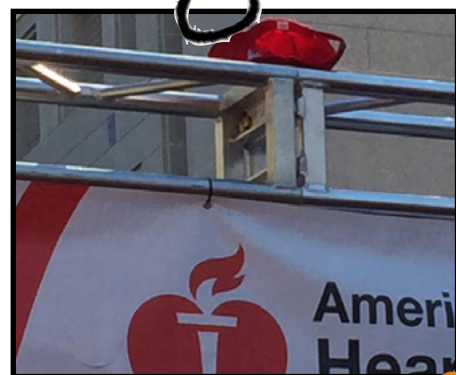
On Saturday Sept 19th, we walked in the AHA Charlotte Heart Walk. We are proud to say that our chapter raised over \$1,000

which we will use for 2 nursing scholarships to be awarded this December for 2 deserving cardiac nursing students.

At our next meeting in November we will entertain motions for a slate of new officers for 2016. So please come to our meeting on Nov 12th. Our guest speaker will be Dr. Jim Schwartz DDS, who will speak on oral hygiene and cardiac disease.

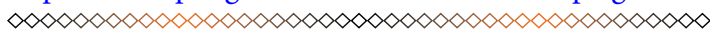
Have a great Halloween!

Joel



The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>



## GOOD HOME SECURITY INVOLVES MULTIPLE DETERRENTS

Burglars are opportunists. They like to work during the day when residents are out so they can quickly grab property and sell it.

Some ways to prevent it:

1. Some people leave doors and windows open when they leave. Even an open garage door invites a quick theft of whatever is in there. Use common sense. Lock windows when you close them and lock the doors even if you won't be gone very long.
2. Don't advertise your travel plans by leaving a half-packed trunk open for all to see. Gather suitcases inside and load them all at once, closing the trunk as soon as it's loaded. Stop delivery of mail and newspapers.
3. A dog is a security perk. They make a lot of noise and burglars don't want to deal with them. They might bite. If you don't have a dog, a "beware of dog" sign may work.
4. Having watchful neighbors is a home security plus. They will call police if they see suspicious characters around your home. Tell neighbors that you'll be away, say experts at bankrate.com.
5. Lighting is important in preventing night home intrusions. Illuminate your doorways and pathways with motion sensor lights.
6. If you've paid the upfront costs for installing an alarm system, plus the monthly expense, be sure you use it.
7. Keep burglars from forcing your doors open. Use dead bolt locks. Police recommend making sure your door and window locks are secure. Doors should be of solid wood or metal construction with a good frame.
8. A sliding glass door can be protected with a dowel or any piece of wood that fits in the track. [www.pagesmag.com](http://www.pagesmag.com)



# MEMORY LOSS

## DO BRAIN GAMES REALLY HELP?

Dr. John Swartzberg says ads for brain training make him cringe, particularly since 70 leading psychologists and neuroscientists recently issued a "consensus report" expressing skepticism about claims made by the billion-dollar industry.

Schwartzberg, Chair of the Editorial Board at UC Berkeley, says these were report's key points:

- \* Many claims are exaggerated and misleading. They exploit the anxiety of adults and seniors who want to improve their memories. There is no convincing evidence that it will happen.

- \* Companies say their programs and games are designed by famous scientists and supported by solid research. But most of the studies are small, short, and poorly designed. And many of those involved have a financial interest.

- \* It's also unclear whether any improvements in game skills would carry over to the next week or next day, or would be useful in daily living.

Proven facts

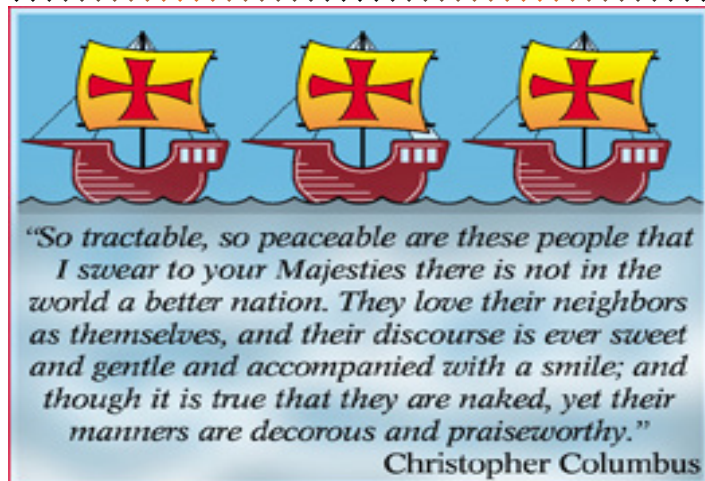
The best brain-health advice is to lead an active, intellectually challenging and socially engaging life.

One would think that exercise would be important, but according to 12 clinical trials, there was no evidence that aerobic exercise improves mental function in older people.

The good news is that scientists know that the brain can change, even in old age. Stimulating activities like learning a new skill or taking classes can strengthen neural connections and produce positive changes.

But for now, more and better research is needed.

[www.pagesmag.com](http://www.pagesmag.com)





## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom  
That we may use all your gifts well.



## HOME MAINTENANCE

Small jobs that don't take much time can prevent big, expensive jobs later

If you knew what things you could do to increase your home's efficiency and save money, you would take them on, especially if they would only take a few minutes to do. For example:

\* Take a leaf blower to your air conditioner's condenser, which is the large box outside or the out-facing end of a window unit. If you blow out the muck and debris, you could save up to 15 percent on cooling costs.

\* Slide your clothes dryer forward, pull off the vent hose, and vacuum out the built-up lint. That can save clothes-drying costs of about 25 percent, say plumbers writing in CNNMoney.com.

\* If your heating system uses radiators, buy a key at the hardware store and use it to bleed the air out of the system. See Familyhandyman.com for instructions.

\* Check your wooden window sills for any cracks and chipped paint. Fill the cracks with caulk and paint them to prevent wood rot.

\* Cut shrubs back so they are a foot away from the house to delay having to get a full exterior paint job.

\* Keep your garage door tracks, casement gearboxes and badly working doorknobs lubricated. Just spray them with WD-40, which lubricates and cleans.

\* Put your mechanical equipment through its paces now and then. Run the garbage disposal if you don't use it often. Do the same with Jacuzzi pumps and the plumbing fixtures in a rarely used bathroom.

\* Check the emergency shutoffs for your water supply lines. The valves are under the sinks, behind the showers and on the mains in the basement.

Making sure they work now will save time and frustration if you and your plumber have to use them later. [www.pagesmag.com](http://www.pagesmag.com)

## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

November 12

December 10

NORTHEAST- 6:00 P.M.

October 1

November 5

December 3



"Every calling is great when greatly pursued."

~ Oliver W. Holmes

**Mended Hearts will receive a \$1 donation  
when you view: [www.drive4clots.com](http://www.drive4clots.com)**

## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during August:

John Bertrand

Steve Brewer

Judy Duke

Colon Faulkenberg

Ken Hurlburt

Kelly O'Connor

Sandara Scherrman

Clarence Warren

Bruce White

Gregg Bonar

Jerry Davis

Rick Duke

David Hatmaker

Joel Nachman

Sid Rauch

Bill Voerster

Dorothy Warren

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Patient Follow up: **John Burris**

Sunshine & Telephone: **Priscilla Williams**

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

**Bill Voerster** – 704-310-8354

Get out your Halloween cauldron. It's October and time to get cook up some devilishly delicious treats.

Ginger is a far-flung cousin of bamboo, cardamom and turmeric and was thought to ward off evil spirits in ancient China.

- 4 large Golden Delicious apples
- 3 (1.5-oz.) oat-and-honey crunchy granola bars, finely crushed
- 1/3 cup roasted salted almonds, chopped
- 1/4 cup crystallized ginger chopped
- 1/4 cup butter, softened
- 3/4 teaspoon ground cinnamon
- 1 3/4 cups apple cider
- 1/3 cup orange marmalade
- 1 (7-oz.) container Greek yogurt

Cut apples through the middle, leaving the stem intact at the top of one half. Scoop out core and enough pulp to leave a 3/4-inch shell. Cut a 1/4 inch slice from bottom side to form a flat base.

Stir together crushed granola bars and next 4 ingredients. Spoon mixture into apple shells and press to gently pack. Arrange apples in a 13- x 9-inch pan. Pour cider around them.

Place apples on a plate and keep warm. Add marmalade to pan juices and cook over medium-high heat, stirring 5 to 6 minutes or until thickened.

Spoon yogurt into martini or sherbet glasses and top with one apple half, slightly atilt. Spoon warm sauce over each. For frightful fun, poke a gummy worm into the center of the granola. [www.pagesmag.com](http://www.pagesmag.com)



10/27/2009 - Joel Nachman



~Aesop



A compound in oats, called AVE, has antioxidant, anti-inflammatory, and anti-cancer properties as well as a protective role in heart health, new research shows.

Researchers at Tufts University have found that oat AVEs suppress production of inflammatory markers that are linked to fatty formations in the arteries, and the AVEs also seem to inhibit development of atherosclerosis. These findings were presented last year at the 247th Annual Conference of the American Chemical Society.

You don't have to eat a lot of oat cereal to get the benefits. A one-quarter cup serving of oats provides the anti-inflammatory benefits of AVEs plus four grams of fiber. [www.pagesmag.com](http://www.pagesmag.com)



# Keep on Tick'n

It's great to be alive...and to help others!

Volume 5 - Issue No. 10



**Mended Hearts™**  
of Charlotte

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

November 2015

Chapter #372

*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

We support Carolinas HealthCare Systems and we visit:  
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.  
Charlotte, NC 28203

[CHS - Pineville](#)

10628 Park Road  
Charlotte, NC 28210



| September 2015      | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 46      | 2        | 0     | 0      | 0        |
| CMC - Pineville     | 11      | 0        | 0     | 4      | 0        |
| Total for the Month | 57      | 2        | 0     | 4      | 0        |
| Year to Date        | 663     | 18       | 42    | 93     | 7        |

## WHAT TO DO WHEN A CAREGIVER IS AT A LOSS FOR WORDS

On some days, are you feeling out of one-way conversation material? Paula Spencer Scott, the contributing editor of Caring.com, says many caregivers report this curious feeling.

When you're glad to be at an uncommunicative loved one's side, yet are at a loss for words, try these wonderful ways to spend time with a loved one who may have dementia:

Simply sit in companionable silence, holding hands. Let the language of touch do the talking for you. If your loved one would like it, gently stroke a scented lotion into his or her hand.

Start humming. The tune doesn't really matter. Old hymns, holiday tunes, Beatles hits, nursery songs, or "Happy Birthday" all work. You'll set a comforting tone and feel more relaxed.

Weave the story of your lives together, starting at the beginning. It's like storytelling, but the characters, details, and plot aren't made up; they're true.

This can be deeply satisfying to both talker and listener. [www.pagesmag.com](http://www.pagesmag.com)

## HONDA AIR-BAG RECALL FOCUSES ON MORE RECENT VEHICLES

Honda Motor Company's recent recall of 4.5 million vehicles loaded with Takata Corp. air bags shows how vehicles made in recent years may also be at risk of having the devices explode.

The most recent recall includes certain vehicles made between 2000 and 2011 due to a possible problem with the drive's-side air-bag inflator.

No vehicles made in North America are affected by the latest recall, but Honda owners are advised to keep up on Takata's recalls because they continue to include cars made all over the world.

Previously, auto makers had been recalling vehicles made in the early 2000s. Honda has recalled some vehicles as new as model-year 2014.

The company will be replacing inflators in these vehicles as a precautionary measure. The replacement inflators will be supplied not by Takata but by competitors Auroliv and Daicel Corp.

The latest recall includes 1.63 million vehicles made in Japan. The models include the Fit, CR-V and the Stream, Honda said. [www.pagesmag.com](http://www.pagesmag.com)

## MENDED HEARTS REGIONAL OFFICERS

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## PRESIDENT'S CORNER

by Joel Nachman

Get involved.

Volunteer.

Your life will change helping others.  
Do not grow old give of yourself  
and feel younger.

Happy Thanksgiving





<http://www.opm.gov/combined-federal-campaign/>



## LEARN TO PLAY BRIDGE, RIGHT NOW

Regardless of a beginning bridge player's age, education or physical condition, tools are available to help them learn the game.

Robert Hartman, CEO of the American Contract Bridge League, says, "There's no doubt anyone can learn. We have a number of programs designed to make it simple."

Courses available on the Internet:

- \* A new Learn to Play Bridge software program is a learn-as-you-play tutorial, according to AARP.

- \* Free personal computer software programs include Learn to Play Bridge I for beginners.

- \* Learn Bridge in a Day is a five-hour course geared for rookies.

Local bridge groups and retirement communities welcome new players. If you want an in-person instructor, contact [acbl.org/findateacher](http://acbl.org/findateacher).

Other helpful sites include [bridgedoctor.com](http://bridgedoctor.com), [learn.acbl.org](http://learn.acbl.org) and [abtahome.com](http://abtahome.com), which is the home of the American Bridge Teachers' Association. [www.pagesmag.com](http://www.pagesmag.com)



## KETAMINE: THE NEW PROMISE FOR CURING MAJOR DEPRESSION

Ketamine was developed in 1962 as a fast-acting anesthetic and is still widely used in operating rooms and for pain management. By the 1970s, it became a recreational drug, and in 1999, the U.S. Drug Enforcement Administration called it a Schedule III controlled substance, alongside of testosterone and anabolic steroids, meaning its use has a low potential for physical or psychological dependence.

How does it work?

About the same time, researchers at Yale, including Dennis Charney, stumbled upon its use as a mood stabilizer. When depressed patients suddenly felt better, the scientists were surprised.

Later, Charney, who now worked for the Institutes of Health, began a new study. The doctors could hardly believe that patients who were not helped by six antidepressants, or even shock therapy, could get better in a few hours.

Husseini Manji, one of Charney's co-authors, found that within a day of getting one ketamine infusion, 70 percent of subjects went into remission. Ketamine produces changes in the brain, reversing neural damage caused by stress and depression.

Because ketamine is a generic drug, its makers get very little profit from it. Drug companies are now spending huge sums to develop patentable forms.

There are a number of ketamine clinics across the country, but doctors and entrepreneurs are planning to open hundreds of them in coming years.

How to start treatment

Patients have to show post-traumatic stress, an indication of childhood trauma, or pain, fear, anxiety, low self-esteem or bullying, real or perceived. Patients sit in easy chairs during the gradual infusion. They may experience sensations such as seeing colors or patterns, or they may feel like they are floating above the chair.

Because ketamine is an off-label use for depression, insurers may not cover it. The treatments and follow-ups could cost as much as \$3,000 or more, but some charge just \$525 to get started. [www.pagesmag.com](http://www.pagesmag.com)





## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom  
That we may use all your gifts well.



## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

November 12

December 10



**Mended Hearts will receive a \$1 donation  
when you view: [www.drive4clots.com](http://www.drive4clots.com)**

## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during September:

John Bertrand

Gregg Bonar

Jerry Davis

Judy Duke

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Kelly O'Connor

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**Bill Voerster** – 704-310-8354

active and involved in the community, or it could be a person who has lost a spouse. The structure, social support and joy of volunteering can help stave off the depressed feelings that may accompany a major role transition or a chronic illness.

"Volunteering can take your mind off your own physical or personal problems," says Dr. Kahana. "It keeps you mentally stimulated by routinely engaging with others, planning and carrying out your volunteer responsibilities." It's proven to have positive mental health benefits.

Volunteering two to three hours a week seems to confer the most benefits. More than that, it could begin to feel like a nagging commitment. [www.pagesmag.com](http://www.pagesmag.com)



## FOR FULFILLMENT, FUN AND BETTER HEALTH, TRY VOLUNTEERING

People are finding that helping others, doing good deeds and giving some services without pay, for a couple of hours a week, makes them feel good.

More than a quarter of Americans ages 55 and older are doing it. It's called volunteering.

Research by sociologist Eva Kahana, Ph.D., of Case Western University (and colleagues) shows that developing an altruistic orientation and helping others resulted in satisfaction and a more resilient, positive state. Their study was published in the Journal of Aging and Health (2014).

Sometimes a retired couple volunteers together. More often the volunteer is a retired person who wants to be

## A DAY-AFTER-THANKSGIVING DISH: TURKEY TETRAZZINI

We think “Italian” when a recipe contains any form of pasta. This is only partially true for a “Tetrazzini” preparation using poultry.

Tetrazzini is an Italian surname. Turkey Tetrazzini contains spaghetti. It was named in honor of an Italian opera star who ate spaghetti every day, but it was created in San Francisco by its Palace Hotel chef. Thus, it’s American history with Italian influences.

The city had loved Luisa Tetrazzini since 1905 when she made her American debut. She sang in the opera house, churches, and even in the courtyard of the Palace Hotel that Christmas Eve.



On Christmas Eve of 1910, Tetrazzini was back at the Palace from New York. The city was still recovering from the devastating earthquake and fire of 1906. She arranged a free street concert with a full orchestra. Reporters said her voice “reverberated off the walls of the office buildings and carried for blocks.”

### TURKEY TETRAZZINI

1 (10 3/4-ounce) can cream of mushroom soup  
2/3 cup milk  
1 (16-ounce) jar Alfredo sauce  
1 (10-ounce) package frozen petite peas, thawed  
1 (8-ounce) package sliced fresh mushrooms  
3 1/2 cups chopped cooked turkey  
12 ounces spaghetti, cooked  
1 cup shredded Parmesan cheese, divided  
1 1/2 cups shredded baby Swiss cheese  
1/2 cup crushed croutons  
1/4 teaspoon paprika

Heat the oven to 375 degrees and lightly grease a 15- x 10-inch baking dish.

Whisk together soup, milk and Alfredo sauce in large mixing bowl. Stir in chopped turkey, sliced mushrooms, peas, spaghetti, shredded Swiss and 1/2 cup Parmesan cheese. Pour into the baking dish.

Mix the crushed croutons, paprika and remaining Parmesan cheese. Sprinkle evenly over casserole.

Bake covered with foil for 30 minutes. Uncover and bake 15 more minutes or until golden brown.

Though this recipe uses store-bought ingredients, it’s worthy of serving your remaining houseguests. Serves eight. [www.pagesmag.com](http://www.pagesmag.com)

## HAVE PROTEIN WITH EVERY MEAL: IT’S EASY

You don’t need a wizard’s magic wand to have meals that keep your muscles strong, fight off infection and boost your metabolism.

Protein does it all. Meat and poultry are full of protein, but some cuts are loaded with saturated fat and cholesterol. Americans should try to get 45 to 55 grams of protein a day.

\*Seafood: Substitute it for meat twice a week. It’s convenient to keep canned fish and frozen filets on hand. Serve salmon or shrimp for special occasions.

\* Eggs: They have all the protein components you need. The Mayo Clinic recommends putting a poached egg on a salad or toast for a meal. Hard boiled eggs are a great snack.

\* Dairy: Low-fat milk provides calcium and vitamin D, but also packs a protein punch. Also try Greek yogurt with fruit or spread ricotta cheese on toast and cover

with fruit.

\* Beans, peas and tofu: Dried, canned or frozen beans are an inexpensive protein option. They have the added bonus of fiber and high levels of antioxidants. Add beans or peas to salads, pastas, soups and casseroles. Tofu can be added to the same foods or to scrambled eggs.

\* Nuts and seeds: A handful of unsalted, roasted nuts is a healthy serving of protein. Spread nut butters on crackers or toast for a protein-filled snack. Or have a peanut butter sandwich. [www.pagesmag.com](http://www.pagesmag.com)

### NOVEMBER SURGIVERSARIES

11/02/2006 - Bill Voerster

11/08/2013 - Mary Leona Morgan

11/13/2013 - Jill Morrison

11/15/2013 - Margaret Shytle

11/23/2009 - Judy Duke





# Keep on Tick'n



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

**Mended Hearts™**  
of Charlotte

Volume 5 - Issue No. 11

December 2015

Chapter #372

| October 2015        | Patient | Cath Lab | Phone | Family | Internet |
|---------------------|---------|----------|-------|--------|----------|
| CMC - Main          | 38      | 2        | 0     | 0      | 0        |
| CMC - Pineville     | 22      | 0        | 5     | 3      | 0        |
| Total for the Month | 60      | 2        | 5     | 3      | 0        |
| Year to Date        | 723     | 20       | 47    | 96     | 7        |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## DENTAL CARE AND CARDIAC HEALTH

by Christine Jordan



A very special thank you to **Dr. Jim Schwartz, DDS** for speaking at our November 12th meeting about how periodontal disease can affect our systemic health. His website is:

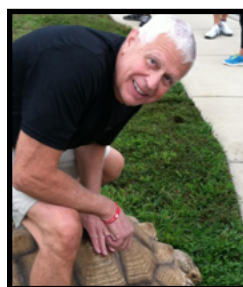
<http://www.statelinedental.com/>

All cardiac patients are aware of how seemingly insignificant

ailments can be a result or indication of heart health. Cardiac health has been linked to periodontal disease. Endocarditis is a direct result of a visit to the dentist. Now, this doesn't mean that the dentist has done anything wrong. We just want to point out that our bodies are so complex, a heart attack can masquerade as something as seemingly innocuous as a toothache. Although, anytime I've had a toothache, it seemed a bit more urgent than I'd like to admit.

Carrying around a chronic infection, such as with inflammation of the gums, can drag a person down. This can exacerbate kidney disease. Chronic gingivitis increases the odds of developing diabetes. And diabetics have a reduced ability to heal due to a lack of circulation to the oral cavity. The first thing we always think about

when we hear "Diabetes" is that we'll probably have circulation problems with our feet or legs. We never thinks about our mouths having poor circulation. And whether you have dentures or the real deal, you're always going to have your own gums. There's no way to totally wipe out the germs in your mouth. You'd be brushing or rinsing 24/7! But good dental care will reduce the chronic inflammation associated with Periodontal Disease. Brushing, rinsing and flossing within 20 minutes of a meal can help. You might even want to try one of the new sonic toothbrushes, they have features that encourage the proper amount of brushing time we should all be using. (*Inform your dentist beforehand about your overall health and medications you are currently taking!*)



## PRESIDENT'S CORNER

by Joel Nachman

This will be my last Presidents Corner. After almost 6 years of serving in the growth of this fine organization, it is time to pass the torch. It has truly been an honor to serve the needs of cardiac patients

in the Charlotte area.

To give of ones' self gives you so much in return, I have made life long friends, befriended many of the staff at CMC, and hopefully brightened the day and educated many open heart surgery patients.

Our chapter is growing and needs the dedicated help of people who want to see Mended Hearts as a beacon of light to those in difficulty.

I wish you all the best, happy holidays and may your days be filled with sunshine and love.

Happy Trails



*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

We support Carolinas HealthCare Systems and we visit:  
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704-310-8354



<http://www.opm.gov/combined-federal-campaign/>



## FAKE SURVEY CALLS WANT YOUR MONEY, NOT YOUR OPINION

The Federal Trade Commission is investigating automated calls that claim to want your opinion. Actually, what they really want is your money.

You are likely to receive a call because phone surveys are exempt from rules that ban automated "robocalls" and calls to numbers on the National Do Not Call Registry.

Some companies think that beginning an automated sales call with a question makes it legal. It doesn't. One cruise line recently paid a \$500,000 fine to settle claims that it robocalled millions of phone numbers with what seemed to be a political survey.

Those who answered were told they could receive a free two-day Bahamas cruise for their trouble. But they were connected to a salesperson who tried to talk them into paying for parts of the "free" cruise.

This fake survey has been shut down, but other unscrupulous companies use similar tactics.

Quoted in Bottom Line Personal, Bikram Brandy of the FTC says if someone tries to sell you something during a phone survey, hang up immediately.

If a robocall asks you to press a button on your keypad to be removed from the call list, don't do it. Pressing is likely to increase the number of robocalls you receive.

Instead, visit DoNotCall.gov to confirm that your phone number is on the Do Not Call Registry. This will reduce sales calls.

Also, visit Nomorero.com to find out if its free robocall-blocking service is available for your landline and/or your mobile phone carrier. [www.pagesmag.com](http://www.pagesmag.com)

## GIVE YOUR HEART A BOOST WITH THESE BENEFICIAL BEVERAGES

Drink to good health this year with robust beverages that can give you a boost of vitamins and antioxidants.

Quoted in Family Circle, Bonnie Taub-Dix, founder of BetterThanDieting.com, says, "What you put in your glass can dictate what your heart looks like today and in the future."

So, here's to you. Try these healthy drinks:

**Tomato Juice:** It's loaded with the antioxidant lycopene and vitamins C, E and K. It helps to decrease bad cholesterol and high blood pressure.

**Coffee:** Regularly consuming a cup or more of coffee reduces the risk of having calcium in your coronary arteries, a sign of vessels hardening and narrowing, which can cause heart attacks.

**Green Smoothies:** A diet packed with produce helps your heart by controlling cholesterol and improving blood flow in your body. Smoothies are a convenient way to get on-the-go fruits and vegetables, especially greens.

**Beer:** Red wine isn't the only alcoholic beverage that has cardio benefits. Downing one beer a day improves blood flow and artery function, research has found. But benefits can be reversed if you drink more than seven servings of booze a week.

**Matcha Green Tea:** This is powdered green tea that boasts more than double the amount of catechins (antioxidants) in standard green tea. Several studies show these catechins lower the odds of developing cardiovascular disease.

**Pomegranate Juice:** It fights the effects of free radicals, has a blend of antioxidants and polyphenols and helps to regulate heart rhythm. Mix it with ice, sparkling water, and potassium-rich fruits like apples or pears.

[www.pagesmag.com](http://www.pagesmag.com)





## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom  
That we may use all your gifts well.



## BOOST YOUR LONGEVITY BY EXERCISING ... JUST A LITTLE

If you're pushing age 60, more or less, and have a sedentary lifestyle, you are among the group of people who would benefit most from doing a little exercise. Join that group if you have important things to do over the next 10 years.

Nine studies, which included 122,000 people, were recently analyzed for the British Journal of Sports Medicine. The researchers concluded that over a 10-year period, those starting to do a very modest amount of exercise benefited the most. They were 22 percent less likely to die during the study.

Those who exercised two to three times more than that gained only another 6 percent reduction in mortality and those who exercised the most had a 7 percent increase over them.

To convey a simple and attractive message, study authors recommend about 15 minutes of moderate exercise, such as walking, five days a week.

[www.pagesmag.com](http://www.pagesmag.com)



"Hold on...I seem to be breaking up."

## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 6:30 P.M.

December 10



We are pleased to announce that on December 10th we will have our end of season holiday party and present two young woman at CHS Pineville with \$500 cardiac nursing scholarships. Not only do we get to share in each others holiday cheer but we honor two woman who are dedicating their lives to saving ours.

Please join us at 6:30 pm at CHS Pineville in the rear of the cafeteria. We will be serving food and beverages. If you would like to bring dessert, please do so.

As we will be serving food, please advise of the number in your party.

Cordially,

**Joel - 704-577-5057**

Will you be doing any shopping online for the holidays? Great! Go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during September:

John Bertrand

Gregg Bonar

Jerry Davis

Judy Duke

Rick Duke

Joel Nachman

Kelly O'Connor

Sandara Scherrman

Bill Voerster

Bruce White

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## STANDING COMMITTEE CHAIRPERSONS

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

**Bill Voerster** – 704-310-8354

## THE PERFECT HOLIDAY DRINK

### SWEDISH GLOGG FOR ALL!

Your genes don't have to come from Nordic stock to enjoy the heavenly aroma and taste of a hot, mulled wine after a day of shopping, putting up the Christmas tree, hanging strings of lights on the house, skiing or shoveling out from the last storm.

Whether you make the glogg (pronounced glooog and meaning 'glow') for two or 20, it will warm your body and soul.

King Gustav I Vasa of Sweden loved "glodgad vin" (glowing hot wine) way back in 1609. In 1755, Samuel Johnson, who published the first English-language dictionary said, "Claret is the drink for boys, port for men, but he who aspires to be a hero must drink brandy." Gloggs have brandy.

Swedish glogg contains brandy or caraway vodka. The Finnish gluggi uses vodka, the French vin chaud uses cognac, the Irish use Irish whiskey, the English wassail uses ale, the Germans and Austrians gluhwein, often served at their Christmas markets.



### TRADITIONAL SWEDISH GLOGG

#### INGREDIENTS (4 SERVINGS)

2 1/2 cups water  
3/4 cup golden raisins  
2 teaspoons whole cloves  
1 tablespoon whole cardamom seeds or 2 pods cracked open)  
1 3-inch stick cinnamon  
1/2 cup sugar  
1/4 cup blanched almonds (raw, no skin)  
2 bottles dry red wine (750 ml each). Use burgundy or port.

Brandy to taste (optional)

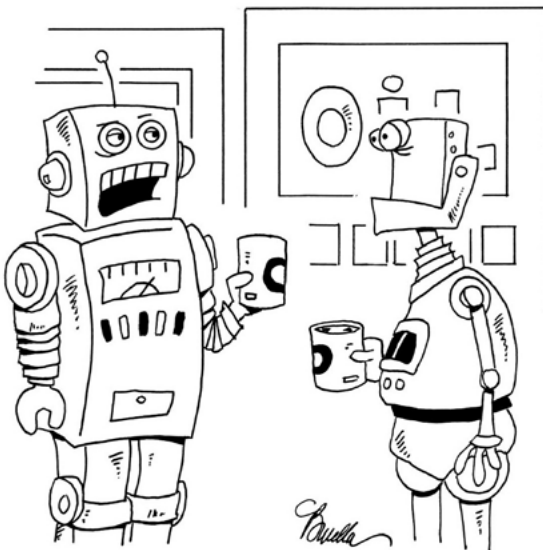
Tie the cloves and cardamom pods in a cheesecloth bag. Add to the water, raisins and almonds in a medium saucepan. Bring to a boil and simmer for 30 minutes.

Remove and discard the spice bag. Strain the raisins and almonds from the liquid and save.

Stir in sugar until dissolved with the wine in a larger pot. Reheat to a simmer. (do not boil). Serve in mugs with a few raisins and almonds.

You can prepare the spiced water mixture early in the day for a larger gathering. Fill a decorative bowl with the raisins and almonds. Just before guests arrive, reheat the mixture in a larger pot, add the wine and simmer. Serve from an electric slow cooker (on low) or at the stove. Add brandy for those who want it.

God Jul! Cheers! Bon noel! [www.pagesmag.com](http://www.pagesmag.com)



"Sure, it seems harmless, but you hire one human and the next thing you know, they're taking your job."

### DECEMBER SURGIVERSARY

12/15/2012 - Chris Jordan

Thank you to my Angels at

**CMC WAXHAW!**



12/22/2012



# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 6 - Issue No. 1

January 2016

Chapter #372

| November 2015         | Patient    | Cath Lab  | Phone     | Family     | Internet |
|-----------------------|------------|-----------|-----------|------------|----------|
| CMC - Main            | 40         | 2         | 0         | 0          | 0        |
| CMC - Pineville       | 21         | 0         | 0         | 13         | 0        |
| Total for November    | 61         | 2         | 0         | 13         | 0        |
| December 2015         | Patient    | Cath Lab  | Phone     | Family     | Internet |
| CMC - Main            | 41         | 0         | 12        | 6          | 0        |
| CMC - Pineville       | 18         | 0         | 10        | 8          | 0        |
| Total for December    | 59         | 0         | 22        | 14         | 0        |
| <b>TOTAL FOR 2015</b> | <b>843</b> | <b>22</b> | <b>69</b> | <b>123</b> | <b>7</b> |

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## LEFTOVERS: TAKE ANOTHER LOOK AT FOOD SAFETY

Expert dieticians at Tufts University say we should think "safety first" when it comes to using leftovers. If you forgot to put them in the fridge, or they spent time in your car, just toss them. Tufts' dietician Helen Rasmussen reminds us that it takes only a couple of hours for dangerous bacteria to grow.

The FDA's Foodsafety.gov website says leftovers should be refrigerated within two hours after cooking, not two hours after you left them on a serving table. Separate them into smaller containers so they can cool faster.

When reusing the food, be sure to reheat it thoroughly, especially when using a microwave. Remember that all parts of a dish may not be heated evenly, so stir once or twice while it's heating. The food should reach 165 degrees before being eaten.

For more information on safe storage of food before and after cooking, (and avoiding food waste) see the Food Marketing Institute's Food Keeper site or download the Food Keeper mobile app from fmi.org.



*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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10628 Park Road  
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## WHEN YOU JUST DON'T FEEL LIKE IT

Leo Babauta of zenhabits.com says everyone from students to marathon runners falls into a slump occasionally.

Those are the days when you just don't feel like doing anything. "I even struggle to motivate myself to exercise. I'll use that as an example."

"When I fall out of exercise, due to illness, injury or disruption from things going on in my life, it's hard to get started again.

"Whenever I've been in a slump, I've discovered that it's often because I have too much going on in my life. I'm trying to do too much, and it saps my energy and motivation."

Babauta recommends taking small steps to get back on track. [pagesmag.com](http://pagesmag.com)



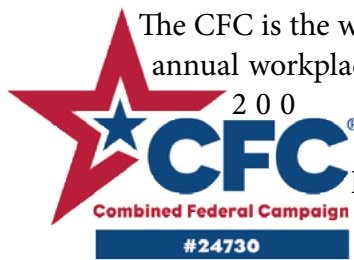
Take the first step to walk yourself out of a slump.

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<http://www.opm.gov/combined-federal-campaign/>

## HOW TO GET THE MOST FROM PHYSICAL THERAPY OR CARDIAC REHAB

Unlike other types of treatment, physical therapy or cardiac rehabilitation aren't things that are "done" to you; you must be an active participant. Dr. Donna Polk, medical director of cardiac rehabilitation at Harvard-affiliated Brigham and Women's Hospital, says "You get out of it what you put into it."

Both physical therapy and cardiac rehab programs involve about two or three sessions a week for six to 16 weeks.

### Get information

Talk to staff members about what you want out of rehab, such as being able to walk without pain and climb stairs, or if you want to lose weight and become physically fit to reduce the risk of a heart attack.

Set short-term goals for yourself so you can monitor how you're doing. That way, you'll know if what you are doing is working or not.

### Talk to your team

Communicate with staff members if something isn't working for you. Discuss any problem or concern and what you feel are barriers to your rehabilitation program. They'll know what modifications can be made.

Make keeping your appointment a priority. If you skip one or more, you'll lose momentum and the ability to progress regularly.

### Work on your program at home

You'll be expected to keep up with rehab on days you don't have a session. That means doing your exercises or sticking to a healthy diet.

Lauran Mellett, a physical therapist quoted at [www.health.harvard.edu](http://www.health.harvard.edu), says rehabilitation itself is a lifestyle change. "Try to establish a routine before rehab ends, so you'll be able to sustain it for the rest of your life."

Don't overdo it.

It's better to start exercising slowly and build up over time. Commit to 10 minutes of exercise on days away from rehab. It's a level you can sustain and add to when your programs is finished. [pagesmag.com](http://pagesmag.com)

## DISEASES POINT UP

### THE VALUE OF IMMUNIZATION

When a child or adult recovers from a viral illness, such as chickenpox, some of the viruses lie dormant in the body only to re-emerge years, or even decades, later.

Some parents, don't have their children immunized for preventable diseases. A vaccination for chickenpox, in childhood can save people a lot of pain later in life.

Shingles is a well-known disease caused by the chickenpox virus varicella zoster. It causes painful sores on the body that can last for months. Even after the sores are gone, sufferers experience pain.

A shingles shot between the ages of 60 and 69 can also dramatically reduce the risk of getting the disease, or the pain associated with it if you do get the virus.

Now, researchers have discovered a serious disease that's probably caused by the same latent virus. It's called giant cell arteritis. Only 8 percent of patients they treated didn't have varicella zoster.

Researchers say that before they can definitely say the disease is caused by the chickenpox virus, they need more research. But treatment is the same.

### How the 'new disease' works

According to the journal Scientific American, giant cell arteritis causes inflammation and damage to the arteries that travel from the neck to the head and scalp. Symptoms include:

- \* New mild to severe headache, and tenderness or pain in the temples
- \* Scalp tenderness; it may hurt to brush or comb your hair
- \* Sudden double vision or vision disturbances that come and go, like a veil being pulled over your eye, which can cause permanent vision loss.
- \* Jaw pain and weakness when you chew or open your mouth wide
- \* Pain when you use your arm.

Early indications include unexplained weight loss, fatigue, depression, sore throat, dry cough and a low fever. If you have these symptoms, see a doctor immediately.

### Treatment

Your rheumatologist will treat you with high doses of a corticosteroid like prednisone. Symptoms may go away in a few days, but treatment will continue for a month, or you could be prescribed low-dose steroids for a year or more. [pagesmag.com](http://pagesmag.com)





## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom  
That we may use all your gifts well.



## ODD MEDICAL CODING QUESTIONS:

### 'WERE YOU STRUCK BY A DUCK?'

A new medical coding system increases the number of diseases from 14,000 to 70,000 and the new codes can be weird.

ICD-10 is the new medical coding system given to hospitals and doctors and used by the Centers for Medicare and Medicaid Services (CMS).

According to doctor and author R.J. Pertrella, it includes such codes as "Struck by a duck," "Bizarre personal appearance," "Sucked into a jet engine," and "Burn due to water-skis on fire."

The goal is to be more accurate. The more accurate the description, the more accurate their reimbursement will be. When researchers review medical charts, they will now know what type of jet engine a patient was sucked into, for example.

Figuring out exactly the right billing code in the middle of a busy day in the emergency room will be a fun challenge, says Dr. Pertrella. He's the author of a new book called Days of Giants.

The World Health Organization, which developed ICD-10, is already working on ICD-11. [pagesmag.com](http://pagesmag.com)

## SUPPORT GROUP & MEETINGS SCHEDULES

PINEVILLE - 12 NOON LANCASTER ROOM

**JANUARY 21** - Our annual Mended Hearts Accreditation Meeting is this month. Your attendance and participation is required to maintain your membership!

The regular meeting schedule for 2016 is:

**PINEVILLE - 6:30 P.M.**

February 11      April 14  
June 9              September 8  
November 10



Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

## ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during November and December:

|                |                   |
|----------------|-------------------|
| John Bertrand  | Gregg Bonar       |
| Jerry Davis    | Judy Duke         |
| Rick Duke      | Joel Nachman      |
| Kelly O'Connor | Sandara Scherrman |
| Bill Voerster  | Bruce White       |

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**MLK DAY**  
**JAN. 18**



**BIRTHDAY**  
18th - Bill Voerster



## NATIONAL SOUP SWAP DAY!

### CROCKPOT TURKEY WILD RICE SOUP

If your crockpot (slow cooker) isn't already off the highest shelf of your pantry, January is the time to dust it off. Not only is winter in full form throughout the upper half of our nation's states, but the other half is enjoying cool enough weather to enjoy a steaming bowl of homemade soup.

Soup prepared in a crockpot takes fifteen minutes of prep time. The cooking is done overnight, while you're at work, doing errands or chauffeuring children to sports and music lessons.

Use what's in your fridge and pantry to make this soup or an old favorite.

The Tenth Annual National Soup Swap Day is **January 16, 2016**. A young Seattle guy, Knox Gardner, started it in 1999. He wrote articles for the local newspaper and readers spread the idea through social media channels. When soup-swap groups popped up in a couple dozen states and then spread to Canada and England, Knox started the celebration in 2006.

Since the purpose is to gather a group of friends or neighbors, who share take-home quantities of soup for future meals while sharing samples, laughter and maybe a glass of wine, it doesn't matter if the specific date is kept. January is also National Soup Swap Month. Check out [www.soupswap.com](http://www.soupswap.com).

### LANDMARK EVENTS IN THE UNITED STATES

#### 200 YEARS AGO IN 1816

March 18: Originally founded in 1758, Pittsburgh was incorporated in 1816.

Nov.-Dec.: Secretary of State James Monroe defeated Rufus King to become president of the United States

#### 150 YEARS AGO IN 1866

The Jack Daniels Distillery was established in Lynchburg, Tenn., the first distillery in the United States.

Western Union became the first great U.S. industrial monopoly.

"When You and I Were Young, Maggie" by James A. Butterfield was a popular song.

#### 100 YEARS AGO IN 1916

On March 9, Mexican revolutionary Pancho Villa led a raid on Columbus, NM, for supplies. Three days later, Gen. John Pershing led an unsuccessful campaign to get Villa dead or alive.

On March 25, The National Park Service was established.

The U.S. paid Nicaragua \$3 million for the right to build a canal there.

On July 15, Pacific Aero Products was incorporated



### CROCKPOT TURKEY WILD RICE SOUP

2 cups chopped cooked turkey (or store-bought rotisserie chicken, shredded]

8 cups chicken broth

2/3 cup uncooked wild rice

1 cup diced white onion

1 cup chopped celery

1 cup chopped small carrots

1 teaspoon sage

2 tablespoon balsamic vinegar

2 cups baby spinach leaves

In a 6.5 quart crockpot, add all the ingredients except the spinach. Stir.

Top the pot with the baby spinach. It will shrivel into the broth while cooking. Cover and cook on low for 8-10 hours, or on high for 4-6. The soup is ready when the vegetables are tender. Can't be ruined by "overcooking."

Makes 6 generous servings. [pagesmag.com](http://pagesmag.com)

by William E. Boeing and Conrad Westervelt. Boeing piloted their first plane. The company name was changed to Boeing Airplane Co.

On Nov. 7, Woodrow Wilson was reelected president, defeating Charles Evans Hughes.

Popular songs were "O Solo Mio" by Enrico Caruso, and "You Belong to Me" by Henry B. Smith and Victor Herbert.

#### 50 YEARS AGO IN 1966

In January, 8,000 U.S. troops were deployed in Vietnam, the largest operation to date.

The U.S. Supreme Court banned poll taxes on Mar. 24.

On June 13, in Miranda vs. Arizona, the Supreme Court ruled that the Constitution "required warnings before valid statements could be taken by police."

In August, ground breaking was held for the World Trade Center.

The first Kwanzaa was observed on Dec. 26.

By year's end, 385,000 U.S. troops were serving in Vietnam.

"Yellow Submarine" by the Beatles was a popular song. [pagesmag.com](http://pagesmag.com)





# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 6 - Issue No. 2

February 2016

Chapter #372

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## HERE'S WHY REDUCING YOUR TOP BLOOD PRESSURE NUMBER MATTERS ... A LOT

Individuals with systolic blood pressure at the 140 mm Hg level are usually satisfied by that number. They may be more concerned about the risks of carrying around too much body fat.

Now, however, there's new evidence that systolic pressure of 120 brings lower risks for heart disease, stroke, kidney failure and erectile dysfunction. The evidence shows that high blood pressure is the heart's worst enemy.

The higher risks were reinforced by the SPRINT trial, which was presented at the annual meeting of the American Heart Association. The trial was a large study of the effects 140 mm Hg blood pressure compared with 120 or below. Systolic pressure, represents the heart as it contracts and pumps blood to the rest of the body.

The researchers randomly assigned 9,300 hypertensive

patients over age 50 to either the 140 or the 120 group. Results were published in the Journal of the American Medical Association.

Those who were close to 120 had significantly lower rates of premature heart-related death and death from any cause. They reduced their risk of heart failure by 38 percent and death from heart problems by 43 percent when compared to the 140s.

Dr. Paul Whelton of Tulane University, chairman of the SPRINT trial said, "Overall we deem that the benefits of lower blood pressure far outweigh any potential for risk."

Major organizations are considering the recommendation for reducing systolic pressure to 120. It could be the beginning of the new normal.

Nearly one in three Americans has hypertension, one reason heart disease is the top killer of both men and women in the United States. [www.pagesmag.com](http://www.pagesmag.com)

**February:**

**Heart Health Month!**

Show your heart some love!



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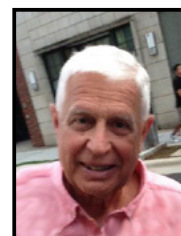


**DON'T FORGET TO LOVE YOURSELF.**  
~ SOREN KIERKEGAARD

## PRESIDENT'S CORNER

by Joel Nachman

February is National Heart Month, so wear your red and be proud of all that we as survivors have accomplished. We have a great meeting planned for you on February 11th and we will be presenting some interesting plans for our chapter in 2016. Eat smart and walk!



*Joel Nachman*



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<http://www.opm.gov/combined-federal-campaign/>

## LESS SLEEP CAN MAKE YOU FEEL BETTER THAN LONGER, OFTEN-INTERRUPTED SLEEP

Getting enough sleep is about more than the number of hours you are in bed.

Johns Hopkins University School of Medicine has found that people forced to waken multiple times during the night showed a greater decline in positive mood than those forced to go to bed later. The study, published in the journal *Sleep* showed those whose sleep was interrupted multiple times to go to the bathroom or tend a baby also had less deep sleep, the third stage of non-rapid eye movement sleep.

One study done in Israel and published last year, found that a fragmented night of sleep for a full eight hours impacted mood and attention as much as sleeping just four hours a night.

In the Johns Hopkins study, healthy people without any diagnosed sleep problems were given eight hours to sleep in the lab for three consecutive days.

Another healthy group, whose sleep was disrupted, was awakened each hour for seven or eight hours. A third group slept just four hours. Both of these groups' moods dropped after the first night, and those in the forced-awakening group continued to show a decline in mood.

Those in the four-hour sleep group saw their moods stabilize over the three days.

The researchers conclude that consolidated sleep, even if shorter than one's accustomed to, is less detrimental to positive mood than disrupted sleep.

[www.pagesmag.com](http://www.pagesmag.com)



## HAPPY VALENTINE'S DAY!

### CHOCOLATE IS GOOD FOR YOU, SO EAT YOUR CANDY, BUT NOT A LOT OF IT AT ONCE

It's hard to believe that what was once considered to be an indulgence has now proved to be good for your heart, your lungs, and your brain.

There's even more good news. The flavonoids liberally found in dark chocolate appear to produce the greatest health benefits, but researchers now say milk chocolate is also a rich source. It contains about 75 milligrams per 100 grams, or more than found in red wine. Of course, all flavonoid levels vary by brand of chocolate.

#### *The Heart study*

A new study of some 21,000 participants was done in the EPIC-Norfolk research. It shows that after 11 years, those who ate the most chocolate every day (3.5 ounces or about one chocolate bar) had an 11 percent lower risk for heart disease. They were 25 percent less likely to die of any cardiovascular causes than those eating the least (.5 ounces per day on average).



But these results are not a prescription for eating candy. They were observational studies where food questionnaires were used. Scientists did not randomly assign subjects to groups and compare the results to a control group. The study depended on recall.

In spite of this disadvantage, doctors at Tufts University say the results are supported by other studies.

#### *Going dark*

If you love chocolate, remember that it contains calories. So choose chocolate instead of indulgences like donuts and other treats.

It's still best to choose dark chocolate that's higher in flavonoids, say researchers at Tufts University. Note that the Food and Drug Administration doesn't require producers to list flavonoid content on their products.

To maximize flavonoids, Jeffrey Blumberg, PhD, of Tufts, recommends dark, bittersweet or baking chocolate. Milk chocolate is processed to make it smoother and less bitter, which also decreases natural flavonoid content. [www.pagesmag.com](http://www.pagesmag.com)





## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.



## BLACK HISTORY MONTH: THE MANY ACCOMPLISHMENTS OF ALTHEA GIBSON

In 2016, Althea Gibson and her tennis championships are seldom seen or discussed on television, since they occurred more than 60 years ago.

But if you're a fan of John Wayne and his movie, 'The Horse Soldiers' (1959), you'll see Althea Gibson in one of her many roles in life, this time, as an actress playing Lukie.

The 1950s were a busy time for Gibson. She was an American tennis player, professional golfer, and the first black athlete to cross the color line of international tennis.



In 1956, she became the first person of color to win the French Open. The following year she won both Wimbledon and the U.S. Nationals (precursor of the U.S. Open), then won both again in 1958. She was voted Female Athlete of the Year by the Associated Press in both years.

Gibson won 11 Grand Slam tournaments. She was inducted into the International Tennis Hall of Fame and the International Women's Sports Hall of Fame.

"She is one of the greatest players who ever lived," said Robert Ryland, a tennis contemporary and former coach of Venus and Serena Williams.

In the early 1960s Gibson became the first black player to compete on the women's professional golf tour.

At a time when racism and prejudice were widespread in sports and in society, Gibson was sometimes compared to baseball player Jackie Robinson.

Venus Williams writes: "I am honored to have followed in such great footsteps. She set the stage for my success, and through players like myself, Serena and many others to come, her legacy will live on."

[www.pagesmag.com](http://www.pagesmag.com)

## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

February 11

April 14

June 9

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November 10



## DAYTONA 500

SUNDAY

FEBRUARY 21, 2016



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**Bill Voerster** – 704-310-8354



## BIRTHDAYS

Reita Pendry

26th - Christine Jordan

## SURGIVERSARY

2/15/11 - Bruce White



## 'THIS AIN'T NO TEXAS CHILI CON CARNE'

National Chili Day is February 25, the fourth Thursday annually. Prejudice about what constitutes a great chili is tolerated, but barely. That's one reason for so many chili cook-offs. Every area of every state has cook-offs, usually for the honor, publicity and checks for charities: fire stations, corporations, neighborhoods, friends, rivaling restaurants and national contests.

Some call the stew chili, some chili con carne, some a "bowl o' red." The latter is what U.S. President Lyndon B. Johnson called it. He preferred venison to beef.

San Antonio chili joints sprang up nationwide during the Great Depression. A bowl o' red was cheap and hearty. The crackers were free.

Cincinnati chili is prepared with ground beef, cinnamon, chocolate and served over spaghetti. Pasta? Horrors! Texans shiver at the thought. Officially declared the state dish of Texas in 1977, theirs is prepared with beef cubes, no onions and no beans.

Chili means peppers. Carne means meat. That means spicy meat and body warming from the inside and out. Here's a great recipe you can make in less than an hour. No simmering required.



## THIS AIN'T NO TEXAS CHILI CON CARNE

- 1 lb. lean ground beef
- 1 medium yellow onion, diced
- 3 large garlic cloves, finely chopped (1 1/2 tbs)
- 2 1/2 tbs chili powder
- 1 tsp each of salt, black pepper, ground cumin
- 1/4 tsp cayenne pepper
- 2 tbs chopped chipotle chiles in adobo sauce (canned)
- 15-oz. can pinto beans, undrained
- 14 1/2 oz. can of beef broth
- 14 1/2 oz. can crushed tomatoes

On medium-high heat, brown beef with onion and garlic in a Dutch oven or large skillet for 5 to 6 minutes. Add chili powder, salt, pepper, cumin and cayenne pepper. Stir to combine and heat for 1 minute more.

Stir beans, broth, chipotle chiles and tomatoes into beef. Bring to a boil; reduce heat and simmer uncovered for 15 minutes.

Top with diced onion, grated cheddar cheese, sour cream and lime wedges. Makes 6 generous portions. Serve with corn bread or Fritos. [www.pagesmag.com](http://www.pagesmag.com)

*\*\*Editor's note: Just saying, I love me some kidney beans in my chili!\*\**



## ONE-MINUTE MIRACLE WORKOUT

The good news is: You can get the benefits of cardiovascular and aerobic exercise in just 60 minutes a week.

Here's how to do it. You exercise intensely for one minute and leisurely for another minute. Work up to a total of 20 minutes three times a week.

The American College of Sports Medicine recommends getting moderate exercise for 30 minutes five days a week. But that comes to two-and-a-half-hours!

The good part of the One-minute deal is that after 30 to 60 seconds of pushing yourself, you keep moving but at a leisurely pace.

If you want to do more, you can rest for between 30 and 60 seconds, then push toward the intense phase again.

New studies show the program is as effective as more minutes of exercise and can be equally safe. [www.pagesmag.com](http://www.pagesmag.com)





# Keep on Tick'n



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## HOW TO HAVE A TERRIFIC VISIT WITH AN OLDER LOVED ONE

Many people, unsure of what to say to an older loved one, make brief visits to those in assisted living, rehab facilities, or nursing homes.

Depending on the situation, a brief visit might be essential. But sometimes a little longer, more intimate visit can relieve loneliness.

Some of the tips for uplifting visits given by Paula Spencer Scott at Caring.com:

Set your feelings aside as a gift to your loved one. Focus on enriching part of your relative's or friend's day at a difficult time of life. Focus on the person inside. That's who you want to connect with. He or she is still there, even if the outer package has changed considerably. It can help to look into the person's eyes. They are the "window to the soul."

Time your visit with care. Many frail elders have the most energy and alertness in the morning or right after a midday meal. Call ahead to ask if you're unsure about a good visiting time.

Greet your loved one warmly.

Make eye contact, give a warm hug or gently hold a hand (remember that arthritis can make handshaking painful), then sit down to talk at eye level.

Tweak your communication style. Raise your voice



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(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.  
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slightly if needed. About half of those over 75 have hearing trouble. Turn off the radio or other background noise.

Keep your faces at about the same level. Many people rely on lip reading to help follow a conversation.

Pay attention to your nonverbal communication. Turn off your phone and be present.

Bring props. You can take off some of the "performance" pressure you might feel in making conversation by bringing along a helping hand. Examples: Some favorite or seasonal music (and something to play it on if needed). Pictures of your loved one with the family can be very enjoyable. Avoid tons of photos of people your loved one has never met -- unless these are requested.  
[www.pagesmag.com](http://www.pagesmag.com)



## FRANKLY SPEAKING WITH DR. THEODORE FRANK; TRANSPLANTS

by Christine Jordan

We have had speakers on the topic of transplants before, but we really picked Dr. Frank's brain last month. He went over the vetting process by the entire team (about 25 people), he also explained the transplant list, and how it is managed by the federal government among other things.

Thank you Dr. Frank for keeping us informed!



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<http://www.opm.gov/combined-federal-campaign/>

## 'WHAT DOESN'T KILL YOU MAKES YOU STRONGER?'

Author says trauma can change lives ... for the better

Traumatic events come in many forms, such as accidents, war, illness, personal loss and violence. Everyone wants to avoid the worst that life has to offer, but an estimated 75 percent of people will experience a traumatic event in their lifetime.

They may experience long-term emotional damage, but the trauma can also be a powerful force for positive change.

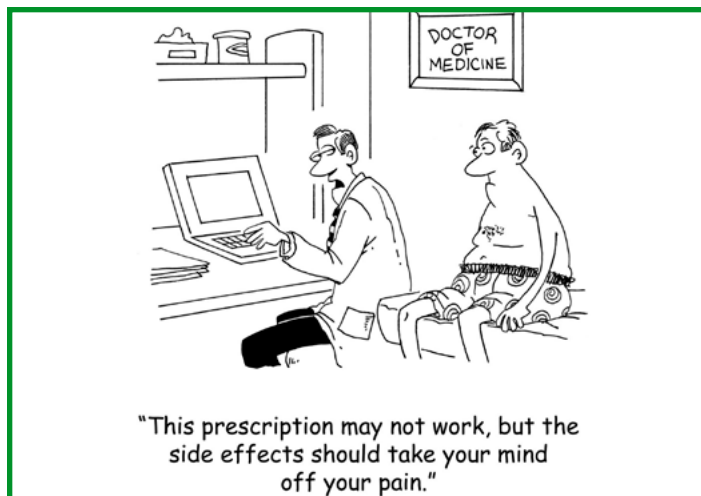
In his new book, *Upside: the New Science of Post-Traumatic Growth* (an Amazon.com 5-Star book), author Jim Rendon says post-traumatic growth was identified by psychologists in the 1990s. In an interview, more than 600 survivors were asked how the trauma had changed their lives.

Most survivors said it had negative effects, but to the interviewers' surprise, a majority also reported positive life changes.

They said they had greater inner strength, were closer to friends and family, and they were reorienting their lives toward more fruitful goals. Their trauma suffering had pushed them to change.

Growth begins with healing from trauma, but people have the capacity to do more than just heal.

Rendon says they can become better versions of themselves. [www.pagesmag.com](http://www.pagesmag.com)



## DECIDING WHAT KIND OF CARE YOU NEED NOW ...

### SHOULD YOU GO TO A CLINIC, URGENT-CARE CENTER, THE ER, OR BACK TO BED?

When you feel awful and don't know what to do about it, you might wonder if you should go to the emergency room or just back to bed. Here are some ways to decide:

Do I have a broken bone or do I need stitches? Go to an urgent-care facility or the ER immediately.

Do I have chest pains or abdominal pain with vomiting? Get to the emergency room as soon as possible. These can be signs of serious illness.

Is my breathing so bad that I can't walk? It is well over-time to get treatment. Go to the emergency room.

Fever over 104 degrees? Get to the emergency room.

Sudden loss of vision (even if it returns)? Go to an emergency room. This could indicate a stroke.

If none of these are true, ask yourself if you can wait for an appointment with your primary care physician. If you can get an appointment quickly, it's the best place to go because they know your medical history.

Do I need treatment today because of my schedule? A quick -stop clinic might be the answer. You'll find them popping up at your pharmacy, offering flu shots and more. At the CVS MinuteClinic, they say the clinic is a good choice for someone who can't get in to see their regular doctor and has a minor ailment like sore throat.

At the MinuteClinic, the nurse practitioner says sometimes people just want advice on what to do for themselves. Patients might feel bad, and want to know if their symptoms are serious. If it's just a bad cold, they can quickly leave with an over-the-counter treatment and head back home to bed.

With less-expensive urgent-care facilities and store clinics available, it's worth considering in advance where you should go.

Cost is a growing concern for many families. Going to the emergency room can be very expensive, but many illnesses can be treated at a clinic for far less.

Clinics are convenient and can provide treatment today. [www.pagesmag.com](http://www.pagesmag.com)





## WORLD KIDNEY DAY, MARCH 10

### YOUR BODY'S CHIEF FILTERS NEED ATTENTION

The kidneys act as the body's main filtering mechanism, cleansing blood of bad nutrients, keeping good ones, and removing excess water.

The kidneys also help to control blood pressure, produce red blood cells and keep your bones healthy.

An estimated 26 million American adults have chronic kidney disease (CKD) and millions more are at risk of getting it.

How to protect your kidneys

There is no magic food or remedy that protects kidneys. According to the National Institutes of Health, a healthy body equals healthy kidneys.

That means most of the recommendations for kidney health are things you have heard before:

Exercise

Maintain a healthy weight

Don't Smoke

Don't take excessive amounts of over-the-counter pain medicine such as ibuprofen or naproxen sodium.

Keep your blood pressure at a healthy level.

Control diabetes and keep sugar levels stable.

Reduce salt intake.

Eat a balanced diet.

Drink more water -- especially if you take ibuprofen or naproxen sodium.

Most people don't know their kidneys are in danger or failing until it is too late. When symptoms finally occur -- itching, fatigue, weakness, nausea and vomiting-- it might be an advanced case. Ask your doctor if you should be tested for kidney disease. [www.pagesmag.com](http://www.pagesmag.com)



## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

April 14

June 9

September 8

November 10

Easter Sunday

March 28

First Day of Spring

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.



Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

### ACTIVE ACCREDITED VISITORS:

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Gregg Bonar

Jerry Davis

Judy Duke

Rick Duke

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## HOW YOU PICK SNACKS

What you snack on partly depends on when and where you are. Savory (not sweet) snacks peak at midday, according to the NPD Group.

The desire for something sweet grows after dinner and peaks at 8 p.m. More than a third of sweet snacks are eaten after dinner.



Healthier snacks are more likely to be eaten on-the-go and away from home. More than 40 percent of snacks packed for school or work, or for in the car, are classified as "better for you" snacks.

NPD also reported that many snacks are eaten instead of a meal or as part of a meal. At Tufts University, they say the growth of snack foods eaten at mealtimes is driven by

items already in the house, so it's more important to get them on the shopping list.

About 50 percent of all "eating occasions" are now snacking; 21 percent of Americans graze throughout the day. [www.pagesmag.com](http://www.pagesmag.com)

## YOU CAN TAKE SIT-UPS OUT OF YOUR EXERCISE ROUTINE

If you don't mind calisthenics but hate sit-ups, there's good news for you. Exercise and military experts are taking sit-ups off their routines in order to prevent back injuries.

A recent editorial in Navy Times called for banishing the sit-up from physical readiness tests sailors must pass every year. The editors call it "an outdated exercise today viewed as a key cause of lower back injuries."

Sit-ups can put hundreds of pounds of compressive force on the spine, according to the Spine Biomechanics Department at Canada's University of Waterloo. Those compressive forces combined with repeated flexing motions can squeeze the discs in the spine. It eventually causes discs to bulge, pressing on nerves and causing back pain, potentially leading to disc herniation.

Instead of sit-ups, they recommend exercises with a modified curl-up with hands placed underneath the low back and shoulders barely leaving the ground.

The injury risk with modified sit-ups depends on the exact motion and on an individual's physical limitations. Some fitness instructors have ditched even modified sit-ups.

## EASTER TABLE: GLORIFIED RICE

### AN OVERLOOKED TRADITION

Those who have the combined heritage of the Upper Midwest, especially if you cooked homemade meals, have vivid memories of Glorified Rice.

The recipe was simple and inexpensive to make and used few ingredients. Foolproof and delicious, the cold dessert or fruit salad became so popular, it appeared in cookbooks put out by women's groups and local newspapers. It was passed on to family and friends, to kids and their kids.

If you do a quick Google search, you'll find almost 94,000 results! The recipes vary only slightly and the instructions are too brief for newbie chefs.

Since the classic recipe uses lemon gelatin, whipped cream and crushed pineapple, it's perfect for your Easter dinner or buffet and is sure to evoke memories, curiosity and conversation.

### EASTER TABLE GLORIFIED RICE

- 1 cup uncooked rice (3 cups cooked)
- 1 teaspoon salt
- 1 3-ounce package of lemon or orange gelatin
- 1 13 and 1/2-ounce can of crushed pineapple in juice
- 1 12 cups whipped cream
- 1 cup sugar (or 8-ounces Cool Whip and no sugar)

Boil rice with the salt until well done. Rinse, drain well and cool. Make lemon Jell-O, using only 1 cup boiling water.

Drain pineapple and add enough water to the juice to make a second cup of liquid. Add the juice mixture to Jell-O; refrigerate until almost set.

Whip cream, adding the 1 cup sugar (or use Cool Whip, defrosted); fold into rice mixture.

Beat the set Jell-O with a whisk or hand beater; fold it into rice and cream. Add crushed pineapple; refrigerate dessert (or fruit salad) until set.

Serve in a colorful bowl or individual sherbet dishes, and top with a few maraschino cherries.

Serves 8-10. [www.pagesmag.com](http://www.pagesmag.com)

One move, called the plank pose has expanded beyond yoga classes and is used widely in physical training in place of sit-ups. Lying on the side with the body held straight from heel to shoulder, it is performed with a forearm on the ground as a person moves up and down.

The plank uses muscles on the front, side and back of your midsection or core, while a sit-up requires just a few muscles, expert say.

The Navy and Marines are revising the elements of their fitness tests in order to make them more effective.

[www.pagesmag.com](http://www.pagesmag.com)





# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 6 - Issue No. 4

May 2016

Chapter #372

| March 2016            | Patient    | Cath Lab | Phone     | Family    | Internet |
|-----------------------|------------|----------|-----------|-----------|----------|
| CMC - Main            | 37         | 0        | 12        | 0         | 0        |
| CMC - Pineville       | 46         | 0        | 0         | 11        | 0        |
| Total for March       | 83         | 0        | 12        | 11        | 0        |
| <b>TOTAL FOR 2016</b> | <b>194</b> | <b>0</b> | <b>12</b> | <b>18</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnoshosting.net/Chapters/Home/372>

## MEMORIAL DAY, MAY 30

For some 150 years since the end of the Civil War, decorating the graves of military service members has been the primary activity on Memorial Day. Most cemeteries place an American flag on each service member's grave regardless of how long ago he or she died.

Memorials in the form of a cross are called intending crosses.

At Arlington National Cemetery, the President places a wreath on the monument known as The Tomb of the Unknown Soldier, honoring those soldiers who, in the chaos of war, could not be identified and are 'known but to God.' The tomb stands on a hill at Arlington, overlooking Washington, D.C.

As visiting cemeteries on this day became more common, the graves of deceased family members were also decorated. Many individuals remember visiting the graves of grandparents, brothers, sisters, aunts and uncles on this one day a year.

And as cremations and natural burials become more popular, online memorials and tributes printed in newspapers are also becoming more common. At natural burial cemeteries, laying of gravestones or memorial plaques is often not permitted.

During the 150 years since the custom began, almost every family has lost someone, if not a family member, a friend who was lost is remembered.

For all, a prayer for those who are gone is a fitting memorial. [www.pagesmag.com](http://www.pagesmag.com)

Patriotism is supporting your country all the time, and your government when it deserves it. ~Mark Twain

*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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## THE BRAIN IS LIKE A MUSCLE, SO EXERCISE IT MORE OFTEN

The mainstream view in neuroscience today is that the living brain is actually neuroplastic, meaning its circuits are constantly changing in response to what we do.

As we think, perceive, form memories or learn new skills, the connections between brain cells also change and strengthen. Far from being hard-wired, the brain has circuits that very rapidly form, un-form and reform.

Researchers at Cardiff University in the UK found that the physical activity with the largest positive impact on the brain was walking at least two miles a day, biking 10 miles, or regularly engaging in vigorous exercise.

[www.pagesmag.com](http://www.pagesmag.com)

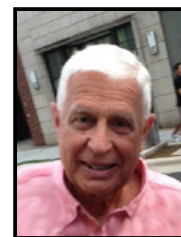
## PRESIDENT'S CORNER

by Joel Nachman

Pills, procedures, more pills...Are you confused? Need advice, want to talk to someone who knows what you are going through? Well, come to our June 9th meeting and talk to fellow heart patients.

Who knows, you might even make a new friend.

Walk and stay hydrated!



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The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. When donating, specify our Mended Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

## BABY BOOMERS SHOULD

### BE TESTED FOR HEPATITIS C

If you were born between the years 1945 through 1964, you are in the largest group of people at increased risk for chronic hepatitis C. It's a viral infection that can cause serious liver damage.

Especially if you are in this age group, the U.S. Preventive Services Task Force recommends testing. The disease is often silent and not diagnosed until it's already causing liver damage.

Seventy to eighty percent of people with hep C have no symptoms. They may go for years, even decades, without knowing they have the virus.

About 2.7 million people in the U.S. have chronic hepatitis C, (HCV) which can be spread only by direct contact with the blood or bodily fluids of those who have it.

- \* You are at higher risk if you have injected drugs or shared needles
- \* You received donated blood or organs before 1992 or clotting factor concentrates before 1987
- \* Had piercing or tattoos in a nonsterile environment
- \* Are HIV infected
- \* Are a healthcare worker who may have been exposed to it.

At David Geffen School of Medicine, UCLA Los Angeles, Sammy Saab, a professor of medicine and surgery, says it's better to know whether or not you have HCV. The benefits of identification are many. Regular care can help infected individuals improve their health.

"In addition to getting any necessary treatment, you can take steps to protect your liver," says Dr. Saab, "such as avoiding alcohol, maintaining a healthy weight and getting vaccinated for hepatitis A and B, pneumonia and the flu."

There is no vaccine for hepatitis C. [www.pagesmag.com](http://www.pagesmag.com)

## TELEMEDICINE FOR VISION SCREENING

People with diabetes should be screened for diabetic retinopathy once a year, but most are not. A new study in reported in JAMA Ophthalmology shows that using

## 5 ESSENTIAL STEPS TO GETTING OFF THE COUCH EVERY DAY

British fitness convert Susannah Taylor reveals five ways she gets moving even when moving is the last thing she wants to do.

Taylor, the editor of the health hub Get the Gloss, started out exhausted and weary as she worked on the launch of her business.

At one point, she commuted three hours daily, took care of her two kids, and promoted her business.

At a dinner party three years ago she found herself miserable and exhausted from work and commuting.

As Taylor sipped her third glass of wine at a dinner party, she had a conversation with one of her fittest friends about exercise. She became convinced that moving her body would make her feel more alive, less exhausted and less stressed.

Today, she exercises 3 to 5 times a week and she feels great.

Here are the five essential tips for getting off the couch:

1. Start slowly. If you are going running, start by walking fast and then at that moment where your walk breaks into a jog, stay at that pace and you'll be able to go farther.
2. Exercise even when you don't feel like it. No one ever regretted a workout, she says.
3. Overthrow the "stay here on the sofa" gremlin who says "It's cold"; "it's starting to rain"; "I haven't got time"; "it's late"; "I'm tired"; "I'm hungry"; "it's getting dark." Go out anyway.
4. Put your trainer outfit and shoes on and walk out the door. You'll feel really guilty if you then go back inside.
5. Buy some new training clothes. Whether it's a pair of leggings, a bright new pair of running shoes, or just a vest top, wearing flattering, stylish training clothes inspires you to work out. And make sure you buy a good sports bra. [www.pagesmag.com](http://www.pagesmag.com)

telemedicine can greatly increase screening rates.

A primary care physician takes photos of a patient's eyes with a special camera and uploads the images to be evaluated by an eye professional. [www.pagesmag.com](http://www.pagesmag.com)





## EXERCISE, PSYCHOLOGY CAN BRING RELIEF FOR BACK PAIN

For patients who have not been successful with treatments like surgery and narcotic pills, doctors are trying a new approach for treating back pain. In functional restoration, patients learn to manage back pain, even if it's not completely eliminated, and get back to work, sports and daily activities.

To build strength and endurance, exercises they learn to do daily include:

**Chair bend.** Sit in a chair with knees apart. Bend forward and reach back between your legs. Hold for 3 seconds.

**Hip twist.** Lie on your back with knees bent and feet together. Rotate hips to either side. Do it 10 times per session.

**Peel up.** Lie face down with hands beside your chest. Raise your chest up, keeping low back and legs relaxed. Repeat 10 times per session.

**Side stretch.** Standing beside the wall with one hand against it, slowly stretch your hips toward the wall with the other hand at the waist, supporting your body. Hold 3 seconds.

Psychological and behavioral counseling teach coping skills and help patients get over the fear of movement that comes with "pain catastrophizing," according to The Wall Street Journal.

Americans spend about \$90 billion a year on tests, surgery and treatments for back pain, which is the leading cause of disability for people under age 45.

At Dartmouth-Hitchcock Medical Center in Lebanon, N.H., the Functional Restoration Program offers a three-week course for chronic sufferers who have had disabling back pain for more than three months.

[www.pagesmag.com](http://www.pagesmag.com)



## SUPPORT GROUP & MEETINGS SCHEDULE PINEVILLE - LANCASTER ROOM 6:30 P.M.

June 9                      September 8                      November 10  
**Mended Hearts Regional Education Conference:**  
**June 23 & 24th, Raleigh, NC**

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

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## SPRING FOR A SALAD IN THE MERRY MONTH OF MAY

Food Revolution Day on May 20 is a worthy addition to our May observations.

Celebrity Chef Jamie Oliver initiated this global campaign in 2012 to inspire and teach home, school, and even professional chefs how to use more fresh foods in their meal preparations.

To educate children about food choices "in a practical, fun and engaging way," Oliver leads an army of volunteers who become community activists. In 2015, over 8,200 schools in 100 countries participated in Food Revolution Day.

By mid-March, over 500 events in 300 cities across 33 countries have been organized.



### FIVE FOOD RULES FOR A

#### LONG AND HEALTHY LIFE

It's National Nutrition Month, a good time to re-evaluate your eating habits, as well as those of your loved ones.

The good news? Research by Laura Dixon, a Caring.com editor, shows that regardless of your age, keeping key food guidelines in mind can boost your health. The guidelines include these.

1. Choose whole foods over processed foods. They generally are composed of one ingredient, have been refined as little as possible, and don't include added salt, carbohydrates or fat. Whole foods include fruits, vegetables, nuts and legumes.

2. Get more of your food from plants. Eating plant-based foods and limiting meat can boost health outcomes and possibly add years to your life. Fruits and vegetables are associated with a lower risk for heart disease and cancer, and they help you stay full longer. In a study published in the American Journal of Clinical Nutrition, participants who ate meat less than once a

How about making your Mothers Day celebration a food revolution? Try this easy and creative version of the classic Waldorf salad.

#### Merry Maypole-Ribboned Salad

1/2 cup walnut halves

1 tablespoon minced shallot

1/2 teaspoon finely grated lemon zest

2 tablespoon lemon juice

1 tablespoon white vinegar

1/3 cup canola oil

1/2 teaspoon ground cumin

Salt and pepper

2 cups romaine heart lettuce strips

1 small head of frisee (a curly endive), coarsely chopped

1 cup thinly sliced celery hearts (4 inner ribs)

1 cup red radishes (halved lengthwise and thinly sliced)

1/4 cup golden raisins

1 Fuji apple, quartered, cored and thinly sliced crosswise

Preheat oven to 350 degrees. Spread walnuts in a pie plate, toast until golden (about 8 minutes), cool and break into pieces.

Pour the lemon juice and vinegar into a large bowl, add the shallot and lemon zest, whisk in the canola oil and cumin, and season the dressing with salt and pepper.

Add the shredded romaine, celery leaves, chopped frisee, radishes, sliced celery, raisins, apple and toasted walnuts. Toss. Serves six. [www.pagesmag.com](http://www.pagesmag.com)

week had a significantly lower risk of death over time than those who ate it more often. Cutting back on red meat can cut your risk of dying early, the National Cancer Institute has found.

4. Slash sugar. It may be one of the best things you can do for your health. The American Heart Association recommends no more than nine teaspoons a day for men and six for women.

4. Eat nuts. They are one of the best snacks. In one study, participants who ate a handful of nuts daily were less likely to die for any reason over a three-decade period.

Registered dieticians and nutritionists recommend nuts as part of a diet for a longer life, according to a 2013 New England Journal of Medicine study.

5. Water, coffee, tea and red wine are fine. The vast majority of the long-living people were found to drink these liquids. Voluminous research has shown the health benefits of drinking plenty of water, especially as you age, when it's easier to become dehydrated.

Meanwhile, coffee is an antioxidant. Antioxidants are linked to lower rates of diseases and conditions. [www.pagesmag.com](http://www.pagesmag.com)





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Volume 6 - Issue No. 5

June 2016

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|-----------------------|------------|----------|-----------|-----------|----------|
| CMC - Main            | 41         | 0        | 5         | 1         | 0        |
| CMC - Pineville       | 33         | 0        | 6         | 1         | 0        |
| Total for March       | 74         | 0        | 11        | 2         | 0        |
| <b>TOTAL FOR 2016</b> | <b>268</b> | <b>0</b> | <b>23</b> | <b>20</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## THE FASCINATING (AND TRAGIC) HISTORY OF GLOVES IN INDUSTRY

Just what is the proper glove?

That's a question that could be answered by anyone from Martha Stewart to your company's welder. But, as anyone in industrial occupations can tell you, the answers are critical.

While gloves have been used for thousands of years for purposes of warmth, cleanliness and even ceremony, the use of special gloves for specific jobs is relatively recent.

In 1889, Johns Hopkins Hospital chief of surgery William Stewart Halsted asked the Goodyear Rubber Company to make thin rubber gloves to protect medical staff, specifically his fiance Caroline Hampton, then chief operating room nurse. Hampton had been using a chemical to prepare the operating room for a sterile surgery when she developed a skin reaction. The gloves worked well and by 1894 Halsted ordered the use of sterilized medical gloves at the hospital.

That was a good start and within just a few decades glove technology became important in industrial safety.

Although many new forms of gloves, specific to tasks, have since been developed, OSHA estimates that occupational skin disease still accounts for 10-15 percent of work related diseases.

One of the most important practices of a good tradesman is to ensure work clothes, and especially gloves, are decontaminated before they leave the work site. Welders, for example, might have slag and tiny debris on gloves. If worn home without decontamination, family members could develop skin problems, or eye problems as the bits contaminate the

home and clothing.

Some hard lessons have been learned about the proper use of gloves.

Among them, the tragic case of Karen Wetterhahn, a scientist at Dartmouth College who specialized in toxic metal exposure. In August 1996, Wetterhahn was studying the way mercury interacted with protein. She was careful to wear protective glasses, gloves and protective clothing. Yet, nine months later, at the age of

*Gloves continued on page 4*

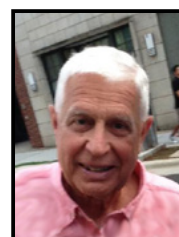
## PRESIDENT'S CORNER

by Joel Nachman

### Second Chances

It was my birthday this past weekend and I pondered that I am getting older, but in my eyes I am only 7. I was given a gift 7 years ago, another chance at life after a near fatal heart attack. So cherish your re-birth, love your life, family and friends. We are a select few that get a chance to be alive and active. Some are not so fortunate, we are the lucky ones, so I will see you on the playground to play jacks, marbles and flip baseball cards.

Does anyone have any Blackjack gum?



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*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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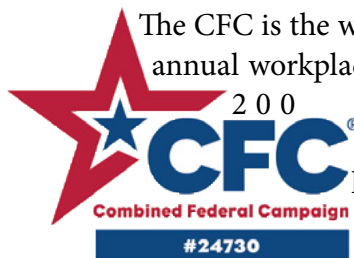
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The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

## PRE-HABILITATION: EXERCISING NOW PAYS OFF BEFORE SURGERY

Doctors at the Mayo Clinic have found that fitness counts when surgery is scheduled. Increasing evidence shows that being fit before surgery may reduce the length of your hospital stay, as well as your risk of post-operative complications.

People who can walk a few blocks or climb several flights of stairs with no problem have fewer complications after surgery than those who aren't able to do these things.

Recommended exercises are: regular walking or cycling and strength training with resistance bands or free weights. One study found that several weeks of walking and performing breathing exercises improved fitness in a group of volunteers awaiting colorectal surgery.

Other pre-habilitation steps include:

- \* Stop smoking. Smoking is a risk factor for surgical complications, cardiovascular problems and pneumonia.

- \* Control blood sugar. If you have diabetes, getting blood sugar under control can reduce the risk of complications.



- \* Get enough sleep. Sleep apnea increases the risk of post-surgery breathing and blood oxygen problems.

- \* Improve your diet. Being underweight, especially if you have had rapid weight loss, is a risk factor, as is being significantly overweight.

- \* Manage stress. Stress management skills can help you cope with anxiety about your surgery and recovery. Pacing your activities and accepting help from family and friends can have a positive impact on your recovery time. [www.pagesmag.com](http://www.pagesmag.com)

## JUNE, JULY ARE THE 'FIREWORKS SAFETY MONTHS'

The only safe way to use illegal fireworks is by not using them.

Nancy Blogin, President of the National Council on Fireworks Safety, urges consumers to not use illegal explosives or professional fireworks.

She says that in 2015 there were serious injuries caused by consumers using illegal explosives and/or professional fireworks.

Blogin cautions consumers to only purchase legal consumer fireworks from authorized stores or stands, and to never buy fireworks from individuals, or from vendors in back alleys or operating out of their house.

Blogin also challenges consumers to educate themselves on the safe and responsible use of consumer fireworks.

If you are at a party where consumer fireworks are being shot, make sure that there is a designated shooter who has not been drinking any alcohol and that the fireworks are being used responsibly.

More safety tips:

- \* Only use fireworks outdoors and in an area free of overhead obstructions and away from dry grass or other flammable materials.

- \* Obey all local laws regarding the use of fireworks.

- \* Never give fireworks or flaming sparklers to young children.

- \* Wear safety glasses when shooting fireworks.

- \* Always have a bucket of water, and charged water hose, nearby.

- \* Dispose of a spent product by wetting it down and placing it in a metal trash container where it will stay until morning, and one that is away from any building or combustible materials.

The National Council on Fireworks Safety is a 501(c)(3) charitable organization whose sole mission is to educate the public on the safe and responsible use of consumer fireworks.

The Fourth of July is the nation's primary day for using fireworks. The second most popular day is New Year's Eve. [www.pagesmag.com](http://www.pagesmag.com)





## NEW EVIDENCE SHOWS LOWER LEVELS OF BLOOD PRESSURE PROVIDE DRAMATIC PROTECTION AGAINST HEART DISEASE

Hypertension is thought to be responsible for 50 million deaths per year nationwide. It's a major risk factor for stroke, heart attacks, heart failure and peripheral vascular disease.

Many studies have shown that patients with systolic blood pressures (the top number) below 140 have a lower risk of heart disease and death than those above 140.

### *The cardiac game changer*

Results of the Systolic Blood Pressure Intervention Trial (SPRINT) represent a game-changer in the field of hypertension. The study, presented to the American Heart Association, shows that patients who maintained a blood pressure of 120 or less had a 25 percent lower risk of heart failure, heart attack, stroke and cardiovascular death than those whose blood pressure was maintained at 140.

They had a 43 percent lower risk of cardiovascular death and 27 percent lower risk of death from any cause than those whose target systolic blood pressure was 140.

It can be difficult to achieve

Lowering blood pressure can be difficult. In order to reach the 120 systolic level, some patients could need more than one medication.

In the SPRINT trial some patients who were able to reach 120 suffered adverse effects, such as fainting and kidney problems. But the trial has been called "one of the most important achievements of 2015."

It's not the whole answer.

Researchers at Duke Medicine say the 120 number is no magic bullet. It was chosen because it was significantly lower than 140.



What the trial did show was that bringing systolic blood pressure levels down below 140 can be beneficial in many ways as long as it's done safely.

Note that no diabetic patients were included in the trial. [www.pagesmag.com](http://www.pagesmag.com)

## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

June 9

September 8

November 10

**Mended Hearts Regional Education Conference:**

**June 23 & 24th, Raleigh, NC**

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

### ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during April:

John Bertrand

Gregg Bonar

Jerry Davis

Judy Duke

Rick Duke

Joel Nachman

Kelly O'Connor

Sandara Scherrman

Bill Voerster

Bruce White

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**Bill Voerster** – 704-310-8354



## ROYALE CHICKEN-ASPARAGUS ROULADE

### A RECIPE FIT FOR THE QUEEN!

Queen Elizabeth II officially celebrates her 90th birthday in June and also her 63rd year as Queen, breaking the record of Queen Victoria to become the longest reigning monarch.

Many Americans and Canadians have been royal family watchers, for marriages, births of children and grandchildren, and funerals (the Queen Mother and Princess Diana). Now, fans can picnic with the royals and 10,000 invited guests (paying \$215 each) as they celebrate the Queen's charity patronages.

June is also Poultry Month. How fitting is it, to make Royale Chicken-Asparagus Roulade part of the lunch to serve at your own event.

#### *Royale Chicken-Asparagus Roulade*

- 4 medium skinless, boneless chicken-breast halves
- 1 lemon
- 3 ounces goat cheese
- 1/2 cup fresh mint leaves
- 16 thin asparagus spears
- Salt and pepper
- 1 tablespoon olive oil



Holding a chef's knife against a long side of chicken-breast halves, slice them almost but not all the way through. Open and spread flat.

Make 1/2 teaspoon lemon zest and 1 tablespoon juice.



In bowl, combine goat cheese, mint, lemon zest and juice. Spread mixture evenly on cut sides of breast halves.

Line up asparagus spears (cut blunt ends to unify length). Place 4 uncooked spears on a long side of each breast half.

Roll each breast half to enclose them, allowing ends of stalks to protrude. Secure with toothpicks.

Sprinkle with salt and pepper.

In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add roulades. Cook, covered, 9 to 11 minutes or until chicken loses pink color, turning roulades to brown all sides.

Transfer roulades to cutting board to cool. To serve, discard toothpicks and cut roulades into 1-inch-thick slices. Place them in individual picnic basket containers or on a platter for immediate use. Serves 4.

The menu includes minted Cornish potato salad with pea shoots. [www.pagesmag.com](http://www.pagesmag.com)



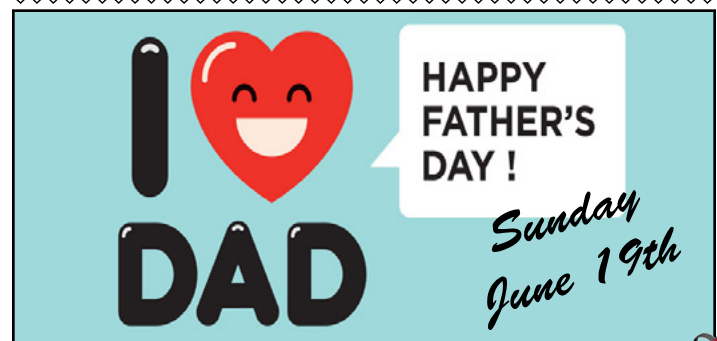
"Everything should be made as simple as possible, but not simpler." ~Albert Einstein

*Gloves continued from page 4*

48, she was dead of mercury poisoning. Her illness was traced back to that August when she spilled two drops of mercury on her gloved hand. It was later established that dimethylmercury can penetrate latex in about 15 seconds.

Wearing the right glove for the job, all the time, is one of the most important modern safety precepts. Check with companies such as [allsafetyproducts.com](http://allsafetyproducts.com) for industrial gloves and guidance on the proper choices.

[www.pagesmag.com](http://www.pagesmag.com)





# Keep on Tick'n



**Mended Hearts**<sup>™</sup>  
of Charlotte

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

Volume 6 - Issue No. 7

November 2016

Chapter #372

| September 2016        | Patient    | Cath Lab | Phone     | Family    | Internet |
|-----------------------|------------|----------|-----------|-----------|----------|
| CMC - Main            | 13         | 0        | 0         | 1         | 0        |
| CMC - Pineville       | 8          | 0        | 0         | 2         | 0        |
| Total for September   | 21         | 0        | 0         | 3         | 0        |
| <b>TOTAL FOR 2016</b> | <b>367</b> | <b>0</b> | <b>27</b> | <b>30</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

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## NOVEMBER IS NATIONAL COPD AWARENESS MONTH

### *What is COPD?*

Chronic obstructive pulmonary disease is an inflammatory lung disease that constricts the airways and partially blocks the passage of air to and from your lungs.

It's progressive and incurable and shortens your lifespan.

COPD is the third leading cause of death in the United States and a major cause of long-term disability. Over 120,000 lives end each year. More than 12 million people have been diagnosed with the disease, but far more than double that number remain undiagnosed. You may be one of these statistics, if you smoke.

Most people who have COPD smoke cigarettes or used to smoke. This remains the leading cause and accounts for as many as nine out of ten COPD-related deaths. However, as many as one out of six never smoked, but breathed in the secondhand smoke of their spouse, a parent, or coworkers if their workplace allowed it before bans took place.

Women smokers are more vulnerable than men; their deaths are higher than in men and nearly 22 times higher compared to women who have never smoked.

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Yes, the inhalation of pipe, cigar, and other types of tobacco smoke can also cause COPD, as can long-term exposure to air pollution, chemical fumes, or dust.

If you haven't seen a doctor for years or mentioned your symptoms during an appointment for something you think is unrelated, it may help to recognize the signs of COPD. Do you have an ongoing cough that produces lots of mucus (smoker's cough), wheezing when you breathe, shortness of breath when you do anything physical (climb a stairway, push a grocery cart to your car, carry in the groceries), or chest tightness?

Most people diagnosed with COPD have both

*COPD continued on page 2*

## PRESIDENT'S CORNER

by Joel Nachman

This past summer one of our former members was rushed to CMC Main in heart failure. She was given 2 choices; die or an assist device (LVAD) to keep her alive until a heart became available.

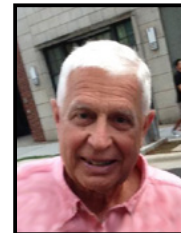
She opted for life. Not without a struggle, after the LVAD surgery she was in a coma for almost a week, then alas our hero woke up.

A few weeks ago she was number one on the transplant list and received a new heart. Again she stayed in a coma. Maybe that is God's way of protecting her, not sure. But today she is alive and well and thinking about going back to work.

Positive thoughts, hope and prayer they all contribute.

To life!

Joel





<http://www.opm.gov/combined-federal-campaign/>

## NO FLU FOR YOU!

Flu season is upon us and one shot could save you two weeks of suffering, says the Centers for Disease Control (CDC).

This is recommended for everyone over the age of six months, except for those who may be adversely affected because of a weakened immune systems.

There are a variety of vaccine options available to help individuals avoid the virus, or to lessen its impact, and they come in multiple forms - typically a shot, or a nasal spray.

This year, the CDC says that the nasal spray vaccine should not be used during the 2016-2017 flu season.

The CDC recommends the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). There are vaccines with three components (a trivalent shot) or four components (a quadrivalent shot). No matter which you choose, it usually takes about two weeks for the vaccination to fully take effect.

If you're interested in getting a flu shot, there are a variety of places where you can go to get that vaccination, including your doctor's office. A local health clinic, a pharmacy or even a drive-through flu shot clinic, if you can find one, are all places where you can get a flu shot.

If you're going to get a flu shot, now is the time to do it - too early and you may suffer later on, from waning immunity around the time that flu peaks next January or February. [www.pagesmag.com](http://www.pagesmag.com)

*COPD continued from page 1*

emphysema and chronic bronchitis. In bronchitis, the lining of your airways is always irritated and inflamed and becomes thicker. Mucus sticks in the airways and makes it harder to breathe. In emphysema, the walls between air sacs in your lungs are damaged so the sacs lose their shape, become floppy and enlarge and this causes fewer air sacs instead of many tiny ones.

Use the entire month of November to talk about COPD. See your doctor if you recognize symptoms in yourself or a loved one. The best way to prevent COPD is to not start smoking or to quit smoking now.

[www.pagesmag.com](http://www.pagesmag.com)

## NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH

### CARING FOR YOUR LOVED ONES

For families whose elderly members need a little extra attention, caregiving can be rewarding, a labor of love that can be life changing in more than one way.

According to AARP, an estimated 39.8 million Americans cared for an elderly adult. (2015) About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the prior 12 months.

As of 2014, more than 15 million individuals has assumed the role of caregiver for a family member who has Alzheimer's Disease.

Many family caregivers juggle home and work, often shouldering the financial as well and physical tasks of caregiving.

Here are a few tips to ensure that you remember to relax and take care of yourself when you can.

1. Take care of yourself first. If you are not healthy, you won't be able to provide the level of care you want to provide.

2. Find respite care when needed. You can't do everything for everyone all of the time. When you need a break, respite care may be available. If you're not yet interested in respite care, accept help when family members offer.

3. Build a support network including friends, family and other caregivers. Having individuals with a variety of experiences in your life, including those who are also family caregivers can help you to see solutions to issues you're experiencing and can help to reduce your stress levels as you connect and build relationships.

Caregiver Action Network ([caregiveraction.org](http://caregiveraction.org)) offers a variety of resources for family caregivers and spearheads the annual celebration of those individuals. [www.pagesmag.com](http://www.pagesmag.com)



**Honoring All Who Served**





## TOBACCO ADDICTION STUDY: IT'S PARTLY IN YOUR HEAD

Researchers at the University of Texas at Dallas have found that the brain response to nicotine is affected by the belief of the smoker.

A smoker who believes, inaccurately, that nicotine is present in a cigarette still will feel satisfied.

These findings were published this summer in the journal *Frontiers in Psychology* and could lead to changes in the way people handle the idea of giving up nicotine.

Researchers used a functional MRI to examine the brains of two dozen chronic smokers in a double blind study. Smokers were divided into four groups. Two groups smoked nicotine cigarettes but half thought the cigarette did not contain nicotine. Two other groups smoked a non-nicotine cigarette. Half thought the cigarette did contain nicotine.

The study found that if participants believed that the drug was present their craving for nicotine was satisfied.

According to [Smokefree.org](http://Smokefree.org), there are dozens of other studies in the works related to cessation of smoking, and several are free to join, relying on smartphone applications for data collection.

Data from these studies could prove useful during the **Great American Smokeout event, which takes place this year on Nov. 17, 2016.**

The Great American Smokeout is a day when smokers across the country, and those who love smokers and want them to make healthy choices, may take steps toward avoiding tobacco. Some create a plan to quit starting that day, some use that day to share information on tobacco addiction and its effects. [pagesmag.com](http://pagesmag.com)

## NO BUTTS ABOUT IT!

by Chris Jordan

Hey ya'll! Please keep in mind that when you are visiting, a large percentage of the patients have **just** quit smoking. I've noticed that it still doesn't sink in to the friends and family that they should quit too. People



always say, I'll do whatever I can to help (the patient) recover. But they don't take into account how **HARD** it is to be around smokers after you quit. Remind them, kindly, that taking care of themselves is what's best for the patient!

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November 10

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by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.



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## RED VELVET CAKE: A HOLIDAY TREAT

Red Velvet Cake wasn't always red. In fact, in its humble beginnings during the early 1800s, it was an incredibly light treat that made use of cocoa, cornstarch or almond flour to make the protein in regular flour a little softer. The resulting delicacy was an extremely fine-textured cake that was known, with somewhat of a Victorian essence, as velvet. Though the history is sometimes disputed, in the 1920s New York's Waldorf-Astoria Hotel is credited with popularizing the cake made with red coloring.

### THE CAKE

- \* 1 cup vegetable oil
- \* 2 cups sugar
- \* 2 eggs (at room temperature)
- \* 2 ounces red food coloring
- \* 1 tablespoon cocoa
- \* 1 teaspoon salt
- \* 1 tablespoon vanilla
- \* 2 1/2 cups all purpose flour
- \* 1 1/2 teaspoon baking soda
- \* 1 cup buttermilk
- \* 1 tablespoon vinegar

Butter and flour two 8-9-inch cake pans and set them aside.

Mix oil and sugar on medium for five minutes, then add one egg at a time. Wait for the first egg to be completely mixed in before adding the next one.

Next, mix very well, the 2 ounces of food coloring with the cocoa powder. Add this mixture to the previous mixture, along with the salt and vanilla.

Sift together the flour and baking soda and add one-third of the mixture to the above mixture, combining until mixed well.

Stir together the buttermilk and vinegar and add half of it to the above mixture. Add another one-third of the flour mixture, combining well. Then repeat by combining the rest of the buttermilk, followed by the last one-third of the flour.

Divide the mixture evenly between 2-3 cake pans, depending on how thick you want each layer and bake for 35-45 minutes, depending on the size of the pans used. They will be done when a toothpick inserted into the center of the cake comes out clean. Allow cakes to cool 5-10 minutes before removing from pans. Allow them to cool completely before attempting to ice them.



### THE ICING

- \* 3 (4oz.) packages of cream cheese, softened
- \* 3/4 cups butter
- \* 1 Tablespoon vanilla
- \* 2 1/2 cups powdered sugar

Fold together the cream cheese and butter until completely mixed, then add vanilla and mix well. (I use my mixer to cream it and give it some fluff!)

Add the powdered sugar, a half cup at a time for the best consistency. For best results, place in the refrigerator for a half hour before icing the cakes. [pagesmag.com](http://pagesmag.com)



"Let's go over this again. Anything that hits the floor is yours, with the following exceptions..."

## HAPPY SURGIVERSARY

Bill Voerster - 11/02

Judy Duke - 11/23

HAPPY THANKSGIVING NOVEMBER 24





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| October 2016          | Patient    | Cath Lab | Phone     | Family    | Internet |
|-----------------------|------------|----------|-----------|-----------|----------|
| CMC - Main            | 29         | 0        | 6         | 1         | 0        |
| CMC - Pineville       | 28         | 0        | 0         | 8         | 2        |
| Total for October     | 57         | 0        | 6         | 9         | 0        |
| <b>TOTAL FOR 2016</b> | <b>424</b> | <b>0</b> | <b>33</b> | <b>39</b> | <b>2</b> |

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Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## **PRESIDENT'S CORNER**

by Kent Clow

Greetings all. With the new year, comes many changes. One change is that Joel is stepping down as President of our Mended Hearts Chapter and I am stepping in. I have some pretty big shoes to fill and hope that all of you will help me. As we make this transition, please let me know if there are any specific topics you would like to address at the coming meetings. January's meeting will feature Michelle Hoag, who is a yogi from Synergy Yoga. She will be discussing relaxation techniques and how they can help us recover. Dress comfortably as she will probably want us to practice.

### *For those that haven't heard my story:*

In July of 2014, my daughter got married and we all had a wonderful time. Shortly after I went to the doctor for a sinus infection and he asked what I was doing for my heart murmur. First time I've ever heard those words. He set me up for an echo on Aug 9. On Aug 14, I suffered a stroke that was determined to have been caused by a failed mitral valve making blood clots in my heart. On Aug 23, I had my surgery and the doctor was able to repair the mitral valve flap and did not have to replace any of my original equipment. After cardiac rehab and ten weeks off, I returned to work. 6 months later, I

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started my extensive travel again. This last year, I started a new chapter of my life by welcoming my granddaughter into the world at the end of March. Seeing her grow and change everyday is so wonderful! Because we had nothing better to do, my wife and I rode most of RAGBRAI this last summer. We completed about 325 miles of the 425 miles across Iowa. It was a lot of fun but very grueling. We have already decided to ride again in 2017, just waiting on the route announcement.

I hope you all have a wonderful Holiday season and are able to spend time with friends and family.

Kent Clow

## **CHANGING OF THE GUARD**

by Christine Jordan

We appreciate the time that both Joel Nachman and Bill Voerster have dedicated to the betterment of our chapter. They both remain active members and mentors in Mended Hearts, making them visitor favorites and a fun part of our Mended Hearts Gang!

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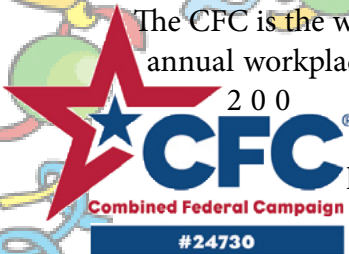
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### TO GIVE OR NOT TO GIVE

Do you find yourself acting out the continuing role of everyone's favorite Christmas elf during the month of December? Cheerfully buying, wrapping and distributing gifts to everyone you've said 'hello' to during the year while asking yourself if you are going crazy?

Millions of others feel the same stress. Some ideas about gifting:

Giving isn't trading. Completely eschew the idea that you have to gift someone who brings you an unexpected gift. Instead, receive the gift in joy and spend a moment with the giver.

Give holiday cards with a short personal note. Or a tip, if customary. Housekeepers, hairdressers and other service people you regularly visit need a tip on the holidays. Put it in a card. For neighbors, occasional friends, distant relatives, a card alone is perfect.

Give good deeds. Shovel an elderly neighbor's walkways. Make an extra casserole for the single mother of three who works.

Give treats. Hey, you don't even have to bake cookies. Just buy assorted goodies, some festive cellophane and wrap it up on a paper plate! [www.pagesmag.com](http://www.pagesmag.com)



### *When what to my wondering eyes should appear, but... A miniature sleigh, and eight tiny . . . caribou*

'Twas the night before Christmas when everyone knew, the sleigh of St. Nicholas was not pulled by caribou. That would be reindeer.

Truth be told, reindeer and caribou are the same species, *Rangifer tarandus*. But the two words are used in different parts of the world to describe the same animal: the arctic deer. As a general rule in North America, wild arctic deer are called caribou and domesticated arctic deer are called reindeer.

Clement Moore wrote that eight tiny reindeer pulled Santa's sleigh in his 1823 Christmas poem "A Visit from Saint Nicholas" and he was probably right.

A brilliant professor of Asian and Greek literature and a biblical scholar, Moore knew caribou were wild, and there was no written record of them ever being tamed, not even by Santa. He also knew reindeer had been domesticated for over 2,000 years and were used by to pull heavy loads, like a sleigh packed with toys.

According to Moore's famed Christmas poem, the reindeer went up on the rooftop 'click click click.' It sounds nicer than it is. Reindeer walk with a clicking sound so loud it resonates up to 150 feet away. (Imagine the sound of the 400,000-strong migration of the North American herd.) The sound is made by tendons snapping over foot bones.

Reindeer are amazingly adapted for living with Santa at the North Pole.

Large four-toed, hairy hooves expand or contract with the weather to act like snowshoes or shovels or water paddles. Specialized noses densely covered with short hair (even the nostrils) to warm cold inhaled breath because they shove these muzzles into the snow all day long to root out food.

Two layers of fur that trap air to provide first-rate insulation from arctic temperatures, keeping them afloat in freezing water or pulling sleighs at light-speed.

They can run up to 50 mph when chased. Caribou calves can follow their mothers an hour after birth and gallop up to 45 miles an hour.

Both males and females grow antlers every year and males lose theirs in early winter or early spring, but females shed theirs in the summer. Santa's reindeer are always pictured with antlers. That means they're probably she-deer or young bulls.

Reindeer use their hooves to paw for precious lichen under the snow, but they love raisins! When you put out cookies and milk for Santa on Christmas Eve, don't forget some raisins for Blitzen and his pals. [www.pagesmag.com](http://www.pagesmag.com)



## MISTLETOE!

Being kissed under the mistletoe has been a Christmas tradition for more than a thousand years. But mistletoe is not only associated with a gentle kiss, it has a lore all its own.

To the ancient Scandinavians, mistletoe symbolized peace. Enemies meeting under the mistletoe declared a truce until the following day. On a more domestic note, disgruntled spouses kissed and made up under the greenery.

The Druids believed mistletoe possessed magical powers. Their priests cut the plant with golden sickles and gathered the trimmings on white cloth so the plant would never touch the earth and lose its enchantment.

The French didn't like it. They said mistletoe was cursed because it grew on the wood from which the cross of Christ was made and that it was doomed to be a rootless parasite forever.

In the Middle Ages, mistletoe was hung from ceilings in Europe to ward off evil, or it was dangled over doors to prevent the entrance of witches. If mistletoe was suspended over a crib, the child was said to be safe from kidnapping.

Viking lore describes the goddess of love, Frigga, who made each plant and animal promise not to kill her son Baldur. She forgot the mistletoe plant and Baldur was killed by a spear made from it. The white berries on the mistletoe are said to have been created from her tears.

When her son returned to life, Frigga proclaimed the mistletoe to be sacred. She kissed everyone who passed under it and decreed the plant should henceforth bring love. This is said to be the origin of kissing under the mistletoe.

So go ahead. Kiss under the mistletoe, have fun doing it, and give a nod to Frigga for starting a very enjoyable custom. [www.pagesmag.com](http://www.pagesmag.com)

# Mistletoe



## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - CAFETERIA 6:30 P.M.

December 6th - Tuesday

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

### ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during October:

John Bertrand

Gregg Bonar

Judy Duke

Rick Duke

Joel Nachman

Sandara Scherrman

Bill Voerster

Bruce White

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Mid-Atlantic Assistant Regional Director:

**Bill Voerster** - 704-310-8354

## OH BRING US SOME FIGGY PUDDING!

Dating back to the 14th century, Christmas pudding is part of the traditional British Christmas meal.

The dish, which has evolved considerably in the last few hundred years, has never managed to get much traction in the U.S. Perhaps it is because the word 'pudding' implies to Americans a creamy dish, rather than this delicious dough-like dessert.

Here is one of the hundreds of variations on Christmas pudding.

### Ingredients

- 1/2 cup self-rising flour
- 1/2 cup raisins
- 1/2 cup dried or candied figs, chopped small
- 1/2 cup dried or candied dates, chopped small
- 1/2 cup bread crumbs
- 1/2 cup dark brown sugar, packed
- 1/2 cup shredded suet
- 1 large apple, peeled, cored and chopped
- 1/2 teaspoon allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg
- 2 eggs
- Juice of one lemon
- Rind of one lemon
- 4 tablespoons dark rum
- 1 cup milk

### Directions:

Choose a deep, round ceramic or glass mixing bowl for the pudding basin. This bowl will be steamed in the cooking process.

Now choose a larger, deep pot. A stock pot will do. Put a trivet into the stock pot. This stock pot will be used to boil the pudding basin, and the basin will be placed on the trivet.

Grease the pudding basin.

In another large mixing bowl, combine all of the dry ingredients and fruit. Mix well. Add eggs, lemon juice, and rind, rum and milk then mix well.

Place the mixture in the pudding basin and layer a piece of wax paper or parchment paper over the pudding mixture.

Next, cover the pudding basin with aluminum foil and tie around the edge tightly to keep any water from getting inside.

Carefully set the pudding basin on the trivet inside the stock pot. Fill the stock pot with water up to the edge of the pudding basin. Bring stock pot to a boil, covered. Once boiling, reduce heat to medium-low and simmer for about five hours.



The steaming is part of the fun. Your house will be filled with lovely Christmas aromas. No scented candles needed.

Remove the basin from the stock pot at the end of the cooking time and allow it to cool, after which it can be stored for a couple of days, wrapped in the refrigerator. Steam or microwave to reheat before you turn out the pudding for serving.

You can serve it with a sprig of holly to be completely authentic. Or you can add a sweet custard drizzle.

[www.pagesmag.com](http://www.pagesmag.com)



HAPPY SURGIVERSARY

Christine Jordan - 12/15

Dan Parkinson - 12/17

HAPPY NEW YEAR Y'all!



# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 7 - Issue No. 1

February 2017

Chapter #372

| November 2016               | Patient    | Cath Lab | Phone     | Family    | Internet |
|-----------------------------|------------|----------|-----------|-----------|----------|
| CMC - Main                  | 21         | 0        | 8         | 1         | 0        |
| CMC - Pineville             | 13         | 0        | 0         | 3         | 0        |
| Total for November          | 34         | 0        | 8         | 4         | 0        |
| December 2016               | Patient    | Cath Lab | Phone     | Family    | Internet |
| CMC - Main                  | 14         | 0        | 0         | 0         | 0        |
| CMC - Pineville             | 21         | 0        | 6         | 3         | 0        |
| Total for December          | 35         | 0        | 6         | 3         | 0        |
| <b>Total Main 2016</b>      | <b>267</b> | <b>0</b> | <b>31</b> | <b>4</b>  | <b>0</b> |
| <b>Total Pineville 2016</b> | <b>226</b> | <b>0</b> | <b>16</b> | <b>42</b> | <b>2</b> |
| <b>Total Chapter 2016</b>   | <b>493</b> | <b>0</b> | <b>47</b> | <b>46</b> | <b>2</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## HOW TO TAKE CARE OF YOURSELF

### AFTER A HEART ATTACK

The American Heart Association (2016) recommends these five steps to give yourself the best chance at recovery from a heart attack.

#### *Take any prescribed medication*

Follow the instructions of your doctor and take all medication as directed. Depending on the severity of heart damage and the underlying causes, you may be prescribed a range of medication. It is important to know what you are taking, what it does, how and when to take it, and any possible side effects.

#### *Continue to see your doctor*

Attend any follow-up appointments scheduled with your doctor so that they can monitor your progress. Your doctor will continue to assess the effectiveness of your treatment.

#### *Complete cardiac rehabilitation*

Cardiac rehabilitation is a medically supervised program aimed at making your recovery successful.

#### *Get support*

Getting support from loved ones, health professionals and support groups can help reduce the emotional burden.

#### *Change your lifestyle*

High blood pressure, high cholesterol, and diabetes are major risk factors of having a heart attack. Quit smoking. Eat a healthy diet. Stay active.

[www.pagesmag.com](http://www.pagesmag.com)

### **FEBRUARY EVENTS:**

Valentine's Day - 14th

President's Day - 20th

The Daytona 500 - 26th

Mardi Gras - 28th



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*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

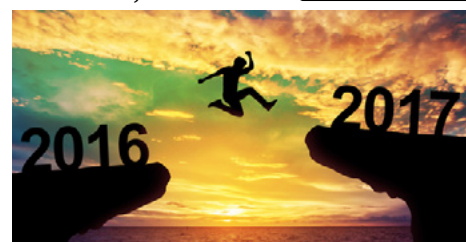
We support Carolinas HealthCare Systems and we visit:  
(click on the links for maps and information)

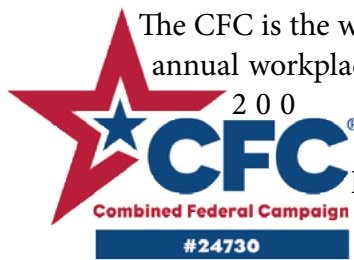
#### CMC - Main

1000 Blythe Ave.  
Charlotte, NC 28203

#### CHS - Pineville

10628 Park Road  
Charlotte, NC 28210





The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

## PROGRESS AGAINST HEART DISEASE STALLS; DEATH RATE RISES

After decades of dramatic progress, the death rate for heart disease has begun to show a slight increase.

The death rate for heart disease has been declining during the past four decades due to public health campaigns, the introduction of medication to control high blood pressure and diabetes, and better medical care for people who suffer a heart attack, according to the Centers for Disease Control.

Until 2011, heart disease was set to be replaced by cancer as the number one killer in the U.S., but the decline in heart disease deaths slowed. Then, in 2015 the death rate from heart disease started rising, by 0.9 percent, keeping it as the leading cause of death in the US.

Heart disease wasn't the only disease rising in 2015. Eight of the 10 leading causes of death increased.

These changes have had the most significant impact on life expectancy since 1997 with the overall death rate up 1.2 percent and life expectancy down to 78.8 years, according to the Wall Street Journal.

It is too early to tell whether this is just a temporary increase or the beginning of a more permanent change of direction, experts say.

Researchers from Kaiser Permanente, Northern California division of research, blame increasing levels of obesity for the rise in heart disease related deaths. The death rate for the elderly has remained relatively unchanged over time, but as obesity has increased, more middle-aged people are dying.

When compared with the early 1970s, levels of obesity have more than doubled for adults and tripled for teenagers. Obesity causes high blood pressure, high cholesterol and diabetes, all of which are major risk factors for heart disease.

Controlling the major risk factors is seen as the key to bringing heart disease related deaths back down. Cardiac rehabilitation, for people who have already suffered a heart attack, could also be used more effectively to reduce future heart-related deaths.

## KEEP YOUR WITS ABOUT YOU

Did you hear the one about a guy who is working on a loading dock? After awhile, he steps back, falls off the dock and breaks his leg.

How about the person working on a ladder, leans too far in one direction and tumbles down?

Or the one who had car trouble, stepped back into the line of traffic, and was hit by a truck?

And then there was the one who didn't notice a box in the walkway and fell over it.

You could go on and on adding to this list. The strange thing about it is that these men and women were all bright, responsible people. They just became preoccupied with their work and had an accident.

Unfortunately, it's not unusual. The National Safety Council says lack of awareness of one's surroundings is a major cause of injuries.

The line between being witless and awareness is so slight that anyone can cross it by stepping, leaning or dreaming.

Being conscious of your circumstances is your main protection. Even situations that may not seem dangerous, like walking through the factory or office, can be hazardous if your mind is somewhere else.

Keep your wits about you! Survey the area working in or passing through, not just once but frequently. This one action will take you a long way toward making your day less hazardous.

[www.pagesmag.com](http://www.pagesmag.com)





## BLOOD PRESSURE IN BOTH ARMS

It might be best to take your blood pressure in both arms. According to a study published in Clin Exp Hypertens 2016, a large difference in the systolic blood pressure between arms might be a sign of cardiovascular disease.

Mild differences are not uncommon and should not cause worry. But if the difference in systolic pressure is greater than 10 mm HG, this could mean an artery in that arm has narrowed, possibly from arteriosclerosis. And that could mean that blood flow is impeded to vital organs like the heart or brain.

The study analyzed data from seven other studies.  
[www.pagesmag.com](http://www.pagesmag.com)

## A CARE-GIVING DILEMMA

Your very ill mother is in your care. One day her beloved son dies. Mother has so many problems now, should you tell her about the son?

The answer, from Geri Hall -- an Alzheimer speaker and author -- is yes.

Quoted in caring.com, Hall says a fundamental truth is that a patient always has the right to know.

The way you tell a patient (or anyone) matters. Have the conversation in a quiet room, free from distractions. Be close. Take the patient's hand.

Tell the news simply and honestly. Use direct language: Mom, Steve has died.

Don't be afraid of tears or grieving. Help the process along by reminiscing about the person.

[www.pagesmag.com](http://www.pagesmag.com)



## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

February 9

April 13

June 8

September 14

November 9

## Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

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Gregg Bonar

Judy Duke

Rick Duke

Joel Nachman

Sandara Scherrman

Bill Voerster

Bruce White

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Mid-Atlantic Assistant Regional Director:

**Bill Voerster** – 704-310-8354



## DINNER FOR TWO

### EASY VALENTINE DINNER IS PERFECT FOR THE NON-COOKING SPOUSE

Hey, there is a lot of romance in making dinner for your love.

If you aren't a cook, here is a one-pot complete no-fail meal that really makes itself. It's so easy to put together, nearly anyone can do it, even without lots of cooking experience.

There aren't a lot of ingredients and the slow cooker does all the work, so this is a Valentine's Dinner that can be made with confidence.

This recipe uses chicken leg quarters, but other chicken pieces can be substituted, including boneless, skinless breasts. If made with a cut that has little to no skin or fat, make sure to include about one-fourth cup of water or chicken broth to the slow cooker, as those pieces won't make as much liquid content.

Here's what you will need to make a cozy dinner for two:

Heavy duty aluminum foil

2-4 chicken leg quarter pieces

1/4 to 1/2 cup barbecue sauce

1 teaspoon garlic powder

1 teaspoon curry powder

2 large potatoes, cut into half-inch cubes

Two ears of corn, cut into halves or thirds

Butter or margarine to taste

Salt and pepper to taste

To get started, situate the chicken pieces on the bottom of the slow cooker. If using a cut of chicken that



has no skin or fat, pour in one-quarter cup of water or chicken broth. Drizzle with barbecue sauce and add garlic powder and curry powder.

Next, cut potatoes into a bowl, drizzle with olive oil and sprinkle with salt and pepper to taste and mix well. Wrap in heavy-duty aluminum foil big enough to accommodate them and fold to seal tightly. Lay this packet on top of the chicken.

Take the sections of corn, wrapping them tightly in the foil after dotting them with butter or margarine and situate them on or around the packet of potatoes.

Turn the slow cooker to high and don't look at it for six hours.

After the cooking time has passed, it's time to plate the meal. Remove the pieces of corn, unwrap and plate them, putting a couple of sections on each plate. Gently remove the packet of potatoes and open carefully, as the packet will release steam when opened, and spoon out an amount onto each plate. Finally, put a serving of chicken on each plate. Use a slotted spoon since the chicken will be tender, juicy and falling apart.

As a finishing touch, some of the barbecue sauce can be spooned over the chicken and potatoes for a savory addition to the overall plate.

How easy was that?

[www.pagesmag.com](http://www.pagesmag.com)



## American Heart Month

### HAPPY SURGIVERSARY

Jared Steele - 2/1

Bruce White - 2/15

Reita Pendry - 2/25

### HAPPY BIRTHDAY

Reita Pendry - 16th

Christine Jordan - 26th





# Keep on Tick'n



**Mended Hearts**<sup>™</sup>  
of Charlotte

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

Volume 7 - Issue No. 2

March 2017

Chapter #372

*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

We support Carolinas HealthCare Systems and we visit:  
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.  
Charlotte, NC 28203

[CHS - Pineville](#)

10628 Park Road  
Charlotte, NC 28210



|                              |                  |                 |                |                 |               |
|------------------------------|------------------|-----------------|----------------|-----------------|---------------|
| <b>We track interaction!</b> | <b>w/Patient</b> | <b>@CathLab</b> | <b>byPhone</b> | <b>w/Family</b> | <b>viaWeb</b> |
|------------------------------|------------------|-----------------|----------------|-----------------|---------------|

**DID YOU KNOW...**that by tracking our interactions we find out how we can better serve heart patients and their families?

...that we collect feedback we can use for future patients and meetings?

...that speaking to anyone about Mended Hearts is helping others?

...you don't have to be a visitor to spread the word and be counted!

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## **PRESIDENT'S CORNER**

by Kent Clow

As a kid growing up in Iowa, March was one of two extremes. On the good side, Spring would roar in with massive thunderstorms and warm weather. Everything would wake from its winter nap and the crocuses would pop up with bright yellows and blues.

The other extreme is when winter would refuse to let go. The storms would roll in across the great plains and slam us with a lot of snow and wind. My mom always swore that the worst storms of the year waited until the girl's high school basketball state playoffs.

You might ask where am I going with this trip down memory lane? It came while my wife and I were spending the day doing yard work again. Last week included three trips of yard waste to Compost Central. This weekend only has three bags of leaves, so far, and 10 bales of pine straw spread. Bark put down around the trees and weed killer applied. All of this after she dragging me to an intense Y class first thing in the morning.

My overall message is know your limits and don't overdo. Take your time and drink lots of water. Break the big task into small jobs. Get help if you need it. This is really the same message that we all learned from our cardiac rehab. We learned to take it easy and complete

one small task at a time. We were taught to listen to our bodies and rest when we had to. I still miss those days of being able to take a nap at any time and no one questioned it. The other big message that we should have learned is to ask for help, hopefully before we really need it.

Mended Hearts is an organization built on helping others. Unfortunately, our offer of help comes after someone has been through a life changing circumstance but we are there for support through recovery and beyond. We are there to listen and offer our own experiences and perhaps a shoulder to lean or cry on. If someone reaches out to you, remember to listen first. Sometimes that may be all that is necessary.

**KENT CLOW**

## **ST. PATRICK'S DAY:**

### **FROM LOCAL TO GLOBAL IN 400 YEARS**

Everyone's Irish on St. Patrick's Day, and that means everyone -- worldwide.

Somehow a local celebration of a revered holy man became a global celebration.

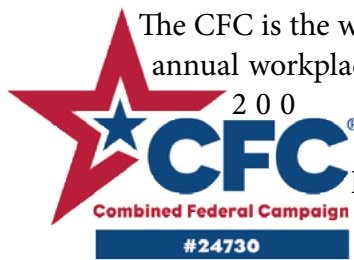
St. Patrick himself is a sympathetic figure. Most of what is known about the 5th century missionary and bishop comes from The Confessio -- written by the man himself. In it, Patrick, who is thought to have been born in Roman Britain, tells of being kidnapped at 14 by Irish raiders who enslaved him. Patrick wrote that, after six years as a slave, the voice of God guided him to a ship waiting to take him home. In Britain, he studied to become a priest before returning to Ireland. There he worked miracles and converted thousands to

*Irish continued on page 2*



## **MENDED HEARTS REGIONAL OFFICERS**

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|---------------------|-----------------------------|
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| Regional Director   | Assistant Regional Director |
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| 803-684-9512        | 704-310-8354                |



The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

## RISK FACTORS FOR DEVELOPING DIABETES

Type 2 Diabetes is a condition where the body becomes ineffective at removing sugar (glucose) from the blood stream.

About 95 percent cases of diabetes are type 2, a lifestyle disease. Type 1 is an immune disease, generally diagnosed in children, in which the immune systems destroys cells in the pancreas that make insulin.

Several factors contribute to the increased the risk of diabetes.

**Weight:** Fatty tissue increases the body's resistance to insulin.

**Activity:** Physical activity reduces blood glucose levels, by using it for movement, and helps increase insulin sensitivity.

**Diet:** Sugary foods and drinks set you up for bad health and diabetes. Highly processed carbohydrates such as white bread and rice contain little fiber and lots of starch that translates into sugar in your body. Your diet should have contain high-fiber foods from beans, vegetables and fruits; whole grains in cereal such as oatmeal and in things you usually eat like bread or crackers.

The National Institute of Diabetes and Digestive and Kidney Disease suggest that the following are also risk factors:

**Age:** After age 45 the risk of developing diabetes increases and poor lifestyle choices add to the risk.

**High blood pressure:** Anyone who has been told they have high blood pressure has a high likelihood of developing diabetes.

**Smoking:** Smokers are roughly 50 percent more likely to develop diabetes than nonsmokers, according to the Harvard School of Public Health.

**Ethnicity:** People of South Asian, African, Indigenous and Caribbean descent are two- to four-times more likely to develop Type 2 diabetes, according to the American Diabetes Association.

**Family history:** The risk increases by two to six times if you have a parent or sibling with type 2 diabetes (Diabetes UK).

**History of gestational diabetes:** Women who had

*Irish continued from page 1*

Christianity, famously using a shamrock to explain the Holy Trinity.

Patrick is said to have died in 461 on the 17th of March, a day that became a Christian feast day in the early 17th century.

It started as a public holiday in a few places - the Republic of Ireland, Northern Ireland, a British colony called Montserrat and two Canadian provinces, Labrador and Newfoundland.

What started small is now a global celebration. In the 21st century, there are celebrations as far afield as New Zealand, Argentina, and Tokyo as well as closer to home in places like New Orleans in the US state of Louisiana and in the Canadian city of Montreal.

Experts say that while this has been partly influenced by the migration of the Irish around the world, the diaspora effect does not provide a full explanation. The festival also exists in places where there aren't many ethnic Irish people and is celebrated in more countries than any other national festival.

Although criticized in many places for being commercial and promoting stereotypes of Irish culture, St. Patrick's Day festivals around the world have very little in common apart from the thematic color green.

According to Patrick Griffin, a history professor at Notre Dame, there is nothing really Irish about the celebrations now with each location lending its own history to the event to create something unique. In Tokyo, for instance, where the festival began in 1992 and is largely organized by people who aren't Irish, festivities focus on cultural exchange and unity and are managed by a non-profit called Irish Network Japan.

In Montreal, St. Patrick Day parades began when Irish soldiers in the British army observed the day while there on conquest. Its perpetuation has mainly been due to shared faith in Catholicism, say experts, rather than any desire to maintain a sense of Irish identity. [www.pagesmag.com](http://www.pagesmag.com)  
gestational diabetes are at higher risk of later developing type 2 diabetes.

Diabetes prevention programs, which encourage weight loss, exercise and healthy eating, can reduce an individual's chance of developing diabetes by 58 percent, according to Harvard School of Public Health.

Those who have one or more of the risk factors and are concerned about Type 2 diabetes should consult their doctor to check for any early signs of the disease. Having a cholesterol, blood pressure and blood glucose check by a doctor, and working to keep them at a normal level, is the best way to reduce the risk of type 2 diabetes. [www.pagesmag.com](http://www.pagesmag.com)





## THE WORRYING RISE OF TYPE 2 DIABETES IN CHILDREN

Type 2 diabetes, mostly a lifestyle disease, is increasingly being diagnosed in children.

In the first decade of this century, the number of children in the United States with type 2 diabetes increased by 35 percent. This trend is expected to continue, and increase by 400 percent by 2050, according to Practical Diabetes.

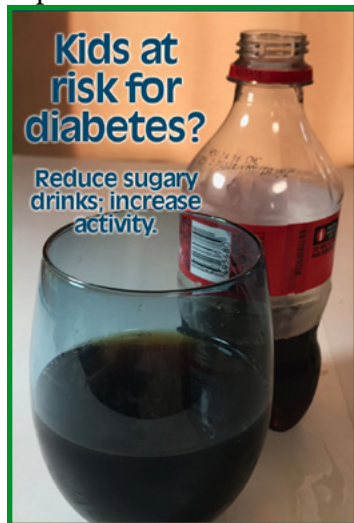
It's not just in the United States that childhood diabetes is on the rise. Similar increases have been recorded by the respective national diabetes associations in Australia, the United Kingdom and Canada.

In most cases, type 2 diabetes is a lifestyle disease. The Harvard School of Public Health suggests that 90 percent of type 2 diabetes can be attributed to poor diet, lack of physical activity or being overweight. The American Diabetes Association says that the number one risk factor for children is being overweight.

There is also a strong positive correlation with family history and certain ethnicities, according to Practical Diabetes. Those with either a parent or sibling who has diabetes or who have a non-European background are more likely to develop type 2 diabetes.

While the exact cause remains a mystery, the mechanics are well understood. People with type 2 diabetes develop a resistance to insulin, which is then no longer effective at removing glucose from the blood.

Type 2 diabetes, and the associated high blood glucose levels, can lead to a range of negative complications. In affluent nations, type 2 diabetes is the leading cause of cardiovascular disease, blindness, kidney failure and lower limb amputation, according to the International Diabetes Federation. The International Diabetes Federation estimates that 12 percent of global health expenditure is used on addressing diabetes.



For both children and adults, making healthier eating choices and increasing physical activity are the main ways of preventing type 2 diabetes, according to the Canadian Diabetes Association. For children, the Canadian Diabetes Association specifically recommends reducing sugary drinks and screen time.

[www.pagesmag.com](http://www.pagesmag.com)

## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

April 13

June 8

September 14

November 9

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: [smile.amazon.com](http://smile.amazon.com) and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

### ACTIVE ACCREDITED VISITORS:

Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during January:

John Bertrand

Gregg Bonar

Judy Duke

Rick Duke

Andy Graven

Joel Nachman

Sandara Scherrman

Bill Voerster

Bruce White

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### STANDING COMMITTEE CHAIRPERSONS

Visitor Training: **Joel Nachman**

Mid-Atlantic Assistant Regional Director:

**Bill Voerster** – 704-310-8354



# Corned Beef Sauerkraut Reuben Braid

## Prep time

15 mins

## Cook time

20 mins

## Total time

35 mins

Corey: Corey Valley

Serves: 6

## Ingredients

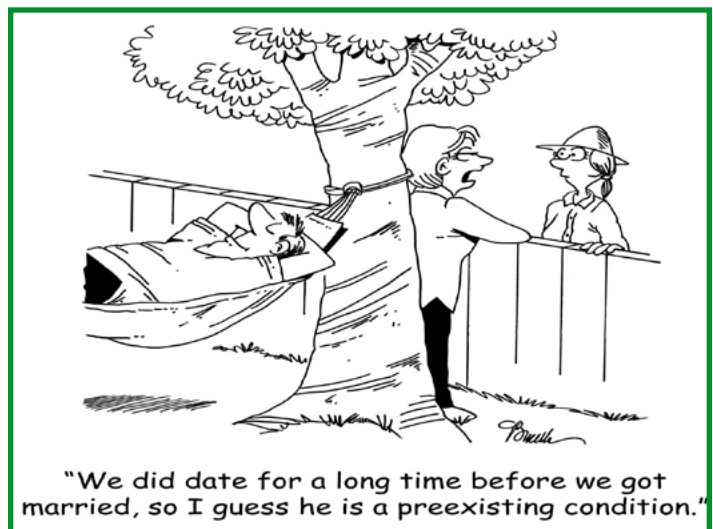
- INGREDIENTS:
- 1 can prepared pizza dough (such as Pillsbury dough in a tube)
- 1 lb. deli corned beef, sliced
- 5 slices Swiss cheese
- ½ cup sauerkraut, drained
- ¼ of a cup 1000 island dressing, plus extra for dipping (about an additional ½ cup)
- 2 Tablespoons butter, melted



## Instructions

1. Preheat the oven to 350° F. Roll out the dough and with your hands, shape it into a long rectangle. Spread the ¼ cup of 1000 island dressing onto the dough.
2. Lay corned beef down the center of the dough.
3. Next layer on your sauerkraut.
4. And finally top with slices of cheese.
5. With a knife, make cuts on either side of the dough, approximately ½ inch apart from each other. Starting from the top, take one strip and cross it over to the other side on a diagonal, and then cross the opposite strip of dough over the first one, also in a diagonal. Continue this pattern until you reach the bottom. Carefully transfer to a baking sheet. Brush top with melted butter and bake for approximately 15 – 20 minutes or until the top is golden brown.
6. After removing from the oven, let rest for 5 minutes and then slice. Use the ½ cup of dressing as a dipping sauce.

<http://www.familyfreshmeals.com/2016/02/corned-beef-sauerkraut-reuben-braid.html>



**HAPPY SURGIVERSARY**

Joel Nachman - 3/12





# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 7 - Issue No. 3

August 2017

Chapter #372

| June 2017             | Patient    | Cath Lab | Phone    | Family    | Internet |
|-----------------------|------------|----------|----------|-----------|----------|
| CMC - Main            | 37         | 0        | 6        | 0         | 0        |
| CMC - Pineville       | 52         | 0        | 0        | 30        | 0        |
| Total for June        | 89         | 0        | 6        | 30        | 0        |
| <b>TOTAL FOR 2017</b> | <b>390</b> | <b>0</b> | <b>6</b> | <b>77</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## VICE PRESIDENT'S CORNER

by Andy Graven



I have been volunteering for 9 months at Pineville CHS. I have had the pleasure of meeting many fine people, patients and families. It is my gift to be a part of Mended Hearts and provide support to our fellow heart patients.

My story is not so different from many of yours. In December, 2013, I was trying to

donate blood platelets and the nurse noticed my blood pressure was not stable. She sent me to my family doctor who told me I had a leaking aortic valve. Subsequent investigation indicated that I also had an aortic aneurysm. I had open heart surgery on April 9, 2014 to repair the aneurysm and replace the valve. My family and friends were awesome support during the long recovery. My wife of 47 years, 2 grown daughters and their husbands, along with our 6 fantastic grandchildren are the lights of my life. I hope we can offer help and support to those who have heart issues so they may stay connected to their families and friends.

*Andy*

## HEART ATTACK SYMPTOMS: KNOW WHAT'S A MEDICAL EMERGENCY

By Mayo Clinic Staff

### TYPICAL HEART ATTACK SYMPTOMS

♥ **Chest discomfort or pain.** This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in your chest lasting more than a few minutes. This discomfort may come and go.

♥ **Upper body pain.** Pain or discomfort may spread beyond your chest to your shoulders, arms, back, neck,

teeth or jaw. You may have upper body pain with no chest discomfort.

♥ **Stomach pain.** Pain may extend downward into your abdominal area and may feel like heartburn.

♥ **Shortness of breath.** You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort, or you may not experience any chest discomfort.

♥ **Anxiety.** You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.

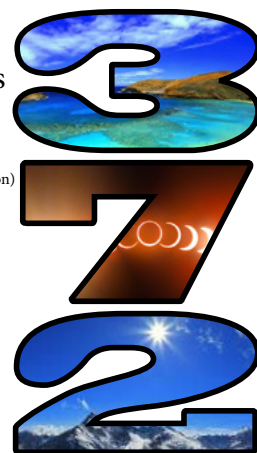
♥ **Lightheadedness.** In addition to chest pressure, you may feel dizzy or feel like you might pass out.

♥ **Sweating.** You may suddenly break into a sweat with cold, clammy skin.

♥ **Nausea and vomiting.** You may feel sick to your stomach or vomit.

♥ **Heart palpitations.** You may feel as if your heart is skipping beats, or you may just be very aware that your

*symptoms continued on page 2*



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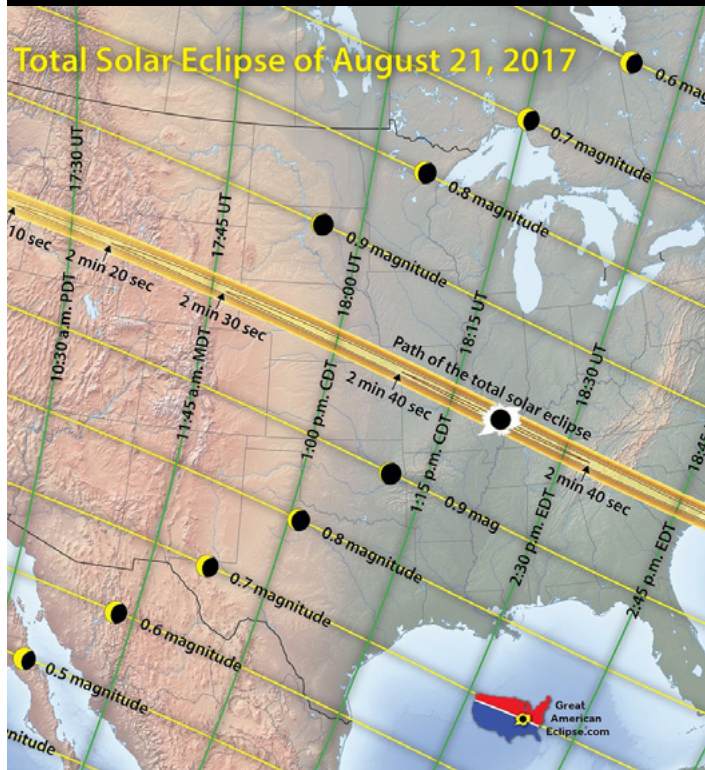
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<http://www.opm.gov/combined-federal-campaign/>



The eclipse begins at 1:12 pm and will last 2 hours and 52 minutes, ending at 4:04 pm. People in Charlotte will be able to see the eclipse at its apex on August 21, 2017 at 2:41 pm. This is going to be a spectacular sight. Businesses in our region are already giving employees the day off to witness the event. I'm going to watch, how 'bout you? cj

symptoms continued from page 1  
heart is beating.

#### GET HELP IMMEDIATELY

Heart attack symptoms can vary widely. For instance, you may have only minor chest discomfort while someone else has excruciating pain.

One thing applies to everyone, though: If you suspect you're having a heart attack, **CALL 911** or your local emergency medical services number.

If you don't have access to emergency medical services, have someone drive you to the nearest hospital. Drive yourself only as a last resort, if there are absolutely no other options.

#### Symptoms may not be dramatic

Movies and TV often portray heart attacks as dramatic, chest-clutching events. But, heart attacks often begin with subtle symptoms — such as discomfort that may not even be described as pain.

It can be tempting to try to downplay your symptoms or brush them off as indigestion or anxiety. But don't "tough out" heart attack symptoms for more than five minutes. Call 911 or other emergency medical services for help.

#### Women may have different symptoms

Women may have all, none, many or a few of the typical heart attack symptoms. While some type of pain, pressure or discomfort in the chest is still a common symptom of a heart attack in women, many women have heart attack symptoms without chest pain, such as:

♥ Pain in the neck, back, shoulders or jaw

♥ Shortness of breath

♥ Abdominal pain or "heartburn"

♥ Pain in one or both arms

♥ Nausea or vomiting

♥ Dizziness or fainting

♥ Unusual or unexplained fatigue, possibly for days

Additional information for older adults and people with diabetes

Older adults and people with diabetes may have no or very mild symptoms of a heart attack, so it's especially important not to dismiss heart attack symptoms in people with diabetes and older adults even if they don't seem serious.

THREE THINGS  
CANNOT BE LONG  
HIDDEN: THE SUN,  
THE MOON, AND  
THE TRUTH.  
~BUDDHA





## by Christine Jordan

There are so many different cardiac ailments and patients that need reassurance, don't avoid visiting a patient just because they don't have the same issue as you, branch out! Learn something new, it's okay if you're not an expert, it's okay to be a newbie. Be open minded, in case the tables get turned on you!

## LOW-CARB STUFFED PEPPERS SPICE UP THE SEASON

Bell peppers have it all: They're nutritious, fun to grow, pest resistant and beautiful.

Unlike most, bell peppers (named for their distinctive shape) don't have the spicy ingredient capsaicin and are, instead, tangy with a satisfying crisp.

Like all peppers, bells love the warmth and gardeners must take care that the soil is at a minimum of 67 degrees before planting. Once in the ground, these peppers do a good job of resisting garden pests.

Nutritionally, they do some heavy lifting. A medium pepper provides 159 percent of the daily vitamin C requirement with no cholesterol and virtually no fat. The red bells are actually older versions of the green bells and have even more vitamin C.

They are delicious on a low carb diet for snacks, dipping or, as in this recipe, as part of a main course. The traditional stuffed pepper recipe usually includes rice, which soaks up juices and holds the dish together. In this recipe, the filling has no rice and is therefore looser, but also is very low in carbs.

A medium bell has about six carbs overall or four net carbs when accounting for fiber. All the carbs in this recipe are in the marinara sauce, which has about nine net carbs per half cup. You can estimate one stuffed bell pepper at about 13 carbs.

Peppers stuffed with Italian sausage and beef

1/2 pound ground beef

1/2 pound ground Italian sausage

1/2 sweet onion, chopped

2 cloves garlic, minced

1 (15.5-oz) jar marinara sauce

1/2 teaspoon dried oregano

2 large red, yellow, or green bell peppers.

### Preheat oven to 350°

Cook beef and sausage in a large nonstick skillet over medium-high heat 5 minutes or until browned and crumbly.

Drain well as the filling will be juicy, and no extra juices are needed.

Saute onion and garlic in pan 5 minutes or until tender. Stir in beef mixture, marinara, and oregano. Cook 2 to 3 minutes or until thoroughly heated.



For a cute cap look, cut bell peppers in half vertically; discard seeds and membranes.

Spoon beef mixture into peppers. Place in a baking dish. Bake 20 minutes or until peppers are tender.

For toppings, try arugula and basil or your favorite cheese. [www.pagesmag.com](http://www.pagesmag.com)



*save the date*

JOIN US for A MENDED HEARTS FUNDRAISER  
enjoy sips, sweets and jewels  
THURSDAY, AUGUST 17TH | 6:00-8:00 pm

KENDRA SCOTT SOUTHPARK  
4400 Sharon Rd E10, Charlotte, NC 28211  
20% of the proceeds benefit Mended Hearts

 KENDRA SCOTT



**HAPPY BIRTHDAY!**

JUDY DUKE 8/2

**HAPPY SURGIVERSARY**

RICK DUKE 8/2008

GRAHAM BRADFORD 8/1/2015

LAURA DIVINEY 8/2/2013

KENT CLOW 8/22/2014



# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 7 - Issue No. 4

September 2017

Chapter #372

| July 2017             | Patient    | Cath Lab | Phone    | Family    | Internet |
|-----------------------|------------|----------|----------|-----------|----------|
| CMC - Main            | 31         | 0        | 0        | 2         | 0        |
| CMC - Pineville       | 50         | 0        | 0        | 3         | 0        |
| Total for June        | 81         | 0        | 0        | 5         | 0        |
| <b>TOTAL FOR 2017</b> | <b>471</b> | <b>0</b> | <b>6</b> | <b>82</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

We support Carolinas HealthCare Systems and we visit:  
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.  
Charlotte, NC 28203

[CHS - Pineville](#)

10628 Park Road  
Charlotte, NC 28210



*Happy*  
**LABOR DAY**



## PROBIOTICS MIGHT TREAT BONE LOSS

The bacteria found in some yogurts may be effective in treating post-menopausal osteoporosis. An Emory University and Georgia State University study, published in the Journal of Clinical Investigation, showed that the bacteria *Lactobacillus rhamnosus* GG (LGG) preserved bone density in mice whose ovaries were removed.

[www.pagesmag.com](http://www.pagesmag.com)

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## NATIONAL RECOVERY MONTH - BATTLING ADDICTION

Everyone has heard about the opioid epidemic, but the numbers are still shocking: a person dies from a heroin or opioid overdose every 19 minutes.

About 21 million Americans are estimated to be dealing with substance abuse addiction; more than all cancer patients combined.

According to USA Today, however, that number has immense implications for health care and law enforcement.

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) sponsors a Recovery Month to help spread the message about these disorders and to celebrate those who are succeeding with recovery. Their message is that recovery is possible in many forms and that prevention works to avoid having issues with behavioral health in the first place.

Because recovery is different for everyone, it is important to tailor treatment to each individual for them to succeed. Medication and counseling, often in combination, are some of the ways to help someone struggling with addiction. While these services can be found in the obvious places like hospitals and rehabilitation programs, they are also available through peer-run organizations, home-based providers, and other community-driven locations.

To find out more about treatment options in your community, go to [samhsa.gov](http://samhsa.gov). [www.pagesmag.com](http://www.pagesmag.com)

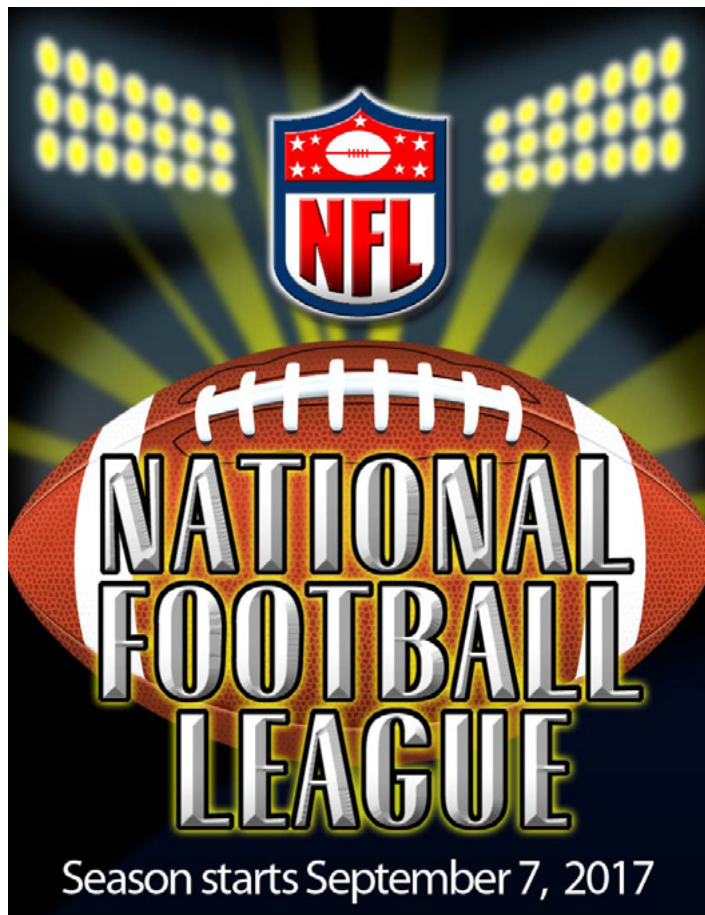


The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. When donating, specify our Mended Hearts ID number [#27430].




## WATCH OUT FOR FORTIFIED SNACKS

Snacks that are "fortified" with vitamins aren't necessarily good for you. According to the Journal of the Academy of Nutrition and Dietetics, adding vitamins doesn't improve the nutritional value of foods that are high in sugar and calories and low in fiber. [www.pagesmag.com](http://www.pagesmag.com)



"It's not whether you get knocked DOWN, it's whether you get UP." ~Vince Lombardi

"We would ACCOMPLISH many more things if we did not think of them as IMPOSSIBLE." ~Vince Lombardi

## POTASSIUM LIMITS HYPERTENSION

Less salt can help balance your blood pressure, but don't forget potassium. The body holds onto sodium when potassium is low, according to Alicia McDonough of the University of Southern California. Increase potassium intake by eating vegetables, fruits, legumes, fish, and yogurt. [www.pagesmag.com](http://www.pagesmag.com)

## SEPTEMBER 22 IS DOODLE DAY

Be not ashamed doodlers; you aren't wasting time. How do you doodle? Elaborate flowers? Vines vining up a page? Little faces with smiles and frowns?

However you doodle, you probably don't give it much thought because the nature of a doodle is that it is done while thinking about something else.

Although once dismissed as a waste of time or the product of inattention, recent studies say that's not so.

Yes, there has been serious research on doodling. Here are some findings:

Doodlers remember more: In a 2009 study in the journal Applied Cognitive Psychology, doodlers remembered 29 percent more information than non-doodlers.

Doodling can create new ideas: In a 2014 study, a researcher found that doodling stimulated ideas.

Doodling expresses emotions: When doodlers are instructed to doodle, they will sometimes express emotions too difficult for words. In a 2011 study, a new father drew a frazzled brain; an overwhelmed grad student drew a huge tower looming over a childlike figure.

Beware, though. According to the Wall Street Journal, the visual task of doodling conflicts with other visual tasks. It is best to listen to something and doodle. Watching something at the same time causes a traffic jam in the brain. [www.pagesmag.com](http://www.pagesmag.com)







## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

A few easy steps can prepare for disaster

No part of the country is immune to natural or man-made disasters.

During September, the Department of Homeland Security joins with national, state, and local agencies to encourage Americans to prepare their homes for disasters of all kinds. According to the Federal Emergency Management Agency (FEMA), engaging citizens in disaster preparedness is a critical first step in effective response and recovery efforts.

In other words, if you know what to do when a disaster is predicted, what to do when it occurs, and what to do afterward, you will be in a better position to save yourself and your home before help arrives.

While there are obvious differences in preparing for a hurricane and preparing for a forest fire, there are similarities in preparedness for all types of disasters. You should know where you will go to escape, what your mode of transportation will be, and when you should leave. (It's never a good idea to let your car be almost out of gas.)

Assemble important documents to take with you including copies of insurance policies, identification, and bank account numbers. Use a waterproof container and include some cash.

It may not be necessary to leave your home. Do what you can in advance of a storm or earthquake to make it safer. Remember the basics of survival: water, food, clean air, and warmth.

Consider the amount of water and non-perishable food your family will need to stay in place without power for at least three or four days. Always have extra batteries for portable radios. Also have a backup battery for cellphones. [www.pagesmag.com](http://www.pagesmag.com)

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September 14

November 9

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by Herbert G. Maedl

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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, Lord, for wisdom

That we may use all your gifts well.

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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families during October:

|                   |               |
|-------------------|---------------|
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| Judy Duke         | Rick Duke     |
| Andy Graven       | Joel Nachman  |
| Sandara Scherrman | Bill Voerster |
| Bruce White       |               |

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Mid-Atlantic Assistant Regional Director:

**Bill Voerster** (704) 310-8354

## IRON-SKILLET SEARED CHOPS AND PEACHES

Here's a meal that brings out the flavor of the delightful peach, even if, as a yankee, you get store peaches that are routinely hard.

This idea from [emeals.com](http://emeals.com) makes a showy dish with the orange fruit setting off the chops and onions.

2 thick boneless center-cut pork chops  
1 Tablespoon olive oil  
1/2 onion, thinly sliced  
2 peaches, pitted and thinly sliced  
1/4 cup chicken broth  
1 Tablespoon chopped fresh basil

### Instructions:

Sprinkle pork lightly with salt and pepper. Cook in hot oil in a cast-iron skillet over medium-high heat 4 to 5 minutes per side or until browned. Remove from skillet. Add onion to skillet; reduce heat to medium. Saute 5 minutes or until onion is browned and tender. Stir in peaches and broth. Return pork to pan. Cover and simmer 5 minutes or until pork is done. Sprinkle with basil.

### Cooking with cast iron

If you are tired of wimpy, scratched non-stick pans, maybe it's time to think cast iron skillets.

This is the skillet used over outdoor fires for centuries and it's still used by great chefs.

Cast iron cooks evenly, goes from stove-top to oven, and will last a lifetime. Generally the pans won't warp, but use them cautiously on electric stoves, the heat from which is usually uneven.

Proper seasoning of a new skillet will give cast iron a natural, smooth, non-stick surface, according to [whatscookingamerica.net](http://whatscookingamerica.net).

Here's how to do it:

## COLORFUL CARROTS

Not all carrots come in standard orange. You can find



Rub a very thin coat of vegetable oil on the pan and then towel it off. It should look dry.

Now bake the pan upside down in the oven for 30 minutes at 450 degrees. Put a sheet of foil below it to catch any drips. It might smoke a little. Don't worry about it.

Let the pan cool in the oven to room temperature.

Repeat the process.

Now every time you cook with the pan you are



seasoning it again.

### Tips for using cast iron

Preheat your cast iron before using. Water droplets should sizzle and roll on the pan. Never pour cold water into cast iron. It will crack instantly.

After cooking, empty the pan and let it cool on the stove. Wash with dish soap and water. Rinse thoroughly. Dry with a towel. Rub on a thin coat of oil and store with a paper towel inside. Never put cast iron in a dishwasher. [www.pagesmag.com](http://www.pagesmag.com)

carrots in such natural colors as yellow and purple. Orange carrots have the highest levels of carotenoids and phytonutrients. Purple carrots contain higher amounts of phenolics including anthocyanins, which some claim are protective against cancer and heart disease. The exception is white carrots, which do not contain high carotenoids, according to Elizabeth Johnson of Tufts University. [www.pagesmag.com](http://www.pagesmag.com)



**HAPPY BIRTHDAY!**

KENT CLOW 9/24



# Keep on Tick'n



**Mended Hearts**  
of Charlotte

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

Volume 7 - Issue No. 5

October 2017

Chapter #372

*Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.*

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(click on the links for maps and information)

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1000 Blythe Ave.  
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[CHS - Pineville](#)

10628 Park Road  
Charlotte, NC 28210



| August 2017           | Patient    | Cath Lab | Phone    | Family    | Internet |
|-----------------------|------------|----------|----------|-----------|----------|
| CMC - Main            | 31         | 0        | 0        | 5         | 0        |
| CMC - Pineville       | 31         | 0        | 0        | 2         | 0        |
| Total for June        | 62         | 0        | 0        | 7         | 0        |
| <b>TOTAL FOR 2017</b> | <b>533</b> | <b>0</b> | <b>6</b> | <b>89</b> | <b>0</b> |

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

## DOES KNOWING HEART DISEASE RISK CHANGE BAD HABITS?

A vacationer hearing about rain in the forecast might alter his plans. A traveler hearing about a plane crash might even take the bus.

But will a person who hears they are at risk for heart disease change his or her lifestyle?

Surprisingly, no.

A 2016 report in the British Medical Journal analyzed 18 studies and found that even when people were shown genetic tests indicating increased risk factors for heart disease, they weren't likely to change their diet, exercise more, or quit smoking. This finding flies in the face of simple logic saying that a person would want to act in a way that keeps them alive longer.

Genetic testing, according to The National Institute of Health, has become much more popular and affordable lately with companies like 23andMe and Sure Genomics offering personal testing for anywhere from \$100 to \$2,000. These tests can uncover inherited disorders and genetic risk factors that would leave a person predisposed to developing a heart problem. Researchers speculated that testing might lead to informed patients taking prevention into their own hands, but it seems

this theory was not correct.

On one hopeful note, knowing their genetic predisposition to disease didn't inspire healthy behavior, but it also didn't inspire new risky behaviors either. Testing didn't make people more or less depressed or anxious.

Experts at the U.S. Preventive Services Task Force concluded that knowledge of risk factors coupled with behavioral counseling seems to help people take action. A program that has multiple sessions with patients over several months can help with setting goals to lose the weight and get healthy. [www.pagesmag.com](http://www.pagesmag.com)

## STUDY: YOGA OR THERAPY MAY HELP BACK PAIN

If you suffer from chronic low back pain, you might be desperate for some sort of solution to the debilitating condition.

Chronic low back pain is a widespread problem. According to WebMD, Americans spend over \$50 billion each year on back pain. About 80 percent of the population will experience a back problem at some time in their lives.

There has been a lot of publicity touting the benefits of yoga and physical therapy for back pain relief, especially as doctors move away from painkillers as a solution.

But a recent study suggests aching consumers shouldn't expect complete relief.

The study results showed that both yoga and physical therapy help some people some of the time, but they don't work for everyone and the pain relief was not perfect.

*Yoga continued on page 2*

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The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. **When donating, specify our Mended Hearts ID number [#27430].**

<http://www.opm.gov/combined-federal-campaign/>

## THE OTHER SIDE OF THE OPIOID CRISIS: PEOPLE IN PAIN

Opioids in prescription painkillers have ruined lives, families, and even decimated entire communities.

According to the American Society of Addiction Medicine, 100 million people are in chronic pain and 2 million of them had an addiction to opioids in 2015. More than 20,000 deaths associated with prescription pill overdoses occurred in that same year.

With more people suffering from the effects of this epidemic, drug authorities have cracked down on prescribers and users.

The problem with taking away opioids, however, is that it leaves real people in real pain.

Injuries, accidents, and chronic health conditions can all leave people with debilitating pain, and sometimes opioids are the only thing that can provide relief. But, with relief, comes the real danger. Tolerance to the medications builds up, breathing becomes increasingly

*Yoga continued from page 1*

According to the June 2017 study published in the Annals of Internal Medicine, 320 patients with persistent back pain were assigned either yoga, physical therapy or educational instruction on managing back pain.

After 12 weeks, about 48 percent of the yoga group had a 'clinically meaningful' improvement in their pain. The same was true for 37 percent of physical therapy patients. The study's authors said the difference between the yoga and physical therapy results were not statistically significant and both therapies appeared to make some difference during a year's time.

depressed at higher doses, and movement is impaired. It doesn't take long before a real person in real pain is at risk for overdose.

Some solutions are on the horizon, however.

James Zadina of the Tulane School of Medicine, has been working for two decades to develop a painkiller with the power of opiates without the addiction. Traditional painkillers work by binding to mu receptors in between nerve cells. The painkillers flip a switch, making nerves unable to send pain signals to the brain. The problem with this approach is that in addition to blocking pain, the drugs also activate other cells, called glia. These cells can actually cause the body to feel

more pain after the drug wears off. This leads to an increase in drug tolerance and a higher likelihood of overdose over time.

Zadina's research is centered around finding a synthetic version of a chemical already present in the human body that helps to mitigate pain - endomorphin. This compound, related to the endorphins that make people feel better during exercise, doesn't activate

the glia cells like opioids do. It is likely that they would provide many of the benefits that traditional painkillers have without many of the side effects.

In a 2016 report in the journal Neuropharmacology, Zadina's team reported success in tests on rats. Human trials will be next but the process could take years.

[www.pagesmag.com](http://www.pagesmag.com)

In an editorial accompanying the study, one of the authors, Dr. Stefan Kertesz of the University of Alabama at Birmingham School of Medicine, cautioned on overselling yoga as a solution. "The reality is, yoga was not a panacea for most of these patients."

If you want to try yoga for your back, be sure you take a beginners class with gentle poses aided with chairs.

[www.pagesmag.com](http://www.pagesmag.com)



"Irony is wasted on the stupid"

~ Oscar Wilde





## GLUTEN-FREE LIFESTYLE MAY NOT BOOST HEART HEALTH

If you don't have celiac disease, your heart won't get a boost from going gluten free, according to a new study.

The gluten-free lifestyle is crucial for people with celiac disease. For them eating wheat, barley, and rye triggers the body to attack the small intestine, causing inflammation and leading to malnutrition and gastrointestinal distress. The inflammation then increases heart disease risk. Eliminating gluten stops the attack on the small intestine and reduces inflammation.

What The May study in The BMJ asked is whether people without celiac disease would benefit from going gluten free.

The Harvard research team did not find much of a difference in risk of heart attacks between people who ate the most gluten and those who ate the least.

On the other hand, people who avoided nutritional whole grains had an increased risk of heart disease.

The lesson: If you don't have celiac disease, don't cut whole grains out of your diet and don't worry about going gluten free, according to the Harvard Health Letter. [www.pagesmag.com](http://www.pagesmag.com)

## CELIAC DISEASE AWARENESS MONTH:

What's all the fuss about gluten?

It's nearly impossible to go to a restaurant or a supermarket now and not be bombarded with labels touting "gluten free" ingredients and recipes.

Today people are acutely aware of an allergy to a protein in wheat, barley and rye. This allergy is called celiac disease.

With all of the sudden attention to this disease, it almost seems like a recent discovery. But, according to the Celiac Disease Foundation, it has been acknowledged for nearly 2,000 years.

It was ancient Greece, in fact, where a physician first noticed patients that presented with diarrhea and malabsorption. They used the term "coeliac," from the Greek word for abdominal, to describe the condition and the modern name evolved from there. Much later, during the food supply shortages of World War II, European doctors noticed that fewer children were dying from this disease as wheat became a rare commodity. This link started the decades-long research of wheat, gluten, and celiac disease.

The Mayo Clinic explains that when those with celiac disease eat gluten, it creates an immune reaction in the small intestine. With continued exposure, this response will damage the lining of the intestine and affect the

*Celiac continued on page 4*

## SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

November 9

### Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: [smile.amazon.com](https://smile.amazon.com) and select

Mended Hearts!

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AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

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Gregg Bonar

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Rick Duke

Andy Graven

Sandara Scherrman

Bill Voerster

Bruce White

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## NORTH AMERICA TREAT MYSTIFIES EUROPEANS

October through December are prime months for pumpkin pies -- a uniquely North American treat that mainly puzzles Europeans.

In fact, expats routinely complain that finding cans of pumpkin in October and November is nearly impossible on the continent. According to The Guardian, Brits never really understood a vegetable-based pudding and pumpkin has never caught on. In fact, in Europe, most expats end up substituting butternut squash or sweet potatoes for pumpkin.

Nonetheless, North Americans love their pumpkins and it does more than satisfy the taste buds. It wins big time for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients lutein and zeaxanthin.

The carotenoids in pumpkin neutralize harmful free radical molecules, while lutein and zeaxanthin are potent free radical scavengers, according to Rutgers University in Brunswick, N.J. A diet that includes these antioxidants can help prevent many of the diseases associated with aging, including heart disease and cancer.

Lutein and zeaxanthin are naturally found in the lenses of the eyes. Studies suggest that eating foods high in these compounds help block formation of cataracts and decrease the risk of macular degeneration.

Canned pumpkin has virtually the same nutritional value as fresh, and it's far less work to prepare.

~~~~~  
Celiac continued from page 3

way the body digests food and absorbs nutrients from it. Side effects from this malabsorption can include chronic diarrhea, weight loss, fatigue, and more. At this time, there is no reliable cure for this disease but abstaining from gluten entirely can prevent nearly all of the complications from the disease.

Despite the widespread coverage of celiac disease recently, Stefano Guandalini, a doctor at the University of Chicago Celiac Disease Center, points out that gluten has been around since wheat was cultivated over 10,000 years ago and has remained largely unchanged over the years. It is estimated that about 1 percent of the population has celiac disease and many of those people are currently undiagnosed. More alarming is that celiac disease does seem to be becoming more common as only about .2 percent of the population were estimated to have it in the 1950s. Although many people probably don't have to worry about this affliction, greater awareness of any illness is always helpful with prevention and finding a cure. www.pagesmag.com



You can make a nutritious pumpkin pie from a can of pumpkin pie mix or two pies from a 16-ounce can of pumpkin (just add your own eggs, sugar, and spices. The recipe is on the can.)

Some tips about pie made from canned pumpkin: If you find your pie cracks in the center or doesn't hold together well enough, your eggs are probably too small. Use three eggs instead of two.

To reduce the fat content of your pie, (pumpkin itself has no fat) use fat-free canned milk.

If you will use whipped cream as a topping, select fat-free whipped cream at the supermarket for a flavor that's still very good.

For more intense flavor from pumpkin pie mix, add a bit of extra spice and a tablespoon of brown sugar.

For more daring pie, put in three tablespoons of rum.

www.pagesmag.com



HAPPY BIRTHDAY!

RICK DUKE 10/7

CALVIN CALDWELL 10/26



Keep on Tick'n



Mended Hearts
of Charlotte

It's great to be alive...and to help others!

Volume 7 - Issue No. 6

November 2017

Chapter #372

September 2017	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	21	0	0	6	0
CMC - Pineville	21	0	0	5	0
Total for September	42	0	0	11	0
TOTAL FOR 2017	575	0	6	100	0

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

NOTHING WRONG WITH MOST FAT, EXPERTS SAY

It is just possible that the fat-free movement made us fat. And unhealthy.

Recent research shows that not all fat is bad and the movement to go fat-free threw out good fats along with bad ones.

When all fat is removed from a product, something has to take its place and that is usually carbohydrates in the form of sugars. And, along the way, good fats are eliminated.

In fact, not all nutritional fat, which has zero carbohydrates, is bad.

According to the Harvard Medical School Health letter, healthy fats are an essential part of how the human body functions as they provide energy, build cell membranes, sheath nerves, and aid in blood clotting and muscle movement.

The most harmful fats are trans fats, which have been increasingly phased out of food products. These fats are created through a human-made process that keeps the fat solid at room temperature and allows it to be used in food such as solid margarines and fast food french fries. Trans fat has been found to increase harmful LDL

cholesterol while reducing beneficial HDL cholesterol. It has also been linked to inflammation, increasing the risk of heart disease and strokes as well as insulin resistance, increasing the risk of type 2 diabetes.

Saturated fat, the type found in red meat and whole milk, is not necessarily bad for you but it can drive up total cholesterol and create more harmful LDL cholesterol.

According to Harvard, a meta-analysis of 21 studies found there was not enough evidence to conclude that "saturated fat increases the risk of heart disease, but that replacing saturated fat with polyunsaturated fat may indeed reduce risk of heart disease." In addition, two other major studies found that replacing saturated fat with highly processed carbohydrates actually increased the risk of heart disease, according to Harvard.

The healthiest fats are monounsaturated and polyunsaturated fats. These fats are liquid at room temperature and can be found in such foods as olives, peanuts, avocados, nuts, and vegetable oils like corn and sunflower. Monounsaturated fats gained fame when it was discovered that the so-called "Mediterranean diet" in countries like Greece produced low levels of heart disease even when people were eating large quantities of fat.

Polyunsaturated fats are called essential fats because the body needs them, but can't make them. These fats have to come from food. www.pagesmag.com



Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas HealthCare Systems and we visit:
(click on the links for maps and information)

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<http://www.opm.gov/combined-federal-campaign/>

THE LINK BETWEEN

SITTING AND POOR HEALTH

We drive to work, sit at a desk, drive home and watch television -- that's all sitting time and it's bad for health.

According to the American Heart Association, Americans spent about 38 hours per week sitting in 2009 compared to only 26 hours in 1965. This rise in sedentary behavior, along with a decrease in the amount of time spent performing a moderate-to-vigorous activity, has been linked to several health issues including increased risk of cardiovascular disease, diabetes, obesity, and back pain.

According to Time Magazine, the body needs energy to power individual cells, break down and digest food, and create "activity energy" which can be divided into active exercise and Non-Exercise Activity Thermogenesis (NEAT). The last type, NEAT, includes all of the energy used for required movements throughout the day like walking or even typing at a desk.

Sitting for extended periods of time lowers the amount of NEAT energy needed throughout the day which starts to turn off processes that burn calories and turn on the ones that build fat. Inactivity, especially

around meals, leads to muscles that aren't soaking up glucose from the food and become more insulin resistant. This resistance causes the body to release more and more insulin which can lead to diabetes over time.

As if problems with weight gain and heart disease weren't enough, the Washington Post also points out that sitting can lead to a



YOUNGER WORKERS THINK WORK FLEXIBILITY IS A RIGHT

Millennials and college students don't expect to go to work at a desk and stay there. Surveys abound as to younger workers' beliefs in their workplace rights.

According to Inc.:

- 29 percent of college students think being able to work remotely with a flexible schedule is a right, not a privilege.

- ♥ 66 percent of Millennials say lack of flexible scheduling has caused them to leave a job.

- ♥ 76 percent of Gen-Xers say they look for jobs with flexibility that will still let them get promoted.

- ♥ But 72 percent of working parents think those who work flexible hours have fewer chances for promotion.

www.pagesmag.com

DRINKING WATER CAN SAVE MONEY

Sodas, teas and juices cost Americans a lot of money compared to getting by on plain old water. According to Statista, a full 28 percent of people in the United States consume soft drinks every single day.

One blogger at 20 Something Finance crunched the numbers to discover that 4,787 bottles could be filled with tap water for only \$2.10. Compared to an average store price of \$1 - \$2 for just one bottle, filling up reusable bottles at home could lead to hundreds of dollars in savings each year. www.pagesmag.com



"I'm glad you're in band. I'm just a little creeped out by the drumsticks."

whole host of other issues in the body related to pain and overall fitness because of the position of the body. The hips, for instance, remain unextended for long periods of time and can become tight with a limited range of motion along with weakened glutes. This decreased range is a primary reason why the elderly are prone to falling. Similarly, the position can cause poor circulation in many areas of the body such as legs, spinal discs, and the brain. www.pagesmag.com



ANTIVIRAL DRUGS STILL AN OPTION FOR FLU

The best prevention during flu season is following the standard advice: Get a flu shot and wash your hands before eating or touching your face.

But if you do get the flu, certain antiviral medications like Tamiflu (oseltamivir) and Relenza (zanamivir) are still available as a treatment, according to the Harvard Health Letter.

These antivirals must be taken within two days of the onset of symptoms to be effective and might speed recovery by one or two days.

In June, the World Health Organization removed oseltamivir from its list of essential medicines, citing low effectiveness in clinical trials.

However, this drug and others in the antiviral category do help some people if taken early enough. Older people and those with chronic lung, heart or kidney disease or compromised immune systems would be a candidate for the flu drugs. www.pagesmag.com



ANNOYING CHIP READERS

Swiping a credit card just seems so much more efficient than sticking the card into a terminal and waiting. And waiting.

But the chip cards are actually more secure, credit companies say. The chip cards attempt to prevent fraud by generating a unique code for every transaction that can only be used once. So the cards are supposed to slow down criminals who steal a bunch of card data and then manufacture physical cards. Chips make the data much less useful. The cards also reduce the value of card skimming, where a device is placed on the card reader to steal data.

Chips do nothing for e-commerce fraud or a variety of other types of criminal activity.

In addition, if you use a chip card, but sign for the transaction instead of using a pin number, the transaction is less secure. www.pagesmag.com

SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - LANCASTER ROOM 6:30 P.M.

November 9

Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

Remember to go to: smile.amazon.com and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

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STUFFING -- BY ANY OTHER NAME -- STILL ROCKS THANKSGIVING

In the north, it's called stuffing. In the south, it's called dressing. In the east, sometimes it's called filling.

The word you use means less than the recipe you make and no other dish in the Thanksgiving meal has more family allegiance than stuffing. The main ingredients are mostly the same: Some kind of bread, onions, celery, broth and spices. But, families often pass down their stuffing recipes for generations.

In San Francisco, you might find a sourdough bread base. In Alabama, cornbread. In Louisiana, don't ignore the andouille sausage. On the east coast, it's oysters that rock the dish. And mostly, we find a mix of all those ingredients everywhere.

Here is a typical recipe for oyster dressing or stuffing. The key is finding just the right amount of oysters for your taste.

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 butter or margarine until tender but not brown. Remove from heat. Stir in sage and several dashes of salt and pepper.

Place bread crumbs 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. Use a scissors to snip oysters into smaller bits then 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 cooked longer, periodically baste the dressing with chicken broth or water to keep it from becoming too dry. www.pagesmag.com



SIMPLE FOOD SAFETY TIPS FOR THANKSGIVING

The best way to thaw a turkey is in a refrigerator, according to USDA recommendations. Allow 24 hours for each four to five pounds, in a refrigerator cooled to 40 degrees or below. Be sure to let the turkey thaw in a container so juices will not drip onto other foods.

If you must thaw a turkey in cold water, be sure it is in a leak-proof bag. The turkey should be submerged in cold water. Allow 30 minutes per pound. Change the water frequently. USDA recommends every 30 minutes. Cook immediately when thawed.

Cook turkey to 165 degrees in thickest part of the breast, inner thigh, and inner wing.

Wash hands with soap and water for at least 20 seconds before touching any food.

Do not store stuffing inside a turkey. Refrigerate it separately.

Don't wash the turkey. According to the USDA, loosely attached bacteria can contaminate the kitchen when you wash meat or poultry. Studies have found bacteria cling to sinks, sponges and towels. Bacteria is effectively killed in the oven. The best idea is to take the turkey out of the package and put it straight into the pan. www.pagesmag.com



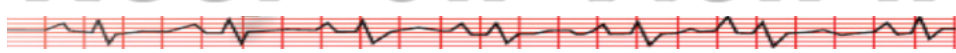
HAPPY SURGIVERSARY!

JUDY DUKE 2009

BILL VOERSTER 2006



Keep on Tick'n



Mended Hearts™
of Charlotte

It's great to be alive...and to help others!

Volume 7 - Issue No. 7

December 2017

Chapter #372

October 2017	Patient	Cath Lab	Phone	Family	Internet
CMC - Main	27	0	0	7	0
CMC - Pineville	31	0	7	4	0
Total for October	58	0	7	11	0
TOTAL FOR 2017	633	0	13	111	0

National website: <http://mendedhearts.org/>

Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

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CHARLOTTE FIRE DEPARTMENT KEEPING CHARLOTTE SAFE

by Christine Jordan

We had a great speaker at our last meeting, Chief Jackie Gilmore from the Charlotte Fire Department. Chief Gilmore served our country in the Navy and has been in the CFD since 2003.

Since most of us in our Mended Hearts chapter are survivors of an emergency event, it was really interesting to learn just how the people who save our lives are trained and placed. In 2016, 50% of cardiac arrest cases that the Charlotte Fire Department responded to went from unresponsive to having pulse/breathing; that exceeds the state average of 35% and the national average of 15.5%.

The Charlotte Fire Department's primary mission is to preserve life and property through rapid response, code enforcement, education and planning.

The CFD is a leader in providing educational programs to meet the needs of our diverse community. In 2016, 100% of the thirds graders in the CMS system were taught the fire education program. The Explorer program currently serves 48 young men and women ages 14 to 20 with an interest in learning more about a career in fire and emergency services. The hands-on



Chief Jackie Gilmore and MH President Kent Clow

program exposes participants to career experiences, leadership opportunities and community-service activities. 12 former Explorers now work for the CFD.

The Charlotte Fire Department is an important member of the Charlotte-area community. Their employees live and work in Charlotte, in Mecklenburg County, in nearby towns and cities, always working with the community.

We really appreciate Chief Gilmore making the time to speak with our group and we wish him and all the CFD safety and peace in the upcoming holiday season.

As we give thanks for all the people in the CFD, please keep in mind the "Move Over" law North Carolina has in place to aid emergency responders on their way to emergency situations!

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<http://www.opm.gov/combined-federal-campaign/>

PLANT BASED PROTEINS PUT THE PULSE IN YOUR DIET

Pulses are in the nutritional spotlight, and we aren't talking heart beats.

Pulses -- a branch of the legume or pea family -- are harvested for their seeds. Pulses include chickpeas (also called garbanzo beans), lentils, and dried peas and beans like kidney, navy, black and lima. Some legumes are not pulses: soybeans, peanuts, peapods and green beans, for example.

What makes pulses important are their protein and fiber content, important qualities especially for those on meatless diets.

Besides being inexpensive, pulses also have a low glycemic index, so they raise blood sugar levels less than other carbohydrates, according to the Harvard Health Letter.

Pulses are easily added to salads and stews to increase the protein punch, but food makers are increasingly providing new products that make it easy to add pulses to the diet. Among the new products are flours used in mixes for brownies and pancakes. Pulse flour made from garbanzo beans or peas can be used as a coating for food you would typically drench in white flour before sauteeing.

Pulse pastas made from red lentil or black beans are also new, replacing semolina or durum wheat.

There are even new pulse-based snacks such as crackers and chips made with black beans, safflower oil and sea salt.

You can also add pulses to your diet through soups. White bean, lentil chili, and pea soup are just a few.

www.pagesmag.com



BOLO! If you see these silly people, turn around and go the other way! (l to r) Gregg Bonar, Chris Jordan, Bill Voerster, Barbara Nachman, Joel Nachman.

LOW BLOOD PRESSURE CAN BE RISKY FOR THE HEART

Everyone knows that high blood pressure is dangerous for the heart, but so is low pressure.

A recent study in the Journal of the American College of Cardiology focused on what happens as the systolic blood pressure (SBP), and diastolic blood pressure (DBP) change.

For instance, most experts agree that if these numbers should go above 140 mmHg or 90 mmHg (hypertension), respectively, then they should be treated with medication. On the other end of the spectrum, levels that are too low, less than 60 mmHg (hypotension), could result in the heart muscles not receiving enough oxygen and eventually becoming damaged. These levels indicate an increased risk for heart disease and even death. Taking medication for high blood pressure could lead to a situation in which pressure becomes too low as well as highlighting the fact that doctors must monitor these cases closely.

Symptoms of low blood pressure can come in many forms, and The American Heart Association highlights dizziness, nausea, fainting, dehydration, blurred vision, clammy skin, and fatigue as possibilities. There isn't a specific level of blood pressure that causes these symptoms and each person will measure slightly differently. Noticing any of these symptoms, regardless of whether or not they are related to blood pressure, is an excellent time to seek the advice of a medical professional.

Pregnancy is one of the most common causes of low blood pressure as a woman's circulatory system expands for the growing child.

Underlying heart problems, endocrine issues, diabetes, blood loss, anemia, and certain types of infections and allergies can also be the culprit.

Age, as well, can lead to one form of low blood pressure called orthostatic hypotension that causes big drops after standing or eating. www.pagesmag.com

EYE FLOATERS ARE ANNOYING, BUT USUALLY HARMLESS

Many people, especially as they age, will notice what looks like something faint floating in their field of vision.

WebMD explains that these 'floaters' are quite common and they can appear as dots, squiggly lines, webs, and rings.

They develop over time as collagen in the gel-like fluid in the back of the eye clump together and cast shadows on the retina. This fluid is called the vitreous, and it creates these clumps as it shrinks during the aging process. They are not usually dangerous and can come and go over time, but severe cases can be quite frustrating if they affect vision in a meaningful way.

In rare cases, these floaters can be a sign of a more serious condition such as eye disease, diabetic retinopathy, tumors, or injury. Harvard Medical School warns that as the vitreous shrinks it can begin to tug on the retina it is attached to as it pulls away. In some cases, this will tear the retina and can lead to retinal detachment and permanent vision loss. This situation will require immediate medical attention to avoid losing vision, and in most cases, the tear can be treated with either laser or cold therapies.

Treating the floaters themselves is not always a realistic option, and over time, most people seem to notice them less often. For those severe cases, the Mayo Clinic explains that there are two main ways to eliminate eye floaters: lasers and surgery. Using lasers, an ophthalmologist can pinpoint specific floaters and try to break them up into less noticeable pieces. Unfortunately, results with this treatment are mixed, and there is some risk of retina damage. The other option, surgery, involves removing the vitreous entirely and replacing it with a similar fluid to support the eye's shape. Like the laser treatment, results are mixed, and new floaters can develop later. There are also risks of retinal tears and bleeding.

www.pagesmag.com

Pearl Harbor Remembrance Day 2017

Dec 7 - Thursday

Observance

Human Rights Day 2017 Dec 10 - Sunday

Global

Hanukkah/Chanukah - Starts 2017

Dec 13 - Wednesday

Jewish

Hanukkah/Chanukah - Final Day 2017

Dec 20 - Wednesday

Jewish

Winter/Summer Solstice 2017

Dec 21 - Thursday

Season

Christmas Eve 2017

Dec 24 - Sunday

Christian

Christmas Day 2017

Dec 25 - Monday

National holiday

Kwanzaa - thru Jan 1 2018

Dec 26 - Tuesday

Observance

New Years Eve 2017

Dec 31 - Sunday

Observance

SUPPORT GROUP & MEETINGS SCHEDULE

PINEVILLE - JANUARY 11, 2018

MAIN - FEBRUARY 8, 2018

Mended Hearts Prayer

by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.



Remember to go to: smile.amazon.com and select Mended Hearts!

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. (Please pick us!!!)

ACTIVE ACCREDITED VISITORS:

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Gregg Bonar

Kent Clow

Laura Diviney

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CHRISTMAS EVE TOURTIERE IS THE TOAST OF CANADIAN TABLES

Tourtiere, or meat pie, is a traditional part of French Canadian Christmas and New Year's Eve fare, although the dish is enjoyed throughout Canada.

Like many traditional dishes, the exact ingredients vary by family with recipes handed down throughout generations.

Typically, the meat pie consists of tiny cubes of pork, veal and beef, slow cooked and served in a pie shell. Meats very often differ based on availability by location. You'll find fish served in some meat pies in coastal areas, for example.

Spices also vary. Some tourtières feature a festive spice combination of cinnamon, cloves and all spice. Others feature sage and thyme, or a combination of spices.

This recipe from hiddenponies.com features ground pork plus bread crumbs. Many recipes call for mashed potatoes instead of bread crumbs.



Ingredients

1 tablespoon vegetable oil
2 pounds ground pork
1 1/2 cups beef stock
3 onions, finely chopped
3 cloves garlic, minced
2 cups finely sliced mushrooms
1 cup finely chopped celery
3/4 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon pepper
1/2 teaspoon summer savory or thyme
1/3 teaspoon cloves, ground
1 cup bread crumbs
1/2 cup fresh chopped parsley
Pastry for a double crust 9-inch pie
1 egg, beaten
1 teaspoon water

In large skillet, heat oil over medium-high heat and cook pork, breaking it up, until no longer pink. Drain fat.

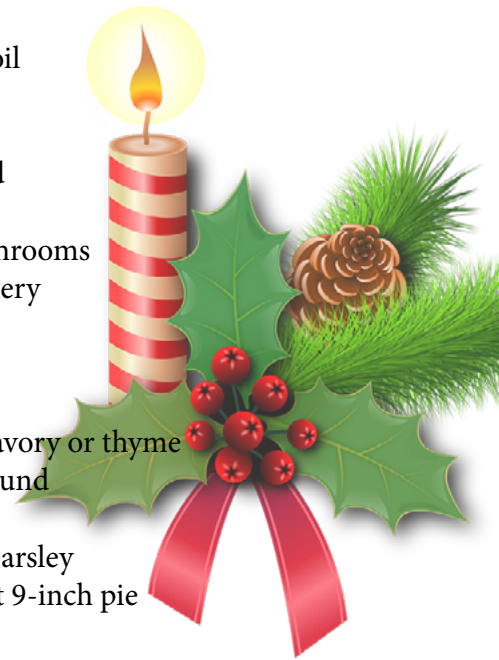
Stir in stock, onions, garlic, mushrooms, celery, salt, cinnamon, pepper, savory and cloves. Bring to boil, reduce heat and simmer 45 minutes or until 2 tablespoons of liquid remains. Stir in bread crumbs and parsley.

Refrigerate to allow the flavors to meld.

Spoon filling into bottom shell, situated in deep pie plate or iron skillet. Cover meat mixture with top pastry and press edges to seal. Cut vents in top crust.

Brush top crust with egg and water.

Bake at 375 for 40 to 45 minutes or until golden brown. Let cool at least 10 minutes before serving. www.pagesmag.com



THE NUT THAT IS NEVER SOLD IN A SHELL

It may never have crossed your mind: In the bags of mixed nuts in the shell, none of the nuts are cashews.

In fact, cashews are never sold in the shell -- for a very good reason.

The cashew nut is actually a seed surrounded by a double shell. The shell contains oils related to the same chemical in poison ivy that causes skin rashes, according to The Nutcracker Museum. The toxic oils are easily roasted off, usually in outdoor settings since, like poison ivy, inhaling the burning oils causes severe lung irritation.

The toxic exterior of the cashew is not the only thing that makes it unique.

A cashew tree first flowers with a small, delicate green, then pink, five-petaled flower, less than an inch long. The cashew nut grows on the flower. Above the nut grows a juicy, pear-shaped, red or yellow pseudo-fruit

up to four inches long. The cashew apple is popular in tropical countries where the cashew tree grows, but its waxy outer layer does contain skin irritants that must be steamed off then washed.

The cashew apple has never been suitable for export since its skin is easily damaged.

The evergreen cashew tree can grow up to 46 feet tall. The oldest and largest cashew tree in the world is found in Brazil. It covers an area of about 2 acres. The branches of the tree bend to the ground under an immense canopy of leaves. Each branch takes root where it touches the soil, making it difficult to see the main trunk of the tree. Thought to be about 1,000 years old, the ancient cashew tree produces about 60,000 fruits each year. www.pagesmag.com

HAPPY 5TH SURGIVERSARY!

CHRIS JORDAN 12/15/12



Keep on Tick'n



Mended Hearts
of Charlotte

It's great to be alive...and to help others!

Volume 8 - Issue No. 1

January 2018

Chapter #372

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CMC - Pineville	450	0	15	92	0
TOTAL FOR 2017	750	3	21	135	0

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Chapter website address: <https://mendedhearts.gnosishosting.net/Chapters/Home/372>

NEW YEAR'S RESOLUTIONS: BREAK OUT INTO SOMETHING NEW

So, everyone resolves to lose weight and stop procrastinating.

Why stick with the obvious? Here are some resolutions that will make 2018 a little more interesting.

1 Master some jokes. Why resolve to be more social if you don't know what to do when you get to the party? Try to find a selection of one-liners that will work in a variety of situations. Find a longish joke that will be suitable to tell at lunch with a friend. Maybe a spicy joke to tell a really good friend. But always have a sweet joke to tell someone's mother.

2 Learn a useful phrase in three languages. Hey, you want to be debonair? Here's your chance. Go for Arabic and Mandarin if you are adventurous. If you want laughs, learn something silly. With one resolution, you tick off 'learn something new.' Done.

3 Learn to juggle. A good party trick that will get everyone else involved and keep you busy while listening to YouTube videos. Hey, you aren't wasting time.

4 Give yourself a big win. The problem with New Year's resolutions is that only 8 percent of resolvers keep their resolutions. That leaves 92 percent feeling like failures. They are resolving the wrong things.

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Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

We support Carolinas HealthCare Systems and we visit:

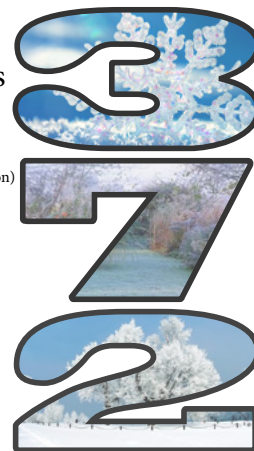
(click on the links for maps and information)

[CMC - Main](#)

1000 Blythe Ave.
Charlotte, NC 28203

[CHS - Pineville](#)

10628 Park Road
Charlotte, NC 28210



Instead, try something that you have a good chance of accomplishing:

♥ Always drink beer during a football game. If you break this resolution, you've probably quit drinking. Win.

♥ Spend more money on fun. If you break this resolution, you are saving more money.

♥ Never buy another organizational basket. So, if you do break down, you are getting organized.

♥ Never go to a gym. No sweat. But if you find yourself sweating, more's all the better.

♥ Never become a circus acrobat. Unless you are one now, this is a resolution you can keep. www.pagesmag.com

CURE FOR TYPE 1 DIABETES? NEW BUSINESS AIMS AT TRIALS

A new startup company has raised \$114 million to develop a treatment for type 1 diabetes.

Semma Therapeutics will use the new funding to begin human trials of their stem cell therapy, which has already been tested on animals.

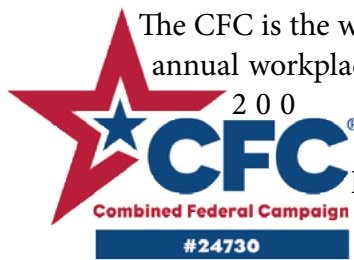
Semma plans to use stem cells to make beta cells, which manage blood sugar. In type 1 diabetes, the body's immune system attacks cells that are responsible for sensing glucose in the blood. Today, management of diabetes, both type 1 and type 2, is done through insulin. However, this new effort would effectively cure type 1 diabetes by replacing the beta cells in the body, which would start the production of insulin.

Diabetes affects more than 300 million Americans. About 1.25 million have type 1.

These new beta cells would be built from embryonic stem cells. Embryonic cells have the potential to become

Diabetes continued on page 2





The CFC is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year. When donating, specify our Mended Hearts ID number [#27430].

<http://www.opm.gov/combined-federal-campaign/>

DON'T DRINK TOO MUCH COFFEE!

Many people rely on a daily dose of caffeine to get their day started, but according to the Mayo Clinic, there are risks associated with drinking too much coffee too often.

When used in moderation, caffeine is prized for its ability to help people stay alert. Once the intake surpasses about 400 milligrams, about four cups of brewed coffee, however, users might experience more harm than good.

Side effects of excessive use can include headaches, irritability, nervousness, insomnia, irregular heartbeat, upset stomach, and more depending on the person. Some people can be more sensitive to the effects as well, and these symptoms might present themselves with even light or moderate consumption. Likewise, a sudden increase in the amount consumed can cause harmful effects even in people that haven't noticed any problems in the past. Interactions with certain drugs, like ephedrine or echinacea, can increase the effects of caffeine and lead to more severe health risks like heart attack, seizure, or stroke.

Despite the fact that caffeine is often used to help wake people up in the morning, it can also work against a tired individual by disrupting their sleep cycle. Excess consumption, or consuming caffeine late in the day, can delay sleep or limit its therapeutic value. Repeating this cycle for long enough can result in a cumulative sleep debt that starts to cause issues with daytime alertness and focus. Limiting consumption to the morning hours is one of the best ways to help avoid this problem.

Experts say that even the worst side effects of caffeine aren't typically life-threatening, but according to USA Today, it is possible to have too much. It is estimated that a lethal dose of caffeine could be found in somewhere between 50 and 100 cups of coffee, depending on weight, so it is unlikely for a coffee drinker to be in any real danger. If a person is consuming the raw, powdered form of caffeine, however, then as little as a teaspoon could kill. www.pagesmag.com

Diabetes continued from page 1

any type of cell found in the body. In this new method, embryonic cells are exposed to growth factor to make them grow into beta cells, according to Business Insider.

Semma would take the newly grown beta cells and insert them into an implant about the size of a plastic bandage. The implant could then be placed under the patient's skin. Since the cells stay in the device, they wouldn't interact with the immune system which might kill them. However, they would spark the production of insulin to control blood sugar.

This cell therapy could reach far into medical treatment, creating all sorts of regenerative medicine. www.pagesmag.com



Snow Global Warming

Cinnamon and blood sugar

Researchers are studying the spice cinnamon to see if it helps control blood sugar, as folk treatments suggest.

A review of 11 trials of cinnamon supplements in people with type 2 diabetes found that people using the supplements -- while taking prescribed diabetes medications -- showed some small improvement in blood sugar levels.

However, researchers stress the findings are not conclusive since other factors, such as exercise, cinnamon quality, and adherence to medications were often not accounted for.

The researchers concluded that the spice deserved more research but stressed that there is no evidence that cinnamon alone can control type 2 diabetes.

The review was published in the Journal of the Academy of Nutrition and Dietetics. www.pagesmag.com



100 YEARS OF INSULIN TREATMENTS SAVE COUNTLESS LIVES

The disease diabetes has been identified for thousands of years, but only in the last 100 has there been a truly life-saving treatment: Insulin.

Insulin was discovered in 1921 at the University of Toronto.

Its discovery was one of the most sensational developments in medicine, effectively treating a disease that relentlessly reduced millions to blindness, coma and death. In his book, *The Discovery of Insulin*, author Michael Bliss writes that the first attempts to use insulin on comatose diabetics created what seemed to be a miracle: Comatose patients awoke and returned to life.

Until insulin was identified, there were many different types of treatment, all mainly useless. The most effective was an extreme diet. Patients managed to live a few years longer after starting the diet, but ultimately died of starvation. Doctors who used the diet in the 1920s were later reminded of their patients when they saw pictures of inmates at Nazi death camps. Some people managed to live on the diet long enough to raise a child, for example. But even one morsel off the diet could kill them. Bliss gives the example of a messenger boy who managed to exist on the diet until one day he couldn't resist picking and eating a handful of cherries. He was dead in a week.

It is generally agreed that insulin was first identified by Dr. Fred Banting, but many years of research before and after by many other scientists and doctors contributed to making insulin a reality.

Making it readily available was another problem. Insulin could not have been provided in quantities for the thousands, if not millions, of people who desperately needed it without the participation of drug companies such as Eli Lilly and Connaught Laboratories, to name just two.

During the time insulin was known but could not be manufactured in sufficient quantities, patients died, knowing a treatment existed but that it just could not be made fast enough. www.pagesmag.com



SUPPORT GROUP & MEETINGS SCHEDULE

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by Herbert G. Maedl

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, Lord, for wisdom

That we may use all your gifts well.

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THE HUMBLE EGG

TRY THIS SLOW SCRAMBLE FOR A CREAMY DELIGHT

Let's first get the bad PR out of the way: Eggs won't raise your risk of stroke, heart attack or heart failure, according to the Tufts University Health & Nutrition Letter.

Eggs got a bad rap during the last 20 years because it was thought that they significantly raised levels of cholesterol. Current research shows that saturated fat is the primary culprit in heart disease risk, according to Live Science.

Eggs are high in cholesterol (186 milligrams total with 184 of that in the yolk), but they're low in saturated fat (1.6 grams in the yolk).

People who eat a healthy diet, rich in fiber, vegetables, and fruits, can safely eat an egg each day, writes dietitian Katherine Tallmadge.

That brings us to a very common recipe: scrambled eggs. You see them in different forms depending on who's cooking: Flat as a pancake, lumpy and rubbery, or the dreamy creamy.

Here's how to make the perfect scrambled eggs that are soft and creamy.

The key is cooking them long and slow, according to The Kitchen. Set the heat on a very low setting and plan to let the eggs slowly transition from liquid to solid over about 10 to 15 minutes. Stir frequently to make the eggs

end up with small curds that have the texture of ricotta cheese.

LOW AND SLOW CREAMY SCRAMBLED EGGS

2 or more large eggs

1 teaspoon butter

1/4 teaspoon salt

Pepper to taste

1 Tablespoon cream

chopped herbs (optional)

Warm your pan on the stove over low heat before putting anything in it. Then put in the butter and let it melt. Whisk eggs in a bowl, vigorously enough that the whites and yolks are mixed and frothy.

Add salt, pepper, and cream. Whisk to mix. Add herbs if desired.

Pour eggs into the pan in a thin layer and cook slowly for 10 to 15 minutes.

www.pagesmag.com



ALL ABOUT EGGS

How long to keep them

Eggs in the shell are safe to eat up to five weeks after the sell-by date, found on the short end of the carton.

Numbers on the carton

The carton information contains the packing date and the plant number.

The three digit number in the middle tells you the Julian packing date. Julian dates count the days by number. On January 1 the Julian date is 001. On December 31, the Julian date is 365.

The Plant number is also on the carton. This is a four-digit number beginning with the letter P. You

should be able to look up the plant at the following link:

https://apps.ams.usda.gov/plantbook/Query_Pages/plantbook_query.asp

However, in a recent test of the link, no plant number returned a valid result. This may be fixed in the future.

Egg grades

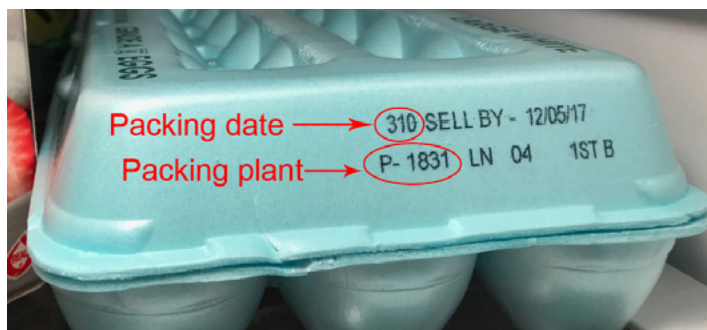
The carton could also have the egg grade, but not necessarily. If you don't see it on the carton itself, a USDA shield may appear on the carton specifying the grade.

Grade AA: Egg white is thick and firm. Yolks are high, round and practically free from defects. Clean, unbroken shells.

Grade A: Whites are reasonably firm. Yolks are high, round and practically free from defects. Clean, unbroken shells.

Grade B: Whites may be thinner. Yolks may be wider and flatter. Shells unbroken, but may show slight stains.

www.pagesmag.com



HAPPY BIRTHDAY

BILL VOERSTER 1/18

JARED STEELE 1/29

SURGIVERSARY

CALVIN CALDWELL

JAMES DUNN



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of Charlotte

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Volume 8 - Issue No. 2

February 2018

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ONE SHOT COULD SOMEDAY REDUCE HEART ATTACK RISK

Gene therapy might lead to a one-time vaccine-like treatment that would permanently lower bad cholesterol and reduce the risk of heart attack by as much as 88 percent.

Heart disease is currently responsible for about one in every four deaths in the United States, adding up to more than 600,000 deaths each year.

According to the Harvard Stem Cell Institute, however, new genome research shows great promise of permanently reducing the risk of heart attack.

Work on this project first started in France in 2003 when researchers discovered that a specific gene in the liver, PCSK9, seemed to be responsible for cholesterol regulation. Some families with a mutation of this gene had very high cholesterol and were very likely to have early heart attacks.

Meanwhile, in Texas, another research group identified a population that had a different kind of mutation of PCSK9 -- this time a very good mutation. This mutation produced the opposite effect. People with the mutation have very low levels of low-density lipoprotein (LDL or bad) cholesterol levels. What's more, they were significantly less likely to have a heart attack.

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A recently developed gene editing technology called CRISPR/Cas9 allowed these researchers to alter the PCSK9 gene in mice to convert it to the good version that would potentially help them live longer. This change caused the liver to stop producing a particular protein that would prevent the removal of cholesterol in the bloodstream. It also solved the problem that traditional cholesterol drugs have - they don't last very long. Rather than constantly having to get shots or take medicine to reduce cholesterol, scientists hypothesize that it may be possible to have a lifetime change in effect with just one application. www.pagesmag.com



NEW SMOKE PROBLEM DOESN'T INVOLVE TOBACCO

As states join the movement to legalize marijuana, apartment tenants have begun to have a new problem: The smell of smoke. And it's not from cigarettes.

Apartment owners have been fielding complaints from tenants that they are coping with the unwanted smell of pot from their neighbors.

While cigarettes have long been considered impolite in buildings, the same isn't true for marijuana.

But the new legal smokers can be polite and do some things to mitigate the smell of their favorite weed:

Use a doob tube. This is easy to make. Just stuff a toilet paper tube with dryer sheets, then simply exhale the weed smoke through it.

Get an air purifier. These devices do some good at eliminating smoke smells and tend to prevent smoke from clinging to curtains and furniture.

Ventilate. Open a window (although this technique

Ventilate continued on page 3



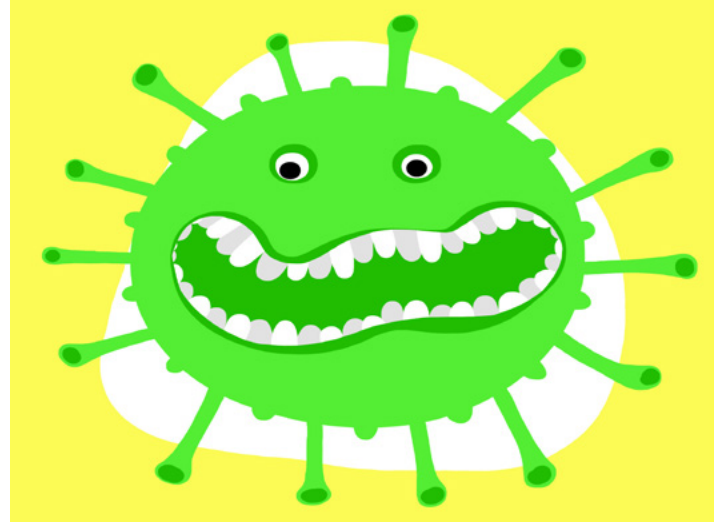


SUPERBUGS HAVE A NATURAL ENEMY

The looming scourge of the superbug -- bacteria that antibiotics can't kill -- threatens to bring back the era of death by infection.

But there is hope on the horizon.

Superbugs will be responsible for over 10 million deaths per year globally by the year 2050, according to the BBC. Even as recently as 2014, around 700,000 deaths can be blamed on infections that couldn't be cured with modern antibiotics. The World Health Organization classifies these bugs as an imminent threat to human health.



According to a Time Magazine special report, one treatment currently being researched attacks these superbugs from a completely different angle. This method requires using bacteriophages, or phages, to destroy the bacteria.

Phages are nature's bacteria fighter, and there are estimated to be around 10 million trillion different phages throughout the world. Phages work by injecting their DNA into a bacterial cell, where it replicates until the bacteria bursts open and dies. Phages are unique in that each strain seems only to attack a particular type of bacteria. This means that treatment with phages will leave the beneficial bacteria intact within the body and just single out the dangerous kind.

Using phages to attack bacteria is not a new idea. They have been used to treat infections throughout the world for nearly a century, but it has had a reputation as an unsafe and clunky treatment. New advances in medical knowledge and technology, however, have shown that this therapy can be a useful cure for cases in which antibiotics have failed, and it remains a promising solution to the impending superbug threat because there is a nearly limitless supply of different phages to use against the bacteria. www.pagesmag.com

<http://www.opm.gov/combined-federal-campaign/>



BROKEN HEARTS ARE A REAL MEDICAL ISSUE

If you have a heart, it will be broken, the bards say.

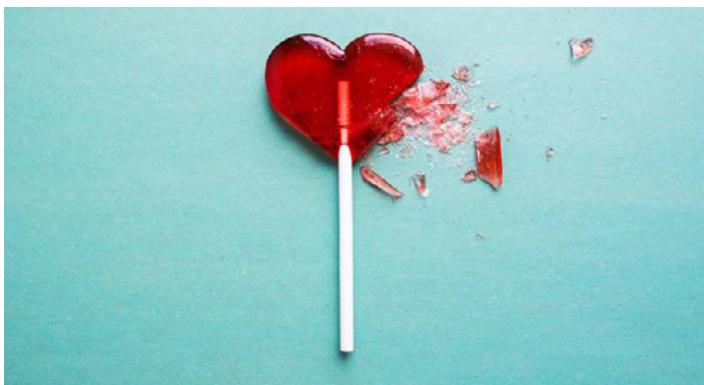
Sadly, the doctors say a broken heart can actually be an illness.

According to Harvard Medical School, broken-heart syndrome, also called takotsubo cardiomyopathy, was first identified several decades ago in Japan. Although rarely diagnosed, it is most commonly seen in older women.

Patients experience a dramatic stressor in their lives (death, violence, or fear). The event causes a surge in hormones such as adrenaline. These hormones can stun the heart and lead to irregularities of the heart's proper functions. The left ventricle in the heart weakens and balloons outward in a strange shape that looks like a Japanese octopus trap (a tako-tsubo). When a patient has this feature and no blocks in the coronary arteries, doctors can distinguish the disorder from a heart attack.

For the patient, it feels like a heart attack with chest pain and shortness of breath.

Medical professionals thought for many years that takotsubo sufferers could recover in about a month without any long-term repercussions but recent research published in the Journal of the American Society of Echocardiography has shown that it can have an impact for years after the initial event. These patients exhibited lingering signs that were very similar to those found in people with chronic heart failure - a condition that involves heart muscle death and does not currently have a reliable cure. www.pagesmag.com



Ventilate continued from page 1

does tend to allow the smell to waft through apartment courtyards.)

Switch to edibles. This is better for the lungs and has no smell at all.

Try vaping. No smell clings to your body and what smell there is doesn't come from the end of the lighted roll.

At least light a candle. This won't eliminate the smell, but it could make it more tolerable.

Be polite: Don't smoke in halls or indoor public areas. www.pagesmag.com

STENT PATIENTS SHOULD BEWARE OF SLEEP APNEA, STUDY WARNS

Obstructive sleep apnea, the most common type of sleep problem, has long been linked to coronary artery disease, stroke and other heart-related problems.

A new study takes these findings further, linking OSA to blood clot formation in stents in heart patients.

The condition, called stent thrombosis, is a life threatening problem.

Writing in the August 2017 issue of BMC Cardiovascular Disorders, researchers found that patients with OSA had a 7.34 times greater risk of stent thrombosis than patients without OSA.

People with OSA frequently snore and gasp for breath during sleep. They can be excessively sleepy during the daytime and have insomnia at night. They also have frequent incidents of nightmares.

OSA affects the cardiovascular system by disrupting the balance of clotting and anticlotting factors, leaving the person predisposed to blood clotting, according to Duke Medicine.

OSA increases the risk of stroke for both men and women, but men with OSA have double or triple the risk.

OSA is a treatable condition. Continuous Positive Airway Pressure (CPAP) is one treatment.

The new study also suggests that in stent surgery on OSA patients, cleaning out plaque before inserting a stent might reduce rates of later thrombosis. The researchers also advised using the largest stent possible and following up with the most potent antiplatelet drugs to inhibit clots. www.pagesmag.com



We say goodbye to one of our friends and a former Mended Hearts Regional Director, Gerald H. Kemp, Jr. 82, who passed away on Tuesday, January 9, 2018.

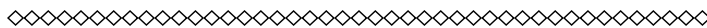
Thank you friend!



SUPPORT GROUP & MEETINGS SCHEDULE

MAIN - FEBRUARY 8, 2018

PINEVILLE - MARCH 8, 2018



Mended Hearts Prayer

by Herbert G. Maedl

We ask for your blessings Lord.

We ask for strength

That we may pass it on to others.

We ask for faith

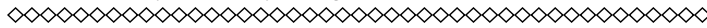
That we may give hope to others.

We ask for health

That we may encourage others.

We ask, Lord, for wisdom

That we may use all your gifts well.



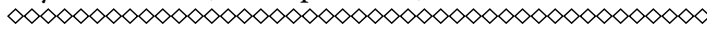
Remember to go to: smile.amazon.com and select

Mended Hearts!

Amazon donates 0.5% of the price of your eligible

AmazonSmile purchases to the charitable organization

of your choice. (Please pick us!!!)



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Thanks to each of these accredited visitors that took time out of their lives to visit new heart patients or their families:

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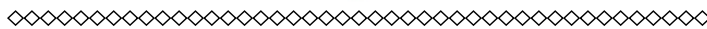
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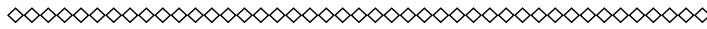
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SECRET SAUCE: SRIRACHA SPICES UP STEAK AND PEPPERS

The wildly popular Sriracha hot sauce will put some spice into your Valentine dinner.

Sriracha is the 80-year-old invention of a Thai cook, Thanom Chakkapak, who limited the secret sauce to family and friends until her friends demanded more. She then manufactured the sauce, quickly making it the most popular sauce in Thailand.

According to Community Table, the sauce was unknown in the West until a Vietnamese immigrant marketed his own version of the sauce through Huy Fong Foods with the famous rooster logo.

Today, its fame is widespread and you can find it on the shelves of nearly any grocery store.

Its name is pronounced See-rah-jah, as if the syllables were separate words.

This recipe for flank steak and peppers from emeals.com showcases the flavors of Sriracha. Experiment with the sauce, since it is spicy.



SRIRACHA STEAK AND PEPPERS

Ingredients








- 1/2 pound flank steak
- 1/2 teaspoon pepper
- 4 teaspoons toasted sesame oil
- 1 red bell pepper (or any color), thinly sliced
- 1 cup thinly sliced green onions
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon water
- 1 1/2 teaspoons Sriracha hot sauce
- 1 1/2 teaspoons cornstarch

Instructions

Thinly slice beef across the grain; sprinkle with pepper. Heat 2 teaspoons oil in a large wok or nonstick skillet over high heat. Add beef to pan, and cook 3 minutes or until browned. Remove from pan. Heat 2 teaspoons oil in same skillet over medium-high heat. Add bell pepper, green onions and garlic; cook 3 minutes or until tender. Whisk together soy sauce, water, Sriracha and cornstarch in a small bowl until blended. Add beef and sauce mixture to pan. Bring to a boil and cook 1 to 2 minutes, stirring constantly, or until sauce is thickened.

www.pagesmag.com



EAT RED for American Heart Month		While red meat can increase your risk of cardiovascular disease, there are tons of red plant foods that'll keep your heart healthy!
	Tart Cherries NUTRIENT: Vitamin A	One cup of tart cherries has 39% of your daily vitamin A.
	Tomatoes NUTRIENT: Lycopene	Tomatoes are high in lycopene, a powerful antioxidant.
	Red Lentils NUTRIENT: Protein	Just one cup of red lentils has 18 grams of protein.
	Beets NUTRIENT: Betaine	Beets contain betaine, a compound seen to protect blood vessels from artery-clogging plaque.
	Strawberries NUTRIENT: Vitamin C	One cup of whole strawberries provides 141% of your vitamin C intake.
	Kidney Beans NUTRIENT: Fiber	You can get 44% of your daily amount of fiber with one cup of kidney beans.
	Red Potatoes NUTRIENTS: B-6 & Potassium	Get 30% of your daily B-6 and 46% potassium in a single, large red potato.

#EatRed • PhysiciansCommittee.org/HeartHealth PhysiciansCommittee



"We're looking for someone who can hunt, gather and collate."



HAPPY BIRTHDAY

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