



Heart to Heart



CHAPTER #368 - LOWER HUDSON VALLEY, NY

Volume 6, Issue 4

June 2018


YOU ARE INVITED

MENDED HEARTS MEETING

THURSDAY, JUNE 14, 2018



6:00PM: Light meal and conversation

6:30PM: General Meeting

7:00PM: Program of Entertainment by DJ Mark Richards



Ramapo Senior Center, 319 Haverstraw Road (Route 202), Suffern

Join us on September 13th for our next meeting - new location!

Welcome back after the summer at our new meeting location at Suffern Village Hall, 61 Washington Avenue, 2nd Floor, Suffern, NY 10901



June 2018

A MESSAGE FROM THE PRESIDENT

As we are about to enter summer, we have one final chapter meeting in June prior to our summer break. The following are highlights of some of the things which have occurred since our last meeting:

1--Power of Age Conference at RCC on May 23rd. The sponsor was the Rockland County Office for the Aging. Lots of folks stopped by and appreciated our giveaways, especially the heart shaped key ring which also serves as a tape measure. Thanks to Fred and Jeff for staffing our Mended Hearts display table.

2---Bon Secours Volunteers Luncheon on May 30th at Falkirk Estate in Central Valley, New York. Mended Hearts Chapter 368 members: Fred, Shoaib, Keith, and Jeff attended the function. See the photos of us with Bon Secours Charity Health System CEO, Dr. Mary P. Leahy, and with a fully dressed Queen. The luncheon was a very positive experience and speaking for all of our chapter attendees, we were pleasantly surprised that our table was graced by a Queen even if she was only a faux queen played by an actress from Medieval Times, a dinner/show venue in Westchester.

3---Sandi and Jeff met with former chapter members Steve and Roberta Perell on June 5th. Steve and Roberta came up from Florida for the wedding of their son Colin to Tori on June 8th. Best wishes to all.

4-- Please think about coming to the Mended Hearts National Conference in San Antonio from July 14-18. If you have questions about it please contact Sandi.

5--Finally, please join us for our summer lunch event at Rhodes Tavern in Sloatsburg from noon to 2pm on July 7th.

6—June 14th is our very special Year End celebration featuring good music, good food, and good friends.

We don't have regular meetings in July and August, so I look forward to seeing you at our next meeting which is scheduled for September 13th. The new meeting time will be 5:30 PM and it will be at a new location: Suffern Village Hall, 61 Washington Avenue, 2nd Floor, Suffern, NY 10901.

I hope you all have an enjoyable and healthy summer.

*Jeff Scheer, President
Mended Hearts Chapter #368, Lower Hudson Valley, NY*

Chapter #368 Officers and Chairpersons

| | | |
|-------------------|----------------|---|
| President | Jeff Scheer | 845- 362-1429 jeffs922@yahoo.com |
| Vice President | Shoaib Ahmed | 914-450-6655 shoaib_ahmed@bshsi.org |
| Editor/Secretary | Steve Rosman | 845-368-2105 stvrozman@gmail.com |
| Treasurer | Sandi Jeanette | 845-368-5637 sandi_jeanette@bshsi.org |
| Visitor Chair | Shoaib Ahmed | 914-450-6655 shoaib_ahmed@bshsi.org |
| Hospitality Chair | Fran Douglas | 845- 343-7560 |
| Past President | Steve Rosman | 845-368-2105 stvrozman@gmail.com |
| Senior Advisor | Steve Ostrega | 845- 351-5242 steven.ostrega@gmail.com |

Join us in wishing Happy Birthday to our members

| | |
|-----------|-----------------|
| June 10 | Denise Ostrega |
| June 14 | Joan Tarson |
| June 26 | Arlene Sandner |
| July 7 | Linda Curcio |
| July 11 | Lynne Everson |
| July 16 | Steve Rosman |
| July 17 | Margaret Ford |
| July 26 | Keith Brown |
| August 1 | Lenora McCabe |
| August 18 | Fred Sandner |
| August 24 | Charles Goodman |



Please share your special events so we can celebrate together ... anniversaries, “surgi-versaries”, births, engagements, weddings, and more.

Our Mission Statement

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

Mended Hearts Chapter #368 Visits

Shoaib Ahmed, Visitor Chair

Learn more at our meetings about these very special visits and our very special visitors. We have consistently grown the quality and quantity of visits, and are trending to have over 180 significant visits this year, and may exceed our highest year!

| Year | # Visits | Cumulative |
|-------------|-----------------|-------------------|
| 2012 | 50 | - |
| 2013 | 100 | 150 |
| 2014 | 161 | 311 |
| 2015 | 192 | 503 |
| 2016 | 144 | 647 |
| 2017 | 112 | 759 |
| 2018 | 74 YTD* | 833 |

*thru May 2018

Please join in giving thanks again to our incredible team of dedicated certified visitors:

- Shoaib Ahmed
- Fred Sandner
- Jeff Scheer
- Steve Ostrega
- Keith Brown
- Steve Rosman

Please get trained and certified so you can join in our efforts. Visits can be done face-to-face, by phone or Internet, in hospital, clinics, Cath Labs, trains and planes, and just about anywhere.

All it takes is caring and commitment. We will provide the training, resources, and support.

Mended Hearts Chapter #368 Highlights

Thanks again to the Rockland County Highway Departments for sponsoring their annual bowling fundraiser on June 8th, to benefit our chapter.

Even if you are not a bowler, you can still support this event:

- Bring a donation to our next meeting on June 14th
- Mail a donation payable to Mended Hearts #368 to Sandi at Good Samaritan Hospital, 255 Lafayette Ave, Suffern, NY 10901

Battle of the Highway Departments Bowling Challenge



Strike for a Great Cause!



For the Benefit of:

Mended Hearts Chapter #368

(at Good Samaritan Hospital)

MOONLIGHT BOWLING TOURNAMENT FUNDRAISER

[9 PIN NO-TAP STYLE – 9 ON 1ST SHOT EQUALS A STRIKE AND CONVERTED SPLIT EQUALS A STRIKE]

Date: Friday June 8, 2018 Happy Hour: 7:00pm Start Time: 8:00pm

Where: Hi-Tor Lanes www.Hitorlanes.com

40 South Route 9W - West Haverstraw - NY - 10993

(845) 429-8000

Cost: \$30 per Person – 3 bowlers per team; \$5 donation for non-bowlers

What's included: Moonlight Bowling, Shoes, and Prizes & a Great Time!

Happy Hour 7-8pm; Appetizers and Beer Bucket Specials all Night

Will Your Department have the Bragging Rights?

Winning Team takes home the Gold-Pin Trophy!!!

Reserve your Team Spot Today, Contact or Text:

Randy Taylor (845) 222-5919, Chip Jones (845) 406-0745, or Joe Ardiri (914) 980-7992

Or Email Joe Ardiri at Hitorlanes@optonline.net

Mended Hearts Chapter #368 Highlights



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Minutes of May 10, 2018 Chapter meeting

Mended Hearts.org
Lower Hudson Valley (NY)
Chapter #368

MEETING MINUTES

Thursday May 10, 2018

o Attendees:

- o Sandi
- o Fran
- o Anne
- o Shoaib
- o Steve
- o Jeff
- o Fred
- o Keith
- o Allen
- o Milt
- o Ed

6:00 PM

Dinner

6:30 PM

- Meeting called to order - Jeff Scheer
- Pledge to the Flag - Jeff Scheer
- Minutes are in the newsletter
 - o Motion to accept Fran, seconded Shoaib
 - o Approved
- Visitor Report - Shoaib
 - o 29 out of 63 visits were at Helen Hayes
 - o More surgeries now so more visits
 - o Accepted
- Treasurer Report – Sandi
 - o Keeping under \$5,000 balance
 - o Accepted
- Bowlathon update – Sandi
 - o Flyer is in packet – Friday June 8th at Hi Tor Lanes in Haverstraw
 - o Non bowlers are \$5 donation
 - o Sandi will be bowling
 - o Last year raised \$800
 - o Bring donations to Sandi at June meeting or at event
- Summer luncheon - Sandi
 - o Saturday July 7th at Rhodes North
 - o Deadline is July 1st to RSVP
 - o 10% discount, suggested donation \$10 per person to help defray cost
 - o Open to members plus others
 - o Jeff – this will be our 3rd annual luncheon
- Power of Age event – Jeff
 - o Fred supported in past
 - o May 23rd at RCC
 - o Jeff & Fred will staff our table
- Helen Hayes lecture update – Jeff
 - o Next scheduled for July 11th
 - o Last one was April 4th
 - o Introduced guests Milt and Ed who we met at HHH
- **Next meeting: Thursday, June 14 - Sandi**
 - o *Program: Entertainment by DJ Mark Richards*

- June 14th meeting - Sandi
- RSVP to Sandi

- Introduction of Program - Jeff
 - *Program presentation—Peripheral Artery Disease*
 - *Presenter: Amala Chirumamilla, MD*
 - *Metropolitan Cardiology Consultants/Good Samaritan Hospital*
 - Keith shared a special greeting to Dr. C
 - Pamphlet on PAD included in packets
 - What is PAD?
 - Peripheral = outside of heart
 - Continuum of heart disease
 - Shares risk factors
 - Hypertension, diabetes, age, family, smoking, comorbidities, etc.
 - Same patients as heart disease
 - More prevalence among smokers, then diabetics
 - Fred asked about vaping – about 10% as risk compared to smoking
 - Marijuana same risk if smoked
 - May have more system side effects
 - Symptoms
 - Life threatening
 - Carotid – often stroke
 - Abdominal – silent then rupture
 - Screen smokers over 65 for aneurysm
 - Pain in legs – blockage in arteries
 - The more peripheral the harder to fix
 - Prevention is the best approach
 - Can be confused with varicose veins
 - Cramping and swelling more from veins
 - Worse when sleeping, sitting after walking relieves
 - Diagnosis
 - Ultrasound
 - CT Scan with contrast – most definitive
 - MRA – Magnetic Resonance Arteriography
 - Treatment now less invasive
 - Carotid – clean calcification and put in patch, functions as tube
 - Stenting not effective, frequent re-stenosis
 - Jeff described his experience
 - Fred asked about lawyer advertising cases with mesh
 - If initial part of aorta then open repair
 - Descending aorta uses endovascular
 - Stent or patch
 - Depends on location relative to kidney, above or below
 - Ruptures require open repair
 - Upper thighs and knees – larger arteries

- Stents or angioplasty
 - At and below knee – stents are pliable, outcomes not so good
 - Vascular bypass using vein or graft
 - Promoting more exercise, rehab, and physical therapy
 - Medications can be used with claudication pain symptoms
 - Especially for diabetics
 - Critical to check digits for color change, follow up with podiatrist
 - Important to know and recognize symptoms
 - Pain when walking
 - Hip pains – mimics arthritic hip pain, check risk factors
 - Shoab asked about guidelines for follow-up testing
 - Stress test usually within 5 years of bypass
 - Symptoms and pre-op trigger testing
 - Carotid ultrasound test since high risk of stroke
 - Allen asked how often to have a stress test – driven by symptoms
 - Sandi asked about after initial stress test – no mandatory
 - Ed asked about feet turning blue; may need vein ablation
 - Compression stockings
 - Shoab asked – nuclear stress more accurate
-
- Open Discussion - Jeff Scheer
 - Milt – neighbor of Jeff
 - Ed – former EMT
 - Other Business - Jeff Scheer
 - Jeff suggested bringing guests to September or October meeting
 - Sandi spoke about large number of Chapter members even if they don't attend
 - Adjournment at 7:50PM
 - Motion by Shoab, seconded by Allen

Respectfully submitted by Steve Rosman

The contents of this Newsletter, such as text, graphics, images, and other material contained in the Newsletter ("Content") are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. The health information presented in this site is for educational purposes only. It is not medical advice and does not substitute for your physician's care. Please consult a health care professional for specific advice and treatment.



Mended Hearts Chapter #368
Summer Luncheon

SATURDAY, JULY 7TH

NOON TO 2PM

SUGGESTED DONATION: \$10

RHODES NORTH TAVERN
40 ORANGE TURNPIKE
SLOATSBURG, NY



RSVP BY: July 1st to: **Sandi Jeanette 845-368-5637**
sandi_jeanette@bshsi.org

Mended Hearts Chapter #368 Meeting Schedule

Please note the new time and location for meetings starting in September 2018.

Meetings are scheduled at 5:30PM on the second Thursday of the month (except as otherwise noted) at the Suffern Village Hall, 61 Washington Avenue, 2nd Floor, Suffern, NY 10901.

Please note no meetings in January, February, July, and August.

Upcoming meetings: (all Thursdays)

- **June 14, 2018** **Year End Celebration (Senior Center)**
- **September 13, 2018** **First meeting at Suffern Village Hall**

NEW MEETING LOCATION—AS OF SEPTEMBER 2018

Mended Hearts Chapter #368 Meeting Location

Lost or need information? Call Sandi Jeanette at 914-261-5460 (mobile).

FROM THE SOUTH:

NYS Thruway North to EXIT 14B (Airmont/Montebello)

At end of ramp, turn LEFT onto N. Airmont Road

Turn RIGHT onto route 59 (you will pass Good Samaritan Hospital on the left and the Suffern Library on the right)

Turn LEFT onto Washington Avenue (at the Soldiers' Monument light)

Suffern Village Hall is on the right. MAIN ENTRANCE IS ON SIDE OF BUILDING

Enter through door under the awning and take elevator to Community Room on floor #2.

FROM THE NORTH:

NYS Thruway South to Exit 15A (Sloatsburg/Suffern)

Turn RIGHT onto Old Route 17 (this becomes Route 59)

At first traffic light, continue past Curley's Corner Restaurant (on the left)

At 2nd traffic light, turn LEFT onto Lafayette Avenue/NY 59 (Ole Ole Restaurant is on the left corner)

Turn RIGHT onto Washington Avenue (at Soldiers' Monument)

Suffern Village Hall is on the right. MAIN ENTRANCE IS ON SIDE OF BUILDING

Enter through door under the awning and take elevator to Community Room on floor #2.

Mended Hearts of the Lower Hudson Valley, Chapter #368

c/o Sandi Jeanette, Worksite Wellness Coordinator/Mended Hearts Liaison

Good Samaritan Hospital

Member of the Westchester Medical Center Health Network

255 Lafayette Avenue | Suffern, NY 10901 | (O) 845-368-5637 | (F) 845-368-5449

Sandi.Jeanette@bshsi.org | bschs.bonsecours.com

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