

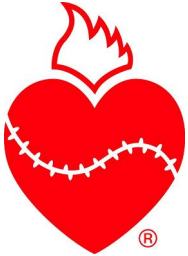
HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

MAR/APR, 2009

Volume 3 Issue 4

www.heartsomeintheheartland.org



HEART TO HEART WITH CAROL

This year is off to a superb start.

If you didn't make it to our last several meetings, you missed some excellent educational opportunities.

At our January meeting, Dr. Jeff spoke on the need to care for feet and how diabetes and loss of nerve sensation can affect the quality of one's life. He emphasized the need to exercise frequently and suggested several brands of walking shoes – New Balance and Asics. He also shared several shoe catalogues which carry shoes made strictly for people with diabetes.

We were fortunate also on February 3 – without snow on the ground. The meeting was opened with Mayor Copeland's wife, Clara, reading a proclamation declaring February 5 and 6, 2009 as Go Red, Springfield Days. Following, Dr. Dahdah of the Ohio Institute of Cardiac Care spoke concerning specific issues relating to Women and Heart Disease. Here are a few of the high points of his talk:

- ♥ Heart disease is the number 1 killer of American Women
- ♥ 63% of women who died suddenly from CAD had no prior symptoms
- ♥ Women are under-diagnosed for heart disease and easily over-looked by healthcare providers
- ♥ If you suspect heart disease and are ignored, self-refer to cardiologist
- ♥ Women's symptoms can be vague and are often ignored
- ♥ **If urgent, call 911!**

▪ CAROL

HEARTNOTES ...

Upcoming MENDED HEARTS MEETINGS:

March 17, 2009

Red Apron Cook-off

LOL with Darlene Bartz

Find a favorite heart healthy hors d' oeuvre and join in the fun!

April 21, 2009

Kathleen O'Hearn, Ph.D.

Heart Disease and Mental Health

May 19, 2009

To be announced

June 16, 2009

To be announced

I want to thank all who helped with the Go Red, Springfield campaign. Thanks to Julie and Steve, Linda and Darci, Jill, Doc and Pat, Jim, Lenoir and Nancy. Here is what we accomplished together:

- ♥ Main Library display through February
- ♥ 3 heart sculptures on display
- ♥ Over 250 Women Heart bags distributed
- ♥ Over 700 Red Dress Pins distributed

HEART NUMBERS

For years, pear-shaped people who carry weight in the thighs and backside have been told they are at lower risk for high blood pressure and heart disease than apple-shaped people who carry fat in the abdomen. But new findings reported in Science Daily state excess liver fat appears to be the real key to insulin resistance, cholesterol abnormalities and other problems that contribute to diabetes and cardiovascular disease.

Those with evidence of excess liver fat are at particularly high risk for heart disease and diabetes. They need to be treated aggressively with therapies to help them lose weight because weight loss can make a big difference. Excess liver fat is completely reversible. If one loses weight, the fat in the liver is quickly eliminated.

READ MORE:

www.sciencedaily.com/releases/2008/12/081204133600.htm

Hearty Har Har!

What happens if you get scared to death twice?
What does it mean if you break a mirror with a rabbit's foot?

If quitters never win, and winners never quit, who came up with, "Quit while you are ahead"?

OPPORTUNITIES for Travel

The Mended Hearts Annual Convention will be held in Orlando, Florida – June 6 through 10. Raffle tickets, valued at \$650 are being sold now - \$10 for one and \$25 for three. See Carol if interested in purchasing tickets.




Heartwarming heart walk

Thanks to Jim Harrison for heading up the Mad River Mended Hearts Team at the annual Clark County Heart Walk. We raised a whopping \$1965.00 – not bad at all! Our membership is to be commended for the continued commitment to support the American Heart Association and its research and educational efforts. It was a day enjoyed by all and several milestones met – just ask Charlie and Pam!

EXERCISE HEARTINESS


MARCH

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16		18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mended Hearts Meetings!



APRIL

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20		22	23	24	25
26	27	28	29	30		

Heavy Hearted?

Almost half of women surveyed in a national poll said they had failed to seek health care for themselves or their families over the previous year because the cost was too high.

The annual survey of women's attitudes and behaviors regarding health care, released by the National Women's Health Resource Center (NWHRC), found that women were most likely to put off doctor visits for themselves and least likely to put off doctor visits for their children.

One in four women who said they had skipped needed medical care believed their illnesses lasted longer as a result, and 43% said they worried more about their health.

Rising health costs appeared to have had a major impact on decisions regarding care:

- 28% of women said they put off going to the doctor during an illness for financial reasons.
- 19% said they had skipped recommended medical procedures, such as Pap smears or mammograms, because of cost.
- 18% said they had taken less than the recommended dosage of a prescription drug in order to make it last longer and 18% failed to fill some prescriptions.
- Only 4% said they had put off taking their children to the doctor because of the cost.

"With the financial crunch a lot of women are putting off or cutting back on health care for themselves and they are paying a high price," NWHRC Executive Director Elizabeth Battaglino Cahill, RN. "If you are cutting back because money is tight, don't cut back on health care or health insurance. Cut something else, because if you don't take care of yourself you may not be around to take care of your family."

TAKE IT TO HEART...positive thinking!

Circumstances and situations do color life... but you have been given the mind to choose what the color will be!



A HEARTY HAPPY BIRTHDAY TO
YOU!

February... we didn't forget you!

Pam Bibbee 2/23

March

Jane Irwin 3/1

Rocky Craycraft 3/2

April

Dr. Ashfaq Ahmed 4/1

Don Womacks 4/2

Chuck Oliver 4/2

Anne Deards 4/8

Wendy Young 4/21

Dan Price 4/27

Search your heart and soul...and house!

Patty has set her sights on that GARAGE SALE table at United Elderly! So, start your Spring Cleaning early and gather up stuff to donate to a good cause. Details forthcoming.

Put Your Heart at Ease!

Anyone wishing to attend the upcoming Mended Hearts meeting on March 17 or April 21 and is in need of transportation, please call Jim Harrison in advance so proper arrangements can be made.

937-657-6573

jtharrison@erinet.com

Heart Healthy Recipe

white bean, sweet potato and pepper
ragout

- 1 large sweet red pepper cut into 1" chunks
- 1 large green pepper cut into 1" chunks
- 1 T olive oil
- 1 large sweet potato, peeled, quartered and sliced
- 3 garlic cloves, minced
- 1 cup water
- ¼ t pepper
- 2 cans white kidney beans or cannellini beans, rinsed and drained
- 1 can diced tomatoes
- ¼ t salt

Over med. Heat, cook and stir peppers in oil until tender. Add the sweet potato, garlic and rosemary. Cook 4-5 minutes longer.

Stir in water and pepper. Bring to a boil. Reduce heat; cover and simmer for 5-7 min, or until sweet potato is tender. Stir in beans, tomatoes and salt. Heat through.

Heart and Soul Food

Refreshments for our upcoming meetings:

March – hors d' oeuvre cook-off foods

April – Hill-Smith




Let Carol or Julie know if you are willing to help out with refreshments in either May or June of 2009.

It's great to be alive and help others!

HEARTWARMING VISITS

by the numbers:

 Number of individual patients	Number of patient visits	Visits to family only	
OCT	8	11	1
NOV	9	13	5
DEC	22	23	8
JAN	15	17	4
FEB	10	12	2

Thank you from the bottom of our hearts!

Linda Oliver

Jean Titer

Don Stinebaugh

Sam Burcham

Phil Cain

Charlie Bibbee

Lenoir Bunn

Jean Lee

Jim Harrison

Jim Butcher

TO VOLUNTEER, CONTACT LINDA OLIVER AT 937-390-0889.

Heart Healthy Competition...

LOL at the 2nd annual RED APRON COOK-OFF!

Nancy Hill-Smith holds the 2008 title for best chili! Time will tell if she can pull off a win in the hors d' oeuvre category as well. I encourage everyone to join in this friendly cooking competition. (Please bring in the recipe of your hors d' oeuvre so it may be posted on the website.) Winners will receive:

- ♥ 1st place: Red Apron and measuring spoons
- ♥ 2nd place: Red Apron
- ♥ 3rd place: measuring spoons

Competitors to date:

Bibbee, Bunn, Culbertson, Hill-Smith, Lauer, Pierson and Oliver – and possibly Minnich.

A HEARTY GATHERING...



The 57th annual Mended Hearts Convention will be held June 6-10, 2009 in Orlando, Florida.

the COMMUNITY'S HEARTTHROB

March 7

U.S. Air Force Band of Flight Concert
Celebrate spring during this Band of Flight performance.

*National Museum of the United States Air Force
1100 Spaatz St., Wright-Patterson AFB.*

*Sat. 7-8:30 p.m. 937/255-3286 •
www.nationalmuseum.af.mil*

March 14 - Sept. 7 Blooms & Butterflies

This exhibition transforms the conservatory's Pacific Island Water Garden into a haven for butterflies. Experience more than 100 exotic butterfly species and thousands of blooms.

*Franklin Park Conservatory
1777 E. Broad St., Columbus.*

Tues. 10 a.m.- 5 p.m.

Wed. 10 a.m.- 8 p.m.

*Thurs.-Sun. 10 a.m.- 5 p.m.
614/645-8733 •*

TOUCH SOMEONE'S HEART

When you have finished reading this newsletter, please pass it on to a friend or relative! Spread the news of the Mended Hearts Mad River Chapter to others who have had heart events and might want or need our support.



It's great to be alive and help others!

Mended Hearts ...

Is a national support organization for individuals with heart disease. Members give hope and encouragement to others with heart disease by providing living proof that persons with heart disease can lead full, productive lives. As you recover and become active again, we encourage you and your family to attend our monthly meetings. Meetings are on the **second floor** of the **Springfield Regional Medical Center** on the **third Tuesday** of each month (September - June).

Mended Hearts... national office

Margaret Elbert President	Dale Briggs Exec. Vice President
Raul Fernandes Vice President	Donnette Smith Treasurer
Jana Stewart Central Region, Director	
Barb Forman Central Region, Assistant Director	

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