

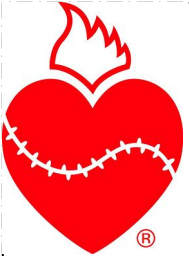
HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

MAY/JUNE, 2009

Volume 3 Issue 5

www.heartsomeintheheartland.org



HEART TO HEART WITH CAROL

We have two exciting programs planned for the next few months. I encourage you to attend and learn what happens to a heart patient if and when

911 is called to transport the individual to the hospital with sirens a-blaring and the lights a-glaring. (Well, maybe the ride to the hospital won't be all that dramatic, but we can all dream can't we???)

Please join us in welcoming Kevin Sprinkle, the Battalion Chief with the City of Springfield Paramedics, as our guest in May.

Then, following Kevin's presentation in May, we have another Kevin - J. Kevin Ahern, M.D. who will be making an appearance in June. Dr. Ahern has graciously accepted an invitation from Mended Hearts to come and educate the membership about hospital procedures once a heart patient shows up at the Emergency Room doors. As a hospitalist, he is knowledgeable and competent to care for patients needing lengthier hospital stays.

Please reserve these dates and make a commitment attend to the Mad River Mended Hearts meetings. The group is at a crossroads and will need the input of all its members to come through 2009 strong, healthy and ready to serve others. There are several major positions to fill for the upcoming year and committed members are needed now more than ever.

HOPE TO SEE YOU IN MAY AND JUNE!

CAROL

HEARTNOTES ...

Upcoming MENDED HEARTS MEETINGS:

May 19, 2009

Kevin Sprinkle
Battalion Chief,
City of Springfield Paramedics
On Your Way to the ER

June 16, 2009

Kevin Ahern, MD, Hospitalist
From ER to Inpatient

September 15, 2009

Kathleen O'Hearn, Ph.D.
Heart Disease and
Your Mental Health

HEARTFELT GRATITUDE

A great big thank you goes out to SRMC's own rehab nurse, Darlene Bartz. She graciously accepted the invitation to speak about the benefits of humor and its importance in one's recovery. With her group of traveling comedians, Darlene reminded those in attendance that humor has the potential to:

- ♥ Improve the immune system
- ♥ Improve heart function
- ♥ Reduce stress
- ♥ Lessen pain
- ♥ Improve exercise tolerance
- ♥ Increase brain function

Thanks for making us laugh, Darlene!

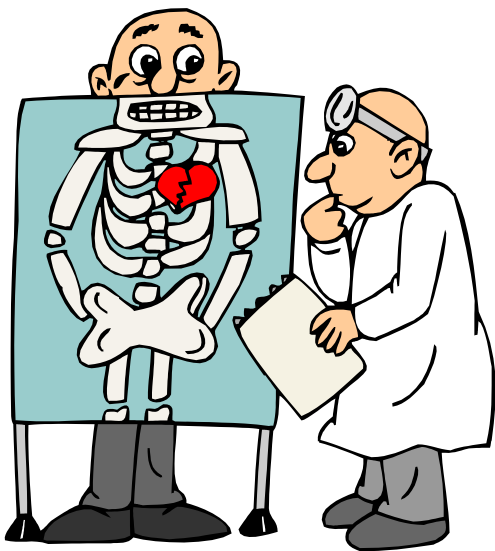
Hearty Har Har!

Some people are wise, some are otherwise.

Too many people are willing to carry the stool when there is a piano to be moved.

Progress is like a wheelbarrow, if you stop pushing the wheelbarrow it stops.

The only thing wrong with doing nothing is you never know when you are done.



Travel Opportunities for the Hearty Souls...

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 walks

A sedentary life is hazardous to your health. You only need to walk briskly for 12 miles per week or for approximately 125 to 200 minutes per week to improve your health. Moderate exercise produces favorable changes in lipid profiles! It can significantly increase the size and decrease the number of LDL particles in your bloodstream.

In May and June, keep a tally of the number of weeks you walk 12 miles!

EXERCISE HEARTINESS

Mended Hearts Meetings!



MAY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18		20	21	22	23
24	25	26	27	28	29	30
31						

JUNE

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15		17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Breaking my Heart . . . and yours
 Too much sodium is bad for your health. It can increase your blood pressure and your risk for a heart attack or stroke. Heart disease and stroke are the first and third killers of men and women in the United States each year.

Current dietary guidelines recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the following population groups, you should consume **no more than 1,500 mg per day**.

- You are 40 years of age or older.
- You are African American.
- You have high blood pressure.

A new CDC report shows that two out of three (69%) adults in the United States fall into these three groups who are at especially high risk for health problems from consuming too much sodium. Eating less sodium can help prevent, lower, or even control blood pressure.

Most of the sodium we eat comes from packaged, processed, store-bought, and restaurants foods. Only about 5% comes from salt added during cooking and about 6% comes from being added at the table.

To reduce your risk of heart disease and stroke—

- Know your recommended limits for daily sodium intake.
- Choose foods like fresh fruits and vegetables.
- Read the nutrition label of the foods you purchase.
- Ask for foods with no or low salt at restaurants.

It's great to be alive and help others!

A HEARTY HAPPY BIRTHDAY TO YOU!

May	Dr. Kalweit	May 5
	Suzy Jones	May 13
	Patty Cain	May 18
	Jim Harrison	May 25
	Mary Jo Fuson	May 28
June	William Riggs	June 2
	Earl Hoke	June 3
	Dr. Saleem	June 5
	Richard Might	June 19
	Dr. Kahn	June 21
	Jean Lee	June 29
	Phil Cain	June 30
July	Dr. Sagar	July 15
	Julie Lauer	July 16
	Darlene Bartz	July 17
	Pat Gleason	July 17
	Tom Laudermilk	July 24
	Sue Craycraft	July 26
	Abbigail Van der Veld	July 30
August	Gary Neff	Aug 2
	Tom Minnich	Aug 14
	Charles Bibbee	Aug 15
	Mary Griffin	Aug 20

TAKE IT TO HEART . . . positive thinking!

When you were born, you cried and world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice.

Learn something new each day and the world will be a better place.

Love not what you are, but what you may become.



MH Meeting with
Kevin Sprinkle - May 19th
SRMC at 7:00 pm



HEARTWARMING VISITS

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

Heart Healthy Recipe

Creamy Pumpkin Soup

2 t trans fat-free margarine
1 c chopped onion
¾ t dried rubbed sage
½ t curry powder
¼ t ground nutmeg
3 T all-purpose flour
3 (10 ½ oz) cans low-salt chicken broth
1 T tomato paste
¼ t salt
3 c peeled fresh pumpkin (1 pound)
1 c chopped peeled McIntosh apple
½ c evaporated skim milk
Sage sprigs (optional)

Melt margarine in a Dutch oven over medium heat. Add onion: sauté for 3 minutes. Add sage, curry powder and nutmeg; cook for 30 seconds. Stir in flour; cook for 30 seconds. Add broth, tomato paste and salt, stirring well with a whisk. Stir in pumpkin and apple, bring to a boil. Cover, reduce heat and simmer 25 minutes or until pumpkin is tender, stirring occasionally. Remove from heat; cool slightly.

Place mixture in a blender or food processor, process until smooth. Return mixture to Dutch oven, add milk. Cook until thoroughly heated. Garnish with sage sprigs, if desired.

Heart Healthy Competition...

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

- ♥ 1st place: Rocky and Sue Craycraft
- ♥ 2nd place: Linda Oliver
- ♥ 3rd place: Jill Pierson

Congratulations to our winners!

Take It to Heart: stroke signs!

- **Trouble with speech** or having difficulty talking
- **Trouble understanding** what other people are saying to you
- **Feeling weak or numb** on one side of your body, especially if it strikes you suddenly — you can't move your face, one leg, or one hand
- **Having trouble with coordination** on one side of the body, especially when it happens all of a sudden
- **Seeing double** or having trouble focusing on objects or people
- **An excruciating headache** that comes out of nowhere

Heart and Soul Food

Refreshments in May - Hill-Smith



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

A HEARTY GATHERING...



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

the COMMUNITY'S HEARTTHROB

2009 Springfield Arts Council SUMMER ARTS FESTIVAL

Veteran's Park Amphitheater

Thursday, June 18

John Waite 8:00 pm

Friday, June 19

2:00 pm

Rumpelstiltskin

Friday, June 19

5:00 pm

Parrothead Party in the Park

Friday, June 19

8:00 pm

Parrots of the Caribbean

Saturday, June 20

8:00 pm

Maureen McGovern

Sunday, June 21

8:00 pm

Springfield Symphony Orchestra

Wednesday, June 24

8:00 pm

Hotel California

Thursday, June 25

8:00 pm

The Flying Karamazov Brothers

Friday, June 26

2:00 pm

Dr. Doolittle

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

Raul Fernandes
President

Gordon "Gus" Littlefield
Exec. Vice President

Sue Borum
Vice President

Donnette Smith
Treasurer

Mary Maguire Central Region, Director

Barb Forman Central Region, Assistant Director

www.mendedhearts.org

1.888.HEART99

Leading Heartily

Carol Culbertson Pres/Newsletter Editor
carol@cculbertson.com

937-327-0187

Patricia Cain Vice-president,
Hospitality Co-Chair
937-399-2242

Jane Irwin Secretary
shamrock56@att.net

937-325-5009

Julie Lauer Treasurer, Advisor
jalauer@health-partners.org

937-328-9304

Linda Oliver Visiting Chair
lindao2717@yahoo.com

937-390-0889

Lenoir Bunn Hospitality Co-Chair
bbunn@woh.rr.com

937-399-8303

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.



www.heartsomeintheheartland.org