

HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

JAN/FEB, 2009

Volume 3 Issue 3

www.heartsomeintheheartland.org



HEART TO HEART WITH CAROL

The New Year gives us a time to begin again, a chance to see with a new perspective, an opportunity to turn over a new leaf. I challenge each of you to see the world in a new light and with a hint of gratitude. Each and every day of 2009, take time to list the blessings found in each new day as the year unfolds. Write them down and reflect upon them often for we are truly blessed.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Today

**This is the beginning of a new day.
God has given me this day to use as I will.
I can waste it....or use it for good,
But what I do today is important,
Because I am exchanging a day of my life for it.
When tomorrow comes, this day will be gone forever,
Leaving in its place something that I have traded for it.
I want it to be gain, and not loss,
Good and not evil,
Success and not failure,
In order that I shall not regret
the price I have paid for it.**

HEARTNOTES ...

Upcoming MENDED
HEARTS MEETINGS:

January 20, 2009

Phillip J. Cain, DPM
Creepy Crawlies in your Feet?
Circulation Issues Discussed

February 3, 2009

Salim O. Dahdah, M.D.,
F.A.C.C., F.S.C.A.I.
Heart Disease

February 6 and 7, 2009

Go Red Days in Springfield

February 28, 2009

Heart Walk in Clark County

March 17, 2009

To be announced

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

HEART NUMBERS

Total Cholesterol: <200 mg/dL

LDL "Bad" Cholesterol:

- ♥ Optimal: <100 mg/dL
- ♥ Near optimal/Above Optimal: 100-129 mg/dL
- ♥ Borderline High: 130-159 mg/dL
- ♥ High: 160-189 mg/dL
- ♥ Very High: 190 mg/dL and above

HDL ("Good") Cholesterol: 50 mg/dL or higher

- ♥ **Triglycerides:** <150 mg/dL
- ♥ **Blood pressure:** <120/80 mmHg
- ♥ **Fasting Glucose:** <100 mg/dL
- ♥ **Body Mass Index (BMI):** <25
- ♥ **Waist Circumference:** <35 inches



EXERCISE HEARTINESS

JANUARY

				1	2	3
4	5	6	7	8	9	10
11	♥	♥	♥	♥	♥	17
18	19	♥	21	22	23	24
25	26	27	28	29	30	31

Mended Hearts Happenings!



Celebrate HEART MONTH in FEBRUARY!

FEBRUARY

1	2	♥	4	5	6	♥
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	♥

OPPORTUNITIES for Volunteering

We need lots of help. Please consider volunteering at the following events.

Mending Hearts with Project Jericho January 12 - 16, 2009

Mended Hearts members will be working with the youth of Project Jericho to build heart sculptures for Heart Month. We will use these sculptures as a backdrop for our Feb. 3 program with Dr. Dahdah and at the Springfield Symphony performance on Feb. 7,

We will need volunteers to man tables at our Feb. 3 program, the Springfield Symphony performance on Feb. 7 and the Heart Walk on Feb. 28.

Call Carol or Julie if you can help with any of these upcoming projects.

Jan. 12 - 16 Mending Hearts sculptures with Project Jericho

February 3 Community Heart Talk with Dr. Dahdah

February 6 and 7 GO RED

February 28, Heart Walk, Clark county



Heavy Hearted?

A study published in the journal, Circulation, found that women are twice as likely to die from a severe heart attack as men.

Each year, about 400,000 Americans suffer from severe heart attacks, in which an artery to the heart is 100 percent blocked.

Compared to men, women in the midst of severe heart attacks were 14 percent less likely to receive early aspirin, which is typically used to minimize blood clotting; 10 percent less likely to get beta blockers to stabilize heart rhythm; and 25 percent less likely to get drugs or stents to restore blood flow.

In almost every facet of heart care, women get less care than men, according to numerous studies: From the use of cholesterol-lowering drugs, to heart failure medications, implantable defibrillators and cardiac rehabilitation, women get less care.

"We still don't see women at risk for heart disease, and when she walks into our office or comes in on the ambulance, people are not thinking 'heart' so they don't treat it," said Dr. Sharonne Hayes, director of the Mayo Clinic's Women's Heart Clinic.

Read the entire article at this link:

<http://www.womenheart.org/>

TAKE IT TO HEART...positive thinking!



Happiness is a place between to little and too much!

A HEARTY HAPPY BIRTHDAY TO YOU!

January

Dr. S. Neravetla 1/10

Dr. A. Mohammed 1/10

Dr. Taj Ahmed 1/31

February

Don Stinebaugh 2/4

Martin Aldredge 2/27

The purpose of life is not to be happy –
But to matter, to be productive, to be useful, to have it make a difference that you have lived at all.

Heart Attack Warning Signs ... Call 911

- ♥ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ♥ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ **Shortness of breath** with or without chest discomfort.
- ♥ **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

Put Your Heart at Ease!

Anyone wishing to attend the upcoming Mended Hearts meeting on November 18 or December 16 and is in need of transportation, please call Jim Harrison in advance so proper arrangements can be made.

937-657-6573

oljim49@woh.rr.com

Heart Healthy Recipe

Peach-Banana Shake

- 2 bananas, peeled, wrapped in a plastic bag and frozen overnight
- 2 cups orange juice
- 2 ripe peaches or nectarines, peeled, pitted and cut into chunks

Place frozen bananas, orange juice and peaches in a blender or food processor and process until smooth.

Variation:

- ♥ Substitute blueberries, blackberries or strawberries for the peaches
- ♥ Add 2 teaspoons honey
- ♥ Substitute apple juice for the orange juice

HEARTWARMING VISITS

by the numbers:

Our visiting program is in full swing once again. Linda and all our visitors are hard at work at the High Street campus.

Thank you from the bottom of our hearts!

Linda Oliver	Jean Titer
Don Stinebaugh	Patty Cain
Phil Cain	Charlie Bibbee
Lenoir Bunn	Jean Lee
Jim Harrison	Jim Butcher

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

Hearty Har Har!

If it's zero degrees outside today, and it's supposed to be twice as cold tomorrow, how cold is it going to be?

Why are there Braille signs on drive-up ATMs?

Whose cruel idea was it for the word "lisp" to have an "s" in it?

If a cow laughed, would milk come out her nose?

Heart and Soul Food

Refreshments for our upcoming meetings:

January - Bunn

February - Bibbee

March - Minnich

April - Hill-Smith



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



A HEARTY GATHERING...

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

It's great to be alive and help others!



Don't lose heart!

If you know someone who might be feeling down or under the weather and in need of a card, please get in touch with these gals.

Lenoir Bunn, Hospitality Co-Chair

(937)399-8303

bbunn@woh.rr.com - please put "Mended Hearts" in the subject line of your email

Patty Cain, Hospitality Co-Chair

(937)399-2242

The Pollyanna – Heart Power
 For every one thing that goes wrong, there
 are probably 10 or 50 or 100 blessings.
 Remember to count them daily!

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).

the COMMUNITY'S HEARTTHROB

Project Jericho

January 12 - 16, 2009
 Mending Hearts Sculptures

Amadeus

February 2, 2009
 Clark State Performing Arts Center
**WEAR RED FOR THIS
 PERFORMANCE!**

Go Red

February 6 and 7, 2009



Clark County Heart Walk

February 28, 2009
 Clark County Fairgrounds

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

www.mendedhearts.org 1.888.HEART99

Leading Heartily

Carol Culbertson carol@cculbertson.com 937-327-0187	Pres/Newsletter Editor
Patricia Cain 937-399-2242	Vice-president, Hospitality Co-Chair
Jane Irwin shamrock56@att.net 937-325-5009	Secretary
Julie Lauer jalauer@health-partners.org 937-328-9304	Treasurer, Advisor
Linda Oliver lindao2717@yahoo.com 937-390-0889	Visiting Chair
Lenoir Bunn bbunn@woh.rr.com 937-399-8303	Hospitality Co-Chair
Jim Harrison oljim49@woh.rr.com 937-657-6573	Transportation Chair

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