

# HEARTSOME in the HEARTLAND

## Mad River Mended Hearts, inc.

JANUARY/FEBRUARY 2008

Volume 2 Issue 1

Chapter 342



### HEART TO HEART WITH JULIE

Greetings and Happy New Year's to all,

What an exciting way to start the new year...a great new look and new editor for our newsletter! Many thanks to Carol

Culbertson for taking on this job and for her contagious enthusiasm and seemingly unlimited fresh ideas. As I look back on this past year, I see steady growth in our chapter and progress towards a more effective, productive support group. This is truly a blessing.

A special thanks to Linda Oliver and all the work she has done to establish the visitation team. Members are listed elsewhere in the newsletter. I also want to take this opportunity to thank all of you for your kind words and gift recognizing the recent passing of my father. Your thoughtfulness was greatly appreciated.

Thanks to all of you for a fun Christmas party. Lots of good food, great entertainment by Doc Cain and his Dixie Cats, and some interesting gifts were enjoyed by those in attendance. Jill Pierson was the lucky receiver (and keeper) of the "white elephant". No one else seemed to have a need for this particular gift! You will have to come to next year's party to see what changes Jill may make to this unique item!

Since winter is upon us, if the weather is inclement (really cold and lots of snow or ice!) we will not have our meeting as scheduled. I can be reached at 342-5830 if you have questions.

Enjoy the newsletter! We welcome your feedback! Here's to a happy, heart healthy New Year!

Julie

### HEARTNOTES ...

Upcoming MENDED  
HEARTS MEETINGS:

**1/15/08**

7:00 – 7:30 HEART ART  
The Heart Walk Talk  
Jim Harrison, speaker

**2/19/08**

Vegetarian Chili Cookoff!  
Dinner served at 6:30 pm  
Mercy Medical Center  
2<sup>nd</sup> floor classrooms  
7:00 (follow the signs)

**3/17/08**

**WEARI N' OF THE GREEN**

Had your heart set on winning?

November door prizes went to:

Carolyn Sivils, Martin  
Aldredge and Tom Minnich

September and October's went to

Cornelius VanderVelde,  
Abigail VanderVelde, Jill  
Pierson, Jean Titer, Ernie  
Brown and Jim Harrison.

## HEARTY RECIPES

### BROCCOLI -STUFFED SHELLS\*

1/4 cup water, nonfat chicken broth or vegetable broth  
1 cup chopped mushrooms  
1/2 cup chopped onions  
1 clove garlic, minced  
1/2 teaspoon dried oregano leaves  
1/2 teaspoon dried basil leaves  
1/2 teaspoon black pepper  
2 cups nonfat ricotta or cottage cheese  
2 ¼ cups chopped broccoli, steamed  
3 egg whites (or egg substitute)  
24 jumbo shells macaroni, cooked until al dente and well drained in a colander  
2 cups low sodium tomato sauce

1. Place 1/4 cup water or broth in a skillet and heat over medium heat. Add mushrooms, onions and garlic. Cook and stir over a medium heat for 5 minutes or until lightly browned. Add more liquid during this process if necessary.
2. Remove from heat and stir in oregano, basil, pepper, ricotta or cottage cheese, broccoli and egg whites.
3. Preheat oven to 350 degrees.
4. Stuff drained shells with ricotta-broccoli mixture.
5. Spread 1/2 cup tomato sauce on the bottom of a 9x13" baking dish.
6. Arrange stuffed shells over sauce. Top with remaining tomato sauce.
7. Bake for 30 minutes or until shells are hot.

Calories per serving: 176

Fat: 7g

Carbohydrates: 40g

Cholesterol: .5mg

Dietary Fiber: 3 g.

Protein: 10.5

Sodium: 84 mg

\*This recipe was served at the Christmas party. Pretty tasty!

## 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

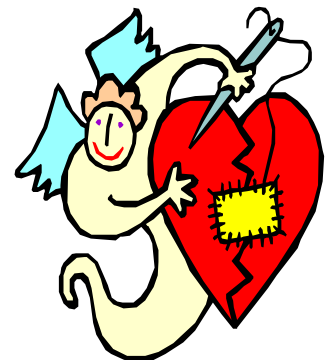
Life is a gift we're given each and every day. Dream about tomorrow, but live for today!

## HEART HEALTH REPORTS

To stop night time coughing, put Vicks Vaporub generously on the bottom of the feet at bedtime and cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition, it is extremely soothing and comforting, providing a sound sleep.

\* According to the scientists at the Canadian Research Council

**Remember, you may not be able to control what life puts in your path, but you can control who you are and who you will become!**



## Eat Your Heart Out!

Our February Mended Hearts Meeting promises to be a hot one you won't want to miss! It is the VEGETARIAN CHILI COOKOFF! For anyone willing to participate in the cooking competition, peruse your favorite cookbooks now to find an award-winning recipe. Recipes will be provided for anyone needing a new, low-fat, and heart healthy one. The winning recipe and its creator will be featured in our next newsletter.

February 19<sup>th</sup> promises to be an evening filled with education, fun and festivities. Come early as dinner will be served at 6:30 pm. Our after-dinner guest speaker will be Catherine Hines, SRMC Dietician. Bring all your diet questions you have always wanted answered to this Mended Hearts Meeting.

## HEARTY WELCOME EXTENDED

We were happy that **William Reisinger, Sam Burcham, Carl Richendollar, Therese Young** and **Ed Young** participated in our last Mended Hearts meeting. We hope to see them again, real soon! We can always use new talents in our group!

## THE HEARTLAND AND BEYOND....

[www.mendedhearts.org](http://www.mendedhearts.org)

[www.americanheart.org](http://www.americanheart.org)

[www.heartforwomen.org](http://www.heartforwomen.org)

Read about the "Red Dress Paper Doll" petition to support the HEART for Women Act (S.573/H.R. 1014).

## EXERCISE HEARTINESS

JANUARY						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	♥	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY						
					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	

Set a goal to walk every day in 2008! You might want to aim for 10,000 steps (about 5 miles) each day. (Purchase a pedometer in any sports equipment store to keep track of your steps.) Each day your goal is met, cross off the date on the calendar above. Anyone reaching their walking goal at 90% (that's only 28 days to walk in January) may bring their completed January calendar to the February Mended Hearts Meeting to receive a reward for all the hard work!

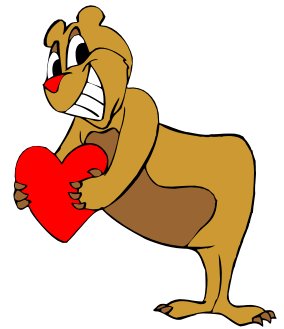
♥ Mended Hearts Meetings

## HEART SCIENCE ON THE HORIZON

Breakthrough that could save million of lives! If you're not revived within five minutes after cardiac arrest, you're as good as dead. But researchers now know that the window of time for survival could triple if the body is cooled by several degrees soon after the heart stops beating. In some hospitals, doctors are using cooling blankets that circulate icy water to minimize brain damage and revive "temporarily dead" people who had no heartbeat for up to 15 minutes, according to Lance Becker, MD, director of the Center for Resuscitation Science at the University of Pennsylvania. In a 2007 animal study, cooling boosted the rate of survival immediately after cardiac arrest from 10 to 60%, Becker says. Researchers are now trying to develop an injectable, icy slurry that lowers body temperature within seconds and that emergency workers could administer on the spot. (Doctors say putting ice or cold compresses on a heart attack victim at home are unlikely to help much: The brain and organs are too well insulated to be affected by simple aids.)

- This according to Prevention Magazine, January 2008

If this Prevention Magazine article intrigues you, you may want to refer to an article published in the May 7, 2007 Newsweek issue. It goes a bit beyond to explain the "science" behind this new thinking.



In the Newsweek article Dr. Lance Becker states, "Once cells have been without oxygen for more than five minutes, they die when their oxygen supply is *resumed*." The Newsweek article states "that emergency-room procedure has it exactly backward. When someone collapses on the street of cardiac arrest, if he's lucky he will receive immediate CPR, maintaining circulation until he can be revived in the hospital. But the rest will have gone 10 or 15 minutes or more without a heartbeat by the time they reach the emergency department. And then what happens? "We give them oxygen," Becker says. "We jolt the heart with the paddles; we pump in epinephrine to force it to beat, so it's taking up more oxygen." Blood-starved heart muscle is suddenly flooded with oxygen, precisely the situation that leads to cell death. Instead, Becker says, we should aim, to reduce oxygen uptake, slow metabolism and adjust the blood chemistry for gradual and safe reperfusion. He endorses hypothermia - lowering body temperature from 37 to 33 degrees Celsius - which appears to slow the chemical reactions touched off by reperfusion. He has developed an injectable slurry of salt and ice to cool the blood quickly that he hopes to make part of the standard emergency-response kit.

OPPORTUNITIES for  
VOLUNTEERING HEARTILY

**Clark County Start!**

**HEARTWALK KICKOFF**

Tuesday, January 8, 2008

Mercy Medical Center,  
Auditorium

5:15 - 6:30 pm

Jim Harrison, chair. 937-657-6573

[E-mail—jtharrison@erinet.com](mailto:jtharrison@erinet.com)

**Clark County Start!**

**HEARTWALK**

Saturday, February 2, 2008

Champion's Center,  
Clark County Fairgrounds

Registration 8:15 am Walk 9:15 am

**Mended Hearts Patient Visitor**

Join in this rewarding outreach for heart patients at The Springfield Regional Medical Center Campuses. Call Linda Oliver at 390-0889 for more details.

We are looking for someone to help fill the following need in our chapter:

Transportation Chair

Call Julie if you are interested in helping out. 937-342-5830

HEARTWARMING VISITS

by the numbers: 2007 Totqls

Patients Visited: 232

Number of Patient Visits: 292

Family Visits: 74

Thank you from the bottom of our hearts!

Linda Oliver

Jean Titer

Don Stinebaugh

Patty Cain

Nancy Hill-Smith

Phil Cain

Lenoir Bunn

Jean Lee

Heartsease (calmness of emotion)

**A Tribute to the Winter Solstice**

"Perhaps for a moment the typewriters will stop clicking, the wheels stop rolling, the computers desist from computing and a hush will fall over the city. For an instant, in the stillness, the chiming of Celestial spheres will be heard as earth hangs poised in the crystalline darkness, and then gracefully tilts. Let there be a season when holiness is heard, and the splendor of living is revealed. Stunned to stillness by beauty, we remember who we are and why we are here. There are inexplicable mysteries. We are not alone. In the universe there moves a Wild One whose gestures alter earth's axis toward love. In the immense darkness everything spins with joy. The cosmos enfolds us. We are caught in a web of stars, cradled in a swaying embrace, rocked by holy night, babes of the universe. Let this be the time we wake to life, like spring wakes, in the moment of the winter solstice."  
By Rebecca Parker

**Put Your Heart at Ease!**

Anyone wishing to attend the upcoming Mended Hearts meeting on January 15<sup>th</sup> or February 19<sup>th</sup> and is in need of transportation, call Julie in advance so proper arrangements can be made.

Call 937-342-5830.

## HEARTSTRINGS

### I AM A SURVIVOR

I am a survivor, I want you to know.  
Eighty-eight years old, and still on the go.  
I had perfect health until eighty-five,  
Had my heart attack then, but, the will to survive.

Triple by-pass surgery is what I had.  
Also, one stent, which wasn't that bad.  
In 2007, two more stents I was to receive.  
Now, diet and exercise is what I believe.

My doctors and nurses were the very best,  
Always good care and plenty of rest.  
For me, this was my wake-up call,  
Take heed, this message is for all.

The Mended Hearts Club is for all to share.  
Showing all heart patients how much they care.  
Attend a meeting, and right from the start  
You will learn many things about the heart.

The surgeons and speakers explain about our health,  
And good health means a lot more than wealth.  
Education about the heart, we want to believe,  
Attend a Mended Hearts meeting, and this you'll receive.

Poem submitted by Ruth Hoke

## the COMMUNITY'S HEARTTHROB

### Springfield Symphony Orchestra

- Spanish Inspiration  
February 9, 2008  
8:00 pm
- Rendezvous with Russia  
March 15, 2008  
8:00 pm

### Dayton Art Institute

- Ponderosa Print Collection  
February – April 08
- Ken Butler: Hybrid Visions  
May – August 08  
Custom Built Hybrid Instruments

### Springfield Museum of Art

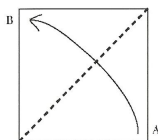
- Shades of Clay: A Multi-Cultural  
Look at Contemporary Clay  
Jan. 2 – Feb. 24

## TOUCH SOMEONE'S HEART

When you have finished reading this newsletter, please pass it on to a friend or relative! You might also consider dropping it off at your doctor or cardiologist's office. Spread the news of the Mended Hearts Mad River Chapter to others who have had heart events and might want or need our support.

## FOR YOUR HE-ART AND SOUL

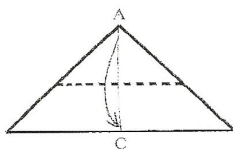
Begin with a square, white side up.



1. Fold in half - corner A to corner B



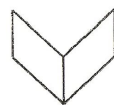
2. Fold in half, then unfold.



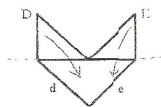
3. Bring A to point C



4. Fold top left edge down to meet center line. Repeat for top right edge.



5. Model looks like this. Flip over to other side.



6. Fold points D and E down and match up the edges alongside d and e.



## ORIGAMI HEARTS



Attach your folded heart to the calendar as a reminder of our next Mended Hearts Meeting - February 19 at 7:00 pm.

The Mended Hearts, Inc  
Mad River Chapter, #342  
P.O. Box 492  
Springfield, Ohio 45501-0492

## 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. They are held on the **second floor** of **Mercy Medical Center** the **third Tuesday** of each month (September - June).

### Mended Hearts... national office

Margaret Elbert	Dale Briggs
President	Exec. Vice President
Raul Fernandes	Donnette Smith
Vice President	Treasurer
Jana Stewart	Central Regional Director
Wayne Lawson	Midwest Regional Director
Barb Forman	Central Regional Associate Director

### Leading Heartily

Julie Lauer	President/Treas.
<a href="mailto:jalauer@health-partners.org">jalauer@health-partners.org</a>	937-342-5830
Patricia Cain	Vice-president
<a href="mailto:doccain@voyager.net">doccain@voyager.net</a>	937-399-2242
Jane Irwin	Secretary
<a href="mailto:shamrock56@att.net">shamrock56@att.net</a>	937-325-5009
Linda Oliver	Visitation Chair
<a href="mailto:lindao2717@yahoo.com">lindao2717@yahoo.com</a>	937-390-0889
Jean Titer	Avon Fundraising
	937-323-3985
Carol Culbertson	Newsletter
<a href="mailto:carol@cculbertson.com">carol@cculbertson.com</a>	937-327-0187
Lenoir Bunn	Hospitality Chair
Jim Harrison	Heart Walk Chair
<a href="mailto:jtharrison@erinet.com">jtharrison@erinet.com</a>	937-657-6573