

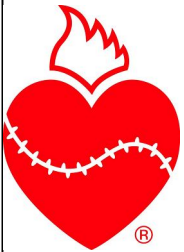
HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

NOV/DEC 2008

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www.heartsomeintheheartland.org



HEART TO HEART WITH CAROL

Greetings!

It was good to see everyone after the summer break. We have missed many faces and hope to see others in our group as the vacationing times

wind down and the cold weather sets in.

Hope you are ready for all the hustle and bustle of another holiday season as it is just around the corner. Whether spent near or far, please take time to consider and give thanks for the many blessings bestowed upon you and your family this past year.

On a sad note, our hearts and prayers go out to the Oliver Family upon the passing of Linda's mother in October. May there be many fond memories which will live on in your hearts as the years go by.

The meetings are running smoothly, kinda. Our experimenting with different time schedules has been interesting to say the least. Therefore, we are going back to the drawing board.

Here is the newest plan. **The meetings will begin at 7:00 with refreshments and social time followed at 7:20 with announcements and the featured speaker at 7:30.** If you are in charge of the refreshments for the evening, please have them out and ready a little before the meeting starts at 7:00 pm.

To stay up on all the news, check out our website on a regular basis. Cancellations due to snow will be posted on the first page.

www.heartsomeintheheartland.org

Later-
Carol

HEARTNOTES ...

Upcoming MENDED
HEARTS MEETINGS:

November 18, 2008

Larry Ethun
CET/EMT-P/Certified ECP
Therapist
External Counterpulsation

December 16, 2008

Christmas party with Rehab
with White Elephant exchange

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 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

SAVE THESE IMPORTANT DATES!

HEARTY RECIPES

Arugula and White Bean Salad

2 cans organic white beans
2 cloves garlic
1 3 inch stem of rosemary, leaves removed
1 T. white wine vinegar
3 T. apple cider vinegar
1/2 t. salt
1/2 t. black pepper
1/3 cup chicken stock
1 bunch of arugula, washed, stems removed and chopped fine
3 - 4 Roma tomatoes, finely diced
1/4 cup chopped kalamata olives

Rosemary Dressing

In a blender or food processor, add the garlic, rosemary, vinegars, salt and pepper. Blend while slowly adding the olive oil.

Drain and rinse beans. Add the beans, arugula, tomatoes and olives to a large salad bowl. Pour desired amount of the dressing over and mix and combine. Serve at room temperature.

HEARTY— HAR — HAR!

Allergy doctor: Antisneezeologist

Policeman's barbeque: Steak-out

Flat tire replacement: Despair

Church singing group: Acquire

Bowler's dinner: Spare ribs

Student snack: Cramberries

It's great to be alive and help others!

Young at Heart

If you could live your life over, what would you do differently?

A survey of retired people reported in the International Journal of Aging and Human Development showed that half of those interviewed would spend more time with their families; prepare financially for the future; get more education; and work toward career development. They report that they would **spend less time** on one thing: **worrying**.

A HEARTY HAPPY BIRTHDAY TO YOU!

November

Carol Culbertson	11/1
Ed Jones	11/2
Linda Oliver	11/9
Carolyn Sivils	11/29

December

Karen Price	12/2
Dr. Ahkter	12/5
Lenoir Bunn	12/11
Jill Pierson	12/14
Cornelius VanderVelde	12/16
Ruth Hoke	12/23

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.



HEART HEALTH REPORTS

The case for omega-3-s' role in heart protection is stronger than ever. A recent study led by epidemiologist Akira Sekikawa (University of Pittsburgh) found that eating lots of fish rich in omega-3s may protect against atherosclerosis. Prior research had suggested omega-3s may help control or protect against rheumatoid arthritis, cancer, asthma, depression and other conditions....Omega-3s assist neurological development and help reduce excess inflammation.

The American Heart Association recommends getting at least two weekly servings of fish, preferably fatty, omega-3 varieties like salmon and tuna.

*According to U.S. News & World Report
August 25, 2008*



OPPORTUNITIES for Volunteering

We are indeed fortunate to have so many talented people willing to give of their time and energies to make our Mad River Mended Hearts group a vital and important voice for heart disease in Clark County.

I am pleased that Jim Harrison has stepped forward to organize and head up the Heart Walk for us in February. There will be opportunities for all to help with manning the booth, raising money and walking with other heart survivors. Please give your name to Jim or Carol if you would like to volunteer on the day of the Heart Walk.

The Heart Walk has been scheduled for February 28, 2009. Plan to don your tennis shoes and attend the event. We will hear more from Elise Huelskamp from the American Heart Association at our December Meeting on the 16th.

Heartless:

If the #2 pencil is the most popular, why is it still #2?

What color do they list on the drivers' licenses of bald men?


EXERCISE HEARTINESS


Mended Hearts Meetings



NOVEMBER

DECEMBER

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17		19	20	21	22
23	24	25	26	27	28	29
30						

	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	31			



Heavy Hearted?

Heart patients should be regularly screened for signs of depression, the American Heart Association recommended Monday.

Depression is about three times more common in heart attack survivors and those hospitalized with heart problems than the general population, according to the recommendations published in the journal *Circulation*. The authors said only about half of heart doctors say they treat depression in their patients — and not all those diagnosed with depression are treated.

While there's no direct evidence that heart patients who are screened fare better, depression can result in poorer outcomes and a poorer quality of life, the panel said. Depressed patients may skip their medications, not change their diet or exercise or take part in rehabilitation programs.

The panel suggests that heart patients be screened by first asking two standard questions: In the past two weeks, have you had little interest or pleasure in doing things? Have you felt down, depressed or hopeless?

If the patient answers yes to one or both, a questionnaire is recommended to determine if the patient is depressed and the severity. If depression is indicated, the patient may need to see a professional qualified in treating depression, the panel said, adding that treatment options include antidepressants, seeing a psychotherapist and exercise.

♥ The American Heart Association

To read the full article go to:
<http://www.americanheart.org>

TAKE IT TO HEART...positive thinking!

Happiness is:

- Getting a driver's license photo that doesn't make you look like you've passed away.
- Your mother-in-law developing an allergy to something in your house.
- Being audited by the IRS and finding they owe you money.
- Turning the lights off on an unattended car.
- Picking up a piece of trash from a neighbor's lawn just to be nice.
- Helping a little old lady across the street.

Cynic's note: Forget the fact that you could be arrested for auto theft when turning off the car lights; or for trespassing when picking up the trash, or for attempted assault when taking the old lady's arm.

Condensed from Dr. Burns' Prescription For Happiness (GP Putnam), by George Burns.



A HEARTY GATHERING...

The 57th annual Mended Hearts Convention will be held June 6-10, 2009 in Orlando, Florida. The convention brings members together from across the country for energizing speakers, informative seminars, networking opportunities and social activities. Participants leave this key training and leadership convention each year with renewed energy to carry out the mission of Mended Hearts.

the COMMUNITY'S HEARTTHROB

School Days: Education in Clark Co.
Through December 31, 2008
at the Heritage Center

Springfield Antique Show and Flea
Market

November 15 and 16, 2008
December 13 and 14, 2008
at the Clark County Fairgrounds

Amadeus

February 2, 2009
Clark State Performing Arts
Center

**WEAR RED FOR THIS
PERFORMANCE!**



CROSS MY HEART

and hope to die...

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

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

jtharrison@erinet.com

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
April	17	22	2
May	16	23	6
June	45	54	9
July	16	31	2
August	10	10	1

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.

s

THE HEARTLAND AND BEYOND....

Mended Heart

Cardiac support group offering help, support, and encouragement to heart disease patients and their families.

www.mendedhearts.org

WomenHeart

A national non-profit organization that educates and advocates for women living with heart disease.

<http://www.womenheart.org>

Kids Health for Kids

Good site for children to learn about the "Health Problems of Grown-Ups" including heart disease.

<http://kidshealth.org/kid/>

MedlinePlus

Provides information to help answer health questions.

<http://www.nlm.nih.gov/medlineplus/coronaryartery-disease.html>

Never Heart Sick when you get your flu shot!

Though October is the recommended month for flu shots, November and even December can provide protection. January is the peak month for influenza, but cases continue to appear as late as May, according to the Centers for Disease Control and Prevention.

The 2008 formula protects against three new strains of the influenza virus. It includes the two Australian strains that showed up late last year and the type B virus first seen in Florida in 2006.

Each year, up to 35,000 Americans die from the flu and its complications. Getting a flu shot significantly reduces the risk of being infected.

Everyone who wants to avoid one to two weeks of misery should get a shot. Children under age 5 and adults with chronic medical conditions such as asthma, chronic bronchitis or heart disease are at high risk for complications. Immunization is especially important for them and for people who work in hospitals, nursing homes and clinics.

The flu shot usually causes no reaction. Some people experience tenderness at the injection site. A few report traces of flu-like symptoms for a day or two, but you can't get the flu from a flu shot.

Let me 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!

Near and Dear to my Heart To keep depression away, eat fish

If you think the health claims for fish oil are beginning to sound like "snake oil," think again.

Psychiatrists at the National Institutes of Health say the omega-3 fatty acids in fish oil are like neuronal fertilizer. They make brain cells grow more connections.

Researchers now say omega-3s benefit not only the heart but also a range of psychiatric and neurological problems including depression, bipolar disorder, and schizophrenia. The brain is 60 percent fat, they say, and it needs omega-3s for optimal function.

Studies suggest omega-3s also help build cell membranes and boost levels of the feel-good brain chemical serotonin.

Food contains two varieties of omega-3s. Those found in walnuts, canola oil, and leafy greens are called ALA and are not quite as effective as those found in seafood and enriched eggs. They contain EPA and DHA omega-3s.

The American Heart Association recommends eating fatty fish such as salmon and cod at least twice a week.

Heart and Soul Food

Refreshments for our upcoming meetings:

November - Hill-Smith

January - Bunn

February - Bibbee

March - Minnich

April - Culbertson

JILL, THANKS FOR THE GOODIES IN OCTOBER!



Take it to Heart...

We can live our lives, despite all our troubles, in a CELEBRATION of the blessings of this moment.



Leftover Turkey Uses That Never Caught On.

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	

www.mendedhearts.org 1.888.HEART99

www.heartsontheheartland.org

It's great to be alive and help others!



Don't lose heart!

...because we have a super - duper hospitality team! Lenoir Bunn and Patty Cain are just waiting to spread joy and cheer among our members. If you know someone who might be feeling down or under the weather and in need of a card, please give these gals a holler and they will get right on it!

Lenoir Bunn, Hospitality Co-Chair

(937)399-8303

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

Patty Cain, Hospitality Co-Chair

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