

HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

NOV/DEC 2009

Volume 4 Issue 2

www.heartsomeintheheartland.org

HEART TO HEART WITH JULIE



-happy Holidays!

Hard to believe Thanksgiving is a few weeks away and Christmas close behind. Since that is fact, my best to all of you during this most special time of year.

Many hearts are very saddened by the sudden and untimely death of Dr. Kalweit. Please keep his family in your hearts as they move through this difficult time. Many were patients of his and know what a great practitioner/man he was.

Simone Holder-Nelson, Dayton Area on Aging presented an informative program at the October meeting. The agency is a source of information, care and support for older adults and caregivers. If you have questions regarding any type of senior support, please call the agency at 937-223-HELP (4357). If the agency does not have an answer immediately, they will find one. Holder-Nelson noted that people usually wait until there is a crisis to obtain resources. She urged all of us to "plan for aging". The agency sponsors the Passport Program, Comcare and other types of services that support seniors at home. The agency can be resourced on-line at www.info4seniors.org. You are encouraged to investigate this service.

We are looking forward to the annual Christmas party which will be held on Tuesday, December 15, 2009 at 6:00 PM in the Education Center on the High Street Campus. We will join with the Cardiac Rehab clients and staff once again. Music is being provided by Doc Cain and his Merry Band. Good food, good company, white elephant exchange, and possibly even a visit from Santa are anticipated. Please mark the date on your calendar. More information to follow in the next few weeks. We look forward to seeing you there. Julie

HEARTNOTES ...

Upcoming MENDED

HEARTS MEETINGS:

Springfield Regional Medical
Center, High Street Campus
7:00 pm

In the Education Center which
faces Burnett Road
Park in Lot 7

November 17, 2009

- ♥ Liz Mount, RD, LD
"Heart Healthy Eating for the
Holidays"

Dec 15, 2009

- ♥ Christmas Party with Cardiac
Rehab featuring Doc Cain's
band

Upcoming Meetings

- ♥ JOIN IN THE MENDED
HEARTS MEETINGS
RESERVE THESE DATES:
Jan 19, 2010
Feb 16, 2010
Mar 16, 2010
Apr 20, 2010
May 18, 2010
Jun 15, 2010

A Hearty Gathering...



The 58th Annual Convention will be held May 19 - 23,
2010 in Bloomington, Minnesota.

It's great to be alive and help others!

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HEARTY RECIPES

Tangy Cole Slaw.....Serves 4

¼ cup cider vinegar or rice vinegar
2 T. canola oil
1 teaspoon sugar
½ teaspoon dry mustard
¼ teaspoon onion powder
2 ½ cups packaged shredded broccoli slaw mix

In a screw-top jar, combine vinegar, oil, sugar, dry mustard, onion powder, 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cover and shake well. Chill until serving time.

To serve, put shredded broccoli in a large bowl. Shake dressing; drizzle over broccoli, gently toss to coat.

Dressing may be chilled up to one week. The dressed salad may be covered and chilled up to 24 hours before serving.

A HEARTY HAPPY BIRTHDAY TO YOU!

November

Linda Oliver	11/9
Carolyn Sivils	11/29

December

Karen Price	12/2
Charles Sivils	12/3
Dr. Ahkter	12/5
Lenoir Bunn	12/11
Jill Pierson	12/14
Cornelius VanderVelde	12/16
Ruth Hoke	12/23



Does a Heart Good to count your blessings
this Holiday Season!

Hearty Advice

H1N1 Flu recommendations from CDC:

- Cover your cough.
- Wash your hands frequently.
- If you have a fever, stay home for at least 24 hours after that fever has ended.
- Get a vaccine when it becomes available - if you are eligible; talk to your doctor.
- If you live in areas where people have been identified with new H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people, except to seek medical care.
- If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.
- If you become ill and experience any of the following warning signs, seek emergency medical care. In adults, emergency warning signs that need urgent medical attention include:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms improve but then return with fever and worse cough

Heart Healthier for the Holidays!

Making traditional dishes healthier takes just a little tweaking!

Sweet potatoes

Use orange juice and ginger in place of the butter and brown sugar

Stuffing

Use smoked low-fat sausage and wild mushrooms in place of the butter and sausage

Brussel Sprouts

Use vinaigrette dressing in place of the bacon/bacon fat

Tossed Salad

Use mustard greens, romaine lettuce and vinegar based dressings in place of the cheese, bacon and mayo-based dressings

Cranberry Sauce

Reduce the sugar, add walnuts and raisins or dried blueberries

Cookies

Prepare meringue cookies made with egg whites instead of using butter, eggs and chocolate

OPPORTUNITIES for VOLUNTEERING HEARTILY

WEAR RED ON FRIDAY, FEBRUARY 5!

Choose to be a leader. Inspire friends, family and coworkers to wear red and speak up about heart disease, the No. # 1 killer, on National Wear Red Day.

But building awareness shouldn't be confined to just one day. Consider organizing a Wear Red Day on any day you like. Plan one at your office, in your community, or even in your home. Download Wear Red Day Kit from the American Heart Association's website to get started. You'll even get your very own free Go Red For Women pin to let the world know you're fighting to raise awareness of heart disease in women.

<http://www.goredforwomen.org/WearRedDay/kit/index.html>

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

EXERCISE HEARTINESS

Mended Hearts Meetings

NOVEMBER



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					

DECEMBER

		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		

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.



Mended Heart

www.mendedhearts.org

HEARTWARMING VISITS



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 Butcher

IN THE HEARTLAND....

Members of Mad River Mended Hearts would like to extend heartfelt sympathies to the family of Dr. Wilhelm Kalweit who died unexpectedly November 7, 2009. Dr. Kalweit, a local cardiologist will be missed by many in the Springfield medical community.

Heart Health... Medication 101

If you have heart disease, you will likely be prescribed one or more medications. These are used to treat high blood cholesterol, high blood pressure or heart disease itself (e.g., relieving chest pain). Some of the most common include:

Aspirin

Helps prevent heart attacks and blood clotting; discuss proper dosage with your doctor to avoid stomach ulcers.

ACE Inhibitor

Stops production of a chemical that makes blood vessels narrow; used for high blood pressure and heart muscle that has been damaged.

Beta-blocker

Reduces how hard the heart must work; used for high blood pressure, chest pain, and to prevent another heart attack.

Calcium Channel Blocker

Relaxes blood vessels; used for high blood pressure.

Blood Cholesterol Lowering Agent

Decreases bad (LDL) cholesterol and/or increases good (HDL) cholesterol.

Digitalis

Makes the heart contract harder and can slow some fast heart rhythms.

Diuretic

Decreases fluid in the body; used for high blood pressure.

Nitrate

Relaxes blood vessels and reduces chest pain.

Mended Hearts... national office

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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 in the Education Building of **the Springfield Regional Medical Center, High Street Campus** on the **third Tuesday** of each month (September - June).

Hearty – Har – Har!



"I'll have him back up and making your life miserable in no time."

Community's Heartthrob

MUSIC FOR THE SEASON

November 15, 2009 at 4:00 pm

Exciting Choral and Brass Holiday Sounds!

Choral Arts with Brass Ensemble

Christ Episcopal Church

Tickets \$15 Seniors/Student \$10

CELEBRATE THE HOLIDAYS AT THE WESCOTT HOUSE, Nov. 25 - Jan 3, 2010

Beginning November 25th tours will be enhanced by a special décor reminiscent of the times when the Westcott family resided at 1340 East High Street. In the spirit of the season, the interior decorations will match the subtle beauty of this unique Prairie Style house.