

# HEARTSOME in the HEARTLAND

Mad River Mended Hearts, inc. chapter 342

SEPT/OCT 2008

Volume 3 Issue 1

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

## HEART TO HEART WITH JULIE



Greetings!

Once again another season has passed by so very quickly! The ending of summer means the start of a new MH season. This will be my final Heart to Heart note, as newly-elected President Carol Culbertson will assume the role at the September meeting. Carol has an exciting new year planned. As you look to the right, you will see that several months of speakers are already scheduled. It is hoped that you will find these worth your while and will attend as many as possible. **The monthly meeting format will be changing somewhat. Starting at 6:30P will be a work session (for any upcoming projects); 7:00P-refreshments and support; 7:20P-announcements and welcomes; 7:30P-speaker. Meetings will continue to be held on the Fountain Blvd Campus.** Carol is setting up a MH display in the Main Library for viewing during the month of September. Encourage your friends and family to stop by and take in the display. There will be other upcoming events that you will be reading about as the year progresses. Stay tuned!

I want thank each and everyone of you who has been a part of Mended Hearts from its youthful inception in April 2006. Our actual charter date was September 2006 and we have certainly come a long way in that short period of time! Kudos to all involved! See you in September. Julie

## HEARTNOTES ...

Upcoming MENDED

HEARTS MEETINGS:

September 16, 2008

Faiq Akhter, M.D., F.A.C.C.  
Stents, Angioplasty and  
Invasive Cardiology

October 21, 2008

Nicole Main, RN  
CMHP Home Care Liaison

November 18, 2008

To be announced

December - date to be announced

Christmas party with Rehab

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

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

### Chicken – Pineapple Fajitas

Ingredients: Serves 4

- 8 six inch low fat flour tortillas
- 4 one inch slices peeled fresh pineapple (about half a pineapple)
- 1 lb. skinless, boneless chicken breasts
- 2 small red or orange sweet peppers, seeded, cut in strips
- 2 tsp. Jamaican jerk seasoning
- 1/8 tsp. ground black pepper
- 1 Tbsp. olive oil
- Fresh cilantro and lime wedges

1. Preheat oven to 350° F. Wrap tortillas in foil and heat in oven. Meanwhile, coat a nonstick skillet with cooking spray; heat over medium-high. Add pineapple slices; cook 4 to 6 minutes until browned, turning once. Remove.

2. Cut chicken in strips; toss with sweet peppers, jerk seasoning and pepper. Heat oil in skillet; add chicken and peppers. Cook and stir over medium-high 4 to 6 minutes, until chicken is no longer pink. Core and chop pineapple. Serve with chicken, tortillas, cilantro and lime. 2 grams sat. fat

### Hearty – Har – Har!

There are three kinds of people in the world- those who are good at math and those who aren't.

I have CDO. It's like OCD but with the letters in alphabetical order, like they're supposed to be.

One diagnostic-imaging center claims its high-tech medical procedures are second to none. The center's newspaper advertisement proclaimed,

CT Colonoscopy: No Scope, No Sedation, No Recovery

## Young at Heart

For each hour of regular exercise you get, you'll gain about two hours of life expectancy. Moderate exercise for as little as 30 minutes a day has the proven health benefits listed :

- Improves self-image and energy levels
- Improves muscle tone and muscle strength
- Improves circulation, which reduces the risk of heart disease
- Helps prevent bone loss
- Promotes enthusiasm and optimism
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people
- Helps you fall asleep faster and sleep more soundly

## A HEARTY HAPPY BIRTHDAY TO YOU!

### September

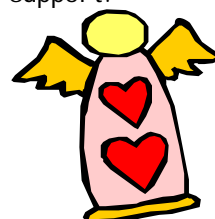
Marilyn Riggs	9/18
Dr. L. Misick	9/26

### October

Ernest Brown	10/2
S. JoAnne Womacks	10/3
Eleanore Brown	10/15
Jean Titer	10/18
George Lee	10/23
Nancy Hill Smith	10/27

## 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 Latest...

A new generation of drug-coated stents – small, scaffold-like implants which hold clogged arteries open – is now available for people with coronary artery disease. Dubbed Xience V and Promus, the stents are slimmer and more flexible than earlier models and are made from cobalt-chromium wire rather than steel. They're treated with a different drug, too. In a recent trial involving 669 patients, 10.7 percent of people with the new stents experienced adverse events within two years, compared with 15.4 percent of those who got a first-generation stent. Still, "the proof is in the pudding," says Jeffery Moses, a cardiologist at New York -Presbyterian University Hospital of Columbia and Cornell. The first drug-coated stents took a bruising after research emerged in 2006 suggesting they triggered more blood clots than bare metal stents.

U.S. New and World Report  
July 21-28, 2008

## OPPORTUNITIES for VOLUNTEERING HEARTILY

The Cath Lab visiting started on 6-5-08. I met with 7 patients & their families that day and 5 of the 7 had either a stent or an open heart procedure. The visits went extremely well & were well received. The folks seemed very appreciative to be able to talk with someone that "had been there... done that" :-)! The staff was also very appreciative of our presence and very supportive of my being there. I would encourage others to get involved in the endeavor as I found it VERY rewarding. My intent is to be there on Tuesday & Thursday mornings from 8 AM to Noon. Things slow down in the afternoon but most mornings are busy and they indicated they would welcome our help on the other mornings as well, so if there are any volunteers...call Linda Oliver or get in touch with me ([jtharrison@erinet.com](mailto:jtharrison@erinet.com) or 937-657-6573) and we will be happy to put you to work.

Cya-Jim

## Heartless:

Why is it when a door is open it's ajar, but when a jar is open it's not adoor?

### EXERCISE HEARTINESS



Mended Hearts Meetings

### SEPTEMBER

	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				

### OCTOBER

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20		22	23	24	25
26	27	28	29	30	31	



Do Your Heart Good....

An Alphabet for Life

Accept Differences

Be Kind

Count Your Blessings

Dream

Express Thanks

Forgive

Give Freely

Harm No One

Imagine More

Jettison Anger

Keep Confidences

Love Truly

Master Something

Nurture Hope

Open Your Mind

Pack Lightly

Quell Rumors

Reciprocate

Seek Wisdom

Touch Hearts

Understand

Value Truth

Win Graciously

Xeriscape

Yearn for Peace

Zealously Support a Worthy Cause

Take it to Heart...positive thinking!

Positive Thinking Day - September 13th

Researchers at Yale University say people who think positively live 7.5 years longer than those who don't. The effect was more important than lower blood pressure and cholesterol levels.

An optimistic outlook is not something you are born with. It's a character trait that can be achieved.

If your outlook is generally gloomy, changing it to positive isn't easy. It takes work and repetition. When you are aware of your feelings, decide to be positive instead of negative. It might feel as if you are faking optimism, but after a while the optimism will be real.

Motivational author Charles Kovess says it's important to remember that you are bound to meet negative people. Don't let them throw you off course. He recommends being grateful for all experiences because we grow stronger by getting through the negatives.

Our actions are the results of our beliefs. If we have positive beliefs, we will take positive actions.

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.

## A Heart-tea Drink!

The July U.S. New and World Report reports the potent green tea leaves seem to rapidly improve the functioning of the endothelial cells lining blood vessels, aiding blood flow and relaxing the arteries. That may lower the risk of clots and heart disease. "We saw the effects just 30 minutes after the participants consumed the tea, and it lasted for two hours," says Charalambos Vlachopoulos, the study's lead author and cardiologist at Athen Medical School in Greece. Green tea's benefits stem from its naturally high levels of flavonoids - antioxidant substances that slow down natural damage to cells. Vlachopoulos thinks one or two cups per day is probably enough to do the trick.

## HEARTWARMING VISITS

by the numbers:

	Number of individual patients	Number of patient visits	Visits to family only
JAN	24	45	7
FEB	21	30	5
MAR	23	34	5
APRIL	17	22	2
MAY	16	23	6

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.

**Visitation has been on hiatus during the transition to the High Street Campus, but will resume late September.**

the COMMUNITY'S HEARTTHROB  
Springfield Symphony 2008-09 Season  
Kuss Auditorium at the Clark  
State Performing Arts Center

8:00 p.m.

10/4	Arabian Nights
11/8	Western Portraits
12/7	Gloria
<b>2/7</b>	<b>Amadeus</b>
	<b>WEAR RED FOR THIS PERFORMANCE!</b>
3/14	Screen Classics
5/2	Immortal Beloved



THE HEARTLAND AND BEYOND....

Mended Heart

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

Heart Hub

[www.americanheart.org/hearthub/index.htm](http://www.americanheart.org/hearthub/index.htm)

Us Against Athero

[www.usagainstatheo.com/index.aspx](http://www.usagainstatheo.com/index.aspx)

Go Red for Women

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

## Put Your Heart at Ease!

Anyone wishing to attend the upcoming Mended Hearts meeting on September 16 or October 21 and is in need of transportation, please call Jim Harrison in advance so proper arrangements can be made.

937-657-6573

[jtarrison@erinet.com](mailto:jtarrison@erinet.com)

It's great to be alive and help others!

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Using metal is one way to give your projects a very professional, real appearance. If you haven't worked with metal before, these heart baskets will be a great introduction. The metal used here is called "flashing" and comes from the hardware store. It is thin aluminum that comes in several widths, from about 4" wide to about 12" wide. It comes by the foot, and is very inexpensive. You will need to ask the hardware store person to cut off however much you want to buy.

You will need tin snips, which is a pair of scissors strong enough to cut metal, if you use flashing for this project. Wear work gloves because the little bits and edges of metal that you cut away can be very wily and are really sharp.

The heart shaped pockets are shown painted. To get paint to adhere to metal, you must sand it very well with coarse sandpaper. After you have applied the desired number of coats of acrylic craft paint to the metal, let the paint cure on the metal for a day or two before you handle the project to finish the additional steps. You may want to add a coat of clear acrylic medium to give your hearts a glossy finish. You may choose to leave the hearts silver, or to spray paint them. Spray paint gives a somewhat more durable finish, but don't forget to sand first.



- **12" of 6" wide flashing**
- **Several feet of thin black craft wire**
- **Coarse sandpaper**
- **Tin snips**
- **Hammer and awl or large nail**
- **Wood block**
- **Pink and red acrylic craft paint, brush**
- **Sharpie pen**

### What to Do

1. Draw a simple heart shape on paper that fits the width of your flashing.
2. Use the tin snips to cut off a piece of the flashing that your heart will fit on. Cut out your drawn heart and trace around the edge of it with the Sharpie pen onto your flashing.
3. To make the top of the heart pocket, either cut out another identical heart (or cut the bottom half of a heart) using your paper pattern.
4. Place the top heart, (or heart half) on the wood block and use the hammer and awl to punch holes around the edges that you will attach to the other heart. Punch the holes about ½" apart. Punch any decorative patterns you would like in the top of the heart..
5. Place the top heart (or half a heart) on the other heart which will form the back of the basket. Poke the Sharpie pen through the holes you have punched in the top piece to mark spacing for the holes of the bottom piece. Place the bottom heart on the wood block and use hammer and awl to punch holes as before.
6. Punch two holes, one in each of the round parts at the top of the heart. These holes will hold the wire hanger.
7. Use coarse sandpaper to sand the surface of both pieces of metal.
8. Paint the hearts, not being afraid to slightly mix colors and use rough brush strokes. Apply two thin coats, letting brushstrokes show. Let dry, as explained above.
9. Use thin wire to sew the two hearts together. Use a loopy whip stitch. Secure ends of wire to back of back heart. Press loops of whip stitch flat to create a scallopy edge. Use another piece of the wire to make a hanger, going through the two holes at the top of the back heart
10. Reach inside and press the two pieces of metal slightly outward to create a more open space.

## Take it to Heart...

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. - Denis Waitley



"Due to the space-age materials used in making this model, this one collects less dust than other exercise equipment."

## Don't lose heart!

Regular exercise is a versatile weapon in the fight against chronic pain.

- \* It increases endorphins, which are the body's natural pain relievers.
- \* Exercise builds strength, which takes the load off bones and cartilage.
- \* It increases flexibility when you exercise. That means joints are able to move through their full range of motion and are less likely to ache or be painful.
- \* It increases your energy level and gives you the strength to cope with life and with pain.
- \* It helps you maintain a healthy weight and contributes to better sleep.
- \* Exercise protects the heart.

### 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	
<a href="http://www.mendedhearts.org">www.mendedhearts.org</a>	1.888.HEART99

### Leading Heartily

Carol Culbertson <a href="mailto:carol@cculbertson.com">carol@cculbertson.com</a> 937-327-0187	Pres/Newsletter Editor
Patricia Cain 937-399-2242	Vice-president
Jane Irwin <a href="mailto:shamrock56@att.net">shamrock56@att.net</a> 937-325-5009	Secretary
Julie Lauer <a href="mailto:jalauer@health-partners.org">jalauer@health-partners.org</a> 937-328-9304	Treasurer, Advisor
Linda Oliver <a href="mailto:lindao2717@yahoo.com">lindao2717@yahoo.com</a> 937-390-0889	Visiting Chair
Lenoir Bunn <a href="mailto:lbunn@woh.rr.com">lbunn@woh.rr.com</a> 937-399-8303	Hospitality Chair
Jim Harrison <a href="mailto:jtharrison@erinet.com">jtharrison@erinet.com</a> 937-657-6573	Transportation Chair
<a href="http://www.heartsontheheartland.org">www.heartsontheheartland.org</a>	

## 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).

It's great to be alive and help others!