

HEARTSOME in the HEARTLAND

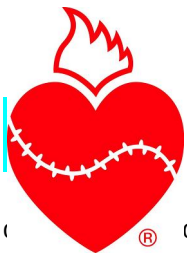
Mad River Mended Hearts, inc. chapter 342

SEPT/OCT 2009

Volume 4 Issue 1

www.heartsomeintheheartland.org

HEART TO HEART WITH JULIE



Welcome to Mended Hearts 2009-2010!

Where oh where did the summer go? With the new season brings a new location for Mended Hearts. The meetings will now be held on the High Street campus in the Education Center. This building sits between the hospital and the School of Nursing facing Burnett Road and is accessed from parking Lot 7. Security will open the parking lot for the meeting. The September meeting will be held in the auditorium and subsequent meetings will be held in the ABC classroom. The building is on ground level. I hope you find this change of location and accessibility convenient.

We have had a change in leadership once again. I will assume the presidency on a temporary basis. It is hoped that someone in the membership will volunteer to take over the reins. Linda Oliver is temporarily maintaining her position as volunteer coordinator with the goal of someone also volunteering to take on this role.

We are looking for ideas for fundraisers for the new season. Any suggestions are welcome. The officers are in the process of planning the upcoming year's programs. Please watch the newsletter for updates.

If you have found any yummy heart-healthy recipes, please bring them to a meeting (a recipe or the actual dish). We have volunteers for refreshments for the September and October meetings. A sign up for the remaining meetings will be available September 15.

If you have any items of interest you would like to share in the newsletter, please contact Carol Culbertson at carol@carolculbertson.com.

Looking forward to seeing you on September 15, at the High Street campus.

Here's to a heart-healthy fall season!
Julie

HEARTNOTES ...

Upcoming MENDED
HEARTS MEETINGS:

September 15, 2009

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

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

Kathleen O'Hearn, Ph.D. Heart Disease and Mental Health

- ♥ Persons attending this talk will receive a free "Vial for Life" packet.

RESERVE THE FOLLOWING DATES ON
YOUR CALENDAR AND JOIN US FOR
THE 2009 MENDED HEARTS
MEETINGS.



Oct 20, 2009
Nov 17, 2009
Dec 15, 2009
Jan 19, 2010
Feb 16, 2010
Mar 16, 2010
Apr 20, 2010
May 18, 2010
Jun 15, 2010

HEARTY RECIPES

Tangerine Salsa

3 tangerines, peeled, sectioned and chopped (about 1 cup)

½ red bell pepper, seeded and chopped

½ green bell pepper, seeded and chopped

1 clove garlic, minced

1 tsp seeded and chopped jalapeno

½ medium cucumber, peeled, seeded and chopped (about ¼ cup)

2 tbsp. lime juice

½ tsp. sugar

1/8 tsp. crushed red pepper flakes

In small bowl combine tangerines, bell peppers, garlic, jalapeno, cucumber, lime juice and red pepper flakes. Cover and chill 30 minutes to blend flavors. Serve at room temperature with tortilla chips.

This is the winning recipe for our 2008 Red Apron Cook-off, prepared by Sue and Rocky Craycraft.



Does a Heart Good....

A sincere thank you for the donation to Mad River Mended Hearts in memory of John P. Sayers.

♥ From Sam and Barbara Burcham

A Hearty Gathering...



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

Hearty Advice

Before your next doctor's visit, take a few moments to write down some crucial specifics about your medical problem. Following is an example of a medical "Mad Libs" form you may want to use before you sit down with your doctor.

I have had _____ (state problem) for _____ (time: days, weeks, months, years). It is worse when I _____ (context: awake, bend down, at the end of the day). The pain is _____ (type: sharp, dull); it's _____ (severity: mild, severe, intolerable) and _____ (duration: constant, intermittent). It began _____ (when: with an injury, spontaneously, when taking a medication). When I take _____ (medication: aspirin, ibuprofen, narcotic), it makes it _____ (effect: all better, partially better, doesn't affect it at all).

Reader's Digest, August 2009

A HEARTY HAPPY BIRTHDAY TO YOU!

September

Barbara Burcham	9/10
Marilyn Riggs	9/18
Dr. L. Misick	9/26

October

Ernest Brown	10/2
S. JoAnne Womacks	10/3
Eleanore Brown	10/15
Sam Burcham	10/16
Jean Titer	10/18
George Lee	10/23
Nancy Hill Smith	10/27
Pam Neff	10/30

Heart-Health Reports

A recent study found that using endoscopic techniques to remove leg veins prior to heart bypass surgery may cause more harm to patients later on. In contrast to open harvesting, where physicians make an incision down the leg, endoscopic procedures are less painful and have less scarring. However, a new study found that this type of technique may cause more damage to the veins and lead to a 52% higher risk of death in the years after heart bypass surgery.

"Open harvesting, though more invasive and associated with more wound complications, may be less traumatic to the vein and could result in a better conduit" described Reuters.

Veins removed endoscopically were found to be at a high risk for clotting after the heart surgery, leading to the danger for a heart attack. In conclusion, doctors need to be aware that new procedures may not necessarily be best in all situations.

* according to findings published in the July 15 issue of the New England Journal of Medicine

please note this is **one study!*

OPPORTUNITIES for VOLUNTEERING HEARTILY

Heart disease, stroke and other forms of cardiovascular disease remain the No. 1 and most costly killer in the United States, taking the lives of far too many loved ones and friends each year. Medical research is the best defense—leading to new ways to prevent, treat and even cure heart disease and stroke.

You can help today! Americans need more funding for heart disease and stroke research, not less. Sadly, our nation's investment in medical research supported by the National Institutes of Health (NIH) has declined over the last five years. NIH continues to invest only 4% on heart research and a mere 1% on stroke research. More funding could enable the NIH to support promising heart and stroke studies that could lead to a cure.

Help the American Heart Association Spread the Word. Visit:

<http://www.researchsaveslives.org/tellafriend.aspx>

Heartless:

If the Energizer Bunny attacks someone, is it charged with battery?

EXERCISE HEARTINESS




Mended Hearts Meetings

SEPTEMBER

		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			

OCTOBER

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19		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.



THE HEARTLAND AND BEYOND....

Mended Heart

www.mendedhearts.org

Heart Hub

www.americanheart.org/heartHub/index.htm

Us Against Athero

www.usagainstatheo.com/index.aspx

HEARTWARMING VISITS

by the numbers:



	patient visits	family visits	total visits
August	13	2	15
July	11	2	13
June	22	5	27
May	22	0	22
April	17	0	17

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

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

Heart Health

How does the flu affect the heart?

- ♥ Flu-related death is more common among individuals with heart disease than among patients with any other chronic medical condition. Persons with heart disease are at a high risk of complications from the flu. The American Heart Association (AHA) and American College of Cardiology (ACC) recommend that the more than 12 million persons in the United States with heart conditions get annual flu shots. However, according to recent CDC data, approximately 40 percent of adults living with heart disease did not receive a flu shot in 2007. Mended Hearts joins the AHA and ACC in urging people living with heart disease to get a flu shot each and every year. The flu can exacerbate heart disease conditions and can lead to conditions like viral or bacterial pneumonia that cause complications of heart disease.

Did you know?



- The flu can exacerbate heart disease conditions and can lead to conditions like viral or bacterial pneumonia that cause complications of heart disease.
- It has been estimated that flu vaccination could help prevent thousands of deaths from heart attacks and strokes each year.
- The Centers for Disease Control and Prevention (CDC) recommends vaccination of household contacts and caregivers of persons at high risk of severe complications of flu (e.g., persons with heart disease).
- People with severe allergies to chicken eggs or who have had severe reaction (including Guillain-Barré syndrome) to flu vaccination in the past should not be vaccinated.

Mended Hearts... national office

Raul Fernandes	President
Gordon Littlefield	Exec. Vice President
Sue Borum	Vice President
Donnette Smith	Treasurer
Mary Maguire	Central Regional Director
Barb Forman	Central Regional Assistant Director
www.mendedhearts.org	1.888.HEART99

Leading Heartily

Julie Lauer	Treasurer, Advisor
jalauer@health-partners.org	937-328-9304
Patricia Cain	Vice-president
	937-399-2242
Jane Irwin	Secretary
shamrock56@att.net	937-325-5009
Linda Oliver	Visiting Chair
lindao2717@yahoo.com	937-390-0889
Lenoir Bunn	Hospitality Chair
bbunn@woh.rr.com	937-399-8303
Carol Culbertson	Newsletter Editor

www.heartsomeintheheartland.org

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!



"Do you want the correct answer or the politically correct answer?"

VIAL FOR LIFE PACKETS CAN BE PICKED UP AT THE SEPTEMBER MEETING! COME AND BE AMONG FRIENDS! SEPTEMBER 15TH

Community's Heartthrob

Fair at New Boston

George Rogers Clark Park
September 05, 10am
Adults \$8 and children age 6-11 \$3

Barn Dance at the Daniel Hertzler House

September 12, 7pm Refreshments, a raffle and entertainment by the Rum River Band. \$15 for individuals and \$25 for couple.

Cowvin's Corny Maze

Young's Jersey Dairy
August 29 - October 25, 2009
Saturdays and Sundays 12-6
\$6 per person, ages 4 and under \$2

Aminah Robinson: Along Water Street

Springfield Museum of Art
October 17 to November 28, 2009
Members Free, non-members \$5.00