UpBeat
Mended Hearts Newsletter
Chapter #130—Vol #20, No. 11, November 2012, Lacey/Olympia, WA

The Next Meeting Is...

Day: Saturday
Date: 1 December
Time: 11:30
Place: Panorama City Main Dining Room

Upcoming Dates
⇒ No Board meeting in December
⇒ 9 January—Note this is the SECOND Thursday of January!
⇒ 15 January Board Meeting

Christmas Luncheon So Close You Can Taste It!

The Annual Mended hearts Chapter #130 Christmas luncheon is nearly here. Larry Roediger is out hunting turkeys and is Cheryl Hougham gathering cranberries so you know it is going to be special. (OK, so Safeway got the turkey and Fred Meyer got the cranberries but you’d like to think we could still do this ourselves if we wanted!)

But even more special is the music this year. The Irregular Heartbeats are busy at Carnegie Hall (buying tickets, not singing) so we have a REAL quartet of ladies from the nationally known singing organization called Sweet Adelines. This particular quartet is called “Night Light” and is headed by Marni Coffee. They will be singing just after we eat so you will have plenty of time before we eat to find your friends and share holiday stories.

Doors open at 1130 at Panorama’s main restaurant. We’ll have a traditional dinner with a little live holiday piano music in the background. Night Light will sing during dessert. Then President Larry will have a couple things to say and present followed by the raffle drawings for the two quilts.

If you don’t have your RSVP in for the luncheon yet CALL MICHELE OR DENNIS SCOTT RIGHT NOW! 561-1550! (President Larry has to give Panorama City a headcount by 1 Dec!) We can still hold you a seat AND you can still get raffle tickets at the door so there is hope for you yet!

Dress is fun holiday wear. Antlers, Santa hats, naughty elf costumes are all welcome or just something fun with snowmen, angels, polar bears, or sleighs. You can wear a picture of a Grinch, but you can’t be one!

Our chapter Board meetings are moving to the Tuesday after our chapter meeting. They meet at 10AM and usually run an hour.

YOUR INPUT is invited. Please feel free to come to see what we do and how you might get deeper involved.
Choosing makes Me Thankful

Our series of remembrances of how our members’ heart issues “went down” comes back to Diane Caputo this month. Is this how you felt?

I was at a follow-up visit with my cardiologist some weeks after my surgery when I first heard the term “heart disease” used in our conversation. Maybe the term was spoken before this, but this was the day it registered as a reference to me.

The doctor used it in a third person sort of way saying, “Those with heart disease need to …” I couldn’t even hear the rest of what he said. I realized I was one of the “those” he was referring to in his statement. I was immediately offended because I was being told I had a disease. I got hung up on that “disease” word.

Surgery is one thing. It is performed. Patients heal and recuperate. Everyone moves on with life. But, in that word disease, I did not hear a moving on. I heard something that was going to provoke me for the rest of my life. I heard I was going to be battling an enemy in my body from here on out. That one word was a pill tough to swallow.

I needed to put a better construction on this fact that was to accompany me the rest of my life. I couldn’t free myself from heart disease, but I could develop both ongoing physical and attitudinal lifestyle changes to give my heart its best fighting chance. Life became a series of decisions, so to speak, that would feed the disease or fight the disease.

Some days it’s like a game, other days it’s more like a battle, both physically and emotionally. People have always been what make the difference for me. Making a better immediate or long term lifestyle choice always seems clearer and more bearable when the people you love, and you know love you, are considered.

I may not be in total control over my physical condition, but I do have control of whether I want to be miserable or thankful in it. Each day brings fresh opportunities to make good heart choices or not so good choices. But, I’m here to make them, and they are mine to make. That makes me thankful.

Do you have a reminisce to share? We would love to print your story about your feelings, and your adventures. Call Rick or Patti at 456-8607.
Chapter News: Fires and Legs

You may not see Jeanne Adams at the Christmas luncheon. Her daughter’s house caught fire while Jeanne was in it and an alert grandson woke them all in time to get out. They are still putting their lives back together.

S’Peter Gerard is having so much trouble with his legs he has not been able to drive so much. Verla Salstrom has a bad wheel too. She sprained her ankle.

Don Rose took his legs back to PSPH for another tune up but by the time we got there he was gone. Marines don’t like hospitals.

We saw Jesse Jackson at the PX last month drooling over the Cinnabons.

Ken & Ruth Springer may have been in the Mended Hearts business longer than any of us. They had a son in 1983 who had heart surgery at 18 days old and again in 1987. They attended Mended Hearts meetings back then. Can anyone beat that?

Birthdays in December -
10th – Marion Cook
15th – Patti Taylor
19th – Ray Shannon
22nd – Andrea Carter
25th – Irma Paradiso
26th – Don Dazey

Surgiversaries in December -
Ernie Ong – 1988
Marion Cook – 1989
& Mar 1973
Virginia Massey – 1989
Irma Paradiso – 1995
S’ Peter Gerard – 2000
John Clarke - 2003
Paul Bledsoe – 2005
Judy Lindhauf - 2011

Eat For Your Heart

Holiday over eating can be a danger to your heart. Here’s some tricks to help you enjoy more and eat gain less.

1. Exercise on a day you will be tempted to over eat. Create sort of a hole in your fat storage. Even a walk before and after dinner is a help.

2. Eat breakfast, especially one with protein and fiber. They help take the edge off your appetite which make you more discerning about portions and choices.

3. Eat soup for an appetizer. The warm liquid helps make you feel full. But watch the salt!

4. Trick you eyes: Use smaller plates and glasses, especially wine glasses. They look full and help you reduce portions. Savor the smaller glass of finer wine, don’t use it as a tool to lubricate your gullet.

5. Take your time. Eat slowly, talk more. Put down the fork between bites. Let your stomach catch up with your mouth.

6. Drink more water.

7. Put healthy finger foods on the table like grapes and strawberries. They are healthy, yummy and keep you out of the fatter stuff just a moment longer.

8. Alcohol is wasted calories. And it doesn’t go well in any serious quantity with many of your meds. Plan that special treat for later in the day so you can look forward to it and really savor it.

9. You will not insult the hostess by not eating everything you see. Just eat what you really like. You will insult the hostess by having a heart attack before dessert.

Silvas Submit Resignation: Illness

Donna and Ray Silva have officially resigned as Co-Presidents of Chapter #130. Ray’s illness has really slowed them down. Their official letter said in part Ray’s cancer treatments “are keeping us housebound” and that “Our downtime is unfair to (Vice President) Larry.”

The resignation was accepted with regret and prayers for Ray’s recovery. The Board also officially named Larry Roediger as President per the constitution of the organization’s chain of command protocols. The Board is searching for people to fill some of Larry’s VP duties.
Hi, We Would Like To Be Your Heart Felt Friends

Hi! We’re Mended Hearts, a volunteer group of heart patients and caregivers providing help to patients and caregivers through an in-hospital visitor program, support group meetings, and educational speakers. We also have fun hanging out together.

We work to inspire hope in heart patients and their families. We partner with professionals like Providence St. Peter Hospital and the Cardio-Rehab Center to help folks have a positive recovery from various heart illnesses.

We hope you received some encouragement from our visitors during your hospital stay. We also hope you will find us at 2 PM the first Thursday of every month except December and August in the Cardio-Rehab classroom at PSPH.

If you are new we will send you this newsletter for the next few months but we’d rather have you join us as a member and get it even longer. Dues are ridiculously cheap and include the National Magazine.

Come visit a couple meetings and see what we are about.

Feeling Fluttery? Find Physician Fast!

Last Month Kathy Rayburn, of the Northwest Parish Nurse Ministry, spoke to us about Atrial Fibrillation.

This is the electrical side (as opposed to the plumbing side) of the heart where disorganized signals run through your nerves giving you everything from flutters (ask Sue Fielder) to shortness of breath, dizziness, confusion or sudden fatigue. It can lead to irregular heart function, pooling of blood in a chamber, clots and stroke or heart attack.

The major risk factors include our old friends high blood pressure, coronary disease, and obesity (especially when associated with diabetes). Caffeine and alcohol can aggravate it as Mike Jernigan testified and some of the drugs that fight it don’t always mix well with drugs that fight things like leukemia as Heintz Stolz said.

There are several tests to see if you have it but the preventive measures are again old friends: exercise, no smoking (makes blood vessels smaller, more likely to clot), low or no alcohol, and a healthy diet. “Broccoli and mangoes are almost perfect foods,” said Nurse Rayburn. But don’t forget that the Vitamin K foods (broccoli, dark green leafy vegetables) interfere with Coumadin.

As always, talk to your doctor if you have any of the symptoms and especially before you make any major life changes. If you suddenly stop a drinking habit it could bring on some symptoms so make sure you tell your physician everything going on in your life.

Huge Month For Visits

The Visitor Trainers, Dennis & Michele Scott report a big month for the Accredited Visiting Team. In October the team saw 54 new patients and made 75 total visits. They also talked with 31 family members and did 2 internet visits.

As Michele said “Dennis and I have not seen 75 visits to patients in a long time and we would like to let the Accredited Visiting Team know they make a HUGE difference in patients and their families’ lives. Thank you for what you do.”