

# Ticker Talker

The Mended Hearts, Inc. SOC

South Orange County

Chapter 216 \* Chartered 1989

Volume 22, Number 12

*aligned with the American College of Cardiology*

December 2011

## January Meeting—Thomas Martin Story

At the January meeting, Wednesday the 18th, Thomas Martin will tell us his story. His fight with heart disease, his battle for surgery and his use of the LVAD (A left ventricular assist device (LVAD) is an implantable mechanical pump that helps pump blood from the lower left chamber of your heart (the left ventricle) to the rest of your body). LVADs are used in people who have weakened hearts or heart failure.

He will also tell us about his recovery and how he is less than 2% of LVAD patients who have come off the LVAD. Most either receive a transplant or live with the device permanently.

We look forward to see you at this very informative and interesting meeting. As always it starts at 7:00 PM with refreshments at 6:30. Don't forget Wednesday the 18th of January.



*May this holiday season bring you joy and peace  
and  
may the New Year bring you health and  
happiness.*

**Location:**  
**Mission  
Hospital  
Conference  
Center**  
26726 Crown  
Valley  
Parkway  
Mission Viejo,  
CA



**“It’s great to be alive - and to help others!”**

FOR THE HEART PATIENT AND THEIR FAMILIES

## Chapter 216 Board of Directors and Contacts

### Officers

President .....Fred Damiano

Ph 949-831-4181

E-mail: fdamiano@mac.com

Vice President ....Dennis Galloway

Ph 714-381-1906

Secretary... Kim Essayian

Treasurer.....Alex Neil

Ph 949-366-8477

E-mail: ajneil@cox.net

Profiles .....Lonnie Camilleri

PH 949-362-3944

Membership.....Open

Sunshine .....Joyce Gordon

Ph 949-768-3063

Telephone Chair.....Jeannine Leaper

Ph 949-240-0530

Visitors Chair .....Barbara Lane

Ph 949-859-3400

E-mail: bandbofmv@cox.net

Visitor Co-Chair ...Dee Nangle

Ph 949-582-2719

Fund Raising .....Marty Lipson

Ph 949-586-3596

V.P. Circulation ...Bob Lane

Ph 949-859-3400

Newsletter Editor ...Lee Goode

Ph 949-661-8155

### Members at Large

Harry Taormina

Ph 949-360-9826

### Mission Hospital

Cardiac Nurse ...Carol Catalano

Ph 949-364-7755

Secretary .....Helen Scotece

Ph 949-364-7755

E-mail: hscotece@mhr.stjoe.org

### Regional Contacts

#### Regional Director

Patrick Farrent

E-mail: irishrjf@comcast.net

#### Assistant Regional Director

Jeanee Varndell

E-mail: mmjv@cox.net

### Webb Contacts:

**Web Page: Chapter 216**

[www.mendedhearts216.org](http://www.mendedhearts216.org)

Jeff Gotro....Web Master

### National Headquarters:

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

**Have you  
hugged  
a mended  
heart  
lately?**



**“It’s great to be alive -  
And to help others!”**

### **Note to recent heart surgery patients and others considering membership:**

We hope all of you who have undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.



# President's Pulse

At this wonderful time of the year when we have given thanks and are now preparing for all the fun and excitement of the holidays, we appreciate all of you who are always ready and willing to make visits at the hospital when called upon to do so. I also want to send a great big thanks to all those who attended our monthly meeting during 2011. Finally, I would like to thank all our Board of Directors who give their time and energies all year long to make our chapter a great one. May your holidays be merry and bright, and may the New Year be filled with good health, peace on earth and happiness.

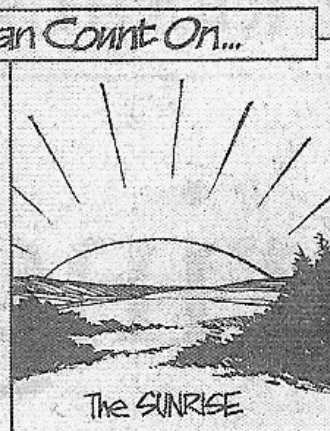
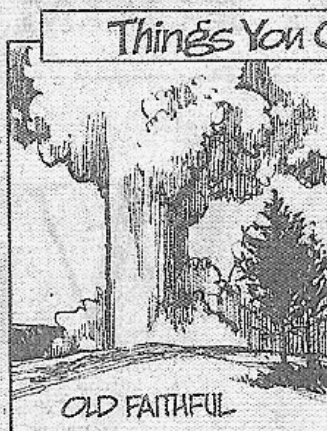
Welcome to the following new members:

**Roger O'Conner**  
**Charlotte O'Conner**  
**Thomas Martin**  
**Linda Haslinger**  
**James G Prasad**  
**Dr. Frank Lieberman**

*God Bless,  
Fred*



**ZITS** By Jerry Scott and Jim Borgman



# The December Gala

Our December Gala was huge success and we would like to thank those that helped us make it a fun day. The day started off at the Arroyo Trabuco Golf Club with a gorgeous blue sky, a great view and a fabulous lunch.

We had entertainment by the **Doc Anello Trio**. To add to the fun we had great door prizes from the following: Gift card from the **Cheese Cake Factory**, gift card from **Macy's**, Gift card from **The Olive Garden**, Wine from **Tommy Lasorda Winery**, "A day of Beauty" from **Curtis Michaels Hair Salon**, a hand made Christmas vest from **Dee Nangle**, an original painting by **Peggy Bettencourt**, **Entertainment Books**, gift card from **Chico's of Mission Viejo**, a Christmas Afghan by **Alice Bettencourt**, brunch for two by **Arroyo Trabuco Golf Club**, a golf lesson from **Arroyo Trabuco Golf Club**, autographed baseball from **Angels great Tim Salmon**, a donation from **The ZOLL Medical Corporation**. Without these great people and corporations we could not have as great day as we did.

A few pictures from the December Gala  
Can you find yourself in the pictures?



More on page 5

# Members Page - December 2011

## Chapter 216 Membership - 280

### Visitors Report

10/19—11/22 2011

	<u>MO</u>	<u>YTD</u>
Hospital Visits	17	149
Phone Visits	7	28
Visitors	7	80
Visitors Trainees	2	5

#### Visitors:

Dennis Galloway, Fred Damiano, Chip DeSon,  
Barb Lane, Pat Phillips, Jim Waples, Dee Nangle

Visitors Coordinator for months as follows:

Dec - Barbara Lane, 589-3400

Jan - Susan Goldberg, 768-0913

Feb - Dee Nangle, 582-2719

WE WISH YOU A VERY HAPPY HOLIDAY!!

*Barb Lane & Dee Nangle*

### Chapter 216 Meetings

#### Meeting Schedule

Jan 18 - The Thyroid and the Heart —  
Thomas Martin

Feb 15 - Doctors Roundtable

Mar 21 - Medtronic Stents

Mission Hospital  
Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA  
Meetings starts at 7 PM



## December Birthdays

Carl Sabatino	12-1
John Toth	12-2
Graciela Belletti	12-4
Richard Bondurant	12-8
Dave McCoy	12-9
Richard Kramer	12-10
Peter Palumbo	12-13
John Gordon	12-14
Arnold Wessman	12-15
Nadine Cardello	12-17
Evelyn Naujock	12-21
Thomas Martin	12-23
Richard Piecuch	12-23
Connie Van Leeuwen	12-24
Bill Dye	12-26
Sean Browne	12-29



## January Birthdays

Robert Wegner	1-5
Truman Benedict	1-8
James Condor	1-11
Peter Gobbo	1-11
Chip DeSon	1-12
J. Michael Healion	1-12
Larry Ryan	1-12
Jeannine Leaper	1-13
Alfred K. Bauer	1-14
Anthony Cristian	1-17
Robert Richie	1-18
Ron Bass	1-22
Peter Greco	1-23
David Lazzara	1-23
Y. P. Tang	1-30

## December Mendiversaries

Leslie Cromwell	12/16/1989
Peter Greco	12/22/1989
Wallace Weyde	12/5/1992
Ronald Reeves	12/23/1993
Bernd Leumer	12/21/1996
Peter Gobbo	12/10/1999
Richard John	12/20/1999
Lisa Curtis	12/7/2001
Bill Dye	12/12/2006
Sean Browne	12/12/2006
John Cox	12/4/2007
Len Horstman	12/13/2007
Brian Nabi	12/8/2008
Antonio Presutto	12/2/2009
Harold Prottas	12/2/2009
Peter Palumbo	12/16/2009
Linda Haslinger	12/2010



## January Mendiversaries

Irene Donoghue	1/1/1951
Bessie Roussakis	1/1/1951
Shirley Hyde	1/3/1990
Nicholas Diletto	1/1/1996
Harry Taormina	1/16/1996
Susan Goldberg	1/9/1998
Westley Bryson	1/2/1999
Tony Marotti	1/6/1999
Nancy Christenson	1/1/2000
Roger Franceschi	1/1/2000
Raymond Mistro	1/17/2000
John P. Smith	1/17/2002
Barbara Brickley	1/27/2003
Robert Crittendon	1/9/2003
Beverly Clapp	1/15/2004
Donald Zarzana	1/16/2004
Joseph Nishimura	1/20/2003
Edward Kurt	1/21/2005

Judy Starr	1/5/2005
John Sullivan	1/1/2006
Leon Jensen	1/31/2008
Nancy Gromme	1/14/2009
Mas Hayachi	1/1/2009
Larry Janisse	1/9/2009
Florence Manarino	1/1/2009
Ted Ondracek	1/13/2009
Pearl Screeton	1/1/2009
Scott Neiman	1/10/2009
Michael Antzoulatos	1/1/2010
Larry Janisse	1/1/2010
Ray Nopper	1/1/2010
James Petrone	1/1/2010
Mary Thompson	1/1/2010
Terry Walsh	1/10/2011
Jim Beverly	1/11/2010
Denna Faloni	1/16/2010
Peter Gobbo	1/28/2011



## Carol's Corner



Dear Ones,

I was extremely remiss last month when thanking our board. I left out our new Web Master, Jeff Gotro. He has done a magnificent job of upgrading and maintaining the site. If you have not already done so, check it out at [www.mendedhearts216.org](http://www.mendedhearts216.org). Thanks Jeff for all of your hard work.

I hope to see you at The Holiday Gala and at the meetings next year. May all of the blessings of the season be yours and the New year find you and yours HAPPY and HEALTHY. Boun Natalie.

Take Care and God Bless,

Carol, SHMBO



“Have You Hugged a Mended Heart Lately!”

**Do you have anxiety, depression, or just want to  
talk to others with similar heart problems?**

### **Patient Discussion Group**

With Carol and staff

Every third Wednesday of the month, at 5:30 PM, the Cardiac Patient Discussion Group meets in the Conference Center prior to the regular Mended Hearts meeting. The group discussion is for all new patients and all others who are interested in finding out more about life with heart disease. Come and join the group it's interesting and enjoyable. There is no cost and no tests just good discussions.

# 10 Foods to Help You Live a Longer, Healthier Life

It seems that everyone today has an opinion about which foods are good for you and which are not. Are eggs healthy? What about potatoes? Unfortunately, the jury is still out when it comes to a lot of foods, but there are some that most experts agree you should definitely eat more of.

We asked Dana Ellis Hunnes, RD, a dietitian at UCLA Health Systems, what her top 10 "power foods" are for living a longer, healthier life.

The Top 10. In order to avoid problems with pesticides and additives, it's best to look for fresh and, if possible, organic versions of these foods, and to wash them well. However, if something is out of season, keeping your freezer stocked with frozen fruits and veggies can help you eat healthy all year long.

**Almonds:** "These nuts are packed with nutrients such as fiber, riboflavin, magnesium, iron, and calcium," says Hunnes. "In fact, almonds have more calcium than any other nut- 75 milligrams (mg) in one serving (about 23 almonds). Also, one serving of almonds provides 100% of your body's Recommended Dietary Allowance (RDA) of vitamin K"

**Apples:** "Apples are a great source of pectin, a soluble fiber that can help lower blood cholesterol and glucose levels," she says. "Fresh apples are also good sources of vitamin C-an antioxidant that protects your body's cells from damage." Vitamin C also helps form the connective tissue collagen, keeps your capillaries and blood vessels healthy, and aids in the absorption of iron.

**Bananas:** Bananas are a great source of potassium, phytonutrients, and multiple vitamins. They're also a good source of resistant starch, which helps you feel full, aids in digestion, and promotes gastrointestinal health.

**Blueberries:** Blueberries are a source of plant phytonutrients as well. "The phytonutrients in blueberries may help prevent urinary tract infections," adds Hunnes. "Blueberries may also improve short-term memory and promote healthy aging. "They're also a low-calorie source of fiber and vitamin C. In fact, just one cup of fresh blueberries has 84 calories, 3.6 grams of fiber, and 14 mg of vitamin C.

**Broccoli:** Broccoli is a source of calcium, potassium, folate, and fiber, and it also contains phytonutrients that may help prevent chronic diseases, such as heart disease, diabetes, and some cancers. It's a good source of vitamins A and C, both antioxidants that protect your body's cells from damage.

**Beans:** "Beans are good sources of iron, magnesium, phosphorus, potassium, copper, and thiamin," says Hunnes. "They're also an excellent low-fat, low-calorie source of protein and dietary fiber.

**Beets:** According to Hunnes, the pigment that gives beets their rich, purple-crimson color, betacyanin, is also a powerful cancer-fighting agent. Beets are an excellent source of the B vitamin folate, and a very good source of manganese and potassium. Beets are a good source of dietary fiber, vitamin C, magnesium, iron, copper, and phosphorus.

**Spinach:** This leafy green vegetable is a great source of vitamins A and C and folate. It's also a good source of riboflavin, vitamin B6, calcium, iron, and magnesium. "The plant compounds in spinach may boost your immune system and may help keep your hair and skin healthy," adds Hunnes.

**Sweet Potatoes:** The deep orange-yellow color of sweet potatoes tells you they're high in the antioxidant beta carotene, which is converted to vitamin A in your body. Sweet potatoes are also good sources of fiber, vitamins B6, C, and E, folate, and potassium. And like all vegetables, they're fat-free and relatively low in calories. One small sweet potato has just 54 calories.

**Wheat Germ:** Wheat germ is the part of the seed that's responsible for the development and growth of the new plant sprout. Though only a small part of the wheat seed, the germ is a highly concentrated source of nutrients, including niacin, thiamin, riboflavin, vitamin E, folate, magnesium, phosphorus, potassium, iron, and zinc. The germ also contains protein, fiber, and some fat.





# Entertainment 20 12

## It's Holiday Time

It's that time again ... time to start checking your list and choosing gifts for loved ones, colleagues and friends, also your doctors and dentist.

Some have very specific tastes; other will love whatever you give them.

For everyone Entertainment Book 2012 has a little something that will bring smiles when they open their gifts.

Take a look at some of the fine dining and some of the special coupons that they can cut out and enjoy.

There is the Orange County Mining Co., Shogun, Sarducci's Capistrano Depot, Chaparosa Grill and Jolly Rogers. Some of the \$5 off your purchase coupons are Black Angus, Acapulco, Ralph's & Bristol Farms, Coco's, El Torito, Rainforest Cafe, Friday's, Cold Stone and The Sizzler (buy one 8 oz steak and get one free), Rib Trader, Scarcella's, Theatres tickets and more.

The Entertainment Books are available and can be purchased thru Marty Lipson or Carol Catalano and Helen at Cardiac Rehab.

Marty Lipson ..... 586-3596

Carol Catalano & Helen Scotece ..... 364-7755

**“Have you hugged a Mended Heart lately!!”**

# Stress

A lecturer when explaining stress management to an audience,

Raised a glass of water and asked

“How heavy is this glass of water?”

Answers called out ranged from 20g to 500g.

The lecturer replied, “The absolute weight doesn't matter.

It depends on how long you hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you will have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it  
Becomes.”

He continued,

“And that's the way it is with stress management.

If we carry our burdens all the time, sooner or later,

As the burden becomes increasingly heavy,

We won't be able to carry on.”

“As with the glass of water,

You have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden.”

“So, before you return home tonight, put the burden of work down.

Don't carry it home.

You can pick it up tomorrow.

Whatever burdens you're carrying now,

Let them down for a moment if you can.”



# The Mended Hearts, Inc. Chapter 216

## Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums. Our mission is to "inspire hope in heart disease patients and their families."

Please Print: \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_ E-mail \_\_\_\_\_

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm) \_\_\_\_\_ Episode/Surgery date dd/mm/yy) \_\_\_\_\_

Physician/Surgeon \_\_\_\_\_

Type of procedure: STENT (PCI) \_\_\_\_\_ MI (Myocardial Infarction) \_\_\_\_\_ BYPASS \_\_\_\_\_  
 HEART VALVE \_\_\_\_\_ TRANSPLANT \_\_\_\_\_ ANEURYSM \_\_\_\_\_  
 ATRIAL SEPTICAL DEFECT \_\_\_\_\_ PACEMAKER/ICD \_\_\_\_\_

Hobbies & Interests: \_\_\_\_\_

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients \_\_\_\_\_ Telephoning \_\_\_\_\_ Other (describe) \_\_\_\_\_

	Individual	Family
Dues: Initial, Annual, National & Chapter Dues	\$25	\$32
Life membership, National & Chapter	\$225	\$335
<i>I wish to donate to defray Special Projects</i>		
<i>And Newsletter Expenses: \$ _____</i>		

*Membership fees include both Chapter and National dues.*

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691

Annual billings will be from the National Office located in Dallas, Texas.

Billings will be on the anniversary of joining.



## Ticker Talker

Mission Hospital Cardiac Rehab Center  
26732 Crown Valley Parkway, Suite 281  
Mission Viejo, CA 92691

Return Service Requested  
Dated Material



**The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:**

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.

