## Mended Hearts - Chapter 62

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## April 2016 Meeting Schedule

- **Board Meeting**: 9:00 - 10:00
- **Meet and Greet**: 10 - 10:15
- **Breakout Groups**: 10:15 - 10:55
- **Guest Speaker**: 11:00 - 11:55
- **End Meeting**: 12:00

Lessie Forte from AARP will be at our April 9 meeting to discuss “Fraud Watch.” The more we understand about Fraud, the less likely we are to fall victim to it!

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
News from our President

Do not forget our “Western Training and Education Conference – on the Road 2016” to be held on June 3 and 4. Chapter 62 has agreed to reimburse the registration fee for the first 10 members (5 from San Diego and 5 from our Satellite) that sign up for this educational and fun event. Go into the National website and on the home page you will see where to register. Email proof to our Treasurer, Robin Caires at: rwcaires@gmail.com and he will mail you a check. This conference is open to the public so it is not necessary to be a Mended Hearts member to attend.

I would like to welcome all patients who have been getting our newsletter for up to three months as a result of a Mended Hearts visit when in hospital having surgery and procedures. We were pleased to welcome four new visitors at our March meeting: Jerry Barringer, Bob Kusek, Claudio Reserva and Alex Silver who shared their stories with us and received much feedback. The sharing of information and meeting others who have been through a similar experience is what it is all about here at Chapter 62. Please consider joining us at a meeting either in San Diego or Carlsbad. There is no cost, obligation and parking is free.

We look forward to meeting you and hearing your stories.

The DVD “Forks over Knives” was shown successfully and I thank Ed Marrone for putting it together so it ran very smoothly with very few pauses. I recommend everyone should see this video and seriously think about incorporating more plant based foods into their diet.

Mended Hearts Visitor reaccreditation takes place every year usually in March. This year we held it on March 19 at our San Diego meeting facility and on April 2 at our Carlsbad meeting place. We slipped over into April due to Easter being early this year. A big thank you to Karen Christian, our Visiting Chair, who conducted both meetings and reviewed the items we need to pay attention to as well as incorporating any new information.

We are transitioning into having new visitors take the online training that is offered on our National Office’s website: www.mendedhearts.org. On the home page click on member portal in the left hand corner and set up a user name (your email address) and password. Click on visitor training and read the instructions. Generally our Mended Hearts training is completed first but the hospital training can be done simultaneously so as to speed up the process. When both of these are complete the last item is to shadow an experienced visitor for two bedside visits and then you become a Mended Hearts Accredited Visitor.

Good Health to all
Jill Bene
Visiting Report for February 2016
Karen Christian, Visiting Chair & Webmaster

Thank you for providing caring support to other heart patients. This is a key part of our program. It is very rewarding indeed - both for the patient and the Mended Hearts Accredited Visitor.

If you are interested in becoming a hospital, phone or Internet visitor, please contact our visiting program chair, Karen Christian at 760-207-9779 or kchristian@nctg.com
Jill Bene - Satellite Coordinator

SECOND TUESDAY @ 10:30 AM
TRI-CITY Wellness Center
6250 El Camino Real, Carlsbad
Carlsbad Wellness Center
Next Meeting: See Schedule below
GUESTS WELCOME!

The speaker for our Satellite meeting on April 12 is Monica D. Traytsman, Ph.D. Dr. Traytsman will discuss “How to Stay Emotionally Resilient in Today’s World.” A brief heart centered meditation will be included at the end.

Check out our Web Site  www.sdmh.org
We meet at the San Diego Cardiac Center located at 3131 Berger Ave, Suite 200.

**From East County:**
Take I-8 West to I-805 North. Take Exit 20A for Mesa College Drive and turn left at Kearny Villa Rd / Mesa College Drive. Make a U-turn at Health Center Drive / Annrae Street, then turn right at Berger Avenue.

**From South Bay:**
Make your way to State 163 North. Take Exit #6 for Mesa College Drive. Turn right at Mesa College Drive. Turn right at Berger Avenue.

**From North of Highway 52:**
Make your way to 163 South. Note: If you’re traveling on I-805 South– stay on it and exit at State 163 South. From State 163 South, exit at Genessee Avenue Exit #5. Make a left turn following the Hospital signs. Make a left on Health Center Drive. Make a right at Frost Street (Sharp Memorial Hospital). Make a left onto Berger Avenue / Children’s Way.

### Meeting Schedule

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>April 9, 2016</td>
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<tr>
<td>May 14, 2016</td>
<td>Upstairs Conference Room</td>
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<tr>
<td>June 11, 2016</td>
<td>Upstairs Conference Room</td>
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<tr>
<td>July, 2016</td>
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<tr>
<td>August 13, 2016</td>
<td>Upstairs Conference Room</td>
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<tr>
<td>September 10, 2016</td>
<td>Upstairs Conference Room</td>
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<tr>
<td>October 8, 2016</td>
<td>Upstairs Conference Room</td>
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We welcome the following New Members

Gerald Barringer
Claudio Reserva
Alex Silva

Gerald Barringer
Claudio Reserva
Alex Silva

Diana Arney  Ruth Ingram  Wayne Sanders  Jean Stasko

And to any other members who were not mentioned. We are only able to publish those names that we have on file. If you would like us to acknowledge your birthday publicly, please let a Mended Hearts officer know when it is your month.

See page 15 for contact information for officers

HAVE A VERY HAPPY BIRTHDAY!

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Scientists recognize the healing power of touch

Human touch can be a deeper form of communication than words. According to the Mayo Clinic health letter, healthcare providers sense that a compassionate touch can help alleviate pain and discomfort in their patients. A hand on the arm may provide motivation toward recovery. More formal approaches to incorporating touch into medicine are complimentary therapies. Some focus on manipulating soft tissue. Most help you relax. Massage therapy manipulates the muscles, skin and tendons. Almost everyone feels better after a massage. Studies show that massage can reduce anxiety, pain and fatigue.

Everyone can use touch to comfort a person who faces an illness or who has lost a loved one. Some people avoid touching to guard their own emotions, but a simple touch on the arm or shoulder can bring benefits to both you and the person in grief.

Important facts on widows' benefits

Social Security advisor Tom Margenau says when he explains Social Security rules to people, sometimes the information leads to higher benefits. In one case, a woman was thinking of filing for Social Security at age 62. She didn't like taking reduced benefits, but she said she needed the money. Writing as an online advisor for "Acra Max Senior Living," here is some of his advice to her. She said she was married many years ago, but that her husband died in the 1980s when they were both in their 20s. She had two later marriages, but each ended in divorce. Margenau told her to check into possible widow's benefits on her first husband's account. She was skeptical because he died more than 30 years ago and had only paid into the Social Security system for about 10 years.

Continued...
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But he told her that Social Security survivor rules could work in her favor. Past earnings are indexed for inflation. So the 1980s dollars would be turned into present value dollars for the purposes of figuring her benefit. The lady found she was due a more-than-adequate amount in monthly widow's benefits from her deceased husband's Social Security record, even though he died 30 years ago. She filed for reduced widow's benefits and will be getting 82.5 percent of his basic Social Security rate. She will collect those benefits to age 66, when she will switch to 100 percent of her own retirement benefit rate. But if she thinks she can live on those widow's benefits for another four years, she could wait until age 70, at which point she would get a 32 percent delayed retirement bonus added to her own monthly retirement checks.

**Want more contact with the grandkids? Learn to text!**

One thing is for sure, texting is the top way tweens and teens communicate and if you can’t beat them, join them!

According to a study by Vonage, 67 percent of tweens and teens text. One way to stay in touch, even if it is in small bites of information, is to join the game. You need a smart phone, of course, and the bigger ones are nice because they have bigger keyboards. Then, all you need is the grandkids’ cellphone numbers. You’ll be able to contact them using the texting app.

One tip: Text them pictures of things happening in your life. You might not put a picture of your new bedspread on Facebook. But you could text a picture to your granddaughter. If your dog or cat does something funny, text the story to your grandson. One grandparent texts her grandson every month or so with a silly question. He responds with a silly answer!

June 3-4, 2016
Mission Viejo, California

In 2016, the Mended Hearts and Mended Little Hearts National Education and Training Conference will be “on the road” in six locations across the United States. With multiple locations, the conference will reach more heart patients, caregivers and families than ever before. Please join us in this exciting journey as we train and educate our network of members to provide peer-to-peer support to heart patients in every community.

The conference program offers the latest in cardiovascular treatment and care, hands-on training for accredited visitors and chapter leadership, and peer-to-peer networking.

Western Region
June 3-4, 2016
Mission Viejo, California

Register Today!
www.mendedhearts.org

Conference Hotel
Hilton Irvine/Orange County
1880 MacArthur Boulevard
Irvine, California 92612

Note: The conference sessions will be held at the Hilton and the Mission Hospital Conference Center.

Conference Registration Rate: $50

Hotel Rate: $110 plus taxes

For more information about the conference including the program agenda, hotel accommodations and registration information, please go to the Mended Hearts website at www.mendedhearts.org.

We hope we’ll see you “on the road” in 2016!

June 3-4, 2016
Mission Viejo, California

Tentative Program Agenda

Friday, June 3, 2016: Hilton Irvine/Orange County Airport Hotel

1:00 – 2:00 PM  Registration
                Pick-up Name Badge & Conference Materials

2:00 PM  Celebrating Heart Survivors
          Donnette Smith, Presidential Address, Mended Hearts, Inc.
          Patrick Farrant, Vice President
          Ron Manriquez, Western Regional Director
          Dennis Galloway, Chapter 216 President, Mission Viejo, CA
          Nichole Sanchez, MLH ARD

          Heart Disease from Young to Old

          Fun Interactive Activity

          MH & MLH of the Future Town Hall - Unwrapping the Strategic Plan
          Michele Packard-Milam, CAE, Executive Director

          Online Engagement & Connections
          Marcia Baker, M.S. in Ed., Director of Field Services

5:30 PM  Social Time/Dinner on Your Own

Continued next page....
Saturday, June 4, 2016: Mission Hospital

7:15 AM  Continental Breakfast Compliments of Mission Hospital

8:00 AM  Opening Remarks

  ♥ Building Hospital Relationships (MH, MLH & Hospital Panel)
  ♥ Motivating and Engaging Programs—How to get them in the door!
  ♥ Raising a Ruckus—Marketing and Awareness
  ♥ Exercise: Be a Part of the Solution

12 Noon  Lunch Compliments of Mission Hospital

Recognition of Regional Awardees

1:00 – 4:30 PM  Cardiovascular Medical Updates by Healthcare Professionals

   Tentative topics

  ♥ Understanding Chronic Angina
  ♥ Heart Failure
  ♥ Secondary Prevention of Heart Attack
  ♥ Valve Education & TAVR

5:00 PM  Closing Remarks

Remember!

For additional conference details and to register go to www.mendedhearts.org. The first 5 Chapter 62 members AND the first 5 Satellite members to register will be reimbursed by our chapter for the $50 registration fee! Sign up early!
We hope to see you “On the Road” in 2016!
THINKING ABOUT A LIFESTYLE CHANGE?

DR. ORNISH’S plan includes walking at least half an hour a day, or for an hour three times a week. Yoga, meditation, and stress reduction are also parts of his program.

What is Heart Disease? Through our personal experiences, our own research, and our monthly meetings, we continue to obtain additional information about the symptoms, causes, and treatments.

Are Most People at Risk for Heart Disease? Being overweight and smoking put everyone at risk for heart disease.

What is the Heart Disease Prognosis? The long-term prognosis for both length and quality of life with heart disease depends on its severity and the preventative measures that are taken.

Can You Reverse Heart Disease? By Gina Shaw, WebMD Feature

Reviewed by James Becherman, MD, FACC

Making some simple changes in what you eat, how often you exercise, how much you weigh, and how you manage stress can help to put the brakes on heart disease. But can you actually reverse heart disease, not just slow it down? You can undo some, but probably not all, of the damage, if you’re willing to make big, lasting changes to your lifestyle.

Dr. Ornish, author of THE SPECTRUM, states: “Our studies show that with significant lifestyle changes, blood flow to the heart and its ability to pump normally improve in less than a month, and the frequency of chest pains fell by 90% in that time...Within a year on our program, even severely blocked arteries in the heart became less blocked, and there was even more reversal after 5 years. That's compared with ... other patients in our study, in which the heart just got worse and worse.”

SURPRISING TIP—Drink the real, rich, creamy, irresistible hot chocolate! It beats clogged arteries, high blood pressure, and boosts your brainpower!

Dr. Bond Brill

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”
Health Essentials from The Cleveland Clinic
Avoid These 10 Foods Full of Trans fats
Kristin Kirkpatrick, MS, RD, LD, Wellness Institute

Don’t wait for the FDA ban. In three years, you won’t find foods with artificial trans fats on your grocery store shelves. The U.S. Food and Drug Administration has stated that manufacturers have to remove all trans fat from their products in that time frame.

Why wait? With a little smart shopping, you can avoid the worst type of fat now. Food makers use trans fats to enhance taste and texture and make foods last longer. Unfortunately, that’s not all trans fats do. They also increase your risk for many chronic diseases, such as heart disease, stroke and type 2 diabetes. Your recommended daily intake: 0 grams.

Start by avoiding the offenders below. On top of that, use this shopping tip: Check the label for “partially hydrogenated oils.” They’re a hidden source of trans fats.

1. Cakes, pies and cookies (especially with frosting)
   Most cake and cookie mixes list 0 grams of trans fat on the label. But there’s a catch. Manufacturers can list 0 grams if the trans fat content is under 0.5 grams. Those small amounts add up when you eat multiple servings of sweets. If you add frosting, you’re in for a whopping dose. An average serving of frosting contains 2 grams of trans fat, plus the same amount of sugar as one tiny slice of cake.

2. Biscuits
   This one surprises a lot of people. Frozen biscuits contain upwards of 3.5 grams of trans fat. Watch out for the word “flaky,” a texture trans fat helps produce. In addition, biscuits often contain over half of the daily recommendation for sodium.

Continued....
3. Breakfast sandwiches
Sure, microwavable breakfasts save you time, but they typically contain at least 1 gram of trans fat (more if they come on a biscuit). Take a close look at the ingredients, and you’re likely to find partially hydrogenated oils in the top five. Plus, they’re packed with sodium.

4. Margarine (stick or tub)
Most margarine makers have removed trans fat from their ingredients, but you still have to double-check. The few that still contain trans fat have levels as high as 3 grams per serving.

5. Crackers
Many crackers also benefit from the labeling loophole. You may see a “0” on the label and think you’re safe, but don’t be fooled. Check the ingredients. Here’s a tip: If a food can last in your pantry for weeks without going stale, trans fat might be keeping it fresh.

6. Microwave popcorn
Next time you watch a movie, choose your snack carefully. Microwave popcorn is a source of whole grains and antioxidants, but many buttered and flavored varieties have trans fat content as high as 5 grams per serving. Check the labels carefully, and opt for popcorn that comes with no trans fat.

7. Cream-filled candies
Bite-sized candies with creamy fillings typically contain 0.5 grams of trans fat per serving. But it’s all too easy to eat more than one serving. Before you know it, you’ve ingested far too much sugar and an alarming amount of trans fat, all without any nutritional benefit.

8. Doughnuts
Many establishments have taken trans fat out of their ingredients, but be wary. Even those who make the “0 gram” claim may contain a small amount. That risk rises if you choose frosted or cream-filled doughnuts. And don’t forget, doughnuts offer a sugar bomb with little protein or fiber, which leads to a crash later in the day.

9. Fried fast foods
Trans fat can lurk in your favorite fries (5 grams) and sandwiches (2 grams). Luckily, most fast food companies and restaurants display nutrition and ingredient information on their websites or at the restaurant. Look them up before ordering or ask your server if they use partially hydrogenated oils. Be wary of deep-fried goodies at fairs and carnivals, too.

10. Frozen pizza
Frozen pizzas are another example where convenience isn’t worth the damage, with around 1 gram per slice or serving. Frozen pizzas rely on trans fat to give the crust that flaky texture. Think of it like this: If refrigerated or frozen dough produces a texture that seems too good to be true, it probably is.
April Facts

According to early Roman calendar, April was the second month but became fourth when they started to use January as the first month. The name originally came from Aprilis, meaning 'to open'. In April, small animals that were hibernating usually come out and the birds fly back northward to settle, bees and butterflies begin to gather nectar. In some parts of the world, April is planting time but in other parts, it’s the harvest season. Because of the nice warm weather of April, amateur athletes begin to go outside while the professional baseball begins. People usually do huge spring cleaning and mowing. The first day of April begins with April fool’s day.

Below are some fun facts about April:

- The birthstone for April is the diamond.
- The zodiac signs for April are Aries (March 21 - April 19) and Taurus (April 20 - May 20).
- The birth flower of April is typically the Sweet Pea or the Daisy.
- Global Child Nutrition Month
- Humor Month
- Mathematics Awareness Month
- The Revolutionary War in America began on April 19, 1755.
- April 23rd is known as the Feast day of the Patron Saint of England.
- On April 30, 1975, General Duong Van Minh surrendered and the Communist forces captured Saigon which led to the end of the Vietnam War.
- On April 4, 1818, a flag that contained 1 star for each state and 13 stripes was adopted by Congress.
- In Fayette, N.Y. on April 6, 1830, the Church of Jesus Christ of Latter-day Saints was founded by Joseph Smith.
- On April 6, 1917 the United States declared war on Germany in World War I.
- On April 4, 1949, the North Atlantic Treaty was signed.
- On April 11, 1814, Napoleon Bonaparte was exiled to the island of Elba and he was abdicated as Emperor of the French.
- Good Friday and Easter Sunday are usually in April but sometimes such as this year, they are both in March.
- April 1 - April Fools' Day
- April 5 - Arbor Day
- April 22 - Earth Day
- Thai New Year in Thailand
- Khmer New Year in Cambodia
Officers

President
Jill Bene 858-592-9069 gillian_b2002@yahoo.com

Vice President
OPEN

Treasurer / Membership
Robin Caires 858-551-8654 rwcaires@gmail.com

Secretary
Sharron Watson 858-486-7033 bswatson@cox.net

Committees

Sunshine Co-Chair: Rays Columnist
Lorraine McCarthy 619-865-1812 lomc1972@yahoo.com

Sunshine Co-Chair: Hospitality / Cards
Linda Hardy 760-297-8773

Newsletter Publisher / Editor
Ed Marrone 858-524-5611 sdmhchap62@yahoo.com

Program Chair
OPEN

Public Relations
Arlene Pollock 619-574-0100 mamalene@cox.net

Visiting Chair
Karen Christian 760-207-9779 KChristian@nctg.com

Web Master
Karen Christian 760-207-9779 KChristian@nctg.com
**Mended Hearts Regional Directors**

**Western Regional Director**
Ron Manriquez  562-477-8050  rmanriquez2@gmail.com

**Assistant Regional Director**
Jill Bene  858-592-9069  gillian_b2002@yahoo.com

**Hospital Visitors**

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<tr>
<th>Hospital</th>
<th>Coordinators</th>
<th>Visitors</th>
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<tr>
<td>Scripps Memorial</td>
<td>Mary Pat DesRoches</td>
<td>Wayne Sanders, Jill Bene</td>
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<tr>
<td></td>
<td>[858-456-8668]</td>
<td>Frank Andrews, Jim Bischoff</td>
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<td>Palomar Medical Center</td>
<td>Debbie Day</td>
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<td>Pat Morocco</td>
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**Telephone Visitors**

Jean Stasko  Jill Bene  Debbie Day  Frank Andrews
Augie Troncale  Steve Riddle  Lorraine McCarthy

**Internet Visitors**

Lorraine McCarthy  lomc1972@yahoo.com
Karen Christian  Kchristian@nctg.com
Gary Gillespie  ggillespie@ucsd.edu

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS”
Mended Hearts, Inc. Chapter 62, San Diego Membership Application

_____ I wish to become a member of Mended Hearts, Inc
_____ We wish to have a family membership with Mended Hearts, Inc
_____ I am not a heart patient but wish to support the work of Mended Hearts, Inc
_____ I am not prepared to join Mended Hearts, Inc but am enclosing a contribution.

Last Name ___________________________________
First Name _______________________________ Patient? ____
Spouse ___________________________________ Patient? ____
Address __________________________________________
City ____________________ State: ____________ Zip _________
Phone (____) ____-__________ E-Mail Address __________________________________
Your Birthday _____/_______ Spouse's Birthday _____/_____

PATIENT INFORMATION

Date of Latest Procedure _____/_____ /________

Catheterization without follow-up surgery ______

Angioplasty ______

Coronary Artery Bypass Grafts (how many?) ____

Valve repair/replacement Mitral ____ Tricuspid ____ Other heart maladies_____

Aortic ____ Pulmonary____ No heart maladies

First year dues are $25.00 for an individual or $40.00 for a family.

Please mail this application with a check for the proper amount to:

Mended Hearts, Inc Chapter 62
% American Heart Association
9404 Genesee Avenue, Suite 240 La Jolla, CA. 92037

“IT'S GREAT TO BE ALIVE AND TO HELP OTHERS”