



# HEARTbeat

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SUMMER EDITION 2010

**The Mended Hearts, Inc.**  
**Morris County Chapter 56, Morristown, NJ**  
**Founded October 16, 1968**

## About Mended Hearts

Mended Hearts is a national non-profit organization made up of and serving people with heart disease and their loved ones. Mended Hearts welcomes anyone who is interested in learning to help those with heart disease. Supported by a national office, 280 local chapters actively serve across the United States and Canada. The network is made up of heart patients, family members, caregivers and health care professionals who provide information and support to recovering patients and their families during hospital visits, by telephone, through group meetings and via the internet.

### March Meeting

*Guest Speaker* — Dr. John Cosmi

Dr. Cosmi discussed the importance of compliance with medications for heart patients. Chapter 56 members enjoyed his informative presentation and had some excellent questions. Sara Cohen played the piano for all members to enjoy. Thank you to our guests, Dr. Cosmi and Sara Cohen.

## Meetings

**Summer Break! Meetings will not be held in July and August. We look forward to seeing you at September's meeting.**



Please join us for the following upcoming meetings at the Gagnon Cardiovascular Institute. All are welcome to attend.

### Save The Dates—Fall 2010

September 26, 2010

October 24, 2010

Mended Hearts Chapter 56 made a donation of \$150 to Mended Little Hearts in honor of Sara Cohen (pictured below). This donation is to express our appreciation for Sara's hard work and dedication to our chapter.

## The Mended Hearts Inc., Chapter 56

### Officers and Chairpersons

President  
**Harvey Brooks**  
 973-376-6718

Vice President  
**Marcy Brooks**  
 973-376-6718

Treasurer  
**Mary Ann Wary**  
 973-267-4267

Secretary  
**Donna Farley**  
 908-684-8295

Visiting Chairman  
**Victor Fabry**  
 973-897-5647

Visiting Chairman Emeritus  
**Sandy Sadle**  
 973-539-5728

**Past President /**  
**ARD Northeast Region**  
 George Pometti  
 973-943-1827

### Membership / Website Chairperson

Jesse Stromeyer  
 908-418-1484

Fundraising Chairperson  
**George Pometti, Sr.**

Newsletter Editor  
**Jean Pometti**



*Pictured from left to right: Harvey Brooks, Dr. John Cosmi, George Pometti*

*Pictured from left to right: Harvey Brooks, Sara Cohen, George Pometti*

*Its great to be alive...and to help others*



## President's Message

## Upcoming Event



Dear Members,

This is my first President's Message in our "Heartbeat" Newsletter. I consider this position, in Mended Hearts Chapter 56, to be an honor. I will fill my term with vigor and wisdom. George Pometti has set a very high standard of excellence and leadership for me to maintain, and I along with our executive team will endeavor to do the same.

I want to welcome my wife, Marcy Brooks, as our new Vice President. I am sure she will do a great job. To the rest of our team: Daisy Wary, Donna Farley, Victor Fabry, Sandy Sadle, Jessie Stromeyer, George Pometti Sr. and Jean Pometti. I say "Let's make Chapter 56 the best we can." I also want to congratulate George in his new position as ARD. I know he will do wondrous things. He has started already, and I hope he will contribute his comments to our newsletter in his "ARD Corner".

Our new chapter website has been well received and has become a useful tool in sending our message to our members, perspective members, and community at large.

Thank you Jessie!

My intention is to make our membership grow, our meetings to be interesting and informative, and improve our chapter in every way we can. I am open for suggestions and comments; in fact, I will welcome them.

I leave you with our slogan *"It is great to be alive- and to help others."*

Reunion of NJ LVAD and Transplant Patients

Gagnon Cardiovascular Institute

Thursday, September 23, 2010

3:00 p.m.—4:30 p.m.

*(details on page 3)*

### *In Memoriam*

With much sadness, we note the passing on June 8th of long time member Dorothy Leaman. Dot served our chapter as Social Director for many years, arranging our holiday and spring dinners. She handled our 50/50 drawings and sign in desk always welcoming members and guests with a warm smile. We extend our sincere condolences to her husband, Don, and their family

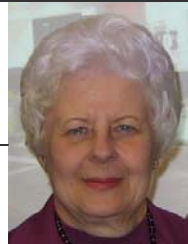
*Heartfelt thanks to the following organizations for their assistance with the mailing of the April/May 2010 Newsletter .*

*Gagnon Cardiovascular Institute*

*American Heart Association*



### Daisy's Heart Healthy Recipes By Daisy Wary



#### REDUCED FAT RASPBERRY FLAVORED BROWNIES

1 box brownie mix

Egg substitute equivalent to 2 eggs

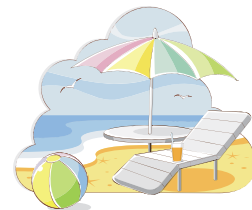
1/4 cup water

1/2 cup unsweetened applesauce

4 tsp. raspberry extract

Follow baking instructions on box. Sprinkle with confectioners sugar (optional)

*This newsletter is not intended to give personal medical advice, please consult your physician regarding any health concerns you may have.*



Wishing you a wonderful  
summer!



## Marcy's Caregiver Corner

### By Marcy Brooks

Lend me your ears caregivers I know  
I have your heart.

Caregivers are you tired? Stress can be a cause as well as diet. The hospital setting plays havoc with these two ingredients.

You need rest as well as sleep. It used to be 8 hours that was recommended for a good night's rest. Now researchers encourage 9 hours.

When you are relaxing, you not only reduce wear and tear on the body, but it lowers muscle tension. Recommendations from many sources have pointed to meditation, yoga, massage, and/or deep breathing to keep you relaxed.

Food? What is fast in the hospital? Ummm muffins, danish, cookies look good but only give the body a short fuel supply. You will feel sluggish and fatigued with junk foods since most of these foods have a lot of sugar, white flour, and saturated fats. You need to eat less fat. Fruits, vegetables, and proteins are what the body needs.

Sometimes it is difficult to determine if it is what you eat that is the cause of your fatigue. Sometimes keeping a simple food diary will help you to establish your eating patterns. In a few weeks, you might be given clues as to which foods leave you feeling drained and which foods actually give a rise to your energy levels.

Loss of appetite for caregivers is often a complaint. A strategy that could be tried is to eat smaller meals and eating more frequently. By eating in small quantities, you will be able to regulate your blood sugar more evenly and put less stress on your organism.

Remember you are the one that your loved one depends on.

Keeping alert and not sleepy is a state you can control, and it is very empowering.

Keep smiling. Stand strong. YOU ARE NEEDED.



## April / May Meetings

### Guest Speaker - Christine Scott



In April, Christine Scott from the Cardiac Rehab Center joined us to talk about the importance of cardiac rehab for post heart surgical patients. (Pictured above, left to right—George Pometti, Christine Scott, Harvey Brooks)

### Guest Speaker - Frank Manole



Frank Manole, Nurse Practitioner, Adult Cardiology for the Gagnon Cardiovascular Institute talked about the importance of stress tests and information they provide for cardiologists. (Pictured left, from left to right Marcy Brooks, Frank Manole, Harvey Brooks)

### Guest Speaker - Margaret Elbert



Margaret Elbert, Past President of Mended Hearts national (pictured left at podium), inducted new executive board member of Chapter 56 (pictured left to right, George Pometti (Past President of Chapter 56 currently serving as the Assistant Regional Director of the Northeast for Mended Hearts national., Marcy Brooks, Vice President, Daisy Wary, Treasurer, Harvey Brooks, President, Donna Farley, Secretary)

## Visiting Chairman's Report

by Victor Fabry



## Mended Hearts Brotherhood

If you or someone you know has heart failure, also called congestive heart failure, you are not alone. According to the American Heart Association, more than five million Americans are living with heart failure, with about 600,000 new cases diagnosed every year. People with heart failure often have shortness of breath and fatigue. Years of living with blocked arteries or high blood pressure can leave your heart too weak to pump enough blood to your body. As symptoms worsen, advanced heart failure develops.

Treatment for advanced heart failure patients involves many options. In the earlier stages, many effective drugs are available for treatment. However, in advanced heart failure, these drugs may not be enough. Other treatments include implantable defibrillators which monitor heart rhythms and delivers shocks if dangerous rhythms are detected.

Some patients with advanced heart failure are candidates for a heart transplant, which can dramatically improve survival and quality of life. Unfortunately, donor hearts are not always available. In fact, a patient may wait years before a suitable donor heart is found. Mechanical circulatory support is a way to improve the circulation of blood throughout the body with a heart pump called a left ventricular assist device (LVAD).

In the first 3 months of 2010, Dr. James Slater at the Gagnon Cardiovascular Institute has performed (5) LVAD procedures compared with (3) LVAD procedures for the entire year of 2009. We now have a population of (10) recent patients; (2) transplant patients and (8) LVAD patients who are members of a very special "Brotherhood".

This year, we have established a support group for LVAD patients who have received the HeartMate II device and heart transplant patients. We encourage anyone who is a member of this very special

group to join us on the fourth Sunday of each month at the Gagnon Cardiovascular Institute. The group meets at 1:00PM in the Patient Waiting area on Level D. We welcome all patients and their families. If you have any questions about the monthly meeting, parking or other arrangements, please contact Vince Reilly, Chairman of the Mended Hearts Brotherhood at [vreilly19@yahoo.com](mailto:vreilly19@yahoo.com)

We also are planning a Reunion of New Jersey LVAD and Transplant patients on September 23 at 3:00 pm at the Gagnon Cardiovascular Institute. This will be an opportunity recognize the medical team that supports the LVAD program at the Gagnon Cardiovascular Institute and their patients.

Date: Thursday, September 23, 2010

Time: 3:00 PM to 4:30 PM

Place: Gagnon Cardiovascular Institute, Patient Waiting Area, Level D

### Agenda

Gagnon Cardiovascular Institute

Dr. Grant Parr

Cardiovascular Medicine Program

Dr. Frank Smart

Ventricular Assist Technology

Dr. James Slater

Ventricular Assist Device Care

Barbara Lee Grasso

Brotherhood Awards

Victor Fabry & Vince Reilly

Discussion and Refreshments

Please contact me at 973-879-5647 or [vfabry@nac.net](mailto:vfabry@nac.net) for details and reservations.