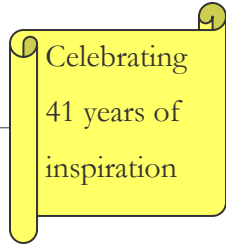




HEARTbeat

VOLUME 1, ISSUE 8

NOVEMBER/DECEMBER 2009



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.

Save the Dates—Fall 2009

We look forward to the valuable contributions made by our guest speakers. Please join us for the following upcoming meetings at Morristown Memorial Hospital/Gagnon Cardiovascular Institute. All are welcome to attend.

November 22, 2009 1:30 p.m.

Dr. Barry Cohen

Medical Director,
Cardiac Cath Lab
Gagnon Cardiovascular Institute
Floor D / Lobby Level

(special location for this meeting)

**Topic: Coronary Stents:
Where Arts and Science Meet**

December 13, 2009 1:30 p.m.

Holiday Gathering—General Meeting
Morristown Memorial Hospital
Auditorium B on the "B" level floor of the hospital

The Mended Hearts Inc., Chapter 56

Officers and Chairpersons

President
George F. Pometti
973-943-1827

Vice President
Harvey 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

Fundraising Chairperson
George Pometti, Sr.

Newsletter Editor
Jean Pometti



*Wishing you and your family
a happy, healthy holiday*



A special thank you to our chapter's former Secretary, Dolores Martinez. We sincerely appreciate all of Dolores' hard work and dedication to Chapter 56. It is our pleasure to welcome Donna Farley as the new Secretary for Mended Hearts Chapter 56.



Pictured from left to right: Harvey Brooks, Mary Ann (Daisy) Wary, Dolores Martinez, George Pometti, Vic Fabry

Newsletter Notes: We are pleased to have contributing articles from our officers, chairpersons and members. Thank you to Dr. Harvey Brooks, Marcy Brooks, Victor Fabry and Daisy Wary for their articles.

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

President's Message

Dear Members,
What a year it has been! Our chapter has experienced continued growth through new members and additional visiting volunteers. Our chapter is on track to exceed the number of visits to patients, caregivers and family members by about **20%** versus last year. ***This is truly an outstanding achievement by all of our visiting volunteers led by Visiting Chairman, Victor Fabry.***

As 2009 comes to an end, I would like to express my thanks and gratitude to everyone in our chapter who support our cause and work to achieve our goals. In January of this year, I said that 2009 would be a year of contribution for our chapter and its members. As the year ends, there is no doubt that we made tremendous contributions to the patients in the community whom we support. In addition, I would also like to thank all of the

physicians, nurses and administrative personnel at the Gagnon Cardiovascular Institute for their participation and support of our chapter.

I am looking forward to an exciting 2010 for Chapter 56 with featured speakers, health fairs, special events and patient support group activities.

I wish everyone a Happy Thanksgiving and a terrific Holiday season.

Remember...one person can make a difference, and as a team, we can achieve anything.

Best always,

George



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

Fundraising

Mended Hearts is the nation's largest community-based heart patient support organization offering the gift of hope and encouragement to heart patients and their families. As a 501 (c) 3 non-profit organization



NOW

that is both local and national, we provide unique patient-to-patient support through our hospital-based visiting program, chapter meetings and online support.

During this holiday season, we have launched a

*special **Holiday Hope** campaign to raise both awareness and much-needed funds to help us sustain and grow our program.*

*Please go to: www.mendedhearts.org and click on the special **Holiday Hope** icon.*

The Web site is secure, fast and easy to use. There, you will be able to donate and receive confirmation of your donation. And, an added plus: You can make the contribution in memory or honor of someone – we'll process the acknowledgement. A written confirmation of your donation, with the donation amount specified for year-end tax purposes, will follow in the mail. Thanks in advance for your support!

Daisy's Heart Healthy Recipes By Daisy Wary



Sweet Potato Casserole

Serves 6

8 average size sweet potatoes, cooked or 1 can (1 lb. 8 oz.)

1/2 cup packed light brown sugar

1/4 cup margarine

1/2 cup orange juice

1 tsp. orange rind



Mash together all ingredients. Put into a buttered, 1-1/2 qt. casserole. Bake for 45 minutes in 350° oven.

This is especially good for Thanksgiving dinner; can be prepared ahead of time and kept in the refrigerator.

Don't Forget Your Flu Shot This Season!



Thank you to Beth and Peg in the volunteer's office at Morristown Memorial Hospital for their assistance with providing copies of the September/October newsletter.

If you are receiving the newsletter by mail and would like to receive it by e-mail, please forward your e-mail address to: gpometti@optonline.net

Visiting Chairman's Report

by Victor Fabry

The statistics are astounding. Cardiovascular disease kills more people than all cancers combined and is the No. 1 cause of death and disability in the United States.

One in three American adults — a total of 73 million people — has high blood pressure. One is every six Americans age 20 or older has high cholesterol. Anyone suffering from high cholesterol or hypertension is at heightened risk for heart disease.

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If you have one or both of these risk factors, it's important to know that there are things you can do to

reduce your risk. New medications, along with healthy dietary choices and increased activity can dramatically improve your health and life expectancy. Educating yourself on the steps you need to take is the first step to a longer, healthier life.

Many people with hypertension (high blood pressure) don't even know they have it, hence the nickname "the silent killer." Are you one of them? Understanding the stages of high blood pressure, its causes, and risk factors are important to assess your personal risk. Reducing your blood pressure even a little bit can dramatically improve your health and life expectancy. Knowing how to treat hyperten-

The one clear path to a healthier heart — and good health in general — is to follow a healthful diet. Choosing healthy foods remains the best known way to lower your risk factors and reduce your chances of developing heart disease.

To learn about Mended Hearts and our program at Morristown Memorial Hospital, just send me an email with your questions to Victor Fabry at vfabry@nac.net



Harvey's Tips for Good Health

by Dr. Harvey Brooks

A former US Surgeon General, Dr. David Satcher, in a first ever report on oral health said, " Oral health is integral to overall health".

This means you cannot be healthy if your mouth is compromised. The mouth is a mirror of the body. It is critical for overall health which not only includes physical well being but mental well being as well. Serious oral disorders can undermine our self image and self esteem. It can create stress and not allow for social growth. If you are self conscious of your SMILE, you cannot react normally to social events and contact with your peers on any level. Remember how a person feels about their appearance is an integral part of self esteem which in turn contributes to mental and emotional health and well being.

Poor oral health can put you at risk for cardiovascular disease, stroke, and various systemic infections. Cardiovascular patients are at risk for all infections. Remember your SMILE is the most recognizable human communication signal in the world. Maintain it.

Always remember your three responsibilities as a cardiovascular patient:

1. Maintain a healthy mouth.
2. Inform dentists of your heart problem.
3. Follow your physician's and dentist's instructions.

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

September Meeting — Overlook

Guest Speaker — Dr. Steven Furer



Pictured (left to right) Harvey Brooks, Dr. Furer, George Pometti

September Meeting— Gagnon

Guest Speaker — Dr. James Slater



Pictured (left to right) Dr. Slater, George Pometti

October Meeting—Gagnon

Guest Speaker — Dr. Steve Xydas



Pictured (left to right) Harvey Brooks, Dr. Xydas, George Pometti

Chapter 56 would like to acknowledge and thank our guest speakers for September and October. We are grateful for their invaluable contributions to our chapter.

Dr. Steven Furer discussed Atrial Fibrillation. Dr. Slater spoke about left ventricular assist devices (LVAD). Dr. Xydas presented information on recent advances in Aortic Surgery.

The presentations were exceptional and greatly appreciated by the members of Mended Hearts Chapter 56.

Thank You

Marcy's Caregiver Corner By Marcy Brooks

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

Caregivers are you taking care of yourselves? This a question you must ask yourselves periodically and don't tell yourselves any falsehoods. You need respites every so often; look at this as a reward.

Asking for help is difficult for us, but we must accept the offer when it comes. Remember, asking for help is a sign of strength because it means we have a grasp of the situation. Suggest specific things that can be helpful and make the other person feel good. Note that your list of tasks can and may vary from week to week. We must be the ones with a proactive problem solving approach for making things easier and better.

Often in the hospital room, one becomes a furniture mover. Not to mention the "goody bags" that often accompany us daily. Be kind to your back, the strain will catch up.

Who's to say when your loved one takes a nap, you cannot grab a well deserved power nap? Tiredness breeds an easy target for infection as well as irritability. Being alert is our role. We must be organized and observant of our loved one's behavior. It might be necessary to write down any areas of concerns or a deviation from known behaviors.

This deserves repeating. Taking care of yourself is a necessity; not a luxury. Your need to be an effective caregiver; therefore your health cannot be compromised. Right now your life is hard enough. Take good care for your own sake as well as your loved one.

Keep smiling. Stand strong.
YOU ARE NEEDED.

