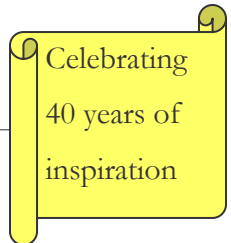




# HEARTbeat

VOLUME 1, ISSUE 7

SEPTEMBER/OCTOBER 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. All are welcome to attend.

**September 27, 2009 12:30 p.m.\***  
**Dr. James Slater**  
Cardiothoracic Surgeon  
Gagnon Cardiovascular Institute

**October 25, 2009 1:30 p.m.**  
**Dr. Steve Xydas**  
Cardiothoracic Surgeon  
Gagnon Cardiovascular Institute

**November 22, 2009 1:30 p.m.**  
**Dr. Barry Cohen**  
Medical Director,  
Cardiac Cath Lab  
Gagnon Cardiovascular Institute

*Note: The above meetings for Chapter 56 will be held at Morristown Memorial Hospital in Auditorium B on the "B" level floor of the hospital.*

*\*The September 27 meeting will be held at a special time in recognition of the upcoming Yom Kippur holiday.*

**Overlook Hospital**  
**September 16, 2009 7:00 p.m.**  
**Dr. Steve Furer**  
Electrophysiologist/Cardiologist  
Overlook Hospital

The Overlook Meeting will be held in Conference Room 1

## 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  
**Dolores Martinez**  
908-526-5910

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

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

Fundraising Chairperson  
**George Pometti, Sr.**

Newsletter Editor:  
**Jean Pometti**



## 2009 Start! Morris County Heart Walk and Fun Run

The American Heart Association's Start! Morris County Heart Walk will take place on Sunday, October 11, 2009. Mended Hearts Chapter 56 is proud to participate in this event.

Newsletter Notes: We are pleased to have contributing articles from our officers, chairpersons and members. Thank you to Dr. Harvey Brooks, Marcy Brooks, Daisy Wary and Victor Fabry for their articles. A special thank you to Dolores Martinez for her assistance with newsletter content.

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

## President's Message

Dear Members,

I hope everyone had a wonderful summer. In June, Victor Fabry and I had the opportunity to attend the Mended Hearts Annual Convention in Orlando, Florida. The workshops and speaker presentations were outstanding. In addition to what the convention offered, it was nice to meet other members from around the country to exchange ideas and share best practices.

I am pleased to announce that in addition to my role as President of Chapter 56, I have been appointed the new Assistant Regional Director (ARD) for the Northeast Region. As with all my roles within Mended Hearts I am looking forward to giving it 110% of my passion and commitment.

It has been said that the secret

to living is giving. If you consistently give to others, you'll have a sense of connection with people that no amount of money and accomplishments could ever give. A sense of contribution makes all of life worthwhile. This is exactly what a Mended Hearts volunteer does, they make a contribution to others.

I would like to take this opportunity to thank all the members and volunteers for their contributions to our chapter and for all you do to inspire hope in heart disease patients and their families. I look forward to seeing you at our upcoming meetings.

All the best,

*George*

## Mended Hearts 57th Annual Convention

Orlando, Florida - June 2009



*Pictured from left to right: George Pometti, President Chapter 56 Morristown, NJ, Tim Elsner, Executive Director Mended Hearts National, Mark Peters, Director of Cardiovascular/Metabolic Advocacy US Pharmaceuticals Bristol-Myers Squibb, Margaret Elbert, Past President of Mended Hearts National, Anthony C. Hooper, President, Americas Bristol-Myers Squibb and Raul Fernandes, President Mended Hearts National.*

## Upcoming Events

### Cardiovascular Health Fair

Saturday, September 12, 2009

9:00 AM—12:00 PM

Morristown Community Health Fair  
Headquarters Plaza Complex/Hyatt Hotel Plaza

Mended Hearts Chapter 56 has reserved a table to distribute promotional literature and information regarding our chapter. All are welcome to attend!

### Volunteers Needed! 2009 Start! Morris County Heart Walk and Fun Run

**Start!** is the American Heart Association's new groundbreaking movement to get America walking. There is a 1 or 3 mile walk or a 5k run (rain or shine).

**Sunday, October 11, 2009**

(Registration 8:00 AM;

Official **Start! 9:30 AM**)

**One Campus Drive, Mack-Cali  
Business Campus, Parsippany, NJ**

**Mended Hearts Chapter 56 has a table at the Heart Walk and we need 2 volunteers to work this table and provide giveaways and information about our chapter. In addition, we need 2 volunteers to work the "Red Caps Booth". The Heart Walk celebrates and honors individuals who have survived cardiovascular surgery, heart attack or stroke. This booth recognizes each survivor who attends the Heart Walk with an honorary red baseball cap. The AHA would like Mended Hearts volunteers to help out in the booth, greet people and hand out caps.**

**Register online to become a participant walker or make a donation by visiting:**

**[www.morriscountynjheartwalk.org](http://www.morriscountynjheartwalk.org)**

**Click on "Team Rank" and enter George Pometti for the team name to make a donation on behalf of Mended Hearts Chapter 56.**

## Visiting Chairman's Report

### by Victor Fabry

Since the spring of 2008, I have had the privilege of working with a team of dedicated volunteers, providing support and encouragement to heart patients at the Gagnon Cardiovascular Institute of Morristown Memorial Hospital. Last year, Chapter 56 volunteers made over 1,000 hospital visits to patients, their family members and caregivers.

**"EVERY TIME I MAKE MY "ROUNDS", I REALIZE I HAVE GAINED MORE IN THE PROCESS, THAN I HAVE BEEN ABLE TO GIVE." - VIC FABRY**

Beginning in February 2009, we established a Mended Hearts visiting program at Overlook Hospital in Summit, New Jersey. Nationally recognized for their Emergency

Department, Overlook Hospital is one of five New Jersey hospitals approved to provide emergency angioplasty in a community hospital setting

We have four new members who will be visiting patients: Vince Reilly, Donna Farley and Millie Hunt volunteer at the Gagnon Cardiovascular Institute in Morristown and Warren Sim who is visiting patients at Overlook Hospital in Summit, New Jersey.

Each week, visiting members donate their time visiting patients recovering from heart surgery. The motivation for many of our volunteers is to give back some of the good fortune we have received as open hearts survivors. Every time I complete my "rounds", I realize I have gained more in the process, than I have been able to give.

How can you participate? We have two programs available to new

volunteers:

Visiting Program – Reaching out with the support of local hospitals, trained volunteers serve heart patients by listening, sharing their own experiences, answering questions and empathizing with the anxiety and concern of patients and their families.



Internet Visiting Program – Trained volunteers assist heart patients using the Internet. Through this virtual network, volunteers can offer support, answer questions and help patients locate required resources.

If you have an interest in learning more about the visitor program, please contact me by email at [vfabry@nac.net](mailto:vfabry@nac.net) or call me at 973-879-5647.

## Marcy's Caregiver Corner

### By Marcy Brooks

Lend me your ear caregivers; I know I have your heart.

Caregivers come in all sizes and answer to many titles. You are sisters, mothers, brothers, fathers, husbands, daughters and whatever other title fits your situation.

In contrast, we all share many attributes even though we would not admit it. We are kind, compassionate, loving, thoughtful and sincere. However, we can be pushy for our loved one if we feed we need to be. We are the AD-VOCATE for our loved one.

We get to be very knowledgeable

about the illness of our loved one. We research, ask questions and even use the internet to fill in our knowledge gaps. We learn to be effective communicators with doctors.

We are protective of our loved one; however, we must remember that the hospital stay is a temporary one. The outside world must not be shut out completely so that the transition back to "normal" life will not be a difficult one. Promote your loved one's independence.

Keep smiling. Stand strong.  
**YOU ARE NEEDED.**

## Fundraising Update

Our chapter made a \$500 donation to Mended Little Hearts and also sent a \$1,000 donation to the Hope with Heart Camp. The donation to the Hope with Heart Camp was made on behalf of the Long Valley Junior Women's Club, with special thanks to Donna Farley.



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

## Harvey's Tips for Good Health

By Dr. Harvey Brooks

More and more scientific studies have shown a correlation between periodontal disease and heart disease. Any untreated oral infection can adversely impact on a person's general health. Deaths have resulted from extreme untreated oral infections.

What is periodontal disease? It is an infection of the tissues that support your teeth. There are two major stages:

The mild stage that is called gingivitis only affects the gingival (gums)

Periodontitis which affects the attachment of the tooth and its supporting tissue leading to loss of bone, bleeding gums and the increase of bacteria (link between oral infection and heart disease).

The theory is that oral bacteria affects the heart when it enters the bloodstream, attaching to fatty plaques in the coronary blood vessels contributing to clot formation and thickening of walls

of the coronal vessels. This restricts normal blood flow and restricts the amount of nutrients and oxygen required for the heart to function properly. Another theory is the increase in plaque build-up due to inflammation.

According to the American Heart Association's website\*, someone with heart disease, has three responsibilities for dental care:

1. Establish and maintain a healthy mouth. Practice good oral hygiene and visit your dentist regularly.
2. Make sure your dentist knows you have a heart problem.
3. Carefully follow your physician's and dentist's instructions when they prescribe special medications such as antibiotics.

Following these guidelines can help maintain good oral hygiene and protect heart health.

\* Source: American Heart Association Website - [americanheart.org](http://americanheart.org)

## Daisy's Heart Healthy Recipes

By Daisy Wary

### Lowfat Oatmeal Raisin Cookies\*\*

Vegetable Oil Spray

2/3 Cup "I Can't Believe It's Not Butter" Light Sticks

1/2 Cup firmly packed brown sugar

1/2 Cup sugar

1 Teaspoon vanilla extract

1/4 Teaspoon orange extract

1 teaspoon grated orange rind

Egg substitute equivalent to 2 eggs

1 1/4 Cups all-purpose flour

1 teaspoon baking soda

1 teaspoon cinnamon

3 cups quick-cooking oatmeal

1 cup raisins

Preheat oven to 350°. Lightly spray cookie sheet with vegetable oil.

In a large mixing bowl, cream together margarine, sugar, extracts and orange rind. Beat in egg substitute.

In another bowl, sift together flour, baking soda and cinnamon. Add to margarine mixture and blend well. Stir in oatmeal and raisins. Drop dough by teaspoonfuls onto prepared cookie sheet. Bake 8—10 minutes.

\*\* Based on recipe from the American Heart Association Cookbook

## May Meeting

Guest Speaker — Dr. Christopher MacGovern

Dr. Christopher MacGovern, Cardiothoracic Surgeon, Gagnon Cardiovascular Institute, was the speaker at our May meeting along with his operating nurse, Sue, who set up an extensive exhibit of the instruments used in heart surgery over the years. Dr. MacGovern praised our visiting volunteers for making heart patients feel more comfortable about their surgery.

Thank you to Dr. MacGovern and Sue for a very interesting presentation and exhibit.



Pictured (left to right) Victor Fabry, Dr. Christopher MacGovern, George Pometti