

HEARTbeat

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FALL EDITION 2010

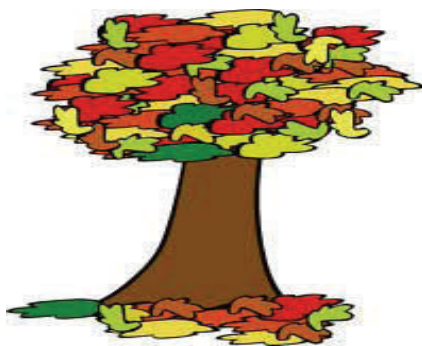
The Mended Hearts, Inc.
Morris County Chapter 56, Morristown, NJ
Founded October 16, 1968

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.

Meetings

With the fall approaching, Mended Hearts Chapter # 56 will begin its monthly meetings.



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

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
 973-879-5647

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
Jesse Stromeyer

Up Coming Events

2010 Morris County Start! Heart Walk and 5K Run

When: October 10, 2010

Where: Parsippany, NJ

Who: Survivors and Supporters

More Details on how to register and donate on **page 3**



September 26, 2010 1:30pm

Dr. Grant Parr
 Physician in Chief
 Gagnon Cardiovascular Institute
 Wilf Conference Room

October 24, 2010 1:30pm

Dr. Frank Smart
 Chairman of Cardiovascular
 Medicine for Atlantic Health
 Gagnon Cardiovascular Institute
 Wilf Conference Room

November 21, 2010 1:30pm

Speaker: TBD

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



President's Message



Dear Members,

With the Fall of 2010 approaching, I hope all of us can look back on a healthy and bountiful summer. I hope everyone is relaxed and ready to start our new year off with a bang!

Our first speaker is Dr. Grant Parr, Physician in Chief of Gagnon Heart Hospital and Chair Emeritus of the Department of Cardiovascular Medicine. He will be followed in October by Dr. Frank Smart, Chair of Cardiovascular Medicine at Gagnon Cardiovascular Institute. These speakers are guaranteed to be informative and well worth your time.

Victor Fabry has informed me that our visiting activity through July of this year has exceeded our target by 45%. This is a wonderful tribute to Victor and all our visitors including our newest two, Jerry Barnette and Carl Greenberg. Victor is also meeting with Dr. Barry Cohen to increase our presence in the Cath Lab.

We will have a table at the Annual Community Health Day at Headquarter's Plaza on September 11, 2010 and the American Association Heart Walk on October 10, 2010. We are looking to increase our presence this year as compared to last year. If anyone needs any more information, please contact any of our officers.

I want to thank Daisy and Walter Wary, Jesse Stromeyer, Donna Farley, Jorge and Dolores Martinez, Marcy Brooks for attending our summer organizational meeting. We discussed many valuable ideas, and we will be incorporating them into our Chapter.

Jesse Stromeyer has been doing a wonderful job improving our website, and I urge all of our members to visit it (www.mendedheartsnj56.org)

George Pometti is doing a great job in his new position as ARD. He continues to be a valuable member of Chapter 56. He is still available to help us. I thank him for Past, Present and Future help.

I want to make our meetings a WOW ! I want to make members want to come, and suggestions are welcomed and appreciated at all times.

"It is great to be alive and to help others."



Daisy's Heart Healthy Recipes

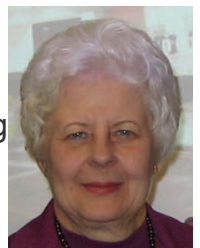
By Daisy Wary

EASY MANDARIN CHICKEN SERVES: 4

1-1/2 cups uncooked long grain brown rice
 4 boneless skinless chicken breasts
 1/2 cup sliced fresh mushrooms
 2 cups orange juice
 1 cup chicken broth
 Pepper to taste
 1 can (15 oz.) mandarin oranges, drained
 Paprika to taste

Cooking Directions:

- Spread rice in greased 3 qt. baking dish
- Top with chicken and mushrooms.
- Pour orange juice and broth over all
- Sprinkle with pepper
- Cover and bake at 350 for 45-50 minutes
- Garnish with oranges and paprika





Marcy's Caregiver Corner

By Marcy Brooks

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

Are you like me that you make a list for anything over two items to remember? Not only is this list to aid your memory, but it is so that no unnecessary items are added. Checking off items completed not only save you from repeating but seems to be very satisfying as showing accomplishment.

It is a very powerful asset to have a good memory. A good short term and long term memory is a goal that not all can reach since not everyone has this natural ability. Authorities have agreed that healthy living does improve short term memory. Exercise, stress management, sufficient sleep, no smoking, and a healthy diet are the necessary ingredients. There also was a reference that a positive attitude helps sustain memory as well.

In the hospital setting, you have to remember doctors' names, nurses' names, medicines, a diagnosis, a prognosis, dietary do's and don'ts and whatever else comes about during your loved one's stay. Easier said than done is that you should be calm and focused so that the brain can grasp the incoming information. Distractions and multitasking are taking away from the brain's memory center.

It is important to understand your learning style so that information that is acquired can be remem-

bered. Researchers have said that most people are able to learn better by reading or seeing what they have to know. While others, may learn better by listening. There are still some that are multisensory and need to see, hear, and write information in order to learn a task.

Organizing the acquired information is said to be helpful in retaining it. Some people have separate address books for doctors and another one for their friends. Date books or calendars are used for records for our time. Making lists and notes for more complicated information is very helpful. One helpful idea is to include pictures along with the wording of your notes. For those of you who use modern technology, these suggestions do have a place.

When you learn something new, it is said to be helpful to make a connection to what you already know about that subject. Your memory is helped by the connection between new and existing information.

Your loved one has the job of getting better. One of your many jobs is to stay healthy and remember the players on your health team. Stay calm and keep your focus-important ingredients.

Keep smiling. Stand strong. YOU ARE NEEDED.



Morris County Heart Start! Heart Walk (Continued from page 1)

Our Chapter will be participating as a team in the upcoming **Morris County Start! Heart Walk and 5K Run**, scheduled to take place on Sunday, October 10, 2010 in Parsippany.

To learn more about the event, or to register as a walker or runner, simply log onto the AHA Start! Heart Walk website at www.morriscountynjheartwalk.org. On the side bar listing Company Rank, click on "more" and search for Mended Hearts. Once you click on that link, you can register under Harvey or Marcie Brooks to be a team member. Once you are registered, you will be able to set-up your own website and send e-mails to raise funds. You can pick up a money-collection envelope at our next meeting on September 26.

The Start! Heart Walk and 5K Run is a family event with wonderful entertainment, information and activities for every age, including your dogs. So come out on October 10th - Join us for this very important activity that will help to save lives.

Visiting Chairman's Report

by Victor Fabry



Cath Lab Visiting Program

The incidence of cardiovascular disease in this country has not changed significantly in the past fifty years but treatments for heart disease have improved radically over the past decade. Treatment options such as balloon angioplasty and cardiovascular stents are now standard procedures in interventional cardiology.

Over the past 10 years, the growth of Interventional Cardiology and Angioplasty procedures indicates the future direction of cardiology. In response to the increase of interventional procedures at Gagnon Cardiovascular Institute, our chapter is expanding our visiting program to Cath Lab patients.

In planning our Cath Lab program rollout, we've worked closely with Dr. Barry Cohen, Medical Director of the Cardiac Cath Lab at Morristown Memorial Hospital. Although we have been visiting interventional patients as part of our open heart patient visits, the goal of Cath Lab program is to expand our coverage to a greater number of interventional patients.

Our Visits

- 1) After angioplasty, some patients leave the hospital without further procedures. Therefore, we visit patients after interventional procedures, rather than before. Since the Cath Lab schedule changes frequently, our visitors work closely with the Cath Lab staff to identify patients needing visits.
- 2) Each patient receives an After the Cath Lab – "A Guide to Recovery" information packet and the visitor's business card to allow follow-up discussion and to contact Mended Hearts.

Our Message

We provide encouragement, education and information for patients who have undergone Cath Lab procedures. Our message is that your heart isn't fixed, **it's mended**. Atherosclerosis, or hardening of the arteries, is a progressive disease that can't be eliminated. That's the bad news.

The good news is that taking prescribed medications and making lifestyle changes will slow the disease's progress and reduce your risk of more problems in the future. Your Mended Hearts visitor is living a productive life with heart disease, just as you can. They know what it's like, and they want to help. The next part of your recovery is up to you, but you are not alone. Your doctors, other members of your healthcare team, and Mended Hearts volunteers are ready to answer your questions and support you.

You've taken a big step toward recovery by having this procedure, but your life is different now. Stay positive. Depression creates stress that puts you at greater risk of problems with your heart. People sometimes feel that way after a heart attack or after procedures like angioplasty or surgery. Mended Hearts volunteers can offer you the information and support you need to move on to full recovery.

Please contact me at 973-879-5647 or vfabry@nac.net for more information on our Chapter's visiting program.

Heartfelt thanks to Gagnon Cardiovascular Institute for their assistance with the mailing of Mended Hearts Chapter #56 Summer Edition Newsletter.