



The Ticker Talker

MENDED HEARTS ★ DIABLO CHAPTER 254

Dedicated to inspiring hope in heart disease patients and their families

www.MendedHearts254.org

April, 2009

❁ ❁ APRIL GENERAL MEETING ❁ ❁

Saturday, April 25 ❁ 1:30 P.M.

Kaiser Medical Office Building, Walnut Creek, Third Floor Conference Room

THE APRIL MEETING WILL FEATURE SHERRY KENG, ACUPUNCTURIST

Come and find out what acupuncture may be able to do for you.



Mechanical Assist Devices Shown at February Meeting

David Farrar of the Thoratec Corporation explained what happens when the left ventricle of the heart fails to do its job.

Dr. Farrar showed wonderful pictures of the heart at work, and he also showed movies of people who have the Ventricle Assist Device, and who spoke about what it has meant to them. He also had the actual device to show to the members and friends present.

When the heart cannot pump fast enough blood to supply the body with its needs, the patient has heart failure. Heart failure is the single largest cause of hospitalization of people over 65, he explained. Some of the symptoms are fatigue, weak-

ness, reduced capacity, and alterations in mental state.

At the present time 100,000 people in the United States could benefit from a heart transplant, but not many hearts are available, so many patients die before their hearts can be replaced.

Exterior pumps, which can do the job, have improved and gotten smaller and smaller over time. The improvement in the last 25 years has been dramatic. Now there are patients from ages 5 to 89 who have benefitted from the Left Heart Ventricle Assist Device.

How long the current device that Thoratec Corporation is producing can last is not known, for at present the longest time patents have had the device has been for only four and a half years, so only time can tell how long they will last.

However, before these devices were available, many patients died waiting for a heart transplant. Now there is hope.

(You can find out more about heart failure, its various stages, advice for living, symptoms, more about the devices, and listen to the testimonies of patients at Heart Hope®.)



PRESIDENT'S MESSAGE

Randy Finn

In this fast-paced world, few families make time to eat together any more. And because eating alone and on the go is becoming more common, nutrition usually suffers.

That may be especially true for seniors. Cooking for one person can be harder because we have to scale down recipes, and its also not much fun. Instead of stimulating dinner conversation, the television becomes the other person at the table.



Unfortunately a lot of meal choices turn out be to what's quick and easy to obtain. While many seniors are very active, others don't have the energy or the ability to prepare meals for themselves. Some of us may have never set foot in the kitchen, or we're no longer physically able to prepare complex meals.

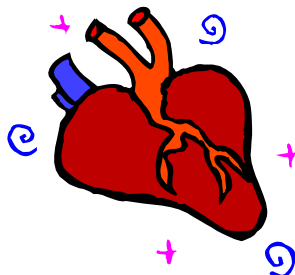


Inadequate nutrition can lead to a weakening of the immune system, increasing the risk of illness or infections, or contribute to mental confusion. And continued malnutrition could lead to depression, which in turn could lead to a loss of appetite, a vicious cycle.

For us, other factors can contribute to malnutrition, including lack of money to buy food, or transportation to the grocery store. There are a lot of hidden dangers in eating alone and we all need to be aware of them.

INTERNET VISITING SUPPORT PROGRAM

Heart patients, their family and friends



Internet visitors offer support, encouragement and understanding by sharing their experiences. If you need support from people who have experienced your particular type of heart event, contact the Mended Hearts Internet Visiting Program by emailing Gerry Harrelson, Chairperson at

support@mendedhearts.org.

What the Board did at the March Meeting:

The Board of Directors of Mended Hearts Diablo Chapter 254 meets at 12 noon on the Saturday of the General Meeting. The next Board meeting will be Saturday, April 25.

All Board meetings are open, and any one who wishes to attend and watch the Board at work, is invited. If you wish to bring some matter before the board, please notify **Secretary Wanda King** in advance, so it can be placed on the agenda.

At the March board meeting the Board heard a number of reports. The **Treasurer, Anna Lee**, reported that there was \$742.90 in the treasury. **American Heart Association Liaison Nancy Baker** reported that she attended the Health Fair at Concord Chevron which was attended by over 500 people. She distributed information about Mended Hearts.

In discussing the matter of officers and committee chairs, it was pointed out that we no longer need a Membership Chair as the dues now go di-

rectly to the main office of Mended Hearts, which then sends a portion to the Treasurer, Anna Lee. The names and information about members is kept by the **Publications Chair, Marv Weaver**.

However, the chair that is now open is **Hospitality**. Hospitality chair has been **JoAnn Johnson**, but she is now working as Co-visiting Chair, and needs someone to take over as Hospitality Chair. Any volunteer or suggestions happily received.

Under new business, Treasurer Anna Lee pointed out that the post office box that we have had at Rossmoor Post Office is too far for her to go, and since she is the one who uses it the most, she offered to let the chapter share her box, PO box 5051 Concord 94524. By doing that not only will it be more convenient, but it will save the chapter \$84 a year. The Board agreed to do this.



Staying Well - The big deal banana

Bananas are a great pick-me-up, according to authors Mehmet Ozz and Michael Roizen in their book, *YOU Being Beautiful: The Owner's Manual to Inner and Outer Beauty*. They also contend that bananas not only help you think faster, they help you think happier thoughts.

A banana a day may help brain cells communicate and enhance the effects of feel-good neurotransmitters, such as serotonin. They are rich in antioxidants and a good source of vitamin B6.

- from Pages

Volunteerism - What Americans Do

Americans volunteer! They help their communities, organizations, families, people in need, animals, the planet — in many ways they are the heart of the goodness that makes this country great.

They are called upon by many people and organizations to help, but **YOU** are particularly able to help in a way that others are not. Because you yourself have had a heart related problem, **you are uniquely qualified to help others** who are facing what you have faced.

Mended Hearts is able to make it possible for you to be there for others who need you. Through Mended Hearts you can be trained to be a hospital volunteer who goes right to the bedside of patients.

At the present time Diablo Chapter has a number of dedicated volunteers who visit patients. But more are needed. There are openings which only you can fill.

Volunteers take a training session, and then visit with experienced volunteers until they are ready to go it alone.

The training is conducted annually by **Kim Johnson**, who has had many years of visiting. You also take a general training session conducted by Kaiser, about how to conduct yourself as a hospital visitor. Then together with Visiting Co-chairs **B.J. Boone** and **JoAnn Johnson**, you work out a visiting schedule that is comfortable for you, usually twice a month.

In March, JoAnn Johnson tells us, in Walnut Creek Kaiser there were 54

visits, three family only, four second visits with a total of 61 hospital patients seen. Those visiting were: **Nancy Baker, Tim Correia, Randy Finn, Hazel Horti, Al and Kim Johnson, Don and JoAnn Johnson, Jim Miller and Bernie Ward.**

In Antioch Kaiser there were three patients visited, one for newsletter and one family only, for a total of five visited. The visitor there is **Marietta Poldrack.**

Good for the lungs: fiber

Your oatmeal and your whole wheat bread may help you breathe well and avoid COPD.



Researchers quoted in the American Journal of Epidemiology found

that, among men and women ages 44 to 66, those who consumed 26.7 grams of fiber per day from fruits and whole grains performed better on lung function tests. They were less likely to develop chronic obstructive pulmonary disease (COPD) over the 10-year study than people who ate 9.5 grams per day or less.

- from Pages

ZUCCHINI ARTICHOKE SQUARES

At the March meeting, people were delighted by the appetizers that **Marietta Poldrack** brought. She agreed to share the recipe with us and here it is: (*She writes that it comes originally from Mrs. Bernard Morris of Lafayette.*)

- 2 jars (6 ounces each) marinated artichoke hearts
- 1 small onion, chopped
- 1 clove garlic, minced or mashed
- ½ cup dry bread crumbs
- 1 cup coarsely grated zucchini (medium size)
- 4 eggs
- ½ tsp salt
- ½ tsp each, pepper, oregano and liquid hot pepper
- ½ pound sharp Cheddar cheese, shredded (about 2 cups)
- 2 tbsp. minced parsley

Drain marinade from 1 jar of artichokes into frying pan. Drain the second jar (you might save the marinade for other uses). Chop all the artichokes

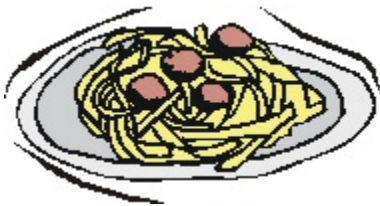
and set aside. Add garlic and onions to frying pan, and saute over low heat until onion is limp, about 5 minutes.

Add the zucchini and cook for another 5 minutes, stirring occasionally. Add the artichokes. In a bowl, beat eggs with fork. Add the crumbs, salt, pepper, oregano and hot pepper seasoning. Stir in the cheese, parsley and contents of frying pan.

Turn into greased 7 by 11-inch baking pan. Bake at 325° for about 30 minutes, or until set when lightly touched. Let cool in pan, then cut into 1-inch squares. Serve cold or reheat in pan in a 325° oven for 10 minutes. Makes about 6 dozen appetizers.

GET THE AROMA OF MOMMA'S COOKING IN YOUR OWN KITCHEN

The aromas of Italy have lofted across the world for centuries, creating a romance between diners and Italian food. The romance is accentuated by the large numbers of Italian eateries found on most continents.



Italian in origin and rich in complex carbohydrates, this hearty dish is filling and contains a sauce that is close to freshly made. Forget the pasty store varieties of pasta and go for the whole grains, marinara and the aroma of your Momma Mia kitchen.

The sauce can be made from fresh tomatoes and spices or more accurately with flavored, finely-diced canned tomatoes. Fresh mushrooms and onions add a pleasing texture.

Whole Grain Spaghetti with Meatballs and Marinara

- 1 package Italian meatballs, thawed (or make your own.)
- 6 cups of whole grain spaghetti
- 2 14-ounce cans of petite diced tomatoes with garlic and olive oil
- 3 cups fresh sliced mushrooms
- ½ cup finely diced yellow onions
- ½ teaspoon of sugar
- 1 teaspoon fennel seeds
- 1 teaspoon of salt
- 1 teaspoon canola or olive oil

For the sauce, place the tomatoes, sugar and fennel seeds in a two-quart pan and bring

to a boil. Add the meatballs, mushrooms and onion. Simmer covered for a half hour.

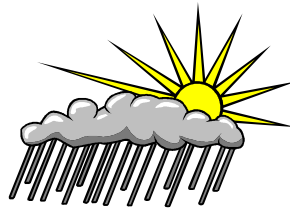
For the spaghetti, use a four-quart pan half filled with water. Add the cooking oil, salt and the spaghetti. Simmer for about 20 minutes. Strain and set aside in a warm bowl or placed on a buffet warmer if one is available.

Ladle portions of the spaghetti onto plates and top with the sauce and meatballs. Garnish with shredded Parmesan or Italian hard cheese mixture. Serve with hot garlic bread and a choice of Italian wine if desired.

Serves at least four. - from Pages

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Sunshine

by Nancy Baker

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For this issue of Sunshine, Nancy asked members of the Board for their hopes and expectations for Mended Hearts Chapter 254 in the coming year.

President Randy Finn hopes we will get more visitors so that every day of the week is filled with a volunteer who visits heart patients. He had a Mended Hearts visitor when he was a hospital patient and it meant a lot to him. In fact, it is the reason he joined our chapter. In the year coming up, he expects that Chapter 254 will be well run and become even more successful than it has been.

Visiting Co-Chairman BJ Boone hopes the chapter will increase in the number of people that do hospital visits and phone visits so that our chapter of Mended Hearts will be even more supportive of the heart patients. She expects that our chapter is going to get better and bigger.

Visiting Trainer Kim Johnson says: Al and I hope and wish for continued good health for the Board and Chapter members; a 10% growth in Chapter membership (10 new members); the addition of two new Visiting Volunteers for Kaiser Antioch to assist Visiting Volunteer Marietta Poldrack; increased awareness and visibility of Mended Hearts to the public; and, two Chapter annual fund raisers held with the goal to raise enough funds to send a Board member or two to the MH Annual Convention.

Ticker Talker is published by Mended Hearts Diablo Chapter 254. Copies are mailed to members and friends, postage courtesy of the Kaiser Hospital Gift Shop, Walnut Creek.

Meetings are held the 4th Saturday of the month. The Board meets at 12 noon. The General Meeting starts at 1:30 p.m. All meetings are open to everyone

K

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Thank you

to Kaiser Permanente
Volunteer Services
who
provide the facilities
for printing this news-
letter and the postage
to mail it. We are
very grateful for their
help.

**Please check our
website,
[www.
MendedHearts254.org](http://www.MendedHearts254.org)
for information about
our Chapter.**

*Congratulations to all the Heart Patients who
are celebrating their Mendaverseries in April*

THE PURPOSE OF MENDED HEARTS is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:

1. To visit with physicians approval, and to offer encouragement to heart disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in their work with heart disease patients and their families.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.

