



## The Ticker Talker

### Mended Hearts Diablo Chapter 254

*Dedicated to inspiring hope in heart disease patients and their families*

[www.MendedHearts254.org](http://www.MendedHearts254.org)

2008

August

## NO General Meeting in August

### July Meeting Holds Attendees in Rapt Interest

Dennis Iverson told the history of Tai Chi, how it developed as a more relaxed form of a martial art. He showed videos demonstrating how it is done.

Also speaking at the meeting was Mended Hearts member, Lucy Lo, who teaches Tai Chi at the Acalanes Adult School.



Kim Johnson presents Dennis Iverson with Certificate of Appreciation while Tai Chi instructor Lucy Lo looks on

Members and friends showed great interest in Lucy's classes, where she has volunteered for the past eight years.

The Lucy's Tai Chi class at Acalanes Adult Education begins on September 8 and continues until December 18. This is a beginning class for all ages and will develop balance, leg strength, posture and stress reduction through slow, non-impact exercise. The Course Catalog can be found at [www.acalanes.k12.ca.us](http://www.acalanes.k12.ca.us). The class will be given at the Del Valle Campus at 1963 Tice Valley Blvd., Walnut Creek.

## Annual Picnic and Barbeque SATURDAY, SEPTEMBER 20

**Fun, food and prizes - bring your family and friends**

Once again the Hospitality Committee, headed by JoAnn Johnson, brings you a delightful fall social get-together. Bring your friends and family and plan to have a pleasant afternoon with good company and

good food.

## SUMMER VACATIONS



Don and JoAnn at the Athabasca Glacier

### Some highlights of our trip to The Canadian Rockies

scenic drives abundant with all kinds of wild life. At the Columbia Ice Fields we boarded an Ice Explorer and drove onto the massive Athabasca Glacier. As we follow the Sunwapta and Athabasca Rivers to the township of Jasper we look for black bear, moose, elk and bighorn sheep. The black bear's favorite food is the large dandelions growing near the roadside.

Maligne Lake is Jasper's oldest attraction and one of the most photographed in the world. The Boat Cruise is unsurpassed for glaciers, mountain peaks and the world- famous Spirit Island.

Our rafting journey down the Athabasca River passes through small sets of rapids and follows the famous route used by the fur traders.

Mt. Edith Cavell walk was amazing, because after following the path straight up, we then descend to the rocky path below and are in a valley at the foot of the mountain and next to Angel Glacier. It was around 7:00 P.M. and we were awestruck by the stillness of the cool air. The mountain was named in 1916 for Edith Cavell, an English nurse executed by the Germans during World War I for helping people held captive to escape to refuge. Mt. Edith Cavell's elevation is over 11, 000 feet.

We culminated our journey with an exciting ride in a Helicopter over Mt. Assiniboine, the Matterhorn of the Canadian Rockies.

- Don & JoAnn Johnson

We met our Tour Director, Pam Irvin, Motor Couch Driver, Dan Buehler and our 35 travel companions the first night in Calgary, Canada.

As we started each morning invigorated with the crisp clear air, we traveled through Banff, Jasper and Yoho National Parks, seeing some of the most incredible breathtaking scenery. Among these majestic giants Mt. Robson is the highest with an elevation over 12,000 feet.

We traveled northwest along the Continental Divide on the Trans-Canada Highway (1). Near Banff there are two animal overpasses and 22 underpasses for safety of the animals. The overpasses are designed to keep the animals in a path to make sure they can't take a leap over the edge.

After visiting Lake Louise, Emerald Lake and Moraine Lake, we stayed at a nearby hamlet of Lake Louise. A Gondola ride at the Lodge of 10 Peaks was spectacular with an outstanding view of Lake Louise.

The Icefields Parkway is one of the world's most



### Trip to Ukraine to Visit the Home of Her Ancestors.

My grandparents came from Odessa, and for years I have wanted to visit there. In July I finally took a cruise on the Dnieper River and the Black Sea in Ukraine. I was impressed by the beauty of Kiev, with its parks, boulevards and beautiful, smartly dressed women. I enjoyed seeing the summer palace of the Tsar in Yalta, Crimea where Roosevelt, Churchill and Stalin divided up Europe. But best of all was Odessa, with its spectacular stairway to the sea, its lovely pastel painted buildings, and the beautiful opera house where we saw a wonderful performance of La Traviata.

- Beverly Bortin

## President's Message

—Al Johnson

Can you believe it is already August? In a few months, we will be electing a new President of the United States.

Speaking of elections, did you know our Chapter has elections also? If you did not, you may have missed the article in May's "The Ticker Talker" entitled "Mended Hearts Needs You." In case you did not get a chance to read it, we have included excerpts from the article again in this month's newsletter. Please read it! It is extremely important. If you have already read it, please take the time to read it again.

February 2009 is just around the corner which means we will have to elect new Chapter Officers. As members, we help and share our personal experiences with heart disease patients and other members. What better way to do that than to take on a leadership role in the Chapter?

I know most of you are already very busy with grandkids, travel, and other important matters that seem to always come up in our daily lives. Some of you may be thinking to yourselves, "Oh, I can't think of volunteering for another thing. I don't have the time to volunteer for our Chapter because I'm so busy." I can relate to that.

Kim and I have been members of Chapter 254 for



Prexy Al at August meeting showing chart of open positions

over 5 years now. Up until two years ago, I was working full time, anywhere up to 12 hour days. Kim and I are also Visiting Volunteers almost ever since we became members of Mended Hearts. Over time, we took on more and more responsibilities in the Chapter eventually leading to leadership roles.

### Al Gets "Kicked Upstairs"

At last month's General meeting, I mentioned that Kim and I will be stepping down from our (many) positions at the end of February 2009. I have been asked to take on a more responsible role in the Mended Hearts organization as an Area Regional Director (ARD). As ARD, I will be responsible for the Mended Hearts Chapters in Northern California, extending as far east as Reno, NV and north to the CA/Oregon border.

My duties will be to visit, maintain and continue to help

build existing Chapters, set up new Chapters and Satellites, as well as establish new Visiting Volunteer programs at local hospitals throughout the region. There will be a lot of responsibility and a lot of traveling involved. As a result, Kim and I are unable to continue in our existing positions and must step down in February.

### Make your Time More Valuable

How many of you find yourselves "puttering around" and not really accomplishing anything at the end of the day? By the end of the month, you've wasted two to five hours.

Some of you may spend that amount easily watching TV. Two to five hours a month — time that could be well spent helping others like volunteering to assume a leadership role in the Chapter. Think about it. Two to five hours is really not a lot of time. Instead of watching

TV, step up and help the Chapter by volunteering for one of the following positions.

- President
- Vice President/Program Chair
- Secretary
- Visiting Chair
- Newsletter Mailing Committee (3 volunteers recommended)

Mended Hearts has a very important role in providing support to heart patients while in the hospital and when they return home. As members, we help to educate heart patients and their families by sharing personal experiences on how to

live with heart disease and what to expect during recovery. We are a valuable resource to heart patients and their families that cannot be overstated.

As there are a few remaining months left in the year, I ask you to please volunteer for one of the above positions. Kim and I will work with and help mentor the new Officers. We will install the new Officers at the February General meeting.

*On a side note, my most heartfelt thanks and appreciation*

*to Nancy Baker for stepping up at last month's General meeting. Nancy volunteered to become the new American Heart Association Liaison, a position which Kim currently holds. Nancy is also our Chapter's Sunshine Chair and a Visiting Volunteer.*

Step up and volunteer. Our Chapter and Visiting Volunteer Program's existence depend on it. Don't wait. Volunteer today.

***Until next month, It's great to be alive and to help others!***

### Excerpts From the May Issue - Please read

Mended Hearts does two important jobs.

★ **First**, it is a support group for heart patients, both in the hospital and on their return home.

★ **Second**, it educates heart patients and their families on how to live with heart disease, the new methods of treatment and related subjects that improves the quality as well as saving lives. It has urgent work to do and you are part of it.

The visiting of patients, which is such an urgent job, cannot take place without a chapter. The chapter trains and supervises volunteers, and without a chapter visiting can not go on.

Luckily, this chapter has a wealth of talent. **YOU** are able, qualified, and competent. **YOU** have a wealth of experience, in business, service organizations, teaching and a host of other jobs. Now is the time for **YOU** to step forward and share your experience and know-

how by being part of the leadership of this chapter. **IT CANNOT SURVIVE WITHOUT YOU.**

The positions of Liaison to the American Heart Association (*Nancy Baker*), Hospitality Chair (*JoAnn Johnson*) Treasurer (*Anna Lee*) Membership (*Bj Boone*) Sunshine (*Nancy Baker*) Publications (*Marv Weaver*) Publicity (*Anna Lee*) and Newsletter Editor (*Beverly Bortin*) are already filled. These are all great people with whom to work.

Please look at the form below. Think about it, and decide which position **YOU** will volunteer for. Or perhaps you know someone who you think can do the job. Please nominate him or her. Or call any Board member to discuss the jobs or to volunteer.



I volunteer or nominate \_\_\_\_\_

Phone, address, or e mail \_\_\_\_\_

for the position of (please check one or more)

- Present     Vice-president     Secretary     Visiting Chair     Newsletter Mailing

Please clip and send this form to Mended Hearts Diablo Chapter 254

PO Box 2362, Walnut Creek CA 94595-09362.

Or e mail to [darthvdk@pacbell.net](mailto:darthvdk@pacbell.net)

## THE MOST IMPORTANT WORK MENED HEARTS DOES IS VISITING PATIENTS AND GIVING THEM HOPE AND ENCOURAGEMENT.

◆ Patients visited in June: Total visits in the hospital - 26

New patients visited - 19, Second visits - 5, Family only - 2

Hospital visitors for June were Nancy Baker, Beverly Bortin, Tim Correia, Randy Finn, Al and Kim Johnson

◆ Telephone visits in June - 16. Telephone visitors were Tim Correia, B.J. Boone, Wayne King

*Reported by BJ Boone, Membership chair*

## Hypertension and Stroke: Special Report Thriving on a Low-Salt Diet

All of us need some salt to survive, but too much can lead to poor health. A high salt intake not only increases blood pressure but also raises the risk of heart attacks and strokes. The average American consumes approximately 4,000 mg of sodium a day, which is much higher than the recommended 2,300 mg for a healthy, young adult.

The terms “salt” and “sodium” are often used interchangeably, as 90% of the salt we ingest is in the form of sodium chloride, commonly termed table salt. The remaining 10% comes from other sodium-containing substances such as baking soda (sodium bicarbonate) and a variety of preservatives (sodium benzoate and sodium nitrate, for example).

Taking salt out of the kitchen and off the dining room table is the first step. But these measures alone won't make much of a dent in your sodium intake. That's because only 10% of American's sodium intake comes from salt added at the table or in cooking. Another 10% occurs naturally in food. But the vast majority –80% – derives from processed and restaurant foods.

**And this is where you should focus most of your attention by doing the following:**

■ **Minimize** your intake of processed and packaged foods. Almost all frozen dinners, canned foods,

processed meats, savory snacks, bottled sauces and dressings, and condiments are high in sodium.

■ **Read labels** for sodium content and try to select products that contain less than 200 mg of sodium per serving.

■ **Look for foods** with reduced-sodium labels. A label that says “low sodium” means the product contains less than 140 mg per serving; “very low sodium” indicates 35 mg or less, and “sodium free” is less than 5 mg. Foods labeled unsalted or no-salt-added contain no or only naturally occurring sodium.

■ Not all manufacturers use labels to draw attention to their reduced-sodium products and **not all brands in the same category contain the same amount of salt.** For example, the amount of sodium in a cup of canned cream of tomato soup ranges from 340–950 mg, depending on the brand, and the sodium content for various spaghetti sauces runs from 270–770 mg per half cup.

■ **Just because a food does not taste salty** does not mean that it is low in salt. While potato chips, hot dogs, and pickles are obviously high in salt, so are many breakfast cereals (up to 450 mg per cup) and breads (up to 400 mg for two slices), because they contain sodium-containing ingredients such as baking soda and baking powder.

■ **Choose fresh fruits and vegetables** more often. These foods are naturally low in sodium and are good

sources of potassium, a mineral that helps blunt the blood pressure-raising effects of sodium in the diet.

**Eating a low-salt diet outside of the home is not always easy, but here are some tips to minimize the impact:**

■ **Limit your consumption** of fast foods and Asian foods. These are most likely to be high in salt.

■ **Avoid most soups and sauces.** These are usually premade and almost always have plenty of salt.

■ Many **salad dressings** contain salt. Instead, ask for oil and vinegar that you can use at the table.

■ **Ask the waiter** if your food can be prepared without salt. Some restaurants have a no-salt menu option.

Go online first. The website [www.healthydiningfinder.com/site/diners/findrestaurants/index.php](http://www.healthydiningfinder.com/site/diners/findrestaurants/index.php) offers nutritional information, including sodium content, on a wide variety of restaurants – from fast food to gourmet.

**A last piece of advice:** Hang in there! Research shows that in about a month and a half your taste buds will become accustomed to and perfectly contented with a lower-salt diet. After that, “normally” salted foods will taste too salty.

*Posted in Hypertension and Stroke on July 29, 2008*

August is Vacation Month. **No Meeting in August**, and **Nancy Baker**, our Sunshine share is taking the month off, too. But she sends us this very important report from the American Heart Association.

## Major CPR change by American Heart Association

In a major change, the American Heart Association said that hands-only CPR is simpler and easier to remember and removes the barrier of mouth-to-mouth breathing.

"You only have to do two things. Call 911 and push hard and fast on the middle of the person's chest," said Dr. Michael Sayre of Ohio State University, who headed the committee that made the recom-

mendation.

Hands only CPR calls for uninterrupted chest presses - 100 a minute - until paramedics arrive. This action should be taken only for adults who unexpectedly collapse, stop breathing and are unresponsive.

This does not apply to children, when it is primarily a breathing problem, and in that case mouth-to-mouth should be used. It should also be used for adults who suffer lack of oxygen from near-

drowning, drug overdose, or carbon monoxide poisoning. These people need mouth-to-mouth to get air into their lungs.

An estimated 310,000 Americans who die each year of cardiac arrest outside of hospitals emergency rooms. Only 6% stricken outside of a hospital survive. People who get CPR double or triple the chance of surviving but less than one third get this help. Hands-only CPR can save lives! Keep it up until the medics arrive.