



The Ticker Talker

Mended Hearts ★ Diablo Chapter 254

Dedicated to inspiring hope in heart disease patients and their families

www.MendedHearts254.org

January 2009

General Meetings

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

Saturday, January 24, 1:30

P.M. "Exercise for a Healthy Heart"

Speaker: **Tracy Beckham**

Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as high blood pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression as well as boost the immune system. If you have been making excuses starting an exercise program, please plan on attending this month's General meeting.

Back by popular demand, this month's speaker will be Tracy Beckham, A.C.E. Certified Personal Trainer, Nutrition Specialist and owner of Body By Beckham. She is an IFBB (International Federation of Body Builders) Professional Body Builder with 22 years of experience in the Fitness industry and has competed for 22 years at the National Level as a Competitive Body Builder.

Saturday, February 28, 1:30

P.M. "Congestive Heart Failure"

Speaker: **Dr. David Gee**, Cardiologist

Congestive heart failure (CHF), or heart failure, is a condition in which the heart cannot pump enough blood to the body's other organs. Heart failure is almost always a chronic, long-term condition, although it can sometimes develop suddenly. This condition may affect the right side, left side, or both sides of the heart.

February's speaker is Dr. David Gee, Kaiser Walnut Creek Cardiologist. Dr. Gee is a native Californian, UC Berkeley graduate, received his Internal Medicine training at the University of Michigan, and completed his cardiology fellowship in Los Angeles in 1985. Shortly after, he joined the medical staff at Kaiser Walnut Creek.

Dr. Gee is a member of the Alameda-Contra Costa Medical Association, California Medical Association, American Heart Association, American College of Cardiology, and the Heart Rhythm Society.

Visitors are welcome to attend our meetings.

All meetings are open to everyone.

To Recent heart surgery patients and others who are considering membership in Mended Hearts Diablo Chapter 254: We hope you enjoy reading our Diablo Chapter's *Ticker Talker* newsletter. In it, you will find interesting articles about our members, heart related articles, as well as information about our monthly meetings.

For those of you who have undergone a heart condition or procedure or know of a relative who has, we hope you seriously consider joining our organization, Mended Hearts, Inc. Mended Hearts is affiliated with the American Heart Association.



President's Message—Al Johnson

On behalf of the Executive Board and Chairpersons, I hope our members and friends of Mended Hearts Diablo Chapter 254 had a wonderful, joyful Merry Christmas and a very, very Happy New Year!

Each New Year, we look forward to a new beginning, a fresh start filled with anticipation and hope. Holding our list of New Year's Resolutions in our hand, we rededicate and recommit ourselves to change. It might be to begin an exercise program, lose weight, eat healthier, meet and make new friends, or spend more time with family. Whatever our New Year's Resolutions, we start off with eager determination only to discontinue them a few months later.

Personally, one of my New Year's Resolutions is to keep and follow through on every one of the items I have listed on my Resolutions list. I now view this list similar to a "To Do" list which is something Kim uses routinely. From what I can tell, she is pretty successful in following it. If I view my New Year's Resolutions list in the same way, I am more apt to complete everything.

As heart patients and caregivers, we have much to be thankful—whether it is our health, family, friends, or our extended Mended Hearts family. We have been given a second chance in life which is something I do not take lightly or for granted. Although things may not always go the way you would like them to, be appreciative and thankful for what you do have as there are others less fortunate.

This year, my hope is for you to take that second chance at life you have been given and volunteer to help at your church, public school, local food bank, homeless shelter, or at our own Mended Hearts Chapter. Perhaps, you would like to volunteer as a Mended Hearts Visiting Volunteer visiting heart patients at Kaiser Walnut Creek hospital. Take that second chance in life by offering compassion, hope and encouragement to other heart patients and their caregivers. Or, you can help out on one of our Chapter's Committees. Regardless, each of these organizations can and does need your help. Don't hold back—life is too precious and too short.

On another note, twenty-nine members and one guest (Gordon Maybury's daughter, Marilyn) attended the Chapter's Second Christmas Holiday Party last month. Everyone had a great time. Members sang Christmas carols led by Nancy Baker and Nora Stanton. There was a raffle drawing which was a highlight of the party. Everyone waited in eager anticipation hoping their raffle number would be drawn. It was a fun and festive time for all.

Well, I have to get back to working on my New Year's Resolution "To Do" list.

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

"Building Our Future on a Strong Foundation" is the theme for this year's national convention set for **June 6-10 in Orlando, Florida**. Convention planners feel that looking to the organization's future is an appropriate focus for MHI's biggest event of the year. While the focus is the future, the theme also acknowledges the hard-earned policies and medically respected approach that have made Mended Hearts the nation's largest community-based heart patient organization.

Christmas Luncheon Enjoyed by All by Nancy Baker

What a great gathering we had at our Mended Heart's Christmas Luncheon at Marie Callendar's in Walnut Creek. The food was delicious, the people were very interesting, the Christmas carol singing was enthusiastic and borderline operatic and the raffle for some very valuable prizes was quite competitive.

Nora Stanton was one of the anxious listeners to the raffle numbers. Finally, her number was called. What a relief? We were all afraid she might cry if she didn't win (only kidding).

Han Ong looked handsome in his reindeer ears, as did **Wayne King** and **Randy Finn**. We had several esteemed participants – our new members **Gay** and **Julius Kukorelli**, special Mended Hearts members **Marjorie Kerry**, **Gordon Maybrry** and his daughter **Marilyn**, and **Bob Walton**.

The people that organized this great shindig were **Anna Lee**, **Joanne Johnson** and **Kim Johnson**. Thanks for doing that ladies, it was fun!



Gordon Mayburry & daughter



Nora Stanton, Julius & Kay Kukorelli, Nancy Baker, Barbara Boyle



Randy Finn, Han Ong



Manuel daSilva



Nora, Nancy & Al Leading Christmas Carols



Madge Berthold & Wayne King



Bob Walton



Leslie Woolums, Margie Kerry, BJ Boone, Aida



Adorable Raffle Prizes



Eric & Madge Berthold, Wayne King

In early December our member, Lucy Lo, had surgery for a serious heart valve problem, but unfortunately she did not recover.

Lucy Lo, together with Dennis Iverson, gave a wonderful program demonstrating Tai Chi last July. With Lucy's passing, Dennis continues the work she has been doing for the past eight years teaching Tai Chi, a program some of our members attend.

Lucy Chang Lo was born in Shanghai on December 14, 1935. She was the youngest daughter, and was raised by her beloved grandmother. At the age of 13, she moved to Taipei. From 1956 to 1958 she attended college at the National Taipei University of Technology where she studied textile engineering.

Lucy met George Lo in 1959 in Taipei through friends. A year later, Lucy agreed with George to have George leave for the U.S. first to seek a better future, and in August the same year, Lucy joined him. In September 1961, the two were married at UC Berkeley's original Newman Hall. In 1963, the couple moved to West Los Angeles and in June 1964, their first daughter, Alice, was born. During this time, Lucy worked as an accountant at a CPA office leveraging her keen mathematical and organization skills. In 1968, their second daughter Cathy was born.

In 1970, Lucy led the development of the first Chinese School in southern California, the San Fernando Valley Chinese School (SFVCS), by becoming the first school principal. In recognition as the founder and first principal, as well as for her contributions to form an educational program where thousands of young students have learned Chinese and increased their appreciation for their heritage, Lucy was recognized by the SFVCS in 2007.

Due to a career opportunity for George, Lucy

and the family moved to Walnut Creek, California in 1976. Here, Lucy was able to fully show that she was a jack of all trades, holding a variety of paid positions ranging from accountant, computer programmer, life insurance sales person and realtor. She also started another Chinese school in Walnut Creek, the "Contra Costa County Chinese School" (CCCCS), and was the first principal there.

As her children became young adults, Lucy pursued several new hobbies, such as ballroom dancing and singing. Lucy and George enjoyed dancing for many years — winning competitions, and performing exhibition shows. Singing was a natural talent for her. She had a beautiful voice and studied both classical and modern pieces. She performed beautifully in several recitals, much to the delight of family and friends.

Lucy began teaching Tai Chi at the Walnut Creek Acalanes Adult School eight years ago. She offered her services to the Acalanes Adult School as a teacher free. Her students, both young and old, all loved Lucy because of her sense of humor, sincere interest in her students, and her positive energy. Lucy loved to teach Tai Chi and loved her class very much .

Lucy was a very outgoing and strongwilled woman, and she thrived on helping and being with others. Lucy will be dearly missed by all. She gave herself to so many people unselfishly and with no expectations. While Lucy would want us to grieve her loss, she'd also want us to remember all the good times we had with her and smile. So remember the good times, and keep that close to your heart forever.

To sign Lucy's memorial book go to Lucylo.memory-of.com.

Why Should I Limit Sodium?

Salt is a sodium chloride. Sodium is an element that is needed for good health. You must have a certain balance of sodium and water in your system at all times. Too much salt or too much water

will upset the balance. When you're healthy, your kidneys get rid of extra sodium to keep the correct balance of sodium and water.

What's bad about sodium?

In some people, too much sodium leads to or aggravates high blood pressure. Have less sodium in your diet may help you avoid high blood pressure.

People with high blood pressure are more likely to develop heart disease and stroke.

How much sodium do I need?

- The average American eats about 2,900 to 4,300 mg of salt, daily.

Healthy Americans should aim to eat 2,300 mg of salt a day.

- Some people - African Americans, middle-aged and older adults, and people with high blood pres-

sure - need less than 1,500 mg per day.

- Your body needs only about ½ gram of salt (less than 1/3 tsp.) Or 500 mg of sodium each day.

- Your doctor may tell you to cut out salt completely.

What are sources of sodium?

Most of the sodium in our diets come from adding it when food is being prepared. Pay attention to food labels, because they tell how much sodium is in food products. Here's a list of sodium com-

pounds to limit in your diet: •Salt•Monosodium glutamate (MSG) •Baking soda •Baking powder

- Disodium phosphate •Any compound that has "sodium" in its name.

What foods should I limit?

- Salted snacks
- Fish that's frozen, pre-breaded, pre-fried or smoked; also fish that's canned in oil like tuna, sardines or shellfish.
- Ham, bacon, corned beef, luncheon meats, sausages, and hot dogs.
- Canned foods and juices.

- Commercially made main dishes like hash, meat pies and frozen dinners with more than 700 mg of sodium per serving.

- Cheeses and buttermilk •Seasoned salts, meat tenderizers and MSG .

- Ketchup, mayonnaise, sauces, and salad dressings.

What else can I do?

- Avoid using table salt to foods.
- Use salt substitutes (with your doctor's approval) or herbs and spices.
- Eat fresh lean meats, skinless poultry, fish, egg whites, and tuna canned in water.
- Choose unsalted nuts and low-sodium peanut

butter. Cook dried peas and beans.

- Use products made without added salt. Try low-sodium bouillon and soups and unsalted, fat-free broth.

- Rinse canned vegetables, beans and shellfish to reduce salt.

Our Oldest Member

Remember the old **question**, “What is it like to be 90 years old?”

Answer “Well, for one thing there is no peer pressure.”

When asked to what she attributed her active old age, our oldest member, Beverly Bortin, who just celebrated her 90th birthday replied — “Don’t stop — keep on going. Have your friends and relatives over, keep doing volunteer work, travel, visit, keep your brain active. Don’t think of what you can’t do any more, think of all the things you can do, and keep on doing them. All of us have some limitations, but don’t let that stop you.”

Beverly went on to say, “I miss sewing, I miss taking long walks, I miss being able to dance, BUT — I can still read, listen to music, travel, work puzzles, have lots of company, and enjoy my children, grandchildren, great grandchildren, and all my wonderful friends. And I love being able to keep in touch with my distant friends and relatives via e mail.”

Beverly was born in Wisconsin right at the end of World War I, and has vivid memories of the

’20s and ’30s. During the Depression, she and her mother, a widow, moved from place to place, — Chicago, New Jersey, New York and finally Washington, DC where her mother got work in the government. In 1941, Beverly moved to Los Angeles, and during WW II, she worked swing shift at Douglas Aircraft and went to UCLA during the day to get her degree in Psychology.

After the war, she spent the next years raising her family, and when they were grown, went back to work as a Social Worker for Contra Costa County. She became interested in Mended Hearts when her husband, David, had a bypass operation. She liked the people in Mended Hearts so much that she continued with the organization after he died, and — as she put it — became a legitimate member in 2007 when she had three stents put in her arteries.

She loves to travel, and since Dave died in 2003 has visited 17 countries on five continents. “I learn a lot from traveling,” she said. “It is a wonderful education.”

While attending Tai Chi at the Acalanes Adult School today, we were shocked to learn that Chapter 254 member Lucy Lo passed away on December 4, 2008. Lucy regularly taught Tai Chi at Acalanes Adult, something which she was very passionate about. Some of you may remember Lucy at July's General meeting where she and Dennis Iverson (Lucy's student) did an excellent presentation on Tai Chi.

About four years ago, Lucy underwent a valve operation. Last year, she learned it was going bad. As a result, she underwent surgery again in early December. There were complications during the 9-hour surgery and she never regained consciousness. Her service was held on December 21, 2008.

Lucy is survived by her husband, George, also a Chapter 254 member (George was the first one to have heart surgery). She and George have two daughters.

This month's The Ticker Talker has a special page devoted to Lucy. We found her to be a wonderful, pleasant and cheerful person with an always present smile. We will miss her.

Al and Kim

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■ The General Meeting of the Chapter usually takes place 10 times a year, on the 4th Saturday of the month, at 1:30 P.M., subject to change.

■ The Board meets the 4th Saturday of each month at Noon.

**ALL MEETINGS ARE OPEN
TO EVERYONE.**



"You need more activity. Start with some light dusting of your exercise equipment."

Oatmeal with raisins: a convenient, sweet dish for a cold winter day

Would you like to protect your heart, fight cancer, boost your bones and have a sweet treat for breakfast?

A toaster pastry won't do it, but a dish that's almost as convenient will. Try oatmeal and raisins.

You might be too busy to cook, but placing equal amounts of regular oatmeal and water (2/3 cup) in the microwave, adding a handful of raisins and cooking for a minute and 20 seconds will bring you a great breakfast.

It has a chewy, sweet, nut-like flavor. Raisins are called "nature's candy," but you can also add fake sugar to sweeten even more without adding calories.

Use regular oatmeal instead of instant. The difference in microwave time is only a few seconds, and you get more of these health benefits:

Insoluble fiber and phytochemicals that are cancer fighters. Oatmeal has soluble fiber that reduces bad cholesterol without lowering the good kind.

People who eat oatmeal are less likely to develop heart disease. They think better and don't get hungry before lunch. And oats are good sources of many other vitamins and nutrients.

Raisins have high antioxidant activity that prevents cell damage. They are one of the best sources of boron, which is vital to bone health.

Raisins are a fruit that can lower your risk of macular degeneration.

You add milk, of course, a rich source of calcium and vitamin D.

- from Pages

Thank you

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

Please check our website,

www.

MendedHearts254.org
for information about our
Chapter.

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

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.

Kaiser Permanente Medical Services

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