



The Ticker Talker

MENDED HEARTS ★ DIABLO CHAPTER 254

Dedicated to inspiring hope in heart disease patients and their families

www.MendedHearts254.org

May, 2009

May General Meeting

SATURDAY, MAY 30, 1:30 P.M.

(NOTE CHANGE OF DATE)

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

"Heart Related Prescription and Non-prescription Medications"

Speaker : Dr. Lynn Deguzman

Mended Hearts members and recent patients know the importance of keeping abreast of their medications, taking them regularly, keeping clinical tests up to date, and knowing what they are taking and why. Knowing about medicine inter actions with over-the-counter drugs, and new information about heart medications is something all heart patients are anxious to hear. That's why when the Chapter has a pharmacist, it is always a very popular meeting

Lynn Hilario Deguzman, Pharm.D. is an Ambulatory Care Pharmacist at Kaiser Permanente Walnut Creek. She assists patients with their medications who are part of the Anticoagulation Clinic, Medication Therapy Management Program and the Chronic Pulmonary Obstructive Disease (COPD) Care Management Program at Walnut Creek. Prior to this, she managed patients cholesterol and blood pressure in the PHASE (Prevent Heart Attacks and Stroke) program at Kaiser Permanente Hayward and was an Inpatient Pharmacist at San Ramon Regional Medical Center.

Dr. Deguzman received a B.S. in Chemistry/ Biology from St. Mary College of California in 1997 and a Doctorate in Pharmacy from the University of California, San Francisco. She is married with two young children. Her hobbies include reading and traveling. She enjoys eating out at different restaurants.

COMING IN JUNE: Dr. Peter Tran, Kaiser Walnut Creek Cardiologist, will speak on **Pacemakers**. Put **June 27** on your calendar for this interesting meeting. Pacemakers are always getting improvements and changes. Find out what is new. There will be a room change, to be announced.



President's Message by Randy Finn

"STRESS"

Have you ever been stressed about something? Of course you have, we all have, and on a continuing bases. Stress is silent danger and is always there. We all stress

many times every day without being aware of being stressed.

Stress usually has a negative connotation to it because we stress about things that are going to be bad or negative. Rarely do we stress about positive things because we're usually willing to do something positive and with that, more often than not, comes anxiety.

So for us, with various heart problems, stress becomes more than just an emotion or a feeling. It becomes a threat to our health.

What can we do about stress? It's in our everyday lives. How can we do away with it? Perhaps we can't. However, there are a few things we

may consider doing about stress.

As an example: We can't do anything about the issue that's causing our stress but we can change the way we think about it. Perhaps you're stressing about something in the next day or week or month. You can't change that, but what if you could change the way you think about it?

The issue creating the stress probably has two sides and in some rare occasions three sides. Write down these two or three sides to the stress issue. One side of the issue may be a no brainer. The result is clear and you can't change it. The other side could go one way or another. But now that's clear to you. You haven't solved the issue but in a way you have resolved it into one or two possibilities. You can see this, you wrote it down, it's no longer taking all your thought process to resolve an issue that can't be resolved.

The simple process of writing something down and breaking it into its simplest form can in itself be a form of relief from stress. Try it! What have you got to lose?

Get heart smart: Know fact from fiction

• **Myth:** Heart disease strikes middle aged and older people. • **Fact:** A study of young adults shows that up to 75 percent have narrowing of the coronary arteries.

• **Myth:** Men are more likely to develop heart disease than women. • **Fact:** Men just show symptoms earlier.

• **Myth:** Once you have it, it is always progressive. • **Fact:** Some 20 major studies indicate that eating a low-fat diet, exercising regularly, and taking cholesterol-lowering medications can often halt or reverse the progress of heart disease.

• **Myth:** After you have a heart attack, life moves inexorably downhill. • **Fact:** Cardiac rehabilitation programs enable patients to lead vigorous lives.

• **Myth:** To get a heart benefit, you have to exercise until you are out of breath. • **Fact:** Accumulating 30 minutes of moderate activity on most days can

lower the risk of heart disease. Sessions of 10 or 15 minutes can be added to make 30.

• **Myth:** Medicalizing obesity is a form of prejudice. • **Fact:** Being more than 20 percent overweight doubles the risk for heart disease. Obesity is a medical condition that can be treated.

• **Myth:** If you have chest pain, wait to see if it goes away. • **Fact:** Ignoring symptoms of a heart attack is the worst thing to do. Call 911 immediately if you have pain, pressure, or squeezing in the chest; pain spreading to the shoulders, neck, or arms; chest discomfort with shortness of breath, light-headedness, sweating, or nausea.

• **Myth:** It's not possible to die of a broken heart or be scared to death. • **Fact:** Heart health can be damaged by stress and how we handle it. Mind/ body connections can be tapped to promote heart health.

Volunteer Jobs Available

At the present time there are opportunities for two volunteers.

1. Vice president and Program Chair.

Most of the work consists of finding and contacting speakers for the meetings. The Board makes suggestions and discusses what programs they think the membership would find interesting, and Program Chair calls the speakers, and works out dates that they are available. He or she gives the information about the speaker to the newsletter editor, finds out what equipment if any, the speaker will need, and arranges a gift and certificate for the speaker.

If this is a job that interests you, please get in touch with President Randy Finn, or come to the next Board meeting and decide then if you would like to volunteer.

(Note: we are so sorry that Hazel's health has made it necessary for her to resign. She was doing a great job!)

INTERNET VISITING SUPPORT PROGRAM

For 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.



2. The Hospitality Chairperson(s) organizes our



Annual Picnic and Christmas Luncheon. The picnic is a potluck, so the chair arranges what people bring. The Christmas Luncheon has been in a restaurant, so the Chair makes reservations, and finds out how many are coming.

Before the monthly meetings, the hospitality chair calls a few people to bring refreshments, and sets up tables before the meeting. There is always help available. At the present time there are three people who share making the coffee.

The Chairperson also purchases all supplies — coffee, tea, sugar, cream, soft drinks, bottled water and the paper products used. The Treasurer, Anna Lee, will reimburse what is spent when she receives the receipts.

This could be a nice job for two people to share — a couple, or two friends. It is a pleasant job, and fun for two to work together. Are you interested? To find out more, talk to JoAnn Johnson, or just come to the next Board meeting.

Editorial

Once when I was asked to serve on a Board and I couldn't make up my mind, my husband said: "With whom would you be serving? It's not so much the job you will be doing, as what the others are like. Supportive and pleasant? Or complaining and criticizing?"

It's a good point. One reason why I have continued to serve on the Mended Hearts Board is because the people are such a pleasure to work with. If you been hesitant about getting more involved with Mended Hearts, you should know that they are the nicest, and most supportive people. Getting to know them has been real plus in my life.

- BGB

Mended Hearts Most Important Work - Visiting Heart Patients

Every month volunteers go to the hospital to visit heart patients. These supportive visits have made a great difference in many lives, and visitors report that it is gratifying and interesting.

More visitors are needed. This is a good time to get on board, as the visiting training, which is necessary before a visitor can be accredited, will be offered this summer. You can talk to either of the Walnut Creek Visitor Chairs, **JoAnn Johnson**, or **B. J. Boone**, about what is involved. A visitor usually visits only twice a month. For Antioch, **Marietta Poldrack** is currently the only visitor, and could use help from anyone who lives in East County.

The April report of heart patients seen in Walnut Creek Kaiser Hospital.

37 visits, 3 family

40 Total Hospital patients seen

Those visiting were:

Nancy Baker, training **Anna Lee**, **Hazel Horti**, **Don** and **JoAnn Johnson**, **Bernie Ward**, **Leslie Woolums**

Antioch visits for April by **Marietta Poldrack**

6 patients, 3 with family

Trivia Teaser

FIRST LADIES

1. Which First Lady collaborated with her pet springer spaniel to write the best selling book "Millie's Book"? a-Hillary Clinton, b-Laura Bush, c-Barbara Bush, d-Eleanor Roosevelt.
 2. What was the real first name of Lady Bird Johnson? a-Claudia, b-Merle, c-Katherine, d-Mary.
 3. Which First Lady gave a tour of the White House for a TV program, earning a special Emmy Award? a-Nancy Reagan, b-Laura Bush, c-Jackie Kennedy, d-Bess Truman.
 4. Which First Lady worked as a professional dancer with the Martha Graham Company? a-Michelle Obama, b-Betty Ford, c-Laura Bush, d-Nancy Reagan.
 5. Which First Lady met her future husband at Stanford University where she was the only female geology major? a-Frances Folsom Cleveland, b-Caroline Harrison, c-Julia Tyler, d-Lou Hoover.
 6. The wife of which President was nicknamed "Lemonade Lucy" because she refused to allow hard liquor to be served at the White House?
- a-John K. Polk, b-John Tyler, c-Rutherford B. Hayes, d-Chester Arthur.
 7. Which first name was shared by the wife of Theodore Roosevelt and the second wife of Woodrow Wilson? a-Harriet, b-Nellie, c-Edith, d-Sarah.
 8. Barbara Bush's maiden name was the same as the surname of which President? a-Woodrow Wilson, b-Calvin Coolidge, c-John Kennedy, d-Franklin Pierce.
 9. Which First Lady was chosen by inventor Samuel F. B. Morse to have the honor of being the first private citizen to send a message via telegraph? a-Dolley Madison, b-Louisa Adams, c-Mary Todd Lincoln, d-Julia Grant.
 10. The surname of Dolley Madison's first husband was the same as the maiden name of which other First Lady? a-Hannah Van Buren, b-Sarah Polk, c-Rosalynn Carter, d-Mary Todd Lincoln.

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Visitors are invited to attend our monthly meetings. All meetings are open to everyone. Heart patients are encouraged to bring family members. Family members are important. Their understanding of heart problems, and the changes in life style the heart patient needs, helps support and encourage the patient.



Sunshine by Nancy Baker

Marlene Johnson - Marlene had her pacemaker replaced. Her husband, Norman, says she is doing fine. Norman is going to have a cataract operation - his name is on the list - so the Johnsons have been having a lot of doctor's visits. We are so glad to hear Marlene is doing well and we send Norman some eye operation blessings.

Al Johnson - had some surprising news. The Dr. discovered that he has a problem with his heart that will require him to lead a more quiet life. So, he has resigned his new volunteer job of being a regional manager for Mended Hearts. Kim is using her computer skills to find a healthy diet for him.

Hazel Horti - Hazel had been undergoing many tests lately which led to the discovery that Hazel has kidney cancer. She was operated on May 7. So, Hazel has resigned as Vice President/Program Chairman. Hazel, we wish you a quick recovery and return to our group.

Marietta Poldrack, our Antioch hospital visitor, will not be at the May meetings as she is leaving for Oregon until the end of June. When she returns she will bring her youngest granddaughter back for a visit.

In Memoriam

Robert Bowen Griesche Sept. 9, 1921~May 3, 2009

Bob passed away May 3 in the arms of Lillian, his wife of 65 years. Bob proudly served his country as First Lieutenant in the Philippines during WWII. Bob was a founding and active member of the Diablo chapter of Mended Hearts, where he served as Treasurer and on the Board for many years.

Answers to 'FIRST LADIES

1-c, Barbara Bush	2-a, Claudia	3-c, Jackie Kennedy
4-b, Betty Ford	5-d, Lou Hoover	6c, Rutherford B. Hayes
7-c, Edith	8-d, Franklin Pierce	9-a, Dolley Madison
10-d, Mary Todd Lincoln		

Kaiser Permanente Medical Center
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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 your help.

PLEASE CHECK OUR
WEBSITE
WWW.
Mendedhearts254.org
for more information
about our chapter

Facts about Mended Hearts

Mended Hearts, Affiliated with the American Heart Association, is a national nonprofit organization offering the gift of hope to heart patients, their families and caregivers for more than fifty years.

Mended Hearts has 17,830 members operating through 256 community-based chapters (and 57 satellites) across the U.S. with two in Canada. Chapters partner with more than 430 hospitals and cardiac care facilities in providing patient-to-patient support services. In 2007, Mended Hearts accredited volunteers made more than 212,534 visits to heart patients and families in person, online or by phone.

■ PERSON TO PERSON VISITING PROGRAM

Because Mended Hearts members represent the very kind of people they serve — those impacted by heart disease, they draw on personal experience as they inspire and help others. The heart patient and family gain hope by seeing other patients who have survived heart disease and are healthy.

Last year Mended Heart trained volunteers made more than 162,122 in-person visits to heart patients and 25,061 in-person visits to family members and caregivers.

