



The Ticker Talker

MENDED HEARTS ★ DIABLO CHAPTER 254

Dedicated to inspiring hope in heart disease patients and their families

www.MendedHearts254

October, 2009

General Meeting

Saturday, October 24,
1:30 P.M.

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

We are fortunate to have for our October speaker the **head dietician** for Kaiser Walnut Creek, **Terri Franklin**. All heart patients and their families can gain valuable and **authentic** information from her.

Heart patients are told over and over basic rules for healthful living which will help them to avoid another heart attack.

- If you smoke, stop!
- Exercise
- Loose weight
- **EAT A HEALTHY DIET**

*The question is, with all the contradictory information we read - **what is a healthy diet?** What should we avoid? What is the most important balance of food for a heart patient? How do we manage a salt free diet?*

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 50 years.

■ In - 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

■ Group Meetings

Healthcare professionals provide valuable information and answer questions. The support groups help people understand that there can be a rich, rewarding life after heart disease. Members listen, share their experiences, and discuss matters relating to lifestyle changes, depression, recovery, and treatment.

Our meetings are open to everyone. Please come and bring your family members. Information about heart healthy living, and meeting other heart patients is important to all of us.

Trouble from the Post Office - Sorry!

The September *Ticker Talker* was returned from the Post Office. They were not satisfied with the way it was folded, therefore the printed version was not received by our members.

However, the people that read the newsletter as an attachment to their e mail, or on line at our web site, www.MendedHearts254, did get the information.

Therefore, those of you who read the Ticker Talker on line, please bear with us as we repeat some of the information that was in the September Ticker Talker.

All members were informed about the picnic by the telephone committee, so there was an excellent turnout, with wonderful food and lots of fun and fellowship.

Patient Visiting

■ WALNUT CREEK HOSPITAL

During the Months of *July and August*, 39 patients were visited. One additional with family, and one visit with family only were made. The visitors were: **Al and Kim Johnson, Don and JoAnn Johnson, Tim Correia, Anna Lee, Jim Miller, Bernice Ward.**

During the month of *September*, 30 hospital patients were visited. Three of those were second time visits. Our visitors were: **Tim Correia, Al and Kim Johnson, Don and JoAnn Johnson, Jim Miller, Bernice Ward.**

■ ANTIOCH HOSPITAL

Marietta Poldrack, who has been a dedicated and faithful visitor in Antioch, has been unable to visit. Would you be interested in the important and heart warming volunteer job of visiting heart patients? Visitors get training and help in how to do this. Please contact Marietta for more information, her phone number is 516-1860, or contact either of our Co-chairs for Visiting, JoAnn Johnson or BJ Boone.

10 Tips for Handling Heart Failure

(Abstracted from UCLA Healthy /Years)

Heart failure is simply a reduced ability of the heart muscle to pump blood. The symptoms can include tiredness, dizziness, shortness of breath and swelling in the legs and ankles. What can you do about it?

- ❶ Cut back on salt in your diet.
- ❷ Lose weight.
- ❸ Follow a heart healthy diet.
- ❹ Exercise according to doctor's orders.
- ❺ Knock off bad habits — smoking, keep consumption of alcohol to a minimum, making sure to check with your doctor that alcohol isn't interacting adversely with any of your medications.
- ❻ Take your medications religiously.
- ❼ Monitor your body - keep track of your weight and take your blood pressure readings.
- ❽ Monitor your medications - make sure your doctor and pharmacist are always aware of exactly what's been prescribed and who prescribed it. *(For Kaiser patients whose records are all on line, this is easy.)*
- ❾ Regulate your potassium, eat bananas and citrus fruits. If you take ACE inhibitors or diuretics which tend to increase your potassium levels, work closely with your doctor and dietician.
- ❿ Avoid sick people. Get your shots every year, wash your hands often and avoid touching you face without clean .

Crispy Oven-fried Chicken - Heart-healthy Alternative to Traditional Fried Chicken

- 12 pieces of chicken (about 3 ½ lbs) skinned, all visible fat removed. Serves 6.
- ½ cup acceptable salad oil, pepper and salt (optional) | tsp ground ginger, | tsp paprika, | clove garlic (optional) 4 cups wheat-flake cereal, lightly crushed.

- Preheat oven to 350. Rinse and pat dry chicken. Combine salt, pepper, garlic, and paprika in small bowl. Place cereal in a pie plate or on a piece of foil. Brush each piece of chicken with oil mixture, then dip in cereal crumbs, pressing lightly to get an even coating on all sides. Place on ungreased baking sheet and bake for 45-60 minutes until chicken is golden brown and tender. Timing varies according to thickness of the chicken pieces.



■ Officers and Board Changes; Job Openings

As we reported in the July issue, **Randy Finn** had to resign as President due to health concerns. However, our vice-president, **Hazel Horti**, who has recovered very well from her kidney operation, is now able to take over as president. That is good news indeed.

That leaves a vacancy for the job of Vice-president. It is in interesting position, as the Vice-president is also program chair, i.e., he arranges to get speakers for our monthly meetings. The board is very helpful in making suggestions, and guiding the Program Chair where to get speakers. If you are interested in finding out more about this position, please call or e mail Hazel Horti.

We also have another volunteer job opening which is enjoyable — Social Chair. **JoAnn Johnson** is now Co-chair of Visitors, and will help someone get started in this job. Call or e mail her if you would like to find out more about what it entails.

■ July Meeting



Nancy Baker was the speaker at our July meeting, where she introduced Muttville, an organization that places abandoned senior dogs. **Hazel Horti** was so moved by the presentation, she adopted a dog.

■ September Picnic

We had a great group of members for planning the picnic and they are: **BJ Boone, Beverly Bortin, Hazel Horti, Wayne and Wanda King, Anna Lee, Don and JoAnn Johnson.**

Special thanks to **Ken DeFoe** who BBQed the chicken. It was delicious.

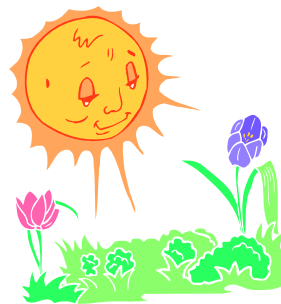
Everyone worked to clean up after the picnic, but thanks to **Polly Walton** for washing all those dishes.



Thanks for our donations from **Rocco's Ristorante and Pizzeria and Trader Joe'sStore** No. 123, both located in Walnut Creek.

SUNSHINE —

by Nancy Baker



The Tharratts — Bob has become the caretaker at their house. His wife, Jean, who has been his caretaker, had a stroke. And, while she is

recovering, Bob is in charge of all the details. He seems to have it worked out so that he is doing well. However, he fell and so he has to be very careful. Amazing how so many things can happen at once? Jean would love to receive cards - please send them to their residence 4201 Terra Granada 2A, Walnut Creek 94595.

Marietta Poldrack — Marietta has had some bad news about many of the people that she cares about. She is having a little difficulty visiting at the Antioch Kaiser because she feels she doesn't have anything to give. So, lets all send Marietta our encouraging thoughts. When she is ready to go back to visiting, I know she will do her usual great job because something about doing the visiting always makes the visitor feel better as well as the patient being visited. If you would like to talk to her, her telephone number is 925/ 516-1860.



Kaiser Permanente Medical Center

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postage to mail it. We are very
grateful for your help.

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WEBSITE**

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for more information
about our chapter