



# The Ticker Talker

MENDED HEARTS ★ DIABLO CHAPTER 254

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

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

September, 2009

*Mended Hearts Annual*

*BARBEQUE*

*and Pot Luck Picnic*

**Saturday, September 26, 2:00 p.m.**

**Heart-healthy Barbequed Chicken**

prepared by Anna Lee and her Gourmet chef

Please bring a salad, a side dish,

or a dessert to share - your choice

Door prizes ★ Games ★ Great prizes.

*Bring your friends and family. Everyone Welcome*

*Get better acquainted with each other,*

*sharing good food and fun.*

**Bortin Home, 117 Los Altos Ave., Walnut Creek**

Directions: Ygnacio Valley Road to San Carlos, to Los Altos Ave.,  
first street in from Ygnacio Valley Road, last house on the left.

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## Facts about Mended Hearts

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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 heart disease and are healthy.

### ■ Group Meetings

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

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39 patients were visited, one additional with family, and one visit with family only were made at the Walnut Creek Kaiser Hospital during the Months of July and August. The visitors were: Al & Kim Johnson, Don and JoAnn Johnson, Tim Correia, Anna Lee, Jim Miller, Bernice Ward.

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## 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?

- 1/ Cut back on salt in your diet.
- 2/ Lose weight.
- 3/ Follow a heart healthy diet.
- 4/ Exercise according to doctor's orders.
- 5/ 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.
6. Take your medications religiously.
- 7/ Monitor your body - keep track of your weight and take your blood pressure readings.
- 8/ 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.)*
- 9/ 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.
- 10/ Avoid sick people. Get your shots every year, wash your hands often and avoid touching you face without clean hands.

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

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- 12 pieces of chicken (about 3 ½ lbs) skinned, all visible fat removed. Serves 6.
- ½ cup acceptable salad oil, pepper and salt (optional) 1 tsp ground ginger, 1 tsp paprika, 1 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.

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## News about members of Mended Hearts Diablo Chapter

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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.

**Nancy Baker**, our Sunshine Chair writes : "Walt has Alzheimers and I am very busy taking care of matters that had gotten mixed up plus trying to learn as much as possible about this illness. If anyone has some things to share that will help me be a compassionate caregiver, I would appreciate hearing from them."

Nancy was the speaker at our July meeting, where she introduced Muttville, an organization that places abandoned senior dogs. Hazel was so moved by the presentation, she adopted a dog. [Speaking of dogs, if you have a well behaved dog that you would like to bring with you to the BBQ feel free.](#) Beverly says dogs and children are always welcome in her home.

**Marietta Poldrack**, our visitor in Kaiser Antioch, has had some health problems and has not been able to visit. She is anxious to find someone in East County who would like to visit there. Please contact her.



### MENDED HEARTS

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## 5 WRONG-WAY DIET HABITS

1. Eating the same way you did 20 years ago.
2. Not keeping healthy snacks on hand.
3. Underestimating the nutritional value of frozen foods.
4. Fasting or skipping meals.
5. Following fad diets or believing nutrition myths.

## WHAT YOU CAN DO

- Rebalance the contents of your freezer: 3/4 vegetables and unsweetened fruit, 1/4 dessert

items.

- Try to eat on schedule - breakfast, lunch, dinner, with healthy snacks in between. A few almonds or a carrot makes a good snack. As stack of cookies or a bowl of chips - no.
- Avoid eating late at night — it's bad for digestion, increases fat, and disturbs sleep.
- If you can, spend mealtimes with others, whether sharing cooking chores or eating out. Avoid binges and "lone wolf" eating habits.

Kaiser Permanente Medical Center  
Mended Hearts Diablo Chapter 254  
Volunteer Services  
1425 South Main Street  
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Thank You  
to Kaiser  
Permanente  
Volunteer services  
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We are very grateful  
for your help.

PLEASE CHECK OUR  
WEBSITE  
WWW.  
[Mendedhearts254.org](http://Mendedhearts254.org)  
for more information  
about our chapter

For those of you have undergone a heart condition or procedure or know of a relative who has, we hope you will seriously consider joining our organization, Mended Hearts.

**Mended Hearts is affiliated with the American Heart Association**

Visitors are welcome to attend our meetings the fourth Saturday of each month (except November and August.)

**OUR SEPTEMBER MEETING** is our annual picnic/BBQ. (See page 1 for details.) Visitors are welcome. For more information about the picnic, please call Joann Johnson, 685-1869,

**OUR OCTOBER 24 MEETING** will feature a dietician who will help us plan heart healthy meals. It takes place in the third floor meeting room in Kaiser Walnut Creek Medical Building at 1:30 P.M.

At our monthly meetings we feature speakers: cardiologists who help us understand various heart conditions; pharmacists who give us the latest information about medications; speakers like dieticians and physical therapists who teach us about life styles that improve our health and outlook.

**YOU ARE WELCOME AT ALL MEETINGS.**