



The Ticker Talker

Mended Hearts Diablo Chapter 254

Dedicated to inspiring hope in heart disease patients and their families

WWW.MendedHearts254.org

October 2008

General Meeting

Saturday, October 25, 1:30 P.M.

Kaiser Medical Office Building, Walnut Creek
Third Floor Conference Room

**“Estate Planning—Wills, Trusts, Power of Attorneys
— How to Protect Your Estate, Minimize Taxes and
Avoid Probate.”**

No matter your net worth, it is important to have a basic estate plan in place. Such a plan ensures that your family and financial goals are met after you die.

This month, **Estate Planning Attorney Richard L. Collari, Jr.** will discuss the different elements of an estate plan and their importance. You will not want to miss this month’s General meeting.

Richard Collari, Jr. has been practicing law in California since graduating cum laude from Boston College Law School in 1991. Before law school, he attended Dartmouth College and graduated magna cum laude in 1988. Immediately upon graduating from law school, Rick began practicing as an associate in a prominent California law firm.

In 1999, after he and his wife had their second child, Rick decided to leave the big firm, big city and long commute behind in favor of opening his own practice closer to home.

Rick is a member in good standing of the California State Bar, the American Bar Association, the Contra Costa County Bar Association and the Danville Area Chamber of Commerce. Rick, his wife, Louise, and two children, Michael and Steven, reside in Danville.

Our Annual Mended Hearts BBQ Was a Huge Success

Thirty-five people attended the BBQ in September. We had spectacular BBQed chicken, hot dishes, salads, deserts with lots of water, soft drinks and coffee. Again, our members demonstrated that they are wonderful cooks.

There were great raffle prizes and also many prizes for lively games of bingo, presided over by Wayne King.

A special thank you to the Committee Members: **Anna Lee, BJ Boone, Wayne and Wanda King, Norm and Marlene Johnson, Beverly Bortin.**

Special thanks to •**Al and Kim Johnson** who gave extra support to the work of the Committee, •**Nancy Baker** for helping with the prizes, • **Beverly Bortin**, our hostess, who again opened her home and garden for us, and • **Anna Lee** who brought the chicken, which **Ken Defoe** prepared on the barbeque.

Please see Page 2 for a photo montage of the event. Thank you to **Kim Johnson** for taking these great pictures.

Thank You Everyone,
Don and JoAnn Johnson,
Hospitality Chairs

NO MEETING IN NOVEMBER



SAVE THE DATE!
Holiday Luncheon

Saturday, December 13, 11:30 A.M.

Marie Callender’s, Walnut Creek

We had such a good time last year, it’s back by popular demand.

Please see details in enclosed flyer.

President's Message—Al Johnson

What a great day for a picnic! Thirty-two members and three visitors attended our Chapter's annual picnic on Saturday, September 20, 2008. It was a beautiful day. The sun was shining and the temperature was in the mid-70's. It was really nice to see so many members enjoy the good food (lasagna, salads, baked beans, and desserts to name a few), door prizes, bingo, and camaraderie. The main entrée heart-healthy barbeque chicken was again prepared by Gourmet Chef Ken Defoe.

Members had so much fun playing bingo and talking with each other that no one wanted to leave! Also, **Elaine Cady** who came to the picnic as a visitor left as the newest member of the Chapter. Elaine, thank you for joining!

I want to thank and recognize the following local donors for their generous support and donations for the picnic raffle:

- Mimi's Café, 1631 Willow Pass Road, Concord (\$30 Gift Certificate)
- Rocco's Ristorante & Pizzeria, 2909 Ygnacio Valley Road, Walnut Creek (Full Basket and \$25 Gift Certificate)
- Safeway, 200 Alamo Plaza, Alamo (\$25 Gift Card)
- Trader Joe's Store No. 123, 1372 South California Blvd, Walnut Creek (Bag of Groceries)
- Whole Foods, 1333 East Newell Avenue, Walnut Creek, (\$25 Gift Card)

Thank you also to members Bob and Polly Walton for their donation: BBQ set

My special thanks, appreciation and recognition to Hospitality Chair JoAnn Johnson and the Picnic Committee (BJ Boone, Beverly Bortin (for hosting the picnic *again* at her home), Don Johnson, Norm and Marlene Johnson, Wayne and Wanda King, and Anna Lee) for an outstanding job of putting together the fun-filled occasion. Thanks also to Nancy Baker for helping with the prizes.

On another note, I wanted to provide you with an update as to the status of the Chapter's

open leadership positions (President, Vice-President/Program Chair, Secretary) as well as the positions of Visiting Chair, American Heart Association, and Newsletter Committee.

The Nominating Committee (Beverly Bortin, Kim Johnson, Anna Lee) have been diligently working to find members interested in filling these positions.

Great news! I am happy to report the following members have volunteered:

- President – Randy Finn
- Vice President/Program Chair – Hazel Horti
- 1. Secretary – Wanda King
- 2. American Heart Association Liaison – Nancy Baker
- 3. Newsletter Committee – Wensheng Wang and his wife, Yi Gao

On behalf of the Executive Board, Committee Chairpersons, and Chapter membership, **"Thank You"** to Randy, Hazel, Wanda, Nancy, Wensheng, and Yi Gao for stepping forward.

We are still looking for a member to fill the Visiting Chair position. Please contact Beverly, Kim or Anna if you are interested or have questions about the position.

I want to welcome new members **John and Dorothy Evans** to the Chapter. If you see John and Dorothy at one of our General meetings, please introduce yourself to them.

Saturday, December 13, 2008. Please mark and reserve this date on your calendars! This is the date of our **Christmas Holiday Party at Marie Callender's in Walnut Creek.** For more details, please refer to the flyer in this month's *The Ticker Talker*.

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



Report of the Nominating Committee:

The Nominating Committee is happy to report that the slate of Officers and Committee Chair is almost complete. The new Board will take office in February.

The Committee recommended that the date and time for the Board meetings be changed. The meeting has been on the second Thursday at 1:00 P.M. That time and day makes it difficult for working members to attend. Therefore, the Committee recommends that the Board meetings take place on the fourth Saturday, at Noon, before the General Meetings. Members have already committed that day for the General Meetings. This change will be voted on at the next Board meeting.

Here is the slate:

OFFICERS:

President **Randy Finn**

Vice President/Program Chair

Hazel Horti

Secretary

Wanda King

Treasurer

Anna Lee

COMMITTEE CHAIRS

Visitor Scheduling

Pending

Visitor Training

Kim Johnson

Hospitality

JoAnn & Don Johnson

Sunshine, & American Heart Association

Liaison

Nancy Baker

Publicity

Anna Lee

Newsletter Printing and Mailing

Wensheng Wang & Yi

Gao

Newsletter & Press Releases

Beverly Bortin

Publications

Marv Weaver

VISITING HEART PATIENTS IS THE MOST IMPORTANT WORK OF MENDED HEARTS!

Visiting heart patients gives them hope, and holds out a helping hand. It is interesting and rewarding work. New Visiting Volunteers receive training, and visit with an experienced Visitor to begin with.

To find out more about becoming a Visitor contact President Al Johnson.

Patients visited in September, Kaiser Walnut Creek

Total visits in the hospital - 53

New patients visited - 48,

Second visits - 2,

Family only visits - 3

Hospital Visitors for September were **Nancy Baker, Beverly Bortin, Tim Correia, Randy Finn, Hazel Horti, Al & Kim Johnson, Don & JoAnn Johnson, Jim Miller**.

Telephone visits in September - 14. Telephone Visitors were **Tim Correia, B.J. Boone, Wayne King**

Patients visited in September, Kaiser Antioch New patients visited - 1

Patients visited with families - 3

Visitor was **Marietta Poldrack**.



Recent heart surgery patients and others who are considering membership in Mended Hearts Diablo Chapter 254:

We hope you enjoy reading our 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. Visitors are welcome to attend our 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.

Plan a Healthy Halloween

Halloween isn't all about the candy. Why not offer your trick-or-treaters those healthy snacks:

- juice boxes granola bars
- mini bags of pretzels, popcorn or nuts
- boxes of raisins or whole-grain cereal
- cheese-n-crackers packs
- fortified cereal bars sugar-free gum

Use only commercially prepared and packaged treats for safety's sake.

- from Pages



Fall Prevention Program of Contra Costa County

Recently, Nancy Baker attended a program on fall prevention, a problem for adults 65 and over. It is the leading cause of accidental injury deaths among Contra Costa residents 65 and older and the leading cause of unintentional hospitalizations *for residents of all ages*.

More than 1/3 of adults 65 and older fall each year. Of those who fall, 20% to 30% suffer moderate to severe injuries, which can limit independent living, as well as increase the risk of early death.

Here are the Right Steps to take to prevent falls.

- ◆ Ask your doctor about a bone density test, and if needed, get medications to strengthen your bones.
- ◆ Talk with your doctor about a regular exercise program to keep you strong and improve muscular tone. Mild weight-bearing exercise such as walking or climbing stairs may slow bone loss.
- ◆ Have your vision and hearing tested often. If your doctor orders new eyeglasses, take time to get used to them and always wear them when you should. If you need a new hearing aid, be sure it fits well.
- ◆ Find out about the possible side effects of your medicines. Some may affect your balance and coordination.
- ◆ Limit the amount of alcohol you drink. Even a small

Food Safety Advice

How to keep bacteria from poultry or meat out of your kitchen.

Q. I recently heard that you should not wash poultry or meat before cooking it. Why is this?

A. It's because:

- (a) cooking the meat or poultry thoroughly will kill any bacteria, and
- (b) rinsing meat and poultry can splash bacteria onto dishware, utensils, and other foods.

Always cook meats and poultry at recommended temperatures to kill bacteria and use a meat thermometer to ensure that the meat is cooked all the way through. The U.S. Department of Agriculture (USDA) recommends a safe internal cooking temperature of 160° F for ground beef, pork, veal, and lamb, and 145° F for steak and roasts. Chicken breasts and whole birds should be cooked to 165° F.

amount can affect your balance and reflexes.

- ◆ Always stand up slowly after lying down or resting. Getting up too quickly can cause your blood pressure to drop, which can make you faint.
- ◆ Don't let your home get too cold or too hot. Summer heat can make you dizzy. Drink lots of liquid and exercise. In the winter, keep your nighttime temperature at 65° or warmer.
- ◆ Use a cane, walking stick, or walker to help you feel steadier when you walk. This is especially important in areas where walkways are uneven. Be careful when walking on wet or icy surfaces.
- ◆ Wear rubber-soled, low heeled shoes that fully support your feet. Wearing only socks or shoes with smooth soles on stairs or waxed floors can be unsafe.
- ◆ Hold the handrails when you use the stairs. If you must carry something, hold it in one hand and use the handrail with the other.
- ◆ Don't take chances. Stay away from a freshly washed floor. Don't stand on a chair or table to reach something. Use a special grabbing tool.
- ◆ Find out about buying a home monitoring system service. Usually, you wear a button on a chain around your neck. If you fall or need emergency help, you just push the button to alert the service. Emergency staff is then sent to your house.

Follow these other tips for safe meat and poultry preparation:

- Store raw meat, poultry, and seafood at the bottom of the refrigerator so their juices don't drip onto other foods.
- Defrost and marinate meat, poultry, and seafood in the refrigerator — never on the kitchen counter.
- Use different cutting boards and plates for raw meat, poultry, and seafood vs. produce, ready-to-eat, and cooked foods.
- Wash all utensils and cutting boards in hot, soapy water after you prepare each food item.
- Refrigerate leftovers promptly after eating.
- Wash your hands frequently before, during, and after cooking.

- From Johns Hopkins

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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

ALL MEETINGS ARE OPEN

Sunshine by Nancy Baker

This month's Sunshine Report is about our Mended Hearts picnic. It was a delightful event and the sun did shine.



■ Marietta and Floyd Poldrak won a prize because they came the greatest distance.

■ Beverly Bortin won a prize for being the oldest (I am not telling). Eric Berthold and Bob Tharratt ages are very close to Beverly's age (I am still not telling – but they are all three over 50 years old.)

■ Wensheng Wang won a prize for being the youngest – and I am telling his age – it is 44. Do you remember being 44 years old?

■ JoAnn Johnson didn't win a prize but she should get a big prize because her picnic planning is outstanding.

♥ JoAnn and Don Johnson are celebrating their 60th wedding anniversary this month! We wish them many more years of wedded bliss..

Where in the world is Paul Harris?

I wasn't looking for Waldo. I was looking for our former Mended Hearts president. I found him at home (surprise). He tells me that he and his bride have been visiting his son in Oregon, going to a lot of events at the Regional Center for the Arts and other fun events.

Paul is volunteering at Kaiser Shadelands and Naomi is a third year student in the Episcopal School for Deacons. She has been assigned to St. Anselm's Episcopal Church in Lafayette. Paul says he critiques her sermons. He said to tell all of you he is "terrific" and "top of the heap"

Staying Well Physical Activity Reduces Cancer Risk

◆ For men: Studies at UCLA and elsewhere show that physically active men have a lower risk of prostate cancer. Physical activity on a job that included walking and light labor was best.

◆ For women: Those who are physically active over their lifetimes are at lower breast cancer risk. Researchers found that in women who were the most active, cancer risk decreased by 26 percent compared to those who were the least active.

◆ Everyone: Many studies show exercise helps prevent cancers of the colon.

Eye health and AMD

Almost everyone has seen grids published in magazines. They look like the outline of a checkerboard. If you first close one eye, then the other to look at it, you might have discovered that with one or both eyes, the lines were a little wavy in the center of the grid.

The bad news is that you may have a very early case of macular degeneration or AMD. The good news is that eye-health supplements could make those lines look straight again.

Doctors at Tufts University say a combination of vitamins C and E, zinc, copper, lutein, zeaxanthin and astaxanthin increase central-retinal function in patients with early AMD. Most of these are included in a multivitamin. The last three are not.

- from pages

