



Mended Hearts, Inc.

Greater Rochester Chapter 50

“Heart Beat of Rochester”

www.mendedheartsrochester.org

MARCH MEETING

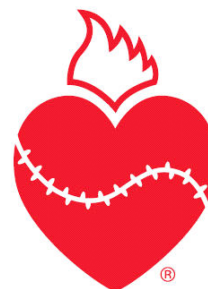
Monday, March 22, 2010, 7:15pm (Note the new date)

Mark Hamer, MD, is the Director of the Cardiac Electrophysiology Lab at Rochester General Hospital. As a Cardiac Electrophysiologist (EP), Dr. Hamer primarily takes care of patients with heart rhythm problems including bradycardia, AV block, atrial fibrillation, SVT, and VT. He implants pacemakers and ICD's, and performs catheter procedures such as EP studies and ablations. He did his training at Northwestern University, Duke, and the University of Rochester. His topic this evening will be “Atrial Fibrillation: What is it and how do I deal with it?” The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Rd, Henrietta.

APRIL MEETING

Monday, April 19, 2010, 7:15pm

Tracy Cherry, a Registered Dietitian with 10 years experience helping heart patients navigate their way to heart healthy eating, is a graduate of RIT and completed her internship at the James A. Haley VA Hospital in Tampa, FL. Ms Cherry is currently working on her master's degree in education for health care professionals through the Warner School at the U of R. Her topic this evening will be “Eating the American Heart Association Way”. The meeting will be held at the Henrietta Volunteer Ambulance Facility, 280 Calkins Road, Henrietta.



*We ask for your blessings, Lord:
We ask for strength that we
may pass it on to others...
We ask for faith that we may
give hope to others...
We ask for health that we may
encourage others...
We ask for wisdom that we
may use all your gifts well.*

*It's great to be alive - and to help
others!*

INSIDE THIS ISSUE:

MENDIVER-SARIES	2
PRESIDENT'S CORNER	3
KIDDIE CORNER	4
MEMBER SPOTLIGHT	5
HEART WALK	6
MEMBERSHIP APPLICATION	7

CANANDAIGUA MEETINGS

Thursday, March 11, 2010, 7:00 – 9:00PM

James Broderick, DPM, will speak on “Maintaining a Healthy Step – Putting Your Best Foot Forward”(Healthy Feet for Cardiovascular Exercise). The meeting will be held in the RG&E Family Room, (In the M.M. Ewing Continuing Care Center), Thompson Health, 350 Parrish Street, Canandaigua, NY 14424

Thursday, April 8th, 2010, 7:00-9:00 PM

Stacey E. Lauretti, BS RRT NPS (Registered Resp Therapist, and Neonatal Pediatric Specialist), will speak on “Communicating with your Doctor”, including information on how to select a doctor, things to consider when looking for a doctor, preparing for the first appointment with a new doctor, how to talk about sensitive issues with a doctor, evaluating health info from the internet, how to get the most out of an appointment with your doctor. The meeting will be held in the RG&E Family Room, (In the M.M. Ewing Continuing Care Center), Thompson Health, 350 Parrish Street, Canandaigua, NY 14424

**Save the date: April 10, 2010
Rochester Heart Walk pg. 5 & 6**

VISITING CHAIRMAN'S REPORT

Greetings to all from sunny, but way to cool, Florida.

Our visiting program goes on although our numbers are significantly down from last year. Thank goodness for Joe and Cathy Buggie, who are now fully qualified to visit at Rochester General, and, of course, to our dependable Frank, Bob B., Bob F., Sharon F. and Rollie, who are holding down the fort while others of us are away or under the weather.

We have a significant need for more hospital visitors, and any one that

might be interested, please contact me and I will set up an accreditation (training) seminar as soon as possible.

Respectfully,

Harvey Steron

Chapter #50 Visiting Chairman



HEALTH INFORMATION AVAILABLE

Do you need information on a medical condition, disease, or treatment? The Stabins Wellness Information Center at Rochester General Hospital offers confidential answers to your medical questions from their medical library service.

Our medical librarians provide reliable medical information in understandable language. Call 922-9355 to request information on your health topic. We will mail or e-mail the information to you, free of charge.

MEN DIVERSARIES

MARCH

APRIL

Richard Barone	Joan Reineke
Eugene Binder	Joseph Russo
Patricia Guerrette	David Wohlers
Irving Kessler	Clare Wolcott



Donald Bulmer	Robert Multer
Sharon Feldman	Charles O'Connor
Jean Groff	James Poole
Gary Honeyford	Bradley Sturmer
Joseph Kruppenbacher	Jay Taber
Mary MacIntyre	Clarence Weissinger

NEW MEMBERS

Mended Hearts - Chapter 50 would like to welcome a few new members. We are happy to have you a part of our organization.

Mrs. Vivian Darling
Roy and Dorothy Farnsworth

Thank you for your support!

HEARTBEAT OF ROCHESTER

The "HEARTBEAT of ROCHESTER" is the bimonthly periodical from the Mended Hearts, Inc., Rochester NY Chapter #50. Chapter #50 is a nonprofit service organization of Mended Hearts, Inc., Dallas, Texas, which is dedicated to alleviating the stress and trauma associated with heart disease and surgery. This periodical is issued free of charge to heart patients and to members of the Chapter #50 Mended Hearts Inc. Permission is granted for anyone to reprint any portion of this newsletter.

PRESIDENT'S CORNER

Hello Everyone,
You will be thrilled
when I tell you that
we now officially
have a Mended *Little*



Hearts (MLH) chapter in Rochester. As you know, last month we had an Ice Cream Social for children with congenital heart disease (CHD) and their families. When I was trying to get this party together, I had no idea that a young mom, Jennifer Kowal was also trying to start up a local chapter (look for her story in the newsletter). Because of the HIPPA policy we were unaware of each other and the efforts that we were both going to, to form a MLH chapter here. I had help from Dr. Stephen Cook, Assistant Professor of Pediatrics, Golisano Children's Hospital at Strong and also the American Heart Association Board President, who brought MLH to the attention of many people at Strong Hospital in influential positions. Jen Giblin, Social Worker, Pediatric Cardiology, Golisano Children's Hospital at Strong, also brought our messages to her Board. Finally the decision was made by Strong that they would support a Mended *Little* Hearts program. Jen was instrumental in sending out our invitations to the families and also placing our invitations in the pediatric clinic. By the time we had our Social, Jennifer Kowal already had found 20 families who wanted to be part of a MLH chapter. Jennifer worked very hard to get things going. We had many sponsors who made the Social possible. The Jewish Community Center gave us a room to use, Wegman's and Top's each donated

gift cards that enabled us to purchase all that we needed to serve, Lisa's Hallmark gave us stuffed animals and bracelets, Friends of Strong gave us handmade teddy bears, Lori's Natural Foods gave us bags of organic apples and the Grease Paint Alley Clowns did a wonderful job of entertaining everyone with balloons and face painting. Thank you also to our MH members who were able to get our sponsors and/or who came to help out at the Social: Gene Binder, Tony and Jo Carlisi, John and Nancy Schmidt Harvey Steron, Bob and Dawn Peri and Melissa Bowman (a pediatric nurse). A yummy time was had by all. Congratulations to Louise Criticos, Director of Friends of Strong Memorial Hospital for winning the Excellence Award. She is one of only six staff members and two groups to receive the award for 2009. Along with managing approximately 1300 volunteers, she also oversees the lobby and waiting rooms, information desk, specialty shop, patient discharge, flower delivery and important fund raisers like the Rochester River Run and Gala Wine Tasting. If that wasn't enough since 2005 Louise has coordinated and directed all medical blood drives and has served as president of New York Association of Directors of Volunteer Services from 2004-2006. Louise we are so proud of you and the wonderful job that you are doing, please take a well-deserved bow. There is a new website that you might like to access. It's

www.HealthyHeartsinHarmony.com. Mended Hearts, Inc has partnered with Eli Lilly & Co. and Daiichi-Sankyo, Inc. to bring this website to you. Healthy Hearts in Harmony helps patients and their loved ones explore a holistic approach to recovery by providing information about: Staying fit, Eating Healthy, Benefits of Music Therapy and maintaining emotional health during the recovery process and lots more, so check it out.

We send out get well wishes to the following MH members: Michael Bradley, Bob Joyal, Verna Mendola and Ron Tuttle.

Spring is almost here!!!! We made it through another long winter. Hope to see you at the March meeting. It will be great.

Sharon



Mended Hearts Chapter 50

Editor Wanted

We are looking for a new editor for our newsletter. Kelly Joyal our present editor step in and helped our chapter out when we were in a time of need. Now she is starting a new chapter in her life and will be having her first son in June!

So please, if you know anyone who is computer savvy and would like to help us out four times a year in creating this newsletter we would greatly appreciate it.

The template is set up on publisher, Kelly would be willing to go over the newsletter with any interested parties. Creating the newsletter can be done remotely, so you don't necessarily need to live in Rochester to help.

Contact Sharon @ 544-1565

THE KIDDIE CORNER

Fact: approximately 9 out of 1,000 babies are born in the U.S with Congenital Heart Defect (CHD) each year!

Fact: up to 1.3 million Americans alive today have CHD; one half of these are under the age of 25.

As you know, parent organization Mended Hearts provides support for adults of heart disease, but what you might not know is that Mended *Little* Hearts is a support program for families and caregivers of children with Congenital Heart Defects (CHD).

We are excited to announce, that just last month 'Mended *Little* Hearts of Greater Rochester' was inaugurated. Now from diagnosis to illness to good health, local members can give and receive much needed comfort and support.

MLH members, either directly or indirectly, have all experienced the pain, fear and triumphs of having a child with a heart defect – we understand the importance of providing support to others who face similar situations.

My husband, Pete and I, know firsthand that having a child diagnosed with CHD can be overwhelming. Our life changed on March 31, 2009 when we were diagnosed at 20 weeks pregnant during a routine ultrasound. It is amazing what you can learn in an hour and how your life can change. That is how long it took for them to say, 'we detect a possible problem with your baby's heart' to 'your baby has several severe heart defects and will need multiple open heart surgeries to

repair them'. We walked out of that 'routine scan' as different people.

Claire Elizabeth was born July 27, 2009. She was diagnosed with: Hypoplastic Right Heart (HRHS), tricuspid regurgitation and stenosis, along with pulmonary atresia which all means that the right half of the heart is too small, some blood flows back into the heart instead of out and a blockage in the pulmonary valve prevents blood from flowing into the lungs for oxygenation.

On her third day in the world, Claire Elizabeth had her first open-heart surgery. The BT Shunt was put in between the aorta and her pulmonary artery. This allows her blood to pick up more oxygen from the lungs before heading back out into her body and they opened up her pulmonary valve with a patch.

Today, our sweet, little daughter is almost 7 months old and doing quite well. Her second surgery is not scheduled yet, but we know it is inevitable – we will know more in March after we see our Pediatric Cardiologist (PC) and visit the cardiac catheterization lab.

Pete and I are very fortunate to have a beautiful family. Claire has two older brothers: Simon, who just turned 3 in November and Oliver, who will be 2 in April. Three little ones make life a bit hectic sometimes, but when you have a sick child, it makes you appreciate every little thing.

Even though life is still uncertain, what we do know is that Claire Elizabeth has given us so much more than she will ever truly know. She has given us the strength, courage and the will to want to help others. Pete

and I want families to know that they are not alone and that there are others who do know what they are going through.

That is why we felt compelled to start, with the help of others, Mended *Little* Hearts of Greater Rochester. We want to bring local support, local comfort to those in our community that are affected, either directly or indirectly, by CHD.

For more information about MLH, you can visit our website www.mendedlittlehearts.org, reach me by email rochesterny@mendedlittlehearts.org or call me at 585-398-7112.

Our monthly meetings are the 3rd Tuesday of the Month at 6:30pm in the Lifetime Care Building located at 3111 S. Winton Road in Rochester.

Little hearts hold big hopes!

Jennifer Kowal



CHAPTER 50 CARDS

This is a great opportunity for you to acknowledge important events, to especially recognize family and friends or to honor those who have passed away, and at the same time help our Chapter 50. A Mended Hearts card with an appropriate message, indicating you have made a contribution to our chapter for a special reason will be sent if you call Marlene Adams at 585-244-2030. There is a \$6.00 minimum contribution.

MEMBER SPOTLIGHT - JOHN SCHMIDT



Shortly after my seventh birthday, in 1939, I became seriously ill with rheumatic fever, as a result of a strep throat infection, that settled in my heart, and left me with a damaged mitral valve. Back then there were no antibiotics that could have prevented this from happening. As a result, I spent the next four years in bed. I had frequent nose bleeds and, always, a low grade fever, so bed rest was the only thing the Dr. could prescribe. My parents were told that I "probably wouldn't live past age thirty-five." I fooled them all since I am now seventy-eight years old.

I spent the next four years being tutored at home, and did not go back to school until I was in the sixth grade. I wasn't allowed to play any sports, or when I was older, I couldn't join the military.

I graduated from high school, had several years of college, got married, and, with my wonderful wife, raised seven children.

I always thought I was in pretty good health, after my illness in childhood, then my Dr. told me that in the near future, I would have to have the mitral valve replaced. Shortly after my sixty-fifth birthday, things changed. I started having recurring chest discomfort. I chalked it up to the aging process. Then these episodes began happening more frequently. I called the Dr. and after relating my

symptoms to him, he sent me to the hospital. On April 23, 1997, I had an angiogram that showed some serious blockages in my arteries. I underwent quadruple by-pass surgery, and, a mitral valve replacement. The surgeon said I "was a walking time bomb."

I've had a few problems since then, but now, thirteen years later, I'm taking my meds, watching my diet, and exercising. I am a member of Mended Hearts, a volunteer at RGH, where I let the patients know that there is a good life after heart surgery.

I am very grateful to be alive..

Thank you John for sharing your story... your contribution is truly appreciated!

If you would like to be featured in the next Mended Hearts' newsletter please e-mail Editor, Kelly Joyal: kelly.joyal@gmail.com

TO ALL MENDED HEARTS MEMBERS, FAMILY AND FRIENDS

My name is Bob Peri. I am the team leader for Chapter 50's efforts to raise money for the American Heart Association, at the Rochester Heart Walk, Saturday, April 10th, 2010. This is a great cause; and I'm sure either you or someone you know has been affected one way or another because of heart disease or stroke.

I know from my own experience, that if not for the research that has already been put into helping to cure heart disease, I wouldn't be here today. I know that because, back in 1975, my father, at the age of 47, died from complications of a dissected aorta and compromised valve. On August 22, 2002, at the age of 44, I suffered a dissected aorta of my own that compromised

my aortic valve. The exact same things that claimed my father's life in 1975, 27 years later I was able to survive, due to the money donated and collected by generous people, just like you and me. This is why I can truly say and believe I'm here today because of donations to fight heart disease and stroke.

Many people feel out of place or are reluctant to ask someone for a donation because they might feel the person being asked can't afford it. Maybe it's because you are being asked for donations all the time, and sometimes feel obligated to give. I thought that too, and then I found out there are many people who want to give because everyone somehow someway has been affected by heart disease. I also found out there are

many people that have been the beneficiary of heart research, either by surviving heart disease or having a loved one or friend saved by it. You can't put a price on the gift of life.

Asking is the hard part, but when people share and give to the cause that you believe in, you can feel proud you were a part of something that may save someone near and dear to you. That is the greatest feeling I know, and is something I'm happy to be involved in. For more information go to our website at www.mendedheartsrochester.org and click on Heart Walk.

Thanks to all,

Bob Peri

Save the Date!

Event Goal: \$715,000

Saturday, April 10, 2010



The American Heart Association is the largest voluntary health organization working to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases. These diseases, the Nation's No.1 and No.3 killers, claim more than 865,000 American lives a year. Thanks to all our walkers, donors and volunteers who have accepted the challenge to help fight heart disease and stroke. We cannot achieve our mission without each one of you!

For more information please contact one of your Start! Heart Walk staff partners at (585) 697-6270 or via email at robbin.anello@heart.org

More on page 5 from Robert Peri, Chapter Heart Walk Leader

MALL WALKING

Did you know that there is a Mall Walking group at Eastview Mall?

Judith Flamini, LPN, Lifestyle and Nutrition Specialist who works as an advisor for Phase 2 patients in Cardiac Rehab at Thompson Health in Canandaigua sets up a table near "Gloria Jean's Coffee Shop" the 2nd and 4th Tuesday of the month from 8:00 am - 9:30 am.

If you'd like she will take your blood pressure and keep an ongoing record for you. It's free and open to anyone who wants to walk.



Joke:

The Perfect Girl

A friend asked a gentleman how it is that he never married. Replied the gentleman, "I guess I've been looking for the perfect girl." "Oh, surely you have met at least one girl that you wanted to marry." "Yes, there was a girl. She was just the right everything. She was the perfect girl for me." "Then why didn't you marry her?" asked the friend. "She was looking for the perfect man!" he replied.

Go Green Word Search

R R A W R Q V E L P P A M
 P E A S O F I N C H A G O
 B R V S I O R E V I R N N
 P A F O S R D S E A T I K
 T E Y K L O A P W G Y T E
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 U A E P N T T D T C Q U A
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| ALGAE | GRAY | PEAS |
| APPLE | GROCER | PEPPER |
| ASH | LIGHT | PUTTING |
| ASH | MONKEY | REVOLUTION |
| BAY | MOSS | RIVER |
| BERET | MOUNTAINS | SAGE |
| BLUE | OLIVE | SALAD |
| BOTTLE | ONION | SEA |
| CARD | PARIS | TEA |
| DANDELION | PARTY | THUMB |
| FINCH | PEA | TURTLE |
| | | WOODPECKER |



Forward March Sudoku

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

	7			1				
			3		2			
		2			8	1		
	2	3	1					
4					5			
						5		1
	1				4	6		3
7	9			8				4
2			6					9

The Mended Hearts, Inc. / Greater Rochester, NY Chapter 50

Founded 1951 * Incorporated 1955

MEMBERSHIP APPLICATION

Mr./Mrs./Ms. _____ Date ____ / ____ / ____
 Address _____ Phone _____ Birthday ____ / ____ / ____
 City _____ State _____ Zip _____
 Name of Spouse _____ E-mail _____
 Type of Procedure _____
 Date of Procedure ____ / ____ / ____ Hospital _____ Surgeon _____

- | Membership Type (circle one) | Application Dues |
|------------------------------|--------------------------------------|
| Individual | \$22 (National \$17 + Chapter \$5) |
| Family | \$31 (National \$24 + Chapter \$7) |
| National Life (Individual) | \$155 (National \$150 + Chapter \$5) |
| National Life (Family) | \$217 (National \$210 + Chapter \$7) |

Please mail this application and your check made out to Mended Hearts, Inc., Chapter 50, to:

**Robert P. Joyal, Treasurer
 65 Erie Dr.
 Fairport, NY 14450**

You must be a member of the National Organization to be a Chapter Member

I/We (spouses are always welcome) would like to be part of Mended Hearts effort as checked off below:

- Telephone Hospitality Visiting Communications/Publicity
 Newsletter Program Membership Historian
 Fifty-fifty American Heart Association Sunshine

WHO WE ARE...




Mended Hearts, a national nonprofit organization affiliated with the American Heart Association, has been offering the gift of hope to heart disease patients, their families and caregivers for more than 50 years. Total membership is over 17,500.

Mended Hearts began in 1951 when Dr. Dwight Harken, Chief of Cardio Thoracic Surgery at Brigham Hospital in Boston, saw a need for a support group to help his patients after they had undergone heart surgery. The Greater Rochester Chapter 50 was established in 1966.

Mended Hearts brings together patients, spouses, family, and medical professionals to form a network of caring individuals.



MENDEDED HEARTS OF ROCHESTER ACKNOWLEDGES THE GENEROUS SUPPORT OF:

<p style="text-align: center;">Mended Hearts - Chapter 50 would like to express its sincere thanks to the “Rochester Heart Institute” – a part of Rochester General Hospital for their generous assistance in printing our newsletter!</p>	<p style="text-align: center;">Mended Hearts Chapter 50 Wishes to thank Lori’s Natural Foods for supplying the organic apples we serve at our monthly meetings!</p> <div style="text-align: right;">  <p style="font-size: small;">900 Jefferson Rd. lorisnatural.com</p> </div>
<p style="text-align: center;">A great big thank you to New York State Senator Jim Alesi and New York State Assembly Member Joseph Morelle. Your support is greatly appreciated and will go towards helping us educate the public about living with heart disease.</p>	<div style="text-align: center;">  </div> <div style="text-align: center; border: 2px solid black; padding: 5px; margin-top: 10px;"> <p style="font-weight: bold; font-size: 1.2em;">HENRIETTA VOLUNTEER</p>  <p style="font-weight: bold; font-size: 1.2em;">AMBULANCE SERVICE</p> </div>

The Mended Hearts, Inc.
Chapter 50 of Greater Rochester
Editor
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Fairport NY 14450

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It's Great to be Alive -- and to Help Others

Return Service Requested



Mended Hearts

Chapter 50 - Rochester, NY

It's great to be alive and to help others

Mended Hearts Chapter 50 Board of Directors

President	Sharon Feldman	544-1565
Vice President	Harvey Steron	442-7211
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Canandaigua Coordinators	Mary Allhusen and Jim Fralick	396-6253
Mended <i>Little</i> Hearts Coordinator	Jennifer Kowal	315-2478
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Chapter-50	Voice Mail	234-1538