Tai Chi

Join Julie Papadakos on Wednesday, September 21 at 7:00 P.M. for a demonstration of the benefits of Tai Chi. Julie is a certified instructor and a black belt in the art of Tai Chi. Julie is also a Registered Occupational Therapist. This is our first meeting of the fall season and it is a fun one. Julie has taught Tai Chi in the Health and Wellness Center and will show us how the program will benefit Mended Hearts. Come in comfortable clothing and join in the program.

The meeting starts at 7:00 with refreshments at 6:30. As always we will meet in the Conference Center. Welcome back from your summer vacation and come see us. It’s time to get back into the swing of a “heart healthy environment.”

Location:  
Mission Hospital  
Conference Center  
26726 Crown Valley Parkway  
Mission Viejo, CA

“It Is Great To Be Alive…..And To Help Others”
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**National Headquarters:**
- [www.mendedhearts.org](http://www.mendedhearts.org)

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**Have you hugged a mended heart lately?**

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**It’s great to be alive—**

**And to help others!**

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**Note to recent heart surgery patients and others considering membership:**

We hope all of you who have undergone heart surgery or other heart procedures will seriously consider joining Mended Hearts. You will receive the next three issues of this newsletter to help you get acquainted with who we are and what we do. Of course you already know about our most important activity—visiting heart patients and their families before and immediately after surgery. We hope your Mended Hearts Visitor made a positive difference during your surgical experience. We invite you and your family to attend some of our upcoming monthly meetings (Third Wednesday each month, see page 1). We welcome you and your family as our guests and would enjoy having you join us as members (application, pg 11). We have shared a special experience, either as surgical patients or as caregivers and together we can smooth the path for each other and for those who follow down the same path in the future.
WOW, where did the summer go! It's hard to believe that our vacation is over. Hope everyone enjoyed their summer.

During September, we celebrate Labor day which was dedicated to the spiritual and educational aspects of the labor movement. Labor Day was considered the last day of the year when it was fashionable for women to wear white. Boy, times have changed.

Join us at our September meeting, Julie Papadakis, Black Belt Certified T'ai Chi Instructor, and Occupational Therapist has helped people young and old, healthy and with physical limitations, chronic pain and disease learn self-help techniques for health.

T'ai Chi movements slowly and safely stretch and tone your body from head to toe, increasing muscular control, circulation, strength, balance, flexibility and coordination. Every move, every turn, every graceful step has been designed to improve respiration, heart functions and circulation.

REMEMBER, to wear comfortable clothes....

HEALTH NEWS——A New Heart Pump, just for Kids! Kids get heart failure too, and serious cases require transplant. Unlike for adults, there have been no mechanical devices approved for use in children to keep them alive long enough to get a new heart.

Now the Food and Drug Administration is expected soon to approve such a device. The Berlin Hearts, a mechanical pump designed to take over the heart's pumping function, won the unanimous endorsement of the FDA advisory panel last month. This is an example of a device that is truly a first of its kind that is going to change the life-course for pediatric patients.

Congratulation, to Dennis Galloway on a fantastic job on the Angle Baseball fundraiser.

Don’t forget, visit our Web Site: www.mendedhearts216.org
Chapter 216 Meetings
Meeting Schedule

Sep 21 - Tai Chi with Julie Papadakos, OTR/L
Oct 19 - Edwards Lifesciences
Nov 16 - Patient’s Roundtable
Dec 4 - Holiday Gala Dinner and Dancing

Mission Hospital
Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA

Meetings start at 7 PM

Visitors Report
Visitors Report
5/22/11-8/22/11

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Visitors:
Carol Catalano, Jim Condor, Dennis Galloway,
Lonnie Camilleri, Tony Marotti, Jo Cristian, Louise Hornbeck, Chip DeSon, Darrell Schmidt,
Bob Reynolds, Fred Damiano, Marilyn Zeiner,
Steve Mandala, Jim Waples, Dee Nangle,
Ed Rocco

Visitors Coordinator for months as follows:
Sept. Barbara Lane 859-3400
Oct. Susan Goldberg 768-0913
Nov. Dee Nangle 582-2719
Dec. Barbara Lane 859-3400

Hope to see you at the Sept. meeting and please support the Mission Hospital Walk Team Sept. 18th

Barb Lane & Dee Nangle

Mendiversaries - Sept.

- Robert Reynolds 9/17/1994
- Christopher Nolan 9/11/1995
- Dolly Roknich 9/27/1999
- Robin Clark 9/14/2000
- Chip DeSon 9/6/2003
- Reuben Casey 9/17/2004
- James Condor 9/7/2004
- Arnold Wessman 9/6/2005
- Fred Bonn 9/20/2005
- Marjorie Ball 9/7/2006
- Alfred Bauer 9/13/2006
- Nina Slayter 9/16/2008
- Edgar Chambers 9/28/2009
- Sharron Volante 9/2/2010
- Ben Buchanan 9/5/2010
Dear Ones,

I know I have said it before, but WOW where did that summer go??!! I hope this finds you all in good health and ready for Fall and then YIKES the Holidays.

I hope to see some of you at the American Heart Walk On September 18th at the Great Park (and I use the term loosely) in Irvine. For more information go to www.ocheartwalk.org and sign up on the Mission Hospital Mended Hearts Team--you may see a familiar face there. If you cannot walk with us, we need your MONEY! Our goal this year is $4000.00 and I know we can do it because we have in the past!! You can send you contributions to Cardio Pulmonary Rehab, 26732 Crown Valley Parkway, suite 281, Mission Viejo, Ca 92691, you can make a donation on line, or bring them to the meeting on the 21st since we have until the end of September to collect our donations. Keep in mind that all donations go directly to fighting heart disease and stroke. Many of you, including myself, have benefited from this research personally and may in fact need to again.

I hope to see you at the meeting on the 21st. Julie and her students have been working hard to bring us a great presentation of Tai Chi so please come out and support them. Wear comfortable clothes so you can participate in the demonstration. Also, I am looking forward to restarting our Patient/Family Discussion Group. Please join us for some stimulating and informative sharing. Stay well, Carol

God Bless,

Carol, SHMBO

Have You Hugged a Mended Heart Lately

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Do you have anxiety, depression, or just want to talk to others with similar heart problems?

**Patient Discussion Group**

With Carol and staff

Every third Wednesday of the month, at 5:30 PM, the Cardiac Patient Discussion Group meets in the Conference Center prior to the regular Mended Hearts meeting. The group discussion is for all new patients and all others who are interested in finding out more about life with heart disease. Come and join the group it’s interesting and enjoyable. There is no cost and no tests just good discussions.
RUBY’S
MISSION VIEJO
258 The Shops at Mission Viejo

Mission Viejo, CA 92691
(949) 481-RUBY (7829)

missionviejo@rubys.com

Wednesday, October 26th &
Thursday, October 27th, 2011

7am-9pm

Come dine at Ruby’s and 20% of all food and non-alcoholic beverage sales

(when accompanied with this flyer)

will be donated to

Mended Hearts 216

COME JOIN THE FUN

Don’t forget to bring this flyer

Ruby’s does not count purchases paid with gift certificates as qualifying towards Fundraiser night sales.

Thank you!
Bariatric Surgery Reduces Cardiac Risk

Weight-loss surgery can have a substantial beneficial effect to reduce the cardiovascular risks of patients, according to research presented at the American College of Cardiology Scientific Session, held March 11–14 in Atlanta.

A group of investigators at the Mayo Clinic in Rochester, Minn., conducted a historical study of 197 patients with class II (body mass index [BMI] 35–39.9) or class III (BMI ≥40) obesity who underwent Roux-en-Y gastric bypass surgery at the medical center during 1990–2003. The surgery patients were matched with 163 control patients enrolled in a nonsurgical weight-loss program.

Researchers recorded changes in cardiovascular risk such as cholesterol levels, BMI, and diabetes status over a 3-year period.

Patients who had bariatric surgery were much less likely to suffer cardiovascular events such as ischemia or heart attack than those in the weight-loss program (18.3% versus 30%). The researchers estimate that for every 100 patients undergoing bariatric surgery, 16.2 cardiovascular events and 4.1 deaths were avoided. However, they add, this assumes that the surgery is performed at a center with high proficiency and low mortality rates. If the operative mortality at a medical center nears 4%, the lifesaving benefits of the surgery are wiped out.

“For the patients who are eligible for [bariatric] surgery, this suggests a reduced risk of cardiac events or death,” says lead investigator John Batsis, MD.

Heart Rate Predicts Women's Heart Risk

Study Shows Resting Heart Rate May Predict Heart Attacks in Postmenopausal Women

A woman's resting pulse rate is a good predictor of her heart attack risk regardless of other risk factors, such as smoking and alcohol consumption, researchers say.

A team of scientists analyzed records of 129,135 postmenopausal women who had no history of heart problems. Their pulse rates were measured at the start of the study. The researchers found that during almost eight years of follow-up, women with the highest heart rates -- at or above 76 beats per minute -- were much more likely to suffer a heart attack than the women with the lowest resting pulse rates, 62 beats per minute or less. This association held true regardless of factors such as physical activity levels and did not differ between races or women with or without diabetes, high blood pressure, or cholesterol abnormalities, according to the study authors, led by Judith Hsia, MD, a professor at George Washington University School of Medicine. Even after adjusting for factors which might affect resting heart rate, including nervousness, depression, tobacco use, alcohol use, and body mass index, women with higher baseline heart rates were still at greater risk for heart attack during follow-up. The relationship between resting heart rate and coronary risk was stronger in women less than 65 years old than in women over 65. The data for the study came from the Women's Health Initiative.
Entertainment 2012

The Entertainment Book is always the best gift; this book will be used again and again no matter what the occasion is. Everyone will love to receive this book for their Birthdays, their Weddings, and their Anniversaries, or just for yourself to enjoy with your friends and family, also when you want to say Thank you to your Doctors, or Hair Stylist or someone, give them a Entertainment Book. They will love it.

The book is Better this year and it’s the same price as last year.
Remember It is Tax Deductible!

As always, the book will include Some new Heart Safe Restaurants, such as the New Sho Gun, Orange County Mining Co., Chaparosa Grill, Simply Fondue, Hannas, Newport Landing & and many of your old favorites such as, Sarducci’s Capistrano Depot, Tapas, and more Theatres tickets, Motels, Airlines, Ralph’s & Bristol Farms discounts and many more.

The Entertainment Books are available and can be purchased thru Marty Lipson or Carol Catalano and Helen at Cardiac Rehab.

Contact:
Marty Lipson….. 586-3596
Carol Catalano & Helen Scotece…. 364-7755

“Have you hugged a Mended Heart lately!!”
Tai chi: Discover the many possible health benefits

The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Find out how to get started.

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions.

Understanding tai chi.
Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.
Tai chi has many different styles, such as yang and wu. Each style may have its own subtle emphasis on various tai chi principles and methods. There are also variations within each style. Some may focus on health maintenance, while others focus on the martial arts aspect of tai chi.
The result of all this variation is that there are more than 100 possible movements and positions with tai chi, many of which are named for animals or nature. Regardless of the variation, all forms of tai chi include rhythmic patterns of movement that are coordinated with breathing to help you achieve a sense of inner calm. The concentration required for tai chi forces you to live in the present moment, putting aside distressing thoughts.

Who can do tai chi?
The intensity of tai chi varies depending on the form or style practiced. Some forms of tai chi are more fast-paced and exerting than are others. However, most forms are gentle and suitable for everyone. So you can practice tai chi regardless of your age or physical ability — tai chi emphasizes technique over strength. In fact, because tai chi is low impact, it may be especially suitable if you're an older adult who otherwise may not exercise.
You may also find tai chi appealing because it's inexpensive, requires no special equipment and can be done indoors or out, either alone or in a group.
Although tai chi is generally safe, consider talking with your doctor before starting a new program. This is particularly important if you have any problems with your joints, spine or heart, if you are pregnant, if you have any fractures, or if you have severe osteoporosis.

Tai chi: Discover the many possible health benefits
Why give tai chi a try? Like other complementary and alternative practices that bring mind and body together, tai chi can help reduce stress. During tai chi, you focus on movement and breathing. This combination creates a state of relaxation and calm. Stress, anxiety and tension should melt away as you focus on the present, and the effects may last well after you stop your tai chi session. Tai chi also might help your overall health, although it's not a substitute for traditional medical care.
Despite its long history, tai chi has been studied scientifically only in recent years. And although more research is needed, preliminary evidence suggests that tai chi may offer numerous benefits beyond stress.
Mended Hearts supports national medication adherence effort, *Script Your Future*. Taking medication as directed may seem simple, but non-adherence among people with chronic disease is a complex and widespread problem. Nearly three out of four Americans report that they do not always take their medications as directed, leading to serious health consequences and avoidable costs. This is a key reason Mended Hearts visiting materials include a chapter on the subject in "Managing Your Heart Health" and often includes the topic in chapter meeting programs.

There are many reasons why people do not take their medication as directed, but the results are the same - "they don't receive the therapy that their health care professionals have prescribed for them, leading to more serious health complications, reduced quality of life and even death."

That is why Mended Hearts is a proud supporter of the National Consumers League’s *Script Your Future* campaign. The goal of the campaign is to raise awareness among consumers and their family caregivers about the importance of taking medication as prescribed as a vital first step toward a longer, healthier life. *Script Your Future* focuses on patients affected by three serious chronic conditions - diabetes, respiratory disease and cardiovascular disease. The campaign encourages patients and health care professionals to better communicate about medication, and offers tools and resources to help improve adherence.

"Poor medication adherence is costing Americans their good health and our nation billions," said Mended Hearts president Gus Littlefield. "Improved adherence is in all of our best interests, contributing to lower overall health care costs and increased quality of life. By focusing national attention on this issue *Script Your Future* helps us all take the first step towards a healthier future. Mended Hearts encourages its members to learn more about the adherence tools that are available through the campaign."

Mended Hearts will keep its members updated on the *Script Your Future* campaign and how you can become directly involved. For more information, please visit the campaign website at *www.ScriptYourFuture.org*. You can also follow the campaign via Twitter (@IWillTakeMyMeds) and on Facebook.
The Mended Hearts, Inc. Chapter 216
Membership Application

Mended Hearts is a national nonprofit organization that has been offering the gift of hope to heart disease patients, their families and caregivers since 1951. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with over 460 hospitals and rehabilitation clinics and offers services to heart patients through hospital visiting programs, support group meetings and educational forums. Our mission is to “inspire hope in heart disease patients and their families.”

Please Print: ____________________________ Date____________________

Name_______________________________ Spouse____________________

Address:__________________________ City:_____________________ Zip:____________

Home phone_______________ Cell phone ____________ E-mail __________________________

If interested in receiving the newsletter electronically, please provide e-mail

Birthday (dd/mm)_______________ Episode/Surgery date dd/mm/yy)_____________

Physician/Surgeon_______________________________________________________________

Type of procedure: STENT (PCI) _______ MI (Myocardial Infarction) _____ BYPASS

HEART VALVE_________ TRANSPLANT ___________ ANEURYSM _______

ATRIAL SEPTICAL DEFECT_______ PACEMAKER/ICD ______

Hobbies & Interests: ____________________________________________________________

I wish to volunteer to assist the Chapter in these areas:

Visiting Patients _____ Telephoning _____ Other (describe) ___________________________

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<th>Dues: Initial, Annual, National &amp; Chapter Dues</th>
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| Life membership, National & Chapter | $225 | $335 |

I wish to donate to defray Special Projects And Newsletter Expenses: $_____

Membership fees include both Chapter and National dues.

Return the completed application with check to: Mended Hearts, Inc Chapter 216, c/o Mission Hospital, Cardiopulmonary Rehab Center, 26732 Crown Valley Parkway, Suite 281, Mission Viejo, CA 92691
Annual billings will be from the National Office located in Dallas, Texas.
Billings will be on the anniversary of joining.

Mended Hearts Chapter 216 Any questions call: 949-364-7755 10/01/10
The purpose of this organization is to offer help, support and encouragement to heart patients and their families and to achieve this objective in the following manner:

1. To visit with physician approval, and to offer encouragement to disease patients and their families.
2. To distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
3. To establish and maintain a program of assistance to physicians, nurses, medical professionals, and healthcare organizations in education and research activities pertaining to heart disease.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members and for heart disease patients and their families.