



Heart Beat



Volume 3 No. 2

Salinas Valley Mended Hearts Chapter 370

May & June, 2014

Monthly Observances

May

2-11 Run a Mile Days
6-12 Nurses Week
Physical Fitness Month

June

1-7 Community Health Improvement Health
12-9 Nursing Assistants Week
Fireworks Safety Month - Both in June and July in preparation for July 4th.

Mended Hearts Meetings

We meet in the Cardiac Wellness Center's Conference Room
Third Tuesday of the month
6:00 - 7:30p.m.

Speakers

May 20

Dr. Grant Rosen, DDS
Oral Health and Heart Disease

June 17

Laura Vaccaro, Director of Cardiac
Management Solutions - Life Vest

July 15

Betzi Grogin, BSN, RN
Positive Intelligence
and
Karl Empey, Trio Carmel
Olive oil tasting & heart benefits of Olive oil

Special Days for May and June

05-01 May Day
05-11 Mothers Day
05-17 Armed Forces Day
05-26 Memorial Day Celebrated (May 30)
06-14 Flag Day
06-15 Fathers Day
06-21 First Day of Summer

Whooping Cough

I saw this article in an insurance mailing. When my brother and I were very small, I had to have been about four and a half or five, we had whooping cough (Pertussis). I remember sitting on our little cement porch with the bright orange sign on the door that read **Quarantine!** We could not get down off of the step and go play in the yard or go anywhere. No one could come in or go out unless they had had and recovered from whooping cough. Could you think of that being done these days?

Should you worry about whooping cough? You may have heard or seen it on the news. Pertussis (whooping cough) is making a comeback. Since the comeback, California had its worst year for the disease in 2010, with 10 deaths reported by the California Department of Public Health. The disease is very easy to pass from person to person and can be serious. But you can take steps to protect yourself and your family.

Hard to spot, easy to spread. The telltale signs of whooping cough don't usually appear until after the first two weeks. But this is also the time when the disease can be spread most easily. Pertussis usually starts much like a cold, with a week or two of a runny-nose and sneezing as well as a low-grade fever and mild cough.

It spreads by droplets forming in the air when a person coughs or sneezes. The time between exposure to the disease and the onset of symptoms is normally 7 to 10 days. But someone with the disease can spread it for up to 21 days.

The 'whoop' in whooping cough, unlike a cold, pertussis has a second stage that can last up to six weeks. During this stage, the cough gets worse, with spells that can make it hard to breathe. The burst of coughing may be followed by a gasp for air. This sudden gasping can make a whooping sound, thus the name whooping cough.

What you can do? Many adults aren't protected. They need to get a vaccination, even if they received a vaccination as children. The vaccination doesn't always prevent the disease, but it's still the best way to stop pertussis. Talk with your doctor about getting your vaccinations up-to-date.

Note: Another disease that has returned in growing numbers is TB (Tuberculosis). Because these two diseases are returning in growing numbers, you should always check with your doctor if you have symptoms that mimic the common cold and are accompanied by a fever.

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21 Steps to a Healthy Heart

1. **Feel Your Oats:** Foods high in soluble fiber such as oatmeal, beans, fresh fruit and broccoli forms a gel that not only interferes with cholesterol absorption but actually helps excrete naturally, lowering both total and LDL cholesterol levels.
2. **Watch out for Trans Fats:** One study showed that women who consume a lot of trans fats had a 66% higher risk of heart disease”
3. **Don't Pass On the Sweet Potatoes:** Brimming with beta-carotene, fiber, folate, and vitamins E and C, the sweet potato is rated #1 healthiest vegetable.
4. **Morning Math:** Choose whole-grain cereals that contain at least 3 grams of fiber per serving.
5. **Nothing Fishy About It:** Eat fish at least twice a week. Omega-3 fatty acids, found abundantly in salmon, mackerel, and other oily fishes, have been shown to lower cholesterol and reduce triglycerides, help prevent blood clots, and contribute to the body's production of anti-inflammatory.
6. **Drink to Your Health:** Studies show that moderate consumption of coffee, black tea, and alcohol can reduce heart attack risk.
7. **Embrace Your Inner “Dressing on the Side”:** Two tablespoons of commercial salad dressing can have as many calories as a chocolate bar, as much fat as two slices of pizza, as much sodium as a handful of taco chips.
8. **Go Halfsies:** The easiest way to eat a balanced meal is to fill one half of your plate with vegetables, the other half with equal amounts of carbs and a high protein food.
9. **Go Nuts:** One serving a day (about the size of a shot glass) of walnuts or almonds can reduce harmful LDL-cholesterol.
10. **Picture It:** A healthy Serving Size of Meat = a deck of cards. Cheese = four dice., Peanut Butter = a golf ball, Bagel = hockey puck, Pasta or Rice = cupcake liner.
11. **Cheap Date:** Instead of splurging on premium ice cream, buy the inexpensive stuff and cut the fat in half. Better yet, save 25 gram of fat per cup with light ice cream.
12. **Pazzo for Pasta:** Two ounces of enriched dried spaghetti or other macaroni provides riboflavin, iron, niacin, thiamin, and 10% of the US RDA for protein-all for less than a gram of fat and 200 calories.
13. **Don't Razz the Berries:** Black berries, raspberries, strawberries, and blueberries are antioxidant-and fiber-rich gems.
14. **Where's the (lean) Beef?:** Cuts of beef lowest in fat include top round, eye of round, top sirloin, top loin, and tenderloin.
15. **Powered by Water:** German researchers discovered that drinking water boosts metabolism rates, they calculate that consuming eight glasses a day will burn off 35,000 calories a year or about 10 pounds.
16. **Be a Weekend Warrior:** Or at least a vigilante; The average American consumes an extra 230 calories on weekends, leading to a five pound weight gain by year's end.

17. **OJ is OK!:** Orange juice is a delicious way to get cardio protective nutrients such as vitamin C, folate and potassium.
18. **Dark is Beautiful:** Chocolate, that is, which some studies have shown to promote cardiac health. But only in moderation.
19. **Forget South Beach, Try Okinawa:** Scientists believe a key reason Okinawans hold the record for longevity is leaving the dinner table when they are about eight tens full.
20. **Beans, Beans They're Good for Your Heart:** People who eat legumes four times a week lower their risk of heart disease by 21% compared to people who eat them less than once a week.
21. **Visit www.joepiscatella.com:** A place for straight information, practical tips and *Joe's more than 30 years-after bypass surgery perspective*. Updated weekly, Try recipes from **The Road to A Healthy heart Runs Through The Kitchen** such as Linguine with Clam Sauce, Veggie Chili, Grilled Swordfish with Capers, and Apple Cranberry Crisp.

CALSTAR

CALSTAR was established in 1983 as a nonprofit regional air ambulance service. They provide transportation for victims of trauma and severe illness throughout California and western Nevada.

While they hope you never need to fly with them, they understand the financial ramifications of an air ambulance transport. Even insured patients may be left with many thousands of dollars in out-of-pocket expenses. CALSTAR offers an affordable answer through their Membership Program.

For an annual fee of \$45 per individual or \$50 per family, CALSTAR membership guarantees that you'll be cover for the cost of air medical services provided by CALSTAR or their reciprocal partner programs. For peace of mind, it is a cost-effective investment-especially for residents and frequent travelers of remote areas far from leading medical facilities. CALSTAR memberships are available to anyone, even if you are uninsured. For more detailed information go to www.calstar.org.



Coping with Your Feelings

Anyone who has had a heart attack or has undergone heart surgery knows that it can be an upsetting experience. You've just come through a major health crisis, and your usual life has been disrupted. Afterward, it's normal to experience a wide range of feelings. You may feel some relief. But you may also feel worried, angry, or depressed. It may be reassuring to know that these reactions are very common, and that most difficult feelings pass within a few weeks. Here are some things to remember:

Taking 1 day at a time. Try not to think too much about next week or next month. Do what you can do today. Enjoy small pleasures: a walk in your neighborhood, a conversation with a loved one, a snuggle with a pet, or a good meal.

Share your concerns. Talk with family members and friends about your feelings and concerns, and ask for support. Be sure to ask for the kind of support you need. (For example, if you want a sympathetic ear rather than advice, gently let your loved ones know.) Be sure to give family members time to say what they feel and need, too. Supportive relationships may actually help to lengthen life after a heart attack.

Get support from "Veterans." Whether you've had a heart attack or gone through heart surgery, consider joining a support group for people who have shared your experience. Groups for heart patients can provide emotional support as well as help you develop new ways of handling everyday challenges. For a list of support groups in your local area, contact Mended Hearts. Your local American Heart Association chapter may also offer support groups.

Keep Moving. Regular physical activity not only helps to reduce the risk of future heart problems, but also helps to relieve anxiety, depression, and other difficult feelings. Any regular physical activity—even gentle walking—can help to lift your mood.

Seek help for depression. Up to 20 percent of heart disease patients battle serious depression, and many more suffer milder cases of the "blues." If you find yourself feeling very sad or discouraged for more than a week or so, be sure to let your doctor know. Counseling and /or medication can often be very helpful. Seeking help is very important, not only because you deserve to enjoy life as fully as possible, but also because heart patients who are successfully treated for depression are less likely to have future serious heart problems



SALINAS VALLEY MEMORIAL
HEALTHCARE SYSTEM

17TH ANNUAL



HEART & SOLE

5K RUN / WALK & 10K RUN

SATURDAY, MAY 17, 2014, 8:30 AM
CHILDREN'S RACES, 9:45 AM

[RAIN OR SHINE]

MONTEREY PARK SCHOOL
410 SAN MIGUEL AVENUE, SALINAS, CA 93901
EVENT LINE (831) 759-1890



Salinas Valley
Memorial
Healthcare System



Children's
Miracle Network
Hospitals

*A run to benefit Children's Miracle Network,
a program of the SVMH Foundation*

CPR training

at the

Torro Fire Station

9a.m. 1st Saturday of the month

and

6p.m. 3rd Wednesday of the month

BSL/American Heart Certification

\$50.00 Fee

Call: (831) 455-1828

I have become a Chai Tea addict and here is my response for that!

Chai Tea

- 4 1½ in. slices fresh ginger (use vegetable peeler)
- 1 heaping demitasse spoon of powdered cardamom
- 4 whole cloves
- 1 2 inch cinnamon stick
- 1 6 inch vanilla bean (cut in 1 inch pieces)
- 1 dash nutmeg
- 1 heaping Tbsp sugar
- ¼ cup honey
- 3 Darjeeling blend tea bags
- 2 cups water
- 2 cups milk

Bring 2 cups of water to a boil and toss in teabags. Add other ingredients in the above order. Reduce the heat and simmer for 5 minutes stirring occasionally. Add milk (I use soymilk) bring to boil, then take off the heat, strain through strainer or coffee filters and serve hot or in a tall glass filled with ice.

Left overs can be kept in the refrigerated and reheated or frothed with a cappuccino maker!



Our family loves Brussels sprouts and here is a really good way of fixing them. Easy too.

Roasted Brussels Sprouts

- 1 pound Brussels sprouts
- 2 Tbsp olive oil .

Preheat oven to 400 F. After preparing the sprouts, chop them in half lengthwise. Place on parchment lined baking dish. Drizzle with olive oil and roast 20 minutes.

Easy addition: minced garlic, thyme, chopped onions, seasoning salt or salt and pepper. You can also cover the Brussels sprouts with a handful of shredded cheddar cheese a minute or two before removing them from the oven. Remove, toss and serve. YUMMY.

If you have a favorite recipe, e-mail it to:
Carol Triplett @havihliz@yahoo.com

Roasted Salmon

Serves two

- 2 5-ounce pieces salmon with skin
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon chopped chives
- 1 tablespoon fresh tarragon leaves (optional)

Preheat oven to 425F.

Rub salmon all over with 2 teaspoons oil. Roast skin side down on foil-lined baking sheet until fish is cooked through, about 12 minutes. After 10 minutes check if fish flakes easily with fork. Cook up to 2 minutes more, if needed. Using a metal spatula, lift salmon off skin and place salmon on serving plate. Discard skin. Sprinkle salmon with herbs and serve.

Nutrition: Calories: 241, Sodium: 62mg. Total Fat: 14g, Sat Fat: 2g Monounsaturated fat: 7g, Cholesterol: 78mg, Protein: 28g.

Curried Carrot Soup

Serves 6

- 1 tablespoon olive oil
- 1 teaspoon mustard seed
- ½ yellow onion, chopped
- 1 pound carrots, peeled and cut into ½-inch pieces
- 1 tablespoon plus 1 teaspoon peeled and chopped fresh ginger
- ½ jalapeno chili, seeded
- 2 teaspoons curry powder
- 5 cups chicken stock, vegetable low sodium stock or broth
- ¼ cup chopped fresh cilantro (fresh coriander), plus leaves for garnish
- 2 tablespoons fresh lime juice
- ½ teaspoon salt (optional)
- 3 tablespoons low-fat sour cream of fat-free plain yogurt
- Grated zest of 1 lime

In a large saucepan, heat the olive oil over medium heat. Add the mustard seed. When the seeds just start to pop (about 1 minute) add the onion and sauté until soft and translucent (about 4 minutes). Add the carrots, ginger, jalapeno and curry powder and sauté until the seasonings are fragrant (about 3 minutes). Add 3 cups of the stock, raise the heat to high and bring to a boil. Reduce the heat to medium-low and simmer uncovered until carrots are tender (about 6 minutes). In a blender or food processor puree the soup in batches until smooth and return to the saucepan. Stir in the remaining 2 cups stock. Return the soup to medium heat and reheat gently. Just before serving, stir in the chopped cilantro and lime juice.

Ladle into warmed individual bowls. Garnish with a drizzle of yogurt, a sprinkle of lime zest and cilantro leaves.

Nutrition: Calories: 80, Total Carb. 5g, Fiber 1g, Sodium 147mg, Total fat 4g, Saturated fat 1g, Cholesterol 3mg, Mono-

Salinas Valley Mended Hearts Chapter 370
The Mended Hearts, Inc.

FIRST CLASS MAIL
DATED MATERIAL



WHO IS . . . MENDED HEARTS. INC?



The Mended Hearts, Inc.

The Mended Hearts, Incorporated, is a National Voluntary Health, Education, Non-profit organization. Its purpose is to offer help, support and encouragement to heart disease patients and their families, by:

- ♥ Visiting patients with their physicians' approval.
- ♥ Distributing information of specific educational value to our membership and heart disease patients and their families.

- ♥ Cooperating with other organizations in education and research activities pertaining to heart disease.
- ♥ Establishing and assisting heart rehabilitation programs for our members.
- ♥ Planning and conducting suitable programs of social and educational interest for our members and for heart disease patients and their families.

THANKS TO:

SALINAS VALLEY MEMORIAL HOSPITAL
FOR THEIR SPONORSHIP