### Meeting Notice

**Day:** Thursday  
**Date:** April 5th  
**Time:** 2:00PM  
**Place:** Providence St. Peter Hospital  
Cardiac Rehabilitation Classroom  
**Topic:** Getting to the Sunny Side of the Street  
By Dr. Steven Langer

### Upcoming Dates

- **Apr 10 - Board Mtg**  
- **Apr 29 - Health Fair**  
  Sacred Heart Catholic Church  
- **May 3 - Chapter Mtg**  
- **May 8 - Board Mtg**  
- **May 17 - Visitor Accreditation**  
  Cardiac Rehab Classroom

### Speaker: Dr. Steven Langer  
Director, Northwest Brief Therapy Training Center

Dr. Langer is the Director of the Northwest Brief Therapy Training Center and a clinical psychologist and has worked in a wide variety of settings as a clinician and consults for several agencies. He has been trained extensively in the solution-focused model, and has partnered in training with Insoo Kim Berg and Steve de Shazer at the Brief Family Therapy Center in Milwaukee.

For over 20 years, Dr. Langer has been using the solution-focused approach. One of his therapy sessions was used as a chapter in Working With the Problem Drinker: A Solution-focused Approach by Berg and Miller (Norton, 1992).

He uses handouts, videotaped case examples, role-playing and group exercises to make solution-focused methods real to participants. Several colleagues join Dr. Langer in larger workshops and together they blend their expertise to provide a dynamic training experience.

Therapists who have consulted with or been supervised by Dr. Langer have found new and practical ways to think about therapy issues and be effective in their work. He is committed to teaching powerful, immediately applicable tools that can be used by therapists in their everyday work and can be integrated into their own styles.
The Center for Disease Control and Prevention statistics for heart disease in America are staggering. Here are some that just scratch the surface. These facts are pulled from Cardiosmart.org statistic website.

Heart disease is the leading cause of death for both men and women; in 2008 it was responsible for one in four deaths.

More than half of those who have a first coronary attack will have another.

More women than men die of heart disease each year. Five times as many women die from heart attacks than from breast cancer.

Diabetes affects almost 26 million people of all ages in the U.S. It is a major cause of heart disease and stroke.

Nearly 5 out of 10 adults in the U.S. have high blood pressure. It is another major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.

Approximately one out of 6 adult Americans have high total cholesterol. This is defined as 240mg/dl total cholesterol. Those with high cholesterol have twice the risk of heart disease as those with levels less than 200mg/dl.

Need I mention smoking? Smokers live an average 13-14 years less than nonsmokers. Smoking causes cancer, heart disease, stroke, and lung diseases.

Are you now inspired to check out a couple more heart healthy resources?

Check out Reversing Heart Disease by Dr. Dean Ornish. He has a website: https://www.ornish.com/ornish-living/ for tips and recipes. Also, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn is a great resource.
In April of 2015, I was a healthy, active, food-savvy 67-year-old starting retirement. First came a divorce, then a fixer home purchase and a remodel gone haywire. One morning, a mild yet persistent pain developed under my left rib cage which I tried to ignore. That failing, on day three, I went to my GP who declared it “gastrointestinal” and prescribed antacids. Given my minor arrhythmia eight years prior, he cautioned me to check in with my cardiologist while insisting antacids would help. Gastrointestinal? I felt like a hypochondriac and skipped the cardiologist. Two months later, I was blindsided by a near-fatal, major heart attack. If not for the swift action of EMTs, CPR, and cardioversion, I would not be writing this story.

While still in the hospital, two strangers visited me. They explained that they, too, were heart patients and part of a nationwide, peer-to-peer support group called Mended Hearts. They offered their own personal stories, information, encouragement, and an invitation to join. I was encouraged! I joined.

Once home, my questions were “what am I doing wrong?” and “how can I fix it?” I needed answers and so I embarked on a journey to find ‘the cause” and hopefully “the cure”. I found Esselstyn’s no-oil vegan diet and Ornish’s multifaceted approach—learning it’s not just what you eat, but all aspects of life—friends, family, faith, exercise, attitude—it all counts. I’m now a no-oil vegan, meditate daily and work out regularly. In retrospect, a good portion of my problem were stressors in my life; failure to acknowledge and address those issues profoundly affected my health and very nearly ended my life.

During my recovery, blessed family and friends were always available to help out. My daughter, instrumental in my healing, was dubbed “Nurse Ratched” as she hovered over me, screening my foods and monitoring daily routines. During three months in Cardiac Rehab, I connected, commiserated, and cultivated a sense of purpose (healing!) with a whole community of other heart patients. Also, my fabulous cardiologist worked with me to not only reduce, but eliminate all my medications within twelve months of my heart attack except baby aspirin.

The most difficult part of my journey has been coming to terms with my own mortality, realizing I really do have an expiration date. Nevertheless, I am heartened because I also realize—through attitude and lifestyle—I have the power to make the most of my life, extend it as long as possible, and share this awakening with others.

I’m now a Mended Hearts’ patient visitor. Connecting with new heart patients who, like me, are coming to terms with heart issues motivates my recovery. Visiting them, I can see myself back in that bed: angry and confused, feeling betrayed by my body, thinking that maybe this is, indeed, the beginning of my end. It gives me great joy now, to impress upon them there is good life after a heart crisis—because I am living it.
April Birthdays

April 15 - Rick Taylor

April 19 - Ed Tays

April 23 - Diane Caputo

April 25 - Dennis Scott

April 27 - Joyce Holve

April 27 - Larry Roediger
Hi, We Would Like To Be Your Heartfelt Friends

Hi! We’re Mended Hearts, a volunteer group of heart patients and Caregivers providing help to patients and caregivers through an in-hospital visitor program, support group meetings, and education speakers. We also have fun hanging out together.

We work to inspire hope in heart patients and their families. We Partner with professionals like Providence St. Peter Hospital and the Cardio-Rehab Center to help folks have a positive recovery from various heart illnesses. We hope you received some encouragement from our visitors during your hospital stay. We also hope you will come see us at our Chapter meetings in the Cardio-Rehab classroom at Providence St. Peter Hospital, at 2 PM the first Thursday of every month, except December and August.

If you are new, we will send you this newsletter for a few months, but we hope you will join us as a member and get it even longer. Dues are cheap and include the national magazine. You are always welcome to attend our meetings with no requirement to become a member. If you have any questions, call or email any of the officers listed on the right side of this page.

VISITOR REPORT FOR FEBRUARY

Number of Visits to Patients: **115**

Number of Visits to Family Members: **7**

Internet and Telephone visits: **2**

Mended Hearts Annual Visiting Accreditation

Put this on your calendar!

Our chapter is having a visiting accreditation training session sched-uled on May 17, 1-3pm, Cardiac Rehab Classroom. All current visi-tors are required to be at this training.

Chapter #130 Officers

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Mended Hearts Chapter Website

[www.providence.org/MendedHeartsSW](http://www.providence.org/MendedHeartsSW)
The Sodium Cat Says!

Should I tell a sodium joke?

Happy Easter