The Mended Hearts of Delaware Chapter 198  
c/o Christiana Hospital, PO Box 6001  
Newark, DE 19713  
"A support group for heart patients and their families"

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OCTOBER 2018 MONTHLY MEETING

October 8th 2018
Room #1303 Christiana Hospital  
Guest Speaker : Dr Arthur Colbourn (see page 3)  
Topic: Heart Failure  
Sandwiches provided by Cappriotti’s and Desserts by Acme starting at 6:30PM

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Contact information for Chapter 198 see page #2
To contact Chapters in Southern Delaware
In Dover, DE area – Don Arvay, 302-531-5984
In Lewes/Rehoboth DE area – George Day  302--231-8237
in Chester County, PA area — Donna M Taylor  610-738-2756

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Important Dates to Remember
November 8th, 2018: Monthly Meeting Speaker to be announced
December 10th , 2018 : Holiday Party details available in November Newsletter
Chapter 198 Officers and Chairpersons

President/Vice-President.......... Linda Wilson  
Phone: 302-218-3215  
E-Mail: Linda.Wilson54@comcast.net  
Treasurer............................Barbara Re  
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E-Mail: barbarasre@hotmail.com  
Secretary......................Kersey Vakharia  
Phone: 302-530-8640  
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Newsletter Editor.........Bruce Schweiger  
Phone: 302-547-0922  
E-Mail: brucasa198@gmail.com  
Visiting Chairperson...Diane Margolin  
Phone: 302-229-2261  
E-Mail: mhearts198@gmail.com  
Medical Advisor...Sandra Weiss, MD

NATIONAL OFFICERS

President: .........................Donnette Smith  
Executive Vice President:..........Millie Henn  
Vice President: ......................Patrick Farrant  
Treasurer: ..............................Randy Gay  
8150 N. Central Expressway, M2248  
Dallas, TX 75206-1859  
Phone: 888-432-7899  
E-Mail: www.mendedhearts.org

Mid-Atlantic Region
Regional Director:  Bill Carter  
Phone: 803-270-2496  
E-Mail: wmcar1939@gmail.com

Please consider joining Mended Hearts Chapter 198 Volunteer Program  
for more information contact  
Diane Margolin 302-229-2261

We would like to say a special “Thank You” to the Delaware affiliate of the American Heart Association for their help in publishing this newsletter.

Visiting Report- 2018  

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We thank the Accredited Visitors of Christiana and Chester County Chapters 198 and 198S who made these visits in the spirit of the Mended Hearts Motto:

“It’s great to be alive—and to help others!”

A Mended Hearts Prayer

We ask for your blessing, 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 Lord, for wisdom,  
That we may use all your gifts well.  
Amen  

Herbert G, Maedl

The Mended Hearts of Delaware  Chapter 198, c/o Christiana Hospital, PO Box 6001 Newark DE 19713
American Heart Association Heart Walk 2018

Well even though the weather did not cooperate and the rain caused the course to be flooded many of dedicated volunteers, Heart patients and their families attended the Walk at the Wilmington Riverfront. It was an inspiration to see so many people show up on a damp cold Sunday morning which included the occasional downpour. Many stayed even after the Walk was canceled and took part in the activities visiting the various booths including the Survivor Tent where Chapter 198 joined Mended Little Hearts of Delaware and Donate Life Delaware as volunteers.

I would like to send a special shout out to Linda Wilson and her Family Matthew, Julie and Madeline Wilson and my sister Julie Crowley for being part of dedicated attendees. Also to everyone who made a donation to AHA 2018 Walk on behalf of The Mended Hearts Chapter 198 Team, Thank You for your generous donations. With your help we raised $355 to help the AHA do what they do best.

Please consider joining our Team next year,

OCTOBER SUPPORT GROUP MEETING GUEST SPEAKER

DR ARTHUR COLBOURN
Topic: Heart Failure

Dr. Arthur Colbourn, MD of Christiana Care Cardiology Consultants is a cardiology specialist in Newark, DE and has been practicing for 40 years. He graduated from Jefferson Medical College Thomas Jefferson University in 1973 and specializes in cardiology.
October Is National Protect Your Hearing Month

Did you know that people of all ages can develop noise-induced hearing loss? Hearing loss from too much noise can happen in an instant or build over time, and it can’t be fixed. This October, during National Protect Your Hearing Month, the National Institute on Deafness and Other Communication Disorders (NIDCD) encourages everyone to learn about noise-induced hearing loss, a preventable type of hearing loss.

A recent study by the Centers for Disease Control and Prevention (CDC), with support from the NIDCD, shows that based on certain features of their hearing test results, at least 10 million adults in the U.S. (6 percent of the population) under age 70—and perhaps as many as 40 million adults (24 percent)—may have hearing loss from noise in one or both ears.

The good news is that you can take steps to protect your hearing:

- Move away from the noise. If you can’t lower the volume, put some distance between you and the source.

- Lower the volume. Know which noises can cause damage (those at or above 85 decibels), such as listening through headphones at a high volume.

- Wear hearing protectors, such as earplugs or earmuffs, when involved in a loud activity. Activity-specific earplugs and earmuffs are available at hardware and sporting goods stores.

- Protect the ears of children who are too young to protect their own.

Tell family, friends, and colleagues about noise hazards.

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Presidential Hearing: From George Washington to George Bush

Many American presidents have dealt with hearing loss, including several who dealt with hearing loss before help was available.

The father of our country, George Washington, was known to have difficulty understanding conversation after his military service. Thomas Jefferson complained about his own hearing. He wrote that he could hear in solitary conversation, but his hearing was “confused when several voices cross each other, which makes me unfit for society at the table.” Even presidents have difficulty in noisy restaurants.

Herbert Hoover was the first president to use hearing aids. Former president Ronald Reagan brought attention to the problems of hearing loss. When he talked about his hearing aids, the media attention motivated many people to get help. Bill Clinton started using hearing aids while in office. He attributed some of his hearing loss to playing in rock bands when he was young.

“My hearing is confused when several voices cross each other, which makes me unfit for society at the dinner table.”

Many former presidents started using hearing aids after their time in office. Richard Nixon, Gerald Ford, Jimmy Carter and George H.W. Bush all used hearing aids for help with their hearing loss.

Other presidents without hearing loss have nevertheless played important roles. Abraham Lincoln signed the federal bill establishing Gallaudet (now Gallaudet University), a college for the deaf and hard of hearing. Today it’s the only college in the world that offers undergraduate and graduate programs in an American Sign Language environment.

George W. Bush volunteers his time to community outreach programs for people with hearing loss. His father, George H.W. Bush, signed the American with Disabilities Act into law, which resulted in more captioning services for phones and television, and more assistive listening devices in public settings.
**October 1st**: **International Day for the Elderly** is dedicated to honor, respect and care for the world's elderly. Remember, someday you hope to be included among this group! In 1990, the United Nations General Assembly designated October 1st as the International Day for the Elderly, also known as the "International Day for Older Persons". The holiday is the result of the UN World Assembly on Aging which was formed in 1982 to explore and tend to the needs of the elderly in the world. **Did you Know?** According to the United Nations, "one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older; by 2150, it will be one of three persons".

**October 8th**: **Mended Hearts Chapter 198 Monthly Support Group Meeting (see page 1)**

**October 10th**: **National Angel Food Cake Day** is a great day to bake a cake with your little angels. Watch the smiles on their angelic faces, as you hand them the mixing spoon to lick off the batter! Angel food cake is a sponge cake. It can be simple, or fancy. We suggest a jello angel food cake, for a real treat. A homemade cake beats a store bought one. Then, enjoy it with family, friends, and at work.

**October 22nd**: **National Nut Day** is today. It's a little kooky and crazy if you ask me. Our research came up empty on information about this day. So, we can't be certain as to the meaning of this very nutty day.

There are two obvious possibilities:
1. This day honors all the nutty people in the world.
2. This day celebrates nutritious and healthy nuts (food)

A couple of nutty facts:
Peanuts are not really nuts. They are Legumes, a member of the "Pea" family.
The center of seeds, like pumpkins and squash, is called a "nut".

**October 28th**: **Mother-in-Law Day** If you missed Mother’s Day in May, then here’s another chance to honor your beloved Mother-In-Law. The source of many jokes, a mother-in-law doesn't usually get the praise and appreciation she deserves.

**October 31st**: **Halloween Kids beware!** About 9 of 10 parents admit to sneaking a treat from their kids treat bag. If you are guilty of this, remember that those treats are NOT part of your Heart Healthy Diet!!!
America's Pumpkin Spice Obsession

Pumpkin spice is a fixture of fall flavors in America, and the favorite blend has managed to invade nearly every aspect of food and beverage in recent years as it has become more and more trendy.

According to Scientific American, the pumpkin spice comes from a mixture of nutmeg, cinnamon, and cloves initially made for flavoring pumpkin pies, and the first official branding came from popular spice maker McCormick in the 1950's.

During that time, the fall holiday baked good was one of the only places consumers were likely to find the blend. Fast forward to the present and big retailers like Trader Joe's filled their shelves with over 70 pumpkin items as recently as the fall of 2016, according to The Washington Post. For those in the market, there are pumpkin spice-flavored vodkas, hummus, beer, bread, pasta, sushi, Cheerios, and the ever-popular Pumpkin Spice Latte from Starbucks. The PSL, as it is known, is the coffee company's most popular seasonal beverage and estimates show that over 200 million have been sold since it's introduction 15 years ago, bringing in over $100 million in revenue during 2016 alone. The start of the holiday season and the nature of limited-time offers make the release of the PSL each year an incredibly exciting event on social media.

Despite the yearly craze, there are signs that pumpkin spice trend has peaked and may even be in decline, according to Forbes. Based on menu penetration, pumpkin appeared in 7.4 percent of menus in 2005, 11.4 percent in 2010, but then only 8.8 percent in 2016. New fall roots such as yuca and turmeric are ripe for innovation as food and beverage producers search for the next significant trend.

Trading Beyond Known Worlds

In 2013, residue of an oil from cinnamon was discovered in an ancient flask in Israel. The flask was 3,000 years old.

The trade in spices from the Far East to Egypt was known to be at least two thousand years old. But the discovery in Israel has extended the history of the spice trade by a millennia.

Cinnamon is obtained from the bark of various trees around Sri Lanka and India.

A distance of 3,000 miles separates Sri Lanka from Israel. From either point, the cinnamon trade reached beyond known worlds. Cinnamon changed hands at least 12 times, going by sea and land before it reached buyers in the West.

In the first century, Roman author Pliny the Elder put the cost of a pound of cinnamon at equal to 50 months of labor.
Ingredients:

- 1 ring Angel Food Cake (store-bought)
- 1 large pkg. Strawberry Jello
- 2 cups boiling water
- 1 regular container frozen whipped topping (like Cool Whip)
- 1 large pkg. frozen strawberries (the kind that also has juice, not whole frozen berries)
  {Thaw them at least partially before you begin this recipe}

Directions:

1. Break ½ of the angel food cake into chunks and put in the bottom of a 9×13 pan.
2. Mix Jello in a bowl with 2 cups boiling water.
3. Add strawberries immediately and stir.
4. Stir in spoonfuls of Cool Whip until well mixed.
5. Spoon ½ mixture over angel food cake in dish.

Attention New Members

Monthly Support Meetings of Chapter 198
Room 1303 at Christiana Hospital
(this room is located in the hospital cafeteria)
The second Monday of the month
Sandwiches and Deserts served at 6:30 PM
The meeting starts at 7:00 PM

“Dedicated to inspiring hope in heart disease patients and their families.”
MEMBER ENROLLMENT

Member Information (please print or type)

Name (Mr./Mrs./Ms)_________________________________________ Date __________________

Chapter 198 Member-At-Large

Address (line 1) _________________________________________ Phone ( _____ ) _____________

Alt Phone ( _____ ) __________________

City/State/Zip ____________________________________________ Retired: □ Yes □ No

Email address ____________________________________________ Occupation ___________________

Family member (must reside at same address; please name): Preferred Contact: □ Phone □ Email □ Mail

(Mr./Mrs./Ms) ____________________________________________ Family Member Email ________

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? □ Yes □ No

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient ___________________________ Name of Caregiver __________________

Date of Surgery/Procedure ______________________ Phone __________________

Type of Surgery/Procedure _______________________ Alt Phone _________________

□ Angioplasty □ Heart attack □ Diabetes □ Check here if also Heart Patient

□ Atrial Septal Defect □ Pacemaker □ Valve-Surgery □ Procedure specify: _________________

□ Aneurysm □ Transplant □ Valve Transcath □ _____________________________

□ CABG (Bypass) □ AFib arrhythmia □ ICD (Defibrillator) □ ___________________________

□ Stent □ Other arrhythmia □ Other □ _____________________________

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way. □ Yes □ No

Add my email to monthly national email updates? □ Yes □ No

□ Yes □ No □ Family member signature

Optional info: Date of birth ___________________________ Please check below:

Race: □ Caucasian □ Black □ Asian □ Am. Indian □ Other

Gender: □ Male □ Female

Optional info: Date of birth ___________________________ Please check below:

Race: □ Caucasian □ Black □ Asian □ Am. Indian □ Other

Gender: □ Male □ Female

National Membership Dues: Includes subscription to Heartbeat magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). National Dues are tax deductible less $10.00; Chapter Dues are 100% tax deductible. Chapter dues include subscription to the Chapter 198 newsletter. Amounts below are for National plus dues for Chapter 198.

First year Dues:—— Individual $33.00 ( ) First year Dues:—— Family $46.00 ( )

Make Checks Payable to: Mended Hearts, Inc.

If you would like to become a Lifetime member of Mended Hearts, contact the Treasurer of Chapter 198.

Please send payment with enrollment form to MHI chapter Treasurer as below:

Mrs. Barbara Re
Treasurer, Mended Hearts Chapter 198
4527 Cagney Lane
Middletown, De 19709