March 19, 2020

Susan Kraus, MSRD

“UPDATE on the NEWEST NUTRITION NUANCES”
Healthy or Hype

Susan has been a dietitian since the 1980’s. She has a BS in nutrition & dietetics from Penn State University; she interned at the University Of Virginia Medical Center in Charlottesville, VA., and received her MS for Nutrition at New York University. Susan has worked at various capacities in hospitals but for the last 28 years has worked at HUMC. With so many discussions about weight these days, you should choose your diet sensibly. Weight is a common concern, whether it relates to appearance, health, or both. Come join us for this interesting topic, and always check with your doctor before starting a diet. ALL ARE WELCOME!

DOCTORS DAY, March 30th
Thank you doctors for giving us, the heart patients a second chance at life. We are forever grateful for your magical hands, expertise and knowledge of MENDING OUR HEARTS!

March is National Nutrition Month

A better diet can reduce the risk of many diseases. The U.S. Department of Agriculture gives these instructions on achieving it. Eat less Fat, Control Calories, Increase Carbohydrates, Get more Fiber, Eat less Salt, Limit alcohol, and Get more Calcium, Increase Potassium in most cases. Always check with your doctor before starting a diet. Eat healthy, drink plenty of water and get your needed rest.

Mended Hearts to Hospitals

Mike Anthony HUMC Bobbi Cecco HUMC
David Davis HUMC Keith Dietel Valley
Joe Donohue St. J Bill Fanaras Valley
Richard Kane HUMC Harold Kirschbaum Valley
John McElrone HUMC Marty Schwam Valley
Jim Sullivan St. J

For the latest information on Mended Hearts
Visit us on the Web at: www.mendedhearts.org

It’s great to be alive – and to help others
Officers of Chapter # 140

President        Bobbi Cecco        (201)694-7215
E-mail: bobbi0530@aol.com
Vice President   Mike Anthony        (917)447-7710
Secretary        Phyliss Woodford   (201)602-4949
Treasurer        Ray Capozzi         (201)575-1977

Committees:
Visiting Chairman OPEN POSITION
Sunshine Chairperson Marion Mackey (201)843-1386
Program Chairperson Bobbi Cecco    (201)694-7215
Fund-Raising      Tom Capone        (973)777-7247
Hospitality      Marion Mackey       (201)843-1386
Greeter          Tom Capone          (973)777-7247
Phone Squad      Mike Anthony        (917)447-7710
Events Coordinator Bobbi Cecco      (201)694-7215

Monthly Publication:
Publisher        Bobbi Cecco         (201)694-7215
Editor           Dawn Cecco          (201)280-8603

Address:        210 Ridge Street, New Milford NJ 07646

MONTHLY MEETINGS
TIME:           “Meet & Greet” 7:00 PM—Meeting 7:30 PM
Third Thursday of the Month
Except July, August & December
PLACE:          Pavilion Cafeteria
                Hackensack University Medical Center
*Note that there is no charge for parking, just ask for information at the meeting.

Newsletter Information
If you have Thoughts, Articles, Interesting Facts or Information you would like to share with your fellow Mended Hearts members, please mail them to the editor as she is more than willing to publish any news which is written in good faith. Her address will always stay under the officers list above.

Change of Address?
If you have a change of address, please notify (201) 694-7215.

Message to Recent Heart Patients
We hope you received some comfort and encouragement from our Mended Hearts Visitors during your hospital stay. As you know, they are not professionals in the field of medicine. However, they are special people because of the time taken from their personal lives to help others. You will receive the next issue of this newsletter. This is our method of keeping in touch with you as your recovery continues. As you become active again, we invite you, your family and friends to attend our meetings as guests. We invite speakers that should interest heart patients, their families and others. We hope you will like us enough to become a member of our organization. Then you, too, can join in sharing the real meaning of our motto.

Chapter # 140 Cards
There is a great opportunity for you to remember important events, to especially recognize family and friends and to honor those who have passed away, and at the same time help our Chapter # 140. 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 Marion Mackey at 201-843-1386. There is a $5.00 minimum contribution necessary and no amount is indicated when the card is sent out.

We Give Our Thanks
Bergen/Passaic Mended Hearts Chapter #140 give our warmest thanks to the American Heart Association and Hackensack University Medical Center for their assistance in the distribution of this newsletter.

ARE YOU GETTING A REMINDER CALL FOR THE MEETING?
If not, maybe your number is not correct. Please call Bobbi Cecco @ 201-694-7215
or e-mail her at bobbi0530@aol.com.

We are to collecting e-mail addresses from all members of the chapter so we can have an additional way to reach you about Chapter Events and Information, please send your email address to bobbi0530@aol.com.

It's great to be alive—and to help others
President’s Message:

At our last meeting, we were lucky to have Dr. Kristen Cook back to speak on “Carotid Arteries.” She told us that there are two arteries, one on the right and one on the left, and each artery branches into two divisions. The internal carotid artery supplies blood to the brain and the external artery provides blood to the scalp, face, and neck. If one or both arteries build up to much plaque it can cause a TIA or stroke. Medications or surgery are available if this should happen. It really was very informative.

I know many of you are stressed over the Corona virus that is in all the news. I know it is nothing to make light of but much work is being done to make a vaccine available soon. I just heard on the news that it has hit the states. Signs and symptoms of this illness include fever, cough, and difficulty breathing. If you have any of these symptoms get medical attention right away. Let’s pray that this illness can be contained. Wearing masks does not seem to help. Washing your hands often and not sneezing into your hands might help. Also staying out of large crowds might be a good idea. Although this is different from the flu, you might want to follow some of the same advice that has been given for that.

STAY HOME IF YOU ARE SICK!

We still have many members who are delinquent in paying their dues, for both National and Chapter. Please call me if you have any questions @ 201-694-7215, THANKS Bobbi

When you finish reading this paper, please don’t throw it away! Pass it on to a friend or relative or put it in your doctors waiting room, this way more people will get our message.

Heartfully,

Bobbi

Food of the Month:

Acorn Squash

Acorn squash, also called pepper squash or Des Moines squash, is a winter squash with distinctive longitudinal ridges on its exterior and sweet, yellow-orange flesh inside. Although considered a winter squash, it is in the same species as all summer squashes. The common variety is dark green on the outside, often with a single splotch of orange resembles a acorn because of its shape. Acorn squash is most commonly baked, but can also be microwaved, sautéed or steamed. Acorn squash is highly nutritious carb choice. It’s on the side or top. Newer varieties have arisen, including golden acorn, as well as varisteis that are white. Acorn squash is highly nutritious carb choice. It’s rich in many vitamins and minerals that promote your health in various ways. The bright orange flesh of the squash is packed with vitamin C, provitamin A, B vitamins, potassium; magnesium, iron, and manganese, all of which are critical for health. There are also anti-inflammatory properties found in acorn, butternut and spaghetti squash. The antioxidants found in these squash can help alleviate arthritis systems. The seeds of the squash can be eaten, usually after being toasted. Acorn squash can also be made into soup.

Chapter #2146 Visiting Report

Patient Visits  Family Visits  Cath Visits

275  4  64

Thank you to all the VISITORS for a job well done

Visiting Report

We are always in need of more people and I promise you it will help you as well. If you are interested in becoming a visitor please contact Bobbi @ 201-694-7215.

It’s great to be alive - and to help others
**HEALTH TIPS**

**Google Heart Did you know?**

About 7 percent of Google’s Searches are health related—That’s 70,000 questions per minute, and more than 100 million health related questions daily.

**LOVE AVOCADOS?**
Eating one avocado a day on a moderate fat diet can help lower bad cholesterol in adults, which may reduce the risk of clogged arteries, heart disease and stroke.

**Beat your family history**
For better or worse, your parents’ health history can predict your own. If your parents have a serious condition like obesity, heart disease or cancer, your risk is higher. Knowing your family history might save your life. If you know of a particular disease, you can report that information to your doctor and take steps to modify your risk. With most illnesses, your heritage is not your destiny. There are preventive measures you can take that can reduce your risk of following in your family member’s footsteps. This information should be written down for the future of your family.

**Are you at risk for a eye problem?**
Many people fear losing their sight. More than they fear cancer, stroke or heart disease. Cataracts are very common and can start as early as 40, but in most cases by 60 you will see a major change. Some changes may include blurry vision, double vision, trouble seeing at night and changes in how we see color. If you have suffered an eye injury, have diabetes, high blood pressure, drink too much alcohol, use steroids long term, are obese, smoke, had eye surgery or get too much sun, you may be a candidate. Include having a eye exam along with your other normal exams for the year, we seem to forget that our eyes are part of our body too.

**MINDFUL BREATHING**
Mindful breathing focuses your attention on breathing, the inhale and exhale, for 15 minutes daily. How can something as simple as breathing be good for your heart health? It is a form of meditation that helps to reduce stress, a major factor in many emergency cardiac events. Reducing stress and monitoring your breathing can also make you aware of when you feel tightness in your chest, which is one of the signs of a potentially deadly “silent heart attack”.

**SOME PAINS YOU SHOULD NOT IGNORE**

- A bad headache
- Chest pain
- Lower back pain
- Abdominal pain
- Pain in your calf
- Burning in your feet or legs
- Vague or unexplained pain

These could be a sign of heart or other health problems and should never be taken for granted. We should all be in tune with our bodies and know when something is not normal and go see your physician. It is always a good idea to make a list with some questions that you want to ask the doctor.

*It’s great to be alive - and to help others*
The purpose of this organization is to offer help, support, and encouragement to heart disease patients and their families and to achieve this objective in the following manner:

- To visit, with physician approval, and to offer encouragement to heart disease patients and their families.
- To distribute information of specific educational value to members of The Mended Hearts, Inc. and to heart disease patients and their families.
- To establish and maintain a program of assistance to physician, nurses, medical professionals and health care organizations in their work with heart disease patients and their families.
- To cooperate with other organizations in education and research activities pertaining to heart disease.
- To assist established heart disease rehabilitation programs for members and their families.
- To plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.

"It's great to be alive...and to help others"