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IMPORTANT NOTICE
CHAPTER MEETINGS!

Will Be Cancelled Until Further Notice

Please See Page 8 For Links to Keep Updated on the Corona Virus and Chapter 81

Details and directions on page 8
APPLICATION FOR MEMBERSHIP
We (I) would like to join Mended Hearts, Inc., Atlanta Chapter #81

NAME________________________________________________________

SPOUSE _______________________________________________________

ADDRESS_____________________________________________________

CITY_________________________ STATE____ ZIP ___________________

PHONE____________________ DATE OF BIRTH_____________________

EMAIL ADDRESS__________________________

DID YOU HAVE:

☐ Bypass Surgery ☐ Stent ☐ Pacemaker ☐ Heart Attack
☐ Valve Surgery: ☐ Mitral ☐ Tricuspid ☐ Aortic ☐ Pulmonary

Other__________________________

Chapter membership enrollment covers a 12-month period annually
  • Insignia pin
  • Chapter newsletter
  • Heartbeat Magazine
  • National Mended Hearts Dues

Aorta Reporter
A copy of Aorta Reporter is our way of keeping in touch while you continue to recuperate. We enjoyed meeting you and hope you received some comfort and encouragement from us. Having lived the same experiences, we are willing to take time out of our lives because we want to share our experiences in your recovery. As you become active again, you and your family are invited to attend our Atlanta Chapter #81 or any other chapter meetings. In getting to know us, we hope you will decide to join us in helping each other. Our 10:30 a.m. meetings are the third Saturday of each month.

Mended Hearts
Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. Family and friends are also welcome to attend the free monthly meetings. For information, please visit our website.


National Membership includes the quarterly “Heartbeat” magazine and is tax deductible.

www.MendedHearts.org

Annual dues $40.00. Includes National Mended Heart Dues, Aorta Reporter, Lapel Pin, Heartbeat Magazine, and Visitor Accreditation Training

Pay Online At:
http://www.mendedhearts81.com/about.html

Or Please make your check payable to:

The Mended Hearts, Inc.

Mail to: Jeff Hubeli, Treasurer
1115 Hunters Glen Drive
Woodstock, GA 30189

A receipt for your donation will be provided on request. Your membership is tax deductible.

Date of cardiac event/surgery: ______________________

Publish My Name In Cardioversaries Section of Newsletter Yes ☐ No ☐ (See Page 3)

Retired Yes ☐ No ☐

Type of Membership: Family ☐ Single ☐

Important Numbers:

President: Harry Abrams 770-309-8728
Vice President: Eric Bothwell 678-290-0382
Treasurer: Jeff Hubeli 770-516-5643
Telephone: Bonnie Sanford 770-928-3676

Hospital Visiting Coordinators

EMORY UNIVERSITY–MIDTOWN
EMORY UNIVERSITY–CLIFTON RD: GEORGE WATERHOUSE
770-939-5799

WELLSTAR COBB BILL HOLAND
770-432-3955

SAINT JOSEPH’S: RON KIGLEY
770-977-4702

WELLSTAR KENNESTONE: ERIC BOTHWELL
678-290-0382

GWINNETT MEDICAL CENTER: LINETT SUTTON
404-667-5500

Visit Chapter #81 at www.mendedhearts81.com

Hospital Visitor

The foundation of Mended Hearts is its hospital visiting program. Visitors, with the support of hospitals, serve heart patients. As a visitor, you are there to listen and share your own experiences, empathizing with the anxiety and concern of patients and their families. To become a visitor you must:

* Be a heart patient or the family member of a heart patient
* You must become a Mended Hearts member
* Complete the MHI accreditation training

Mended Hearts trained and accredited visitors continue to report that visiting heart patients, families and caregivers is one of the most rewarding experiences they have been involved in.
During the months of February, March, April and May we provided countless thoughts of hopes and encouragement to all our hospital staff, front line works, essential staff still going to work, Mended Hearts family and friends, local towns and communities and all the wonderful medical institutions supporting us all during this pandemic.

MAY CARDIOVERSARIES

2001  ROSEMARY MOSTELLER
2006  BOB BRAMBLETT

“Here’s a blues number written about my inability to remember computer passwords.”

A GIGGLE FROM GEORGE

A neighbor of mine was bitten by a stray rabid dog. I went to see how he was doing and found him writing furiously. I told him rabies could be cured and he didn't have to worry about a will. He said, “Will, what will? I'm making a list of people I'm gonna bite!”

Coronavirus can Mimic A Heart Attack

In New York City, doctors began emergency surgery on a patient who had all the signs of a heart attack. An electrocardiogram showed dangerous heart rhythm. A blood test revealed high blood levels of troponin, a sign of damaged heart muscle.

But, on the operating table, the patient showed no blocked arteries.

What he did have, it turns out, was coronavirus.

Now recovered after a 12-day stay, the patient was one of similar cases reported around the world.

For doctors the case is troubling.

Should the cardiac test for troponin routinely be administered to Covid-19 patients? Should heart patients immediately be tested for Covid-19?

A March study published in the Journal of the American Medical Association, was conducted by doctors in Wuhan, China, where the virus was first identified. The small study was limited to a review of records of 188 patients, according to JAMA. The study found that 20 percent of the Covid-19 patients were found to have heart damage. Upon admission, Covid-19 patients without heart disease were found to show signs of heart injury, including elevated troponin, and abnormal electrocardiograms. Patients showing these symptoms had a four times greater risk of death than a Covid-19 patient with no abnormal heart readings, according to the New York Times.

Some experts believe heart problems are caused by the body's immune and inflammatory response to the virus.
STRESS LESS

Self-Care in the Days of Quarantine

The Calgon commercials of years past - the harried Mom imagining a warm tub filled with bubbles, pleading, "Calgon, take me away!" - were an effective marketing tool.

But were they real life? Maybe not so much.

Today the popular term is "self care," with a definition that varies widely. Its goal is to find time for oneself in an increasingly hectic world. This can be challenging enough, but when that world suddenly includes quarantines, social distancing, and closed schools, what's a parent to do?

Some tips from around the web include:

* Limit your news and social media intake. There’s a balance between being informed and becoming oversaturated. Too much news about things you can’t control becomes a negative for your mental health.

* Stretch. Too much time at home often means too much time spent sitting, so get up and move around, and make sure to stretch. Your hips and joints will thank you.

* Maintain a routine. This doesn't mean you schedule your day with military precision, but a routine helps us feel a sense of control. Make your bed and get dressed, even if it's into sweatpants. The routine and the change of clothes works wonders for your mindset and your family's mindset.

* Get outside. Whether it's a long-distance run or a short walk up the street, fresh air and sunshine are key.

* Consider getting up before the rest of your family. Though it can be tough, an hour to yourself can make all the difference in how the rest of your day goes. For some, this might work better on the flip side - staying up a bit later just for the alone/quiet time.

* Negotiate your time and space. Ok, this one's tough for the folks with toddlers. But it can be helpful to establish agreed-upon times during which you can escape to the office, for example, or have control of the remote.

www.pages.com

Five Fun at Home Activities for Families to Reduce Stress

https://www.mercyhome.org/blog/parenting/stress-relief/

1. Exercise
Exercising as a family is a great way to stay in shape and help manage stress. Even just 30 minutes of running or walking a day can make a big difference in both physical and mental health. Exercising helps to release feel-good endorphins that make you feel better and energized.

2. Meditation
In our fast-paced world, even young people need to take some time to slow down and self-reflect. Praying or meditating as a family is a great way to take a breath and spend quality time together.

3. Gardening
Being outdoors, in general, helps to alleviate stress and anxiety, but participating in a family activity such as gardening can help even more. Not only is gardening a fun family activity, it can bring about other healthy habits such as healthy eating if your family plans on growing their own fruits and vegetables. These steps towards a healthier lifestyle in both hobby and diet can lead to reductions in stress and anxiety for families.

4. Art
While physical activity has shown many positive results when it comes to stress-relief, taking on creative and mental activities as a family can also help with managing stress and anxiety. A family art project, even something as simple as a scrapbook or making a collage, is a great way to bring your family together and focus on making something creative and meaningful.

5. Reading
Reading is a great way to combat stress. According to a study by the University of Sussex, reading for only six minutes can reduce stress levels up to 68%! Consider starting a family book club and decide together what books you can read. Reading is a great individual activity, but can also turn into a meaningful family discussion.
The authors’ recipes grew out of research and education with an aim toward building strong hearts through the reduction in calories, saturated fats, cholesterol and sodium in their readers ingest. They have included the Dietary Approaches to Stop Hypertension (DASH) and Stay Young at Heart nutrition education programs in creating their cookbook. Eating well, they affirm, is one way of reducing one’s chance of dying from heart attack or heart disease. The opportunity to prepare and eat such dishes as Crispy Oven-Fried Chicken, Finger-Licking Curried Chicken, Red Hot Fusilli, and Beef Stroganoff prove eating heart healthy doesn’t need to be boring and tasteless and effect the three key cardiac risk factors.

The first factor, they consider, is overweight and obesity which they define using a body mass index. BMI uses one’s height and weight to estimate body fat. It’s easy Google BMI, find a BMI calculator, enter your height and weight or if you have their book, look at the BMI graph to locate your weight and height. I am 5′ 7 ½″ tall and weigh 169 pounds that places me slightly above a healthy BMI in the overweight area of their graph. Using the Mayo Clinic (Clinic, 2020) online calculator my BMI is 26.5 with an aim toward building strong hearts through the reduction in calories, saturated fats, cholesterol and sodium in their readers ingest. They have included the Dietary Approaches to Stop Hypertension (DASH) and Stay Young at Heart nutrition education programs in creating their cookbook. Eating well, they affirm, is one way of reducing one’s chance of dying from heart attack or heart disease. The opportunity to prepare and eat such dishes as Crispy Oven-Fried Chicken, Finger-Licking Curried Chicken, Red Hot Fusilli, and Beef Stroganoff prove eating heart healthy doesn’t need to be boring and tasteless and effect the three key cardiac risk factors.

The second factor is high blood pressure which may put me at risk for heart disease, stroke and kidney disease. Hypertension means my heart is working harder than it should to pump blood to my body. Controlling weight and following a healthy eating plan is important to maintaining healthy blood pressure. Essential in that is reducing consumption of table salt. The American Heart Association recommends no more than 6 grams (about 1 teaspoon) of salt per day. Salt in my food is my go-to flavor. I love mashed potatoes. My wife makes great mashed potatoes except for one thing, there is never enough salt in them. Immediately I reach for the saltshaker - a no-no. I need to flavor my potatoes and other food items with other spices. Harry Abrams recommends using kosher salt. The salt gains are larger, and I don’t need to reach for the saltshaker.

The third factor is high fat and cholesterol which leads to atherosclerosis (I have that). Eating foods high in saturated fats lead to high low-density (bad) cholesterol levels and heart attacks and heart disease. To lower my blood cholesterol, I have taken to eating foods containing soluble fiber (grain cereals, fruits, vegetables, and legumes). Why? Because LDL cholesterol is one of the factors that led to the buildup of plaque in my coronary arteries and what led to my heart attack.

The authors state managing my weight is the most important component in bringing my BMI to a healthy level. I have high triglycerides, low high density (good) cholesterol – two of the heart risk factors. Two additional factors which I don’t have are high blood pressure and abdominal obesity (a waist size of forty inches or greater in men and 35 inches or greater in women is dangerous). According to one authority waist size greater than those noted above put one at risk for heart disease, diabetes, high blood pressure, elevated cholesterol and triglycerides or both, and nonalcoholic fatty liver disease. (Peters DO, 2020) Because I have a metabolic syndrome I do? If a diet sounds to good to be true, it is. The authors caution against losing a pound or two a week as unsafe as well as diets listing forbidden foods, and a diet that doesn’t mention the importance of exercise isn’t advisable. How many calories to I need? If you are like me and are moderately active for 30 to 45 minutes a day at a minimum of 3 times a week (I walk up and down the hills in our neighborhood at least 3 miles and sometimes more daily), multiple your weight by 15. If you are primarily inactive – couch potato – then use the multiplier of 13. My current weight 169 lbs. times 15 = 2535. The number of calories I would need to maintain my current weight. 30% or less of my calories should come from fats which leads to atherosclerosis (I have that).  Eating foods high in saturated fats lead to high low-density (bad) cholesterol levels and heart attacks and heart disease. To lower my blood cholesterol, I have taken to eating foods containing soluble fiber (grain cereals, fruits, vegetables, and legumes). Why? Because LDL cholesterol is one of the factors that led to the buildup of plaque in my coronary arteries and what led to my heart attack.

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NUTRITION NOTES:

(Continued from Page 5)
Recipes and Reviews from the Cardiac Recovery Cookbook

So how about the following suggestions:

Breakfast:
1 egg scrambled with low fat shredded cheese and ½ cup chopped veggies, a Dole fruit cup, coffee or decaf.

Lunch:
1 cup of soup (bean, vegetable, chicken noodle, tomato), OR a green salad, and a small roll, OR a sandwich made with whole wheat bread, rye, or pumpernickel with veggies (avocado slices, alfalfa sprouts, onion, cucumber shredded carrots, cherry tomatoes) add ¼ cup tuna/salmon (water packed).

Dinner:
Honey Roasted Almond Chicken with Spinach and Whole Wheat Couscous (see page 21). Today my breakfast was an omelet made with tri vegetables (Publix) low fat shredded cheese, decaf and a cup of apple juice (no sugar added). I didn't become hungry until our traditional afternoon tea. I like green tea. Today we had a slice of Chocolate Torte with low caloric whipped cream. I could have had a Berry and Banana Smoothie [1 cup of chocolate/vanilla swirl frozen yogurt, 1 cup of frozen berries, 1 sliced banana, and ¾ cup skim milk (serves 4)].

Dessert:
Well, what about dessert? We tried Winter Crisp (page 188) and it wasn't very good. A 2 on a scale of 1 to 10 with 10 being the most favorable. The ingredients included sugar, all-purpose flour, lemon peel, 5 apples, cranberries and lemon juice. Sounded tasty but it was not that nor was it crisp. Other dessert suggestions of the authors are Apple Coffee Cake, Banana Mouse, Crunchy Pumpkin Pie. Frosted Cake, Mango Shake, Mock-Southern Sweet Potato Pie, Bread Pudding with Apple-Raisin Sauce, Peach Cobbler, and Rainbow Fruit Salad.

We know what we need to make a good meal as well as how much we should eat. I just need the courage to do it and one that is heart healthy and delicious. We recently made Cowboy Chicken and Rice - a Publix recipe. It is flavorful, heart healthy, and sated the appetite. In the past, I made a dish I call Rattle Snake Pasta in which I substitute 1 pound of diced chicken for diced Rattle Snake meat. (Recipes, 2020) It does not have any snake meat in it but plenty to bite. The original recipe calls for heavy cream, but you can omit that and still have a satisfying low caloric heart healthy meal. One of my favorites is chili made with 1 lb. lean ground turkey, three kinds of beans, small can of corn, small can of mild chiles, 15 oz can diced low sodium tomatoes, 1 envelope of McCormick's Original chili seasoning, and a small can of tomato sauce. Sauté the ground turkey until done, throw in the rest of the items and cooked until it is bubbling. I serve it with cornbread which the authors describe on page 167. All three above suggestions are heart healthy.

My only negative critique is the book is dated and needs an update along with more recipes. The American Heart Association Cookbook (Eshleman & Winston, 1984) is now in its ninth edition, 544 pages long and revised in 2019. Bon Appetit. Eat healthy and in moderation.

Bibliography


MORE GIGGLES FROM GEORGE

The biggest lie you tell yourself is, “I don't have to write that down. I'll remember it.”

Lately, You've noticed people your age are so much older than you.

You thought growing old would take longer.

How many times is it appropriate to say “What?” before you just nod and smile because you still didn't hear or understand a word they said?

Being cremated is my last hope for a smoking hot body!

I have a hard time deciphering the fine line between boredom and hunger.
THE LAST WORD:

Let me begin by hoping that everyone is staying safe and sane during this very stressful time; recognizing that we are all that part of the population that have underlying health conditions including a lot of us have the added age factor taken together makes us more at risk. Shelter and be careful; cabin fever is the least of our worries. Jackie & I have found it easy to walk a good part of our neighborhood without seeing a soul. It has been perfect weather to also work in the yard.

Considering all that we are facing right now, as everything in life as we know seems to have been turned upside down I am including a good bit more humor in my column to try to cheer you up. First, however, I need to honor one of our longtime members who passed recently; that would be Dody Crosbie, wife of our former treasurer John. This couple dedicated more than two decades to us. They always were there to volunteer at the AHA when we were helping preparing for various events and for us when we were gathering to ready the monthly Aortas for mailing. Dody always entertained us as we worked together. She made it fun. Please keep her and John in your thoughts & prayers.

With all the news on TV and other media about our current pandemic my thoughts turned to my own experience with another pandemic; that of the Hong Kong Flu. The year was 1957. I had been stationed with the navy in the Philippines at Sangleby Point, Manila Bay, since 1955. Some of my buddies along with others took advantage of some R & R and got orders to travel to Hong Kong. We took a bus from our base to Subic Bay where we boarded the USS Pickaway APA222, a WWII troop transport. We arrived on or about April 18 just as the Flu was arriving from southwestern China. One internet story states that at the same time 250,000 Hong Kong residents, 10% of the population, were infected. We were off the ship & staying in a Kowloon hotel and within days we too were all infected and as they say, sick as dogs! The virus was identified as H2N2 and reported to have killed one to two million people worldwide, including almost 70,000 in the U.S.

Anyway enough of that; on to something to smile about. George Waterhouse

A hesitant driver, probably here in Atlanta, came to a complete stop on the interstate ramp. Traffic thinned, but the driver still waited. Finally, a furious voice from the vehicle behind him yelled out, “the sign says to yield, not give up!”

I was the best door to door security alarms salesman for years. My trick was to just leave a brochure on the kitchen table if no one was home.

1st guy: “I hear the First National Bank is looking for a new teller.”
2nd guy: “I thought they just hired a new teller last week.”
1st guy: “Right, that’s the one they’re looking for.”

The cable repairman was on my street and asked me what time it was? I told him it was between 8 AM & 1 PM.

I picked up a hitchhiker the other day. He seemed like a nice guy. After a few miles, he asked me if I wasn’t afraid that he might be a serial killer? I told him that the odds of two serial killers being in the same car was extremely unlikely....

The difference between ignorance and stupidity is you can educate the ignorant but you can’t help stupid.

One way to find out if you are old is to fall down in front of a group of people. If they laugh, you’re still young. If they panic and run to help you, you’re old.

I never wanted to believe that my dad was stealing from his job on a road crew but when I got home all the signs were there.

A ventriloquist is performing with his dummy on his lap. He’s telling a dumb blonde joke when a young platinum haired beauty jumps to her feet. “What gives you the right to stereotype blondes that way?” She demands. “What does hair color have to do with my worth as a human being?” Flustered, the ventriloquist begins to stammer out an apology. “You keep out of this!” She yells, “I’m talking to that little jerk on your knee!”

Definition of a Jury: Twelve people who determine which client has the better attorney.

THANK YOU SPONSORS!

Emory University Volunteer Services

May 1st

May 25th
We Are Here and With You:

Until further notice, Mended Hearts Chapter 81 will not be holding our monthly meetings nor will there be any hospital visits. This makes us all terribly sad, but we take heart in knowing it is for the wellbeing of the patients, medical staff and ourselves. Regardless of social distancing, we can still find connections and support in each other. Please reach out if you need us. We are still here for you as you go through your recovery journey.

Stay Informed and Connected:  Links to Local Hospitals, CDC, and Chapter 81

**COVID-19 State Hotline:** 1-844-442-2681

**Wellstar:**

**Emory:**

**Northside:**
[https://www.northside.com/](https://www.northside.com/)

**CDC:**

**Mended Hearts Chapter 81:**
[www.mendedhearts81.com](http://www.mendedhearts81.com)
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