President’s Corner

I think most who attended our March general meeting found it very interesting. Alison Mallard from Hospice discussed the importance of the caregiver and the role Hospice might play in assisting the caregiver and continuing the quality of life for the patient. We hope to have additional speakers that focus on the important role of the caregiver and available support.

Thanks to Chris Ayers for volunteering to be our website administrator. He and I will be meeting with Susan Malette, Piedmont Volunteer Leader for instruction. Anyone with website ideas should contact Chris.

We have two significant events coming up soon. First is our annual golf tournament. It will be held on April 20, at the Spring Lake Country Club. If you know of someone interested in playing or becoming a sponsor of the event, have them call Gerald Kemp @ 803-684-9512.

In June, Mended Hearts will host their Regional Training and Education Conference. The conference will be held in Raleigh, NC.

Finally, please consider becoming an Accredited Visitor. The mission of our organization is to provide support for those who experienced a cardiac event. There is no better time to provide support to someone then while they are in the hospital receiving treatment.

Steve Gardiner, President
Visiting Report - March 2016

Piedmont Medical Center, Rock Hill, SC
66 Patient Visits at Heart Center

3 Rehab Patients
2 Cath Lab
6 Families
0 Telephone

If you are interested in becoming an accredited visitor to give back at Piedmont Medical Center, contact Don Moe at 803-328-1502 or e-mail dqmoe@comporium.net

Trivia Teaser

Street Smart

1. Whose first words on "Sesame Street" were "Don't hang on my can! Go away!"? a-Big Bird, b-Ernie, c-Mr. Hooper, d-Oscar.
2. What fictional lawyer was assisted by a secretary named Della Street? a-Perry Mason, b-Owen Marshall, c-Horace Rumpole, d-Ben Matlock.
3. On what London street did demon barber Sweeney Todd ply his trade? a-Carnaby Street, b-Fleet Street, c-Wall Street, d-Harley Street.
5. What rock singer is backed by the E Street Band? a-Elvis Costello, b-David Bowie, c-Bruce Springsteen, d-Bob Dylan.
7. Lombard Street is famous for a steep, one-block section with eight hairpin turns in what city? a-Boston, b-San Francisco, c-Seattle, d-Washington, D.C.
8. Whose 1984 debut novel was "The House on Mango Street"? a-Sandra Cisneros, b-Toni Morrison, c-John Berger, d-Donna Tartt.
9. What movie was promoted with the tagline "On every street in every city, there's a nobody who dreams of being a somebody"? a-"Forrest Gump," b-"Rocky," c-"Taxi Driver," d-"Midnight Cowboy."

Quote

Success is not final and failure is not fatal. It is the courage to continue that counts.

Winston Churchill, British politician

Skinny Gypsy Toast, yum, yum!

French toast has its humble beginnings in 4th century Rome, even before the Middle Ages (5th to 15th century) in Medieval Europe.
The Romans took their day-old bread, soaked it in an egg and milk mixture and fried it. They called it pain perdu 'lost bread,' and it is even mentioned in the ancient recipe book, Apicius.
Today the dish is known by many names including Eggy bread, Gypsy toast, and Spanish toast.
Two slices of French toast, made with everyday white sandwich bread dunked in an egg-milk-cinnamon mixture and fried, racks up about 300 calories and 32 carbs without syrup or powdered sugar. That tally goes up with fancier breads like brioche and sugary toppings like jam, whipped cream or syrup.
But the dish can be made with far fewer carbs and calories and it makes a tasty, filling, no-guilt breakfast.

Skinny Gypsy Toast
(makes 4 servings)
8 slices of low-carb bread
1/2 cup cream
(Half the carbs of milk)
4 large eggs
1/8 teaspoon salt
1/8 teaspoon cinnamon or to taste
1/2 teaspoon vanilla
4 teaspoon butter for frying
1 teaspoon sugar substitute

In a medium bowl, whisk the egg yolks, milk, salt, cinnamon and vanilla. Pour into a square cake pan to make dipping easier. Place bread slices in egg mixture, flip once, after fully coated and soaked through.
Melt 1 to 2 teaspoons of butter in the pan over medium-high heat. Fry bread slices until golden brown on both sides. Add butter between batches.
For your trouble, your Skinny Gypsy Toast is delicious as is or with sugar-free syrup or jam (but topping will bring up the carb and calorie count.)

Estimated nutritional cost for one slice:
5 grams carbohydrates
(net carb count: 5 g)
6 grams protein
3 grams fat
75 calories

Quote

At the end of the day it's not about what you have or what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back.

Denzel Washington, American movie star
Scientists recognize the healing power of touch

Human touch can be a deeper form of communication than words. Researchers say it comes from the gut.

According to the Mayo Clinic health letter, healthcare providers sense that a compassionate touch can help alleviate pain and discomfort in their patients. A hand on the arm may provide motivation toward recovery.

More formal approaches to incorporating touch into medicine are complimentary therapies. Some focus on manipulating soft tissue. Most help you relax.

Massage therapy manipulates the muscles, skin and tendons. Almost everyone feels better after a massage. Studies show that massage can reduce anxiety, pain and fatigue.

Reiki is an energy therapy where the practitioner's hands are placed on the recipient's body. Different hand positions are held about two to five minutes. Recipients describe a feeling of warmth and relaxation after a session. It's also used to treat stress and nausea from chemotherapy.

Everyone can use touch to comfort a person who faces an illness or who has lost a loved one.

Some people avoid touching to guard their own emotions, but a simple touch on the arm or shoulder can bring benefits to both you and the person in grief. So go ahead, touch that grieving person’s arm.

Studies show that feeling isolated from others has negative health effects, like depression, cognitive decline and an increased risk of heart disease.

Aging gracefully. Is there such a thing?

Your fingers could fly over the adding machine keyboard. But now no one uses them. You had the most beautiful complexion, but now? Well, still pretty good but not like a 20-year-old.

One study concludes that with aging there is an inevitable loss of self-esteem, starting at age 60, according to livescience.com.

But is there a way to age gracefully and contentedly since, after all, aging begins at birth and continues throughout life.

According to the New Atlantis, some character traits make aging more graceful.

Courage: The ability to keep fear in check, even as there are more things to be fearful about.

Simplicity: Traveling light through the journey.

Wisdom: Avoiding excessive nostalgia and remorse.

Wit: Since the restrictions of children, appearances, professions are removed, humor can and often does rise up as we age. Might as well laugh.

Caring and understanding: Understanding people at different points in the aging journey.
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Gerald Kemp, Jr. Vice President 803-648-9512
Frances Wilkie, Secretary, 803-327-1310
Don Cahill, Treasurer, 803-325-2218
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Debby King Hospital Liaison/Program Chair
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Bessie Meeks Publicity Chair
Sylvester Watkins Newsletter Editor
Gerald Kemp, Jr. Regional Director/ Golf Tournament Director, 803-684-9512
Bill Voerster ARD, 704-310-8354

Editor’s Note:
Considering today’s economy, we all need to be aware of areas where we can lower our expenses; therefore, I’d like to suggest those of you that would like to receive this Newsletter by E-Mail, please send an E-Mail request to the editor, swatkins44@aol.com
Thank you for partnering in this effort.

A “Hearty” welcome to new readers and new Members. Mended Hearts is a nationwide support organization for individuals with heart disease. Including persons recovering from heart attacks, open heart surgery and transplants. Members give hope and encouragement to others by providing living proof that persons with heart disease can lead full, productive lives. As you recover and become active again, we encourage you and your family to attend a meeting, and hopefully, you will want to join us in helping others! (or investigate a Chapter near you.) Newly visited patients receive this Newsletter for three months.

When you have finished reading your newsletter, please don’t throw it away! Why not pass it along to a friend or relative, or drop it off in your doctor’s waiting room? This way many more people will get the Mended Hearts’ message, and know who we are and what we are all about.

Internet Resources
www.mendedhearts.org
www.cardiosmart.org/
www.speakfromtheheart.com
www.pena.net/patients

Trivia Teaser Answer
Answers to Street Smart'
1-d, Oscar 2-a, Perry Mason 3-b, Fleet Street 4-b, "My Fair Lady" 5-c, Bruce Springsteen 6-b, Karl Malden 7-b, San Francisco 8-c, Martha and the Vandellas 9-a, Sandra Cisneros 10-c, "Taxi Driver"

The best foods for memory, problem solving, brain health

Scientists at Johns Hopkins Medicine say these key foods have various brain-boosting benefits:
1. Olive oil, green tea and leafy greens: These antioxidant superfoods help fight inflammation, which can damage the brain. Before inflammation starts, eating them can protect brain function.
2. Beets, tomatoes and avocados: Studies show these foods help ensure that your brain receives the blood it needs to stay sharp. That promotes neuron growth in the area of the brain associated with learning and memory.
3. Nuts (especially walnuts): They work deep in the brain to fight amyloid plaques. When amyloid accumulates beyond normal levels, its plaques kill neurons while creating inflammation, which kills even more neurons.
4. Fish, blueberries, grapes, coffee and dark chocolate. These powerhouses increase the level of brain-delivered neurotrophic factor, (BDNF), a protein that supports the growth of new neurons.

The scientists quoted in the AARP Bulletin say BDNF is like Miracle-Gro for the brain. These foods stimulate the release of BDNF to prompt the brain to make more neurons.

AFib – Know the Facts

Mended Hearts has joined forces with the National Stroke Association, Preventive Cardiovascular Nurses Association, and Spirit Health Group to bring you a patient-minded AFib website. Here you can learn:

More about AFib

• How to manage AFib
• How to talk to your healthcare team about your AFib
• About stroke risk reduction

Check out our new website www.alittlefib.org today!

The Chapter 289 Board has adopted a program to attract new members. The Chapter offers to pay the first year’s dues for any new single or couple membership (membership application attached). This program is valid for one year, June 1, 2015 through May 31, 2016.