**President’s Corner**

Our Christmas party was at a local restaurant and was enjoyed by all.

My Presidency has come to an end after two years of service. It has been a learning experience and I have enjoyed the support of all those on the board and others who helped make this a successful endeavor.

The new board for 2016 has been nominated as follows: Steve Gardiner, President, Petra Gardiner, Vice President, Paul Shoda, Membership Chairman, Fran Wilke, Secretary, Bessie Meeks, Publicity, Don Moe, Visiting Chairman, Don Cahill, Treasurer, Sylvester Watkins, Newsletter Editor and last but not least Debbie King, RN, Advisor/Program Chairman. I know everyone in Chapter 289 will continue to support them with the same energy they have shown during the past two years. The next meeting at Piedmont Hospital will be the installation of these new officers on January 26, 2016 at 6:30.

**Joe Ogrinc, President**
National Soup Swap Day!

Crockpot Turkey Wild Rice Soup

If your crockpot (slow cooker) isn't already off the highest shelf of your pantry, January is the time to dust it off. Not only is winter in full form throughout the upper half of our nation's states, but the other half is enjoying cool enough weather to enjoy a steaming bowl of homemade soup.

Soup prepared in a crockpot takes fifteen minutes of prep time. The cooking is done overnight, while you're at work, doing errands or chauffeuring children to sports and music lessons.

Use what's in your fridge and pantry to make this soup or an old favorite.

The Tenth Annual National Soup Swap Day is January 16, 2016. A young Seattle guy, Knox Gardner, started it in 1999. He wrote articles for the local newspaper and readers spread the idea through social media channels. When soup-swap groups popped up in a couple dozen states and then spread to Canada and England, Knox started the celebration in 2006.

Since the purpose is to gather a group of friends or neighbors, who share take-home quantities of soup for future meals while sharing samples, laughter and maybe a glass of wine, it doesn't matter if the specific date is kept. January is also National Soup Swap Month. Check out www.soupswap.com.

Crockpot Turkey Wild Rice Soup

2 cups chopped cooked turkey (or store-bought rotisserie chicken, shredded]
8 cups chicken broth
2/3 cup uncooked wild rice
1 cup diced white onion
1 cup chopped celery
1 cup chopped small carrots
1 teaspoon sage
2 tablespoon balsamic vinegar
2 cups baby spinach leaves

In a 6.5 quart crockpot, add all the ingredients except the spinach. Stir.
Top the pot with the baby spinach. It will shrivel into the broth while cooking. Cover and cook on low for 8-10 hours, or on high for 4-6. The soup is ready when the vegetables are tender. Can't be ruined by "overcooking." Makes 6 generous servings.

Quotes

Your PURPOSE explains what you are doing with your life.
Your VISION explains how you are living your purpose.
Your GOALS enable you to realize your vision.

Robert Proctor, writer
How to get the most from physical therapy or cardiac rehab

Unlike other types of treatment, physical therapy or cardiac rehabilitation isn’t things that are "done" to you; you must be an active participant. Dr. Donna Polk, medical director of cardiac rehabilitation at Harvard-affiliated Brigham and Women’s Hospital, says "You get out of it what you put into it."

Both physical therapy and cardiac rehab programs involve about two or three sessions a week for six to 16 weeks.

Get information

Talk to staff members about what you want out of rehab, such as being able to walk without pain and climb stairs, or if you want to lose weight and become physically fit to reduce the risk of a heart attack.

Set short-term goals for yourself so you can monitor how you're doing. That way, you’ll know if what you are doing is working or not.

Talk to your team

Communicate with staff members if something isn't working for you. Discuss any problem or concern and what you feel are barriers to your rehabilitation program. They'll know what modifications can be made.

Make keeping your appointment a priority. If you skip one or more, you’ll lose momentum and the ability to progress regularly.

Work on your program at home

You’ll be expected to keep up with rehab on days you don’t have a session. That means doing your exercises or sticking to a healthy diet.

Lauran Mellett, a physical therapist quoted at www.health.harvard.edu, says rehabilitation itself is a lifestyle change. "Try to establish a routine before rehab ends, so you'll be able to sustain it for the rest of your life."

Don’t overdo it.

It’s better to start exercising slowly and build up over time. Commit to 10 minutes of exercise on days away from rehab. It’s a level you can sustain and add to when your program is finished.

The Lighter Side

Loitering

A rookie police officer was out for his first ride with an experienced partner. A call came telling them to disperse people who were loitering. The officers saw a small crowd standing on a corner.

The rookie rolled down his window and said, "Let’s get off the corner people." No one moved, so he barked again, "Let’s get off that corner... NOW!"

The group of people began to leave, casting puzzled stares at him.

Proud of his first official act, the young policeman turned to his partner and asked, "Well, how did I do?"

"Pretty good," chuckled the vet, "especially since this is a bus stop."

For better health: Get up, stand up, and move around

Researchers are studying the negative effects of sitting for extended time periods, both at the office and by the TV.

Dr. Allan Hedge, a professor at Cornell University, says for every half-hour working in an office, people should sit for 20 minutes, stand for eight minutes and then move around and stretch for two minutes.

Health experts, including Dr. Hedge, have guidelines that say people should get a combined two to four hours of standing and light activity spread throughout the workday. And research from NASA, reported in The Wall Street Journal, shows that standing up to two minutes 16 times a day while at work is an effective strategy for maintaining bone and muscle density.

Scientific evidence shows that when people have occupations in which they are on their feet for more than two hours a day, the risk is a reduction in the risk of developing key chronic diseases, says John Buckley, a professor of applied exercise science at the University of Chester in England, and lead author of the guidelines.

Some ergonomics experts warn that too much standing can create greater risk for varicose veins, foot problems and artery disease. Dr. Hedge says, "The key is breaking up your activity throughout the day. Sitting and standing all day are both bad for you."

When you just don't feel like it

Leo Babauta of zenhabits.com says everyone from students to marathon runners falls into a slump occasionally. Those are the days when you just don't feel like doing anything. "I even struggle to motivate myself to exercise. I'll use that as an example."

"When I fall out of exercise, due to illness, injury or disruption from things going on in my life, it's hard to get started again.

"Whenever I've been in a slump, I've discovered that it's often because I have too much going on in my life. I'm trying to do too much, and it saps my energy and motivation."

Babauta recommends taking small steps to get back on track.

Cartoon
On Martin Luther King Day:

Give someone the gift of forgiveness

Martin Luther King Day, January 18, is the only federal holiday that marks the contributions of a private American citizen.

To honor the man and his philosophy of peace, many cities, and private businesses, honor the man whose philosophy of nonviolent, but pointed demonstrations, created civil rights laws and changed hearts.

Just two examples: Philadelphia’s MLK Day of Service has grown to over 125,000 volunteers since their first annual event in 1995. The MGM Resorts International holds training program teaching the value of respect, inclusion and the embracing of individual differences. They have invested over $3 billion in minority and women owned businesses.

You don't need to have billions or a business to honor Dr. King. You can apply some of his philosophy in your life today.

Dr. King said:
"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us."

"The old law of ‘an eye for an eye’ leaves everybody blind."

"Life's most persistent and urgent question is, what are you doing for others?"

"Hate cannot drive out hate; only love can do that."

"Forgiveness is not an occasional act. It is a permanent attitude.”

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.