



Pulsebeat

Greater Buffalo Chapter #48

The Mended Hearts, Inc.

February & March 2010

Monthly Meetings

Time: Second Saturday of
Each month from
September to May
1:00 PM

ROOM # 503A

On the 5th Floor

Veterans Medical Center
On Bailey Ave. in Buffalo

Guests are welcome

*The Mended Hearts Prayer
We ask for your blessings
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.*

Herbert G. Maedl

We hope you have 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 they understand what you are going through. They have been there themselves and they now give method of keeping in touch with you as you recover from your heart event. As you become active again, we invite you, your family and friends to attend our meetings

*When you finish with this news-letter, PLEASE pass it on.
Leave it in a Doctor's office or Rehab for others to read.
Help spread the word about Mended Hearts.*

Coming Events :

- ♥ **February:** [Laura Russillio](#) A RN at the VA will be speaking on Blood Pressure and CPR February 13, 2010 at 1:00 PM
- ♥ **February:** American Heart Ball – Saturday, February 6th, 2010
- ♥ **February:** Heart Fair Mercy Hospital Feb 27th @ 9 – 11 AM
- ♥ **March** A RN at the VA will be speaking on Coumadin and the body's blood system March 13, 2010 at 1:00 PM

Please check our WEB Site for all updates on meetings and cancelations of meeting

Be sure that *Jim Wekenmann* jwekenmann@bcso.com has your e-mail address. We are creating an email list for future meeting Notifications and the email Newsletter. Or go to our website <http://mendedheartsbuffalo.org> and send an email to our webmaster

Mark Gaczewski webmaster@mendedheartsbuffalo.org

Last Month we had a round table discussion about heart experiences. It is amazing how some of our members deal with their experiences and also share them with us. We had coffee (Thank You Mark G) and left over holiday snacks that everyone enjoyed. Mary Lynn is feeling better she had a bout with the stomach flu.

Mended Hearts have a great relationship with the American Heart Association. They donate the printing of the Pulsebeat for us and in turn we help in many of their fund raising activities. In February is their Annual "HEART BALL" February 6th. Contact Bill Alexander 614-1981. They have many areas that require our help.



Rich Filipink 895-5509

Will be setting up an information table at Mercy Hospital Health Fair Saturday the 27 between 9 and 11 AM. Please join him to help and also you will have chance to visit other booths
Richard as always thank you for dedication to The Mended Hearts

We give thanks of what we have and joyful for what we can give. We look forward to the end of winter and on to spring as a time to reconnect with friends and family - Tomorrow allows us to step into the future with hope, even as we go thru this winter. Perhaps you can warm your winter by staying active with your chapter. Give me a call! The Chapter needs your talents.

Jim Wekenmann 655-4597

"Don't put the key to happiness in someone else's pocket—

keep it in

your own"

— Anonymous

Thank you, Harvey Serota, Rich Filipink and Roger Burgler for your time and efforts to get this newsletter printed at the AHA and mail it out

Thank You Sam Sampieri for contacting Laura to be our speaker in February. She has been a RN for over twenty years and is in charge with activities at the VA. She brings Knowledge of her topic and will be speaking on Blood pressure and what does the reading mean. She will also touch base on CPR and give a general over view of it. Please come out to learn and support our attendance

Being out of Shape may increase your risk of dying early more than being overweight. A 12-year study of more than 2600 adults over age 60 found that people in the lowest 20% of physical fitness had more than twice the risk of dying prematurely compared with those who were slightly overweight but walked as little as 30 minutes a day, five days a week

Source Journal of the American Medical Assoc vol 21, pg.2507

Organizing your personal health records

Online Personal Health Records (PHRs) store your data in a secure environment and allow you to access your information anywhere at any time with internet connection.

PHRs may also let you share your record with loved one or your health-care provider, with your permission.

Before selecting a PHR, review its privacy and security policies. The American Health Information Management Association at www.myphr.com can help you get started. You can also check with health-care providers, insurers, and employers to see if they offer PHRs as a service.

Source American Heart Association



*More than 50 years strong.
Offering Hope, Encouragement and
Support for a full recovery and
meaningful, rich life.*

Benefits of Mended Hearts Membership

Connection. Being a member offers opportunity for connection with the nation's largest community-based heart patient organization providing hope and encouragement to heart patients and their families.

Relationships. Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

Giving Back. Our accredited visiting program enables survivors and caregivers to "give back" to other patients what they've learned from their experiences.

Chapter Activities. We encourage all members to participate in chapter activities -- which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

National Magazine. A subscription to *Heartbeat* quarterly magazine, 28-32 pages highlighting organization news, activities and items of interest to the heart-patient community, is available to all members.

In the Know. Membership offers internal organizational communications via the Internet-providing the latest organizational updates and important heart-health information.

National Convention. Members have the opportunity to attend annual national convention featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

Web site. Membership offers access to a password-protected members-only site on the Mended Hearts Web site.

Branded Items. Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

Leadership. As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

Mended Little Hearts. Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the "littlest heart patients of all" and their families.

Stats 'n Stuff

Visiting Program Reports

2010

Hospitals

Buffalo General Hospital
Erie County Medical Center
So. Buffalo Mercy Hospital
VA Hospital

Telephone

Internet

Our Chapters Annual Report will be publish in Feb on our web site if you would like a hard copy please call me

If you are interested in visiting either at hospitals, by phone or internet, please contact persons on each of the visiting committees or any member of the steering committee

Steering Committee:

James Wekenmann, *President Pro Tem* 655-4597
Mark Gaczewski, *VP* 982-1776
Melissa Hill, *Secretary* 839-2406
Harvey Serota, *Treasurer* 689-2102
Sue Castle 836-7476
Mary Lynn Wekenmann 655-4597

Committees:

Hospital Visiting
Judy Flury 684-7523

Buffalo General Hospital
Joe Hirtzel 892-9020

Telephone Visiting
Mary Lynn Wekenmann 655-4597

Internet Visiting Melissa Hill 839-2406

Membership/Computer
Jack "Dee" Dzedzic 684-1086

Director of Training Joe Hirtzel 892-9020

Publicity June Burgler 692-0973

Pulsebeat Mailing Roger Burgler 692-0973
Hospitality Table Rich Filipink 895-5509
Refreshments Joyce Primogenito 683.7104
Sunshine Adele Kowalewski 894-7714
Flag Bearer Ray Heer 684-6053
AHA Liaison Roseanne Stephan 614-1986

Regional Director (RD) Priscilla Soucy 1-860-289-7422
ARD Larry Feldman, NE Region 585-544-1565

This area is reserved for jokes, personal statements, birthday, anniversary (of whatever) wishes and acknowledgements. Please express your thoughts, feelings and opinions here. See the Newsletter Committee - .

"An Optimist is a man who starts a crossword puzzle with a fountain pen." - Anonymous

"A pessimist is someone who complains about the noise when opportunity knocks" - Michael Levine

"It's great to be alive - and to help others!"

The Mended Hearts Inc.
Greater Buffalo Chapter #48

Application for Membership (2010)

Name _____ Phone _____ Date _____

Address _____ Date of Birth _____

Email address _____

Date of Surgery/Procedure _____ Surgeon _____ Hospital _____

Type of Surgery/Procedure _____

Signature _____

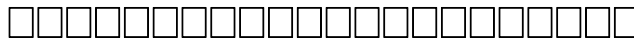
Membership Dues

__ Individual	\$25.00 (National \$17.00 Chapter \$5.00)
__ Family	\$31.50 (National \$24.00 Chapter \$7.50)
__ Individual-Life	\$210.00 (National \$160.00 Chapter \$50.00)
__ Family-Life	\$285.00 (National \$210.00 Chapter \$75.00)

Donations: Starkweather Memorial Scholarship Fund \$ _____ General Fund Chapter #48 \$ _____

Membership is open to persons having heart surgery/procedure or heart disease, their family, friends, health professionals and those who wish to assist in the purpose of The Mended Hearts, Inc. Membership includes a subscription to the quarterly **HEARTBEAT** magazine, an insignia pin(1/ individual, 2/ family), and the chapter newsletter **PULSEBEAT**. Make Check payable to The Mended Hearts Inc, and mail to:

The Mended Hearts Inc
National Office-Membership
7272 Greenville Avenue
Dallas Texas 75231-4596



Some Suggested Websites for Mended Hearts and their families:

How to evaluate Online advice and information:

- ♥**Check the Creator.** Website ending in ".gov" (for government) or ".edu" (for educational institution) are the most reliable. Generally ".org" (for organization) is reliable while ".com" (commercial) indicates a proprietary or business source.
- ♥**Look for credentials.** Make sure the author or the sites medical advisory board has the appropriate medical health credentials.
- ♥**Read the references.** Web documents should include references for date and advice. Check for a date to make sure the information is current.
- ♥**Watch out for bias.** Many "health" websites are merely disguised advertisements. Note headings carefully to distinguish between facts and hype.

www.MedlinePlus.gov

National Institutes of Health and U.S. National Library of Medicine

~ Current health news, drug and medical info; *interactive tutorials* on disease, diagnostic and surgical procedures and prevention.

www.health.state.ny.us

New York State Health Dept

~ Includes data on coronary surgeries, all hospitals and cardiac surgeons, physician discipline, etc. Click on "Info for Consumers" for other info on health facilities, conditions and organizations in NYS .

www.clevelandclinic.com

The Cleveland Clinic

~ See Heart Health, for current info on just about any heart problem.

www.everydaychoices.org

A joint website of the American Heart Ass'n, American Diabetes Ass'n, and the American Cancer Society features healthful tips on eating, activity, weight management, etc.

"Dedicated to inspiring hope in hearts disease patients and their families"



The Mended Hearts, Inc.

Greater Buffalo Chapter #48
701 Willardshire Rd
Orchard Park NY 14127

This newsletter copied and prepared for mailing courtesy of the American Heart Association

Mended Hearts is a national, nonprofit organization affiliated with the American Heart Association, offering the gift of hope to heart disease patients, their families and caregivers for more than 50 years. Recognized for its role in facilitating a positive patient-care experience, Mended Hearts partners with more than 450 hospitals and rehabilitation clinics, making more than 235,000 visits to patients in person, online or by phone annually, through its 280 chapters.

The local support group, *Greater Buffalo Chapter #48*, is made up of the very kinds of people it serves—heart patients and their families. Members visit heart patients at Buffalo General Hospital, ECMC and Mercy Hospital, helping them face lifestyle changes, depression, recovery and treatment, and understand that there can be a rich, rewarding life after a heart event.

Heart patients and interested caregivers all over Western New York are invited to attend our monthly meeting at the Veterans Medical Center in north Buffalo. We can be reached through the American Heart Association, 716 614-1980.



The Mended Hearts, Inc.