



Pulsebeat

Greater Buffalo Chapter #48

The Mended Hearts, Inc.

April 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

3495 Bailey Avenue, Buffalo –

(716) 862-3400

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

More than 50 years strong,

Offering Hope, Encouragement and

Support for a full recovery and

meaningful, rich life.

Message for Recent Heart Patients

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 :

- ♥ **April 10th 10, 2010 at 1:00 PM** Larry Feldman, ARD, TMH. NE Region Director
- ♥ **May 8th, 2010 at 1:00 PM General Meeting** Kelly Smith of VA Hospital Pharmacy
- ♥ **June 12th, 2010 at 12:00 PM Chapter #48's Annual Luncheon at the East Aurora Country Club more details next month**

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's meeting we had a round table discussion. Future programs, and Concerns of the Mended Hearts.

Larry Feldman will Do the following program at the Mended Hearts Buffalo, April 10 Meeting:

1. Mended Hearts Organizational Profile: A General Overview of the Nation's Pre-eminent Support Group for Heart Patients
2. Obesity Trends: A Frightening Plague Is Sweeping Across America
3. Childhood Obesity Trends: Prevalence of Obesity Among U.S. Children and Adolescents
4. General Remarks and Q&A

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

Mended Hearts has 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 was their Annual "HEART BALL" February 6th. There was a little problem. Only Harvey & Doris Serota attended and said there were over 600 people in attendance and it turned out very successful for the AHA. The person that was coordinating with the rest of us resigned and that is why you were not contacted. Next year Harvey said because he sits on the committee he would help communicate with the committee. Thanks Harvey.

 **Rich Filipink**

Said that Mercy Hospital's Heath Fair on Saturday the 27th of February was well attended and also thanks Mark Gaczewski for helping Him

Richard and Mark as always We thank you for your dedication to the Mended Hearts

We give thanks of what we have and joyful for what we can give. We look forward to the beginning of Spring as a time to reconnect to our friends at our meetings - Tomorrow allows us to step into the future with hope, Like spring and the new birth of flowers and Grass and the leaves on the trees. Perhaps you can start new by staying active with your chapter. Give me a call! The Chapter needs your talents.

Jim Wekenmann 655-4597

"Horse Sense is what a horse has that keeps him from betting on people".

-- W.C.Fields

Sam Sampieri Thank you for contacting the VA for our speaker in May. Please come out to learn and support our Chapter in attendance



Mike Pryndota

Mike has been a visitor at ECMC for over 15 Years and in September 2009 he was recognized at ECMC as Employee of the month (not bad for being a volunteer). Thank You for your Continue support to The Mended Hearts. I also want to thank all visitors of our Chapter. With out your efforts we would not be able to full fill our goals to help others.



The 10 Commandments of Forever Young

- ◆ Take pride in yourself. If you do not believe in yourself, who will?
- ◆ Eat like a bushman...lots of greens, fresh meat, grains and fruit and don't feel guilty about an occasional devilish treat.
- ◆ Do at least 30 minutes of sustained rhythmic exercise four times a week.
- ◆ Pay attention to your bodies needs...skin, eyes, ears, feet, et al.
- ◆ Nourish the spirit...love, laugh and live often!
- ◆ Get as much sleep and rest as you need.
- ◆ Maintain your sense of humor and deflect anger.
- ◆ Set goals and accept challenges that force you to be as alive and creative as possible.
- ◆ Don't depend on anyone else for your wellbeing. Take charge!
- ◆ Rediscover your inner child.

Stats 'n Stuff

Visiting Program Reports 2010

Hospitals	March
Buffalo General Hospital	7
Erie County Medical Center	NR
So. Buffalo Mercy Hospital	NR
VA Hospital	9
Telephone	7
Internet	5

I am trying to get everybody onboard by sending me their visits for the month, but so far a lot of people are not notifying me in a timely manner, but hopefully it will get better over time.

If you could put a note in the newsletter to advise me monthly of visits it might help
Joe Hirtzel

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

Committees:

Hospital Visiting <i>Judy Flury</i>	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" Dziedzic	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 - .

For Email Address go to:
www.mendedheartbuffalo.org

"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.



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