

The Beat Goes On

The Mended Hearts Inc.
Founded 1951
www.mendedhearts.org/
Virginia Peninsula
Chapter 119
Founded Oct 1981
Chartered Dec 3, 1981

Officers:

President:	
Clarence Clodfelter	596-3952
Vice President:	
Libby Crossland	898-6114
Rec. Secretary:	
David Williams	356-9153
Treasurer:	
Leonard Schneider	877-5823
Past President:	
Louise Sears	877-3643
Reach us:	
Call (757) 594-1542	
Or Email:	
President@heart119.org	
Website:	
www.heart119.org/	594-1542
MH-Visitor Desk	
RRMC 4th Floor	594-3337

Meetings:

- * *Riverside Regional Medical Center*, 500 J. Clyde Morris Blvd., Newport News, VA 23601
- * Chapter meetings normally held at 7:pm on the 1st Thursday of each month in the Hospital Staff Cafeteria Room.
- * Board meetings held monthly on the 4th Tuesday of each month in the Hospital Cafeteria Conf. Rm. A at 7:pm.



Volume XXIX, Number 10
 October, 2011

The President's Notes:



Happy Anniversary everybody. In October 1981 **81** stalwart cardiac event survivors banded together on the Peninsula to form Chapter 119 of this terrific **Mended Hearts Inc.** organization at *Riverside Regional Medical Center*. These folks are recognized in our October 6th gala celebration program.

Do you remember what else was going on in October 1981? Here are a few reminders:

- The first cellular telephone system was inaugurated.
- The first 5 percent of President Reagan's 25% cut of U.S. income taxes took effect.
- The Ayatollah Ali Khomeini elected President of Iran.
- Egypt's President Anwar Sadat was assassinated at Nasr City, Egypt.
- CBS Cable, the first venture into cable television was inaugurated by the broadcast CBS television.
- The Los Angeles Dodgers won the 1981 World Series over the New York Yankees in Game 6.
- **Olivia Newton John's "Physical"** was at the top (# 1) of the music charts.
- **Mended Hearts Inc.** was celebrating their 30th Anniversary in Dallas, Texas and elsewhere in the nation.

Inspiring HOPE In Heart Disease Patients & Their Families

Let's get physical and not only help ourselves but our patient clients & their families. Volunteer your time to help visit and encourage others to have hope and survival instincts and tools. Or help in some other appropriate way. Exercise your talents to not only build your own heart strength but, those of others also. Relive the inspiration of that 1981 Academy Award winner - "**Chariots of Fire**" theme; **...renew your strength; ...mount up with wings as eagles, ...run, and be not weary; ...walk, and not faint.**" You too will be happy you did.



"Let's get physical, physical, I wanna get physical,...."

Convention notes:

Mended Hearts announced it has reached a collaborative, multi-year agreement with the **American College of Cardiology**. The agreement will facilitate both organizations to expand cardiovascular patient support and enhance patient-centric care related to the nation's most prevalent disease. The agreement will enable the two or-

ganizations to combine and share resources and will include joint advocacy efforts and integration of member activities.



"Through our unique hospital-based, patient-to-patient visiting program, we work with hundreds of thousands of heart patients every year and we're excited to be able to enhance our outreach through this partnership with the

American College of Cardiology," said **Gus Littlefield**, president of **Mended Hearts**. "This partnership will strengthen the **Mended Hearts** offerings by enhancing the education and support efforts in the cardiovascular patient community."

Clarence asks us to check out the website: www.CardioSmart.org & please mention this partnership upon your next visit to your cardiologist and ask if he or she is a member of the ACC.

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

Chapter 119 Remembers Togetherness:



Mended Hearts members remember & celebrate together in fun & fellowship.



Chapter-119 info:

On October 6th 2011 we will celebrate our **30th Anniversary** with a festival gala - see the invitation elsewhere in this newsletter - pg 3. **PLEASE RSVP** to help the planners plan the #'s well.

Our November 3rd meeting will have a treat presentation from the *Speakers Bureau* of the *Mariners' Museum*. **Mr. Rich Asaro (Capt. USCG Ret.)** will give us humorous insight into the substance abuse and lifestyle of 17th century sailors. Although retired **Capt.**



Asaro is a Sailing & Navigation expert with frequent sailor/instructor duty aboard *USCG Barque EAGLE*. His presentations are always informative, & delightfully entertaining. Let's all join the *M/M*.

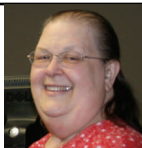
December brings the holidays and our annual celebrations. Are you ready? On December 6th we'll have a dinner banquet with all of the covered dish goodies from our membership along with some more good entertainment.

Fall/Winter months means it's time for chapter officer nominations (November) and elections (December) again. (Installations—on January, 5th) for the 2012 year. Are you ready to nominate and vote at the chapter business meetings?

Check out what's happening at Patrick Henry Mall sponsored by RRMC. www.RiversideHealthDiscussion.com - Doctors are in.

Pearls are the 30th Anniversary Jewel.

Editor's Corner:



A special request—Mended Hearts is an active member and committed partner of the National Consumer League's awareness campaign on the importance of medication adherence called *Script Your Future*. An article is forwarded by Jim Bushnell from MH headquarters with a request to pass it along to all of our current Mended Hearts Newsletter Editors so it can be included in chapter newsletters. It's a

little long but the basic message is "Taking medication as directed may seem simple, but non-adherence among people with chronic disease is a complex and widespread problem. The goal of the campaign is to

raise awareness among consumers and their families about the importance of taking medication as prescribed as a vital first step toward a longer, healthier life." The complete article will be available at meetings.

Memoriam:
Mended Hearts Chapter 119 extends condolences to the family of **Charles Stoots** who passed away August 15, 2011

THANK YOU to **Judy Williams, Herb McCoy, Polly Clodfelter, Lennie Schneider** and **Hilda Rogerson** along with all attendees who provided salads, sides, or desserts & for all of the terrific chicken, drinks and tasty goodies at the annual September picnic table.

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

Medical Notes:

A Healthier Heart in 10 to 30 Minutes a Day: One exercise you might not think of as providing a heart health benefit is stretching. But a new study shows that a simple 10-minute stretching routine could improve your cardiovascular health.



Additional kinds of exercise is best for heart disease and diabetes; i.e. 30 minutes of moderate walking, 30 minutes of resistance training, combination of 15 minutes walking and 15 minutes resis-

tance training.

Study results indicate that it appears to be no disagreeing with the fact that aerobic exercise and strength training help reduce your risk for heart disease and diabetes.

Based on these studies, as well as the myriad that have preceded them, **exercise should not be an option.** You need a healthy blend of both aerobic exercise and strength training to get to stay in optimal health.



aerobics class, bike, swim, even dance. The key is to **MOVE** for 30 minutes four to five days a week.

Now it's not shocking news to hear that exercise is good for you. It's been clearly demonstrated that 10 minutes of stretching and/or 30 minutes of exercise helps you lose and maintain weight, reduce the risk of heart disease, ease depression, and even fend off Alzheimer's.

Lets GET MOVING !
www.PeakHealthadvocate.com contributed to this article.

October

Surgiversaries:



Cath, Mary Ellen	01/95
Worst, Philip	02/92
Owens, William E.	17/94
Tacosca, Jim	18/10
Hanrahan, Dorothy	20/06
Puter, Ruth M.	20/97
Korb, Kathryn	22/04
Breckons, Walter C.	27/06

Birthdays:

We wish these members a heartfelt Happy Birthday.



Weiss, Kathryn	05//
Stultz, Sudie	08//
Alleva, John	12//
Tacosa, Jim	18//
Rogers, Nelson	20//
Goodwin, Betty	23//
Saunders, Lois P.	23//
Shupe, Jane L.	24//
Powell, Elmer R.	26//
Jennings, Susie	28//
Greenwell, Andrew	29//

Your birthstone is the Opal and the October flower is the Calendula:



30th Anniversary

Mended Hearts, Chapter 119—Founded October 1981

You're invited to a Special Celebration

Awards,
 Entertainment,
 "The Matinee
 Idlers Chorus"
 Special guests



Special food,
 Desserts,
 Members &
 their guests,
 Prizes

Banquet & Festivities

for all members and guests.

Thursday, October 6th, 2011

6:00 p.m. to 10:00 p.m.

In Riverside Regional Medical Center

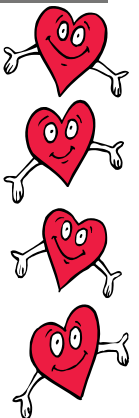
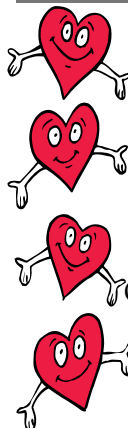
500 J. Clyde Morris Blvd.

Conference Center annex-wing, rooms C, D, & E.

Anniversary Dinner courtesy of RRMV Volunteer Services Department



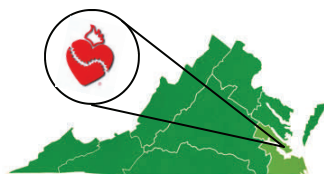
RSVP: to Maggie Salls @ 930-4801 or to her e-mail @ msalls23@cox.net by soonest.



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**The Mended Hearts Inc.
Founded 1951**



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Chapter-119 Committees:

- American Heart Association Liaison** Bill and Elaine Campbell 890-9146
- Chaplain** Richard Taylor 599-4033
- Historians** David & Judy Williams 356-9153
- Membership** Sudie Stultz 874-8328
- Newsletter Editor** Judy Lund 874-7636
- Publicity** David Williams 356-9153
- Parliamentarian** L. J. Richman 599-4200
- Professional Advisor** Chris Daley, MN, ANP 369-3750
- Social Functions Co-Chair** Hilda Rogerson 596-0933
- Social Functions Co-Chair** Judy Williams 356-9153
- Speaker's Bureau** Polly Clodfelter 596-3952
- Telephone Committee** Margaret Holland 595-5061
- Visitors Program Chair** Charley Harman 596-3498
- Ways and Means** Charley Harman 596-3498
- Website Information** Mike Gwinn 766-0258

From: Mended Hearts Chapter 119
Riverside Regional Medical Center
500 J. Clyde Morris Blvd.
Newport News, VA 23601

Mail to:

Published by the Virginia Peninsula Chapter 119 of Mended Hearts, Inc.
Heartfelt Thanks to **Riverside Regional Medical Center** for the printing and postage of our monthly newsletter.



Classified Advertisement:
HELP WANTED – Phone Committee volunteer to relieve retiring - Margaret Holland. Please help with your talents to continue this important personal touch - contacting chapter folks to remind them of upcoming events and opportunities.

Mark Your Calendars:

CHAPTER MEETINGS, THURSDAY

Normally held at 7 p.m. on the 1st Thursday of each month at Riverside Regional Medical Center in the Hospital Staff Cafeteria area.

- October 6th—30th Anniversary
- November 3rd—Chapter meeting
- December 6th—Holiday dinner
- January 5th—Chapter meeting

BOARD MEETINGS, TUESDAY

Held monthly on the 4th Tuesday of each month in the RRMC-Hospital Cafeteria Conf. Rm. A at 7: p.m.

9/27, 10/25, 11/TBD, 12/TBD, 01/23



Mended Heart's 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 our gifts well.

- By Herbert G. Maedl -

Visitors report:

August	Month	YTD
Patients visited	22	126
Patient Visits	48	238
Family Visits	9	68
TOTAL Visits	57	306

5 MH Member Visitors Utilized:

Polly Clodfelter, Charlie Harman, Libby Crossland, L.J. Richman, and Mike Gwinn

"We don't prescribe and we don't diagnose—we're there to listen. We let the patient share what they want to share and ask what they want to ask. We make them more at ease with what's happening."

Raul Fernandes-2011

You too can become certified to help these visitors—please see **Charlie Harman.**

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