



February 2014

On The **Beat**

*Incorporated
1985*



This newsletter is published three times a year by the Heart to Heart Support Society and is designed to help provide support, encouragement and comradeship to individuals, their partners, family and friends. It is a non-profit organization incorporated under The Societies Act of the Province of Alberta.

Meetings are held on the third Wednesday of each month, (except for June, July & Aug), in the RCL Centennial Legion. Location: 902 Horton RD SW. Luncheon meetings at 11:30am Membership is open to anyone who is interested in cardiovascular disease.

Sorry we missed you! If you would like more information about our support group, contact:

Volunteer:

Phone #: ()



Did you get your flu shot?

People with heart disease and other health conditions are at high risk of influenza-related complications and more likely to require hospitalization.

Note: If you have heart disease you should get the flu shot, **NOT** the nasal spray.

If you haven't already, consider getting immunized today.

www.albertahealthservices.ca/influenza.asp

Heart to Heart

Officers, Directors & Appointees 2014

President _____	Elvin Dorscher -----	403-239-4850
Vice President _____	(vacant)	xxx-xxx-xxxx
Past President _____	Tony Schlee-----	403-241-5119
Treasurer _____	Jim Dugan	403-208-8285
Secretary _____	Helen Foster -----	403-281-6595
Membership _____	Bernie Nemeth	403-289-7479
Phone Committee _____	Doreen Farnum -----	403-249-5770
Guest Speakers _____	Herb Brietkreutz	403-202-1417
Woman to Woman _____	Janet Brindle -----	403-282-4411
Phoenix Club _____	Tony Schlee	403-241-5119
Social Convenor _____	Mary Figley -----	403-243-1882
Newsletter Editor _____	(vacant)	xxx-xxx-xxxx
Visitations _____	Clarence Callaway -----	587-365-0030
CWIC Liaison _____	Amanda McBride	403-781-2728
Joys & Concerns _____	Clarice Cohen -----	403-281-1752

www.hearttoheartsupportsociety.ca

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- To offer encouragement and support to individuals with heart disease
 - To assist their partners, families and friends
 - To educate the public to the risks of heart disease
- To visit with patients while in hospital and after discharge to help them and their families cope with lifestyle changes

MESSAGE FROM THE PRESIDENT –

I hope you all had a great Christmas season and start of the New Year!

We finished off our calendar year with a great Christmas luncheon at the RC Centennial Legion. It was all thanks to Mary Figley and Cec Clark's hard work in organizing and coordinating, plus accompanied with a fine meal provided by the Legion. We were blessed with Santa Clause (Glen), paying us a visit and handed out door prizes.

It was with a sad note though, of being advised of the passing of our first president of our Society, Thomas Reginald Stuart on December 8, 2013. Our condolences go out to his wife, Ella and family. We also send our condolences out to Clarice Cohen and family on the passing of Bernard, who suddenly passed away on January 26, 2014. Bernard was a long time member who spent many years visiting hospitals, the cardiac units, giving support to the patients on behalf of the Society. Both of them will be greatly missed.

I would like to invite anyone that has experienced heart problems and are in need of support or those that are just looking for a healthier living, in caring for your heart, to join our meetings, any one of the third Wednesday's of every month. They are at the RCL Centennial (Horten) Legion and consist of an inexpensive, socializing lunch at 11:30am. Then is followed by a guest speaker on variety of healthier living topics, at 12:15pm and concluding with a short meeting at 1:30pm.

Hope to see you there.

Elvin Dorscher

The Project: **Cardiac** Hybrid Operating Room

We call it the Heart Project because hearts are complex, and a number of things can go wrong. If it does, we want to make sure Calgary has the best facilities and technology for clinicians to give patients the best outcome possible.

Creation of the Cardiac Hybrid Operating Room at Foothills Medical Centre will provide the basis for innovation and collaboration that will improve the quality and access to cardiac care for Southern Albertans.

Calgary is a leader in the areas of interventional cardiology, electrophysiology and surgical approaches to heart failure. The pioneering work of cardiologists, prompt use of angioplasty during heart attacks, coupled with excellent post procedure care, has ensured Calgary has had the lowest death rates in the country following heart attacks for the last decade.

1 in 2 Albertans will need some sort of **cardiac** care in their lifetime

The Cardiac Hybrid Operating Room (O.R.) in an all-purpose cardiovascular procedural suite that combines all the features of a traditional cardiac surgery operating room with those of traditional catheterization lab. It is twice the size of a traditional surgical suite, and will be located in the McCaig Tower at the Foothills Medical Centre (FMC). This state-of-the-art operating room will allow complex procedures currently being performed in an older operating room or a cardiac catheterization laboratory with older equipment, to be moved into this larger and better equipped space.

This means, innovative procedures can be performed without splitting the breastbone or placing patients on a heart-lung bypass machine. Patients benefit with reduced recovery time and shorter hospital stays - returning patients to their communities and families as quickly as possible. Patients are often discharged from the hospital three or four days after the procedure, half the time they would spend in the hospital following open-heart surgery.

- Calgary Health Trust

Borscht

This quick and easy version of Borscht can be prepared without the cabbage, but the vegetable does add more body, character and flavor to the soup.

Beef broth or consommé - 2 cans (284mL ea./10oz)
Finely shredded cabbage - 2 cups (500mL)
One large bay leaf - 1 leaf
Commercial sour cream - 1/2 cup (125mL)
Fresh lemon juice - 2 tbsp (25mL)

1 can (540mL / 19oz) - sliced beets in water
1 cup (250mL) - chopped celery
1/2 cup (125mL) - chopped onion
1 tsp (5mL) - salt
1/4 tsp (1mL) - freshly ground pepper
Optional - Chopped dill or dried dillweed

Directions:

Drain beets, reserving juice. Add water to beet juice to make 1 L (4 cups); mix with beef broth in large saucepan. cut beet slices into julienne strips; add to liquid. Stir in cabbage, celery, onion, bay leaf, salt and pepper. Simmer, unconverted for approx. 30 min. remove bay leaf. Stir in lemon juice. Ladle into warm soup bowls. Top each with 15mL (1 tbsp) sour cream, if desired. Sprinkle with dill.

Makes 8 servings, 2.5 L (10 cups)

Recommended per serving: 300mL (1 1/4 cups)

9g carbohydrate

4g protein

52 Calories (220 kilojoules)

- Canadian Diabetes Assoc.

Some of the best sources of potassium include:

apricots, bananas, cantaloupe, grapefruit, nectarines, oranges, broccoli, Brussels sprouts, mushrooms, parsnips, potatoes and tomatoes.

Wife texts husband on a cold winter's morning: "Windows frozen, won't open."

Husband texts back: "Gently pour some lukewarm water over it."

Wife texts back 5 minutes later: "Computer really screwed up now!"



Cardiac Wellness Institute has a new name:

TotalCardiology™ Rehabilitation and Risk Reduction

Our new name and logo reflects our continued commitment to complete heart health - from our three-month medically-supervised cardiac rehabilitation exercise program to health coaching and comprehensive heart health assessments.

In 1996, we began providing cardiac rehabilitation and secondary prevention services to the residents of Calgary and surrounding areas as the Cardiac Wellness Institute (CWIC). In 2011, we expanded our services to risk reduction and primary prevention. Today, we continue to provide unique and innovative approaches to heart health under our new name - TotalCardiology™ Rehabilitation and Risk Reduction.

As part of the TotalCardiology™ family - one of the largest cardiology practice groups in Canada - we are able to provide a range of services and support that patients have depended on for decades. For more information, visit: www.tcrehab.ca



Rehabilitation and
Risk Reduction Centre

Preventing falls

Physically strong seniors have better balance, and they are less likely to fall. They also have a better chance of avoiding or recovering from a fall-related injury.

Falls put older adults at risk of injury, disability and death. Canada's Public Health Agency says falls account for 40% of all nursing home admissions among Canadian seniors.

- continued next page

Preventing falls - continued from page 6

Most falls are a result of standing up too quickly, rushing to get somewhere or changing direction quickly to avoid something. Other culprits include stepping out of a wet bathtub, walking on icy or uneven roads and reaching when standing on an unstable surface.

"Being active helps us maintain mobility and balance, increase confidence and reduce dependence on others," says Graham Matsalla, health promotion facilitator with Alberta Health Service, Healthy Living, Chronic Disease Prevention, Provincial Physical Activity Promotion Team. "It's also critical to help us maintain our quality of life as we age."

To help prevent falls and live an independent and active life, choose simple activities that:

- **Include balance, coordination, muscle and core strengthening**
- **Can be modified for sitting, standing, or using a cane or other mobility aid**
- **Relate to day-to-day activities, so you can see how they apply to daily routines you enjoy.**

- Apple magazine



I heard that they found about 200 dead crows near Edmonton, and there was concern that they may have died from Avian Flu.

They had a Bird Pathologist examine the remains of all the crows, and he confirmed the problem was definitely NOT Avian Flu, to everyone's relief.

However, he determined that 98% of the crows had been killed by impacts with trucks, and only 2% were killed by car impacts.

The Province then hired an Ornithological Behaviorist to determine the disproportionate percentages for truck versus car kills.

The Ornithological Behaviorist determined the cause in short order.

When crows eat road kill, they always set-up a look-out crow in a nearby tree to warn of impending danger.

His conclusion was that the lookout crow could say "Cah", but he could not say "Truck."

Cook and Eat With Us

A variety of nutrition programs and services can help you make healthy choices

It's hardly news that healthy foods are important to a healthy lifestyle - at any age. A consistent diet of healthy foods is also one of the best defenses against diseases such as obesity, heart disease and type 2 diabetes and helps to prevent tooth decay. Time, money, effort, access, appetite, taste, knowledge and interest can all affect our food choices.

If you want to improve your eating habits, Alberta Health Services dietitians offer a variety of programs and services, such as one-on-one nutrition counseling and community classes on healthy eating topics. Programs vary by community, so it's best to check online using the AHS health care locator (www.albertahealthservices.ca; click on Find Programs & Services, followed by Service Type, then Food and Nutrition and select your city or enter your postal code).

Kelly Berg and Karol Sekulic, both AHS registered dietitians, also offer the following nutritional advice and resources.

You do have time to prepare healthy meals

"Healthy meals don't have to take a long time to make," Berg says. She suggests planning meals and making a shopping list for them. Also, keep your kitchen stocked to help put meals together quickly, and choose healthy pre-prepared foods to save time, such as prewashed salad and cut-up raw vegetables. You can also prepare meals in advance and freeze them so you don't have to cook every day.

- continued on page 10

Did you know ?

Stress is a risk factor for heart disease & stroke

No matter where you live, the pressures of everyday life can have an impact on your wellbeing

Almost one quarter of Canadians report a high degree of life stress

When it's not possible to avoid excessive stress, you need a strategy

Almond Cardamom Rice Pudding

Enjoy this creamy vanilla comfort food warm or cold. Using almond non-dairy beverage makes this a perfect sweet treat for family members with dairy sensitivities.

2 cups (500mL) water	1/2 cup (125mL) brown basmati rice
1/4 cup (50mL) pot barley	2 cinnamon sticks
1 cup (250mL) chopped pitted Medjool dates	1 1/2 cups (375mL) vanilla flavoured almond non-dairy beverage
6 cardamom pods	1/4 cup (50mL) toasted slivered almonds (optional)

Directions: (Prep time: 5 min | Cook time: 1 hr | Makes: 8 servings)

In a saucepan, bring water, rice, barley, cinnamon and cardamom pods to boil over medium high heat. Reduce to a simmer; cover and cook for 20 minutes or until most of the water is absorbed.

Uncover and stir in almond beverage and dates. Simmer gently, stirring occasionally for about 30 minutes or until most of the liquid is absorbed and rice is tender. Remove from heat and stir in almonds, if using; cover and let stand for 5 minutes before serving.

Tips: For a more intense vanilla flavour, add 2 tsp (10mL) vanilla extract with the almonds.

For a less sweet tasting rice pudding, look for unsweetened almond non-dairy beverage in your grocery or health food stores.

per serving (1/2 cup/125mL)

- Calories 139
- Protein 2 g
- Sodium 29 mg
- Potassium 215 mg
- Total Fat 1 g
 - Saturated Fat 0 g
 - Cholesterol 0 mg
- Carbohydrates 33 g
 - Fibre 3 g
 - Sugar 17 g

- Recipe developed by Emily Richards, PH Ec. ©Heart and Stroke Foundation 2013

Cook and Eat With Us - *continued from page 8*

You can afford to eat well

"Eating well does not have to cost more," Sekulic emphasizes. She suggests buying vegetables and fruit in season, choosing beans and lentils instead of meals such as pasta when they go on sale. "Prepare your meals at home; eating out is much more costly," she says.

Choosing healthy foods

"There is no such thing as a best food," Berg says. The foods from *Canada's Food Guide* and read food labels to meet your nutrient needs. "That means choosing foods with little or no added fat, sugar or salt. She also recommends eating whole grain products, drinking milk or a fortified soy beverage every day, and having two or more servings of vegetables and fruit at each meal.

Sekulic also advises that families eat together. "Studies show that eating as a family improves the type and the variety of food we eat, and helps children develop healthy food habits. When children see their parents eating vegetables they will too."

A great place to start you and your family's path towards healthy eating is at; www.healthyeatingstartshere.ca. "You'll find information and tools to help make the health choice an easy choice," Berg says.

- Colleen Seto (Apple magazine)

Why Seniors NEED Newspapers

I was visiting my daughter last night when I asked if I could borrow a Newspaper ...

"This is the 21st century," she said. "We don't waste money on Newspapers. Here, use my iPad."

I can tell you this. That fly never knew what hit him! 

Two Special Support Groups

Woman to Woman

This is a special interest group addressing the specific concerns of women with heart disease. An active lifestyle is also part of their emphasis. This group is organized and operates under the parent society in consort with the Canadian Council of Cardiovascular Nurses.

Meetings are held on the first Tuesday of each month, 4:00PM at

**Calgary Cardiac Wellness Institute
The Talisman Centre
2225 Macleod Trail SE**

www.womenscardiacsupport.org

for more information contact:

Janet: (403) 282-4411

Phoenix Club

This is a special interest group for the younger men with heart disease who meet to discuss: career, family, exercise, lifestyle changes and contemporary issues in a supportive environment.

They meet every 2nd Tuesday
between 6 & 8 pm at different locations

Please call:

Tony at (403) 241-5119

For location,
time and attendance confirmation,
and more information.

VISITOR VOLUNTEERS WANTED

**We need volunteers to visit Cardiac patients
at all of the three hospitals.**

Please call Glen Clark at (403) 226-4027

Thank-you to all visitors in all three hospitals for your visitations.
Keep up the good work!

*Membership is open to
anyone interested in
cardiovascular disease*

BECOME A MEMBER

New Member ___ Renewal ___

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society, Box 5242, Stn. A, Calgary, AB, T2H. Please register me as a member.

Please print:

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____ - _____

Phone #: (_____) _____ - _____

Email: _____

Signature: _____

www.hearttoheartssupportsociety.ca

Heart to Heart Chapters Established In Alberta Cities

To obtain more information or become a member, you may choose to contact the Regional Hospital or the Heart to Heart Contact Person in the particular city.

Drumheller:

District Health Services: (403) 823-6500
Cliff Dietz: (403) 823-2175

- NOTICE -

On the Beat offers information regarding the treatment therapies and help that is available to readers. We welcome and encourage your comments and suggestions.

All medical and therapeutic information contained in this newsletter is necessarily to your particular condition.

Consequently, we caution all readers that the information and advice in this newsletter (or in any publication) should be acted or relied upon only after consultation with your physician and health care professional.