



February 2019

On The Beat

Incorp.
1985



 www.hearttoheartalberta.com 

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: 9202 Horton RD SW. Luncheon meetings at 11:30am. Membership is open to anyone who is interested in cardiovascular disease.

Announcement



heart to heart is now on Facebook

Join the Heart to Heart Facebook Group!

www.facebook.com/groups/hearttoheartalberta

February is Heart Month!

1 in 5 adults in Canada live with high blood pressure

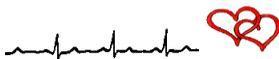
During Heart Month, we encourage all Canadians to take the opportunity to learn more about the risks factors for heart disease and what can be done to prevent it.

Making one small change towards a healthier lifestyle can make a big difference!

If you would like more information about our support group, contact:

Volunteer:

Phone #: ()



Heart to Heart

Officers, Directors & Appointees 2019

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 _____	Bill Diprose -----	403-235-5534
Membership _____	Bernie Nemeth	403-289-7479
Casino Coordinator _____	Bill Andrietz -----	403-503-0888
Phone Committee _____	Doreen Farnum	403-249-5770
Guest Speakers _____	(vacant) -----	xxx-xxx-xxxx
Woman to Woman _____	Charlotte Frankish	403-242-2177
Phoenix Club _____	Tony Schlee-----	403-241-5119
Social Convenor _____	Mary Figley	403-243-1882
Newsletter Editor _____	Tony Schlee -----	403-241-5119
Board member at large _____	Bill Sidey	403-286-4227

Visitations @ Calgary Hospitals

Rocky View _____	Bill Cumming -----	403-271-4569
South Health _____	Bill Cumming	403-271-4569
Peter Lougheed _____	Bill Cumming -----	403-271-4569
Foothills _____	David Stonehouse	403-606-0412
TCRRR* Liaison _____	Amanda McBride -----	403-781-4728
Joys & Concerns _____	Colleen Dorscher-----	403-239-4850

* Total Cardiology Rehabilitation and Risk Reduction

Member SUPPORT Services

Computer help &	Damian Barnes	403-617-2561
Home cleaning	Nelia Barnes	

www.hearttoheartalberta.com

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- ✓ To offer encouragement and support to individuals & families with heart disease
 - ✓ To assist their partners, families and friends
 - ✓ To educate the public to the risks of heart disease
- ✓ Hospital visitations to help patients and families cope with lifestyle changes



MESSAGE FROM THE PRESIDENT –

Here we are into a new year and I hope everyone had a chance to enjoy the past festive season and were able to spend some quality time with family and loved ones. I wish everyone a healthy and enjoyable 2019.

I'd like to thank Mary Figley for the great job again of organizing our Christmas luncheon at the Centennial Legion. She also arranged for the great entertainment we had and all of the door prizes. I am sure it was enjoyed by all that had the opportunity to attend.

Our regular third Wednesday of the month luncheons, guest speakers and meetings will be continuing in 2019, except for the summer break of July and August. Our meetings are open for anyone to attend.

Best wishes for a HAPPY, HEALTHY and PROSPEROUS new year.

Cheers,

Elvin Dorscher

E-Mail: elcoll@telus.net

Join the Heart to Heart Facebook Group!

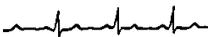


Heart to Heart Support Society now has a Facebook group. Facebook groups are simply communities of people with common interests. This group is for people in Alberta who have suffered a heart attack, are recovering from cardiac surgery or angioplasty, or have another heart condition. Family and friends of patients are also welcome.

www.facebook.com/groups/hearttoheartalberta

The goal of the Facebook group is to create a sense of community and support between meetings and for those who can't regularly attend meetings. Our objective is to reduce the fear, anxiety, and emotional stress that can result from having a serious health problem. We help each other improve health and quality of life, and enable members and their families to enjoy life to the fullest.

You'll need to request membership, as it is a closed group. All those who are interested in heart health are welcome — this simply helps us limit spam and others with ill intentions.



Canada's new food guide: Behind the headlines for people with heart concerns

by Cheryl Strachan, Cardiac Dietitian, Sweet Spot Nutrition

Canada's new food guide was designed with cardiovascular disease in mind, but I'd like to emphasize and clarify a few concepts.



Key advice for heart health

Healthy eating “habits”

Where, when, why and how we eat are as important as what we eat.

Slowing down and taking a few minutes to dine with friends or family rather than inhaling food alone or in the car can help you make healthier choices.

Choose protein foods that come from plants more often

Foods like beans, lentils, and nuts play a key role in the blood pressure lowering DASH eating pattern and the heart-healthy Mediterranean diet.

Choose whole grains

People who eat whole grains have fewer heart problems, so experiment with oats, barley, whole grain whole wheat, quinoa, brown rice, and more.

Enjoy your food

This applies even if you've had a heart problem. Food can be one of life's great joys. It helps us connect with others. If you've changed your diet because of a cardiac event, experiment until you find foods you truly enjoy, so you're more likely to stick with it.

Advice that might be misunderstood

Limit highly processed foods

“Highly processed foods” is a subjective term, but they define it as those that add “excess sodium, free sugars, or saturated fat to the diets of Canadians.” A piece of cheesecake once a week might not be a concern. A piece of cheesecake every night yes.

You can drink more than just water!

They say “Make water your drink of choice,” but click through and you'll see other healthy beverages including carbonated water, milk, coffee, tea and more.

Keep the milk products

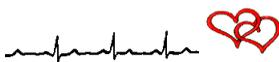
They're a good source of protein that many Canadians enjoy eating earlier in the day, which may help with evening snacking and keeping your metabolism up as you age. They also play a role in blood pressure control.

Proportions instead of portion sizes

Portion sizes are out, “proportions” are in (half the plate vegetables, etc.). They suggest using hunger and fullness cues instead, which may require reconnecting with signals you've long ignored, thanks to “clean your plate” mandates and prescriptive diets.

Bottom Line The food guide is meant to be just that, a guide. It's flexible enough to interpret however works for you, if you choose to do so.

This is a condensed version of a post from the Sweet Spot Nutrition blog. See the full version at: sweetspotnutrition.ca/canadas-new-food-guide/



Chicken and Squash Stew with Wild Rice

Warm up with a healthy bowl of chicken stew packed with flavorful veggies, savory spices and tender chicken.

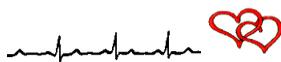
- 8 skinless, bone in chicken thighs (about 2 pounds)
- 2 teaspoons extra virgin olive oil
- 4 medium carrots, cut into ½ inch pieces
- 6 celery ribs, cut into ½ inch pieces
- 3 garlic cloves, minced
- 1 white onion, diced
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- Kosher salt, optional
- ½ teaspoon freshly ground pepper
- 2 pounds butternut squash, cut into 1 inch pieces
- 1 cup wild rice, well washed and drained
- 2 quarts fat-free, reduced-sodium chicken broth
- 10 sprigs fresh cilantro, finely chopped
- 1 bunch scallions, white parts and 2 inches of the green, minced



Preparation (makes 8 servings)

- ◇ Remove all visible fat from the chicken. Rinse and pat dry. Set aside.
- ◇ In a Dutch oven, heat the oil over medium heat. Add the carrots, celery, garlic, and onion. Sauté until the vegetables soften but do not brown, 5 to 6 minutes. Add the oregano, cumin, salt (if using), and pepper. Cook another 3 to 4 minutes.
- ◇ Add the chicken to the pot along with squash and rice. Gently stir. Pour in the chicken broth, making sure it covers all the pieces. Bring the mixture to a boil, then reduce the heat to a simmer. Cover and simmer for about 1 hour, until vegetables and rice are tender.
- ◇ Meanwhile, combine the scallions and cilantro.
- ◇ Ladle the stew into 8 shallow bowls, sprinkle with scallions and cilantro.
- ◇ You can freeze any remaining stew.

Per Serving: 270 calories, 23g protein, 5g total fat (1g saturated fat), 580mg sodium, 35g carbohydrates, 7g dietary fiber, 0g sugars



The **Lowdown** on Cobs Bread

by Cheryl Strachan, Registered Dietitian

As a cardiac specialist talking daily about the benefits of whole grains, “What do you think of COBS Bread?” is one of the most common questions I’m asked. I wrote this blog post a couple of years ago, and it’s consistently one of the top three most viewed posts on my website. We Canadians love our bread.

COBS came to Canada in 2003 after a successful start in Australia, and there are now over 100 stores here, including seven in Calgary.

Good news, folks. The tasty whole grain breads at COBS are the real deal, by which I mean that the first ingredient is whole grain whole wheat, so you’ll get more than of that than anything else. Additionally, COBS breads have no added sugar or preservatives, and they’re baked fresh daily.

What is COBS’ healthiest bread?

Any of COBS whole-grain breads are fine choices, healthwise, but for fun, I thought I’d compare nutrients like fibre, sodium, and healthy fats, to see if one stands out.

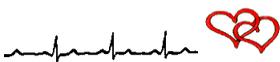
Comparing bread nutrition facts can be tricky, because serving sizes aren’t consistent. Some list the nutrition for one slice, some two. The size of a slice can vary greatly, from about 20 to 40 grams. Furthermore, most of COBS products come as buns, rounds, and other shapes, in addition to regular and mini-loaves.

So I made a spreadsheet adjusting the nutrition information to a standard 35g-slice for each of their whole-grain breads. I included several of their white breads and two Dempster’s whole-grain breads for comparison. Here are my conclusions:

Any of these are a great choice: *Cape Seed, Country Grain, Chia Whole Wheat, Chia Flax, and Sourdough Whole Wheat.*

The gold medal goes to the *Cape Seed* bread because all those yummy seeds means you get more healthy fats, fibre, protein, iron and other nutrients per slice, along with less carbohydrates. As a bonus, it’s also the lowest in sodium. The only caveat: It’s higher in calories, but a slice or two is fine. You need food energy, a.k.a. calories, from somewhere!

Silver and bronze go to *Chia Flax* and *Chia Whole Wheat* for similar reasons, without the mouthful of seeds that some people don’t like. The chia and ground flax seeds blend in nicely and give you heart-healthy soluble fibre and omega-3 fat. Not tons, but it can’t hurt.



COBS Bread Nutrition Comparison

Bread	Calories	Healthy fats*	Omega-3	Sodium	Carb	Fibre	Sugars	Protein	Iron
for comparison									
Dempster's 100% WW	89	1.0	0.1	108	16	2	1	3	5%
Dempster's Ancient Grains with Quinoa	90	0.9	0.3	130	16	2	2	3	7%
COBS White Breads									
White	81	0.7	n/a	178	16	1	1	3	8%
Higher Fibre Loaf	73	0.4	n/a	170	14	2	0	2	10%
White Chia	123	1.2	0.7	166	15	1	0	3	9%
COBS Whole-Grain Breads									
Country Grain	86	1.6	n/a	157	13	3	1	4	5%
Whole Wheat	76	0.7	n/a	157	14	2	0	4	5%
Cape Seed	102	4.1	n/a	90	11	3	0	4	10%
Chia Whole Wheat	115	1.3	0.4	149	13	3	0	4	7%
Chia Flax	129	1.2	0.8	134	12	3	0	4	7%
Sourdough Whole Wheat	75	0.7	n/a	155	14	2	0	4	7%
Whole Wheat Cheese & Tomato Roll	82	1.2	n/a	185	10	2	0	4	4%
Chia Fruit	80	1.6	n/a	72	12	2	4	3	4%
COBS Rye-Containing Breads **									
German Rye	64	0.2	n/a	216	13	2	1	1	2%
Light Rye	81	0.4	n/a	157	16	2	0	3	4%

n/a = information not available

green highlight indicates the best (usually) 3 breads for each category

* calculated by subtracting saturated and trans fats from total fats

** includes only those with rye flour (vs white flour) as the first ingredient

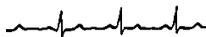
Try the *Sourdough Whole Wheat* if blood sugar is a concern, for a lower glycemic index bread. (That makes your blood sugar rise more slowly, although portion size is the most important factor.)

Other tips for shopping at COBS

- Even the most nutrient-packed bread is best eaten in moderation. Many people need just one slice at a time. Combine it with something that gives you protein and a couple of servings of fruit and/or vegetables. Balance it out with lower-sodium whole grains or starches the rest of the day: steel-cut oats, quinoa, sweet potato, barley, etc.
- If you prefer two slices for a sandwich, you can ask them to slice your bread thinly.
- Because there are no preservatives in COBS breads, they'll actually grow mold if left on the counter for more than a few days. Follow COBS' instructions for freezing and thawing.

Most importantly, try them until you find one you love. After all, you're not eating in the Sweet Spot unless you truly enjoy the food.

Sweet Spot Nutrition
Heart health, for life.



Nutrient-rich diet may help heart failure patients avoid hospital, death

A varied, quality diet could help prevent hospitalizations and even death among patients with heart failure, according to a new study.

Researchers investigating nutritional deficiencies found that people with heart failure who lack seven or more micronutrients had nearly double the risk of dying or being hospitalized than those who didn't have any or only a few deficiencies. The University of Kentucky-led [study](#) was published in the *Journal of the American Heart Association*.

“This establishes the importance of nutrition and why it really has to become a higher priority when it comes to treating heart failure,” said Terry Lennie, the report’s lead author and the senior associate dean at the University of Kentucky’s College of Nursing. “Nutritional deficiencies really can put patients at risk, more so than I think we understood or appreciated before.”



The study examined data from 246 patients recruited from three heart failure clinics in Georgia, Indiana and Kentucky. Patients kept detailed diaries of everything they ate and drank for four consecutive days.

Researchers assessed the intake of 17 micronutrients — 11 vitamins and six minerals — from the food diaries. They also kept tabs on patients every month for the following year.

The study found that 44 percent of patients with deficiencies in seven or more micronutrients were hospitalized or died within the year, compared to 25 percent of patients who had no deficiencies or only a few.

Calcium was the most commonly deficient micronutrient in patients’ diets, followed by magnesium, vitamins D and E, zinc and vitamin C.

One reason for the lack of these micronutrients could be “diet monotony,” or the tendency to eat the same foods every day instead of incorporating variety into meals. The study found many patients consumed the same foods for multiple meals across all four days of the food diary. Older adults are more vulnerable to this habit “due to a decreased drive to consume varied foods,” the study said. The average age of patients was 61.

A majority of the participants were overweight or obese, dispelling the notion of a link between a person's weight and nutritional deficiencies.

"When we see individuals who are overweight, people tend to think they're well nourished, and that we only have to worry about people who are underweight as far as nutrition goes," Lennie said. "But we found no relationship between patients' body mass index and whether or not they had nutritional deficiencies."

Dr. Frank Hu said the use of four-day food diaries did a good job capturing patient dietary patterns. But Hu, chairman of the nutrition department at Harvard University's T.H. Chan School of Public Health, said he would have liked to have seen a much larger study size.

Hu, a professor of nutrition and epidemiology who was not involved in the research, said the findings demonstrate the role that well-rounded, varied diets can play in keeping heart failure patients alive. He noted the study did not address whether any single nutrient played a more important role than others. It instead looked at overall dietary health.

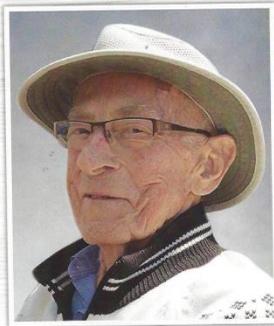
"It's very important to pay attention to both nutrition quantity and quality. When we talk about nutrition quality, we're not talking about just popping a vitamin or mineral supplement," he said.

"Micronutrients come mostly from plant-based foods, such as fruits and vegetables, whole grains, nuts and legumes," Hu said, adding that including some animal foods such as moderate amounts of fish and dairy products is also helpful in achieving adequate micronutrient intakes.

"It's more important to pay attention to the quality of the foods when we try to make sure patients eat a balanced, nutritional meal," he said.

By American Heart Association News

In memoriam



Lovingly Remembered

Glen Marshall Clark

March 1, 1935 - January 15, 2019

March 1, 1935 – Drumheller, Alberta

January 15, 2019 – Calgary, Alberta

Glen Marshall Clark, beloved husband and best friend of Celie Clark, passed away on Tuesday, January 15, 2019 at the Peter Lougheed Centre. Glen was active in the community serving on boards and volunteering in different positions. He enjoyed time spent with family and friends. He had many hobbies and over thirty years of spending summers at the cabin at Clearwater Lake, SK. Glen leaves behind his wife Celie; three children, Cliff (Rita), Heather (Bill), and Kent (Helen); six grandchildren; five great-grandchildren; siblings, Jean Flett, Jim Clark, Audrey (Angus) MacDonald, Mervin (Kay) Clark, Thelma (Ervin) Bossert, Larry (Audrey) Clark, and Linda (Lou) Scheck. He was predeceased by his parents, brother, Garry, and sister, Judi.

His was a life well lived.



Test for Dementia

Below are four (4) puzzling questions. You have to answer them instantly. You can't take your time, answer all of them immediately. OK?

Let's find out just how clever you really are....

First Question:

You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answered that you are first, then you are absolutely wrong!
If you overtake the second person and you take his place, you are second!

Try not to screw up next time.

Now answer the second question, but don't take as much time as you took for the first question, OK ?

Second Question:

If you overtake the last person, then you are...?

Answer: If you answered that you are second to last, then you are wrong again!

Tell me, how can you overtake the LAST Person?

You're not very good at this, are you?

Third Question:

Very tricky arithmetic!

Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it.

Take 1000 and add 40 to it. Now add another 1000. Now add 30.

Add another 1000. Now add 20. Now add another 1000.

Now add 10. What is the total?

Did you get 5000?

The correct **answer** is actually 4100.

If you don't believe it, check it with a calculator!

Today is definitely not your day, is it?

Maybe you'll get the last question right.... Maybe.

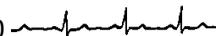
Fourth Question:

Mary's father has five daughters: 1. Nana, 2. Nene, 3. Nini,
4. Nono. What is the name of the **fifth** daughter?

Did you Answer Nunu?

NO! Of course it isn't.

Answer: Her name is Mary! Read the question again!



Two Special Support Groups

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 once a month on the 2nd
Wednesday at different locations

Please call or text:
Tony at (403) 615-2662

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

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

For more information contact:
info.womantowoman@gmail.com

Mar 5, 2019	Woman's hormones post menopause and the effect on the heart: Presented by Sofia Ahmed from the LIBIN Institute.
Apr 2, 2019	Managing breathlessness: presented by Jessica DeMars BSc.P.T. a Respiratory Physiotherapist at Breathe Well Physio
May 7, 2019	Do you know the difference between the duties of an executor, power of attorney and personal directive? Let's be proactive with our end of life choice and make it easier on our loved ones. Informative session w/ Kathy Cloutier from McInnis and Holloway.
June 4, 2019	End of Year Potluck CELEBRATION and Planning Meeting. Everyone welcome!

www.womenscardiacsupport.org

VISITOR **VOLUNTEERS** WANTED

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

Rocky View hospital – Please contact Bill Cumming at (403) 271-4569
South Health hospital - Please contact Bill Cumming at (403) 271-4569
Peter Lougheed hospital – Please contact Bill Cumming at (403) 271-4569
Foothills hospital - Please contact David Stonehouse at (403) 606-0412

Thank-you to all visitors in all four hospitals for your visitations.

Keep up the good work!



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

President

Trevor Gough: (403) 820-1887
Not a heart to heart in your city?
Contact Elvin to help open a chapter.

- 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 isn't 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.

Fold on line



BECOME A MEMBER (or make a charitable donation)

**Membership is open to
anyone interested in
cardiovascular disease**

New Member Renewal

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society,

Mail to: **Box 5242, Stn. A - Calgary, AB T2H 2K6**

Please register me as a member.

Please print:

Phone #: (____) _____ - _____

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____ - _____

Signature: _____

www.hearttoheartalberta.com

Email: _____

