

The Wellness Beat

Windsor-Essex Cardiac Wellness Centre newsletter

DECEMBER
2007

ISSUE 11



WINDSOR
REGIONAL
HOSPITAL
OUR FAMILY. CARING FOR YOUR FAMILY

LEAMINGTON
DISTRICT
MEMORIAL HOSPITAL

Holiday Gifts For The Cardiac Patient



Thanksgiving has quickly come and gone and December is briskly drawing to a close. The holiday season is drawing nearer and has left many individuals scratching their heads, asking the same yearly question: "What do I buy for *so-and-so*?" To help with this question, here are some new and innovative gift ideas tailored specifically to the cardiac patient.

Gym Memberships

A year gym membership can be especially helpful for the individual who has the desire to exercise, but necessarily the means. Monthly fees at local gyms can range anywhere from **\$30-50/month**. Do your research, as some facilities may have senior, family or corporate discounts. Above all, make sure you visit and ask the staff the following questions:

♥ How many staff are trained and certified in BCLS (Basic Cardiac Life Support) or CPR

(Cardiopulmonary Resuscitation)? Is there always a trained staff member working?

♥ Is there an Automatic External Defibrillator (AED) and mouth-to-mask barriers in the facility?

♥ What emergency procedures are in place?

♥ Is there anyone on staff with experience in training cardiac patients?

♥ Are the personal trainers Kinesiology graduates? Are they ACSM (American College of Sports Medicine) certified, or certified by other nationally recognized organizations?

Pedometers & Heart Rate Monitors

A **pedometer** is a step-counting device that is worn on the hip. It functions as an exercise measurer and motivator and can be used to calculate distance walked in a day. To help stay fit, individuals should work up to walking approximately 10,000 steps per day (or 8km/5mi), but if you're new to a walking program, aim for 1,000-2,000 steps per day. Prices for pedometers range from approximately \$10-\$30, depending on the features, and are

available at the **Running Factory** on Wyandotte & Prado.

A **heart rate monitor** is a convenient tool that can be worn to display the pulse during exercise. Models can vary from a simple digital watch that counts the pulse at a touch of a button, to a chest strap version that continually displays the heart rate on the screen. Either models are available at any local sporting goods store and can range in price from \$20-\$100.

Automated Blood Pressure Monitors

Chronic hypertension and uncontrolled blood pressure can lead to serious complications such as vision problems, kidney damage, stroke and aneurysms¹ if left unchecked. Automated **blood pressure monitors** are a great and easy way to keep an eye on your health before a problem arises. Prices range from \$45-\$150.

Heart-Healthy Cookbooks

Everyone knows that diet and exercise are the keys to good health, but have you ever had a hard time thinking of new recipes that were both healthy *and* great-tasting?

"**The New Lighthearted Cookbook**" is a great gift idea, and is compiled by the Canadian Heart and Stroke Foundation. Retail price is approximately \$25, but shop around—there are other great cookbooks available at local bookstores!

Exercise Equipment & CPR Courses

For the home exerciser, **exercise equipment** can be a great gift. Whether it be a new **treadmill**, a set of **handweights**, a new pair of **walking shoes**, or some good **exercise clothing**, all these things can be used to help motivate and encourage a friend or family member to get active! Visit your local sporting goods store for other ideas and pricing.

Additionally, a **CPR course** is another gift idea that keeps on giving! Give your loved one the peace of mind of knowing that they'd be able to handle a medical emergency. CPR certification courses can range from \$30-\$100 and are available locally through **St. John Ambulance** and **Second Chance CPR**.

¹Weinrauch, L.A., M.D. (2007). Essential hypertension. ADAM Health Illustrated Encyclopedia.

Participant Profile: Tom Cassidy

Tom Cassidy recently graduated from the CWC in September 2007 after having a heart attack and angioplasty in December 2006. On December 3rd, 2006, while laying on the sofa, he began experiencing a severe heaviness in the chest, radiating to both arms. He began sweating excessively and his hands became very clammy. He phoned his daughter (R.N.), and she recognized the symptoms instantly. She proceeded to call an ambulance and Tom was taken to Metropolitan Hospital where he was diagnosed with acute coronary syndrome and shipped to London to have an angioplasty.

Tom had many risk factors for heart disease due to his "less than perfect" eating habits and sedentary lifestyle. Tom knew he had to change his way of life to prevent having another heart event. He quit

smoking on December 5th, 2006 and since then he has never craved a cigarette. When Tom was in London for his angioplasty, Dr. Sridhar, his cardiologist, looked at Tom sternly and said:



"You used to smoke, right Tom?" Tom knew that remaining a smoker was not an option for him. Tom said that Sandy Renaud, Nurse Educator for CWC, was very helpful. She indicated that any time he had a craving he was to call her for support—something that Tom was very grateful for. When asked what his motivation to quit smoking was, he simply answered, "Well, that's easy—if I

have a cigarette, I die!"

In addition, Tom lost about 30lbs while attending CWC. Exercise became easy for him as he stated, "CWC allowed for a comfort zone while you were exercising here." Through the kinesiologist guidelines, Tom began walking and bike-riding for 45mins with his wife on days he was not attending CWC.

One of the most challenging risk factors to modify was his eating habits, but he attributes his success largely in part to Shelley's help. Tom states, "You can't feel bad when you walk into her office—she makes you feel great!"

Through dedication Tom has been able to maintain his lifestyle changes, and the staff are proud of his efforts! Keep it up! ♥

Holiday Recipe

TURKEY & BARLEY SHEPHERD'S PIE

Serves 6

Potato Topping

- 2 cups diced Yukon gold potatoes (approx. 2 large)
- 3 cups diced sweet potatoes (approx. 3 medium)
- 2 tbsp non-hydrogenated margarine
- 1/4 cup skim—2% milk

Filling

- 2 tbsp olive oil
- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 1 lb ground turkey
- 2 cloves garlic (minced)
- 2 tsp dried thyme

(Filling...continued)

- 1 tbsp Worcestershire sauce
- 1 cup frozen peas
- 1/2 cup pearl barley
- 1 cup sodium-reduced chicken stock

DIRECTIONS

1. Place potatoes and sweet potatoes in large pot of water and boil until soft enough to mash (approx 20 mins).
2. Drain potatoes and mash with margarine and milk. Set aside.
3. Heat oil in large stock pot. Add onion, carrot and celery and cook over medium heat until softened (approx 10 mins).
4. Add ground turkey and cook until no pink can be seen. Break apart large chunks with wooden spoon.
5. Add in remaining ingredients and bring to boil. Reduce heat and

simmer for 30 minutes.

6. Preheat oven to 350 degrees.
7. Place turkey mixture into a 6 cup (1.5L) casserole dish and top with the mashed potatoes.
8. Bake in oven for 30 minutes or until the potatoes start to brown.

Nutritional Facts: Calories: 325, Protein: 21g, Fat: 10g, Sat. Fat: 1g, Cholesterol: 58mg, Carbs: 40g, Fibre: 8g, Sodium: 323mg



For more great recipe ideas, visit:
www.heartandstroke.ca

Fundraising updates

It is now December and the staff is busily beginning the extensive preparations for our annual **"Evening of Heart and Enchantment"** fashion show, dinner and silent auction. This year's event

Don't feel like cooking on
**WEDNESDAY,
JANUARY 2nd?**

Support Cardiac
Wellness!

Come out and join us for
PASTA NIGHT!

Where: Caboto Club
2175 Parent Avenue
Windsor, Ontario

When: Every first Wednesday
of the month!

Time: 4:30—7:30pm

Price: \$7.50 for adults
\$5.00 for children
\$8.00 for take-out

Wondering what your old
CWC pals are up to? Come
out and meet up with
graduates, new and old!
Show your support and
make this a great reunion
event!

All of the proceeds
will go towards CWC
and other wonderful
local charities!

Enclosed is your
**COMPLIMENTARY
RAFFLE TICKET!**

Bring it to the Pasta Dinner
and have a chance at
winning great prizes!

Increase the odds by
purchasing more at the
dinner!

will be held at the beautiful
Ciociaro Club of Windsor,
on **Friday, February 8th,**
2008.

As always, we welcome a helping hand when it comes to planning, but if you want to help and are unsure of ways to do it, here are some suggestions:

♥ Donate a bottle of wine for our **"Wines of the World"** silent auction item. Drop off your favourite bottle of wine and add to our growing collection donated by our participants and grads!

♥ Ask local shops, clothiers, boutiques, etc. to donate an item(s) towards our silent auction. Need a donation letter from us? Pick one up in

the gym!

♥ Assist us in finding corporate sponsors. We offer a wide range of corporate sponsorship packages. Contact Jason Petro at 254-5577 ext. 72500 for more information.

♥ Make it a night out and purchase a ticket! Support the staff, participants and doctors modeling in the event! Tickets are **\$60.00** and are available at CWC.

In other news, our annual **"Walk for Life for Cardiac Rehabilitation"** took place on September 7th at Sandpoint Beach and was a great success! Many thanks to the participants (past and present) who showed up and supported CWC!

An Evening of Heart and Enchantment

Dinner, Fashion Show and Silent Auction

Friday, February 8, 2008

@ Ciociaro Club of Windsor

Cocktails 6:00p.m.
Dinner & Show 7:00p.m.

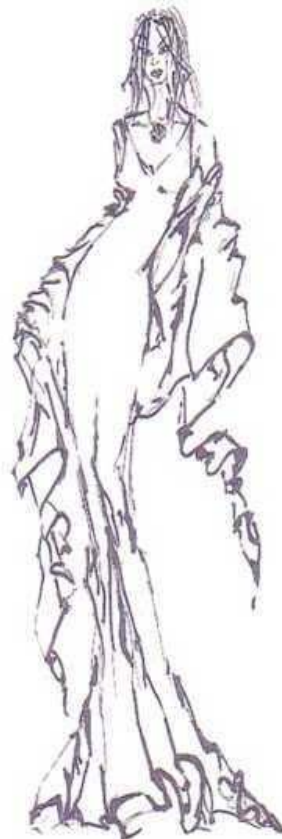
Tickets \$60 each*

Purchase your ticket before
January 19th, 2008 and be
eligible to win a \$250
gift certificate towards our
silent auction!

100% of the proceeds go towards
the Windsor-Essex Cardiac
Wellness Centre to improve the
quality of care for local residents
with heart disease.

For more information or to reserve
your tickets, please contact the
Cardiac Wellness Hotline
@ 254-5577, ext. 72556

***\$25.00 tax receipt available**



Staff updates...CWC life in a heartbeat

Things have been quite busy for the staff at CWC! Full-time kinesiologist, **Glorianna Jeun**, has fled the coop and taken a 1-year leave of absence. She is currently living in Yellowknife and we all wish her the best!



Jasmine joins the team as the new full-time kinesiologist

To help ease the workload, CWC would like to warmly welcome **Jasmine Villavecera** to the lineup as the staff's newest full-time kinesiologist. As a recent graduate from the Human

Kinetics program at the University of Windsor, some of you may remember her as our Fall 2006 Human Kinetics student. Prior to CWC, Jasmine spent 4 years working in the critical care department at Met Hospital and is eager to put her university degree into practice!

Congratulations are in order for our newlywed **Sasha Fulop**. Sasha and Attila were married November 17th at the Canadian Historical Aircraft Association, and the happy couple will be honeymooning in Bora Bora, Tahiti. Cheers!

In addition, our on-staff dietician, **Anna Prestia** and husband **Angelo** also tied the

knot in September, along with former kinesiologist, **Valentina Bello** and **John**. Congratulations, and all the best!

Last, but certainly not



Welcome, Aubrey!

least, the CWC team would like to welcome its newest, littlest member, **Aubrey**, daughter to kinesiologist **Chris Kreibich** and girlfriend, **Kristen**. The entire CWC family extend their best wishes to the new addition!

Giving back to Cardiac Wellness

It is a common misconception that the Cardiac Wellness Centre (CWC) is funded by the Heart and Stroke Foundation. In reality, the CWC receives its funding annually from the Ministry of Health and Long Term Care; yet this amount only covers operational costs (e.g., wages, supplies, etc.).

Additional fundraising dollars are required to help the CWC upgrade its facility with a larger exercise area to help more local residents recover after their cardiac event. Moreover, a larger facility would allow participants to continue coming after graduation as part of the CWC's maintenance program, "Wellness Club". Contri-

butions would also help with purchasing new exercise machines and strength training equipment.

If you feel you have benefited from your experience at the CWC and would like to see it continue to help others in the future, there are many ways to help and "give back":

Make a donation—any amount helps! Cheques can be made payable to "Windsor-Essex Cardiac Wellness Centre".

Donate in memory—remember CWC when honouring a lost family member or friend. Cheques can be made

payable to "Windsor-Essex Cardiac Wellness Centre".

Purchase CWC apparel—show Windsor our "Wellness Willy" logo found on T-shirts, golf shirts, and hats and help to raise awareness about our program.

Fundraise—help us prepare for our fundraising events.

Become a corporate sponsor—advertise your company or business at CWC fundraisers.

Spread the word—talk to family, friends, or employers about your experience. ♥

Windsor-Essex Cardiac Wellness Centre



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Please call our CWC hotline at 254-5577 ext. 72556 and leave a message with your name and address to:

- Stop your newsletter subscription, or
- Inform us of a change of address

Send us an email at carwell@wrh.on.ca using the subject heading, "CWC Newsletter" to receive the newsletter via e-mail.