

The Wellness Beat

Windsor-Essex Cardiac Wellness Centre newsletter

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WINDSOR
REGIONAL
HOSPITAL
OUR FAMILY. CARING FOR YOUR FAMILY

LEAMINGTON
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Keeping The Pounds at Bay This Holiday Season

Recent studies suggest that over the span of Christmas and New Years people gain an average of one to five pounds. While this does not seem like much weight gain, studies have also found that people tend not to shed these excess pounds and a few pounds of extra weight each year can add up. Here are some helpful tips to keep the pounds off this holiday season:

No Dieting Allowed!

Never start a weight loss plan during the holiday season. Due to the increased amount of rich foods and high calorie drinks readily available it will become very difficult to achieve your weight loss goals. Rather, focus on maintaining your current weight as a goal over the next month.

Don't Arrive Famished

Skipping meals can lead to overeating at the dinner table. Be sure to have a snack like a 1/2 cup of low fat yogurt or a handful of unsalted nuts before going out.

Scan The Table First

Be sure to look at everything offered at the table before filling up your plate. Don't waste calories on every day foods like potatoes or bread.

Use a plate to eat and make sure that you don't stand by the table and nibble.



Use Portion Control

Take **small amounts** of each food that you would like to enjoy. Choose more vegetables and less high fat foods. Remember that sauces like gravy and dips contain high amounts of calories, so limit or avoid these food items. Choose dessert wisely. Remember to indulge in only one dessert or to have small amounts of 2 or 3 of your favourites.

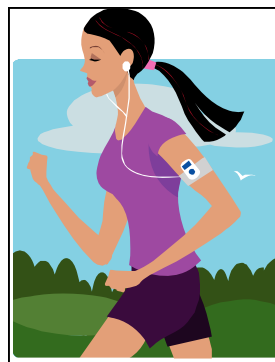
Eating is not a Race!

Pay attention to how quickly you are eating. Rest your fork on the table while you are chewing your food and chew slowly to savour the taste of your food. You are much more likely to overeat if you eat too fast.

Watch out for Drinks

Alcohol is packed with

calories and can often lead to overeating. If you must drink, choose wine or light beer. Some mixed drinks can contain up to 500 calories! If you are not drinking alcohol, choose low calorie beverages like water, coffee, diet pop or club soda with a splash of cranberry for a more festive low-cal drink. Avoid creamy drinks like eggnog or regular pop.



Exercise

If you know that you are going to eat more than your normal amount of food, be sure to exercise that day. Go out for a walk or use your treadmill or indoor bike for 60 minutes (provided this is a safe workload for you) and you can burn on average 300-500 calories depending on the effort of your exercise session. Remember that 500 calories can equal an entire meal!

Get a Good Night's Sleep

Often times, fatigue can lead to overeating, so make sure that you get 8 hours of sleep the night before a holiday meal so that you aren't eating any extra calories.

Weigh Yourself

Or, better yet, have someone else weigh you a week before the holidays. Ask a staff member at Cardiac Wellness to weigh you before the holidays. Or, if you have graduated from the program, weigh yourself with a family member. This way, you know that someone is keeping track of your progress and you will be less likely to indulge knowing that you will be weighed after the holidays as well.

What if I do ALL of this and I still gain weight over the holidays?

Consider this only a minor set back and get right back on track. Remember that we need to eat sensibly and exercise all year round, so once you are back to your normal routine, you should be able to shed those unwanted pounds. By implementing these simple strategies you will be able to successfully maintain your weight!

Participant Profile: Lynn Bocchini

On February 23rd, 2008, Lynn Bocchini and her husband Jerry went to bed after packing for their upcoming trip to Florida. At 2:30am, Lynn woke up feeling pain in both of her shoulders and arms. She decided to try and fall back to sleep on the living room Laz-y-boy. She woke up an hour later in a cold sweat with severe chest pain. Lynn was admitted to the hospital that night and was told by the ER physician that she was having a heart attack.

Emotionally, Lynn was shocked, "mainly because I was afraid of dying," she states. Lynn's father passed away at 42 of a heart attack and Lynn's brother was diagnosed with having two heart attacks in the last few years.

On Lynn's first day of exercise at CWC, she was very tearful. Lynn was worried about how her family was dealing with her cardiac event. She states, "I knew that I just couldn't put them through this a second time". Working with the exercise specialists, Lynn set the following goals for herself to achieve over the

course of the program: lose 20 lbs, increase her physical capacity, and emotionally cope with the changes in her life and the feelings of sadness that she was experiencing.



Lynn began participating in aqua-fit classes at her local gym three times per week to complement her exercise routine at CWC. Over the course of the program, Lynn began a strength training routine under the guidance of the exercise specialists. She also worked with Shelley Amato, RD to optimize her weight loss goals. Lynn also worked with Judy Van Nest, RSW, who gave her a book called "Cardiac Spouse" by Rhoda F. Levin. The book is about a woman whose husband had a heart attack. Lynn felt that

she was able to empathize with the author's experiences. Lynn graduated the program on December 4th, 2008. Throughout the course of the program Lynn lost 25lbs and doubled her physical capacity! She has also managed to come to terms emotionally with her cardiac event. "I realize that I am doing everything in my power to avoid another heart attack, and that's all I can do!"

Lynn continues to exercise at her local gym. She stays motivated by participating in exercise that she enjoys like aqua-fit and strength training. She claims, "I do it for myself and for my family".

Her advice for others? "Try your hardest in the program and take advantage of all the program has to offer," she states. "I felt like I could try my hardest at the centre because if something were to happen to me, a qualified person would be there to help". Keep up the great work, Lynn!

Holiday Recipe

Tossed Jewel Salad (Makes 8-10 Servings)

Salad:

8 cups mixed salad greens/baby baby spinach leaves

1 cup strawberries

1 medium pomegranate (seeds only)

1 star fruit

2 Tbsp. sesame seeds/pine nuts/sunflower seeds

Salad Dressing:

1/4c balsamic vinegar

2 Tbsp. olive oil

3 Tbsp E.D Smith raspberry jam

1 tsp. orange juice

1-2 cloves garlic, minced

1 tsp. poppy seeds

1 tsp granulated brown sugar (or 1 pkg. Equal sweetener)

1 tsp. dried parsley

1 tsp. poppy seeds

1/2 cup Ocean Spray Craisins (sweetened dried cranberries)

1/2 tsp. fresh ground pepper

salt to taste

Toss together salad greens with the fruits. Make the dressing ahead and chill; this will allow craisins to soften. Just prior to serving, add the dressing and toss lightly again. Garnish with nuts and or seeds.

Tip 1: To emulsify dressing, mix all dressing ingredients, but the olive oil. Whisk the mixture and beat in olive oil slowly.

Tip 2: To reduce bruising the greens and to reduce the amount of dressing you use, try to dress the bottom and sides of the salad bowl, then add the greens and lightly toss salad.



For more great recipe ideas, visit:

www.cardiacwellness.net

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 will be held at the beautiful **Ciociaro Club of Windsor**, on **Friday, February 13th, 2009**.

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.
- ♥ Most of all, **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! With your help, we were able to raise over \$26,000 to support the Cardiac Wellness Centre!

As many of you are aware, the Windsor Fire Fighters Benefit Fund organized their 17th annual **"Chilifest"** and elected that all proceeds be donated to the Windsor-

Essex Cardiac Wellness Centre this year. Thanks to all who participated in this event. We were able to raise over \$7,000 for the program. In

order to show our appreciation towards the Windsor Fire Fighters association, the CWC has donated a portion of these proceeds to Sparky's Toy Drive.

An Evening of Heart and Enchantment

Dinner, Fashion Show and Silent Auction

Friday, February 13th, 2009

@ Ciociaro Club of Windsor

Cocktails 6:00p.m.

Dinner & Show 7:00p.m.

Tickets \$60 each*



Purchase your tickets before January 23, 2009 for a chance to win a coupon for the silent auction worth 250\$!

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

Staff Updates: Message From Sasha...

As some of you are aware, Exercise Specialist, Sasha Fulop has taken a leave of absence for surgery. As it stands now, her expected date of return is indefinite as she will be off for 6-12 months for further recovery. Sasha remains positive and would ask that she be kept in everyone's thoughts and prayers. We anticipate a speedy and successful recovery and we are looking forward

to the day when we see her smiling face back at CWC.



www.brittonimages.com

Staff updates...Continued

Love is in the air at CWC... Congratulations to Administrative Assistant, Wendy Botosan and Kinesiologist, Jasmine Villavecce who are both now engaged to be married.



Wendy and her fiancée, Mike Probyn were engaged on September 19th, 2008. A 2009 wedding is planned.

Jasmine and her boyfriend of 6 years, Nick Plante, were engaged

on September 6, 2008 and a Summer 2009 wedding is planned. Jasmine has planned a garden theme which is quite appropriate considering her new name will be "Jasmine Lily Plante".



If it's not weddings then it's babies at CWC. Shelley Amato,

Registered Dietitian, and her husband Tony are expecting their second baby boy on January 22, 2009.

Exercise Specialist, Stephanie Driedger and her husband Mike are expecting their first child. She is due March 15th, 2009 and they are keeping the gender a surprise. They expect that the baby and their dog Booker will be the best of friends!



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". Contributions 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. ♥



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To stop your newsletter or change your address:

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Send us an email at:

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