



Sun 21 Oct 2012

Thanks to all for a great meeting!

#### NEW FACES

- Peter King
- Michael and Lori Karns
- Steve Mitchell
- Georgene and Erin Pearson

Good to see you all, and we hope to see you again soon.

#### LIFE'S SIMPLE SEVEN – HEART-HEALTHY LIFESTYLE TIPS

Heart failure survivor Carolyn Banguero gave a helpful and moving talk about her experience and how to lead a heart-healthy lifestyle. Suffering heart failure at age 31, she was lucky to survive. Fortunately she has been slowly improving since, and is spreading the word about keeping your heart healthy. Here are the "Simple Seven" rules for a healthy heart, from the American Heart Association:

- #1 – Don't smoke. This is the number one cause of heart disease, and the number one modifiable cause of all deaths.
- #2 – Get active. The American Heart Assn recommends five half-hour sessions of moderately vigorous exercise each week.
- #3 – Manage your blood pressure.
- #4 – Control your cholesterol. Exercise is surprisingly helpful with this, as is a good diet.
- #5 – Reduce your blood sugar. Drinking lots of water can help with this.
- #6 – Eat a good diet, low in sodium. Juicing fresh vegetables and fruits is a great way to help.
- #7 – Maintain a healthy weight. Your Body Mass Index (BMI) should be 25 or below. Calculate your BMI at <http://bit.ly/b8oc2B>.

Here is Carolyn's presentation, which we had trouble showing on the projector yesterday: <http://bit.ly/TBpixD>.

Here is a Wellness Guide from the American Heart Association, with detailed tips and links for the Simple Seven: <http://bit.ly/QKp3zT>.

And the American Heart Association has many heart-healthy recipes you can find here: <http://bit.ly/brt1SZ>.

Carolyn has also written a children's book, "Paulo's Adventure", which is the true story of a shelter cat with heart trouble. The book is to help children be less afraid of doctors and hospitals.

Thanks so much for your presentation, Carolyn! Good luck in your recovery, and we can all benefit from your experience and presentation.

#### MEMBER STORIES

Many people shared their stories with us, most of them for the first time. Thank you all! One of the best things about this group is the ability to share like this with people who know exactly what it's like.

#### WATCH OUT FOR SCAMMERS

Several members reported very sophisticated schemes for getting your personal information, such as official-looking documents requesting "social security number confirmation", phone scams looking for bank account information, etc. Please be very careful before you ever give out sensitive information like this, and if you have any doubts at all consult with a trusted advisor.

#### APHASIA-FRIENDLIER MEETINGS

We continue to try to make our meetings more friendly to those with language difficulties. If you have any suggestions or requests, please contact me (see below) or Reva Robinson at [revamarine@gmail.com](mailto:revamarine@gmail.com).

#### NORTH CASCADES BUS TRIP

A good time was had by all on the bus trip to Newhalem in the North Cascades, on Saturday Oct. 6. Unfortunately the bus had a breakdown at the pickup spot in Northgate, but a bus mechanic got it on the road and actually followed the bus the whole trip to make sure everything was okay! Many thanks to Dianne and Laura Cubell and John Brace for organizing this.

#### SAILING CRUISE ON LAKE UNION

We had a beautiful cruise on Lake Union provided by our friends at Sailing Heritage, on Sunday Oct. 7. There wasn't much notice about this trip, but we had a full boat and many smiles on the water in our gorgeous late summer sunshine. Next year we will set it up further in advance to give you a little more notice. Stay tuned!

#### WEBSITE UPDATES

Check out the YASS website at [www.SeattleYASS.weebly.com](http://www.SeattleYASS.weebly.com) – I've posted pictures of last summer's picnics, the North Cascades bus trip, some new links on the Resources page, and some new member pictures.

#### SAVE A STAMP, SAVE A TREE

Please let me know if you want to go email only and opt out of receiving group mailings by postal mail. Help reduce the burden on the American Heart Association, which does our mailings for us. Let me know (contact info below).

See you all next month!

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