



Change of Heart News

Change of Heart Support Group/University/Health Alliance Newsletter

December 2009

ARE YOU REALLY "YOU"?

Can you prove that you are really you?
Identity theft is one of the fastest growing crimes in the WORLD. It takes almost fourteen months to realize that you are a victim. And, it takes almost TEN YEARS to undo the damage – to try to recover lost funds, to replace cards and records, to restore your credit and good name –to prove that YOU are really you!

While many criminals are looking for quick, easy ways to get money, it is not the person with money who is at greatest risk of having his identity stolen. It is the person with the good credit and good name who is at greatest risk.

The person with good credit offers the criminal something he doesn't have – a good name! With YOUR name and good credit record, a criminal can apply for (AND GET) credit cards, loans, buy a new car, a houseful of furniture, take great trips, get HEALTH INSURANCE and have surgeries, and get prescriptions filled!

By the time records begin to cross state lines and you begin to notice something is wrong, the criminal has ditched your name and information and has latched onto someone else's name and credit – leaving you to prove it wasn't you who did all that.

You CAN reduce your risk and help protect your identity by following some guidelines --
--Do not give out your Social Security number. Do not carry your social security card with you.
--Do not give out the last four digits of your credit card number. (The bank, your employer, the credit card company already knows these numbers and will never ask you for them. But, a criminal needs these numbers to complete his information on your account. He can tell you your full name, your mother's maiden name, your address, telephone number and then will ask you to give him the last four digits "in order to verify that he is really talking to the right person." As soon as you do, he's got everything he needs to make some "wonderful" purchases or cash advances.)

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NEXT MEETING

6 pm, Saturday, December 5, 2009
Annual Christmas Party

Sharonville Convention Center
11355 Chester Rd, Sharonville, OH

Dinner Menu --

CHOICE - Beef Tornadoes or Grilled Chicken
Breast with Parmesan Cream Sauce
Garlic Mashed potatoes
Green Beans Almandine
RSVP Salad with Pine Nuts, Dried
Cranberries with a cabernet dressing
Rum Cake

Cost -- \$20 per person

Entertainment – Solo Flight with Jeff Gaunce

RESERVATIONS – **MUST** be made by

Sunday, Nov. 29 – Contact Rosemary Burke
(513) 631-5017 for tickets and to select your
entree. **(Tickets must be purchased in
advance.)**

SPECIAL NOTE -- We will be sponsoring the children of two COH families this year. Cash donations or checks (made out to COH), and/or gift cards for clothes or toys are needed. Send to Rosemary Burke or bring with you to party.

DOOR PRIZES – Please bring an item to be used as a door prize.

DIRECTIONS --

From South I-75 – Take Sharon Rd exit; turn Right on Sharon Rd; turn right on Chester Rd
Convention Center is on left about ½ mile past Princeton HS.

From North I-75 – Exit Sharon Rd exit; turn Left on Sharon Rd; turn right on Chester Rd.
Convention Center is on the left about ½ mile past Princeton High School

(Are You Really You? Continued from page 1)

- Do not routinely carry your checkbook with you.
- Do not put bills in your home mailbox. Mail them out at the post office.
- Make copies of all your credit/debit cards, bank information, driver's license, social security card, health cards, medicare card, employee identification, etc. Keep the copies in a secure place. (You will need the information on them if you have to restore them for any reason.)
- Change the password on your accounts regularly. Never use your birth date, wedding date, or family member's or pet's names, parts of your social security or telephone number. Try to use a combination of letters and numbers as a password.
- Shred or cut up all papers, old credit cards, and anything with information about you – especially those applications for credit cards, catalogs and other junk mail that has your name or some kind of identification on them. (If you have a shredder, be sure it is a “cross-cut” shredder.)
- Use a “wipe” utility program to erase information on computers or cell phones before discarding them.
- When traveling, have your mail put “on hold” at the post office. Neighbors and friends can't always get your mail immediately.
- After a stay at a hotel/motel that gave you a “swipe card” as a room key, do not return the card. Take it with you and shred it when you get home. (Many times the strip that opens your room door also contains all the information you gave at check-in – including your credit card information.)
- Close the internet on your computer when not using it – especially overnight. (That's when most criminals hack into your computer.)
- When making a transaction by computer, if the location is secure, the “http changes to “https”. If the “s” is not at the end, the location is NOT secure.
- Never say the word “yes” to anyone on the telephone you don't know –especially if he is asking for any kind of information.
- Match all credit card receipts with your statements. If there are any discrepancies, call the credit card company immediately.
- Do not put your credit card, gas card, or ATM card into a machine that “does not look right..” A criminal can place a card reader into the slot. So look at the slot before inserting your card. (This happens mostly at machine in isolated areas.) If the

slot does not look right go inside to transact your business or go to a different machine.

- Do not let anyone, except a police department, “swipe” your driver's license. It is alright to let them SEE the license for photo identification and to copy your license number. It is NOT OKAY to SWIPE it. The strip contains a lot of information about you on it that a criminal would love to have.
- Check your credit rating score once a year. (You are entitled to one free check of your credit score per year. Checking more often could damage your credit rating.) When checking, check with all three credit monitors – Experian, Equifax, and TransUnion. Often a credit card company will offer this service for a fee. Ten dollars or less per month is a reasonable price to pay. You can also get identity theft insurance added to your homeowner's policy. It will help pay costs incurred when trying to clear your name after a stolen identity.

Take action immediately if you notice anything out of the ordinary –such as unusual purchases on credit cards, not receiving a statement during a billing cycle, getting calls from collection agencies, driver's license or credit card revoked, or not receiving mail you thought you should.

Protect yourself. Don't let someone else be you!

WHO WILL GET THE HAT?



Who will get THE HAT at the Christmas party this year? Glenn Moore got it last year from Nancy McGuire's husband who got it from ??? the year before. Well, anyways, the hat was kindly donated by a COH member (who will remain anonymous) several years ago. It has become tradition now that it be passed to some unsuspecting person the following year. Are you ready? It could be you this year!

NEWS AND VIEWS BY ESTHER

What a nice dinner that was! Our annual Thanksgiving dinner was just great. The food, of course, was wonderful and no one left hungry. I felt really bad because Al and I could not do the turkey as Al was still weak and in so much pain from his surgery. Since I started this Thanksgiving party I have always made the turkey and dressing—not that I am such a great cook. Thank you so much CHARLIE and SUE WEIDNER and MARILYN YOUNG for just jumping in and doing it. Thank you so very much!

Guess who showed up with a superb sweet potato casserole – JANET BRUGGER! My goodness it has been too long a time since she has been to a meeting. We were so happy to see her.

I must tell you about the saga of the sweet potatoes though. LENA GLASNER was the first person to call me because she wanted to bring sweet potatoes and, of course, I said fine. When Janet called and said she wanted to bring her sweet potato casserole, I just figured we would be up to our ears in sweet potatoes! As it turned out, Lena did not make it to the meeting—which I thought was weird because she is such a dependable person. The next day she emailed me to tell me that her son was stationed at Ft. Hood (I should have remembered) and she had quite a stressful night. We all remember what was all over the news about the shooting down there. Thank God, her son was all right!

Another face we haven't seen for a long time is DIANE HUNT. She came with Jack and it was so good to see her. She has been ill for a long time and looked a little frail, but just as lovely as always. Hope you come to many more meetings.

Our new friends from last meeting DENNIS and AGNES MacDONALD also joined us for dinner. We are so glad that we didn't scare them away. JOHN and JUDY BRUGER were coming, but cancelled at the last minute. Judy told me they had just taken their daughter to the hospital. (Their daughter is the 39 year-old being evaluated for a TX) She asked about the Cleveland Clinic and asked for any information on the place and did any of us have first-hand information. I asked at the meeting, but no one had had their TX there. We wish this family our very best wishes and prayers.

Should any of you have information on the Cleveland Clinic, please call one of the officers.

Guess who else was at the meeting that we haven't seen for way too long a time! JACK and KATHY HUTTER! It was so nice to see them. Jack is still working as a comptroller at a Dayton company and Kathy is still teaching. They said that there is always a conflict on our meeting dates or they would come more often. We really hope that all these find friends can continue coming to our meetings.

KEN and SHEILA ROBERTSON came with some delicious pies. Ken was sporting a beautiful bola tie. Now I'm not really into these but this one was really beautiful! It was leather and silver and very unique. I would wear it myself, if I could get it away from Ken!

Our getting-to-be entertainer, JEFF GUANCE was also at the meeting and sat at the table with STANFORD and ANN HUNSFIELD. As it turned out, Stanford works at a recording studio, so they had a lot to talk about. I am so sorry you guys, but I told you I would never remember all that technical stuff about exactly what you do, but it was great that you have something in common.

DARRELL and LOIS HARPER were present. Darrell looked just great. Now, I am not advertising this and have never tried it, but I'm sure you have all heard about this magical berry –acai. He has been taking this juice two times a day and said he hasn't felt this good in a long time. Darrell was so fired up about this formula, I felt I should mention it. He told us that he can walk up stairs and the swelling in his feet is gone. There is a cardiologist (not to mention names) who told David Young that there was nothing wrong or harmful in taking this. If you wish to find out more about this magic liquid, please call Marilyn Young (513) 523-8709.

I received an email from MARLENE WEGELE regarding Warren. She said receiving the last newsletter prompted her to write in case anyone who knew Warren would like to know of his passing. She said they would read the newsletters together and often commented that they wished they had a group there (Connecticut) like we have in our area.

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TRANSPLANT ANNIVERSARIES

Warren had been going to dialysis for two years and had reached the point where he could no longer walk. Although he remained alert and kept that wonderful sense of humor, he knew that he did not want to continue what had become a real struggle. He made his decision to stop going for treatment. He passed away two weeks to the day of his last treatment. Marlene told me that he was very grateful for the extra ten years his new heart gave him. He lived to meet his three granddaughters and enjoy five years of retirement on beautiful Cape Cod.

We are always sorry to hear of the passing of any of our members and those of us who knew Warren and Marlene will always remember what great and fun couple they were. Prayers and thoughts are with you, Marlene.

Well, now we come down to the Christmas Party! As you all know, it will be December 5 at the Sharonville Convention Center. I have tried to do things a little different this year and I hope it works. I won't mention what – I guess you will just have to come and see! Tickets are now on sale. Contact Rosemary Burke to purchase them. Tickets are \$20 per person. A cash bar will be available. See Page 1 (Next Meeting) for the menu.

We must have your reservation ONE WEEK before the party. When you call Rosemary Burke to make your reservation, be sure to tell you your choice of entrée. (There will be chicken fingers for \$12 for children who are coming.) A gift for the raffle would be greatly appreciated. It doesn't have to cost much – after all, it's Christmas.

PLEASE, PLEASE BE SURE TO MAKE YOUR RESERVATIONS WITH ROSEMARY BURKE as Al and I will be out of the country until Dec. 3 and I can't pick up calls. I hope to see many of you there. It is a fun night!

Esther

DECEMBER

Karl Scanlon – 13th
Tom Fugate – 11th
Lance Jordan – 10th
Pat Callahan – 10th
Asia Werner – 6th
Douglas Spencer – 6th
Michael Young – 2nd
Tony Rieger – 1st

JANUARY

Terrie Carr – 17th
Nelson Lang – 17th
Bill Dashley – 16th
Gerald Shell – 13th
Debbie Stoeckel – 12th
Jim Drahman – 11th
Curren Kinney – 10th
Butch Montgomery – 10th
John Parret – 9th

FEBRUARY

Winston (Wink) White – 21th
Don Hacker – 12th
Al Kenkel – 11th
Abe Marchevsky – 11th
Dillan Short – 11th
David Young – 10th
Steve Ship – 9th
Peggy Lawrence – 7th
Maime Reed – 6th
Shannon Alcorn – 4th



FLU SHOT INFORMATION

There has been a change of opinion as to whether or not to get the flu shot. Now BOTH Dr Dunlap and Dr. Wagoner are saying that transplants SHOULD get the flu shot. However, it MUST be the shot NOT THE MIST. This applies to both the regular flu shot and the H1N1 flu shot. They both agree on that also.

Have you changed the batteries in your Smoke Detector? It's time.

IN REMEMBRANCE

Norman Bentley
May 4, 1995 – September 23, 2009

Warren Wegele
December 10, 1999 – November 2009

EXERCISE HELPS WOMEN'S HEARTS

About 60 percent of the protection against heart disease and stroke provided by exercising comes from its effect on a few specific risk factors.

Women who exercise were 40 percent less likely to have a heart attack or stroke than those who did the least amount of exercise.

Regular physical activity is enormously beneficial in preventing heart attack and stroke. Even modest changes in risk factors for heart disease and stroke, especially those related to inflammation/hemostasis and blood pressure, can have a profound impact on preventing clinical events. Exercise-related changes in inflammatory and hemostatic biomarkers—fibrinogen, C-reactive protein and intracellular adhesion molecule -- have the largest impact, lowering heart attack and stroke risk by 33 percent.

Inflammatory and hemostatic factors as a group have overlapping functions and roles and, have the biggest effect in mediating exercise-related cardioprotection, more so than blood pressure or body weight.

Exercise-related improvement in blood pressure is the second most important (a 27 percent reduced risk), followed by lipids (blood fats), body mass index, glucose abnormalities, kidney function, and homocysteine.

(from Stephanie Kelly, B. S., Exercise Physiologist, UC Heart Failure Clinic)

PRAYER LIST

Jeff Davis
Mary Ann Deck
Charles Eaton
Don Hadden
Al Kenkel
David Young

EASY EXERCISES FOR THE HOLIDAYS

Prepping for the holidays can be fun and festive – but it's also time-consuming. The hours in your week usually spent exercising may well instead be spent shopping, wrapping and baking. Add to that some tempting holiday treats, and you've got a recipe for diet disaster. Instead of throwing things to the wind this year, try these quick but effective exercises – all easy to fit into your jam-packed schedule.

“MILK JUG” SQUATS -- When putting away groceries, grab a full, one-gallon container of milk or juice in each hand, then do six to eight squats (keep a straight back). It should feel like you're sitting down in an invisible chair, then standing up (if it helps, put a chair behind you, but don't sit down on it). Do at least two sets.

GIFT WRAP RUNS – Wrap two gifts, then walk or run up and down your stairs three times or jog in place for two minutes. Repeat five times or until you're done wrapping your presents.

COOKIE PUSH-UPS – When you're waiting for the cookies to bake do five push-ups (knees on the floor for beginners). Then lie on your back with four dish towels (each folded in half) under your head, knees bent and feet shoulder-width apart. Raise your hips off the floor about six to eight inches, then slowly lower them. Repeat five times.

SOUP CAN CURLS – While cooking, take an average-size soup can in each hand. Face your palms forward and “attach” your elbow to your waist. Then slowly curl one arm at a time and return it to the straight, hanging position. Do one set of 10 repetitions for each arm.

POST-FEAST WALK – If your holiday culminates in one big family dinner, plan to take a 45-minute post-meal walk with your sister-in-law, say. Here's why the “walking pact” is a good idea: For about four hours after a high-fat meal (such as a typical holiday dinner) your arteries look just like those of a person with heart disease. That's because your vessels are trying to expand to accommodate increased blood flow, but the fat in your bloodstream is making it harder for your arteries to flex. An August 2006 study from Indiana University shows that a 45-minute post-meal walk helps reverse oxidative stress.

Until Spring. Keep Exercising!
(Stephanie Kelly, B.S. Exercise Physiologist)

CHRISTMAS PARTY INFORMATION

Get your tickets NOW – Deadline—Nov 29

Contact Rosemary Burke at 513-631-5017. She will also need to know your choice of Entrée – (See Page 1 for selections.)

This year is “Christmas for the Kids.” We will be sponsoring four children of COH members—two boys (11 and 10) and two girls (10 and 9). We are asking for gift certificates or cash donations for these children. (Make check out to Change of Heart) Send to Rosemary or bring to the Party on Dec. 5.)

DID YOU KNOW?

--that the life of a smoke detector is about 10 years? After 10 years you should purchase a new one for best protection.

--that a new census will be taken in the year 2010? If someone comes to your door asking questions for the census, make sure the person has proper identification – or don't answer the questions.

--that you can clean your toilet by dropping in two Alka Seltzer tablets? Wait twenty minutes, brush and flush.

--that most splinters can be removed painlessly and easily with scotch tape? Simply put the scotch tape over the splinter, and then pull it off.

--that you should wear your sunglasses outside even in the winter? The glare off snow is as harmful for your eyes as the glare in the summer.

--that if you had only 10 minutes to evacuate your home, you would need to grab only the important stuff? Do you know WHAT your important stuff is? And do you know WHERE it is? Could you get to it in 10 minutes?

--that there really is a Santa Claus? He lives in every person who gives to others.



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--CONTRIBUTORS--

The Editor wishes to thank all the contributors to this month's newsletter – Stephanie Kelly, Esther Kenkel, Glen Moore, and Jackie Walker.

--REMINDER--

The next newsletter will be March 2010. Have a happy and safe New Year.