Well, it’s February and winter is indeed upon us. Boy, did we miss the mark about the big snow and bitter cold.

I want to let everyone know that board members Joe Previto and Fred Albert both passed on in December. They will surely be missed.

Every President’s Message for February begins with, “I’d like to introduce myself and say hello...” because February begins the dues collection process. Our newsletter is generally sent to about 2,000 BraveHearts, those who have paid their dues for the current year and those who’ve become a BraveHeart as a result of having a procedure in the prior four months.

This month we will send out over 6,000 newsletters and dues requests, the current mailing list as indicated above plus anyone who’s had a procedure in the past five years and is not currently a dues paying member.

A dues renewal envelope is enclosed. Please remit your $20 dues as soon as possible. We need the continued support of each and every member in order to function effectively. Someone once said, “Membership doesn’t cost; it pays” and that is very true.

There is a lot going on in February: Lincoln’s Birthday, then Valentine’s Day, then Washington’s Birthday. These are followed by the President’s Day weekend. President’s week furniture sales and winter break.

This year February also includes Ash Wednesday marking the beginning of Lent. Isn’t it ironic that Lent starts the week before winter break?

The day before Ash Wednesday is known as Shrove Tuesday or Fat Tuesday. This is the celebratory culmination of the excesses most will be forsaking during Lent. These tend to be a couple of weeks or a month-long celebrations: Carnaval in Brazil, Carnavale in Venice or Mardi Gras in New Orleans. So don a mask, toss some beads and have a beignet or two (I’m told there is a place in Denville, NJ that makes excellent ones). If you can’t do a beignet, a zeppole will do nicely.

February brings what is traditionally the worst weather of the year here in the Northeast. This issue will feature some information to help us prepare for the unique challenges of winter weather and the dangers of shoveling snow. I guess that they would have been helpful last month. Some of the information provided is utilized on a bulletin board at the DeMatteis Center compiled by Exercise Physiologist Corinne Rey.

This month we are passing up a survivor story in favor of a memorial to Rich Desmond, Joe Previto and Fred Albert. Since neither the editor nor I knew Rich or Joe very well, we turned to our venerable archivist Geoff Fenwick for an assist in composing it.

Our quotes this month are from Presidents Washington and Lincoln.

**Mark**

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**Quote of the Month**

“I do not think much of a man who is not wiser today than he was yesterday.” ~ Abraham Lincoln
Update Enhanced Driver’s License

In December, we shared the procedure to obtain an enhanced drivers license. When the clerk hands you an interim license, be sure to check it before you leave the window to be certain that it reads the way you applied for it. Generally, this means it reflects your full middle name, not your initial.

Unfortunately, I did not check mine. When the new enhanced license arrived it only showed my middle initial. The result was another trip to the DMV to have the process done over. The only saving grace was that I did not need all of the documentation, only my enhanced license and passport. There was no charge for having it done over.

So save yourself an additional trip to the DMV and check your documentation before you leave.

“It is better to offer no excuse than a bad one.” ~ George Washington
IN MEMORIAM

It is with great regret that we announce the passing of three BraveHearts who had served many years as officers, directors, and key contributors:


Rich also worked on our Journal, annual picnic and the King & Queen Dinner Dance. His main BraveHearts claim to fame was as the founder of the annual BraveHearts fishing trip.

Rich was an active member of the Executive Board until ill health caused him to curtail his activities. He may have been our first “survivor story” in September 2006.

**Joe Previto** passed away in December 2017. Joe became a BraveHeart in August 2003. He served as the treasurer from July 2009 to June 2010 and was a candidate for president.

Joe along with his wife Julia assisted his sister Aurora Collins and her late husband Bart doing the “grunt work” necessary to make the King & Queen Dinner Dance a success.

Joe remained an active member of the Executive Board until his health caused him to stop.

**Fred Albert** passed away in December 2017. Fred became a BraveHeart in January 1996. Soon after, he joined the Executive Board and remained active until his passing.

Fred was also our resident “Comedian Laureate”. He regaled the members with a joke or two at the end of each meeting and was the entire comedy department for our newsletter. He always kept us laughing.

Fred was the subject of our March 2014 “survivor story”.

They will be missed.
BRAVEHEARTS OF ST. FRANCIS HOSPITAL

Providing Comfort and Support to Resume Everyday Activities and
Maintain a Lifestyle of Good Health

HOW CAN I JOIN THE BRAVEHEARTS?

Anyone can be a BraveHeart and help support this wonderful hospital, our heart patients and their families. You can become a BraveHeart member if:

- You have had open-heart surgery, stents, or TAVR procedure at St. Francis
- Your family member has had open-heart surgery, stents, or TAVR procedure at St. Francis
- You (and your family members) have never had open heart surgery but you would like to be part of a group that helps support St. Francis Hospital and its heart patients through patient outreach, fun activities and local outings
- You had any of the above procedures elsewhere but rehab at DeMatteis Center

BENEFITS of BRAVEHEARTS MEMBERSHIP

Annual Dues of $20 entitles you to:

- Receive a monthly newsletter featuring valuable health information, survivor stories, fun facts, tips on staying fit, updates on news and developments at St. Francis Hospital
- Take advantage of invitations to events and announcements in the monthly newsletter about meetings featuring speakers on a wide variety of topics of interest
- Receive invitations to Join the BraveHearts on trips, local outings and events including an annual fishing trip and picnics; SOMETHING FOR EVERYONE!
- Meet new people, enjoy group activities, help St. Francis Hospital continue to provide high quality outstanding care to you, your loved ones and the community.

To become a BraveHearts member:

Mail in your annual dues payment of $20 to the address below and you will receive a membership card in the mail and begin enjoying all of the benefits listed above.

For more information please contact:

BraveHearts of St. Francis Hospital
100 Port Washington Blvd.
Roslyn, NY 11576-1348 or
call 516.562.6785 (Please leave a message and we’ll get back to you)

“Truth will ultimately prevail where there is pains to bring it to light.” ~ George Washington
COLD WEATHER SAFETY TIPS
As the winter approaches, the American Heart Association warns that some people may be at increased risk of a heart attack while snow shoveling. Pushing a heavy snow blower can also cause injury. The combination of colder temperatures and physical exertion increases the workload on the heart. Cold weather can cause blood to clot more easily and constrict arteries, which decreases blood supply.

Tips for heart-safe snow shoveling:

Give yourself a break - Take breaks to avoid overstressing your heart. Pay attention to how your body feels during those breaks.

Don't eat a big meal before or soon after shoveling - Eating a large meal can put an extra load on your heart.

Use a small shovel or a snow thrower - The act of lifting heavy snow can raise blood pressure during the lift. It is safer to lift smaller amounts. When possible, simply push the snow.

Learn the heart attack warning signs - Carry your cell phone in your pocket and call 911 immediately if you experience any signs of a heart attack.

Don’t drink alcohol before or immediately after shoveling - Alcohol can increase a person’s sensation of warmth and may cause you to underestimate the extra strain your body is under.

Tips for Seniors From The National Safety Council

Avoid Slipping on the Ice - Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier.

Fight Wintertime Depression - Because it can be difficult to get around during the winter, many seniors will stay indoors and have less contact with others. To help avoid feelings of loneliness and isolation, check in with family members, neighbors and friends. A quick phone call can make a big difference.

Prepare for power outages - Winter storms can lead to power outages. Make sure you have easy access to flashlights (with new batteries) and a battery powered radio.

Eat a Varied Diet - Many times when people stay indoors, they don’t eat a variety of foods. Therefore nutritional deficits, especially Vitamin D, can be a problem. Consume foods that are fortified with Vitamin D, such as milk, orange juice, cereal, oatmeal, eggs, and seafood like tuna and salmon.

Don’t be afraid to reach out for help. Ask family members and/or neighbors to shovel, give you a ride to the supermarket or doctor’s appointment.

Below is a perfect example of good shoveling form, displayed by Dan Siefert’s grandson in the last snow storm. Perfect size shovel, bend at the knees, and remember never over fill the shovel!
Steel Magnolias
Hunterdon Hills Play House
Hampton, NJ
Thursday May 24th

An immediate critical and popular hit in its premier production in New York, Steel Magnolias revolves around the lives of a group of gossipy southern ladies in a small-town beauty parlor. A Comedy/Drama with sharp, funny dialogue, lovable characters, and a truly touching ending, Steel Magnolias received rave reviews on Broadway. Julia Roberts was nominated for an Academy Award in the Best Supporting Actress category for her performance in the 1989 film version of this play.

$110.00 Per Person  *PRICE INCLUDES BUS TRANSPORTATION & TIP, SHOW, TABLE-SERVED ENTRÉE

BUS WILL DEPART FROM THE DEMATTEIS CENTER AT 8:45 AM, RETURNING AT ABOUT 6:00 PM

ENTRÉE SELECTIONS: Yankee Pot Roast, Fried Jumbo Shrimp Platter, Lemon Pepper Cod, Stuffed Breast of Chicken, Roast Turkey with Stuffing, Eggplant Rollatini, Vegetable Kabob (Gluten Free)

Attached is $_______ as payment for _______ tickets to Steel Magnolias
Name___________________________ Phone Number_________________
Address_______________________ Town____________________  Zip Code___________________

***If you have any questions, please contact Doris Letendre at 516-627-8663

Join us Wednesday, March 28th

JESUS
At Sight & Sound, PA

Experience the greatest story of all time! Jesus - an action-packed musical stage adventure that takes you on a miraculous journey alongside the most famous person ever to walk the earth and the everyday people whose lives he changed forever. While the story of Jesus may be familiar, his actions are unexpected. He befriends outcasts and heals the hurting. He challenges social norms and confronts hypocrisy. He sets sail with fishermen and reasons with religious scholars. And the lives he touches will never be the same. From the streets of Jerusalem to the raging Sea of Galilee, there's no place — and no person — that his love can’t reach.

$140 per person - *includes bus transportation & tip, show, and lunch
Bus will depart from The DeMatteis Center at 8:00am, returning approximately 9:30pm

Included is a family style lunch with choices such as: Golden Fried Chicken, Signature Pork Sausage & Chicken Pot Pie with Homemade Noodles, Real Mashed Potatoes with Gravy, Browned Butter Noodles & Chef’s Vegetable – and for dessert enjoy Chocolate Cake, Warm Shoo-Fly Pie and Vanilla Ice Cream – Lemonade, Iced Tea, Hot Tea & Coffee.

Attached is $_______ as payment for _______ tickets to Jesus
Name___________________________ Phone Number_________________
Address_______________________ Town____________________  Zip Code___________________

***If you have any questions, please contact Doris Letendre at 516 - 627- 8663
THE BEST OF FRED ALBERT

The Story of Creation as you’ve never heard it explained before!

In the beginning, God created the Heavens and Earth and populated the Earth with broccoli, cauliflower, and spinach so that Man and Woman would live long healthy lives.

Then Satan created ice cream and donuts. Satan asked “You want chocolate with that” and Woman said “Add some sprinkles too” and they gained 10 pounds.

Then God created healthful yogurt that Woman might keep the figure that Man found so fair. Satan brought forth white flour and sugar and combined them. And Woman went from size 6 to size 14.

So God said “Try my fresh salad” and Satan presented Thousand Island dressing, buttery croutons, and garlic toast. And Man and Woman unfastened their belts following the repast.

God then said “I have sent you healthy vegetables and olive oil in which to cook them” And Satan brought forth deep fried fish and chicken. And Man gained more weight and his cholesterol went through the roof.

Satan then created chocolate cake and named it, “Devil’s Food”

God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so that Man would not have to toil changing channels.

Then God brought forth the potato naturally low in fat and brimming with nutrition. And Satan peeled off the healthy skin and sliced the starchy center into chips and Man gained more pounds.

Then God gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created the 99 cent double cheeseburger and said “You want fries with that?” And Man said “Yes and supersize it.” And Man went into cardiac arrest.

And God sighed and created quadruple bypass surgery.

I think that this might be the way Fred would like to be remembered

Originally printed in an earlier issue of BraveHearts.

A Valentine’s Day Blessing

May the Lord bless you when Valentine’s Day is here
May he keep you in his loving care everyday throughout the year
And May he grant you happiness in everything that you do
For in everything you seek and share his love is always with you

HAPPY VALENTINE’S DAY!

BraveHearts Newsletter PAGE 7
February 24th
Sunday 1:00pm

The DeMatteis Center
101 Northern Blvd, Greenvale NY
Park behind the building - follow signs to the upper parking lot

NEW MEMBERS ALWAYS WELCOME!

Speaker: Community Services Staff
Topic: CPR

President — Mark Trantel
Vice-President — Jim Jaffe
Secretary — Dan Siefert
Travel Coordinator — Doris Letendre
Newsletter Contributors
Photographer — Jim Jaffe
Spiritual Advisor — Sr. Pauline Gilmore, FMM

Vice President — Julia Previto
Treasurer — Emile Letendre
Editor — Dan Siefert
Co-Editor — Rosemarie Malvino

BraveHearts are by definition survivors

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