



events of the **heart**

In This Issue

[New Heart Product](#)

[Habebe's Corner](#)

[Recipes of the Month](#)

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Issue #34

November 2010

Dear Frank,

Our Hearts Runneth Over and Over



We are about to enter the time of year where we take that moment to appreciate our lives and all of our blessings. I often look at this time as a bonus renewal, a time to ride the wave of gratitude, abundance and sharing that surrounds and inspires us all.

Speaking of gratitude, I want to thank all of you for your well wishes in my recovery, which by the way is now somewhat like the miners must have felt; I know there is a light at the end of this and I will get better but when it will shine still remains a mystery.

Here at EOH we are hitting our stride this season as multiple blessing are being bestowed upon our Million Women Heart's project.

Let me catch you up. The **Million Women's Heart Project** is an initiative we are starting this February around the country to get 1 million women screened for heart disease around the country while collecting 1 million women's stories.

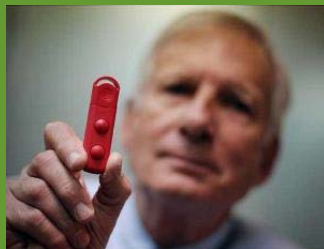
EOH believes when we empower women with HER facts she will respond. Heart disease is rising amongst women 30 to 50 yet we have an 80% prevention rate IF we get screened.

Thanks for giving!

Events of the Heart
BIG Hearts:



Another Point of
View About the
Heart



Dare I say think of this as a mammogram for the heart? To date, the Department of Health and Human Services has come on to our project so we can collaborate in telling the 911 stories and the different symptoms of heart attack that women display.

North shore LIJ hospitals are partnering with us, becoming screening sites for the project allowing hundreds of women in the NYC area to be screened. We will also announce a major retail venue come the New Year.

Just as heart disease is gaining a new audience, new sponsors and patrons are also hearing the call. This year, we will galvanize our forces to make a women's heart her number 1 priority and the priority of corporate commitments.

Storytelling is one of the first arts among society and the reflection of how women lead and held their tribes, families, and communities in tact. So EOH is poised to tell the modern stories that we need to leave as legacy to our children, grandchildren, and women who we might never even meet except for their common stories.

Feb 2nd, the stories will preview at the **Million Women's Heart Summit** at the Donna Karan Urban Zen Center in New York City.

Here we will be convening women leaders from every sector of society to gain a commitment for these screenings and to assist us in messaging to millions of women around the country about the urgency of this message.

I am always reminded of my 5-minute CTA test 10 years ago that saved and changed my life.

So this holiday as you prepare your food, wrap your gifts, visit with your families, take a moment and notice all the women in YOUR life that surround you, women that you would never want to lose!

Make *that* your pumpkin pie promise to be a part of our million women's heart project.

I wish you all a wondrous and delicious holiday and remember, a women's heart is her real brain. Make that the way you think.

Ever grateful,
Pamela

Directors Chair: Frank Alvino

It was one of those chance meetings on the phone when Frank Alvino called to admire the work of our organization. Of course I asked him who he was and what he did and of course it was all about the heart. Products and services that are born from the heart always work better than those born for profit. This is truly a life-saver and one to pass on. Kudos to Frank.

Read about Frank's product, **At Heart**, in our Heart News section to the right.

Carole's Blog:



Grateful Grandma

I basically consider myself a summer person, but it is

Heart News:

New Aspirin Dispenser Could Save Your Life

By Barbara Williams, *The Record*

Every 25 seconds, an American has a heart attack, making heart disease the No. 1 killer nationwide. Although not all attacks are fatal, they kill one person every minute.

Frank Alvino created the aspirin dispenser through his company, Advent Consumer Healthcare in Cedar Grove.



Once a person is having an attack, studies have shown aspirin may play a vital role in reducing the damage, perhaps saving a life. Frank Alvino, a Long Beach Island resident retired from a career in the health care field, thought a long time about "how that message wasn't getting through to people and how the greatest risk for a heart attack was not being prepared."

So he created the "At Heart," a plastic device that dispenses two aspirin from a blister pack, which prevents moisture from damaging the drug. Available at CVS pharmacies and on the website At-Heart.com, the dispenser sells for less than \$4 and has a three-year expiration date.

"It was a major milestone when studies showed you should take aspirin during a heart attack," Alvino said. "The medical field has made so many improvements with technology to help heart attack victims but if patients never get to the hospital, none of that helps them. I thought if I could devise something that would be convenient to put on a keychain or at your bedside, more people would have aspirin when they need it."

Alvino, who created the device through his company, Advent Consumer Healthcare in Cedar Grove, said he's working to get the support of several medical associations and trying to get more local and chain pharmacies to carry the device. Heart attacks occur when plaque in a coronary artery bursts and the body, sensing an injury, sends platelets to the rupture. Platelets are the blood cells that trigger clotting, which then work to create a solid blockage that prevents blood from flowing to the part of the heart served by that artery. Aspirin slows down the rush of platelets - only a small

inspiring to see the trees in Central Park now in all their gorgeous blazing reds and gold. I understand why some people feel the best in autumn. If only it could be warmer! Deep autumn for me is always a prelude to cashmere, gloves, boots, coats, darker lipstick, more blush, warm soup the Thanksgiving Holidays and a time for reflection and gratitude.

Gratitude is getting big time play in the world of healing and health. It's all the rage to keep a daily gratitude journal. I admit while I have designated a lovely notebook to jot down my list of appreciation, it's pretty blank. But I do take time mostly when I walk to think about the many things I'm grateful for.

Instead of just having attitude (which I do very well) I can have an attitude of gratitude. And you know what...it makes me happy. I know that being happy is one of the ingredients for a healthy heart. There is research being done now looking at when you have a sense of appreciation your

According to the Centers for Disease Control and Prevention, about 785,000 Americans had a heart attack and about 470,000 had a recurrence in 2009.

While some coronary attacks are sudden and intense, most start slowly with mild discomfort or pain. Symptoms include chest discomfort in the center of the chest that may feel like pressure, squeezing, or fullness. This discomfort may travel to other parts of the upper body, including the arms, back, neck, jaw or stomach. There may be shortness of breath, breaking out in a cold sweat, nausea and lightheadedness.

If experiencing symptoms, health experts recommend first calling 911, then chewing a single full-sized 325-milligram aspirin tablet and don't use an enteric-coated tablet, which acts slower even if chewed.

For more information about Frank's product [click here!](#)

Habebe's Corner

Let's talk Turkey!!

Make no mistake about it...

My experience around the holidays are as stressful as yours. From the moment the food comes into the house the anxiety starts, not to mention the elevated voices, the faster pace, and the endless array of bags and bows. Yes,



heart rhythms are more coherent and smooth which is...healthy. Gratefulness is a measure of our aliveness. Many people say that family is a place of much thankfulness (when they aren't driving you crazy). And I do have a big brag today. For a double dose of gratefulness. There are two new grandsons' who have come into the world and taken up residence in my heart. Oscar Moses Henry Isenberg arrived in Los Angeles in August and his cousin Quinten Luca Isenberg, the man in Tokyo, showed up in September.

In an informal poll these are some of the gratitude highlights in the EOH office: Laughter, Classic Movies, childhood nostalgia, Great Chinese Food, Peanut butter and rhubarb jelly on toast at 2:00AM when insomnia has taken over, amazing friendships, that I get to make a difference, all my blessings, especially health and creativity and having love in my life. What are you grateful for? Let us know.

dogs as a breed are intuitive but we do not read LABELS!



I am as grateful as the next dog, truly, it is a dogs life, naps whenever we want, endless love, long walks, chew toys, who wouldn't choose that?

I won't mention the parts that don't work, like being left behind, kicked off the bed, walking in the snow, and vaccines. Gratitude is measured in many ways for dogs.

We lick, we wag, we are extremely loyal, even more so than that significant other that can be fickle from time to time, we keep a blind eye to you waking up late or skipping a treat, and most importantly we are always where you are!

How many things in your life are as consistent as US?

I was thinking of starting a facebook page called Canines on Call, but writing everyday might interrupt my ZEN!

What I've come to learn in my 56 years here on earth is:

- I don't like change but I have to embrace compromise.
- I'd rather be me because there's already too much of YOU.
- I understand more than you think but don't care most of the time.
- And my biggest lesson: let go and let you rule.

So as the season enters and the turkeys get basted and pies start wafting through the house lets all remember; the pitter patter is not from a sugar rush but from those faithful feet following you towards your bliss.

Ever hungry,
Mr. Habebe

In gratitude,
Carole

TEN TIPS TO HOLIDAY TR ANQUILITY

Studies have shown that heart attacks occur more often during the holidays than any other time of the year. We've provided you with a list of 10 tips on how to relieve holiday stress and depression:

1. Acknowledge your feelings.

If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.

2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.



Recipe of the Month:

Thanksgiving could be called the Olympics of food holidays...kind of like a meal on steroids. I'm not gonna mess with giving any recipes for sides because I find that's a family conversation. Each one comes with a grandmother, aunt, or chef favorite that truthfully belongs in your own kitchens. What I will share this month is one terrific turkey and a little something to keep the sweetness of this season ever-present in your heart.



Vegetables in Season

Pumpkins, winter squash, sweet potatoes, broccoli, mushrooms, spinach

Fruits in Season

Cranberries, oranges, tangerines, pears, pomegranates

Recipes for November

ONE TERRIFIC TURKEY!

3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.

4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Be understanding if others get upset or distressed when something goes awry.

5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.



Ingredients:

A 12-15 lb turkey
(I like to get a kosher or organic turkey, the flavor can't be beat!!)
Preheat oven to 375 degrees

THE RUB
2 tbs kitchen bouquet
dried sage
dried thyme
dried marjoram
sea salt
paprika
1tbs olive oil

The secret is in basting formula.

1 cup white table wine
2 cups chicken broth
 $\frac{1}{2}$ stick earth balance butter { or another butter substitute}
3 cloves of garlic finely chopped {optional}
 $\frac{1}{2}$ head flat leaf parsley finely chopped

Ready to roll

Make sure the bird has been rinsed and dried.

Make a rub with combining all the herbs, add or omit what suits your tastes.

Directions:

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

7. Learn to say no.

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

8. Don't abandon healthy habits.

Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

9. Take a breather.

Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh

Rub the bird with the kitchen bouquet which will give it a tan or TV glow, believe me you'll thank me later. Rub the herbs all over. Give it a good massage under the wings, behind and in front. Pat olive oil on your palms and spank the turkey to seal in the flavor (good way to relieve holiday stress as well)!

Set into a 375 oven for the first 45 minutes

My rule is 22 minutes a pound but again to each their own

Next melt butter wine and broth with garlic and parsley until it begins to boil set on a warmer or low flame.

Baste the turkey every 20 for the next 3 hours.

I suggest you make yourself a playlist or an exercise routine for the basting trips.

Get ready to receive accolades!

For our next two recipes, we decided to give you a new recipe to try for Thanksgiving as well as a classic with a heart-healthy spin.

Old-Fashioned Indian Pudding

Serves 6

Ingredients:

- 1 quart scalded milk
- 1/3 cup yellow corn meal
- Pinch of salt
- 1/2 cup molasses
- 1 good teaspoon ginger



Directions:

Put the scalded milk and corn meal in the top of a double boiler over boiling water. Add the salt and cook, stirring frequently for about 20 minutes. Mix with the molasses and ginger and pour into a buttered 2-quart soufflè dish or baking dish. Bake in a 300°F. oven for about 2 hours. Serve warm with vanilla ice cream.

And Enjoy!

you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

10. Seek professional help if you need it.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Whole Wheat Pumpkin Pie

Serves 8



Ingredients:

For the crust:

2/3 cup Oat flour
1/3 cup whole wheat flour
1/3 cup unbleached all-purpose flour
2 T dark brown sugar, tightly packed
3/4 † ground cinnamon
1/4 † salt
6 T cold unsalted butter
3-4 T cold milk

For the filling:

1 3/4 cups pumpkin puree
3 egg whites, slightly beaten
1 c milk
3/4 cup honey
1 T unsalted melted butter
1 † ground cinnamon
1/2 † ground ginger
1/2 † ground nutmeg
1/2 † salt

Directions:

Mix together the flours, sugar, cinnamon, and salt in a medium bowl.

For the crust:

Cut the butter into small cubes and using fingers, work into dough until it resembles bread crumbs.

Slowly sprinkle in the milk, mix into the dough until it becomes cohesive. You know it's just right when the dough holds together and does not seem dry or crumbly.

Flatten it and shape into a disk, about an inch thick. Wrap it in plastic and refrigerate it overnight.

About 30 minutes before ready to make the pie, remove from the fridge and let it come to room temperature. Preheat the oven to 425 degrees. On a floured surface, roll out the dough using a rolling pin-to about a 12 inch circle.

It might crack around the edges, but patch it up, it's fine. Transfer the dough to a 9 inch (that's at least 1 1/4 inches deep). Trim and crimp the edges. Chill the crust until ready to use.

For the filling:

Mix all the ingredients together in a bowl and stir until smooth.

Pour the filling into the pie crust.

Place the pie on the bottom rack of the oven and bake for 15 minutes. Reduce the temp to 350 degrees, move the pie to the middle rack and bake until a knife inserted 1 inch from the edges comes out moist but clean. It should take approximately 35-40 minutes. Resist temptation to take a bite right as it comes out of the oven. LET IT COOL & ENJOY!!!

A great Red to gift, to sip, to save:

Palazzo Della Torre



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