



Rotary Club of Martinsburg Grapevine

Feb 16, 2023

District 7360 | Club 5296

Preventative Cardiology

 **WVU** Heart & Vascular
Institute



Ajay Virmani, MD
Regional Director
WVU HVI East



Khalid Sheikh, MHA
Administrator
HVI East

Dr. Virmani along with Mr. Sheikh came to speak to the club today from WVU Medicine about cardiovascular issues and opened the floor up to questions. One thing that sticks with me as I try to wrap my mind around all of the things discussed, is the link between happiness and cardiovascular issues. So, I looked it up on the American Heart Association website to see what they had to say. The following is what I found on their website.

"Thomas Jefferson once declared that without health there can be no happiness. Science now shows the opposite is true, too. Happiness is an important component to maintaining physical health. In fact, that mind-body connection goes deeper than many people realize, and a troubled mind can contribute to health problems.

"We know that up to 80% of visits to primary care doctors are due to conditions that are caused or exacerbated by unmanaged stress," said psychiatrist Dr. Francoise Adan, director of the Connor Integrative Health Network of University Hospitals in Cleveland. "Being happy doesn't just make us feel better, it improves our health. It helps us eat healthier, be more active and sleep better." Because happiness leads to healthier behaviors, it helps stave off high blood pressure and excess body fat, resulting in lower risk of stroke and cardiovascular disease, she said.

Cont...

"The connection between mental and physical health is reflected in many factors, said Dr. Laura Kubzansky, co-director of the Lee Kum Sheung Center for Health and Happiness at the Harvard T.H. Chan School of Public Health, also in Boston. Kubzansky co-authored a meta-analysis of 15 studies encompassing nearly 230,000 people that linked an optimistic mindset to lower risk of heart attack and stroke, as well as a lower risk of death. The 2019 review, published in JAMA Network Open, suggested promoting an optimistic mindset could be good preventive medicine.

"The evidence is increasingly strong," she said. "What we do about it will be an interesting question. Long before you get to the cardiologist, you and your primary care physician should be talking about your psychological state."

Dr. Jeffrey Huffman, director of the Cardiac Psychiatry Research Program at Massachusetts General Hospital in Boston designs wellness programs for people dealing with heart disease and other conditions, and a positive state of mind is an important part of the process.

"We combine exercise goal-setting programs with activities to help cultivate skills to develop positive feelings," he said. "People who have the positive psychology aspect feel more energized and optimistic, and in our preliminary work it appears to be more effective in helping people be active than the goal-setting program alone."

Experts agree a one-time booster shot, whether a funny movie or a piece of good news, isn't likely to make a lasting difference. For that, there must be a mindset shift, Adan said.

"It requires discipline. Practicing positivity, the intention of seeking what's right, and journaling about it. We know that is something that's essential," she said.

Adan recommends practicing random acts of kindness and staying connected with the ones you love to keep your spirits high.

If you live far away from friends and family, she suggests calling, texting or mailing letters. Sometimes getting creative helps, too - a virtual book club or a dinner over video chat.

But there is no silver bullet to happiness, said Kubzansky. It may be a trial-and-error process for people.

"Everyone wants a quick fix," Kubzansky said. "But it's not, 'Let's just watch more cat videos!' I wish there was an easy answer for how to improve your psychological state in a meaningful way, but I don't think there's a one-size-fits-all, fast solution. Everyone needs to figure out what works for them and take care of their mental health just as much as they take care of their physical health."

And some people, she said, lead difficult lives and have many barriers to mental well-being. So to simply say "be happy" may be naïve or insensitive.

However, everyone can take steps to improve their outlook, Kubzansky said.

"If people can find even small ways to increase their ability to see the world in a more positive way, that can be very beneficial to their health," she said."



Student Guests:

Chloe Thomas

James Estranas

Interact



Upcoming Rotary Club Calendar & President notes:

- Our club is looking to find and sponsor local young adults who are interested in having exciting, life changing experiences as exchange students living abroad! The club's exchange student committee would be happy to talk with those interested in applying for this year's Rotary outbound exchange student program. The committee members are Elaine Bartoldson, Maria Lorensen, Richard McCune, Buzz Poland and Doug Frye.
- ShelterBox – there is still a continuing need for support of the mission in Ukraine and 10 other countries with horrendous refugee needs. Pete Mulford is our representative if interested in donating.
- Feb 26 – Hagerstown Rotary David Henneberger Memorial Bull & Oyster Roast, HGC Noon–5PM
- March 11–12 – 2nd Annual Rotary Pickleball Tournament, Randy Smith Center, Inwood
- Mar 12–19 – Rotary Leadership Academy, Part 3
- Mar 18–26 – Global Grant – Trip planned to see the water well project in El Salvador.
- May 27–31 – Rotary International Conference, Melbourne, Australia

Wedding Anniversaries		Years
Branner, Dustin & Laura	20-Feb	27
Martin, J. Craig & Karen	27-Feb	52
Mulford, Pete & Betty	28-Feb	47



Member February Anniversaries		
Wortley, Bill	2/5/2004	19
Hite, Mike	2/21/2008	15
Bartoldson, Elaine	2/27/2014	9
Wertman, Bill	2/11/2016	7
Arnett, Tiffany	2/1/2017	6
Crabill, Leslie	2/1/2017	6
Snyder, Carolyn	2/1/2017	6
Regalia, Tracy	2/27/2020	3
Webster, Elizabeth	2/10/2022	1
Stenger, Eric	2/11/2022	1
Blair, Robby	2/28/2022	1

February Member Birthdays	
Marriot, Norman	2-Feb
Oates, Max O. Jr.	4-Feb
Novak, Sharon	5-Feb
Williams, Bob	13-Feb
Frye, Doug	15-Feb
Newcome, Virginia	18-Feb
Goodwin, Keri	23-Feb
Sherman, Trent	24-Feb
Shull, Carol	24-Feb

Future Programs:

- Feb 23 – Norman Marriott, Black History Celebration
- March 02 – Carol Rhan, Women in the Military
- March 09 – Police Chief Swartwood, City Police Dep
- March 14 – Board Meeting



**IMAGINE
ROTARY**



THANKS

sponsors

with love,
Rotary
 Club of Martinsburg



PLATINUM LEVEL



GOLD LEVEL



SILVER LEVEL



BRONZE LEVEL



Sharon Novak



Sponsorship Form

Event Details:
 Saturday & Sunday March 11-12, 2023
 2 One-day Tournaments
Location:
 W. Randy Smith Center
 40 Excellence Way, Inwood WV 25428
 Presented by: Rotary Club of Martinsburg, WV



Diamond	Platinum	Gold	Silver	Bronze
\$5,000	\$2,500	\$1,000	\$500	\$250
<ul style="list-style-type: none"> Recognition on Advertising & Marketing Material 8 Players 	<ul style="list-style-type: none"> Recognition on Advertising & Marketing Material 4 Players 	<ul style="list-style-type: none"> Recognition on Advertising & Marketing Material 2 Players 	<ul style="list-style-type: none"> Recognition on Advertising & Marketing Material 1 Player 	<ul style="list-style-type: none"> Recognition on Advertising & Marketing Material

Company/Sponsor Name & Level: _____

Contact Information/Phone & Email: _____

Sponsorship Submission: Opens January 8 & Closes March 5, 2023. Cancellation Deadline: 03/05/2023.