

TICKER TOPICS

NOVEMBER-DECEMBER, 2018

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



JUNE SQUIRES FRANCOIS

June Squires Francois passed away on Saturday, November 3rd. In addition to being a member of our chapter, June was a Cardiac Case Manager at Asante Rogue Regional Medical Center where she has been a nurse for over a decade.

June not only helped provide information at our meetings, she established our close relationship with the Cardiac Case Managers, started our TAVR visiting program and our Tour Program for same-day-admit heart surgery patients and their families. We wouldn't be where we are today without June's innovative ideas and drive to build better heart patient support at ARPMC.

June always had a smile. She will be sorely missed.

VOLUNTEER NEWS

Our partnership with ARPMC Volunteer Services continues to be a wonderful blessing. The support we get is outstanding. I believe that we contribute an equivalent benefit to Rogue Regional Medical Center as well as heart patients who are treated there.

We always need more volunteers. In addition to Mended Hearts Visitors and Tour Guides, it would be valuable to have the Critical Care Desk fully covered. It isn't a Mended Hearts role exclusively, but having a heart patient or caregiver at the desk to support the families who are waiting for surgery or a TAVR to be completed is very valuable. We also support families who have patients in CCU, ICU and IMCU. When there is no volunteer on duty, it's a lot more stressful for families of surgery and TAVR patients.

ATHEROSCLEROSIS AND PACEMAKERS IN NOVEMBER

Atherosclerosis is a disease in which the inside of an artery narrows due to buildup of plaque. When severe, it can result in coronary artery disease, stroke, peripheral artery disease or kidney problems, depending on which arteries are affected.

Atherosclerosis generally starts when a person is young and worsens with age. Almost all people are affected to some degree by the age of 65. It is the number one cause of death and disability in the developed world.

We'll also hear about living with a slow heartbeat and how and when a pacemaker helps.

We'll also review what Mended Hearts Tours are all about.

You're invited to join us on Tuesday, November 20th at 5:30 pm in the Smullin Center on the Rogue Valley Medical Center campus next to the parking structure.



Come to the annual holiday luncheon on Saturday, December 1st at 11:30 am – Punky's Diner in the Medford Center. Turn into the Medford Center at Stevens and Royal.

September – Conference Report



Three members of our chapter attended the national Mended Hearts conference in San Antonio last July. Marlyn Taylor, Michelle and Duane Christiansen reported their experience at our September meeting. Duane told us about San Antonio and what attendees were able to do outside of the meeting place. He had a number of pictures of the hotel, the river walk and the 750 foot Tower of the Americas. Marlyn reported on the various sessions. Ask a Pharmacist covered how to correctly interact with your pharmacist. You should only use one pharmacy...2 at most, but then neither pharmacy knows all the meds you are taking. Tell your pharmacist about the herbals and over the counter meds you take. Find out if they are compatible with the prescriptions you take. Find out what each prescription does and what the side effects are. There were also sessions on technology, cardiac rehab, heart failure and stress testing. Michelle talked about the sessions on chapter building. Happily, the majority of the problems chapters have, we don't. Michelle feels that we need to have more personal contact with patients in addition to the visits we make. We need to call patients and find out how they are doing. Michelle and Duane are very enthusiastic about attending future conferences.

IN OCTOBER WE HAD A PEER-TO-PEER SUPPORT MEETING AND LEARNED ABOUT ADVOCACY WE COULD SUPPORT RIGHT HERE.

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**And check out our Facebook Page:
[Facebook.com/Mended Hearts of Southern Oregon](https://www.facebook.com/MendedHeartsOfSouthernOregon)**

Visit us at: www.mendedhearts137.org

PRESIDENT'S CORNER

Our work in 2018 is fast approaching the close. We've had some great programs and have touched several hundred patients and their families this year.

The tours we provide for same-day-admit patients a few days before their procedure have been very well received. It eases a lot of anxiety when you know where you will go and who will be there to help you the day of your or your loved one's surgery.

We often observe that the procedure is very stressful for the family. It's reassuring to know what will happen and, if there is a volunteer at the Critical Care Desk, being kept up-to-date on exactly what is happening.

Some of our great programs were Renal Specialist, Dr. Dinesh; Diabetes Educator, Sue Amidon, RN; Dr. Robin Miller; Dr. Paul Rostykus and Samantha Metheny, EMT; and a couple of peer-to-peer support meetings. Every meeting has been interesting and valuable.

Be sure to come to our holiday luncheon on Saturday, December 1st. It's always a lot of fun. As usual, it will be at Punky's Diner. To get there, turn into the Medford Center at the signal at Stevens and Royal. Drive straight ahead. You will see Punky's at the end of the building on your left. We'll send more details in a few days.

We have some great programs in the works for next year. Several cardiologists on topics like imaging and then a series on the details of imaging in cardiology. We will hear about a heart failure clinic that is being proposed. There's a lot of education you won't want to miss.

It's great to be alive and to help others.
Chris Kloek



JACK HAFNER: AN ACCREDITED MENDED HEARTS TAVR VISITOR

When Jack needed an aortic valve replaced he chose the TAVR.

When he tells his story Jack states that he had the procedure on Thursday, was sent home on Saturday, and played golf on Monday. This must be a record of some kind. He says that he had entered a golf tournament and thought that he would show up as scheduled with only the intent to hit an easy drive, pick up the ball and drop it on the green and putt. The drive felt good so he went ahead and hit the second shot and the third and all the way to the end of the round. Jack reports that his golf game that day was somewhat better than before he had his TAVR procedure but it has reverted back to normal. But who cares, the fact that he showed up and participated is inspirational and pretty darned spectacular.

It seems that the interventionist told him that he could try playing when he felt up to it but that he should take a golf cart instead of walking as he usually does, so that is that he did.

Jack was seen in the hospital after his procedure. Soon after recovery Jack decided to become a TAVR patient Mended Hearts accredited visitor. What makes Jack different from others is that he comes to the hospital to visit TAVR patients in their room the day before their procedures take place the next day.

Jack also became a volunteer at the hospital. He mans

the critical care information desk along with Chris Kloek, another Mended Hearts visitor, on the Thursdays that TAVRs are done, usually on the first and third Thursdays of the month. By doing this Jack is able to interact with the family members of the TAVR patients while they are in the waiting area. Having a Mended Hearts visitor who has recovered and is volunteering is reassuring to the family members and friends who are waiting to hear the outcome of the procedure.

Jack is a great asset to Mended Hearts of Southern Oregon, Asante Rogue Regional Medical Center and the patients and families we serve.

NATIONAL CAREGIVER MONTH

For seniors, moving in with the kids isn't always the solution. The question for seniors is usually posed like this: Should kids move aging mom and dad into their home? But the question should also be framed this way: Do mom and dad really want to live with the kids?

There comes a time when seniors have to make new living arrangements: A big house in the country just doesn't work if you can't mow the lawn or keep it clean. And what about isolation? In the city or country, there comes a time when old friends are gone, the kids have moved away, and your health isn't what it used to be. One option is living with the kids. More seniors are doing it these days. The numbers are up several percentage points in the last 15 years. The trend is most pronounced among Asian and Hispanic families. But just because you love the kids, doesn't mean you want to live with them.

Here are some considerations before you take that step:

Habits: They smoke, you don't or vice versa. You like a clean house, they are slob. You have a cat, they are

You are invited to join Mended Hearts of Southern Oregon any 3rd Tuesday of the Month (except December) at 5:30 pm in the Smullin Education Center. The Smullin Center is a separate building between the parking structure and the hospital.

allergic.

Situation: You don't want to babysit the grandkids. Everyone is supposed to want that, but what if you don't (or can't) and what if they expect you to?

Location: You want to stay in your community. The kids live in another city.

World View: The kids' politics drive you crazy. You hate that they are spendthrifts. You don't trust them with your money.

Recreation: You like a good card game. The kids don't play. You would be far away from friends or senior centers. The kids are too busy, anyway.

Compatibility: You really don't like or respect your son-in-law or daughter-in-law. Or maybe he or she doesn't respect you.

The kids are old, too. People are living longer and at 98 you might need care, but the kids are in their 70s. That's a serious demand on the kids in terms of their own time, energy, health and money. These situational elements can be deal killers and seniors should consider carefully whether they even want to enter into such a situation.

VISITING REPORT

August: Mended Hearts Visitors made 60 visits to 43 patients. Visitors were: John Refsnider, Jack Hafner, Marlyn Taylor, Bill Newell, Chris & Nancy Kloek, Lan Roberts, Kellie Hill, Duane and Michelle Christensen.

September: Mended Hearts made 73 visits to 49 patients. Visitors were George Brown, Chris & Nancy Kloek, Bill Newell, Murrin Davis, John Refsnider, Marlyn Taylor, Jack Hafner and Kellie Hill

Follow-up calls in July and August: 8 patients called by Marlyn Taylor.

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