

# TICKER TOPICS

JULY-AUGUST, 2019

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



## CHAPTER NEWS

First, congratulations to Marlyn Taylor, Western Regional Director, who was installed on June 27<sup>th</sup> in Albany, Georgia. He has done an outstanding job as Asst. Regional Director.

Speaking of Marlyn... have you seen any of the Asante Moments on local TV featuring Marlyn and Kevan Fox? You can see the whole 4 min 40 sec video from which it came at [asantemoments.org](http://asantemoments.org). We will also show it at our next chapter meeting.

Kevan Fox and Darleen Walsh have gotten the Grants Pass Satellite underway at ATRMC. See their report on page 2.

## WE LEARNED A LOT FROM CARDIAC EDUCATOR, BRENDEN JONES, RN

Brenden Jones, RN and ARRCM Cardiac Educator, spoke at our May 21<sup>st</sup> meeting. Brenden is also our liaison with Cardiac Education.

Although all of us have had education at the time of surgery as patients or caregivers, we still learned a lot. Brenden showed us the video that is now shown to patients and family prior to surgery. It included a segment about Mended Hearts visiting starring our member, Nancy Kloek. The video is titled, "Introduction to Heart Surgery." It is very well done.

He then went over the education that is given to patients after their surgery. The topics covered are:

- Sternal precautions for 6-8 weeks.
- Incision Care.
- Activity.
- DO's and DON'Ts.

- Changes.
- Sleep.
- Cardiac Rehab.
- Heart Failure (inability to circulate blood efficiently)
- Heart Healthy Diet

As visitors, tour guides and volunteers on the Critical Care Desk knowing about the cardiac education patients and their families receive is very valuable.

Patients hear about Cardiac Rehab from the educators and our visitors are now aware of that as they recommend cardiac rehab. Our visitors can tout cardiac rehab from a personal level having gone through it themselves. The patient then gets professional advice as well as personal advice. Hopefully, with both perspectives, the patient will follow through and avail themselves of this valuable part of their recovery.

## CARDIAC EDUCATOR, BRENDEN JONES, RN WILL BE AT OUR MAY 21<sup>ST</sup> MEETING



Our annual potluck/picnic was a great success. The end of June is definitely the time to have it. The

weather is great, there's no smoke and the crowds have not yet developed. The only problem is that there is always way too much food.

I believe we had about 24 in attendance. It was a great time to eat, talk, get to know each other better and just relax.

Plan on joining us next year. You'll be glad you did.

## **ASANTE THREE RIVERS MEDICAL CENTER - GRANTS PASS NEWS**

The group met on Wednesday, June 19<sup>th</sup> in the education room at Cardio Rehab from 3:30 to 4:30 PM.

There was a discussion about the release of the Asante Moments Mended Hearts video. Darleen Walsh has asked the Auxiliary board at Three Rivers Medical Center for an opportunity to show the video at their general meeting in July and is waiting for a response.

Today's guest speaker was Eric Jenkins from Rural Metro Fire/AMR/ATRC. Eric talked about the "Golden Hour" and what that means to someone have a cardiac episode. He walked us through the steps beginning with the initial 911 call up to a patient's arrival at the Cath lab at ARRC. Eric shared his perspective of Cardiac Emergencies not only from a firefighter's point of view but as an EMT and ER technician as well.

Some tips he provided to help make a 911 call most efficient were: Having identification available; current medication list; a brief description of current events such as type of pain, shortness of breath, recent use of nitro, etc.; also having a POLST, medical power of attorney or advance directive and medical identifier for stents, pacemakers etc.

The next meeting will be held on Wednesday, July 17 in the education room at Cardio Rehab from 3:30 to 4:30 PM. The guest speaker should be Duncan McColpin, ARRC Cardio Pulmonary Supervisor.

Our August meeting will be on the 21<sup>st</sup> from 3:30 to 4:30 pm.

Darleen Legault-Walsh

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### **ARRMC Advisors**

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**And check out our Facebook Page:  
Facebook.com/Mended Hearts of Southern  
Oregon – New**



Visit us at: [www.mendedhearts137.org](http://www.mendedhearts137.org)

## **PRESIDENT'S CORNER**

First of all I want to thank everyone for your support and help as I learn everything about being President of such an awesome chapter. Our annual picnic was a wonderful, relaxing time getting to know each other on a more personal level. Thank you Rhonda Refsnider for giving us tours of the hospice house (right next door to the park). What a great place.

We are starting our 3 month count down to the cluster meeting that our chapter will be hosting September 28, 2019. Thank you to all that have signed up to help make this a successful event. We will be starting our planning meetings soon!! Mended Little Hearts from Sacramento, CA will be joining us. I'm excited to learn more about how we can work together.

Wishing you all a healthy, refreshing July and August. Remember that sunscreen, and stay hydrated!

Michelle Christensen

## **JULY 16<sup>TH</sup> AND AUGUST 20<sup>TH</sup> MEETINGS**

You will definitely want to join us at our July meeting on the 16<sup>th</sup> at 5:30 pm in the Smullin Center on the Asante Rogue Regional Medical Center Campus (ARRMC). We will show the 5 minute Asante Moments video that features Mended Hearts and what we do for ARRMC's outstanding heart program.

Our meetings are a terrific time to share and learn what we can do to have a great quality of life.

We will also meet on August 20<sup>th</sup> at 5:30 pm in the Smullin Center. We'll announce the program soon.

The Smullin Center is right next to the parking structure. It's between the parking structure and the hospital building.

## **PROTECT YOUR HEART IN THE HEAT.**

July and August produce triple-digit temperatures around here on some days and 90s on others. As a heart patient you should take precautions.

Stay hydrated and as cool as possible during these dog days of summer.

For every degree your body's temperature rises, your heart beats 10 BPM faster, according to Harvard Health. While a study published in 2014 said most cases of atrial fibrillation tend to occur in the winter, those with irregular heartbeats should take special precautions in the summer as well --higher temperatures can trigger AFib as your heart works harder.

Some precautions:

- Stay hydrated. Dehydration is one trigger for atrial fibrillation, not to mention stroke.
- Avoid going outside between in the afternoon when temperatures reach their peak in Southern Oregon.
- Get in air conditioning. A fan is of little use if it circulates 95-degree air.
- Reduce caffeine and alcohol, as these can cause dehydration.
- Avoid exercising in the heat.
- Take a cool shower and put an ice pack under your arm or near the groin.
- Wear well-ventilated shoes.
- Take breaks. Schedule in more breaks to prevent overheat.

Enjoy our beautiful mornings when the temperature is really nice.

## **MODERN MEDICATIONS RALLY HEART PATIENTS**

According to data from 12 separate clinical trials, today's heart-failure patients are much less likely to die from sudden cardiac arrest.

In fact, sudden death from heart failure has declined

by almost 50 percent in the last 20 years, according to Dr. John McMurray, the University of Glasgow cardiology professor in Scotland who organized the trials.

Vigorous combinations of powerful heart medications have turned the tide, according to McMurray. Patients can experience substantial recovery from their heart dysfunction.

Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. In most cases, patients have developed reduced ejection fraction, a condition in which the heart's lower chambers cannot squeeze hard enough to pump oxygen-rich blood through the body.

To prevent reduced ejection fraction, many heart failure patients receive an Implantable Cardioverter Defibrillator (ICD), a device that monitors heart rhythm and delivers an electrical shock to restore normal rhythm when the heartbeat starts to go astray. According to the New England Journal of Medicine, the study's data also showed that sudden death rates have decreased by 44 percent in patients who have not received an ICD.

Observers say outcomes depend in large part on a patient's faithfulness in taking prescribed medications.

That last sentence should be in bold and underlined. Taking ones medications as prescribed is the key to a good life with any disease, but especially heart disease. When we see the dismal numbers on heart patients even filling their prescriptions let alone taking them as directed it should motivate us to redouble our efforts to educate the patients we visit.

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.

The public is always welcome.

## VISITING REPORT

**May:** Mended Hearts made 57 visits to 41 patients. Visitors were Darleen Walsh, Jack Hafner, Chris & Nancy Kloek, Bill Newell, Lan Roberts, Mike & Debbie Gary, John Refsnider, Ruth Christy and Kellie Hill.

**June:** Mended Hearts made 69 visits to 50 patients. Visitors were Bill Newell, Chris & Nancy Kloek, John Refsnider, Mike & Deb Gary, Murrit Davis, Jack Hafner, Michelle Christensen, Ruth Christy and Lan Roberts.

In addition, Mike Gary spoke to 42 Cardiac Rehab patients during 2 classes each on June 5<sup>th</sup> and 6<sup>th</sup>.

**Facebook.com/Mended Hearts of Southern Oregon – New**



[www.mendedhearts137.org](http://www.mendedhearts137.org)

