

# TICKER TOPICS

MAY-JUNE, 2018

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



## **VOLUNTEER UPDATE**

Volunteer Orientation is now 2 times per month. 1 in the evening and the other during the day and it is only 4 hours (instead of the previous 8 hour orientation). We'd love to have you join us as a Volunteer, but there are also 3 dozen other services you can do for ARRCM. Several of our members volunteer in these other areas.

Thanks to Bonnie Richie, Lauren Van Sickle and Laura Nicholson, there was a terrific article in the March 12<sup>th</sup> Mail Tribune about Mended Hearts at ARRCM. Contact Chris if you need a link to read the article online. It featured members Nancy Kloek, Rudell Harder, Neale Walsch and Jack Hafner.

Remember Mended Hearts motto "It's great to be alive and help others."

## **DR. ROBIN MILLER WILL BE WITH US AT OUR MAY MEETING**

Robin Miller, MD, MHS, is a medical doctor who practices integrative medicine. You have probably seen her on NBC 5 (KOBI) where she is the medical expert for "Doctors on Call" and "Focus on Health" on Monday and Tuesday at 6:00 pm.

All too often medication is prescribed to treat a single symptom without finding the root cause. That's why Dr. Miller got into integrative medicine to treat the whole person and not just physical symptoms.

Dr. Miller strongly believes in traditional medicine, but also believes in the benefits of complementary therapies.

Her practice is Triune Integrative Medicine where you

are the most important member of your health care team.

The list of Dr. Miller's credentials is very long. She's definitely well trained.

Be at our May 15<sup>th</sup> meeting for a little of our organic guacamole and chips and a beverage. You'll learn about an exciting approach to medicine you of which you are probably unaware.

Also, be ready to share your experiences as a heart patient or caregiver if you'd like.

**You're invited! Tuesday, May 15<sup>th</sup>, at 5:30 pm in the Smullin Center at ARRCM.**

## **ANNUAL PICNIC ON JUNE 23RD**

To avoid smoke and heat we're going to have our picnic in June this year. Put it on your calendar. It's always relaxing and a lot of fun.

Drop an email to Chris, call him or tell him at the May meeting if you plan to be there.

From Barnett turn north on Black Oak and then turn west on Siskiyou (signal). The next right is Modoc one block from Black Oak. Holmes Park is just past the open field and house on the right side of the street.

**You're invited! Saturday, June 23<sup>rd</sup> from 11:30-1:30 at Holmes Park near the hospital. Bring a dish to share. The Chapter will furnish a main dish, plates, drinks, silverware, and napkins.**

**IT'S ALWAYS A FUN TIME.**

## IN MARCH, WE GOT TO SEE THE INSTRUMENTS USED IN HEART SURGERY

Thanks to Dan Neville, PA, and Maria Hausman, RN, both on the Heart Surgery Team at ARRCMC, we had a fantastic March meeting. We got a chance to see...up close and personal... all of the instruments used during open heart surgery.

Dan went through the process from the beginning and explained each tool. We saw the wires used to hold the sternum together until they refuse about 2-3 weeks after surgery. We saw the saw that, in about 3 seconds, cuts through the sternum. Dan showed us the device used to harvest veins for bypasses.

Maria's job during surgery is to know ahead of time which tool she needs to pass to the surgeon or PA next. Since heart surgeries are her only job, she knows what to do, often without being asked... she's ready.

Dan and Maria answered many, many questions from those in attendance. At the end, they invited everyone to come up and look at the tools up close and ask questions which everyone did.

We want to thank them for taking this time out of their busy schedules...it was a wonderful opportunity to understand just how an open heart surgery is done.

## IN APRIL, WE LEARNED ABOUT DIABETES AND ITS RELATION TO HEART DISEASE

You've seen ads on TV for drugs that talk about lowering one's risk of dying from stroke or cardiovascular disease (CVD). What are the relationships between diabetes and heart disease? Which one can lead to the other?

Sue Amidon; RN, Certified Diabetes Educator and Program Manager of Diabetes Education for Asante; was at our April meeting and answered all of our questions and more. She gave a wonderful presentation that we could understand and learn from...outstanding!

We can't go into her whole presentation in this

Ticker Topics

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### Advisory Council

Sarah Hillyer, RN, Clinical Manager ARRCMC.  
Patricia Wolfe, Cardiac Education, ARRCMC.  
Beth Coker, MA, ES, Cardiac Rehab, ARRCMC

### RRMC Liaison

Pat Wolfe, RN, Cardiac Education, ARRCMC  
Laura Nicholson, Volunteer Coord., ARRCMC



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And check out our Facebook Page:

[Facebook.com/MendedHeartsOfSouthernOregon](https://www.facebook.com/MendedHeartsOfSouthernOregon)

newsletter, but you may know that diabetes is 1 of 7 controllable factors for developing heart disease. 25% of the population will eventually get type 2 diabetes. The main problem is that they haven't watched their lifestyle.

A diabetic is 2-5 times more likely to get heart disease and 2-4 times more likely to have a stroke. 78% of diabetics die of heart disease, not diabetes. These are all sobering statistics.

Type 1 and Type 2 diabetes are very different. Sue not only told us the difference, she was diagnosed with Type 1 diabetes in her early twenties. She is not only educated, she's experienced.

Sue gave us a wide range of information on preventing type 2 diabetes and, if you already have it, how to control it...maybe even reverse it.

You've seen that Jardiance and Invokana ads that talk about their ability to reduce heart and stroke risk. Although research is just starting, there is some evidence that Metformin also has a cardiovascular benefit. Sue went over the other drugs you see advertised, as well, such as Janovia, Trulicity and Victosa.

Sue gave us a wonderful presentation that covered all the bases and more...

## **PRESIDENT'S CORNER**

Our year is progressing well with new members every month and some terrific programs. I hope you will come to the annual picnic in June. It's always a lot of fun, good fellowship and wonderful food.

In addition to new members, we have some new volunteers on the horizon. With Volunteer Orientation shortened to 4 hours and one during the day and one in the evening each month, qualifying will be much easier. For one thing, you don't have to give up a Saturday. Think about it. We can use the help.

We will have a meeting in the next few months

Ticker Topics

that will be led by our Vice President, Michelle Christensen that will be entirely devoted to sharing. Although, we'll give you an opportunity to share each meeting, this will go beyond that. Michelle does this with another organization so she's experienced at making it work. Stay tuned.

Whether you volunteer or attend meetings, you are contributing to the support of heart patients in the valley. Keep coming, learn and share...including successes and trials.

I hope I see you often.

Chris Kloek

## **MENDED HEARTS CONFERENCE IN SAN ANTONIO**



Registration is now open for our National Education & Training Conference and CHD Symposium being held this summer in San Antonio. Join us in Texas July 14 - 18 at the Hyatt Regency San Antonio Riverwalk.

Our conference hotel is steps away from the legendary San Antonio River Walk and overlooks the historic Alamo mission. For more information about hotel pricing, our first-time buddy program and registration info go to [www.Mendedhearts.org](http://www.Mendedhearts.org).

The 5th annual MH CHD Symposium will kick-off our program on Saturday, July 14 with MLH Leadership Training continuing July 14 – 15 - 16.

Mended Hearts and Mended Little Hearts will join together on Sunday evening, July 15, for a festive "meet & greet" reception with Mended Hearts regional meetings, educational sessions, concurrent workshops and luncheons continuing Monday through Wednesday.

We are excited to announce that Dr. Steven Bailey,

University of Texas Medical Branch San Antonio, will be our keynote speaker at the conference.

Remember that the Asante Foundation has allocated money to help you attend the conference. Now is the time to ask about it if you are interested in going.

## **CAREGIVERS, AGING PARENTS OFTEN ISOLATED FROM FAMILY**

For caregivers and siblings, one subject causes stress and anger: Not all siblings contribute to the care of mom and dad. In fact, according to the American Sociological Association, daughters spend more than twice the amount of time caring for their aging parents as sons do.

Quoted in AgingCare.com, Angelina Grigoryeva, author of the sociological study, "Sons reduce their relative caregiving efforts when they have a sister, while daughters increase theirs when they have a brother. This suggests that sons pass on caregiving responsibilities to their sisters."

The article in AgingCare.com drew a large number of responses from both men and women caregivers. Among the themes that emerged:

- Men who did care for their aging parent were very dedicated in terms of time and money. One respondent wrote: "I am a son, and I give 95 percent of the care to my mother compared to my other 3 siblings who are sisters. My brothers-in-law also help."

- Both men and women caregivers bitterly complained that other adult children completely surrendered any obligation to contribute to care, some never contacted their parent again once the parent entered a nursing home. One respondent wrote: "In my case, I never hear from my brothers as they have a 'life' and are too 'busy'. It's disgusting to me."
- Aging parents were saddened by the lack of interest from their children: A father wrote: "My wife is elderly, almost totally disabled, almost bed bound, and her general health is getting worse, but we live in blessed isolation as if we didn't exist." "We don't see anyone for weeks, months . . . I hope I do not sound bitter. However, I am deeply disappointed. Not for myself, but for my dear wife who was the best, most caring, kindest mother anyone could wish to have."

If your parents aren't living, reach out to elderly neighbors and other Mended Hearts members. It's another way we can help others.

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.

We have coffee, tea and hot chocolate along with some sort of snack that is heart healthy.

We look forward to seeing you there.

### **VISITING REPORT**

**February:** Mended Hearts visitors made 66 visits to 40 patients. Visitors were Chris & Nancy Kloek, George Brown, Kellie Hill, Bill Newell and Duane & Michelle Christensen

**March:** Mended Hearts Visitors made 56 visits to 43 patients. Visitors were Duane & Michelle Christensen, Murrit Davis, Bill Newell, George Brown, Jack Hafner, John Refsnider, Nancy Kloek and Marlyn Taylor.

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

