

TICKER TOPICS

NOVEMBER-DECEMBER, 2019

MENDED HEARTS OF SOUTHERN OREGON – CHAPTER 137



VOLUNTEER NEWS

Bob Goldberg has completed the process and is now an ARRCM Volunteer. His Mended Hearts Visitor training will start soon. Carolyn Callahan and Katherine French are nearing completion of the requirements to become a volunteer. We look forward to their joining our ranks.

Because we will now have 12 Volunteer Teams our current Visitor Scheduling approach won't work. Additionally, we will begin visiting stent, pacemaker and ICD patients in the Heart Center. The Cardiac Educators are coming up with a way we can identify them that won't be a burden on the Cardiac Educators.

We had a meeting of almost all of our volunteers (only 2 weren't able to be there). Marlyn Taylor expressed a desire to visit all Thursdays since he is on the Critical Car Desk on those days from 12:00 to 4:00. John Refsnider and Murrit Davis wanted to do a week, but less frequently than every couple of weeks. It was also a desire to have the weekend fall in the same shift.

With all of that in mind, the proposal is to have a Monday thru Wednesday shift and a Friday thru Saturday shift. Marlyn would take Thursdays and Visitors who wanted to cover more days less frequently could take a back-to-back shifts Friday through Wednesday. Everyone except Marlyn would have to sign up for eight 3-day shifts per year. The Board will have to approve this procedure change or come up with an alternative.

DON'T FORGET TO COMPLETE THE ANNUAL ONLINE TRAINING COURSES. Contact the Volunteer office if you need help or have questions. The phone number is (541) 789-5875.

NEW RESEARCH REGARDING SLEEP APNEA AND HEART DISEASE

You have undoubtedly heard that sleep apnea is a big health risk. That is especially true for heart patients.

Sleep apnea has been proven to affect blood pressure and heart arrhythmia. Find out about it at our November 19th meeting.

Lauren Nicholson, Registered Sleep Technician from the Asante Sleep Lab, will give a presentation. There is new research around sleep and how it affects heart health that Lauren will tell us about.

Keep yourself healthy! – You're invited to join us on Tuesday, November 19th at 5:30 pm in the Smullin Education Center on the ARRCM campus next to the 4 story parking structure for education, support, networking and refreshments.

HOLIDAY PARTY AT ELMER'S ON SATURDAY, DEC 7TH.

Our annual Holiday Party is scheduled for Saturday, December 7th at 3:00 pm. This year it will be at Elmer's on Biddle in Medford. There will be a gift exchange with at \$10 maximum. Wear your ugly Christmas sweater.

Please RSVP to Michelle at 541-601-0062 or email Michelle – michellechris575@gmail.com.

It's always a great time.

Saturday, December 3rd, at 3:00 pm. Join us for a fun time at Elmer's on Biddle in Medford.

ASANTE THREE RIVERS MEDICAL CENTER - GRANTS PASS NEWS

We meet every third Wednesday of the month at 520 SW Ramsey Avenue in the education room at Cardiac Rehab from 3:30 to 4:30 pm.

There was no meeting in September for the Grants Pass area. However, everyone was encouraged to attend the regional meeting in Medford, Oregon, in the Smullin Education Center on the Rogue Regional Medical Center campus on September 28, 2019.

Once again we had Peter Richard, Supervisor of Diagnostic Imaging at Asante Three Rivers Medical Center come in to talk to us for the October 16th meeting. Richard presented a PowerPoint Presentation on the overview of an echocardiogram explaining how an echocardiogram uses sound waves to produce images of your heart. This common non-invasive test allows your doctor to see: the size and shape of your heart, and the size, thickness and movement of your heart's walls. It measures the heart's pumping strength or efficiency fraction (EF) and can tell if the heart valves are working correctly. Other diagnostic information such as blood leaking backwards through your heart valves (regurgitation), if the heart valves are too narrow (stenosis) or if there is a tumor or infectious growth around your heart valves can be determined with an echocardiogram.

Lesley Looney, nutritionist with ATRMC, will be the tentative speaker for our meeting on November 20 from 3:30- 4:30. We are hoping that she will be available to talk to us about healthy eating and proper nutrition during the holidays.

On December 7th, you can join Chapter 137 in Medford for the annual holiday luncheon as well as attend the monthly meeting in Grants Pass on December 18, when Marlyn Taylor, Regional Director for Mended Hearts, will be available to share some of his wisdom, support and experiences with us.

Darleen Legault-Walsh

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



Visit us at: www.mendedhearts137.org

STOP THE BLEED – A VERY IMPORTANT PROGRAM

The program presented by Heather Timmons , ER Trauma, was very informative. One can have an accident at home, on the road or at work that will cause excessive bleeding. Bleeding out is the number one preventable cause of death.

Heather and Jackie DeSilva, Mgr ER Trauma, let us have hands-on practice at the end of the presentation. It was a very valuable evening. First, make sure you are safe. Wear gloves if you can. Wash off any blood you get on yourself.

The steps are:

- Call 911 or if someone else is around, point to a person and tell them to call 911
- Find the bleeding even if you have to rip clothes
- Use cloth to pack the wound and then apply pressure.
- If available, apply a tourniquet 2-3 inches above the wound (between the wound and the patient's heart). Tighten the tourniquet until the bleeding stops. The patient may scream. Do not remove the tourniquet.

We want to thank Heather and Jackie for taking the time to cover this very important subject. For more information go to bleed.org.

CHAIR YOGA FOR HEART DISEASE PATIENTS AND THOSE WHO DON'T WANT TO BE HEART DISEASE PATIENTS

Our guest speaker for October was Molly Krogsrud, Exercise Specialist from AARMC Cardiac Rehab. Molly gave us a handout and had each of us doing chair yoga exercises.

Yoga has the ability to reduce stress, increase flexibility, improve balance, promote strength, increase cardiovascular conditioning, **lower blood pressure**, promote healthier blood sugar levels for diabetics, lift mood and promote one's spiritual well-

being...and, **that's** only a partial list of the benefits.

We learned exactly how and how long to hold each pose. The handout gave us the details so we are able to continue using what Molly taught us as time goes on.

Thanks to Molly for taking the time to help. It will improve the lives of everyone who attended.

12 MENDED HEARTS AND MENDED LITTLE HEARTS WERE REPRESENTED IN THE MEDFORD REGIONAL CONFERENCE

45 Mended Hearts and Mended Little Hearts Members representing 12 chapters came to the Regional Conference at Asante Rogue Regional Medical Center in Medford, Oregon, on September 28th. A few members to the public attended the morning session.

In the morning we were privileged to hear from Ron Manriquez, President of Mended Hearts and Mended Little Hearts, Beth Augee, Asst. Regional Director, and Michelle Christensen, President of Mended Hearts of Southern Oregon.

The morning session included a talk by Dr. Brian Gross, a cardiologist with Southern Oregon Cardiology. Dr. Gross talked about the State of Hearts in the State of Jefferson. That area covers Southern Oregon and Northern California.

Dr. David Folsom, a cardio-thoracic surgeon with Asante Rogue Regional Medical Center, gave a talk titled: "Mitral Valve Repair. "Everybody is doing it". He especially covered Transcatheter Mitral Valve Replacement and the Mitral Clip used to fix mitral valve prolapse in the Cath Lab.

The morning, public session closed with a presentation by Nichole Sanchez, Western Regional Director of Mended Little Hearts, about that wonderful part of our organization.

The afternoon session after a lunch provided by Asante Rogue Regional Medical Center was just for

Mended Hearts and Mended Little Hearts members. It included:

- Growing and Supporting Your Chapter through Social Media given by MBA Marketing and Development Specialist, Summer Matsu.
- Including and Supporting Mended Little Hearts given by Nicole Sanchez, Western Regional Director of Mended Little Hearts.
- Get acquainted with our National Officers Roundtable.

The evening concluded with a social event at the RoxyAnn Winery.

HOW MANY CALORIES ARE IN THANKSGIVING DINNER?

How many calories are in Thanksgiving dinner? Oh, baby. We just went there. Forewarned is forearmed, right? Or something like that

You can stick your head in the sand, or you can have some facts and prepare for the onslaught (a little pre-holiday salad or extra workouts, say).

So for those who prefer to be informed, here goes: Thanksgiving dinner can easily be worth 3,150 calories, according to the Calorie Control Council, whose website includes a chart that outlines 159 grams of fat as well. Their sample dinner didn't even include skin on the turkey and only counted one serving of cornbread, one tablespoon of butter, and one slice of pie. And no booze. More likely, we're all

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.

headed for more than 4,000 calories, practically two days' worth of calories in one meal. And our carbs can easily approach an eye-popping 500 grams.

The Council doesn't recommend avoiding Thanksgiving dinner, but does provide some tips for reducing the calorie count and for preparing yourself. This includes exercise, eating something healthy beforehand so you don't go into a meal famished, socializing away from the table of food, and using a smaller plate to encourage portion control.

Enjoy your Thanksgiving meal and Christmas meal, too. Just do a little preplanning. A walk after dinner will help, too rather than sleeping in front of the football game on TV.

VISITING REPORT

September: Mended Hearts made 56 visits to 36 patients. Visitors were Chris & Nancy Kloek, Bill Newell, Murrit Davis, Kellie Hill, Lan Roberts, Jack Hafner, Marlyn Taylor, Mike & Deb Gary.

October: Mended Hearts Visitors were: Lan Roberts, John Refsnider, Bill Newell, Mike & Debbie Gary, Chris & Nancy Kloek, Marlyn Taylor and Jack Hafner.

Marlyn Taylor made 5 phone visits in September and left 4 messages. Mike Gary made 12 follow-up calls in September.

In addition, Marlyn Taylor spoke to 10 Cardiac Rehab patients on September 24th and 12 on the 25th.



Facebook.com/Mended Hearts of Southern Oregon – New

www.mendedhearts137.org