



# “The Beat Goes On.....”

## Mended Hearts of Southern Oregon – Chapter 137

“Offering hope and encouragement to heart patients, their families and caregivers in Southern Oregon”

July/August 2020

“Mended Hearts is open to the public and you are always welcome to participate”

### Chapter Meetings

**In person meetings and patient visiting** have been cancelled until further notice due to COVID 19. The health and safety of our members, heart patients, families and caregivers is important to our local chapter.

**Moving forward** our local chapter will present virtual monthly meetings and these meetings will be facilitated via ZOOM. You will be able to join the meeting by computer, laptop, tablet, smartphone or phone. You will need an email account to receive monthly meeting notices, links to the meetings and chapter correspondence. If you have an email address we may not have on record, please email your email address to Debbie Gary at [preschoolteach345@yahoo.com](mailto:preschoolteach345@yahoo.com). If you do not have an email account and would like to create one, there are many free platforms available such as Google Gmail. Due to security, we are not able to post log in information for monthly meetings on any public viewed forum.

Should you need support to sign up for an email account please contact Michelle (541) 601-0062 or Mike (541) 582-8070.

### **Future meetings/education will include:**

- 7-20: Practice Meeting to get set for Zoom
- 7-21: Meeting/Education with Carson Myers, Cardiac Rehab Supervisor
- 8-18: Meeting/Education with Carol Wilson, Stroke Program Coordinator
- 9-22: TBA

### **Message from the President**

Welcome to July! The last few months have been challenging for all of us. Meetings have been put off with the hope that we could all get together again soon, but it's not looking like that will be a reality for a while. Due to our meeting space being indoors, crowded, and most of us being in the high risk category we will be having virtual meetings starting this month. Our goal is to get everyone online so that each of us can enjoy support and education. It can be a bit intimidating at first but once you get the hang of it, it really isn't hard at all. Our hope is to have online support sessions (facilitated by board members) where anyone can join and get the support and fellowship needed. We will be posting the times on our website along with instructions on how to attend. We also be having our monthly meetings with education online. Going forward we will be relying on our website to get information out more and more. We are in communication with Asante about how to get phone numbers of surgery patients so that we can visit by phone. I want to personally thank Chris Kloek for everything he has done for our chapter. Without him, we wouldn't be where we are today. Chris has given a tremendous amount of time and resources to our chapter and now would like to be able to sit back and relax a little. Mike Gary - Vice President, will be assuming the position of visiting chair. Even though we can't visit in person, we will start visiting by phone. If you talk with Chris, be sure to give him a big thank you!

I would like to start highlighting our members and their story. If you would like to be highlighted on our web page please email me your story and a picture of yourself.

I wish you each good health and safety and I'm looking forward to seeing you online. Best wishes, Michelle

### **Join Mended Hearts Today**

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact Nancy Kloek, Treasurer (541) 973-9639 or email

### **“You Are Not Alone”**

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors about your heart condition and concerns, please call **Mike Gary, Visiting Chair (541) 582-8070**.

**Mended Hearts of Southern Oregon**

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**Board Members**

Jack Hafner  
 Bill Newell  
 Darlene Walsh  
 Carolyn Callahan  
 Chris Kloek

**Chairpersons**

Visiting – Mike Gary  
 Call Follow Up – Nancy Clark  
 Membership – Vacant  
 Social Media – Vacant  
 Web Administrator – Jeff Roberts

**Future Chair Positions**

Summer/Holiday Luncheons  
 Fundraising

**Chapter Newsletter**

Editor – Debbie Gary

**Health and Happiness in Age of Coronavirus**

As the world grapples with how to stay healthy during a new way of living that includes social distancing and the closing of our gyms and restaurants- among a multitude of other businesses – seniors in particular can face unique challenges.

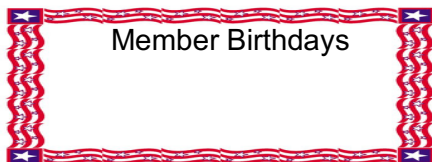
Aside from concerns about illness itself, seniors may also be missing their group exercise classes and bridge clubs, not to mention visits from family. It's vital to remain as active and connected as possible while staying safe.

Although many of us have been tempted to sink onto the couch recently, hopefully we've started moving again. That doesn't mean you should attempt burpees on the living room floor, however consider wall push-ups instead. At the very least, get up and walk around the house at regular intervals, whether it's during commercials or a time designated by setting a timer. Take a walk around the neighborhood or at a (not crowded) park if you're able. If you're comfortable using the internet, the National Council on aging has an online exercise resource called Go4Life.

Mental health is just as important as physical health, Video chats are a great option to keep in touch with family, though phone calls are an equally excellent option. Among its resources, the Institute on Aging also offers a 24-hour toll free Friendship line for people 60 or older and adults living with disabilities. The Friendship Line is a crisis intervention hotline as well as a warm line for nonemergency emotional support calls; they also make ongoing outreach calls.

**DID YOU KNOW:**

- 1) Beginning July 1<sup>st</sup> masks are required for indoor public spaces in all Oregon counties
- 2) Virtual Support Chats are in our chapter's future
- 3) Check out the website for upcoming events
- 4) Our future newsletter will include a Members Corner for an opportunity to share heart related articles or information
- 5) We would love to include your birthday in our Member 's monthly birthday corner
- 6) There will be a practice meeting from 5:30 to 6:00 on Monday 7-20 for folks new to zoom meetings. Link to practice meeting will be sent via email.
- 7) Dues are Due 7/1/20 – Local chapter dues are Single \$20.00 and Family \$40.00 and can be mailed to Mended Hearts of Southern Oregon 1363 Bonita Ave., Medford, OR 97504. National dues can be renewed at [www.mendedhearts.org](http://www.mendedhearts.org)



### Beyond the Numbers

**Hosted by Mended Hearts National: –**  
Virtual Support Group Meetings

**Learn how to host virtual support meetings in 30 minutes**

During this time of social distancing many of you are trying to find ways to continue to support your chapter or group members when meeting in-person isn't always an option. If you would like to find out more about how to hold virtual educational or support meetings, please sign up for one of the webinar times below. This is a 30-minute training session.

When: **Jul 8, 2020 11:00 AM Eastern Time**  
When: **Jul 30, 2020 04:30 PM Eastern Time**  
Topic: **Virtual Support Group Meetings**

Register in advance for this webinar:  
<https://zoom.us/webinar/register>

After registering, you will receive a confirmation email containing information about joining the webinar.

**Virtual Visiting**

During this one-hour webinar we will talk about ways to visit and support patients during this time. We'll provide opportunities for you to share thoughts and ideas with us and let us know how we can best support you.

When: **Jul 8, 2020 04:00 PM Eastern**  
When: **Jul 20, 2020 08:00 PM Eastern**  
Topic: **Virtual Visiting Training & Re-accreditation**

Register in advance for this webinar:  
<https://zoom.us/webinar/register>

After registering, you will receive a confirmation email containing information about joining the webinar.

Mended Heart is excited to partner with the National Lipid Association and the Foundation of the National Lipid Association to bring us This engaging and informative educational webinar Series. Each webinar features a medical Professional who will guide us through discussing different areas of lipid education.

**To watch recordings of the first four webinars and to download a PDF version of the seminar slides, go to Mended Hearts website: [www.mendedhearts.org](http://www.mendedhearts.org)**

**Webinar 1 – Staying Healthy in the Era of COVID-19**

**Webinar 2 - Who, What, When, Where And Why? Lessons Learned from each other**

**Webinar 3 – The Benefits of Early and Aggressive of Lowering LDL Cholesterol**

**Webinar 4 - Understanding & Interpreting Your Cholesterol Blood Test**

You can also register for the two remaining Webinars on the website:

**Webinar 5 – The Important Role of Nutrition In Heart Health**

July 16, 2020 at 12:00 NOON PDT

**Webinar 6 – Expert Answers to your Frequently Asked Questions About Managing Lipids**

July 29, 2020 at 3:00 PM PDT

### Newsletter Publication

"The Beat Goes On....." is published every other month by Mended Hearts of Southern Oregon, Chapter 137.

Newsletters are sent out every other month to our members as a benefit of Mended Hearts of Southern Oregon membership.