



Summer/Fall Issue

Sept/Oct 2020

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

CANCELLED UNTIL FURTHER NOTICE Due to COVID 19

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SAVE THE DATE

Western & Rocky Mountain

Virtual Regional Conference—
Saturday October 24, 2020.

We are excited to announce Mended Hearts and Little Mended Hearts will be holding a virtual regional conference on Saturday October 24th.

Chapter 389 in Salem, Oregon will be hosting the conference. Registration and agenda info will be coming in the next few weeks. Please join us for a day of education, connection and fun.

This event had been scheduled in person in Portland, Oregon.

This virtual conference will provide opportunity for more members to attend without the need to travel. **SAVE THE DATE 10-24-20**

Mended Hearts Dues

Local Chapter Dues are due!
Due amounts are Single \$20.00 or Family \$40.00. Dues can be sent to: Nancy Kloek at 1363 Bonita Ave., Medford, OR 97504.

National dues can be paid at www.mendedhearts.org. Look for the Renew Membership tab after logging into the member's page.

MESSAGE FROM OUR PRESIDENT

Hello! Summer is winding down and as we enter into Fall, I want to encourage you to attend our monthly meetings on Zoom. For our July meeting Carson Meyer gave an educational talk about cardiac rehab and what you can do at home, in August Carol Wilson Asante's stroke educator taught us all about strokes. These monthly virtual meetings offer education AND support. If you have been missing your Mended Hearts peers, we are here. Please reach out if you need help getting online and attend our next meeting September 15th!

Make sure Debbie has your current email so she can send you the link each month for the meeting. You can also attend by phone if you don't have good internet access. I know I sure miss seeing all of you!

Michelle

Join Mended Hearts Today

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

"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, please call **Mike Gary, Visiting Chair (541) 582-8070**.

Board Members

Jack Hafner
 Bill Newell
 Darlene Walsh
 Carolyn Callahan
 Chris Kloek

Chairpersons

Visiting: Mike Gary
 Calls: Nancy Clark
 Membership: Vacant
 Social Media: Vacant
 Web Admin: Jeff Roberts

Future Chair Positions

Summer/Holiday Events
 Fundraising

Chapter Newsletter

Editor: Debbie Gary/
 Michelle Christensen

You CAN forgiveand live LONGER

If you have an on-going feud or secretly seethe over something beware. You are in danger. An offense may be so wounding you think your only choice is to stay mad and stay distant. Health researchers at Harvard Medical School say forgiveness is not a shortcut around anger. It is a way to move on once anger has subsided. Here are some ways to start the process:

- Acknowledge your anger. You need to feel righteous anger before you can move on.
- Consider the offender. They may still have redeeming qualities.

Someone still loves this person if it is only their mother or dog.

- Don't slander. If you have to speak about this person, speak no evil.
- Focus on freeing yourself of resentment. Think about it before going to sleep.
- Think kind thoughts.
- Keep going. Don't worry if it takes a long time to forgive. The important thing is to start.

Many studies show that people who forgive have lower levels of anxiety, higher self-esteem and better emotional health than

those who do not. A Taiwanese study of women struggling to forgive betrayal by a friend or coworker showed that those who got rid of grudges had lower blood pressure. Short bursts of rage aren't that harmful. But feeling the anger again and again over months or years has devastating effects. Pounding blood can erode coronary artery walls. Platelets will then clump to fill the abrasions. Over time plaque will accumulate in the damaged areas, leading to coronary artery disease. It is reasonable to assume that forgiveness by providing an antidote to anger and stress, will interrupt the heart damaging process.

Mended Hearts Elections

If you are passionate and dedicated to supporting heart patients and family members AND you are interested in taking on a leadership role at the National level, now is the time to think about running to become a member for the Mended Hearts Board of Directors. We are currently accepting submissions for the Board for the 2021 -2023 term.

Our organization has undergone numerous positive changes over the last two years, and we have many good things planned for the future, but in order to continue to meet the educational, support and advocacy

needs of our members, we need talented and motivated volunteers to help guide us. You could be one of those volunteers!

Please read below for more information on the election process:

- All communications, applicant submissions and voting will be done electronically.
- All documents as required in MHI Election Procedures (Candidate Intent to Serve and Consent Form, Candidate Resume) must be received no later than September 14, 2020.

- December 2020: Election ballot packets and candidate resumes sent to Chapter members, Group members, and At-Large members.
- January-February 2021: Chapters/Groups conduct elections. Meet-the-Candidate Webinars , (Information to follow)

Links to the Candidate Resume and Candidate Intent to Serve and Consent form can be found online in the Officers portal of the Mended Hearts website or contact Denise Duch Widzowski at ddwidz.mendedhearts@gmail.com

DID YOU KNOW

- * Local Chapter dues are now due!!!!
- * Asante Rogue Regional Medical Center has been Awarded Hospital of the Year by National Mended Hearts
- * Hobbies can help keep our minds sharp.
- Remember to wear your mask and distance socially
- * Staying connected to others helps you stay positive and hopeful
- * Local Chapter New Member dues will be waived for the first year

Craving Hugs? There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug.

According to research published in Communication Monograph, the craving for touch involves both heredity and a psychological need for physical human interaction.

Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away, says researcher Kory Floyd of the University of Arizona.

Skin hunger might reveal itself as a need for a hug,

a need for a scratch or rub, or a kiss on the cheek. **No help from technology.**

Technology has done many things, but offering touch is on thing it can't do or at least hasn't done yet. Skin hunger is a signal that we need people and touch in our lives, Floyd said.

Floyd said the need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by heredity factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what can you do in quarantine?

- Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colors, and the smells. Think of the people there and how you interacted. Use photos to help.
- Try an old movie for enjoyment and memories
- Try a bath, with aromatic oil
- Try arranging a properly distance social outdoor party with friends, with everyone talking from their own car.

What Does "Virtual" Mean?

The word "Virtual" is popping up in lots of different ways in today's world that leaves many of us wondering what they are talking about. So what is a "Virtual" event? A virtual event, also known as an online event, is an interactive gathering that happens on the internet. Unlike in-person events, virtual ones aren't restricted to a single location.

An attendee can join and participate from anywhere in the world, given they have access to the web. People can attend sessions from the comfort of their own home, favorite coffee shop or wherever they might be. If you've been hesitant about linking up to the Internet, you may want to reconsider so you can take advantage of the many learning, networking and

social opportunities that are available today.

**Mended Hearts of
Southern Oregon
Chapter #137**

Email: mhso137@gmail.com
Website: www.mendedhearts137.org
Facebook.com/Mended Hearts of
Southern Oregon

Phone:
(541) 601-6222 President
(541) 582-8070 Vice-President

**It's Great to Be Alive and Help
Others**

Officers:

President: Michelle Christensen
(541) 601-0062
Michellechris575@gmail.com

Vice-President: Mike Gary
(541) 582-8070
preschoolteach345@yahoo.com

Secretary: Debbie Gary
(541) 326-2741
preschoolteach345@yahoo.com

Treasurer: Nancy Kloek
(541) 973-9639
nkloek@charter.net

Chapter Meetings

In person meetings and patient visiting have been suspended 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..

We are now facilitating our monthly meetings virtually via ZOOM. Meeting log in information is sent through emails. Due to security we are unable to post log in information for monthly meetings on any public forum.

If you have an email address not on record, please email to Debbie Gary. at preschoolteach345@yahoo.com

Future Meetings/Education

9-15: Jennifer Nidalmia,
Asante Resiliency Program
Coordinator
Topic: Resiliency Every Day

10-20: Samantha Metheney,
Fire Marshall, Medford Fire
Topic: Fire Safety/
Preparedness

11-17: TBA

Please join the monthly meeting Tuesday 9-15-20 at 5:30 p.m.

Our guest speaker, Jennifer Nidalmia, Resiliency Program Coordinator for Asante will be discussing strategies for self care, staying hopeful, keeping positive and staying connected in our "New Normal."

After Jennifer's presentation there will be an opportunity for discussion and questions.

SAVE THE DATE—Tuesday 9-15-20 at 5:30 p.m.

See you on the screen!!!!!!!