



Summer/Fall Issue

## Welcome Fall

Sept/Oct 2021

**Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 5:30 p.m. to 7:00 p.m. facilitated through ZOOM (on line) We invite heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest.**

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## When Walking Hurts

Maybe you're just starting a walking routine or you're a walking veteran with years of brisk daily walks under your belt. Either way, it's no fun when aches and pains slow you down or even send you back to the couch. But not all pain is created equal, and while some pains are just inconvenient or uncomfortable, you should know when to call your doctor.

Heel pain is often caused by plantar fasciitis, when the band of tissue that runs from your heel to the ball of your foot is strained, according to Prevention. Pain in your heel or arch first thing in the morning is a common sign.

Stretching and supportive shoes are a must, or you can try cold packs or shoe inserts, according to the Harvard Health Letter. Call your doctor if the condition persists.

Calf pain that primarily shows up on one or both sides of the lower calf may be due to spinal stenosis, a condition in which a narrowed spinal canal results in compressed nerves. According to the Harvard Health Letter, symptoms often worsen during the day, so you may choose morning walks instead of evening walks. If you experience pain while walking, take breaks until the pain subsides.

Knee pain that feels like a throbbing in front of the kneecap is often a simple case of runner's knee, according to Prevention. Try another type of exercise, like cycling or swimming, for a few weeks until the pain subsides. You might also consider some exercises to strengthen your quads and help support your knee for future activity.

Pain throughout the leg that occurs every time you start activity and stops when you finish could be a sign of peripheral arterial disease, or PAD. According to Duke Health, PAD occurs when major blood vessels that supply blood to limbs become fully or partially blocked by fatty deposits. If you're obese, a smoker, diabetic or have high blood pressure or high cholesterol, you may be at increased risk for PAD. If you have leg pain that starts and stops with activity, contact your doctor. A variety of treatments are available, and the earlier the condition is treated, the better.

### Chapter Newsletter—August 2021

#### Mended Hearts Dues

National dues can be paid at [www.mendedhearts.org](http://www.mendedhearts.org). Look for the Renew Membership tab after logging into the member's page

#### 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 Darleen Walsh, (541) 295-5727**

#### "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**.

## President's Message

Here it is, September already. And time to wish all of you a happy Labor Day. However, you celebrate please do it safely. I was hoping that we would be able to meet in person by now, but that hasn't worked out. The Zoom meetings are not the same but seem to be a great substitute until we can start meeting in person again. Our presenters enjoy having lots of members on the call so please mark your calendars for the third Tuesday of each month at 5:30 pm so you do not forget to join these educational events. After the presentation is finished there is time for us to communicate with each other and lend support. Please join us!

Our last meeting's presenter was Dr. Gross and his presentation was terrific. The history and development of stents, the procedure and their placement, the growth of the Cath Lab; and information on treating heart patients was most interesting. For those of you who may have missed it, it is available on our chapter website and I think well worth your time to watch it.

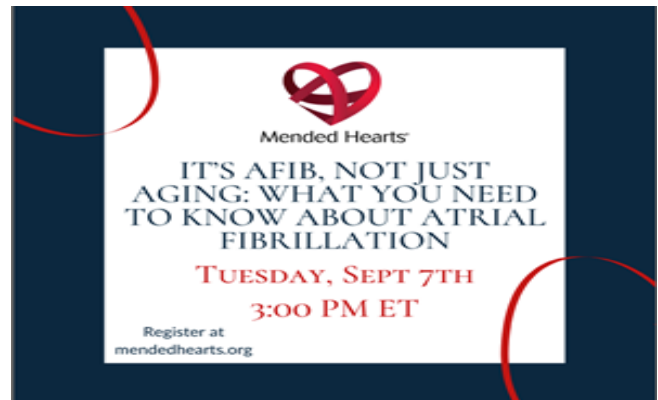
In case you missed it, or want to replay it, the recording from our meeting on Tuesday 8/17 is on our website, [Events and Meetings page](#). Scroll down to the **Past Meetings** section. You can click the link to play it or right-click to download it. The file is large, 438MB. **Description:** [Dr. Brian Gross, MD](#) from [Southern Oregon Cardiology](#), gave an excellent, fascinating, and very animated presentation on **The History of Cath Labs and Heart Attacks in the State of Oregon**.

And on the National front check out the educational opportunity on AFIB. For any of you with Atrial Fibrillation or how are interested in learning about it this look quite interesting. You can register by going to the [mendedhearts.org](http://mendedhearts.org) website and look for upcoming webinars. Click on the icon and it will take you to the registration page.

**Marlyn Taylor,**

**President, Mended Hearts of Southern Oregon**

**It is great to be alive and to help others!**



### Health Briefs—Did you Know?

Fitness trackers may help with weight loss goals If you're trying to drop some weight, a fitness tracker might boost your chances of success. According to a new study published in the British Journal of Sports Medicine, fitness trackers -- such as smart watches or other bracelet-style devices -- helped overweight or obese people with chronic conditions reduce their body weight and lower their body mass index (BMI). Researchers found that weight loss programs lasting at least 12 weeks were the most effective, and Individuals who wore commercially available trackers, such as a FitBit, lost an average of six pounds. According to the study, the devices helped remind participants to stay on track with health-related goals and participate in daily activity. But there's a catch -- according to the Mayo Clinic, while fitness trackers are a great way to keep yourself moving, there's no substitute for keeping your diet on track.

Lifelong exercise leads to big health care savings As individuals, insurers and governments look for ways to save on rising health care costs, exercise stands out as one way to potentially save big. According to a study published in the British Medical Journal, physical activity throughout adulthood is strongly associated with decreased costs for medical care. Researchers examined Medicare claims data from 1999 to 2008 linked to a previous study on diet and health, and found that average health annual health care costs were all lower among adults who maintained steady physical activity, increased their activity or decreased it while still remaining active. The study also found that even individuals who didn't start exercising until after age 40 enjoyed better health and lower medical costs

**Board Members**

Jack Hafner  
 Bill Newell  
 Carolyn Callahan  
 Jeff Roberts  
 Michelle Christensen

**Chairpersons**

**Visiting:** Mike Gary

**Community Outreach:**

Bill Newell

**Follow UP Calls:** Vacant

**Membership:** Vacant

**Social Media:** Vacant

**Social Events:**

Michelle Christensen

**Web/ZOOM Coordinator:**

Jeff Roberts

**Fundraising:** Vacant

**Chapter Newsletter**

Editor: Debbie Gary/  
 Marlyn Taylor

**Chocolate Zucchini Cupcakes with Chocolate Cream Cheese Frosting****Cupcake Ingredients**

3 cups zucchini, shredded  
 3 eggs  
 2 cups sugar  
 1/4 cup vegetable oil  
 2 tsp vanilla  
 2 cups all purpose flour  
 2/3 cup unsweetened cocoa powder  
 1 tsp baking soda  
 1 tsp salt  
 1/2 tsp baking powder

**Chocolate Cream Cheese Frosting**

8 oz cream cheese, at room temperature  
 1/2 cup unsalted butter, at room temperature  
 3 cups powdered sugar  
 1/2 cup unsweetened cocoa powder  
 1/4 tsp salt  
 1 tsp vanilla

Preheat oven to 325 F. Line 24 standard muffin cups with liners or spray with nonstick cooking spray and set aside.

In a large bowl, mix together zucchini, eggs, sugar, oil, and vanilla. Add flour, cocoa powder, baking soda, salt and baking powder and mix to incorporate. Spoon batter into the prepared cups, filling each about half full. Bake for 25 minutes or until an inserted toothpick comes out clean. Cool cupcakes completely on wire rack.

Prepare the chocolate cream cheese frosting. In a large bowl, beat the cream cheese and butter until creamy. Add powdered sugar, cocoa powder, salt and vanilla. Continue beating until smooth and whipped. Frost the cupcakes. Makes 24 cupcakes

Recipe found at Costco Connection, August 2021, Page 87



**Good sleep may stave off dementia.** According to a recent study published in the journal *Aging*, sufficient sleep may be protective against dementia. The study surveyed 2,600 adults ages 65 and older, and found that those who slept less than five hours per night faced nearly double the risk of dementia over five years than those who got seven to nine hours of shut-eye, as is recommended. According to another study published in *Nature Communications*, people in their 50s and 60s who slept less than six hours per night were about 30 percent more likely to develop dementia. While the research isn't yet conclusive about the link between sleeplessness and dementia, there are still lots of good reasons to try to get at least seven hours of quality sleep per night, including better brain health, mood and overall physical health.

## Make Your Money Last

### Chances are good you have more time ahead of you than you think. Plan accordingly by Karen Cheney

How many years will you live? It's not an idle question. Twenty-eight percent Americans 5 and older underestimate their life expectancy by five years or more, according to a recent study by the Society of Actuaries. The finding is even more pronounced among women; nearly a third significantly miscalculate how many years they can reasonable expect to live.

This pessimism about the years left to you has a downside. You could run out of money. Underestimating longevity, money managers say, can be a big mistake, leading you to sock away too little in savings or to choose to retire before you're financially stable. "Your life expectancy is the foundation of your planning," says Chris Heye, CEO of Whealthcare planning.

**FINDING THE RIGHT TARGET**—Many recent headlines have warned of decreasing life expectancies in the U.S., due to COVID-19 and other societal issues, but these reports don't necessarily apply to you; they're averages for the entire population.

To get a fresh, relatively objective sense of your longevity, many tools are available. Search online for "life expectancy calculator" and you can get an estimate from several sources, each with its own formula.

Whatever number (or numbers) you end up with, financial planners—such as Donald D. Duncan of Savant Wealth Management in Chicago—recommend adding a few years to it to account for a wild card: medical advances that could keep you going even longer. "I have a lot of clients with financial plans that don't terminate until age 100," he notes.

**ADJUSTING YUR PLAN**—Once you have a better estimate of our remaining years, you can tweak your money plan for a longer life.

1. **Creating a spending plan that goes the distance.** Whether you are nearing retirement or are already there, a realistic spending plan will help you not run out of money. Use one or more retirement-income calculators to estimate if you are on track, based on factors such as your longevity expectation, your current savings, your Social Security benefit and your spending. Ameriprise, Fidelity, Nerd-Wallet, T.Rowe Price and Vanguard all have good web-based tools; just search online for the company name and "retirement-income calculator."
2. **Trim your outlays, if necessary**—For many older Americans, that means giving yur family more of your te, not more of your money. In a recent CreditCards.com poll, nearly 80 percent of parents who helped their adult children financially during the pandemic said that they gave money that they would have used to improve their own financial situation, such as by paying off debt. The average gift was \$4,154.
3. **Delay taking Social Security.** The more you need your benefit for your long-term security, the more important it is to postpone taking it—especially if you're the higher earner in your marriage. That's because if you start yur monthly check at 62, it will be 25 percent to 30 percent less than it would be if you waited until full retirement age. Wait until 70 and the benefit based on your work record will increase by 8 percent of your full-retirement –age benefit each year. "You'll never find that kind of guaranteed return in the stock or bond market," says John Evans, a financial planner at Truepoint Wealth Counsel in Cincinnati.
4. **Review your health coverage yearly**—If you have Medicare Part D drug plam or a Medicare Advantage plan, don't put your policy on auto-pilot. Plans, costs and coverage can change, as can your health needs. When open enrollment begins every year in mid-October, review your coverage, with the help of the Medicare Plan Finder ([medicaare.gov/pal-compare](https://www.medicare.gov/pal-compare)), to make sure it's the best for you. If you're struggling with plan premiums and deductibles, apply for Medicare's Extra Help program, which could reduce your costs considerably.
5. **Look for a fun job**—Another option is to keep working and building your retirement kitty. Even if you don't end up saving much, a little work could keep you from dipping into your next egg. Evans says most of his clients have a gig—either paid or volunteer—well into their 70's. "It's often something fun like working at a golf course," he points out. Even if they're not getting paid, he says, his clients who work are happier and more optimistic.
6. **Invest for growth-with a cushion**—To generate income for many years, your nest egg has to keep growing. But you also need to know that your money is safe. You can meet both goals by keeping several years' worth of living expenses in cash and safer investments such as CD's and short-term bonds, and investing the rest more aggressively. That way you have a safety net if the market goes down, but you additionally have investments that can outpace inflation. An old rule of thumb was to subtract your age from 100 to find out what percentage if money you should have in stocks. Today many planners suggest subtracting your age from 120 to raise the chances that you'll have enough for a longer life. If you're 65, that would mean keeping 55 percent of your retirement savings in stocks. But look at your individual situation; if you have other sources of income, such as pensions, you may be able to invest less in stocks and still have your money last a lifetime.

**Mended Hearts of  
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Chapter #137**

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

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**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**

**September:** Jeremy Welder,  
Optolamist Siskiyou Eye Center  
**Topic:** Aging Eyes & Appropriate  
Care

**October: TBA**  
**Topic:**

**November: TBA**  
**Topic:**

**Visiting Report**

Due to Covid 19 we have not been able to visit patients in the hospital since March 2020.

We are currently calling heart surgery patients. During the months of July & August no referrals were made by the Cardiac Educators to the visiting chair.

We will continue with this system in 2021 until accredited visitors have been given the okay to return to the hospital to visit with patients in person.