



Winter Issue

Welcome 2022

January/February 2022

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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Speaking grief to the wind

Loss hits us in unexpected situations.

Maybe something funny happens and the first thing you think is to call your mother. She would love this. You pick up the phone. You still remember the number. Yet, there is no one to call. She's been gone all these years.

Perhaps it was that impulse that led garden designer Itaru Sasaki of Otsuchi, Japan, to install a phone booth and phone in his hilltop garden. The old rotary phone inside is disconnected, but you can go into the glass phone booth, pick up the phone, dial the number you know so well.

Sasaki calls it Kaze-no-Denwa, the phone of the wind. He set it up in 2010 when he lost his cousin and needed help dealing with the grief. It was intended just as a private way to carry his thoughts to his cousin on the wind, he told Bloomberg News.

But just a year later, the 11,000 residents of Otsuchi were hit by an earthquake, then a tsunami. In Otsuchi, 200 people died. The entire fishing industry was wiped out. In the region, the disaster took the lives of 15,000 people.

So, just a year after he set up the phone for his private grief, Sasaki opened his garden to the public. Today 30,000 people have sent messages on the wind to their loved ones.

The wind phone is an idea that inspired movies, books and copies. Similar phones have been installed worldwide. One of the most recent installations was in Aspen Mountain in Colorado, where an anonymous artist installed a phone on a tree March 2021. It's location is unadvertised, mainly because art installations are prohibited in national forests.



Mended Hearts Dues

National dues can be paid at 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**.

How to understand and cope with leg cramps

In the night, or just upon waking, there they are: leg cramps. The excruciating pain comes on suddenly and goes away all too slowly. For people over age 60, more than 30 percent have a leg cramp at least once every two months and the older you are, the more likely you are to have them. Our tendons (the tissues that connect muscles to bones) naturally shorten with age, according to the Cleveland Clinic, and this can leave us vulnerable, but cramps can have unknown causes or be caused by medications, underlying disease or lack of activity.

Medications

Some medications have cramping side effects. Among them: Albuterol/Ipratropium, estrogens, clonazepam, diuretics, naproxen, statins, Ambien, Lyrica, as well as some antidepressants and hormones.

Diseases

Cardiovascular diseases, ALS, cirrhosis, diabetes, flat feet, kidney failure, Parkinson's, osteoarthritis, peripheral artery disease.

Things you can do to get some relief

There is no pill or injection you can take to relieve the cramp, according to the Cleveland Clinic.

Here is what you can do:

1. Stretch the cramping leg muscle, pulling toes toward the shin.
2. Massage. Use your hands or a roller.
3. Stand. Press feet to the floor.
4. Walk. Wiggle your leg as you walk.
5. Apply heat. Heating pad or a warm bath might help.
6. Cold. A bag of ice in a towel.
7. Pain killers. Ibuprofen or acetaminophen.
8. Elevate. Prop up the leg. If you can, find a less painful position and stay still. Try to relax. Wait.

Steps that may help prevent leg cramps

- * Drink eight glasses of water every day. Avoid alcohol and caffeine.
- * Stretch and move during the day. Brief walking and stretching before bed may help.
- * Wear supportive shoes.
- * If you sleep on your back, don't let the blankets push your feet down. Keep your feet lightly covered with toes pointed up.

Fortune cookies didn't come from China

The minute you munch the last noodle in the chow mein, you are ready for the final act of Chinese dining, at least in Western style. That's right: It's time for the fortune cookie. We know what we are getting: A little piece of wisdom, some lucky numbers, maybe even a Chinese word. But as you might suspect, we really aren't getting something authentically Chinese.

The origin of the fortune cookie is disputed, but most stories say it is an import -- not from China, but from 19th century Japan. Jennifer Lee, author of *The Fortune Cookie Chronicles*, writes that as early as 1870, confectionery shops in Kyoto carried a folded cracker with a fortune: Tsujiura senbei, or fortune cracker. It was larger and darker than today's fortune cookies.

By the early 1900s, the fortune cookie had come to the U.S. along with Japanese immigrants. The Japanese Tea Garden in San Francisco's Golden Gate Park is usually cited as the origin of the first American fortune cookie. But at least three other Immigrant businesses in Los Angeles also claim to have introduced it to the States.

But it was American food preferences that moved the fortune cookie to Chinese restaurants. Americans didn't much like raw fish, a common feature in Japanese cuisine. So Japanese immigrants started Chinese restaurants and brought the fortune cookie with them.

Today, the largest fortune cookie maker in the world is Wonton Food, which makes more than four million cookies each day. An estimated three billion cookies are produced annually, according to history.com.



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

Baked Oatmeal

Try this quick and easy baked oatmeal recipe for an unexpected morning treat. It's a mix between an oatmeal bar and traditional creamy breakfast oatmeal. There are so many different ways to add a little something extra to this recipe: add fresh fruit like strawberries, blueberries, or raspberries. Add toasted coconut flakes. Add chocolate chips for something the whole family will love. You could also add extra nuts and seeds. You will need to double this recipe for a 9x13 pan.

Ingredients:

2 cups uncooked quick-cooking oats
 1/2 cup packed brown sugar
 1/3 cup raisins
 1 tablespoon chopped walnuts
 1 teaspoon baking powder
 1 1/2 cups fat-free milk
 1/2 cup applesauce
 2 tablespoons butter, melted
 1 large egg, beaten
 Cooking spray

How to Make It

Step 1 Preheat oven to 375 degrees

Step 2 Combine the first 5 ingredients in a medium bowl. Combine the milk, applesauce, butter, and egg. Add milk mixture to oat mixture; stir well. Pour oat mixture into an 8-inch square baking dish coated with cooking spray. Bake at 375 degrees for 20 minutes. Serve warm.

<http://www.myrecipes.com>

A brief history of hello

Odds are pretty good that when you answer the phone, "hello" is the first thing out of your mouth. But have you considered taking "ahoy" for a spin instead?

When Alexander Graham Bell received the patent for the telephone in 1876, "hello" hadn't been in our vocabulary for very long. According to National Public Radio, the first published use of "hello" was in 1827 -- just shy of 50 years before Bell's patent. People used it as a way to catch attention or express surprise, not unlike the way we use "hey" today.

So when Bell thought about the appropriate way to answer a telephone call, he landed on "ahoy," a word with a much longer history. The idea gained some traction when the first telephone operators were trained to answer the phone with "Ahoy! Ahoy!"

Bell's arch-rival Thomas Edison, who invented a transmitter to improve Bell's invention, encouraged users to answer the phone with a crisp "hello" instead. When the first telephone directories advised "hello," the issue was largely settled.

I Can't believe it is the start of a New Year.

Here is wishing all of you a Happy New Year, I hope it will be one that you will be able to grow in, do most of the things you want, and most of all one that you are at peace and happy with, I hope you find ways to enjoy Twenty Twenty-Two!

For Mended Hearts of Southern Oregon, Chapter 137, the chapters in the Western Region, and for chapters in the rest of the country last year continued to be a challenge. Most chapters were only able to meet on Zoom and there was little face to face in person patient support visits. A few chapters were able to find a way to meet in person. One chapter meet at the beach and just spent some time together. Our chapter continued to meet on Zoom and Debbie was able to secure speakers for most months. The Speakers did a great job of presenting from their homes or offices. And their topics were informative, with well done slides. My biggest regret was that the attendance on Zoom was about one third what it was when we were meeting in person.

If you are one of those who has resisted joining a meeting on Zoom because you thought it was too difficult please give it a try. Or if you would like to try a test run first, one of our chapter members would be willing to do that with you. Just call one of the officers (listed in this newsletter) and we will set up a test call.

When it comes to in person patient visiting, in room visits have been nonexistent, obviously because of COVID, but we have been able to contact some patients because of referrals made to us by the Asante Educators and both of the Asante Cardio Rehab Centers. All of the staff members in these departments have been most supportive.

Asante Three Rivers Cardio Rehabilitation Centers and Southern Oregon Cardiology in Grand Pass accepted a rack display of the eight trifold about heart disease to place in their waiting rooms. We are most grateful.

Some of the trifold topics were – Heart Failure, Diabetes and Heart Disease, Depression and Heart Disease, Aortic Stenosis, How Sleep and Heart Disease are Related, and of course information about Mended Hearts. If you are unaware of these trifolds or have not seen them please take a look at them on the Mended Hearts web site www.mendedhearts.org.

Hope to see you in the New Year! Marlyn Taylor, President, Chapter 137

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

Email: MHS0137@gmail.com
Website: www.mendedhearts137.org
Facebook.com/Mended Hearts of
Southern Oregon

Phone:
(602) 568-8095 President
(541) 582-8070 Vice-President

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



Officers:

President: Marlyn Taylor
(602) 568-8095
mhmarlyn@earthlink.net

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

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

Treasurer: Darleen Walsh
(541) 295-5727
grzhtr@msn.com

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

January: TBA

February: TBA

March: TBA

April: TBA

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 November and December three (3) referrals were made by the Cardiac Educators to the visiting chair.

We will continue with this system in 2022 until accredited visitors have been given the okay to return to the hospital to visit with patients in person.

