



Summer Issue

Welcome Summer

July/August 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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CONGRATULATIONS Bill Newell on your 36 years of Mended Hearts membership. Bill joined Mended Hearts in 1986!!!! Thank you Bill for continuing to be a Mended Hearts member.

PRESIDENT'S CORNER

Summer has arrived and we are almost half way though the year, I can't believe it! I hope that you will all enjoy the heat of summer; picnics, vacations, and all the other activities available during the summer months.

Mended Hearts enjoyed getting together for the first time in two years by having a picnic at Homes Park in Medford. For those of you who attended I am most grateful, and I would like to thank Carolyn Callahan for arranging the food and the prizes. Yes, prizes! Questions were asked, like who drove the most miles to get here. The winner received a prize. I case you are interested, Darleen Walsh drove from Cave Junction a distance of about 60 miles. Why to go Darleen. The weather co-operated by not raining, we got lucky.

The National leadership training conference was held by Zoom with session on Saturday June 25, 2022 through Tuesday, June 28, 2022. I would like to thank Mike Gary, VP & Visiting Lead and Debbie Gary our secretary for representing our chapter by attending several of the sessions. HEADS UP, next year the conference will be held in person: yes, face to face, in Georgia. I am hoping that a number of our members will be looking for a vacation spot and will consider attending the conference in Albany before or after you explore the Southeastern part of our United States. Think About It!

Did you know that Mended Hearts is now an international peer-to-peer support group? Well it is. It seems that heart patients from other countries are finding us. Many are saying "there isn't anything like your support group in the country where I live", and they are joining us in our effort to support heart patients and their families. And soon, it seems, worldwide.

Did you know that Mended Hearts was invited to join the World Heart Federation? Well it has, and we have accepted. This will give Mended Hearts a global presence and recognition worldwide. Heart disease knows no boundaries, so this membership in a world organization has the potential to increase Mended Hearts' ability to serve the heart patient potentially worldwide. To say nothing about the critical mass effect of greater membership working together to serve heart patients everywhere, a challenging but worthwhile goal We have come a long way from our 1951 start in Boston.

Did you know that Mended Hearts of Southern Oregon, Chapter 137 will celebrate 40 years of service in Medford? Our 40 year anniversary will be in October of this year. LET'S HAVE A PARTY!! Now that Redding has become a Satellite, we are now giving support to heart patients in four hospitals, two in Redding, and two Asante hospitals (our home medical center here in Medford and the Grants Pass facility). Thank you, members, in Redding for the work and support you give.

It is Great to be alive and to help Others,

Marlyn Taylor
President, Chapter 137

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.**

Travel in 2023

3 things you need to know about changes to travel requirements in 2023 Starting May 3, 2023, Oregonians will need to show a different form of ID to get through airport security. That is when the Transportation Security Administration (TSA) will stop accepting your standard Oregon driver license or ID card. That new ID requirement also applies at other federal facilities such as military bases. This means that if you usually travel with your Oregon license, permit or ID card you need to be prepared to act before your next flight. Here are the three key things you need to know to be Real ID ready:

1. You will need to visit a DMV office to be issued a Real ID compliant license, permit or ID card. The most convenient time to make the switch is when you are renewing your card, but you may need to replace it earlier if you know you plan to travel.
2. Additional documents are required to issue a Real ID. Go to [Oregon.gov/realID](https://www.oregon.gov/realID) to create a handy checklist of documents to bring with you
3. Getting a Real ID card from Oregon DMV is a choice. There are many forms of Real ID credentials you may already have and can use for travel – the most common is a passport or passport card

Mercy Flights membership

A benefit of being a member of our chapter is that you are able to become a member of Mercy Flights at up to a \$20 savings over individually signing up. The membership is prorated if you sign up after our year starts on July 1st.

As a Mercy Flights member they will accept whatever your insurance pays if you need to be transported. If they show up and don't need to transport, you there is no charge for the first incident in a membership year.

You don't live in the Medford/Central Point area? No problem. They have a reciprocal agreement with Ashland Fire and Rescue, Rogue River Fire, Glendale Ambulance and American Medical Response in Josephine County.

Contact our Mercy Flights coordinator, Nancy Kloek, at 541-973-9639 if you'd like to sign up or if you need more information.

What the ocean does for your head

You may love to go to the beach, but it isn't so much what you do there as what it does to you.

The beach boosts mood. That may sound a little obvious because many people like going to the beach, but it's more than the mood you bring to the beach. It's actually the beach and ocean and how they appeal to your sense of sight, sound, and smell.

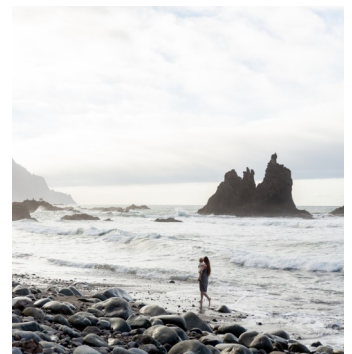
The sound of the ocean actually changes brain waves and puts people into a mild meditative state, according to the American Association for the Advancement of Science.

The sight of the bright blue ocean transmits feelings of calm, peace and creativity.

And the smell of the ocean breeze enhances that tranquil state, perhaps because of the negative ions in the air, according to the Journal of Alternative Complementary medicine.

Even the sensation of feet digging into warm sand relaxes people.

And of course, there is the placebo effect: We've been told the beach is relaxing and peaceful and we expect it to be.



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

Bikes are right for the big kid in all of us

It won't be like the thrill of learning to ride your new Schwinn when you were eight -- it was pure freedom. But, bike riding is fun for people of all ages. With the many new styles, it can also be perfect for seniors. There are many kinds to choose from:

Recumbent bikes are great for people with knee, neck or back problems. They even come with safety flags, which you need since their profiles are so low. They can be equipped with hand cycles instead of foot pedals too. They can be folded and transported to preferred locations. Drawback: They are heavy.

Three wheelers: Trikes aren't just for kids. These adult-sized three-wheelers can be perfect for even those new to bike riding. They are safe, require less balance than the two-wheeled version and they usually come equipped with a basket. Ride down to the store for the milk and set the gears to go up hill.

E-bikes: Add some electric power to your pedal bike with an electric assist motor that can help you up hill or give your legs a break when you get tired. Although you won't get the same exercise as a regular bike, you will get some. These are great for people with good balance and adequate strength, but they do go pretty fast: up to 28 miles per hour. They can be very heavy.

Researchers say that older adults get many benefits from riding: Improved brain function, preserved balance, decreased bone loss, improved mood and relief from joint pain. Seniors who ride also keep their waist size down.

**Share it and you'll feel better****Sadness can turn life to drudgery**

Life does it to all of us. Disappointment, loss or periods of loneliness can make us feel sad. How we deal with the sadness can influence how quickly we recover.

Psychotherapist Carol Juengersen Sheets says some people deal with it outwardly. Some just keep it inside. This can be a mistake because it lasts longer. Sadness can sap energy and concentration.

Letting them know what's going on with you has its benefits. For yourself, it means that you acknowledge the pain and are working through it. You allow yourself to accept your loss and begin to deal with it.

Sharing your grief with others is helpful because they have the opportunity to validate the situation and agree that it's sad. It allows them to console and nurture you. They can't make sadness go away, but their support can help you recover.

Getting more comfortable with your grief lays the foundation for joy and true happiness in the future, according to Sheets. It can also inspire you to help others or work for a charity. Most of all, putting grief in its place helps you to start anew and become a new, wiser human.



Creamy Avocado & White Bean Wrap

"White beans mashed with ripe avocado and blended with sharp Cheddar and onion makes an incredibly rich, flavorful filling for this wrap. This tangy, spicy slaw adds crunch. A pinch (or more) of ground chipotle pepper and an extra dash of cider vinegar can be used in place of the canned chipotles in adobo sauce. Serve with tortilla chips and salsa.

Ingredients:

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce (see note)
- 1/4 teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1/4 cup chopped fresh cilantro
- 1 15 ounce can white beans, rinsed
- 1 ripe avocado
- 1/2 cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8 to 10 inch whole-wheat wraps or tortillas

Preparation:

1. Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash Beans and avocado in another medium bowl with potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with 2/3 cup of the cabbage-carrot slaw. Roll Up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Tip: Chipotle chiles in adobo sauce are smoked jalapenos packed in flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once-opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

Eat neat: Keeping the filling inside a wrap or burrito can be a challenge, especially if you're on the go. That's why we recommend wrapping your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go.

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

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



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Treasurer: Darleen Walsh
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Chapter Meetings

In person meetings 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

July: Ken Butler, ZOLL
Topic: Portable Life Vest

August: Stacy Kostenbauer,
Manager - ARRCM Cancer Center-
Topic: New Cancer Center

Visiting Report

We have returned visiting patients at Asante Rogue Regional Medical Center. During the months of May and June there were 76 in person visits made with heart surgery patients and their family members.

Mended Hearts of Southern Oregon Annual Picnic

Thank You Carolyn Callahan for a wonderfully planned and facilitated picnic.

We were a small group and even though a bit chilly, our day was filled with fun, laughter, lots of conversation and excitement to see everyone in person again. There was a great lunch and wonderful prizes too!!

Attendees:

Ruth Christy, Linda Hart, Mike & Debbie Gary, Bob Callahan, Darleen Walsh, Joanne Freeman, Jeff & Lan Roberts, Bill & Janiece Newell, Marlyn Taylor, Rhonda Refsnider, Carolyn Callahan

