



Winter/Spring Issue

## HELLO SPRING 2022

March/April 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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### PRESIDENT'S MESSAGE

Spring is just around the corner. I am sure we are all ready. March 20<sup>th</sup> is the day, that is if mother nature co-operates. We get extra night time light on March 13<sup>th</sup> when daylight savings time begins, with the added light will we all be more enlighten; let's hope so.

To all of you Irish Happy St. Patrick's Day on the 17<sup>th</sup>. For you non-Irish, Happy St. Patrick's Day. And then there is April Fool's Date, I hope that if I am fooled it is funny, I hope the same for you. Happy Passover on April 15<sup>th</sup> and happy Easter on the 17<sup>th</sup>. Don't forget to have your taxes filled by the 18<sup>th</sup>. And for the record Earth Day is April 22<sup>nd</sup>. There is a lot going on in this two-month period.

Asante Rogue Regional Medical Center is working with Mended Hearts locally to get all our ducks in a row so that our chapter's visitors can start visiting patients in person in the hospital. It has been two years since we have been able to perform that function, I know that all the visitors are ready to get back to visiting, IT IS GREAT TO BE ALIVE – AND TO HELP OTHERS.

The Redding chapter of Mended Hearts has asked our chapter for help. They would like to become a Satellite of our chapter. They ask this because they are unable to find members to take a leadership position. They have 14 members at present and because of the two-year shutdown the chapter has become stagnate. They served two hospital before the pandemic and at present one is allowing them back in to visit and the other is on the fence. The Board of Chapter 137 (our chapter) voted to accept them as a satellite. I will be working to help them get new members, start having meetings again with guest speaker; and making sure that the relationship at each hospital stays solid. If all goes well, we hope that they will be able to stand alone and petition to become a chapter again in the next couple of years.

Our next monthly Mended Hearts of Southern Oregon meeting will be on Tuesday March 15th at 5:30 p.m. Our guest speaker will be Dr. Richard Schaefer, Medical Director for Cardiac Rehabilitation & Performance Improvement Cardiac Care Team. His presentation will be "Coronary Artery Disease: what is it and how you can reduce your risk". Debbie Gary, Secretary will send the link to join the meeting on Saturday 3-12-22. Thanks, and hope to see everyone on Tuesday 3-15 at 5:30 p.m.

**When we can tell presenters that we have a significant number of members on the Zoom meetings it is much easier to get speakers. So, I am asking all of you to watch for the link to join the meeting and make a special effort to click on it at 5:30 pm, Tuesday March 15, 2022. We will be happy to see your faces and I am sure Dr. Schaefer will be pleased to find so many Mended Heats members eager to hear and learn. This is Dr. Schaefer's first time speaking to our local group, lets impress him with a great turn out.**

With great appreciation,

Marlyn Taylor, President, Mended Hearts of Southern Oregon, Chapter 137

#### 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.**

## One-Pot Lentils & Chicken

### Ingredients:

2 6oz. Boneless, skinless chicken breasts, sliced into 1 oz pieces  
2 tsp curry powder  
1 1/2 cups dry green lentils, rinsed  
1 cup of nonfat plain Greek Yogurt

### Pantry Staples:

Pinch each of sea salt and fresh ground black pepper  
2 tsp olive oil  
2 cloves garlic, minced  
1 cup low-sodium chicken broth

### Instructions:

1. Season chicken with salt and pepper. In a large saucepan or Dutch oven, heat oil on medium high. Add chicken and cook, turning occasionally, for 3 to 4 minutes or until lightly browned. Add curry powder and garlic and cook, stirring, until fragrant, about 1 minute.  
2. Add lentils to saucepan and stir to coat. Stir in broth and 3 cups of cold water; bring to a boil. Reduce heat to medium and cook, stirring occasionally, until lentils are tender and most liquid is absorbed, about 30 minutes. Divide evenly among serving bowls, season to taste with salt and pepper, and garnish each with yogurt and 2 tbsps cilantro. (NOTE: if lentils are still hard after 30 minutes, add 1/2 cup more water and continue to cook until softened.)

**Serves:** 4

**Hands on time:** 15 minutes

**Total Time:** 40 minutes

*Nutrients per serving* (3 oz chicken and 1 cup lentils): Calories: 389, Total Fat: 5 g, Sat Fat: 1 g, Carbs: 45 g, Fiber: 11 g, Sugars: 4 g, Protein: 42 g, Sodium: 1389 mg, Cholesterol: 49 mg

Clean Eating: <http://www.cleaneatingmag.com>

## Stress Relief

Simple steps to help cope when you're feeling overwhelmed

By Dr. Michael Hunter

How we manage stress has a crucial role in our physical and psychological well-being. Simple choices may yield powerful benefits.

### Be Active

Find an activity you enjoy and move regularly. Regular physical activity is associated with lower levels of anxiety and depression. One of the best ways most of us can promote psychological well-being is to get moving. Exercise reduces your body's stress hormones, including cortisol, and can also trigger the release of endorphins, chemicals that may improve your mood and act as natural painkillers.

### Be Quiet

Take breaks from computer, phone and TV screens. Getting away from the news and social media may help reduce stress levels. Another approach to getting stress relief is mindfulness. Try box or square breathing. (SEE BELOW)

### Get Sleep

Insomnia is a common disorder related to stress. The National Sleep Foundation says that 10% to 30% of us have challenges with sleep. Proper sleep hygiene includes maintaining a regular sleep schedule, keeping the bedroom lights dim and reducing exposure to outside sound. Good sleep practices also include a comfortable temperature, with 65 F considered ideal. Avoid electronics in the hour before sleeping, as some emit a blue light that can interfere with sleep. Watch your caffeine and alcohol intake. Avoiding large meals before bed can be helpful.

### Connect

Having strong social ties with family or friends may help you navigate through stressful times and lower any anxiety or stress you are experiencing.

### Square Breathing

Focus on breathing can reduce stress and may help improve sleep. **B**reath in as you count to four slowly. Feel the air fill your lungs. **H**old your breath for four seconds. **B**reathe out slowly through your mouth for four seconds. **H**old for four seconds. **R**epeat these steps until you feel centered.

**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

## How music can help heal a broken heart

What song makes your heart pound? Do you get breathless from "Total Eclipse of the Heart?" Does Whitney Houston's cover of "I Will Always Love You" get you going? Or maybe you're old school and nothing makes your pulse race quite like the final movement of Beethoven's Symphony No. 9.



Whatever your preference, humans have always felt an innate connection between music and their hearts. And according to Scientific American, that ancient instinct is helping modern physicians diagnose and treat today's cardiac patients.

Heart rhythm disorders, such as arrhythmia and atrial fibrillation, create complex tones that are audible through the stethoscope. In an article for the Lancet, nephrologist Michael Fields describes how he uses musical analogies to teach cardiac auscultation to medical students.

According to Fields, describing heart tones in musical terms is a useful tool to help new physicians acquire this notoriously difficult skill.

According to Frontiers in Physiology, another group of researchers used a scene from a movie that pairs high tension with a fast-paced musical score to study how strong emotions influence heart cells. Their data may explain how extreme stress can contribute to serious cardiac arrhythmias.

According to Scientific American, cardiac patients can also benefit from music-based interventions to help them recover from surgery, lower stress and help reduce blood pressure and heart rate. Some studies have found that patients who listen to relaxing music after heart attacks experienced decreased strain on heart and lungs.

While music therapy for heart patients is still an emerging area of study, the early results are promising, according to St. Luke's Health. And even though more research is needed and music alone cannot treat cardiovascular diseases, there's no real risk attached to spending 30 minutes a day relaxing with your favorite tunes.

## Will our accents change now?

A British team spent four months in Antarctica in 2017. Linguists said that, in isolation, they began to develop their own very slight, but still distinguishable accent. So what happens when an entire nation, or every single nation, isolates itself for two years? That's a question linguists hope to answer.

You say tomato  
and I say tomato

People acquire their accents from the people around them, which is why everyone didn't start speaking like Walter Cronkite in the 1950s, despite his status as the most famous voice in the country.

According to University of Munich linguist Jonathan Harrington, accents develop when populations are isolated. First as very subtle differences, and then, after long isolation, dialects emerge. Finally, new languages arise.

Linguists don't think we are looking at new languages, or even new dialects, but accents could change. It would take long isolation for the changes to stick, however.

What would happen if we sent people on a long voyage to another planet, like Mars? "They would develop a Martian accent. Can you imagine that?" Harrington said.

## Weathering the cold

Tips for finding relief from joint pain when temperatures drop

by Suja Natarajan

Changing weather can have a distinct effect on your body. According to a 2016 review published in the *Journal of General Practices*, some studies have reported worsening pain and stiffness among arthritic patients when the temperature and barometric pressure fall. And a 2019 study published in *BMC Musculoskeletal Disorders* found that people with rheumatoid arthritis are sensitive to seasonal changes, particularly in spring and winter.

### Keep Moving

Other factors, such as sedentary lifestyle, weight gain and dietary changes, can worsen joint pain in the winter. Winter joint pain may result from not moving often or with enough intensity," says Chicago-based rheumatologist Dr. Siddharth Tambar.

Exercising regularly and staying active are vital strategies to relieve pain, strengthen muscles and improve blood flow to support the joints. Moderate to high-intensity exercise might protect against pain, fatigue and increased rheumatoid arthritis (RA) symptoms over time, according to the 2020 *European Review of Ageing and Physical Activity*.

Build muscle strength by doing exercises that isolate the muscles. Two or three sessions of strength training a week help to support the joints. An active lifestyle improves cardiovascular health and blood pressure, cholesterol and blood sugar levels, says Tambar.

Tweak your workout for colder months by doing low-impact indoor exercises such as walking, yoga, stationary biking, swimming, water aerobics, body-weight exercises and tai chi. Gentle stretching helps keep away joint stiffness and maintains mobility. Always talk to your doctor to tailor an exercise program for your unique needs.

### Healthy diet

Studies suggest that an anti-inflammatory diet may support the immune system, strengthen bones and keep joints happy. Anti-inflammatory foods include vegetables, fruits, fish, legumes, whole grains, herbs and spices, says Toronto-based Costco member Devon Peart, a registered dietitian and nutrition coach.

Limit your intake of high-fat dairy, sugar, red meats, fried foods, processed foods and saturated fat. Avoid alcohol and smoking to reduce inflammation and stress levels. Also avoid excessive caffeine, as well as alcohol, to maintain adequate hydration.

This is important as hydration is essential to maintain healthy synovial fluid which provides nutrients, shock absorption, lubrication and cushioning around the joints. Warm Liquids and homemade soups with seasonal vegetables can keep you nourished and hydrated in winter.

### Supplements and treatments

Vitamin D plays a crucial role in joint health, and a lack of this essential nutrient can cause pain in the joints. Peart suggests turmeric, omega-3 fish oil, glucosamine and chondroitin, and vitamin C may help reduce joint pain.

Chiropractic, massage, acupuncture and physical therapy are all low risk treatments for pain. It is best to consult your doctor before taking a supplement or trying alternative therapies.

Studies show that mindfulness practices such as meditation, tai chi and yoga lower stress and may reduce arthritis pain. Likewise, researchers at McMaster University found that a brief massage reduces muscle inflammation and could be helpful for people with inflammation-related conditions such as arthritis.

Winter need not be a difficult time of the year if you listen to your body and use smart strategies to manage winter joint pain. However, consult your doctor if you experience unusual pain, swelling or new symptoms affecting your joints.

**Mended Hearts of  
Southern Oregon  
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**

**March: Dr. Richard Schaefer**  
**Topic: Coronary Artery Disease**

**April: Dr. John Forsyth**  
**Topic: Advance Directives & POLSTs**

**May: Dr. John Forsyth**  
**Topic: Hospice & Hospice Houses**

**June: Annual Chapter Picnic**  
**Place: Holmes Park**

**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 January and February ten (10) 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.

**SAVE THE DATE**

**We are planning an in-person picnic in June 2022. We have reserved Holmes Park (located near Asante Rogue Regional Medical Center) from 12:00 p.m. to 3:00 p.m. There will be sandwiches, chips and drinks provided by Mended Hearts of Southern Oregon. There will also be door prizes.**

**MARK YOUR CALENDARS**