



Spring Issue

HELLO SPRING 2022

May/June 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

Hello everyone, we received notification that the Redding California group is officially a satellite of our Medford chapter. I would like to welcome them to our chapter. And to members of the Redding group we look forward to meeting each of you and getting to know you. We will be including you in our newsletter recipients list and zoom meeting notification list.

Redding started as a visitor only chapter, which means that every member is an accredited visitor. The group visited at two hospitals in Redding before the pandemic and hopefully that will soon be the case again as things open up. At present Redding has 14 members. Again, welcome and I look forward to coming to Redding to see you and welcome you in person. As many of you know I had that pleasure several times in my capacity as Assistant Regional Director.

It is great to be alive and to help others. That is the motto of Mended Hearts® and is a great motto to live by. Mended Hearts of Southern Oregon will celebrate 40 years of service to Asante Rogue Regional Medical Center and its patients in October of this year. For many of those years Mended Hearts operated in what I would call the shadows. Yes, we visited patients and their families on a daily bases; and yes, we were known by doctors and staff on the third-floor heart centers. But beyond that we remained what many called a best keep secret. That all changed when our chapter partnered with Asante through the volunteer department, and now the secret is out. Thank you, Chris Kloek, for facilitating that connection. And thank you to the Volunteer staff, Lorry, Kelly, and Tracy for all the support you provide.

As a part of Mended Hearts, Inc. there is a group we call Mended *Little* Hearts®. This part supports parents of congenital heart disease children. Their motto is "Little Hearts Have Big Hopes". We have no such group in the Rogue Valley but would be more than happy to help get one started.

The newest part of Mended Hearts, Inc. is a group called Young Mended Hearts, this part started in Bellingham Washington. A Cardiologist who specialized in adult congenital heart disease at the hospital there came to the Mended Hearts chapter and said "I think Mended Hearts is great but what can you do to be more relevant to my patients". The Bellingham chapter took up the challenge and pioneered the development of this part of Mended Hearts which serves an age group of 18 to 55 year-old heart patients. Our national organization officially made Young Mended Hearts one of the three programs that Mended Hearts, Inc. offers to support hearts patients of all ages.

If it is time to renew your Mended Hearts membership you can do so on line. If you don't know when your membership expires please contact myself at marlyntaylor@earthlink.net or Darleen Walsh grzhtr@msn.com. When you join at the \$20.00 level you receive a subscription to the Heartbeat magazine. This magazine is published four times a year and has many great articles that help inform and educate us. And the local chapter gets 25% of the membership donation I hope you will join or renew at least at this level.

Marlyn Taylor
President
Mended Hearts of Southern Oregon

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**.

SAVE THE DATE

We are planning an in-person picnic June 18, 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

WERE BACK

Mended Hearts of Southern Oregon has been given approval to return to in hospital visits with heart surgery patients and their families. It has been two long years since we have been able to support these patients.

Mended Hearts of Southern Oregon has been partnering with Asante Rogue Regional Medical Center for the past 40 years. Our local chapter has about 12 visitors and each one is looking forward to returning to the hospital to offer support to heart surgery patients.

Look for us around the hospital, you can recognize us by the Mended Hearts logo on our volunteer vests. Our motto is "It is great to be alive and to help others".



MHI 2023 Conference Registration Opens June 1

Very soon registration will open for our June 2023 International Conference in Albany, GA. This will be the first time in five years that MHI members will be able to meet, learn, and celebrate together in-person!

The conference will host engaging speakers who will cover a wide variety of topics focused on the physical, emotional, and mental aspects of heart health. The early bird registration fee is only \$100, and it includes five days of food, beverages, and all program costs. We've also been able to negotiate affordable hotel prices, with rates between \$100-\$125/night. Albany, GA will be opening its doors to attendees and offers the best in Southern hospitality.

Save the date now for this special event.

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

'Tis the sneezing'**Seasonal allergies affect more than the nose and eyes for those who suffer from asthma**

Unfortunately, in addition to affecting the nose and eyes, seasonal (and perennial) allergies can also cause asthma symptoms to act up : more coughing, more wheezing and chest tightness, right when you are trying to enjoy the outdoors.

An allergic response occurs when the immune system identifies pollen (or other allergens) as an invader. The immune system then activates cells to release histamine and other chemicals to help clear the invader, and while doing so, it creates symptoms like nasal congestion and runny nose; for some people, it also affects lungs and airways, which can cause asthma symptoms.

After susceptible individuals are exposed to pollen, there is an immediate reaction that could cause spasms in the tubes that lead to the lungs. Known as the early allergic response, it is related to the immediate release of histamine. Two to 24 hours later, a late allergic response brings in more allergy cells to fight off the invader and in turn cause more asthmatic symptoms.

Over-the counter medications can be helpful for allergies. Generic antihistamines, including fexofenadine, loratadine and cetirizine, can help temper the histamine response in both early and late allergic reactions.

Prescription medications include Montelukast, an oral medication to help with both asthma and allergic rhinitis. An inhaler may be a good option for those with asthma symptoms, as it will open the airways and decreased the spasms. Intranasal steroids are also highly recommended , as they are very effective at decreasing allergy symptoms.

Allergen immunotherapy-i.e. allergy shots-is also very helpful. It works by slowly decreasing the immune response to allergy triggers by providing small but increasing amounts of exposure to the trigger.

Other steps include keeping windows closed during high pollen counts washing clothes when coming inside from the outdoors and avoiding being outdoors during high pollen times.

Getting Tested

As the name implies, seasonal allergies generally only last for one season, while perennial allergens like pet dander, dust mites, and mold are present all year round.

Allergy testing can help with diagnosing the allergy triggers and, depending on the result, can point to options such as environmental modifications, pollen avoidance and/or allergy immunotherapy—RG



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Slow-Cooker Chicken Cacciatore

Let hardy vegetables, tender chicken and aromatic spices mingle all day in your slow cooker, and come home salivating to the delicious smell of this lightened-up Italian classic!

Nutritional Bonus: A generous helping of bell pepper and tomato's in this cacciatore means just one serving contains 74% of your daily vitamin C. The immune-boosting vitamin is a powerful antioxidant, and may help protect your body from the harmful toxins associated with the metabolism of fat.

Ingredients:

- (6) 4-oz boneless, skinless chicken breast, cut into 1-inch pieces**
- 1/2 tsp kosher salt**
- 1/4 tsp fresh ground pepper**
- 1 tbsp olive oil, divided**
- 1 large yellow onion, sliced**
- 2 cups frozen sliced mixed bell peppers**
- 10 oz sliced portobello mushrooms**
- 1 26 oz carton chopped tomatoes**
- 1 cup low sodium chicken broth**
- 6 tbsp low sodium tomato paste**
- 4 tbsp balsamic vinegar**
- 4 cloves of garlic, minced**
- 2 tsp dried oregano**
- 3/4 tsp red pepper flakes**
- 2 to 3 springs fresh rosemary**
- 6 lb spaghetti squash (2 to 3 large squash) halved lengthwise and seeded**
- 6 tbsp grated low-fat parmesan cheese**
- 1/4 chopped or whole fresh basil, optional**

Preparation:

1. Sprinkle salt and black pepper on all sides of chicken, dividing evenly. In a large nonstick skillet, heat 1 tsp oil on medium. Add one-third of chicken to skillet in a single layer and cook for 1 to 2 minutes per side, until lightly browned. Transfer to a 4 to 6 qt slow cooker. Working in batches, repeat with remaining 2 tsp of oil and chicken.
2. To slow cooker, add onion, bell peppers, mushrooms, tomatoes, oregano and pepper flakes. Stir to combine and nestle rosemary on surface. Cover and cook on low for 6 to 8 hours.
3. Pierce squash skin with a fork. In a large pot, add 2 inches of water and 1 squash half, skin side up. Cover and boil for 2 minutes. Remove squash and transfer to clean work surface. Repeat with remaining squash halves, refilling water as needed. With two forks, scrape stringy flesh from skin, separating into strands. Divide among serving dishes.
4. Remove and discard rosemary from chicken mixture. Stir mixture and spoon over top of squash, dividing evenly. Garnish with Parmesan and if desired, basil.

**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

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

June: Annual Chapter Picnic
Place: Holmes Park

July: TBA

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

Visiting Report

During the months of March and April there were no referrals made by Cardiac Educators and there were 8 in person contacts with heart surgery family members at the Critical Care Information Desk on the 3rd floor,