



Fall/Winter Issue

Happy Holiday Season

Nov/Dec 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.

Inside this issue:

President's Message	1
War on Germs	2
Deer Love Pumpkins	2
Flu Shot	2
MHI June 2023 Conference	3
Holiday Party	4
Bike Without Pedals	4
Becoming a Member	4
Future Meetings	5
Chapter Officers	5
Visiting Report	5

PRESIDENT'S CORNER

Wow, two months goes by in a hurry. We are entering the last two-month period of 2022 so let me say Happy Thanksgiving, Happy Hanukkah, and Merry Christmas to you all. And while I am at it, Happy New Year!

As with the last two years 2022 has been an interesting one. We started out locked out and meeting only on Zoom. But we had interesting presenters and programs just the same. We did meet in person for a summer picnic outside, an inside meeting to reestablish and review the visiting program; and another inside get together to present Asante with the Mended Hearts Regional Hospital of the Year Award which would have been presented last year had it not been for the COVID lock down. At the same meeting we acknowledged our gratitude to the Asante Volunteer Services for the support they have given to the local chapter of Mended Hearts. Last but not least we celebrated our 40 years of service to heart patients and their families.

As for what is coming up, the major thing is the election of officers. The by-laws stipulate that the nomination committee be appointed in November, and that the name, or names of each office (President, Vice-President, Secretary, and Treasurer) be announced in December. The elections are held in January and the Installation is held in February 2023. It does not have to be just the nomination committee who nominates a person for an office. Anyone can make a nomination at any time during December and January providing that the person nominated has consented to run for the office.

It Is Great To Be Alive And To Help Others,

Marlyn Taylor
President

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, Treasurer** (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.

War on Germs

Keeping antimicrobials working in cold and flu season and beyond

Microbes, aka germs, are tiny organisms that surround us and can live on or inside us. Almost all are harmless or even beneficial, but the remainder are pathogenic, meaning they can cause infection and illness. These microorganisms are divided into classes, such as bacteria, viruses, fungi and parasites, and different medications can kill them: antibiotics, antivirals, antifungals and anthelmintics, respectively. Over use or improper use of these medicines can cause germs to become resistant.

Taking an antimicrobial kills the germs, but sometimes stronger survivors are left to grow and multiply, especially if the full course of medication was not finished. These microorganisms can also become resistant through mutations and exchanging genetic material with each other.

We've had more than our share of practice with the current pandemic guidelines to take similar measures to prevent the spread of germs. Measures that help keep COVID at bay also work to avoid spreading some other microbes. They include:

- Frequent hand-washing and hand-sanitizing
- Not touching your face
- Staying at home when you are sick
- Getting vaccinated and taking all your boosters

When taking antimicrobial medicines. Remember to take your antibiotic exactly as directed and finish it.

Now that you've met the enemy and know how to stop it, get out there and fight those bugs.

Costco Connection—October 2022 by Lawrence Varga

Deer love pumpkins!

Deer love pumpkins just as much as you love that pumpkin spice latte. Or maybe more.

From the little pumpkins to the big fresh ones, when you are through with your leftover pumpkins, let the deer eat them. The best way is to crack open the pumpkins. The bigger pumpkins may be hard for deer to crack and get at the soft orange insides. Leave the pumpkins near areas where you commonly see deer or on the edges of an open field. Wild animals like rabbits, mice, groundhogs and squirrels also love to chow down on pumpkins.



Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.



Flu season: **Get your shot**

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



The Mended Hearts, Inc.

www.mendedhearts.org

GEORGIA ON MY MIND INSPIRATION FOR MY HEART®

MHI June 2023 Conference
June 23-28th in Albany, Georgia

Entertainment	Programs	Hotels & Dining
<ul style="list-style-type: none"> • Saturday evening dance & celebration • Conference Exhibitions • Flint River Aquarium • Flint Riverwalk • Chehaw Wild Animal Park 	<ul style="list-style-type: none"> • Newest in treatments & therapies • MLH CHD Symposium • MHI Leadership Training • Selfcare Sunday focusing on mental and emotional health • CVD as it relates dental, nutrition, physical therapy and more 	<ul style="list-style-type: none"> • \$100 registration includes five lunches & five dinners, cocktail and happy hours • Choice of multiple hotels, free shuttles between hotel and conference center • Free shuttle from Atlanta & Albany airports to hotels



SCAN ME

Georgia on My Mind® is a registered trademark of The Ray Charles Foundation

Bike without pedals lets you walk with wheels

You want to walk the dog. You might like to browse at a flea market or go to the local fair.

Simple pursuits, yet painful, and maybe impossible. When mobility decreases with age or disease, the world gets smaller.

Dutch designer Barbara Alink thought about all of these issues when her mother needed a mobility device and refused to use walkers or rolling chairs. So Alink came up with a new device.

Her creation -- the Alinker -- is a walking bike, a bike without pedals that has two large wheels in front and one small wheel in back. Users sit on the seat and walk the bike with a striding motion, rolling it along at a brisk pace, stopping to rest or browse around or chat when they want.

The Alinker has some very useful features:

- * No leg lifting. Users walk into the bike over the small back wheel, no leg lifting at all.

- * Eye level. The seat on the bike lifts the user up nearly to eye level of other people and store shelves. Unlike a wheelchair, the Alinker rider can glide alongside people on a sidewalk.

- * Walking speed: Users travel at the same walking speed as pedestrians (or faster if they want.)

- * Balance: The bike has two big wheels at the front providing stability and balance and a small wheel at the back.

- * It can be controlled with just one leg on the ground. The Alinker has a bar in front that can serve as a foot rest.

- * It's portable. The 26-pound Alinker is foldable and can fit in a trunk. Unlike a scooter or an electric trike, you can take it with you. It will fit in a elevator.

- * It is active. The rider uses legs for power, but the device takes pressure off the back and joints.

Drawbacks: At \$2,700, the Alinker is not inexpensive and costs the same as an electric trike. It has about the same footprint as a wheelchair, so some users say it won't go into tight spaces.



SAVE The DATE

Holiday Party

When: Saturday 12-3-22

Time: 12:00 p.m. (noon)

Where: Punkys - 953 Medford Center

There will be a gift exchange, so bring a \$10.00 generic gift.

It has been two years since we have had the opportunity to enjoy this holiday party.

Looking forward to seeing you at Mended Hearts of Southern Oregon's annual Holiday Party.

Not A Member Yet?

Consider joining today and becoming involved in the mission and vision of Mended Hearts.

Mission: To inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education, and advocacy. ©

Vision: To be the premier nationwide resource and peer-to-peer support network for all heart patients and their families affected by Heart Disease across the lifespan. ©

**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 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

November: Dr. David Folsom

History of Heart Surgery

December: Holiday Party

Punky's—953 Medford Center

Visiting Report

During the months of September and October there were 82 in person visits made with patients of heart surgery and their family members.

40th Anniversary Celebration

There were about 30 members in attendance for our 40th anniversary celebration. Marlyn Taylor, our president, presented the history of our local chapter, members with 20 plus years of membership were honored and a plaque was presented to Asante Rogue Regional Medical Center for **Regional Hospital of the Year**.

Members enjoyed catching up with other members, lots of great conversation and great carrot cake and coffee.

