



Summer/Fall Issue

Hello Fall

Sept/Oct 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
Sneak Thief	2
Micro volunteering	2
World of Support	2
Hidden Ecosystem	3
South Western Avocado/Bell Pepper Quiche	4
40th Anniversary Celebration	4
Becoming a Member	4
Future Meetings	5
Chapter Officers	5
Visiting Report	5

PRESIDENT’S CORNER

The dog days of August are almost over, school has started in some parts of the country. Mended Hearts is again visiting patients at Asante and some members are volunteering at the CC waiting area on the third floor. This give us the opportunity to visit with some of the TAVR patient’s family members and a few of the surgery patient’s family. We are grateful for these opportunities.

I had the opportunity to visit in person with a few members of our Redding Satellite. They serve two hospitals in Redding. As it stands now one hospital is allowing visits and one is not. Neither hospital is allowing in person meetings. We did discuss ways that we might be able to keep the Mended Hearts name present in the hospitals by working with the cardio rehabilitation department in each hospital.

As many of you know Mended Hearts, Inc. is celebrating its seventh anniversary and our local chapter (Mended Hearts of Southern Oregon) is celebrating its fortieth anniversary in October of this year.

This is a good time to review what Mended Hearts is all about. Our motto is “It is great to be alive and to help others”, we strive to do this through our visiting program and through educational Zoom meeting. The Zoom meeting are on the third Tuesday of the month from 5:30 PM to 7:00 PM. Please feel free to join us.

Our 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. ©

Our 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. ©

Our Values are summed up in the work RICH, that is Respect, Integrity, Compassion, and Hope. Great word to live by and to live up to.

And, of course, there are goals to aspire to. Here are five:

Expand Reach – Expand the reach of our support to communities geographically and demographically, both online and in person, to create meaningful connections for all.

Build Holistic Programs – Create and deliver robust educational programs to improve the emotional and physical well-being of patients, families, and caregivers.

Build Awareness – Create, execute, and maintain powerful awareness campaigns to promote our mission.

Recruit Advocates – Recruit and train advocates to share their stories and empower themselves and other to improve the lives of heart patients, families, and caregivers.

Increase Diversity – Ensure and increase diversity within the organization through targeted efforts so that all people are included.

And Yes, **it is great to be alive and to help others.**

I hope to see you at the Zoom Meeting - 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, 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.**

Micro-volunteering:

Be someone's eyes for two minutes


Here is a fantastic way to help people wherever you are, whenever you have the time --by micro-volunteering.

Be My Eyes is an app that connects sighted people to the blind. Using video calling technology, volunteers can answer simple questions that require a pair of eyes.

Hans Jorgen Wiberg, a Danish furniture craftsman who is visually impaired, realized that blind and low-vision people often needed help with everyday tasks. He also knew that video calling was already being used by the blind to call friends and family for help with simple questions like: What is in this can? What is the expiration date on this food? Is this a red or a black sweater?

The problem is that regular helpers are not always available. Wiberg realized that the world was full of people who could help. So in 2012, he launched his Be My Eyes startup to connect people with volunteers. Today there are nearly 6 million volunteers to help with questions from about a half million blind and low-vision people. The app is available in 150 countries.

Anonymous sighted volunteers can take a call whenever they have time. If they don't have time, they can pass and another volunteer gets the call. Meanwhile anonymous users can ask simple and fast questions



Creating a World of Support Fundraiser
Registration Open August 15

Community fundraising is the only way that MHI is able to sustain a number of important but unfunded support and educational programs. Without donations from you, our members, we would not have the money to fund the MHI Pillow program, *Heartbeat Magazine*, MH and MLH Heart Guides® (printing & shipping), MH Discussion Guides (printing and shipping), and much, much more.

On September 1 through September 29 (World Heart Day), we will be running our fourth annual World of Support Fundraising Campaign and we need your support for this campaign. When registration opens on August 15, we ask that you help support MHI and show your love for this organization by registering for the event, donating to the campaign or starting a team.

Please go to www.Mendedhearts.org on August 15 to learn how you can join this important annual campaign.

This sneak thief can be arrested

This sneak thief doesn't lift your wallet or abscond with the silverware. Instead, it can steal your vision.

More than 3 million Americans aged 40 and older have glaucoma. There are no early symptoms and about half of people who have it don't know it.

Primary open-angle glaucoma progresses without a clue until the condition reaches an advanced stage. As increased eye pressure damages the optic nerve, the patient begins to lose peripheral vision. If left untreated, tunnel vision develops and eventually all sight is lost.

Though optic nerve damage occurs with high intraocular pressure, it can also occur with normal or even below-normal eye pressure. Glaucoma can't be cured, and damage caused by the disease can't be reversed. But with treatment, glaucoma can be controlled. Eyedrops, oral medications and surgical procedures can prevent or slow the damage. An annual test is recommended.

People can avoid vision loss by maintaining a healthy weight, controlling blood pressure, staying physically active and not smoking.

Glaucoma can be diagnosed with an instant, painless test done by your eye doctor or optician. Ophthalmologists have more sophisticated testing methods, which are usually used when the results of the first tests are questionable

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

Scientists uncover thriving ecosystem in hidden subsurface Antarctic waterways

The final frontier is space, right? Turns out that we're still learning a lot about Earth.

New technologies allow us to explore the greatest depths of the oceans and hitherto impossible-to-reach places, like underneath the Antarctic ice. Scientists recently discovered a thriving hidden ecosystem beneath Antarctica.

For some time now, scientists theorized that rivers and lakes exist underneath the Antarctic ice. And using cameras, they have begun to explore this sub-surface network of waterways. Initially, scientists figured that the waterways would be smooth, but instead found rough surfaces. Scientists also weren't sure if the underground network could support life, but have since found organisms thriving in complex ecosystems.

Scientists are using remote-operated vehicles (ROVs) to explore the hidden network of Antarctic waterways, some of which are more than 1,500 feet below the ice. So far, they have discovered fish, soft corals and algae, all adapted to thrive in the harsh environment. Further exploration may yield more discoveries.

This wasn't the first time that scientists have encountered hidden and unexpected ecosystems with the use of modern technologies. In 1977, scientists found organisms thriving around deep-sea vents. Previously, it had been assumed that these vents were buried under the pressure of too much water and that temperatures would be too hot to support life. Instead, flourishing ecosystems were uncovered.

As for the so-called final frontier, space, scientists haven't discovered alien life yet. Scientists do believe that Mars may have been habitable in the distant past, but have not uncovered proof of living organisms past or present.

Meanwhile, in recent weeks, the James Webb Space Telescope came online and should allow us to peer deeper into the universe.



Southwestern Avocado-Bell Pepper Quiche Cups

Servings: 4

Serving Size: 2 quiche cups

Calories: 264 Per Serving

Protein: 16g Per Serving

Ingredients

Cooking spray

4 large eggs

1/2 cup fat-free, plain Greek yogurt

2 large egg whites

2 tablespoons low-sodium taco seasoning (or lowest sodium available)

1 large avocado, peeled, pitted, and diced into small pieces

1/2 cup shredded low-fat Cheddar Jack cheese

1 4-ounce can diced or chopped mild green chiles, drained

4 medium bell peppers (any color), halved, seeds and ribs discarded



1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.
5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.

Recipe borrowed from <https://recipes.heart.org/en/recipes/southwestern-avocado-bell-pepper-quiche-cups>

Guess What—We are Turning 40

Mended Hearts of Southern Oregon will be celebrating 40 Years as a chapter and we are planning a celebration for October 2022.

We are tentatively planning for this celebration on Saturday, October 8th. It will be an afternoon event and hope you will be in attendance.

Mark your calendars, Saturday October 8th

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

September: TBA

October: No Meeting –
40th Anniversary Celebration

November: Dr. David Folsom

Visiting Report

We have returned visiting patients at Asante Rogue Regional Medical Center. During the months of July and August there were 113 in person visits made with patients of heart

