



Winter Issue

Welcome 2023

Jan/Feb 2023

Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 5:30 p.m. to 7:00 p.m. at Asante Rogue Regional Medical Center Carpenter Room and through on-line with Zoom. 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.

In Person Meetings are back—Beginning in January are monthly meetings will be hybrid: both in person and online. In person will be at Asante Rogue Regional Medical Center

PRESIDENT’S CORNER

Happy New Year to all of you Mended Hearts members and friends.

It seems like this just happened, but I guess that was a year ago. We are so happy that Asante has opened up volunteer services and that we are able to visit patients in their rooms again. We are able to help patient’s family, friends, and others as they wait in the Critical Care waiting area on the third floor.

We are looking forward to meeting in person during the 2023 New Year at Asante; as well as broadcasting via Zoom at the same time. Now there will be two ways to be a part of a Mended Hearts meeting. This will be a learning experience for a lot of us.

Of course, the odd numbered New Year brings us to the election of officers for both Mended Hearts Nationally and the local chapter.

At the national level each chapter member has the right to vote for the person of their choice. The chapter then casts one vote for the candidate with the most votes.. What that means is that each chapter has one vote. This year the candidate for The Mended Hearts, Inc. President; and Vice-President are uncontested so that makes it a conformation vote. The Candidate for MHI President is Denise Duch Widzowski and for Mended Hearts Vice-President the candidate is Lea Parker. The Mended Little Hearts® Vice-President candidate is Amanda Stewart; and the Mended Little Hearts Western Regional Director is Nicole Sanchez.

On the local level three of the current officers have chosen not to run for their current office again. Those would be myself (Marlyn Taylor) for President, Mike Gary for Vice-President, and Darlene Walsh as Treasurer. I would like to thank Mike for serving as Vice-President and Darlene as Treasurer during the last election cycle. We appreciate you both.

Bob Goldberg has agreed to accept the nomination for President, Debbie Gary has accepted the nomination for Secretary; and Marlyn Taylor has accepted the nomination for Treasurer. We are still looking for someone to serve as VP. As it turns out the local chapter officer candidates are all uncontested this year so it will be a confirm or abstain vote at the January monthly meeting.

Installation of local chapter officers will be at the February monthly meeting.

Again, **HAPPY NEW YEAR TO YOU ALL!!!**

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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.**

The Lighter Side

Doctor's advice

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

The exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to try it. The next day, still feeling slightly guilty, the doctor prepared the bills.

When he went to place them in his mailbox, he found a bill from the lawyer



Dangerous bird

This postman is working on a new route. He comes to a gate marked "Beware of the parrot."

And, sure enough, there's a parrot sitting on its perch. He has a little chuckle as he opens the gate and walks into the garden.

He gets as far as the perch, when suddenly the parrot calls out: "REX, ATTACK!"

How to Boost Happiness

Get positive, stay upbeat and you'll enjoy a longer, happier life, science says.

Many studies have found that improving diet, getting out in nature and getting some exercise improve your overall attitude. And there is one other thing you can do too: Cultivate compassion for yourself and others.

According to the Epoch Times, compassion is sensitivity to the suffering of others (and ourselves) coupled with action. Empathy is just recognizing the suffering of others. Compassion is acting.

Compassionate people are less lonely, happier, and have decreased cardiovascular risk.

A 10-year study published in *Transitional Psychiatry* found that compassion had a greater positive impact on well-being than the negative impacts of smoking. In other words, good deeds and real actions make you feel better and help you make friends. You get more responses from people who will in turn do good deeds for you.

Staying well: Tune up your immune system

. One thing you don't need in the new year is a cold or the flu. It's time to tune up your immune system. Here's how to do it:

1. Get serious about sleep. Doctors at the University of Pittsburgh say poor sleep or lack of sleep is associated with decreased immune system function. Go to bed at your regular time.
2. Don't skip recreation. Spending time with friends can boost your defenses. A study from Carnegie Mellon University shows that people with a variety of social relationships had 20 percent greater immune function than those who did not.
3. Laugh. Hear and tell funny stories, watch funny videos and laugh out loud. Laughter decreases stress and activates immune cells.
4. Get going. Go to a basketball game, visit a museum, or attend a concert. Studies published in the *British Medical Journal* show that those who frequent cultural events live longer and are less likely to be sick.
5. Write it down. Researchers at the University of Texas in Austin found that people who wrote about traumatic events for 20 minutes three times a week made half as many visits to doctors than those who did not.
6. Pray. Faith can improve your health, say researchers at Duke University who found that churchgoers were healthier.
7. Get a massage. It makes natural immune cells more numerous and efficient.
8. If your doctor says it's OK, take vitamin D. It's easy to become deficient during the winter, when you might not be out in the sun as much. Insufficient vitamin D can weaken your immune system.
9. Skip that second drink. More than one drink a day can suppress immune response and leave you more prone to infection.
10. Consider E. Vitamin E is especially important for aging immune systems, according to the USDA Human Nutrition Research Center at Tufts University. Be sure to check with your doctor before taking any vitamins or supplements.

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 Art of Deceit**Scammers use these 7 tactics to get between you and your sense of reason**

Many people believe they are too smart to be taken in by a scam. But they miss the key point: Scammers mostly bypass your intellect and rely on sophisticated psychological and emotional manipulation to get you to say yes. "You don't have to be a fool to be fooled," says Robert Cialdini, author of *Influence: The Psychology of Persuasion*. "These people are using tactics and strategies that all of us are susceptible to." Specifically, he explains, they weaponize universal human instincts such as fear of loss, love and trust in others. Here are some of their techniques.

- **They Establish Camaraderie**—"So sorry to hear about the loss of your husband, You know, my own wife passed away last year as well. It's been so hard." **The trick:** Scammers parrot back the target's religion, political affiliation, military background or life situation to get the target to feel "he's just like me," Cialdini notes. "Then we tend to lower our defenses and are much more likely to follow their lead."
- **They Play on Your Aversion to Loss**—"You've won the sweepstakes! You are now rich! But if you don't act fast..." **The trick:** Many people have a deep-seated fear of missing out (FOMO, in internet jargon) on good opportunities, given how infrequently they appear. The criminal encourages that FOMO, Cialdini says. "They do it in terms of the uniqueness of the idea, or the dwindling of availability of the product or service. This spooks people into choices."
- **They Flatter You**—"I can tell you know a lot about finance, so you know how much money you can make in cryptocurrency if you manage the risks." **The Trick:** "Usually, at the beginning, it's a lot of love bombing," says Anthony Pratkanis, emeritus professor of psychology at the University of California, Santa Cruz. They'll frequently praise the victim, Cialdini says. "That lends itself to a sense of connection and trust. 'If this person likes me, well, then I can trust this person.'"
- **They Make You Feel Anxious**—This malware means your bank account has been compromised. Someone could steal from it easily now." **The Trick:** "We live in this age of anxiety, where there are so many actual existential fears," AARP fraud expert Doug Shadel says. "It's pretty easy to get people to say, 'All right, what do I have to do to make this one go away?'"
- **They Create Instant Terror**—"Grandpa, help! I've been arrested and need money for bail right away!" **The Trick:** "When you're afraid, the emotional part of your brain takes over the cognitive part of your brain," Shadel says. "That's what they want. When your emotions kick in, it swaps out the logic." In such moments of powerful emotion, you are far more likely to think you hear a loved one's voice and to fall for a scam.
- **They Seduce You**—"I love talking to you. I have not felt so close to someone in so long". **The Trick:** In a romance scam, as in a (real) love relationship, you'll have reciprocating self-disclosures," Pratkanis explains. "I'll tell you a little bit about me. In return, you tell me a little bit about you. And as we go further down the path, we say more intimate things, and that creates a sense of closeness, even love."
- **They Intimidate You**—"I'm with the police; you've missed jury duty again. Either pay a \$900.00 fine now or go to jail." **The Trick:** They present themselves as a feared authority (say a cop, IRS officer or Medicare Rep). "Technology makes it so easy now to pretend to be someone you're not." Shadel says, "Criminals can program their caller ID so it says "San Diego Sheriff's Office."

By Christina Ianzito - AARP

Slow-Cooked Chicken Vegetable Medley Stew

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 red bell pepper, core & chopped
- 3 carrots, peeled & chopped
- 8 oz fresh mushroom, quartered
- 1 (14 oz) can fire-roasted tomatoes



- 2 large potatoes, chopped into 1 inch cubes
- 4 cups chicken broth or stock
- 2 chicken breasts, bone in & skin on
- Fresh herbs, including 2 bay leaves, sage and thyme

In a soup pot over medium heat, heat the olive oil and sauté the onion and garlic until the onion softens. Add the bell pepper, carrots and mushrooms; cook until vegetables caramelize. Stir in the tomatoes, potatoes and chicken broth and bring to a boil. Submerge the chicken breasts, skin side down, in the liquid. Add the bay leaves and a sprinkle of fresh sage and thyme. Reduce the heat to a simmer, covered, for an hour or until the chicken pulls easily off the bone.

Remove the chicken breasts from the pot, peel off and discard the skin, then shred the meat off the bone. Return the chicken to the pot. Continue to simmer, covered, for an additional 15 minutes before serving. Makes 6 servings

Alison Randail—homeandplate.com

How to Stay Rational When Scammers Rattle You

- Monitor your reactions to calls from strangers. Do you feel heated? Is your pulse rising? Are you getting anxious or angry?
- If the answer is “yes”, get out of the situation immediately. Simply say, “I won’t do this by phone. Send a letter. Goodbye.” Then hang up.
- Recenter yourself: Leave the room, take 10 deep breaths and ask yourself questions that you know the answers to, such as “What color is grass?”
- Look at the situation like a scientist, as though you’re observing someone else in the same position.
- Never make an immediate impulse-buying decision. Wait at least 24 hours to allow emotions to subside before making a purchase.
- Get advice from a person you trust and respect. Merely discussing out loud helps bring rationality back.

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**

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



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Chapter Meetings

In person meetings will begin again in January 2023. We will be meeting at Asante Rogue Regional Medical Center in the Carpenter room located on the ground floor.

We will also be providing the monthly meeting through Zoom for those who would like to attend the meeting while at home.

Asante Rogue Regional Medical Center requires masks at the hospital, so masks will be required during our meetings.

If you wish to continue attending our monthly meetings on line please make sure your email address is on file by emailing Debbie Gary at preschoolteach345@yahoo.com

Future Meetings/Education

January: Jeffrey Cool, Asante Foundation
Topic: ARMMC Pavilion—Additions & Changes

February: Linda Hart—MH of Southern Oregon
Topic: Aorta Health

March: Seth Hernandez, ARMMC
Topic: Elder Abuse

April: Jennifer Ripley-Christmas—DLNW
Topic: Should I be a Donor

May: Dr. Brian Gross, So. Oregon Cardiology
Topic: STEMI: ST Elevation Myocardial Infarction.

June: Annual Picnic - No Monthly Meeting

Visiting Report

During the months of November and December there were 70 in person visits made with patients of heart surgery and their family members.