



Summer Issue

HELLO SUMMER

JULY/AUGUST 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.

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President’s Message

Hello Chapter 137 members. Summer has finally arrived, and with it the hot temperatures that have become all too common these days. Caution is the watchword for those of us who might be vulnerable to the heat, and being mindful is important. That, and being firewise, will make for a safe and enjoyable summer season.

At the national meeting, (held via zoom) on June 23, some important milestones from 2022 were presented. Among them were the nationwide expansion of the Mended Little Hearts programs, and the creation of the Mended Young Hearts groups, serving those in the 18 - 55 age range. Also, there are now more than 600 accredited visitors nationwide, accomplishing more than 31,000 hospital visits during the year! Quite something for all Mended Hearts members to be very proud of, I think. Our living numbers are growing nationwide, and that’s certainly a very good thing!

On Saturday, June 24th, we held our Summer Brunch gathering at Elmer's restaurant (the older one) in Medford. A little over two dozen members, some newer, some longer, enjoyed good food, and great company. Stories were told and shared, friendships were formed, and laughter was prominent. I believe a good time was had by all, and I'd be interested in your feedback about doing it again. Reach me at: bob.goldberg95@gmail.com, and share your thoughts.

Please mark your calendars and save the date now for our next in-person Chapter meeting on Tuesday, July 18th, at 5:30 p.m., to be held in the Carpenter Room, on the ground floor of our favorite hospital. Our guest speaker will be none other than Mr. Joe Austin, the current, (temporary), CEO of Asante! This will be an informative and exciting opportunity for us to learn the most up to date news about what's happening at ARPMC; so please do plan to attend.

And lastly, allow me to remind us all of the ongoing Mission of The Mended Hearts, Inc.:

To Inspire Hope and Improve the Quality of Life of Heart Patients and their Families Through Ongoing Peer-to-Peer Support, Education, and Advocacy Throughout the Lifespan.

Best to all; stay well; and always remember: It's Great to be Alive and to Help Others.

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 **Marlyn Taylor, Treasurer** (602) 568-8095

“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**.

How the Pros Fall Safely

Two Hollywood stuntmen share the tricks for avoiding injury when a sudden tumble occurs

In the new movie *Indiana Jones and the Dial of Destiny*, you may well see Harrison Ford perform dangerous physical feats, just as he has in previous *Indiana Jones* films. Except you won't. Thanks to his professional stuntmen, Ford, 80 has been able to play the charming adventurer for more than 40 years.

If only each of us had a stunt double for everyday hazards. "Most people trip and lose their balance," says physical therapist, Shantha Nithiananda, clinic director at the Fyzical Therapy and Balance Center in Chastain Georgia. "Falls are a leading cause of fatal and nonfatal injuries among older adults." Every year, about 36 million falls are reported among people over 65, about 3 million of whom wind up in the ER. We asked two pros who stunted for Ford on the last *Indiana Jones* film—Sturat F. Wilson, 61 and Thomas Dupont, 52, to share their tips on how to fall safely.



THE SIDEWAYS FALL: It is the number 1 cause of hip fractures, and the mortality risk of patients over 65 with hip fractures is three times higher than the general population's. If your feet get tangled.....

Do: Bend your knees, tuck your chin and keep your head lifted. Keep your arms close to your chest. Allow yourself to go limp, and collapse onto the outside of your bottom thigh. Then roll onto your torso and upper back.

Don't: Fall on the bony part of your hip, which is how hip fractures happen. And don't plant your arm down when landing, which could easily break your shoulder, elbow or wrist.



THE BACKWARD FALL: If a slick floor-or an overly affectionate toddler-sends you flying.....

Do: Stumble backward-something we often do naturally when we're losing our balance. As you do, tuck your chin to your chest and try to get your body (especially your butt) closer to the ground. Bend your knees into a deep squat, so you land on your butt, then round your spine and roll onto your back and shoulders. Keep your arms by your sides, out of harm's way.

Don't: Look up or extend your neck, which will guarantee that your head hits the ground first. And don't try to stick your arms out behind you to catch yourself, as that will likely result in a broken wrist.



THE FORWARD FALL: If you trip and start to fall forward, with the ground rushing up to meet your face.....

Do: Go Limp. Bend your knees and angle them to one side and tuck your chin to your chest, keeping your head tilted away from the ground as you fall. Aim to land on the outside of your thigh. As soon as you hit the ground, keep the movement going as you roll onto the side of your torso and upper back. Think about curling your body as you roll, Wilson says. Dupont agrees: "When you do it this way, you don't even have to use your hands," he says.

Don't: Go stiff and stick your arms out straight in front of you. Falling onto an outstretched hand is the most common cause of wrist fracture in people over 50. "You're also at risk for breaking a forearm or dislocating an elbow or shoulder," Wilson says.

AARP Bulletin June 2023 Your Health by Jenna Bergen Southerland

First Rule of Falling Down: Relax!

Sometimes when you begin to fall, you tense up and start to panic, and that's how you get hurt, says Wilson, who trained with a former protégé of Bruce Lee's. One trick is to relax into the fall, says DuPont, who honed his self-taught skills with Tang Soo Do, a Korean martial art. "Don't try to stop the fall, especially when you're older. There is a much greater risk of your bones breaking under this type of pressure." The goal here is to spread the impact of the fall over as much of your body as possible, using your cushioned areas such as your butt, thighs and upper back to soften the fall.

Please.....Don't Get Up Yet!

Falling down hurts both our bodies and our pride. "A lot of times our egos make us want to jump up and let everyone know we are OK," DuPont says, noting that it's something he's been guilty of many times. "You want to shake it off and keep going because your adrenaline is surging." But the action hormone can also trick you into not noticing that you're hurt. Take a few minutes to assess any cuts, bumps and possible breaks to reduce your risk of further injury. "If you pop up right away and then fall again because something is broken or out of place, the second fall could be even worse," Wilson says.

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Editor: Debbie Gary/

Bob Goldberg

COVID: IT'S STILL A PROBLEM

Plenty of people are still getting COVID, even if the pandemic has passed. To stay out of the hospital, top off your vaccines. Adults 65 and older should have had the two-dose COVID-19 vaccine primary series, plus at least one bivalent booster.

If you haven't been boosted and you got the primary series at least two months ago, make that appointment now. If you've already received your first bivalent booster, consider getting a second; in April, federal government agencies said you're eligible if you are at least 65 and got your first bivalent booster at least four months ago, or if you're immunocompromised and got the booster at least two months ago.

Keep COVID tests at home. Some private insurers may still cover the cost, and Medicaid expects to provide free tests for another year.

Finally, make a Paxlovid plan. Ask your doctor how quickly you can get a prescription, including if you test positive on a weekend or vacation. Paxlovid should be taken within five days of symptom onset, even if you're feeling well. Its purpose isn't to help you feel better; it's to prevent death.

Amesh Adalja, M.D., infectious disease expert at John's Hopkins Bloomberg School of Public Health

AARP Bullentin June 2023—How to Stay Safe This Summer

Celery Chicken Salad Bites

3 cups Rotisserie Chicken, Deboned, skin removed & finely chopped
 1/2 cup red grapes, finely chopped
 1/2 cup celery sticks, finely chopped
 2 Tbsp almonds, finely chopped
 2 Tbsp dried cherries, finely chopped
 2 Tbsp fresh dill, finely chopped
 2 Tbsp chives, finely chopped

Dressing:

1/4 cup Greek yogurt
 1/4 cup avocado oil mayonnaise or favorite mayo
 1 1/2 Tbsp Dijon mustard
 2 Tbsp lemon juice
 1/2 tsp sea salt
 1/4 tsp freshly ground black pepper

Celery sticks for serving

Preparation:

Place chicken, grapes, celery, almonds, dried cherries, dill and chives in a large bowl.

Prepare the dressing in a smaller bowl, whisk together dressing ingredients until smooth; pour over salad ingredients. Mix until combined, taste and adjust seasoning as desired.

Slice celery sticks into thirds; top with chicken salad. Serve chilled. Makes 6 to 8 servings.

Costco Connection—June 2023 Farm to Table Recipes



BAD BREAKS

Prevention and treatment of osteoporosis and bone loss

Bones are amazing—lightweight, yet strong enough to hold us upright, with the body absorbing and replacing bone tissue throughout most of our lives. However, with osteoporosis, new bone creation may not keep up with old bone loss, putting us at risk for fractures and breaks. Osteoporosis is a progressive thinning and even loss of bone that can accumulate over time and cause fractures,” says Dr. Kendall F. Mosely, medical director of the Johns Hopkins Metabolic Bone & Osteoporosis Center in Baltimore.

Breaking Down Bones: The Bone Health & Osteoporosis Foundation (bonehealthosteoporosis.org), the largest U.S. organization dedicated solely to osteoporosis and bone health, reports that approximately 10 million Americans have osteoporosis and 44 million others have osteopenia (low bone density), placing them at increased risk for fracture. That’s about half of all adults age 50 or older. “One in two women and one in five men will experience an osteoporotic fracture in their lifetime,” says Jane Cauley, distinguished professor in the Department of Epidemiology at the University of Pittsburgh Graduate School Public Health in Pittsburgh. For people who are older, these fractures can lead to chronic pain, loss of mobility and independence, and even death. “That’s mainly because, as you get older, you don’t recover as well,” explains Dr. Kathryn Diemer, senior clinical director of the Bone Health Program at the Washington University School of Medicine in St. Louis.

Building Up Bones: Some bone loss is natural with age. But it can be slowed. And osteoporosis where bones become weak and brittle does not have to be inevitable. “We really shouldn’t think about osteoporosis or fracture as being a normal part of aging,” Mosely says. “We have to consider the early stages of life as a way that we are set up for bone health much later on in life.”

Mosely says it’s helpful to think about bone along the course of one’s lifetime. “We gain bone until we’re about 30, both men and women,” Mosely explains, adding that there is a maintenance phase until women go through menopause, typically in their 50’s, and for men, around age 70, after which bones break down faster than new bone is built. This causes overall bone loss, osteoporosis and increased risk for fracture. Exercising and eating right help build your bone bank. “Maximize your peak skeletal mass when you’re younger so that when you’re older and start to lose bone, you have more to start with,” says Cauley. Diemer says it’s important to eat a well-balanced diet; put a lot of color on your plate. Vitamin D, calcium and protein are essential. “Low protein intake is associated with an increased risk of hip fracture,” Cauley explains. In addition to milk, Diemer notes, there are many foods rich in vitamin D, such as fatty fish, egg yolks and fortified orange juice, and calcium, such as yogurt, nuts, broccoli and kale. Ask your physician if you need a supplement. “Calcium carbonate or calcium citrate can help, and are easily absorbed,” says Diemer.

Mosely recommends engaging in physical activities at least three to five days a week. For roughly 30 minutes per session. “It doesn’t have to be pumping iron,” she explains. “Remember that even walking counts. Get outside for a brisk walk, get off the couch, lift light weights, dance if you enjoy it -anything that keeps you moving. Do your best, and remember that if you don’t move it, you lose it.”

Costco Connection—June 2023 For Your Health by Jackie Duda

Never Too Late: If you’ve already been diagnosed with osteoporosis, it’s not too late. Continue to stay active, and ask your doctor about adding an oral or intravenous bone-building medication to your treatment plan. Consider working with a trainer to find an exercise program that is safe and suits your abilities. Physical therapy can also be great for learning fall preventions, plus core exercises to promote healthy posture and lower-body exercises to help with general body strengthening.

Screen Test: Bones can also deteriorate prematurely due to genetics, chronic illnesses, certain medications or smoking and alcohol consumption. If you’ve suffered a fracture or have a family history of osteoporosis, are taking medications like high-doses, long-term steroids, or have chronic conditions, you should consult your doctor about getting a DEXA screening. DEXA (dual energy X-ray absorptiometry), a quick, noninvasive imaging test, measures bone density (strength). If you’re concerned about your risk, ask about taking a fracture risk assessment. Primary care physicians are often the point people for screenings, as are rheumatologists. You also might need to see an endocrinologist, a hormone specialist, for a more detailed work-up and treatment options.

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. ©

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



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Chapter Meetings

In person meetings have began again. We are 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.

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

July: Joe Austin, Interim Vice-President ARRCM
Topic: What is happening/Updates at Asante

August: Tessa Hulse
Topic: "Snaccidents"

September: Dr. Nathan Funk
Topic: Valvular Heart Disease

October: Shane Vanhandel, ARRCM Pharmacy
Topic: Review Heart Medications

November: TBA
Topic:

December: Holiday Celebration

Visiting Report

During the months of May and June there were 65 in person visits made with patients of heart surgery and their family members.