



Winter/Spring Issue

# Hello Spring

March/April 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

Hello, and greetings, to all my fellow Mended Hearts Chapter 137 members! I'm Bob Goldberg, and I am very honored and proud to have been elected as your new chapter president. I promise to serve you with humility and integrity, and to uphold the values of our local and national organizations.

I am a long time Rogue Valley resident, living in Ashland. I've been a member of Mended Hearts Chapter 137 for nearly five years, and am approaching my sixth year anniversary of a quintuple CABG performed by our excellent Dr. Charles Carmeci and his team at ARRCM. What a blessing we all have here with those folks!

At this time, I'd like to recognize and give a heartfelt thanks to our preceding chapter officers: former president Marlyn Taylor, former vice-president Mike Gary, former secretary Debbie Gary, and former treasurer Darlene Walsh. Our chapter continues to exist because of all your hard work, as well as those who preceded you, and we can all be grateful for it. And I believe we're very lucky that Marlyn will now assume the duties of treasurer; that Mike will continue as visiting chair; that Debbie will continue as secretary, and that we have Lan Roberts as our new vice president. I hope that I will be worthy to be your team leader going forward.

I'm sure we're all looking forward to the coming Spring, and that we'll have the opportunity to continue to get together for our monthly meetings, and perhaps for other occasions as well. We've begun thinking and talking about whether we might need to change the day and time of our meetings in order to perhaps make it easier for more members to attend in person, and whether we might be able to move back into the Smullin Center, (if we can meet their daily open schedule), so that we don't have to be meeting at the hospital anymore! Any suggestions or ideas are welcomed!

Thank you all again for your membership and your participation. Everyone please stay well!!

### Inside this issue:

President’s Message	1
Everything has a Season	2
Remember these Toys	2
Human Heart	3
Vegetable Barley Soup	3
Eat for a Powerful Heart	4
Wisdom from Golden Girls	4
Becoming a Member	4
Future Meetings	5
Chapter Officers	5
Visiting Report	5

### Mended Hearts Dues

National dues can be paid at [www.mendedhearts.org](http://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 **MarlynTaylor, 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.**

**Everything has a season -- including heart attacks,  
which are more common during the winter.**

According to the American Heart Association, even regions with mild climates see spikes in heart attacks during the winter months. As winter continues during American Heart Month, everyone should take stock of their risk factors and lifestyle and take steps to protect themselves.

According to Northwestern Medicine, the biggest risk factor is the cold, which causes blood vessels to contract and can raise blood pressure. Meanwhile, the heart works even harder to maintain body temperature. When body temperature falls below 95 degrees Fahrenheit, the resulting hypothermia can also lead to heart damage. By dressing for the weather with coats, hats, gloves and socks, you can also protect your heart.

Lifestyle factors can also increase risk. For many, shoveling or walking through snow are more strenuous than their usual activities, and the sudden increase in workload can add additional strain on the heart. Stay home if necessary and don't be afraid to ask for help clearing your sidewalk or driveway.

Emotional stress may also contribute to the winter heart attack spike. Practice self-care to help you manage your stress and seek help if necessary.

The most important tip: Year-round good habits, like regular exercise and eating a heart-healthy diet. Start now and be ready when the next cold season rolls in.

**Remember these toys? Somehow we survived**

The toys of our childhoods were simple, usually required imagination, and some were -- let's face it -- downright dangerous.

When you look at this list of common toys, you might ask yourself: How did we survive?

Lawn darts, sometimes called jarts: A game that involved 12-inch weighted and sharpened metal darts. Toss the dart in the target on the ground and you got a point. Problem is that they were dangerous. At least 1,000 serious injuries and three deaths were attributed to the game. By 1988, they were banned.

Chemistry sets: Sold since at least 1845, the sets contained increasingly dangerous substances. Most chemicals were harmless, but some contain sodium cyanide, a poison. In the 1950s, atomic sets contained radioactive uranium (Fun for the whole family!). Glassblowing sets came with blowtorches. They were actually instrumental in the careers of some scientists. But by the 1970s, most were banned.

Clackers (early versions): Although still sold with different materials, these were heavy balls on each end of a string. In the 1960s and early 1970s, these toys were fun, but painful. The goal was to swing them up and down so that the balls on each end of a string clacked together. If you missed, woe to you. In 1968, tempered glass spheres would eventually shatter, sending glass shards everywhere. Today's models are lighter weight plastic.

Then there were a whole class of toy guns that were foundational to childhood such as cap guns, BB guns and spud guns.



**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:** Michelle

Christensen

**Social Events:** Carolyn

Callahan

**Web/ZOOM Coordinator:**

Jeff Roberts

**Fundraising:** Vacant**Chapter Newsletter****Editor:** Debbie Gary/

Bob Goldberg

**5 Amazing Facts About the Human Heart**

- The blood vessels in your heart are the most likely to clog. The reasons: Blood flows in two directions in many arteries, creating turbulence that can damage artery walls—which makes it easier for plaque to set in. And coronary arteries have lots of branches and bends, which are prime real estate for atherosclerosis.
- Nearly half of all heart attacks have no symptoms, according to a 2016 Wake Forest University study. No-symptom attacks were more common in men but deadlier in women.
- The best food for your heart? It might be bananas. In a 2020 analysis of studies involving more than 4 million people, bananas were associated with 24 percent lower risk for coronary heart disease. But all produce helps; people who munched the most fruit and vegetables had 11 percent less cardiovascular disease than those who ate the least.
- Spare parts for your heart may come from outer space. In 2020, NASA blasted cardiac stem cells into space for an Emory University study seeking to find out whether they would become beating heart-muscle cells faster in zero-gravity conditions. The stem cells became heart cells in just three weeks. Researchers hope to use them for heart failure repairs, a therapy that could require up to 150 millions cells per treatment.
- A great sport for your heart? Grab a racket. A study tracked 80,306 adults for nine years found that tennis and badminton cut risk for fatal cardiovascular disease by 59 percent. Swimming and aerobics lowered the odds by 41 and 36 percent, respectively. Distance running was less effective; some research suggest it could have a negative impact.

AARP Bulletin—January-February 2023

**Old-Fashioned Vegetable-Barley Soup****Ingredients**

Servings 4

Serving Size 1 1/4 cups

Cooking spray

1 teaspoon olive oil

1/2 medium onion, chopped

1 medium rib of celery, chopped

1 medium garlic clove, minced

1 14.5-ounce can no-salt-added diced tomatoes, undrained

1 1/2 cups frozen mixed vegetables

1 1/2 cups low-sodium vegetable broth

1 cup chopped kale

1/2 cup water

1/4 cup uncooked quick-cooking barley

1/2 teaspoon dried basil, crumbled

1/2 teaspoon dried oregano, crumbled

1/8 teaspoon pepper

1 tablespoon plus 1 teaspoon shredded or grated

Parmesan cheese

**Directions**

1) Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds.

2) Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.

3) Ladle into soup bowls. Sprinkle with the Parmesan.

Calories 129 Per Serving

Protein 6g Per Serving

Fiber 5g Per Serving

<https://recipes.heart.org/en/recipes/old-fashioned-vegetable-barley-soup>

## Eat for a Powerful Heart

### A NUTRITION PLAN FROM AARP HELPS KEEP YOU LEANER, STRONGER AND HEALTHIER

By Stephen Perrine with Heidi Skolnik

YOUR HEART doctor may ask if you're avoiding saturated fat or what you're doing to control your weight. But doctor's seldom ask "Are you taking care of your muscles?"

We lose about 5 percent of our total muscle mass every decade after age 30. But science shows that those who retain muscle as they age lower their risk of metabolic syndrome, obesity, diabetes and inflammation—all risk factors for heart disease. That's why AARP developed The Whole Body Reset, a program designed to stop and reverse, age-related muscle loss and weight gain.

The primary cause of age-related muscle loss is "anabolic resistance"—essentially, we can't turn the protein we eat into muscle as efficiently as we did when we were younger. In order to overcome this resistance, we need higher doses of protein at each meal—25 grams at a time for women or 30 grams for men. Anything less than that, and your body remains in muscle-loss mode. Fat starts to win out, and heart health suffers.

In addition to protein, we need a mix of high-fiber grains, high-nutrient fruits and vegetables, and healthy fats to keep heart-harming fat-promoting inflammation under control. Here's your plan.

**Eat 25 to 30 grams of protein at each meal: breakfast, lunch & dinner. Make sure every snack you eat has at least some protein as well (cheese on that cracker, peanut butter with that apple). Women should aim for 75 to 100 grams of protein each day. Men should aim for 90 to 120 grams.**

Eat More colorful fruits & vegetables. Aim for eight to 10 small servings a day. Fruits & vegetables provide fiber, as well as vitamins, minerals & thousands of micronutrients called phytochemicals. As we age, our ability to extract these nutrients from food diminishes—and that's another reason why inflammation increases.

Focus on fortified dairy. Worry more about getting enough calcium-rich dairy than about whether it's low-fat or not. One study found that those who ate three servings of whole-fat dairy had lower risks of heart disease and stroke than those who ate one serving. Dairy also delivers muscle-building protein.

Up your intake of high-fiber grains, cereals & beans. In one study following 2,735 people, women who ate the least amount of fiber were 2.9 times as likely to die from inflammatory diseases such as heart disease. And research has found that for every additional 10 grams of fiber you eat per day, you reduce your risk of stroke by 12 percent.

Enjoy healthy fats & oils from seafood, nuts, seeds, olives & avocados. Two servings a day will help keep you lean and sharp, whether you're enjoying a serving of salmon, spoonful of peanut butter, some chips and guacamole, or toasty bread dipped in extra-virgin olive

Don't drink your calories (or chemicals) Don't think you're doing yourself a favor by drinking diet sodas. They've been linked to an increased risk of heart disease dementia and stroke. Keep it simple with filtered water, sparkling water, tea, and/or coffee (it's fine to add a little milk)

### Wisdom from The Golden Girls

People waste their time pondering whether a glass is half empty or half full. Me, I just drink whatever's in the glass.

Sophia (Estelle Getty)

I eat raw cookie dough. And occasionally, I run through the sprinklers and don't wear a bathing cap. And at Christmas, I've been known to put away more than one eggnog.

Rose (Betty White)

The bottom line is, in life, sometimes good things happen, sometimes bad things happen. But honey, if you don't take a chance, nothing happens.

Dorothy (Bea Arthur)



### 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**



**Officers:**

**President: Bob Goldberg**  
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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**

- March:** Seth Hernandez, ARRCM  
**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
- July:** TBA  
**Topic:**
- August:** Tessa Hulse  
**Topic:** "Snaccidents"
- September:** Dr. Nathan Funk  
**Topic:** Valvular Heart Disease
- October:** TBA  
**Topic:**
- November:** TBA  
**Topic:**
- December:** Holiday Celebration

**Visiting Report**

During the months of January and February there were 75 in person visits made with patients of heart surgery and their family members.



Search ID: bfm364  
"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"