



Spring/Summer Issue

WELCOME SPRING

May/June 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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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 Mended Hearts members. As I write this message, we're enjoying two days in a row of beautiful Springtime weather! So, has the Winter that wouldn't end actually, finally, really ended? I guess we'll just have to wait and see, but I bet that we're all ready for it!

At the most recent zoom meeting from our national office, it was announced that the World Heart Federation has given its Advocacy Award to The Mended Hearts, Inc. Quite an honor for our entire organization to be proud of. Additionally, there will be a national zoom meeting for The Mended Hearts to be held on Friday, June 23rd, at 4p.m. until 6p.m. Eastern Time, which equates to 1p.m. till 3p.m. our time here. All are invited to attend. Furthermore, also announced were the plans for a gathering in Washington, D.C., to be shared by The Womens Advocacy group, for the purpose of visiting selected Congresspeople to advocate for more recognition of, and funding for nationwide heart and women's issues. The dates are to be September 19th and 20th, and I believe that National is hoping that @150 of our members from chapters around the country will be able to attend. We'll have more detailed info available later into the Summer.

We enjoyed a good Chapter 137 meeting this past Tuesday, with some new faces in attendance, and we're hoping for more of the same going forward. Also, please mark your calendars and save the date for a Summer brunch to be held for our entire Chapter at the new Elmer's restaurant in Medford (located in the former McGrath's Fish House building), on Saturday, June 24th, at noon. This will be a no host, come as you are, indoor/outdoor fun Summer event for any and all of us, in place of an outdoor picnic this year. Come one, come all!

Our next Chapter 137 in person meeting will be held on Tuesday, May 16th, at 5:30 p.m., in the Carpenter Meeting Rooms, on the ground floor of our favorite hospital! I hope to see many of you there.

And last, but certainly not least, our most sincere and heartfelt congratulations to our own Debra and Mike Gary for being recognized and awarded as the Asante Volunteers of the Year for 2022! Well earned and richly deserved!

Happy Spring Everyone -- 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**.

What did they predict in the 1950s?

The 1950s were a different world than today, but to some, the future world was clear.

"Here is my prophecy: In its final development, the telephone will be carried about by the individual, perhaps as we carry a watch today," said Pacific Telephone and Telegraph Company director Mark R. Sullivan in 1953.

Remember how we had to be in front of the TV at the exact time the show was broadcast? Well, RCA's David Sarnoff knew that wouldn't last. In 1959, he predicted a television recorder and TV sets as thin as a picture frame. Right on both.

In 1958, a comic strip by Arthur Radebaugh ("Closer Than We Think!") predicted robot warehouses. In 2023, that's exactly what is happening throughout the world, led by mammoth retailer Amazon.

Before that, in 1948, Dr. Cleo Burnett predicted that we would one day put a radio on the wrist and by 1960, Bell Labs was predicted that TV could be on a watch. Both predictions have more or less come true with smart phones and smart watches.

In 1959, Parade magazine worried that the future would be so automated that people would struggle with boredom, as even cars would drive themselves. Given the kids' current fixation on devices, boredom isn't the problem -- but the self-driving car is here.



High Five\$ for Heroes

Donate in Honor of the Hero in Your Life

For the cost of a cup of coffee, you can help provide support and connection to a family that has a child in the hospital with congenital heart disease.

Each year about 40,000 babies (1 in 110) in the U.S. are born with a heart condition and nearly 25% of them will need to have surgery or a medical procedure to survive and often go on to have multiple surgeries and procedures throughout their lives. When these children and their families need support, Mended *Little Hearts*® is there.

Through our Bravery Bag program, our groups provide much more than just a bag; it's a lifeline to families in crisis. Bravery Bags are filled with toiletry items, comfort items, fun items, and educational resources that provide families with some of the things they may need during a hospital stay, but also let the family know they are not alone—that there are people out there who care about them and are there to support them.

Every dollar you donate in our High Five\$ for Heroes Fundraiser goes back to the MLH Bravery Bag program. Participating is easy - simply high five your favorite hero, donate \$5, and share the campaign with five friends!

You can donate by call 888-432-7899, mailing a check to the address below, or going to

<https://themendedhearts.harnessgiving.org/campaigns/9827>.

The Mended Hearts, Inc.

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Chapter Newsletter

Editor: Debbie Gary/

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Of mice and cheese...

We have always known that mice like cheese. In fact, Western civilization, from the time of the Romans, has known that mice like cheese. But it's not exactly true.



A house mouse will eat pretty much anything -- but do they have a preference? According to Live Science, mice prefer things with high protein and strong smells, like peanut butter. Drexel University biologist Megan Phifer-Rixey says the smelly mixture of protein and fat in peanut butter is a mouse's dream.

Still, the idea that mice love cheese is ancient. First century Roman philosopher Lucius Annaeus Seneca wrote about mice and cheese. But lots of references exist to recent times. The 1820 children's song, The Farmer in the Dell, contained the verse: The mouse takes the cheese; Hi-ho, the derry-o! And the pizza parlor for kids, Chuck E. Cheese, has a mouse right in the logo.

Quick Bean and Tuna Salad

Ingredients

1. 1/2 whole-grain baguette, torn into 2-inch pieces (about 1 cup)
2. 2 tablespoons olive oil
3. 1 can (16 ounces) cannellini beans, no salt added, drained and rinsed
4. 2 small dill pickles, cut into bite-size pieces (about 2 tablespoons)
5. 1 small red onion, thinly sliced (about 1/2 cup)
6. 2 tablespoons red wine vinegar
7. 1/4 teaspoon pepper
8. 1 can (7 ounces) water-packed tuna, no salt added, drained and rinsed
9. 2 tablespoons finely chopped fresh parsley

Directions

Heat broiler. Place the baguette pieces on a heavy cookie sheet and brush with 1 tablespoon of the oil. Place under broiler for about 1 to 2 minutes, until golden. Turn the bread pieces and broil for an additional 1 or 2 minutes.

In a large bowl, combine the remaining oil, beans, pickles, onion, vinegar and pepper. Fold in the broiled baguette pieces. Divide the mixture among four bowls and top with the tuna and parsley.

Your hearing: That snail in your ear is fragile

The ancient Greeks had lots of snails and knew exactly what they looked like. When early Greek doctors discovered a spiral-shaped cavity behind the middle ear, they called it a kokhlias, meaning snail.

Today, that part of your ear is called the cochlea (say coke-lee-a). When sound waves pass through its spirals, vibrations cause some 16,000 tiny hairs to send impulses to the brain. Problem is, if the hairs in that snail are destroyed, they're gone forever. They will never regenerate.

Noise damages the ears in two ways. A blast from a high-powered hunting rifle can rip apart the ear's inner tissues and leave scars that interfere with hearing. Damage can also develop slowly over decades because of noise-induced hearing loss, or NIHL. Any sound louder than 85 decibels (dB) can be tolerated for only a certain period of time without damage.

To calculate 85 dB, consider the sound of a vacuum cleaner. At a rating of 80 dB, there is virtually no limit on the amount of time you can hear it continuously without damage.

At 90 dB, the rating for most power lawn mowers, you could suffer hearing damage after 8 hours of continuous exposure. Other common sounds, their dB ratings, and time limits for safe exposure are:

- Power drill 100 2 hours
- Rock concert 120 7.5 minutes
- Jackhammer 130 3.8 minutes
- Gunshot 140 none
- Doctors at the League for the Hard of Hearing in New York City say this is how to preserve hearing:

* Wear earplugs when you are in a noisy environment. If you have to raise your voice to be heard when you are three feet away from someone, you need your earplugs. They reduce noise 20 to 30 dB.

* Give your ears a rest after several hours of noise. Avoid going from one loud event to another.



Device helps relieve pain

Chronic pain can make life miserable, but one relatively new treatment does offer some hope.

Dorsal root ganglion spinal cord stimulation (DRG) emerged as a chronic pain treatment around 2010. It's similar to peripheral nerve stimulation or spinal cord stimulation (SCS), which are often effective pain relief techniques, especially for large areas of pain.

DRG stimulation offers a more targeted pain relief to a specific area, such as a foot or hip. The stimulation doesn't change with activity. SCS patients often report that a change in body position can cause either tingling or a prickling sensation, but that doesn't happen with DRG.

With DRG, stimulators are surgically implanted near the spinal nerves at the dorsal root ganglion, which are clusters of sensory neurons. According to Penn State Health, these nerves regulate sensations that travel from the spinal column to the brain. Each DRG is associated with different areas of the body.

Electrical leads are placed over the DRG. They connect to a pulse generator implanted in the low back or upper buttock. Patients go home with a remote controller that can switch between stimulation settings, according to Neuromodulation.

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
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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

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

June: Gathering at Elmers - No Meeting

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

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 March and April there were 70 in person visits made with patients of heart surgery and their family members.

