



Fall Issue

Fall has Arrived

November/December 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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Spotlight on Bill Newell

Bill and Janiece moved to Medford in 1966 when he was transferred to the Medford Shopping Center, Newberry’s store and later managed the downtown store. In 1970’s Bill joined J.C. Penney’s in Medford. In 1977 Bill and Janiece purchased and operated Knits Imported in the Medford Shopping Center and later started Fashion Plus.

In the mid-80’s Bill decided to leave retail and became an investment advisor, as well as an insurance agent and tax preparer. He was a member of Oregon Association of Tax Consultants for 23 years and served as a vice president for the state and the local chapter. Bill volunteered with AARP preparing taxes for low-income seniors. He was charter president of Quail Point Rotary and was in Rotary for 10 years, and is a Paul Harris Fellow. *(Paul Harris was a Chicago, Illinois, attorney best known for founding Rotary International in 1905, a service organization that currently has well over one million members worldwide.*

Bill says that after his second by-pass surgery, he retired from business and now is just involved with activities he enjoys.

In 1986 after Bill’s first by-pass surgery, he had a 2nd bypass in 2002; he started volunteering with Mended Hearts and their hospital-visiting program. On January 27, 2015 Bill received his 3rd pacemaker/defibrillator.

Bill and Janiece believe in giving back. They have been volunteers with: Marriage Encounter, 28 years; Dogs for the Deaf, 10 years; Providence Festival of Trees, 7 years; Medford Jazz Festival, 6 years; and Craterian Ginger Rogers Theater. Bill has been involved with Greeters and Chamber Ambassadors for 13 years. He has served on the Board at the Medford Senior Center and was President for one year. Bill was a certified Medicare advisor and provided free Medicare counseling for various Medicare insurance plans.

Bill has been a dedicated and active member of Mended Hearts of Southern Oregon with Bill serving as President on two separate occasions. We thank him for taking on that responsibility.

Bill Newell passed away on Friday October 20, 2023 at Celia’s Hospice House. Bill wished to be cremated and his ashes scattered in an area where he enjoyed deer hunting several years ago.

No services are planned.

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.**

The science behind the power of sleep

In the bustle of modern life, sleep often takes a back seat to the demands of work and family. However, a growing body of scientific research underscores the importance of getting enough sleep.

Research reveals that sleep is more than just a passive state of rest; it's a complex process that rejuvenates the body and mind. Adequate sleep is essential for optimal cognitive function, memory consolidation, and emotional well-being.

Cognitive sharpness: A study published in the journal *Sleep* found that individuals who consistently slept between seven and nine hours displayed better cognitive performance, including improved attention, problem-solving, and decision-making skills.

Heart health: Research in the *European Heart Journal* discovered a clear link between lack of sleep and an increased risk of cardiovascular diseases. Regular high-quality sleep contributes to healthier blood pressure and overall heart health.

Mental health: A comprehensive study published in *JAMA Psychiatry* highlighted the complex relationship between sleep and mental health. Individuals who get sufficient sleep are less likely to suffer from mood disorders, depression, and anxiety.

Physical recovery: The *Journal of Applied Physiology* reported that sleep plays a pivotal role in muscle recovery and growth. During deep sleep stages, the body releases growth hormone that aids in cellular repair and overall physical revitalization.

On the flip side, consistent sleep deprivation has been linked to accelerated cognitive decline, impaired immunity, weight gain and emotional instability.



Avoid age-related macular degeneration

Although age-related macular degeneration (AMD) is the leading cause of blindness in people age 65 and over, ophthalmologists have found that the first stages begin earlier in life.

There are two types of AMD -- wet and dry. Dry AMD is caused by a breakdown of light-sensitive cells in the center of the retina. Wet AMD is triggered by the growth of abnormal blood vessels under the macula that can leak blood and fluid and damage the macula.

According to studies reported in the *Archives of Ophthalmology*, getting adequate amounts of vitamin D and fish can help prevent AMD or slow its progress. In these studies, people who ate more than two four-ounce servings of broiled fish per week, or one four-ounce serving of baked or broiled fish, were more than 40 percent less likely to develop advanced AMD. The same was true for those who had high levels of vitamin D in their blood. You are at greater risk for AMD if you smoke, have high blood pressure, and eat a diet high in saturated fat.

About 11 million people in the United States alone suffer from AMD, with the numbers projected to rise to nearly 22 million by 2050.



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**VERSATILE FIBER**

Learn more about TENCEL, a soft material created from wood

You might have noticed TENCEL™, made by Lenzing, cropping up as a component in many products. It can be used in disposable products—such as baby wipes—and also in clothing. What is TENCEL, and why use it.

TENCEL is a versatile fiber that can be used to make a variety of items, from baby wipes and cleansing towelettes to clothing and bedsheets.

Unlike synthetic materials and plastics, this fiber is created from sustainable natural resources and starts as a plant—in this case, a tree. “TENCEL fibers are wood-based fibers that are sourced from certified forest,” says Tom Carlyle, a commercial manager for Lenzing. Pulp derived from wood contains cellulose, a naturally occurring material that all plants create using the photosynthesis process. The wood pulp is used to produce the TENCEL fibers, which can then be made into a base for both non-woven disposable materials and reusable textile fabrics. TENCEL is incredibly soft, breathable and cool to the touch, making it an excellent material for clothing and any other products that come into contact with the skin. It’s also resistant to bacterial growth.

TENCEL fibers are fully biodegradable in soil, fresh water, and seawater, meaning they will break down completely after 42 to 65 days. When composted properly it creates a sustainable life cycle of the item. In contrast, waste from plastic products won’t decompose for 20 to 500 years, according to the United Nations website. Because TENCEL is harvested from wood, a renewable resource, and is used to create products that are biodegradable, the patented production process results in what Lenzing describes as a closed-loop system with a low environmental impact.

Costco Connection—September 2023

PECAN PIE BROWNIES**INGREDIENTS**6 ounces **semi-sweet chocolate**, *coarsely chopped* (or 1 cup chocolate chips) $\frac{1}{2}$ cup **butter**, *unsalted* $\frac{1}{2}$ cup **granulated sugar** $\frac{1}{2}$ cup **brown sugar**3 large **eggs**1 teaspoon **vanilla extract** $\frac{1}{2}$ cup **all-purpose flour** $\frac{1}{4}$ cup **cocoa powder****For the pecan pie topping** $\frac{1}{2}$ cup **brown sugar**, *packed*2 tablespoons **maple syrup**2 tablespoons **butter**, *melted*1 large **egg**1 teaspoon **vanilla extract** $\frac{1}{4}$ teaspoon **salt**1 cup **pecans**, *coarsely chopped* $\frac{1}{2}$ cup **pecans**, *whole*

1. Preheat the oven to 350°F. Grease a 9-inch square baking pan and line it with parchment paper so that it hangs over two sides to make it easy to lift the brownies out of the pan when baked.

2. Melt the chocolate with butter in a medium heatproof bowl over a pan of simmering water. Make sure the bottom of the bowl does not touch the water, or you will burn the chocolate. Whisk until melted and smooth. Remove from heat and add sugars into the chocolate mixture and whisk until completely combined. Let the chocolate mixture cool for a few minutes.

3. Add in eggs and vanilla, and beat with a hand mixer on medium speed for 2 minutes.

4. Add in flour, cocoa powder, and salt and fold together using a large silicone spatula until just combined. Transfer the thick batter into the prepared baking pan.

5. Bake for 20 minutes. The brownies won’t be fully cooked but the top should start to set. If the brownies look completely wet and raw, bake for 5 minutes or until it starts to set.

While the brownie base is baking, prepare the pecan pie topping.

1. In a large mixing bowl, whisk together brown sugar, maple syrup, melted butter, egg, vanilla, and salt until smooth and combined. Stir in the whole and chopped pecans until coated.

2. Pour the topping over the baked brownie immediately once the brownie is removed from the oven and is still hot. Return the baking pan back into the oven and bake for another 15-20 minutes until the topping has set (it may jiggle a little with no liquid visible in the topping).

3. Allow the pecan pie brownies to cool completely in the pan on a wire cooling rack. Once cooled, you can place the brownies in the refrigerator for 1-2 hours for easier slicing, if you prefer. Once cooled completely, easily lift it out of the pan using the parchment paper overhang. Then, slice into 16 squares and serve.

www.aheadofthyme.com/pecan-pe-brownies

EVEN COMMON FOODS CAN **BOOST YOUR MOOD**

By Tonisha Melvin

If you've been wrestling with life in a post-COVID era, you're not alone. Many people are struggling to achieve good mental health. Diet can be a key factor in getting results.

We already consume common foods that can make a major difference in our mental well-being. Dark leafy greens, salmon, eggs, turkey, lentils, chia seeds, bell peppers, avocados, sweet potatoes, chocolate and almonds offer great benefits.

Dark, leafy greens can boost your brain function, add vitamin B and iron, and help balance your blood sugar levels. Salmon is a great source of omega-3 fatty acid, which has anti-inflammatory properties. It can also help decrease symptoms of depression and anxiety and improve brain function.

Eggs are full of amino acids, omega-3 fatty acids, zinc, and magnesium, which can improve anxiety levels. They also have choline, which is helpful in strengthening neurotransmitters that can improve your mood.

Turkey contains tryptophan which helps to increase natural serotonin levels in the brain. This neurotransmitter is responsible for the regulation of your mood and hunger.

Lentils are a good, nutrient-rich food that help to stabilize serotonin levels and provide a balance of carbohydrates, protein, fiber, iron and vitamin B6. Lentils can also help control blood sugar levels.

Chia seeds have helpful omega-3 fatty acids and also provide protein, fiber, calcium, iron and magnesium. Bell peppers are a great source of the antioxidant vitamin C. This nutrient can help neurotransmitters function better and improve your cognition. Sweet potatoes are rich in vitamin B6, which helps boost serotonin levels, and they also contain fiber. Avocados are rich in fiber and vitamins B6, B5, E and C. They help to strengthen neurotransmitters in the brain. Almonds contain protein, fiber, magnesium, and vitamin E.

Last, but certainly not least, chocolate helps boost your endorphin levels, which helps to improve your mood and cognition.

If you're pressed for time to cook, get creative. You can use turkey, veggies, and avocados to make a sandwich. Combine leafy greens with fruit of your choice to make a smoothie.

With these great options, your path to greater mental health can be tasty and fun.

PHI KAPPA PHI FORUM - Fall 2023

Tomato & Ricotta Toast

Ingredients

- 1 Cup fat-free ricotta cheese
- 2 Tablespoons chopped green onions, chives or red onion
- 3/4 Teaspoon dried Italian seasoning, crumbled
- 4 Slices whole-grain or whole-wheat bread (lowest sodium available), toasted
- 2-3 Medium tomatoes, thickly sliced

Directions

1. In a small bowl, using a spoon or spatula, stir together the ricotta cheese, green onions, Italian seasoning, and pepper.
2. Spread 1/4 cup of the ricotta mixture over each slice of **toast**. Top with tomato slices.



Recipe borrowed from <https://recipes.heart.org/en/recipes/tomato--ricotta-toast>

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 have begun 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

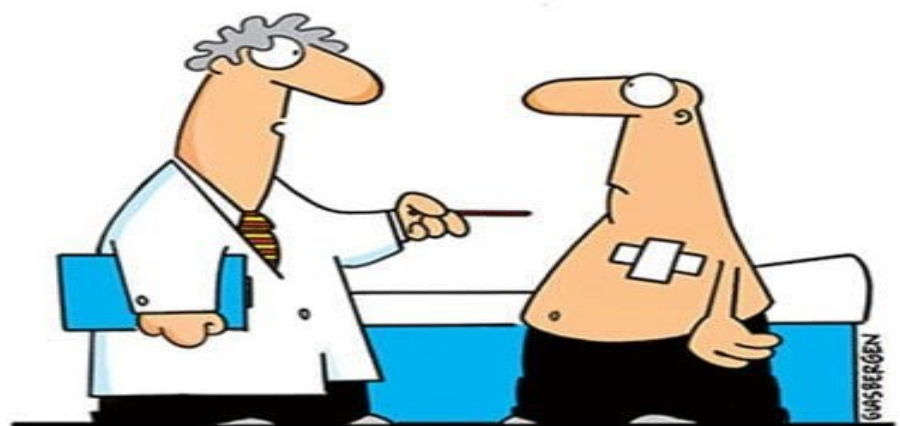
Future Meetings/Education

**November: Tessa Hulse, ARMMC Health
Topic: "Snaccidents"**

December: Holiday Celebration

Visiting Report

During the months of September and October there were 85 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center



**"It's a pacemaker for your heart.
Plus, you can download apps for your liver,
kidneys, lungs, and pancreas!"**