



Summer/Fall Issue

# FALL IS COMING

September/October 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.**

**Inside this issue:**

President’s Message	1
When a loved one gets scammed	2
MH World of Support	2
Four-herb Parisian Carrot Salad	3
Credit Scores & Seniors	3
Avoid the Burn	4
Tried & True and Skin Exams	4
Membership	4
Rabbit Rabbit	5
Future Meetings	5
Chapter Officers	5
Visiting Report	5

## President’s Message

Greetings Chapter 137 members. Hoping this newsletter finds you all well. Quite a month of August we’ve had. After having cancelled our August meeting because of the extreme heat we had a few weeks ago, now we’re all dealing with dangerous wildfire soke. Welcome to the “new normal” in our beautiful Rogue River Valley! Caution is the watchword for we who are vulnerable, and N95 masks are once again appropriate when we’re outside, until the Air Quality Index (AQI) drops back down to at least the Moderate range.

The Mended Hearts, Inc. National Headquarters has now launched their annual World of Support fundraising drive, with the mission of raising funds to support all the Mended Hearts, Mended Young Hearts and Mended Little Hearts programs ongoing nationwide. More specific info about the fundraiser will be available.

“Save the Date”: our next social get together will be held on Saturday, September 16th at 12 noon at Punky’s Diner in Medford, located on the backside of the Medford Center. This will be another informal, no host, brunch get together to renew friendships, share stories and celebrate the coming of Fall. Please RSVP to any one of our Chapter Officers so that we can let Punky’s know how many to expect. It should be another fun gathering.

Our next in-person Chapter meeting will be on Tuesday, September 19th at 5:30 p.m. in the Carpenter Room, ground floor, Asante Rogue Regional Medical Center (our regular meeting space). We hope to see you there.

In the meantime, please take good care of yourselves, be very mindful of the fire smoke and stay well.

Respectfully,

Bob Goldberg

### 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 **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.

## When a Loved One Gets Scammed

### Here's How you can help

by Sari Harrar

Christine Coady's mother-in-law was terrified when she got the call that her grandson had been in a car crash that injured an undercover police officer. She quickly mailed envelopes filled with cash and sent more money via wire transfers for what she was told was bail, hospital bills, even a wheel chair ramp for the cop's house. Sadly, it was a scam that ended up costing her \$90,000.00.

She'd been told to keep quiet, but her family realized something was wrong when she kept texting her grandson to ask if he was OK. "Her biggest regret is believing that need for secrecy", says Coady, 62, who volunteers with the AARP Fraud Watch Network. "I've learned that many victims carry shame and embarrassment on their own, not telling anybody."

Supporting an aging loved one during or after a scam can break through their isolation, bolster their mental health, protect their assets and perhaps even lower their risk for future fraud, says Marti DeLiema, a University of Minnesota-Twin Cities gerontologist who studies financial scams and older adults. Too often, relatives blame the person who experienced the scam, try to take over or withdraw in frustration, she says.

"The emotional impact of fraud is significant, especially when somebody has lost a lot," says Kathy Stokes, director of fraud prevention programs with AARP. "When the family is supportive, it makes a fundamental difference."

Fraud experts say these strategies can help you support a victimized loved one:

**Skip Blame and shame**—One in three Americans think scam victims are largely responsible for their fate, according to AARP survey data. Victim blaming could make your parent clam up instead of telling you their story and letting you help. Best strategy: "Think about it as not something Mom & Dad did wrong, but about their intent," Stokes says. "They were trying to help out a relative (grandparent scam) or accumulate money they could pass on as generational wealth (lottery scam)."

**Listen with compassion**—In a 2017 study from the Stanford Longevity Center, older people felt embarrassed, angry, violated, confused and even suicidal for falling victim to scams. Best Strategy: Don't begin the conversation on the offensive with "Come on. This is obviously a scam. What are you doing?", suggests Kim Casci-Palangio, director of a peer support program for romance scam survivors with the Cybercrime Support Network. "Gain trust and learn more by asking open-ended questions and listening," she says.

**Understand their fears about opening up**—Just 52 percent of older scam victims told family or friends about the fraud, according to DeLiema's study. Embarrassment is one reason; older women and men worry they'll lose their financial independence and the freedom to use their phone, email and social media if well-meaning adult children take over. Best Strategy: Bolster financial protections setting up new phone numbers, email addresses or tighter social media privacy settings. Ask about adding yourself or another close relative as the "trusted contact person" the Consumer Financial Protection Bureau recommends. Upgrade your own protections and talk about what you discover, Casci-Palangio suggests. "I guarantee that by assisting their loved one, they'll uncover safety measures they didn't know about or hadn't implemented yet themselves."

**Help out with reporting-and explain why it matters**—Fifteen percent or less of scam victims reported the crime to their bank, credit card company, law enforcement or a consumer protection agency, DeLiema's research found. "In general, victims feel better when they've made a report," Casci-Palangio says. "But there are all kinds of barriers, including shame, not knowing where to report or going to local law enforcement and hearing there's not much they can do." Better Strategy: Offer to help with reporting to financial institutions, police, consumer protection groups and government agencies. Be honest about the outcome, Casci-Palangio says. Victims may not recover their financial losses, but their information could help uncover a fraud trend in time to warn others.

Registration for MHI's World of Support Fundraiser is now open! The money raised through this fundraiser will help pay for things like Heartbeat® Magazine, accredited visitor training, chapter and group registrations, the printing and shipping of educational materials, and much more. MHI National does not receive sponsor funding to provide these vital programs, materials and services, so they depend on community fundraising to keep these programs running.

In this year's World of Support: Hearts Around the World Fundraiser and Virtual Race, participants can contribute by donating and or registering for the event. If you choose to register, you'll pick a distance and then you'll have one month to complete that chosen distance in a way that works for you. The virtual race starts on September 29th, World Heart Day, and ends on October 29, but chapters, groups and members can fundraise and donate through October 29.

If you would like to donate to this important fundraiser, but you would prefer to do it over the phone or through check, you can call 888-432-7899 or mail a donation to The Mended Hearts, Inc. at 1579 US Highway 19, Leesburg, GA 31763 USA. Just be sure to put "World of Support donation" somewhere on the check.

Please use the link provided to donate and/or register for WOS [www.mendedhearts.org](http://www.mendedhearts.org)



**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

**Four-Herb Parisian Carrot Salad**

1 lb Baby Carrots  
 1/4 cup fresh dill, chopped  
 1/4 cup fresh oregano, chopped  
 3 Tbsp Lemon juice  
 2 Tbsp olive oil  
 1 Tbsp sugar  
 1 Tbsp fresh thyme, chopped  
 1 tsp dried tarragon  
 1 tsp lemon peel  
 1 head of romaine lettuce

Place carrots in a saucepan of boiling water. Return to boil; cook 5 minutes or until tender-crisp. Drain and rinse the carrots under cold running water. Combine the carrots with all ingredients except lettuce; toss well for 2 minutes to bruise the herbs and bring out the flavors. Cover and chill. To serve, plate the mixture over romaine leaves or toss together in a salad bowl. Makes 4 servings.

August 2023—*Costco Connection*

**Credit scores still affect seniors**

As people approach retirement, they often enjoy the best credit scores of their lives, given their long credit histories, and lower debt. But after retirement, scores can slip, even if they have a perfect payment record.

Living on a fixed income isn't the problem, since credit scores do not take income into consideration. What the scores do calculate is credit activity. When you retire, you are less likely to apply for a mortgage or use credit cards, and this can cause your score to take a dip.

According to *The Wall Street Journal*, credit scores are still important to retirees. Scores are used for premiums on insurance and health care, for apartment rentals, assisted living. So you want to keep your score as high as possible -- at least within the crucial 660-780 range.

The way to do that is to use credit cards and pay the balance in full at the end of each month. Going in debt is rarely an option on a fixed income, since rising interest rates can quickly make it unmanageable. But using a credit card -- and paying it off at the end of the month -- may help keep your score high. Never close old accounts, even inactive ones. Consider taking an auto loan, even if you can pay for the car in cash. You might pay it off early, if there is no penalty, but the loan could boost your mix of credit and therefore improve your score.



## Avoid the Burn

Help boost your body's natural sun protection factor through your diet

By Hillary Sachs

The sun's power gives energy to all living things. It increases our Vitamin D levels and helps maintain proper circadian rhythms and cortisol levels. However, exposure to its UV rays is the primary cause of skin cancer. Most skin care experts agree the sunscreen and sun-protective gear are the best ways to minimize UV damage while in direct sunlight. You can also help protect your skin from the inside, as including certain foods in your diet may also increase your body's natural sun protection factor (SPF). Here's a look.

**Carotenoids:** give foods their orange, yellow and red colors. Think carrots, pumpkin, squash, pears, peppers and even egg yolks. There is evidence that carotenoids may help alleviate UVA skin damage and provide skin protection from the sun. Dietary sources-like those mentioned- are recommended. According to an article published in *Photochemical & Photobiological Sciences*, even just a half-cup of carotenoid-rich foods per day can make a difference in your skin's natural ability to protect itself from the sun. Note: When you eat carotenoid-rich foods, you absorb more of the phytochemical through cooked foods-like tomato paste, tomato sauce, cooked carrots, etc. -rather than through raw sources.

**Lycopene:** is a carotenoid that gives many fruits and vegetables their red color. Think watermelon, tomatoes, grapefruits, guavas, papayas and red peppers. Lycopene is touted for many health benefits, including protection against prostate cancer, but few realize that it also may increase the body's natural SPF and protect against oxidative damage caused by the sun. In a 12-week study, daily intake of 8 to 16 milligrams (mg) of lycopene, from either food (there is about 8 mg of lycopene in 1 cup of cooked tomatoes, according to a study from Rutgers) or supplements, helped reduce the intensity of skin redness following exposure to UV rays by 40% to 50%. A 2011 study published in the *Journal of Nanobiotechnology* found that a combination of lycopene and propolis (a substance derived from beeswax and resins and waxes from tree buds, and touted for its health benefits) applied topically improved the skin's ability to block UV rays. Note: Lycopene is fat soluble, so it needs to be eaten with a source of fat to absorb it.

**Resveratrol:** the polyphenol found in red grapes, has been cited by several studies as increasing the body's SPF. In a small human study published in 2022, it was found that one-third of all volunteers had greater resistance to UV radiation after consuming a grape powder equivalent to three servings of grapes (about 2 1/4 cups) per day for two weeks. The mechanism is still being explored; it may have to do with changes to the microbiome and activation of certain genes.

August 2023—Costco Connection

### Tried & True

While increasing consumption of foods that can boost your natural SPF can be helpful, nothing can take the place of formal skin protection.

Wear clothing that protects as much skin as possible, a wide-brimmed hat and sunglasses.

Limit direct sun exposure during midday, between the hours of 10 a.m. and 4 p.m.

Wear broad-spectrum sunscreen that provides protection against both UVA and UVB rays, with an SPF of at least 30. Reapply as directed.

Avoid tanning beds and sunlamps.

### Perform skin self-exams

Think "ABCDE" to remind yourself what to look for:

**Asymmetry,** If the shape of one half doesn't match the other half

**Border,** Irregular, ragged, notched or blurred edges

**Color,** Areas of uneven coloring - black, brown, tan, white, gray, red, pink or blue

**Diameter,** a change in size

**Evolving,** a mole that has changed over a few weeks or months

*In addition, get an annual skin exam and take vitamin D through supplements*

### 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 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**

- September: Dr. Nathan Funk**  
**Topic: Valvular Heart Disease**
- October: Shane Vanhandel, ARRCM Pharmacy**  
**Topic: Review Heart Medications**
- November: Tessa Hulse, ARRCM Health**  
**Topic: "Snaccidents"**
- December: Holiday Celebration**

**Visiting Report**

During the months of July and August there were 83 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center

**Call a rabbit for luck!**

According to one funny tradition, if you say "Rabbit Rabbit" on the first day of the month before you say anything else, you'll have good luck. You can also say "Bunny Bunny."

As with most superstitions, we can only guess at how the Rabbit Rabbit habit took hold. It was common up to even the 1940s. British pilots who repelled the Luftwaffe in World War II said it. President Franklin Delano Roosevelt claimed to invoke the rabbit. Even Gilda Radner, comedian on Saturday Night Live, claimed to say it.

The first written record of the practice comes from 1909, according to the Farmers' Almanac.

