



Summer Issue

Hello Summer—Happy 4th of July

July/August 2024

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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The miracle activity that makes you stronger and happier

Here's a way to make yourself a little stronger, improve your heart health, boost your mood and thinking power, and provide a little adventure: E-bikes. That's right, electric bikes, or e-bikes. Those are pedal bikes fitted with a motor. There are also adult trikes that can be fitted with a motor. According to a 2019 study from the UK, e-bikes might actually provide older adults with more physical and mental benefits than conventional bikes. A group of 100 older adults, ages 50 to 83, participated in the study. Half of the group rode conventional bikes, while the other half rode e-bikes. Each participant had to ride at least three times a week for thirty minutes.



The e-bike riders showed similar or greater benefits than the pedal cyclists. Researchers concluded that the benefits come from both physical activity and engagement with the outdoor environment. E-bike riders could stay out longer and go more places, for one thing. You might be wondering whether you can really work your muscles with an electric-powered bicycle. According to National Geographic, most riders use a low pedal assist power setting. Riders are pedaling, but not quite as hard -- which helps them cash in on a host of benefits. E-bike riders spend more time on their bikes and studies show they have reduced stress, improved sleep, and are generally happier. E-bike clubs also provide companionship on bike paths and trails. E-bikes are available with a wide range of configurations and price points. You can buy an e-trike, such as the Liberty Trike, for about \$2,000. This very small foldable adult trike holds riders up to 300 pounds and can be used in some public places as a mobility device. Other bikes and trikes can retail from \$2,000 to as much as \$13,000. Generally speaking, lighter bikes come with higher price tags.

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 your bones would tell you

If your bones could talk, they would first explain that they are living things and become stronger with the right nutrients and exercise.

Until age 20 -- and sometimes all the way to 30 -- bone mass accumulates and grows, peaking in the third decade of life. After that, your bones would say it's up to you to keep them strong. If you don't, bone mass will decrease, year by year, for the rest of your life.

No matter your age, regular weight-bearing exercise can prevent bone loss and make your bones stronger. They include walking and exercising with hand weights.

Calcium and vitamin D are also important factors in bone strength. Adults generally should aim for at least 1,000 milligrams of calcium a day. Add 1,000 International Units of vitamin D from food or supplements. You can't absorb calcium without vitamin D.

Your spine would also have a lot to say, especially when it's hurting. It would tell you that its natural curve is a figure 8. As far as the upper back is concerned, your posture is important. If you stand round-shouldered and let your stomach sag, the upper back pays a price.

When the lower back feels tight and painful, other parts of the body might be responsible. The American Physical Therapy Association says almost all thigh muscles are attached to the pelvis, which interlocks with the spine. If thigh muscles don't keep the pelvis stabilized, the spine is prone to shifting. Lower back muscles are forced to compensate, and the overwork can cause pain.

Stretching and strengthening thigh and hip flexor muscles can help to keep the spine in shape and pain-free.

You can take control of your brain health

A study from the U.K. has some surprising results: You can do something to take care of your brain, and you can do it today.

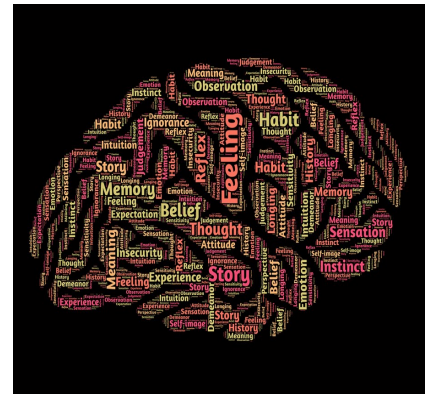
In the landmark study, published in JAMA Neurology, researchers found 15 risk factors for early-onset dementia in people under age 65. While some of the factors are genetic, other factors are within the power of an individual to change. That may be especially important for people whose family history includes dementia.

Diet: A Mediterranean-style diet with fish and omega-3 fatty acids, which forms the frames of cell membranes. You find the most omega-3s in herring, sardines, mackerel, salmon, halibut and tuna.

Consistent exercise: At least two to three workouts per week with training for strength, balance, cardio and stretching.

Active social life: The brain thrives on stimulation. Interact with other people as much as you can throughout your life. Social isolation is a major factor in dementia.

Wear hearing aids: Hearing loss is the most impactful risk factor for dementia. It is part of socialization. If you need hearing aids, you should wear them.



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Board Members

Carolyn Callahan

Jeff Roberts

Michelle Christensen

Chairpersons**Visiting:** Mike Gary**Community Outreach:**

Vacant

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

Why you need more vitamin C

Even if you have a glass of orange juice and take a multivitamin every day, you might still need more vitamin C.



Here's why:

1. Low vitamin C is very common. One in three Americans has low blood levels of C. Researchers at Arizona State University think one reason is that foods don't contain as much vitamin C as we think. For example, orange juice in ready-to-drink cartons has far less C than juice from frozen concentrate.
2. The recommended daily allowance (RDA) for vitamin C is too low. C is an antioxidant superpower that neutralizes free radicals that are associated with cancer, heart disease, cataracts, and other conditions. According to physicians writing for Prevention, 500 to 1,000 mg of vitamin C per day are needed to saturate blood and tissue. Current RDA levels are 90 for men and 75 for women.
3. If you have diabetes, extra vitamin C is recommended. People with diabetes have high levels of oxidative stress, which can lead to blindness, nerve damage, and heart disease. Vitamin C helps to counter these effects. If you take supplements, be sure to tell your doctor.

The safe upper limit for vitamin C taken daily is 2,000 mg. Higher doses can cause diarrhea or stomach upset.

Know the ABCs of CPR

If you've never taken a course in cardiopulmonary resuscitation (better known as CPR), these simple instructions could help you save a life. If you have taken a CPR course, refresh your skills with this guide from the American Heart Association.

A: Airway. If the person is not responsive, call 911 first. If there are no head or neck injuries, gently tilt the head back by lifting the chin with one hand and pushing down on the forehead with the other.

B: Breaths. If the person is not breathing normally, give two rescue breaths. Keep the head tilted back, pinch the nose closed, and place your mouth around their mouth. Blow two slow, full breaths (about two seconds each), while watching to see that the chest rises with each breath. After giving two breaths, check for signs of circulation such as breathing, coughing, movement, or responsiveness to gentle shaking. Place your ear near the mouth to listen for breathing.

C: Chest compressions. If no circulation is detected, begin chest compressions. Place the heel of one hand in the center of the chest (between the nipples), with the heel of the second hand on top. Position your body directly over your hands, elbows locked. Perform 15 compressions, pushing the breastbone down about two inches with each thrust and allowing the chest to return to normal between compressions. Use the full weight of your body.

Repeat the procedure three times.



Skillet Ham Hash

Ingredients

- 2 tsp. olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup lower-sodium, low-fat, diced ham (about 4 ounces), all visible fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes, thawed
- 1/2 tsp. salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper



Calories 205 Per Serving

Protein 9g Per Serving

Fiber 5g Per Serving

Recipe borrowed from <https://recipes.heart.org/en/recipes/skillet-ham-hash>

Directions

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until the onion is soft and the bell pepper is tender, stirring occasionally. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally.
2. Stir in the hash browns and seasoning blend. Cook without stirring for 4 minutes, or until the bottom is golden brown. Stir (the golden-brown pieces will be redistributed). Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through.
3. Stir in the parsley, salt, and pepper

Become a Monthly MHI Donor

We understand that making one-time, large donations isn't always an option for people, so we've made it easier to support MHI with our monthly donation program. If you donated \$10 a month for a year (the price of two or three cups of coffee) you could help us provide valuable materials and resources to the community, patient, families, chapters and groups. Many of the programs that people find most important - visitor training, database support, staff support, and Bravery Bags - are supported by donations that are made by community members like you. Please consider monthly donation today!



SCAN ME

<https://mendedhearts.org/#donate>

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**



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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.

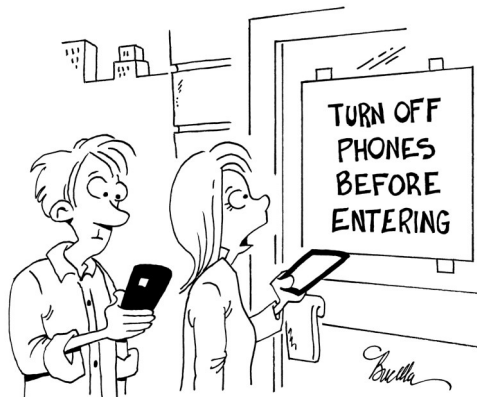
If you wish to continue attending our monthly meetings on line please make sure your email address is on file by emailing Debbie Gary at preschoolteach345@yahoo.com

Future Meetings/Education

July: Paula Prince, Providence
Topic: Lie After a Stroke

August: Cassie Rose, Community Volunteer Network
Topic: Volunteer Opportunities

Sept.: Cariann Gebhard, Mercy Flights
Topic: Tour of New Facility



"Really? They can be turned off?"

Visiting Report

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

GRANTS PASS MEETINGS

Mended Hearts monthly meetings are now being held in **Grants Pass on the third Wednesday of each month at 3:00 p.m.** The meeting is being held at Three Rivers Cardiac Rehab.

Any questions, please contact us at MHS0137@gmail.com