



Winter/Spring Issue

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
Monthly Meeting Changes	1
The importance of Calcium	2
Understanding CV Disease in women	2
Good to the Bone	3
Omelet Waffles	4
Model of Health	4
Membership	4
Grants Pass Monthly Meetings	5
Chapter Officers	5
Visiting Report	5

MONTHLY MEETING UPDATE

Beginning March 2024 our monthly meeting will return to 5:30 p.m. We will continue to meet at Rogue Regional Medical Center in the Carpenter Room on the ground floor.

March/April 2024

President’s Message

Greetings to all members of Chapter 137 of Mended Hearts of Southern Oregon. We hope this newsletter finds you well, and enjoying the Springlike weather that we’ve had recently. As February ends and March begins, it’ll be most interesting to see what we get next!

It’s certainly been an interesting time for Asante as well as for the Mended Hearts. The opening of the new Asante Pavilion has been a long awaited triumph for everyone connected to the project in whatever manner. And a wonderful addition for any and all in our community who might require cardiac care. A marvel and a blessing, I believe.

On Valentine’s day, we participated with the Cardiac Rehab team at Asante in recognition of Heart Month. It was a well attended event by many who have graduated from that program, and we were able to re-introduce our Mended Hearts chapter to them. We hope to see some more new members as well.

At our most recent in person chapter meeting, we had an excellent presentation of the intricacies and advantages of Hospice care, if that program should become necessary; hopefully not for a long time yet for any of us! And our next in person chapter meeting in March promises to be very interesting also; we'll have a group of Paramedic/Firefighters from Jackson County Fire District 5 demonstrating the use of the newest heart defibrillator/monitors now in use for cardiac emergency rescue situations. We hope that as many of you as possible will be able to attend on Tuesday, March 19th at 5:30 p.m. in the Carpenter Room of ARMMC.—what we might now call the older building.

Finally, I want to leave you all with an excerpt of a Guest Column article that appeared in the February 17th issue of our newest local newspaper; The Rogue Valley Times. This opinion piece, written and signed by 20 of the Southern Oregon Cardiology physicians that we all know and care about, addresses the most recent issues surrounding Dr. Charles Carmeci, the Chief of Cardiothoracic Surgery at Asante. It is an excellent article, it should be required reading, and it expresses the cardiology doctors unequivocal support for Dr. Carmeci. These are the closing sentences:

“Dr. Carmeci is a compassionate, talented, and innovative cardiothoracic surgeon. There are many good cardiovascular surgeons in the country because the rigorous training demands it. There are, however, only a few really great surgeons, and Dr. Carmeci clearly falls into this latter category. The most telling recommendation is that we-the oldest and largest cardiology group in Southern Oregon-would choose to have him care for us and our families. He deserves our support and gratitude.” “Nuff said”. Please take good care of yourselves and each other, stay well, and I’ll look forward to seeing you at our next meeting in March.

Respectfully yours,

Bob Goldberg, President—Chapter 137, Mended Hearts of Southern Oregon

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**.

In the Know

Understanding cardiovascular disease in women

The American Heart Association says cardiovascular (CV) disease is the top killer of women, causing 1 in 3 deaths annually. Studies show that women often ignore symptoms due to denial or embarrassment, or are misdiagnosed with a mental health problem. Women must be in the know about how to reduce risk factors, recognize symptoms and when to seek treatment. When in doubt, ask your healthcare provider.

Reduce Risk Factors

Women can reduce risk of CV disease by managing stress, checking for and, if needed, treating high blood pressure, diabetes and high cholesterol; quitting smoking, exercising as able; maintain a healthy diet and weight; and limiting alcohol use.



Common CV disease and symptoms

Coronary artery disease is caused by the narrowing or blockage of arteries and can lead to a heart attack or stroke. Symptoms of a heart attack may include chest, jaw, upper back, or, neck pain; indigestion, nausea or vomiting; extreme fatigue; dizziness; or shortness of breath.

Stroke

May be due to a blocked artery or leaking or bursting of a blood vessel. Symptoms may include numbness or weakness in face, arm or leg; trouble with speech, vision, walking or coordination; and severe headache. General weakness; disorientation and confusion or memory problems; fatigue; nausea; or vomiting may also occur.

Arrhythmias

Cause the heart to beat too slowly, too quickly or in an irregular way. Symptoms may be fatigue, lightheadedness, fainting or pounding in the chest, or sweating. Collapse or sudden cardiac arrest may occur in severe cases.

Heart Failure

Results when the heart is too weak to supply enough blood to support the other organs in your body. Symptoms may include shortness of breath. Fatigue or swelling of the feet, ankles, legs, abdomen or neck veins.

When to call 911

Call 911 and get to a hospital if you have the following symptoms even if they resolve. A heart attack may cause chest pain, pressure or squeezing, or discomfort in the upper body, shortness of breath; breaking out in a cold sweat, nausea; or lightheadedness. A stroke can cause face drooping, arm weakness, walking and speech difficulties. Acting fast can save lives—LRB

By—Linda R. Bernstein, PHARM.D.

February 2024—Costco Connection Pg 47

The importance of calcium: Building strong bodies and healthy lives

In today's health-conscious world, it is widely known that calcium is essential for maintaining strong bones and teeth. However, its importance goes beyond just skeletal health. Calcium plays a crucial role in various bodily functions, including muscle contraction, nerve transmission, and blood clotting. Calcium is primarily obtained through dietary sources, with dairy products being the most well-known and easily accessible.

Cow's milk, for instance, is a rich source of calcium, providing approximately 300 milligrams per cup. However, for those who do not consume dairy or are lactose intolerant, there are numerous alternative sources of calcium available. Leafy green vegetables such as kale, broccoli, and spinach are excellent non-dairy sources of calcium. These vegetables not only provide calcium but also offer additional health benefits due to their high fiber and vitamin content. Other plant-based sources of calcium include tofu, almonds, and fortified plant-based milk alternatives like soy or almond milk.

Supplements can also be an option for individuals who struggle to meet their calcium needs through diet alone. Calcium carbonate and calcium citrate are commonly used supplements that can help bridge the gap. However, it is important to consult with a healthcare professional before starting any supplementation regimen.

Vitamin D, often referred to as the "sunshine vitamin," plays a vital role in calcium absorption. It helps the body absorb and utilize calcium effectively. Sun exposure is the primary source of vitamin D, but it can also be obtained through certain foods like oily fish, egg yolks, and fortified dairy products.

Over time, insufficient dietary calcium can lead to various health issues. Osteoporosis, a condition characterized by weak and brittle bones, is a common consequence of calcium deficiency. Additionally, calcium deficiency can contribute to muscle cramps, numbness, and even heart problems.

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**Good to the Bone***Five easy exercises to keep your bones and body strong*

Beginning in our 30's, we experience a gradual decline in bone mineral density, losing about 1 percent each year. But there's evidence that if you are physically active on a regular basis, you can optimize your bone health throughout your life, says Endy Kohrt, distinguished professor of medicine in the Division of Geriatric Medicine at the University of Colorado.



Any movement that causes you to fight against gravity by standing up and moving is good for your bones. But if you want to amp up the protection, these five exercises will help keep you-and your bones-strong for life.

PUSH-UPS: You can do these against a wall, on bent knees or on the floor. Extend your arms and put your hands shoulder-width apart on the surface in front of you. Tighten your abs, then bend your arms, lowering your torso toward the surface. Push yourself back up. Perform the exercise 3 to 5 times, rest and repeat for a second set.

SQUATS: You don't have to do a deep squat to be effective. Stand with your feet hip-width apart, then bend at the knees to slowly squat down. (Rest your hand on a sturdy object if you need extra balance). Squat as far as you can, but don't let your butt get below your knees. At the bottom of the movement, tighten your buttocks and use your butt and thigh muscle to return to a standing position. Repeat 8 to 12 times.

WALK AND STOMP: Bones are stimulated when they're jolted, something that doesn't happen on your typical stroll. Running and hiking will fit the bill, but if walking is more your speed, consider a walk-and-stomp routine. While walking, stomp each foot 2 or 3 times every 10 steps or so, imagining you are crushing a can. (BTW: Walking on real ground requires you to lift and push off with your legs in a way that's much more beneficial than using a treadmill).

STAIR CLIMB: Stair climbing increases bone density, particularly in postmenopausal women, because it forces your body to resist gravity as you climb while strengthening the leg and hip muscles that support your pelvic bones. Use a handrail as needed-and consider adding an occasional stomp for more bone stimulation.

HIP-LEG LIFTS: This exercise strengthens the muscles around your hip bones, which are vulnerable to fracture, and can help improve balance. To begin, place your hand on a counter or against a wall for balance and set your feet hip-width apart. Shift your weight onto your left foot, then straighten your right leg and lift it out in front of you until your right foot is about 6 inches off the floor. Do a set of 8 to 12 lifts, then shift your weight to your right foot and repeat the motion with your left leg.

By Pamela Peeke, M.D.

AARP—December 2023/January 2024 pg. 23

Illustrated by Agata Nowicka

Cooking on the Grid

It's time to rethink how to use a waffle iron

Omelet Waffles

1/2 cup cooked ham, diced

2 cups baby spinach leaves, packed

6 large eggs

2 Tbsp half-and-half

1/4 tsp salt

1/4 tsp pepper

1/2 cup shredded cheddar, plus more for serving

Sliced green onions

Preheat the waffle maker. Sauté the ham in a small skillet until it's warmed through and all the liquid has evaporated. Add the spinach and stir until it's completely wilted. Remove the pan from the heat to cool. Whisk the eggs, half-and-half, salt and pepper in a bowl. When the ham mixture is cool, add it to the egg mixture along with the cheese and stir to combine.

When the waffle maker is hot, spray with cooking spray. Ladle about 1/2 cup of the egg mixture into each section of the waffle maker and quickly spread it out. The grids should be completely covered with egg, but not overflowing. Close the waffle maker and hold it firmly for 8 to 10 seconds, then release. Cook for 50 to 60 seconds, or until the egg has cooked through. Use a fork to lift the edge of the waffle, then use a flexible spatula to lift it out. Set the waffle on a wire rack. Serve topped with additional cheese and green onions.

Makes 6 servings

Tip: Top with chopped tomatoes, salsa or fresh herbs



February 2024—Costco Connection pg 50

He's cute *and* a model of health!

The average pig today has a lower body fat percentage than the average American.

The average American man has about 28 percent body fat and the average American woman has 40 percent body fat, according to the National Institutes of Health. A pig's body fat percentage is 16 percent.

That is because for the last 20 years, pig farming has focused on leaner meat to meet consumer demand for less fat. Pigs have therefore reduced their average body fat by 20 percent.

But meanwhile, humans are still getting fatter. **Go figure.**



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**

Email: MHS0137@gmail.com
Website: www.mendedhearts137.org
Facebook.com/Mended Hearts of
Southern Oregon

Phone:
(541) 625-9427 President
(541) 200-9018 Vice-President

**It's Great to Be Alive and Help
Others**



Officers:

President: Bob Goldberg
(541) 625-9427
bob.goldberg95@gmail.com

Vice-President: Lan Roberts
(541) 200-9018
lanroberts@pobox.com

Secretary: Debbie Gary
(541) 326-2741
preschoolteach345@yahoo.com

Treasurer: Marlyn Taylor
(602) 568-8095
mltaylor39@icloud.com

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

March: Jackson County Fire District 5
Topic: Latest Defibrillator/Monitors



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**

Visiting Report

During the months of January and February there were 98 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center



Spam Getting Spam