



Winter/Spring Issue

Happy New Year

March/April 2025

Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 3:00 p.m. to 4:30 p.m. at The Smullin Center 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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UPDATE TO MONTHLY CHAPTER MEETINGS

Reminder, our monthly meetings are now being held from 3:00 p.m. to 4:30 p.m. at the Smullin Center located next to the parking garage. We will continue to meet the third Tuesday of each month with a change in time and place.



Find your true self in your own expectations

Be true to yourself and don't live a lie.

These are the aphorisms we often hear repeated in our travel through life's challenges.

But, what is true of you? What is authentic?

Social psychologist Roy Baumeister has a theory that our feelings of authenticity come from acting in line with the social image we want. In other words, the reputation we want. When we see that people see us the way we want to be seen, we have a deep feeling of authenticity. That is really who we are.

Similarly, if we live a life that does not reflect what we want our reputation to be, we feel we are living a lie. In fact, some social observers say what we want our reputation to be is also tied up with our values of being a good person.

In fact, Baumeister says we have an ideal self, our own idea of our best self. The closer we act in line with that, the more authentic we feel. The more we depart from that vision, the less authentic we feel.

So, if you want to be authentic, imagine what you would like other people to think of you. Now behave in such a way that they might think it.



Mended Hearts National Newsletter March 2025

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.

Infection Prevention

A Look at how vaccines help maintain heart health

February was American Heart Month, so it is a good time to learn about the benefits of immunization on your heart, particularly if you already have heart disease and are at a greater risk for infectious disease complications.

It is important to keep up-to-date on immunizations to prevent infections such as influenza (flu), pneumonia, COVID-19, RSV, and shingles. It is also good to be proactive with immunizations for your overall health and immunity.

Studies show that infectious diseases such as these can cause inflammation, which raises the risk for cardiovascular events such as blood clots, blocked arteries, irregular heartbeats, strokes, heart attack and heart failure. Complications of these infections can also lead to pneumonia, hospitalization or, at worst, death.

Here's a look at how immunizations can help:

Flu: The Centers for Disease Control and Prevention noted that a study published in *The New England Journal of Medicine* in 2018 found the risk of having a heart attack was six times higher within older adults and those having their first heart attack.

Pneumonia: According to the National Foundation for Infectious Diseases (NFID), people with heart disease are at increased risk of hospitalization and even death from complications of pneumococcal disease, including pneumonia and other serious infections.

COVID-19: The NFID also notes that having COVID-19 increases the risk of having a heart attack by three to eight times, and increases the risk of having a stroke by three to seven times.

RSV: A 2018 study in the *Journal of the American College of Cardiology* found that complications such as heart attacks and heart failure occur in about fifth of adult patients hospitalized with RSV.

Shingles: The American Heart Association notes that shingles, the infection caused by chickenpox virus, can increase the risk of stroke.

Costco Connection—February 2025 by Linda R. Bernstein, Pharm.D.

New drug offers hope for pain relief

The first new pain relief drug to be approved in decades will soon be on the market.

The drug, suzetrigine, is a prescription pill that is said to be as effective as opioids, but it is believed to carry little risk of addiction. Unlike opioids, suzetrigine does not create a sense of euphoria as do opioids.

The new drug works differently than opioids, too. Opioid-type medications, like Vicodin, dull the sense of pain in the brain, according to CNN. This new drug works by preventing nerves from sending pain signals.

Interestingly, the drug was developed after researchers investigated a family of fire walkers in Pakistan. Members of this family lack a gene that allows pain signals to fire in their skin. They could walk over hot coals with no problem, even though they did sense heat and touch.

This is the first drug in what is expected to be a new class of pain relief drugs. It will initially be prescribed to people who have pain after surgery, but there is hope that the drug could be used for chronic pain.

The drug is expected to wholesale at just over \$15 per 50-mg pill (taken twice daily).

Board Members

Jeff Roberts

Michelle Christensen

Chairpersons

Visiting: Mike Gary

Community Outreach:
Vacant

Follow UP Calls: Vacant

Membership: Vacant

Social Media: Michelle
Christensen

Social Events: Vacant

Web/ZOOM Coordinator:
Jeff Roberts

Fundraising: Vacant

Chapter Newsletter

Editor: Debbie Gary/
Bob Goldberg

Carrot Ginger Soup

- 1 Tbsp olive oil
- 1 cup onions, chopped
- 3 cups carrots, chopped
- 2 Tbsp fresh ginger, peeled and sliced,
or 1 tsp ground ginger
- 3 garlic cloves, chopped
- 4 cups vegetable broth
- 1 Tbsp apple cider vinegar
- Cashew cream or sour cream for topping
- Pumpkin seeds, hemp seeds, or fresh
chopped parsley, for topping



Add the olive oil to a large saucepan or pot over medium heat. Once it's heated, add the onions and cook until tender, stirring occasionally, around 5 minutes. Add the carrots and ginger. Stir to coat and cook for another 5 to 7 minutes. Add the garlic and cook, stirring for 1 minute.

Pour in the broth and bring it to a boil. Then reduce the heat to a simmer and cook for 20 to 30 minutes, or until the carrots are tender. Remove the pan from heat and stir in the vinegar. Then allow the soup to cool slightly.

Puree the soup in a blender, working in batches if necessary. Blend on low speed for a few seconds, then slowly increase speed to create a creamy soup. To serve, pour the soup into bowls and garnish with desired toppings. Makes 4 servings.

Recipe courtesy of Marly McMillen (namelymarly.com)

Costco Connection February 2025

Poison Prevention Week: March 16-22

Most poisonings occur in the home

Poison Control Centers receive more than 2 million accidental poisoning calls each year. More than 90 percent of non-fatal poisonings occur in the home and most involve children, according to the Poison Control Centers.

* To protect your children, choose child-resistant packaging wherever possible and close containers tightly after every use. Store hazardous products in a safe place and out of children's reach.

These include personal care products, such as baby oil and mouthwash; cleaning substances, including drain and oven cleaners; over-the-counter pain relievers, including ibuprofen and aspirin; and cough and cold medicines. Adult-strength vitamins and supplements containing iron are dangerous to kids. Hydrocarbons, such as lamp oil and furniture polish, pose a danger.

* Adults may poison themselves by taking prescription or over-the-counter medications improperly. Always read directions carefully and follow them exactly.

* Wear protective clothing when spraying pesticides or other chemicals. Pesticides can be absorbed through the skin and are very poisonous. Stay away from areas that have recently been sprayed.

* Keep all products in their original containers. Never sniff a product to discover what's inside.

* Lead poisoning is well known, but heavy metals are poisonous too. Mercury, thallium, arsenic, and iron (tablets) should be handled with caution.

* Food poisoning is common. Always use safe food-handling procedures



National Mended Hearts Newsletter March 2025

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!



<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**

Email: MHSO137@gmail.com

Website:

www.mendedhearts137.org

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of Southern Oregon

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



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Chapter Meetings

In person meetings occur each month at The Smullin Center located next to Asante Rogue Regional Medical Center. We also provide 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: TBA

April: Christina Kalemkens, NP—Asante

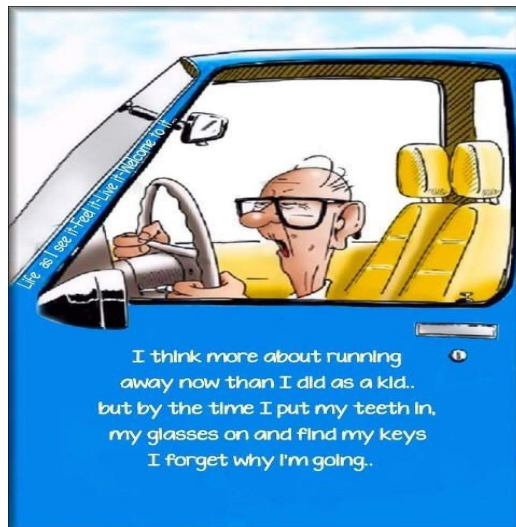
Topic: What happens after surgery

May: Dr. Jennifer Henderson, Medical Director

Topic: Exercise & Quality of Sleep

Visiting Report

During the months of January and February there were 75 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 MHSO137@gmail.com**