

THE GOAL OF MENDED HEARTS

The purpose of **Mended Hearts** is to offer help, support and encouragement to heart disease patients and their families. The ways the organization achieves this objective are:

1. To visit, with hospital approval, and to offer encouragement and support to heart disease patients and their families.
2. To distribute educational information to members of the Mended Hearts, Inc., and to heart disease patients and their families.
3. To partner with physicians, nurses, medical professionals and healthcare organizations in their work to support the recovery of heart disease patients and their families.
4. To cooperate with other organizations in education and research activities pertaining to heart disease.
5. To assist established heart disease rehabilitation programs for members and their families.
6. To plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.

In support of these objectives, Chapter 137 has an active visitors program where trained visitors meet with patients and their families before and/or after a cardiac procedure. This could be a stent placement, open heart surgery for coronary artery bypass, or valve replacement. We provide informed support as each trained Mended Heart visitor is also a "Mended Heart" having been through a cardiac procedure. Finally, our visitors provide information regarding Chapter 137 and its programs.

Our main social and educational objective is met with informative **monthly meetings**, generally held on the third Tuesday of the month at the **Smullin Center** on the campus of Rogue Regional Medical Center. All are welcome to attend. See details of our next meeting in this newsletter.

MENDED HEARTS OF SOUTHERN OREGON
262 Fielder Creek Road
Rogue River, OR 97537



Spring Issue

Welcome Spring

May/June 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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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.



Beach bag essentials for the entire family

Memorial Day is the unofficial kickoff to summer, which means that it's finally beach (or lake or pool or swimming hole) season. A well-stocked beach bag will help you and your family enjoy a comfortable and safe day on the water.

Start with a good beach bag, wagon, or storage bin. Look for a bag that's lightweight and durable on its own, resists dirt and water, and can be wiped down easily. A plastic storage bin with a sealing lid is also a good choice if you're keeping multiple people supplied for the day. Collapsible folding wagons can also come in handy, especially if you're bringing beach chairs and other larger items.

*Swimsuits.

*Appropriate footwear. Basic sandals may suffice, or you may need quick-drying water shoes or athletic-style sandals to protect you from sharp rocks and slippery surfaces.

* Sun protection. Discard any expired sunscreen and restock. Bring plenty -- you should plan to reapply about every 80 minutes, and the average adult needs the equivalent of a shot glass full of sunscreen lotion to cover their entire body. UV-blocking hats and sunglasses provide additional protection.

* Beach towels and blankets.

* Waterproof phone pouch.

* Drinks and snacks. Fill large reusable water bottles.

* Beach cupholders. Beach cupholders can be inserted with a stake into the ground or hooked onto a chair.

* Swimsuit cover-ups and a change of clothing.

National MH May 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
Lisa Wilttrout
(541) 292-8287

"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.

Corral the Chaos

Expert tips to declutter your home and keep it organized

What steals your space, impairs your productivity, and fuels frenzy? It's clutter. But with the right approach, the chaos can be a manageable problem.

Experts say a good starting point is tapping a friend to be an accountability partner. Together, identify an emotionally neutral area—a pantry, closet or cabinet—then move on to other areas from there. The following tips can guide you in the process.

Categorize and evaluate

Cindy Wezenbeek, a Costco member and owner of Halifax, Nova Scotia-based company CW Organizing Services, says it is best to start by organizing items into categories. Then evaluate each item. How long has it been since you used it? If it's broken, is it worth fixing? How many items like it do you have?

Sort what can be sold, donated, upcycled or passed on to family members into separate piles, and determine how much of what's left will fit into your space.

"Then you start organizing and finding containers and storage systems that work for what you're going to keep," says Gayle Goddard, owner of the Houston-based organization company The Clutter Fairy. If more paring down is required, talk to your accountability friend about why you want to hold on to certain items.

Learning to let go

Emotional attachments and guilt can make it hard to let some items go. Costco member Laurie Neumann, owner of The Innovative Organizer in Chicago, warns that inherited things from loved ones who have passed can be hard to part with.

If your space is overflowing with things that have emotional associations, it may be time to bring in a professional. Professionals can offer a neutral perspective and fresh insight into how to use a space. For example, Mellisa Palombi, a Costco member who lives in Virginia, hired a professional to help her organize her storage room after she suddenly lost her husband. They worked to reorient shelving, maximize storage and arrange items based on whether they were used regularly or seasonally.

In a half day, the pair tamed four years of untouched clutter. "At least now you can walk in and it looks intentional," Palombi says. "It was like therapy in a way."

According to Neumann, photos are a common source of sentimental clutter. With old school photos, she suggests, keeping one 5-by-7 inch or 8-by-10 inch print and discarding the rest. As for remaining photos or other sentimental items you're not ready to address, Neumann and Wezenbeek both recommend setting them aside in a dated bin and revisiting them in a few months.

Long-term success

Home Offices offer special challenges. Costco member and DePaul University professor Joseph Ferrari, who studies the psychology of clutter, recommends donating old electronics to charity and staying on top of paper clutter. He says workplace clutter leads to higher risks of burnout and tension.

As you restructure your space, take time daily to put things back in their designated places. Also, sort through mail and other paperwork as it comes in, treating junk mail like an uninvited guest.

Before buying anything, Neumann suggests identifying where it will go in your house or what it will replace. "One in, one out, or one in, two out works well, especially with clothing and shoes," she says. But she suggests giving yourself some grace with a birth or major transition. "It is ok if sometimes things get a little bit cluttered," she adds.

If the clutter in your home has gotten out of hand, these tips and a little assistance can help you bring order to the chaos.

Old Stuff, new life

Here are a few things you can give your unused items new life as you declutter.

1. **Match old with new**—Give family members a new present in addition to a gently used item from your home each holiday.
2. **Turn trash into art**—Look for an upcycling center that sells broken items or old paper items for artists to use in their creations.
3. **Got spots? Think Spot**—Veterinarians and pet rescues accept spotted, worn clothing to use as bedding or rag

Costco Connection—February 2025 by Cheri Henderson

Board Members

Jeff Roberts

Michelle Christensen

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Jeff Roberts**Program Coordinator:**
Lan Roberts**Chapter Newsletter**Editor: Debbie Gary/
Bob Goldberg

Three-minute guide to ultra processed foods

The new secretary for Health and Human Services, Robert F. Kennedy Jr., has called out "highly chemically processed foods" as a major target in his war on chronic disease, like diabetes and obesity, according to the Associated Press.

But do you know what the label "ultra processed" really means?

First, it's important to understand that not all processed foods are created equal. According to Harvard Medical School, there are three key terms to understand:

- * Unprocessed or minimally processed foods. These are in their natural state with the nutrients intact. A minimally processed food may be altered by drying, crushing, cooking, freezing, or pasteurizing.
- * Processed foods. These foods are altered from their natural state with the addition of salt, oil, sugar, or other components -- for example, canned vegetables. Most foods in this category have only a handful of ingredients.
- * Highly processed or ultra processed food. These foods contain many added ingredients (think sugar, salt, fat, dyes, and preservatives) and components like artificial flavors and stabilizers. Ultra processed foods are made with substances extracted from foods, like starches and added sugars. Deli meats, most prepackaged foods, and soda all qualify.

But the degree to which ultra processed foods impact our health is difficult to say. According to the Associated Press, the level of processing alone is not a reliable indicator of a food's nutritional value -- low-sodium canned tomato sauce and baby formula are both highly processed, but also nutrient dense.

Still, numerous studies point to some kind of connection between certain types of ultra processed foods and negative health effects. In an interview with the Associated Press, Aviva Musicus, science director for the Center for Science in the Public Interest, advises people to worry less about labels like "ultra processed" and instead pay attention to ingredients. She recommends practicing moderation with foods that contain added sugar or high sodium.

Creamy Corn Chowder

Calories 193 Per Serving

Protein 7g Per Serving

Fiber 4g Per Serving

Ingredients

Cooking spray

1 tablespoon light tub margarine

1/2 cup chopped onion

1/2 cup diced celery

1 1/4 cups water

1 small baking potato, peeled, cut into 1/2-inch cubes (about 1 cup)

1 14.75-ounce can no-salt-added creamed corn, undrained

1 1/2 cups frozen whole-kernel corn

1-2 teaspoons sugar

1 packet (1 teaspoon) salt-free instant chicken bouillon

1/8 teaspoon salt

1/8 teaspoon pepper (white preferred)

1 cup fat-free half-and-half

1 tablespoon all-purpose flour

2 tablespoons minced parsley (fresh)



Recipe borrowed from <https://recipes.heart.org/en/recipes/creamy-corn-chowder>

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

Facebook.com/Mended Hearts
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

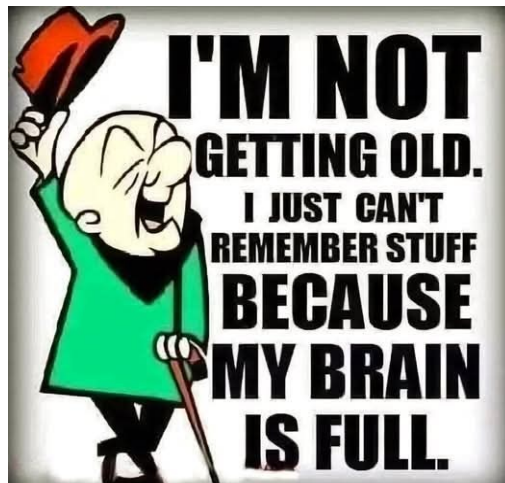
May: Dr. Jennifer Henderson, Medical Director
Topic: Exercise & Quality of Sleep

June: TBA

July: Dr. Brian Gross, So. Oregon Cardiology

Visiting Report

During the months of March & April there were 62 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