



The Mended Hearts, Inc.

Salem Mended Hearts Chapter Newsletter



These sounds have vanished

If you are of a certain age, you can close your eyes and hear the sound of a rotary dial phone.

It's one of the common sounds of the beginning of the 20th century that we don't hear anymore.

As a matter of fact, while we can still hear the sound of a phone ringing, we rarely (if ever) hear a busy signal. All calls mainly go directly to voicemail, and it is easy to switch to a different call if one is coming into your cell phone.

Later in the 20th century, it was common to hear the sound of a modem connecting, but this sound is mainly gone. Same with the similar sound of a fax machine answering or connecting.

Add strength training to your exercise regimen

The majority of Americans don't do any kind of strength training exercises -- no lifting weights, resistance bands, or bodyweight exercises like squats and push-ups.

That's to their detriment, according to the U.S. Centers for Disease Control and Prevention (CDC), which recommends that most adults, including older adults or people with chronic conditions or disabilities, do muscle-strengthening activities at least twice each week in addition to 150 minutes of moderate aerobic activity.



The benefits of strength:

- * **Weight management.** Strength training preserves and builds lean muscle mass, which increases your metabolism and can help you manage or lose weight. Increased muscle mass is also associated with improved insulin sensitivity.

- * **Bone health.** Resistance training and weight-bearing exercise supports healthy bone density and can reduce your risk of osteoporosis.

- * **Better quality of life.** Muscle-strengthening activities make it easier to engage in everyday activities like climbing stairs or lifting heavy objects, and can improve general physical function. Strength training can also help older adults avoid falls.

- * **Chronic condition management.** People with chronic conditions like obesity, arthritis, depression or diabetes can all benefit from strength training.

How to start strength training (with your doctor's approval)

Strength training doesn't have to be complicated or require any equipment -- just comfortable clothing and enough space to move around is enough. Choose three to five basic exercises, such as squats, wall push-ups, glute bridges, and step-ups, and perform two to three sets of eight to 12 reps with about a minute of rest between each set.

Chapter Officers

President/V.P – Lynell Hoffer
Preceding President – Beth Augee
Secretary – Donna Thomas
Treasurer– Donna Thomas
Visiting Chair– Geoffrey Roth

Accredited Visitors

Jim Dahlberg

Advisory Board

Beth Augee- Past President
Jacque Ford– Past Treasurer
George Martin-Meet and Greet
Colin Larson– Events Coordinator
Geoffrey Roth– Visitor Trainer
Tom Wynkoop– Website Admin
Rod Augee– Strategic Planning
Crystal Dryden– Hospital Liaison
Marissa Reger– Hospital Liaison
Newsletter -Amy Schmidt

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 reach out to one of our chapter officers or go to www.mendedhearts.org.

UPCOMING MEETING :

DATE: April 15, 2024
TIME: 2:00-3:30
PLACE: Salem Health, Building D, 1st floor, Creekside Overflow
TOPIC: Cardiac & Pulmonary Rehab
NEXT MEETING: May 20, 2024
TOPIC: Tips for Grocery Shopping

UPCOMING CLASSES IN APRIL

Offered at the Salem Health Community Health Education Center (CHEC)
Call 503.814.2432 for more information

 <p>APR 9</p>	 <p>APR 23</p>	 <p>APR 25</p>
Community Education Tai Chi for Better Balance	Community Education Cooking Class - Added Sugar Is Not So Sweet	Community Education Living With Heart Failure
Tue, Apr 9, 12:00 PM Building D, Second Floor, Room 02-2	Tue, Apr 23, 5:30 PM Building D, First Floor, CHEC Wellness Kitch...	Thu, Apr 25, 3:30 PM Building D, First Floor, CHEC Classroom 1

The Benefits of Asparagus

Asparagus is a member of the lily family and is related to onions, leeks, and garlic. It is low in calories (half a cup contains just 20 calories) and fat, while the tip is high in vitamins C, A and K. Low in sodium and high in potassium, asparagus can be good for blood pressure. Just half a cup of asparagus contains 6 percent of the daily requirement of potassium.

It's almost time for asparagus to come shooting up in gardens, flower beds, and in places where it grows wild. Under ideal conditions, it can grow up to 10 inches in a day and reach up to 12 feet in height. The best asparagus has firm, fresh stalks with tightly closed tips. It's best to store it in the back of the refrigerator or in a produce drawer.

Microwaving preserves more nutrients than boiling or steaming. Cook it upright in a tall container with a few inches of water in the pot. Simmer 5 to 7 minutes with the tips out of the water.

Orange-soy asparagus dressing: Combine 1 tablespoon each of soy sauce and fresh orange juice with 1/2 teaspoon grated orange rind, grated ginger, and dark sesame oil. Stir in 2 shallots or 1 small onion, minced. Drizzle over cooked asparagus and toss to coat.



Courtesy of Wenatchee Chapter Newsletter

For up to date information on Salem Mended Hearts Chapter 389 visit our chapter website!
<https://mendedhearts-salem.org>



Researchers make artificial limb that can feel

When Luke Skywalker famously got his hand lopped off, it wasn't a big deal because the Jedi simply got a prosthetic hand and continued swinging his lightsaber like usual.

While such advanced prosthetics are common in science fiction, they're still a dream in the real world. But breakthroughs are happening and researchers have even figured out how to make prosthetic hands that can sense temperatures. This could help amputees enjoy better-functioning and more useful replacement limbs.

Researchers were recently able to place sensors on the fingertips of prosthetic limbs. The sensors can not only sense hot and cold, but can deliver that information to the nerves in residual limbs. The human brain can interpret these signals and basically thinks that the limb is still there, allowing amputees to actually feel hot and cold temperatures.

Interestingly enough, the sensor system, called MiniTouch, was largely assembled with off-the-shelf electronic components. It's even

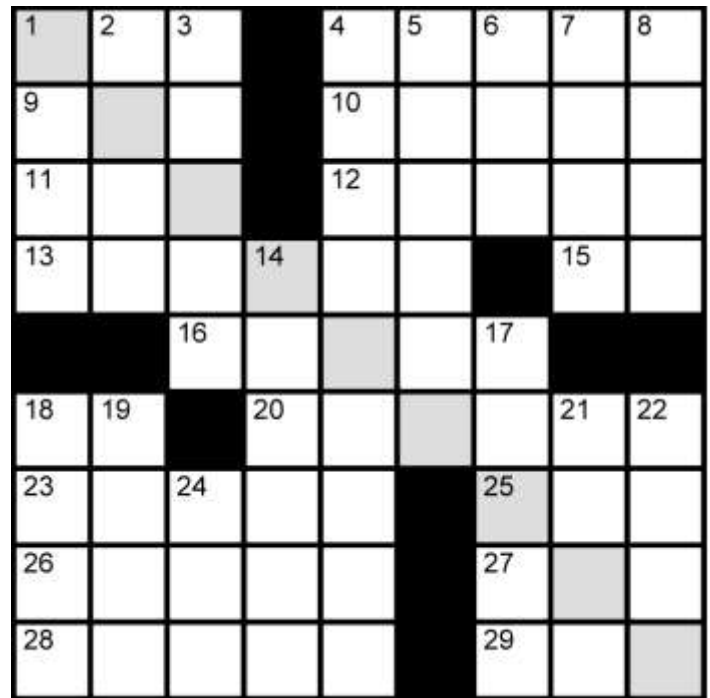
Across

1. Econ. statistic
4. Humidor item
9. London lav
10. Dangerous bacteria
11. Wildcatter's find
12. Abate
13. Loss's opposite
15. Northeastern most st.
16. Sensible
18. Indefinite article
20. Sheep talk
23. Question
25. Fish story
26. Concur
27. "A Nightmare on ___ Street"
28. Works with clay
29. Thumbs-up

Down

1. Hardly haute cuisine
2. Roulette bet
3. Some shirts
4. Those abstaining from marriage and sexual relations
5. Summer cooler
6. Understood
7. Reunion attendee
8. Ready to be picked
14. ___ off (got rid of)

Golf Club's Target



17. Life of ___
18. Sandler of "Big Daddy"
19. Canceled waterway
21. Cairo's
22. Precious stones
24. WWW address



The headline is a clue to the answer in the diagonal.

possible to install the heat sensing systems in current out-of-the-box prosthetics. Don't be surprised if in the future researchers make more advanced, custom models, but even the early results are promising. The Brainy Insights reports that the current global prosthetics market is worth more than \$8 billion. Advanced breakthroughs and more advanced tech might push that value higher in the years ahead.

How might sensors benefit patients? The future will likely yield many applications, but early patients have mentioned using them to cook. Researchers believe that improving sensory abilities will lead to prosthetic limbs that are more useful and function more like biological limbs.



Check Out Our Most Recent Issue of Heartbeat® Magazine

If you have not yet read our most recent issue of Heartbeat Magazine, you can do so online, anywhere, anytime! In this winter issue, we take a closer look how MHI partnered with The John Ritter Foundation for Aortic Health to help support people living with aortic dissection. In our feature about hypertrophic cardiomyopathy (HCM) we bring attention to an often underdiagnosed condition that can be deadly if left untreated. Finally, in our third feature, we share the winning pieces of our 2023 Share Your Heart® Essay Contest.

You can read these stories and catch-up on past issues by clicking on the QR codes below or by visiting <https://mendedhearts.org/magazine/>.



View Past Issue of Heartbeat® Magazine By Clicking on the QR Codes Below



Use your sunscreen the right way

Most Americans think they do a pretty good job with sunscreen, but they're usually mistaken, according to the American Academy of Dermatology (AAD).

In a 2022 survey of more than 1,000 U.S. adults, the AAD found that more than half reported getting a tan during the previous year, and a full third reported sunburns. The AAD cautions that there's no such thing as a safe tan or sunburn, and advises Americans to refresh their sunscreen knowledge and protect themselves.

First, choose water-resistant broad spectrum sunscreen rated SPF 30 or higher. Apply it at least 15 minutes before going outdoors to any uncovered skin. The AAD recommends that people with thinning hair apply sunscreen to their scalps or wear protective hats, and encourages that everyone use lip balm with SPF 30 or higher.

If you use a sunscreen stick, use four full passes (each back-and-forth stroke is one pass) to apply enough product. Rub it in after you apply four passes to all exposed skin.

For spray sunscreens, hold the nozzle close to your skin and spray generously until your skin glistens, then rub it in thoroughly. Avoid using spray sunscreen on windy days and remember that the average six ounce can only contains six full-body applications.

Use a full ounce of lotion sunscreen (about a shot glass full) to cover your entire body, including the ears, back, shoulders, and the backs of your legs. Your face alone should get between a quarter to a half a teaspoon.

Remember that sunscreen doesn't last all day. Reapply every two hours, or more often after swimming or sweating.



Asparagus Salad with Lemon-Garlic Dressing

Ingredients

2 tablespoons fat-free sour cream

1 tablespoon low-fat buttermilk

OR

1 tablespoon fat-free milk

1 teaspoon grated lemon zest

1 medium garlic clove (minced)

24 medium asparagus spears (trimmed)

Poppy seeds (optional)

Directions

1. In a small bowl, stir together the sour cream, buttermilk, lemon zest, and garlic. Cover and refrigerate until serving time.
2. In a large saucepan or skillet, pour in enough water to barely cover the asparagus. Bring the water to a boil over high heat. Add the asparagus and cook for 5 minutes, or until crisp-tender. Drain in a colander. Rinse with cold water and drain well.
3. If desired, cut on the diagonal into bite-size pieces.
4. Transfer to a serving bowl.
5. Add the dressing, tossing gently to coat. Lightly sprinkle with the poppy seeds.



Recipe borrowed from <https://recipes.heart.org/en/recipes/asparagus-salad-with-lemon-garlic-dressing>



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1579 US Highway 19
Leesburg, GA 31763
Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

DATE _____

NEW MENDED HEARTS® NEW MENDED LITTLE HEARTS® NEW YOUNG MENDED HEARTS® RENEWAL

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ National Member _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: _____ Gender: _____

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP	FAMILY MEMBERSHIP
<p>Associate Member -- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter/group meeting for MH, MLH or YMH * Can join online communities * Can access Member Portal * Receives the National e-newsletter <p>Individual Member -- \$20 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of an Associate Member, PLUS * Membership Card * Car Decal - Select ___ MH ___ MLH ___ YMH * One-time 5% off coupon for purchase from the MH store <p>Bronze Member -- \$45 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Full Individual Member, PLUS * Membership Pin * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia <p>Silver Member -- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug <p>Gold Member -- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium <p>Heart of Gold Lifetime Sponsor -- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * All the benefits of a Gold member FOR LIFE, PLUS * 15% off registration fees at National MH/MLH/YMH Conferences / Symposia * Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors 	<p>For members of one household with one mailing address only</p> <p>Family Membership -- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * Membership Cards for all members of the family * 2 Car Decals - Select ___ MH ___ MLH ___ YMH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order. <p>Bronze Family Membership -- \$75 annual donation</p> <ul style="list-style-type: none"> * All the benefits of a Family Membership, PLUS * One Membership Pin per member * Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk) * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p> <p>Spouse ___ Child ___ Heart Patient ___</p>

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter/Group Name: _____

Additional tax-deductible Donation to:

Amount: \$ _____

Mended Hearts Mended Little Hearts
 Young Mended Hearts \$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter, Mended Little Hearts or Young Mended Hearts Group, you must be a member of The Mended Hearts, Inc.**