



The Mended Hearts, Inc.

Salem Mended Hearts Chapter Newsletter



**Flaco captured
the hearts
of New Yorkers**

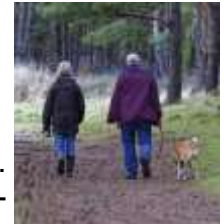
When a vandal damaged an exhibit at the Central Park Zoo in 2023, a Eurasian eagle-owl named Flaco escaped and found fame. Not on Broadway, but across Manhattan.

The four-pound bird with a six-foot wingspan was born in captivity and was 13 years old when he escaped. Zoo officials doubted he could survive. They were also mostly wrong. Flaco was spotted hunting and perching all over Manhattan and seemed to be faring well.

Sadly, after a year of supporting himself in the city, Flaco was found dead in 2024 after an apparent crash into a building. New Yorkers mourned.

May is National Arthritis Month

Treating arthritis can be a 'walk in the park'



Living with arthritis isn't about limiting yourself. It's about finding ways to maintain your high quality of life, according to the Arthritis Foundation.

There are some things you can do to prevent arthritis, and many of them are just good general health advice: Keep your weight at a normal level to avoid stressing knee and hip joints. Enjoy regular exercise. Eat a nutritious diet with plenty of fruits and vegetables.

There are more than 100 types of arthritis, but osteoarthritis (OA) is the most common kind. It occurs when the cartilage that protects the ends of bones where they meet in your joints breaks down over time. Bones may rub against each other at the joints, which can cause pain, inflammation, and stiffness.

Walking is a great way to help you manage your OA and remain active. Here are some of walking's other benefits:

- * Strengthens muscles and builds flexibility.
- * Improves cardiovascular fitness.
- * Keeps bones strong to help prevent osteoporosis.
- * Improves the body's use of insulin to help prevent diabetes.
- * Burns calories to help manage body weight.
- * Builds strong muscles around joints to protect them.

Rheumatoid arthritis (RA) is an autoimmune disorder. Because joint damage occurs early in the course of RA, the American College of Rheumatology recommends starting therapy within three months of diagnosis to relieve symptoms and prevent damage to bones and joints. Several medications have been shown to decrease damage from RA.

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

UPCOMING MEETING :

DATE: May 20, 2024
TIME: 2:00-3:30
PLACE: Salem Health, Building D, 1st floor, Creekside Overflow
TOPIC: Sophie Miller: Healthy Tips for Grocery Shopping
NEXT MEETING: June 17,2024
TOPIC: Physical Therapy: Standing & Seated Exercises

April 22nd-26th was Volunteer Recognition Week!

Our volunteers include community members who have chosen to give back. Make sure to give a volunteer a warm “thank you” for sharing their talents with Salem Health.
Thank you to all our Mended Heart volunteers. We appreciate you!



SAVE THE DATE

Annual Summer Picnic

August 19th
Location: Log House Garden– Keizer



Watch for details coming soon!



Beware these infamous Social Security scams

Social Security fraud is rampant -- and increasing. The Federal Bureau of Investigation reports that scammers took about \$3 billion from Social Security beneficiaries in 2022. That was a staggering 84 percent higher than the previous year.

Here are some of the most notorious scams. If anyone contacts you in person, by mail, or electronically with messages that follow any of these themes, call the Social Security Administration's fraud prevention and reporting hotline at 800-269-0271.

1. A phone call message from someone who claims to be an SSA employee. Do not respond -- call the fraud hotline.

2. An unexpected demand for money. The scammer says you owe some money as a penalty or due to overpayment of benefits. They may threaten you, but again, do not respond. Call the fraud hotline at 800-269-0271.

3. Someone contacts you to say that your Social Security number has been suspended and you must provide personal information to "reactivate" your number. The SSA never suspends Social Security numbers. Never give your information out to anyone.

WALKING BIRD

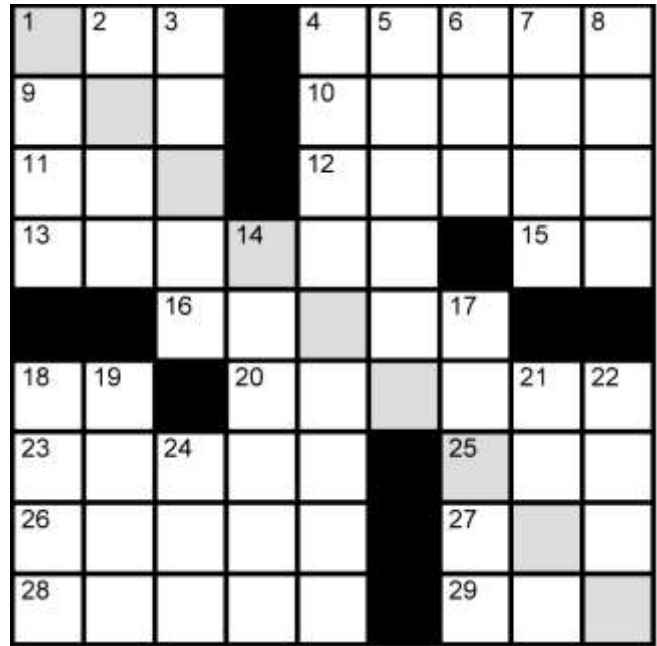
The headline is a clue to the answer in the diagonal.

Across

1. Japanese pond carp
4. Receded
9. Nothing
10. Cool
11. Add-on
12. Winner of nine golf majors
13. Place for a lace
15. You and I
16. Cowboy contest
18. Not down
20. Nativity scene
23. Uniform shade
25. Sushi bar order
26. Consumed
27. "Raiders of the Lost ____"
28. About 1.3 cubic yards
29. Discouraging words

Down

1. "Trick" joint
2. Greasy
3. More sick
4. Decongestant ingredient
5. Baby slipper
6. Large
7. Old Testament twin
8. Cub Scout groups
14. Student's hallway hangout
17. Neptune's



- realm
18. Hawaiian strings
 19. Excellent, in modern slang
 21. Medal recipient
 22. The "E" of B.P.O.E.
 24. Ended a fast



FDA approves new drug for serious heart condition

Drugmaker Merck recently won FDA approval for a new drug to treat pulmonary arterial hypertension (PAH), a rare heart condition that thickens blood vessel walls and causes heart failure, according to CNN Health. The drug, which Merck plans to market under the name Winrevaair, is designed to slow or stop disease progress, and could prolong the lifespans of PAH sufferers. Without treatment, most PAH patients survive about two to three years after diagnosis.



"I'm not sure if we're named after passwords or vice versa."



Sunblock for your eyes

You take steps to prevent sunburn on your skin, but what about your eyes? Just like your skin, your eyes are vulnerable to the sun's rays. Harvard Medical School ophthalmologists say that most sun damage occurs right on the surface of the eye.

Overexposure to the sun can cause keratitis, an inflammation of the cornea that can make your eyes feel as if you have sand in them for 24 to 48 hours. Repeated bouts of keratitis can lead to serious chronic inflammation that may require surgical treatment.

Doctors at the University of Alabama say the effect of UV radiation on the eyes is cumulative. Most people get about half their lifetime dose of radiation before they are 25 years old. Obviously, children should wear protective sunglasses.

Buy sunglasses with built in UV-blocking sun protection. Wearing a wide-brimmed hat to shade your eyes is also recommended.

Sweeteners linked with heart condition

If you love sweet beverages, you might be at higher risk for atrial fibrillation (A-fib), an irregular heart rhythm associated with stroke and heart failure.

According to Health.com, researchers at China's Shanghai Ninth People's Hospital and Shanghai Jiao Tong University School of Medicine found that people who consumed at least two liters of sugar-sweetened beverages each week were 10 percent more likely to develop A-fib. Those who consumed beverages made with the artificial sweeteners sucralose (Splenda) or aspartame were at 20 percent higher risk of developing A-fib.

Ample evidence connects sugar-sweetened beverages to cardiovascular disease risk, but the effect of artificial sweeteners is not as well-studied, said Dr. Penny M. Kris Etherton of the American Heart Association (AHA) in a press release. According to the AHA, this is the first study to link low or no-calorie sweeteners to A-fib risk.

Researchers and heart experts caution that it's too soon to assume a direct link between sweeteners and A-fib. Other factors, including diet and health conditions like sleep apnea and diabetes, also heavily influence A-fib risk.



The White House

1. Washington, D.C. was sacked by the British, and the White House was set on fire, in what year? a-1777, b-1814, c-1863, d-1888.
2. In which wing of the White House would you find the Oval Office? a-West Wing, b-South Wing, c-East Wing, d-North Wing.
3. How many total rooms are in the White House? a-36, b-55, c-68, d-132.
4. Which president retained a cottage known as the Little White House near Warm Springs, Georgia? a-Franklin Roosevelt, b-George Washington, c-George W. Bush, d-Bill Clinton.
5. The term 'kitchen cabinet,' meaning group of unofficial advisers, comes from a story about which president meeting with his unofficial cabinet in the White House kitchen? a-Richard Nixon, b-Thomas Jefferson, c-Andrew Jackson, d-James K. Polk.
6. In which room of the White House does the First Lady greet her guests? a-Observatory, b-Red, c-China, d-Blue.
7. What kind of pet was kept in the White House by both Susan Ford and Amy Carter? a-Hamster, b-Horse, c-Siamese cat, d-Cocker spaniel.
8. Which president, with a young wife, was the first to have his baby born while living in the White House? a-John Tyler, b-John Kennedy, c-John Quincy Adams, d-Grover Cleveland.
9. In 1913, which First Lady replaced Eleanor Roosevelt's colonial West Garden with a rose garden on the site of the current Rose Garden? a-Ellen Wilson, b-Helen Taft, c-Lou Hoover, d-Ida McKinley.
10. Electricity was installed in the White House during the administration of which U.S. President? a-Herbert Hoover, b-William Henry Harrison, c-William Howard Taft, d-Benjamin Harrison.

Answers to 'The White House'

1.b 2.a 3.d 4.a 5.c 6.b 7.c 8.d 9.a 10.d

Keep that water handy



During a day of normal activity, the body needs about two quarts of liquid to replace lost body fluids. About 48 ounces should come from drinking water and other hydrating beverages. The remainder, about two cups, comes from solid foods.

Doctors at the University of Florida College of Health and Human Performance say fruits and vegetables are 85 to 96 percent water, while steak is 50 percent. When exercising, 1/2 to 1 quart of fluids per hour is required to replace fluid lost from sweat during moderate physical activity.

In hot weather, the liquid requirement during exercise is higher, depending on temperature and activity. In addition, it's important to drink water before starting non-exercise outdoor activities, such as gardening.

Answers to 'The White House'

1.b 2.a 3.d 4.a 5.c 6.b 7.c 8.d 9.a
10.d



USDA: Spuds are good for you

The U.S. Department of Agriculture now says that potatoes have as much antioxidant activity as other disease fighting vegetables.

A 10.5-ounce baked russet potato (with skin) delivers as much antioxidant punch as two cups of cooked broccoli, 1-1/2 cups of cooked asparagus, or one cup of cooked red cabbage.

Caramel Toffee Fruit Kebabs

Calories 88g Per Serving
Protein 5g Per Serving
Fiber 2g Per Serving

1 cup fat-free, plain Greek yogurt
1/2 teaspoon stevia sweetener
OR

1 stevia sweetener packet
5 drops English toffee-flavored liquid stevia sweetener
5 squeezes caramel-flavored liquid stevia sweetener

1 small apple, such as Granny Smith, Honeycrisp, Gala, or Fuji, cored and cut into 16 (3/4-inch) pieces

1 small pear, such as Red Anjou, Bartlett, or Bosc, cored and cut into 16 (3/4-inch) pieces

16 red or green grapes

1 small orange, peeled, separated into segments, and cut into 16 pieces

1/2 cup slivered almonds (dry-roasted, coarsely chopped)



Recipe borrowed from <https://recipes.heart.org/en/recipes/caramel-toffee-fruit-kebabs>

Directions

1. In a small bowl, stir together the yogurt, stevia sweetener, and both flavors of the liquid stevia sweetener.
2. Using eight 6-inch wooden skewers, thread each with a 2 pieces of apple, 2 pieces of pear, 2 grapes, and 2 orange segments in whatever order you wish.
3. With a pastry brush or spoon, coat each kebab with 2 tablespoons of the yogurt mixture. Sprinkle or roll each with 1 tablespoon nuts.



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 of 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 <i>Heartbeat</i> magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special <i>Heartbeat</i> 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:
 Mended Hearts Mended Little Hearts
 Young Mended Hearts \$ _____

Amount: \$ _____

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.**