



The Mended Hearts, Inc.

Salem Mended Hearts Chapter Newsletter



National Stress Awareness Month **Stress isn't all in your mind**

Anita Lesco was a veteran nurse anesthetist, but nothing in her years of experience prepared her for the stress of the COVID-19 pandemic. She did her best to ignore her fear of becoming seriously ill herself and kept coming to work each day. But as Lesco told AARP Magazine, she couldn't keep the anxiety bottled up forever, and in March 2022, she experienced the first panic attack of her life. It wouldn't be the last.

Panic attacks are sudden episodes of intense fear and physical symptoms that can make the sufferer feel as if they're dying. According to the Cleveland Clinic, most people experience them at least once or twice during their lifetimes, and they occur regularly for some. They're an extreme example of the physical toll that stress can exact on us. These symptoms are almost always treatable, but can be difficult to recognize as stress related.

* Headaches. According to Henry Ford Health, stress is a major trigger for tension and migraine headaches.

* Lower back pain. Dr. Lynn Dado of Henry Ford Health comments that most lower back pain isn't a mechanical problem at all, and often results from stress related muscle tension.

* Jaw pain. Teeth-grinding to rid ourselves of built-up stress and anxiety is common, and we often don't even realize that we're doing it. In addition to jaw pain and dental problems, it can lead to pain in the neck and shoulders.



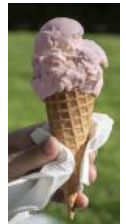
* Digestive problems. Stress can ramp up stomach acid production, which can lead to a host of digestive ailments including nausea, heartburn, and diarrhea.

* More frequent illness. Your immune system can also take a hit from excess stress, which leaves you more vulnerable to illness.

The Mayo Clinic encourages people to find active ways to try to manage your stress, like taking walks outside. A balanced diet, healthy sleep habits, and making time for hobbies can also help balance out our stress. If your physical symptoms are severe or fail to resolve with lifestyle changes, see your health care provider to ask about additional treatment options and to be assessed for other underlying causes.

Why do you get brain freeze?

Brain freeze, technically known as sphenopalatine ganglioneuralgia, happens when something cold hits the roof of your mouth fast—like chugging an icy drink or scarfing down ice cream.



The chill shocks the blood vessels in your palate, making them constrict quick, then dilate just as fast as your body tries to warm things back up. This rapid shift messes with nearby nerves, especially the trigeminal nerve, which handles face sensations. It freaks out and sends a pain signal to your brain, but since the nerve's wired to your forehead too, you feel it there—like a stab between the eyes.

Scientists think it's a leftover survival trick. Your brain might misread the sudden cold as a threat, like "whoa, something's freezing up here," even though it's just a Slurpee doing you dirty. The fix is simple: press your tongue to the roof of your mouth or sip something warm to calm the vessels down.

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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 21, 2025

TIME: 2:00-3:30

PLACE: Salem Health, Building A, 6th floor, West Conference Room

TOPIC: Heart Valves– Donna Thomas, RN

NEXT MEETING: May 19th, 2025

TOPIC: TBD

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.

Have a great idea for a meeting topic or something you would like to learn more about?

Please share with Mended Hearts officers as they are planning for the upcoming year.



Develop your own weather radar

Learning to recognize when severe weather is on its way could save your day...or your life. Awareness will help you plan what you'll do so you can be ready to act when it approaches. Your safety, and the safety of those in your care, are up to you.

Planning ahead can make all the difference when seconds count.

Some things that should be done well in advance are similar for several types of weather emergencies, such as making an emergency supply kit and developing emergency actions.

Why worry about thunderstorms?

Lightning causes an average of 55-60 fatalities and 400 injuries each year, most of them in males under age 40. Outside, there is no safe place to be during a thunderstorm, because there will be lightning. Note that many wildfires in the western United States and Alaska are ignited by lightning.

You should worry about tornadoes

Earth's fiercest winds are found in the heart of strong tornados. They can destroy houses, hurl cars, and certainly kill. Each year, tornados cause an average of 60-65 fatalities, 1,500 injuries each year, and can produce wind speeds in excess of 200 mph. They can be a mile wide and stay on the ground for over 50 miles.

Straight-line winds are dangerous

They can exceed 125 mph and cause destruction equal to some tornadoes. They're extremely dangerous to aviation. They can knock you down if you're on foot. Stay inside your home.

Flying Helicopter Bug

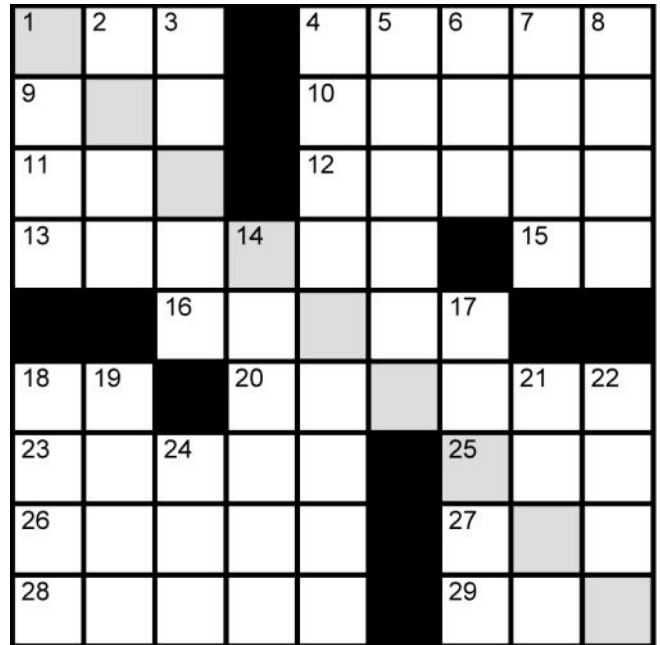
The headline is a clue to the answer in the diagonal.

Across

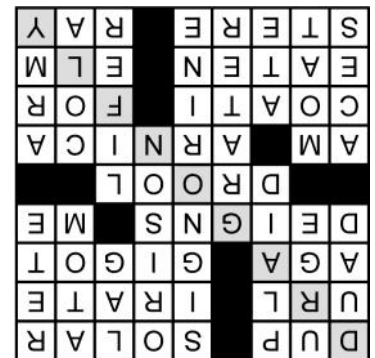
1. Not an orig.
4. Like some renewable energy
9. WWW address
10. Livid
11. Turkish title
12. Mutton or lamb leg
13. Lowers oneself
15. Northeasternmost st.
16. Drivel
18. Radio mode
20. Flowering plant with healing properties
23. Cousin of a raccoon
25. In support of
26. Moth-___
27. Freddy Krueger's street
28. Cubic meter
29. Beam

Down

1. Couple
2. Exhort
3. Kilt pattern
4. Italian unmarried woman
5. Prayer
6. Hang back
7. Proton's place



8. Neural network
14. Kitchen gadget
17. Inmate who's never getting out
18. Air force heroes
19. Castle defense
21. RC, e.g.
22. ___ brat
24. Lunched



Flash floods are deadly

They are the number one cause of deaths associated with cloudburst rains and thunderstorms, causing 90 fatalities each year. Many are people in cars. Never drive over a flooded road or bridge. Back up and take a different route. Just two feet of moving water can sweep a car away. If your vehicle is surrounded by water, abandon it immediately and seek higher ground.



What happened with the Ozone layer?

If you were around in the 1980s, you remember the environmental outcry that the earth's protective Ozone layer was thinning and there was actually a hole in the Ozone.

You don't hear about it now, but some say the world's response to the Ozone crisis has been an environmental triumph.



The Ozone layer is situated about 10-30 miles up in the stratosphere where soaks up about 90 percent of the sun's ultraviolet rays. But in the 1970s, scientists noticed that the layer was thinning and identified chlorofluorocarbons (CFCs) as the cause. These chemicals were used in many products including aerosol cans and refrigerators. Then, in 1985, researchers saw a huge hole, about the size of North America. In 1987, the Montreal Protocol banned CFCs and other ozone-eating substances like halons and methyl bromide, setting hard deadlines to phase them out. It took a while but the ban worked. By 2019, the ozone hole was the smallest since its discovery—down to 3.9 million square miles from a high of 11.4 million in 2006.

Scientists track the size of the Ozone hole with satellites and balloons, measuring ozone levels in Dobson units. Pre-1980, the global average was around 300 DU. Now it's creeping back up—Antarctic levels hit 104 DU in 2021.

Today, the science says full recovery's on track for 2060-2070, assuming continued global cooperation.

Great resources for healthy eating guidance

Eating healthy means different things to different people, and the volume of information (and misinformation) available with just a few clicks can make it seem like a hopelessly complicated project. But it really doesn't have to be -- as long as you know where to look.



MyPlate.gov, published by the United States Department of Agriculture, shows how to divide up your plate to create balanced meals with each food group represented. Click on each food group and you'll see more detailed information about nutritional benefits, serving sizes, and what to look for at the grocery store.

The Academy of Nutrition and Dietetics (eatright.org) provides evidence-based information about health and nutrition for people at all life stages. EatRight also provides a large library of dietitian-developed recipes with complete nutrition information. The Academy also tackles fad diets and trendy products to help you cut through the marketing jargon and find a healthy, sustainable balance.

The Nutrition Source, a project from the Harvard T.H. Chan School of Public Health, offers its own interactive balanced plate -- and it's available in 25 languages. The Nutrition Source's plate differs from the USDA's, with a greater emphasis on vegetables and the addition of healthy oils. And since nutrition is just one part of a healthy lifestyle, the project also includes guidance about sleep, stress, disease prevention, and weight management.

What you eat can ease arthritis pain

Longevity is a blessing -- unfortunately, our joints seem to complain a lot.

According to the University of Michigan's National Poll on Healthy Aging, about 70 percent of older adults experience joint pain, and around 60 percent have been diagnosed with arthritis.

There are a number of medications that may alleviate joint pain and help you maintain an active lifestyle, but what and how you eat matters too. Two eating patterns -- the Mediterranean Diet and the DASH (Dietary approaches to Stop Hypertension) Diet both emphasize whole, unprocessed foods that can reduce inflammation and provide additional health benefits like weight management and decreased risk for many chronic diseases.

According to Mass General Brigham Health, both eating plans encourage a variety of whole foods, including beans and legumes; fruits and vegetables; herbs and spices

Also encouraged:

- * Seafood as the primary animal protein
- * Small portions of poultry, eggs, cheese, and yogurt consumed daily or a few times each week
- * Healthy fats like nuts, seeds, oily fish, and avocados
- * Whole grains

Some foods may worsen inflammation, including: fatty deli or lunch meats; fried foods; ultra-processed foods; meats with high saturated fat content; refined (white or brown) sugar; starchy foods like white bread or white rice.

Mass General Brigham dietitian Nancy Oliveira recommends that you pay attention to how different foods make you feel and learn to identify which ones seem to cause joint pain to worsen. Oliveira also urges small changes over radical ones, such as incorporating one new plant-based food per week. Don't neglect sleep or exercise, either -- poor sleep and lack of physical activity can both worsen inflammation.

The Cleveland Clinic and Mayo Clinic websites have more information on the DASH diet and Mediterranean diets.



Pros and cons of pharmacy delivery for seniors

Why go out for something when you can just get it delivered? After all, your knee hurts and the weather's nasty. When you sign up to receive your prescriptions by mail, it's important to understand all the pros and cons and the real cost of all that convenience.

Medication delivery, especially mail order prescription services, have become increasingly convenient. Since many mail order pharmacies are jointly owned and managed by pharmacy benefit managers and health insurance companies, the associated copays may be lower compared to what you pay at a regular retail pharmacy. Mail order pharmacies also commonly fill prescriptions for 90 days, which can also reduce your copay.

But some of these benefits come with their own potential downsides. For one, most mail order pharmacies rely on the U.S. Postal Service as their primary shipping partner. But according to Government Executive, mail delivery has slowed. For customers in rural areas, those shipping delays might leave them scrambling for alternative options when essential medications fail to arrive on time.

Some patients may also benefit from the personalized attention they receive at local retail pharmacies. According to GoodRx, your local pharmacy may be able to provide a 90-day supply at a similar price as a mail order pharmacy. If you're happy with your current pharmacy and have a good relationship with the staff, you don't necessarily need to make the switch.

There are ways to make it easier to manage prescriptions.

- * Try to group mail order prescriptions together.
- * Review your health plan. This will help you understand which medications are preferred and when a local pharmacy might be cheaper than mail order.
- * Use your pharmacy's mobile app to fill and track deliveries from your phone.
- * Plan to rely on a local pharmacy for acute care needs, like antibiotics.
- * Make a note to refill mail order prescriptions about two weeks before you need them.



Sweet and Fiery Roasted Nuts

Calories
208 Per Serving
Protein
5g Per Serving
Fiber
3g Per Serving

Ingredients

2 teaspoons olive oil
1/2 teaspoon stevia sweetener OR
1 stevia sweetener packet
10 drops cinnamon-flavored liquid stevia sweetener
1/2 teaspoon ground cumin
1/8 teaspoon cayenne
1/3 cup walnut halves
1/3 cup pecan halves
1/3 cup almonds

Directions

1. Preheat the oven to 350°F.
2. In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.
3. Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes. Serve warm or at room temperature.



Recipe borrowed from
<https://recipes.heart.org/en/recipes/sweet-and-fiery-roasted-nuts>



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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

Associate Member --- FREE

- * Can attend any chapter/group meeting for MH, MLH or YMH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

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Heart of Gold Lifetime Sponsor --- \$1500 donation

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- * 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

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For members of one household with one mailing address only

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- * 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.

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Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

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.