



Salem Mended Hearts Chapter Newsletter

The Mended Hearts, Inc.



Yes, your phone is listening

Apple has agreed to a \$95 million settlement on a lawsuit alleging that Apple used its digital assistant, Siri, to listen to users.



A judge must approve the settlement this month.

It seems that saying 'Hey Siri' isn't necessary for your phone to listen to conversations. This won't come as too much of a surprise to many people who have noticed that advertisements related to their conversations seem to pop up regularly.

Apple iPhone users could get \$20 per Siri device used from September 2014 to December 2024, with a maximum of five devices per user.

This might seem like a lot of money, but Apple is worth more than \$3 trillion. The company earns \$95 million in about nine hours.

Drugs like Ozempic may offer heart health benefits

Medications like Ozempic and Wegovy may offer significant heart health benefits -- and not just through weight loss.

According to the British Heart Foundation, two studies presented at the 2024 European Congress on Obesity showed that semaglutide medications may help reduce the risk of heart attack, stroke, and other serious cardiac complications. The studies followed more than 17,000 overweight or obese adults who did not have diabetes, but received weekly semaglutide injections.

On average, the participants saw sustained weight loss of about 10 percent on average after four years, regardless of their age or body size. Participants were also less likely to experience life-threatening heart events like heart attack or stroke, regardless of how much weight they lost. Even patients who did not lose weight at all decreased



their risk, possibly due to the drug's effects on blood sugar, blood pressure, and inflammation of the heart.

But most U.S. insurers have restricted coverage of these drugs to patients with diabetes and pre-diabetes, and everyone else must shoulder the steep out-of-pocket costs -- around \$1,000 per month or more, according to GoodRx. But Medicare and Medicaid may begin covering anti-obesity drugs in 2025 if a new rule that would expand coverage takes effect. The rule, which the Biden administration proposed in November 2024, reclassifies obesity drugs as treatment for chronic disease.

Chapter Officers

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

Accredited Visitors

Geoffrey Roth
Jim Dahlberg
Tom Wynkoop

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: February 17, 2025

TIME: 2:00-3:30

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

TOPIC: Life's Essential 8

NEXT MEETING: March 18, 2025

TOPIC: TBD

ANNUAL AWARD NOMINATIONS OPEN!

This is a great time to show some love and appreciation for the wonderful members around you who have made an impact on you, your chapter, your group, or your local heart community.



The following categories are open for nominations:

- MHI Accredited Visitor Excellence Award - Click **HERE**
- MHI Chapter or Group Excellence Award - Click **HERE**
- MHI Hospital of the Year Award - Click **HERE**
- MHI Nurse of the Year Award - Click **HERE**
- MHI Heart Hero of the Year Award - Click **HERE**
- MHI Volunteer of the Year Award - Click **HERE**
- MHI Newsletter of the Year Award - Click **HERE**
- MHI Mary Amato Nursing Student Award - Click **HERE**

The nomination period will close on March 15th. You must be an MHI member to submit a nomination. Please click **HERE** to learn more and submit your nomination.

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.





National Heart Month Events February 2025

All month:

Heart healthy meals in Creekside,
look for Heart Month logo.

[Mindfulness Challenge:](#)

Track your practice during February.

[Sit Less Challenge:](#)

Track the times you get up and move
each day during February.

[Step Challenge:](#)

Track your daily steps, the
American Heart Association recommends
7,000 per day for heart health.



Event schedule:

Feb. 4

Biometric Screening

8 to 10 a.m.

Center 50+, 2615 Portland Rd NE, Salem
Fast for at least 9 hours prior

[Register](#)

Feb. 7

Go Red Day

Wear red to promote women's
heart health

Feb. 15

Biometric Screening

9 to 11 a.m.

Salem Health Medical Clinic – Woodburn
Fast for at least 9 hours prior

[Register](#)

Feb. 18

Biometric screening

6:30 to 9:30 a.m.

CHEC Wellness Kitchen

Fast for at least 9 hours prior

[Register](#)

Heart Failure lecture

10 a.m. to noon

Center 50+, 2615 Portland Rd NE, Salem

Feb. 26

Community STEMI Night

5:30 to 7 p.m.

Salem Hospital Cath Lab, Building A,
2nd floor

[Register](#)

Cooking class: Role of Food and Your Health – Blood Pressure

5:30 to 6:30 p.m.

CHEC Wellness Kitchen

Learn budget-friendly ways to improve
health through cooking.

[Register](#)

Find all Heart Month events here:



 **Salem Health**
Hospitals & Clinics

You might not realize you are drowsy



You say you don't drive for long hours at a time and you're rarely behind the wheel in the middle of the night. So falling asleep at the wheel can't happen to you.

Wrong. If you think about it, you'll have to admit there have been times when you were drowsy while driving your car or truck. Though you didn't realize it at the time, your brain was shutting down. You were becoming as impaired as if you were drunk, say doctors at the University of Minnesota.

There are two sleepy periods in each 24 hours. The first is between midnight and 6 a.m. The second is from early to mid-afternoon. You might blame what you had for lunch for the sleepiness, but your biological clock is responsible.

Quoted in Reader's Digest, doctors at Washington State University's Sleep and Performance Research Center say these signs indicate that you are too tired to drive.

- * Continually yawning.
- * You are irritable and uncomfortable. Your mind wanders and you have disconnected thoughts.
- * You can't remember driving the last few miles. Your driving becomes sloppy and you may hit rumble strips on the side of the road. Opening the windows, turning

Center's Goal

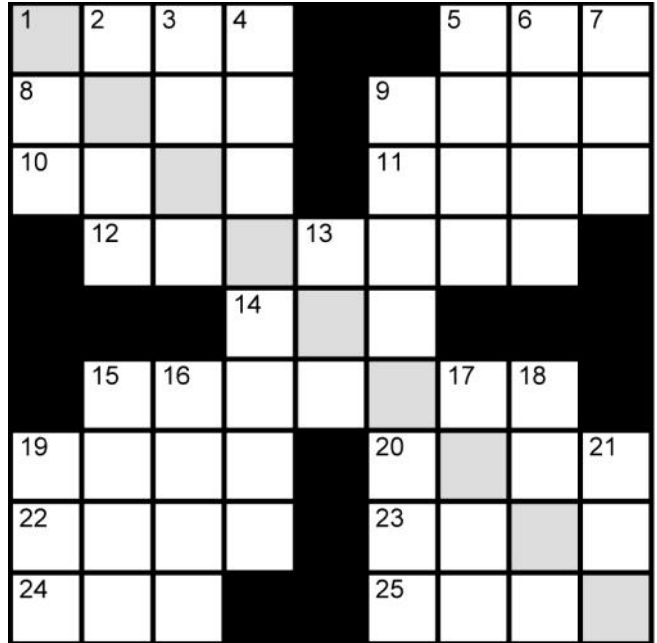
The headline is a clue to the answer in the diagonal.

Across

1. Lobster's feeler
5. "Monty Python" ainer
8. Toward shelter, nautically
9. When doubled, a Pacific island
10. Celeb
11. Give temporarily
12. Fruit grove
14. Common Market inits.
15. In a quick manner
19. Capital on the Dnieper
20. Use a stopwatch
22. "Anything ___?"
23. "___ bitten, twice shy"
24. Understand
25. Pinnacle

Down

1. Faux ___
2. Kind of sax
3. Regan's father
4. See
5. Fool
6. Actor Pitt
7. Is able
9. Paving material



13. "For ___ a jolly ..."
15. Disgusting
16. Take five
17. Court divider
18. Village People hit
19. Fraternity party staple
21. Comics shriek



up the radio or stopping to stretch won't keep you awake.

The AAA Foundation for Traffic Safety recommends stopping for a caffeinated drink if you feel sleepy. Then, nap for 20 minutes while you wait for the caffeine to take effect.

Sleepy drivers are responsible for 22 percent to 24 percent of all crashes.



"Putting away our phones during dinner was an interesting experiment. Let's never do that again."

Do some hearts just need a little rest?

There is no cure for heart failure, although drugs can slow its progress, but a new study suggests that the heart might improve if it just gets some rest.

A study published in the journal *Circulation* offers the first hope for a new way to treat, or even cure, heart failure.

University of Arizona researchers investigated whether heart muscle can regenerate, much like an injured leg muscle heals after time. They found that some patients with an artificial heart pump actually regenerated heart muscle cells at a rate six times greater than healthy hearts. Researchers speculate that because the heart pump bypasses the heart, it is like putting the heart on bed rest, giving it time to repair itself, something that can't be done while the heart is working. It is possible that some patients may even be able to have the pump removed.

Only about 25 percent of patients in the study responded with cardiac muscle regeneration. New research will focus on whether all patients might be able to have muscle regeneration. Researchers say such a thing would essentially be a cure for heart failure.



February is National Heart Month!

Heart Month and Congenital Heart Disease Awareness Week are almost here! As always, MHI will be in our communities and on social media promoting awareness of cardiovascular disease and commemorating the special days and events that will be taking place.

National Heart Month February 1-29

Have you thought about what you can do this Heart Month to help spread the word about heart disease and its impact on families and communities? Here are just a few ideas!

- Participate in our Share Your Heart Photo Campaign and be sure to tell your friends and family!
Access our Share Your Heart awareness materials in the Officer Portal and download our sample newsletter excerpt, presentation slides and printable poster.
- Heart Failure Awareness Week is Feb 9-15 and we'll be sharing our many HF resources during this time. Wear Red Day is on February 7. MHI staff will be wearing red and we hope you will be too! Take a picture and send it to us or tag us on social media.
- Valve Disease Awareness Day is on February 22. As always, MHI will be sharing resources through email and social media.
- Hypertrophic Cardiomyopathy Day is February 26. MHI will be sharing our many resources on HCM with our members.
- We would love to hear about the people you'll be presenting to this Heart Month - please send pictures and details to Marley at marley.lucas@mendedhearts.org and we'll share on social media!



CHD Week February 7-14

In addition to our Share Your Heart Photo campaign, we want you to be aware of the following resources and awareness events taking place during CHD Week.

- RYS winners will be announced every day during CHD Week at 8 PM Eastern time, beginning with our 40 and over age category on February 7. Tune in to all MHI FB pages to see winners.
- Remember Our Hearts Candlelight Vigil will take place on February 11 at 7 PM (in your time zone). The vigil is a virtual event to remember all those who have been lost to congenital heart disease; it is hosted on our all of our MHI social media platforms.
- CHD awareness materials including PSA sample scripts, proclamation letter and sample, letter to the editor and promotion strategies can be found in the MLH Coordinator portal. If you would like access to these materials and you are not a coordinator, please email Mandy at mandy.sandkuhler@mendedhearts.org.
- CHD facts and stats will be posted on M LH social medial pages throughout CHD Week - we encourage you to share these on your MLH group and personal social media pages.

Be our (heart-healthy) Valentine:

Your heart gets a double dose of attention in February. For centuries, the world has equated this month with Valentine's Day. If you have a spouse, partner or significant other, your first dose of attention comes in the form of love or a declaration thereof. But remember your friends, too, because love doesn't have to be romantic!

Your heart has another focus of attention, too. In the last 45 years, your heart has been at the center of American Heart Month every February.

It's a good time to get serious about following up with your doctor about your lifestyle and general health. Both can give clues as to the condition of your heart.

Don't be surprised if the doctor advises you to move more. That doesn't mean you have to join a high energy gym class -- nothing of the sort! What you might need to do is just increase your steps every single day. That will help your heart by boosting your strength, endurance, balance, and energy. If nothing else, just plan a series short walks. Take breaks between walks if needed, but remember all steps count.

You might even find that more steps translate to a bit of weight loss. That will give your body renewed flexibility and reduced pain, especially in the knees and hips.

Follow up with a good heart healthy diet. Try lean meats, more fiber, and less sugar. Use healthy oils like olive oil.

So, cheers to our healthy hearts! Let's spend February getting to know them better.



Peanut Butter Chocolate Cheesecake Dip

Calories

65 Per Serving

Protein

4g Per Serving

Fiber

0g Per Serving

Ingredients

4 ounces fat-free cream cheese (softened)

4 ounces low-fat cream cheese (softened)

1/4 cup low-sodium peanut butter

Chocolate-flavored liquid stevia sweetener to taste

Directions

1. In a small bowl, stir together both cream cheeses and the peanut butter until smooth. Add the liquid stevia sweetener. Stir together until well blended.
2. Serve with celery sticks, baby carrots, apple and pear slices, and no-salt-added pretzels.



*Recipe borrowed from
[https://recipes.heart.org/en/
recipes/Peanut Butter
Chocolate Cheesecake Dip](https://recipes.heart.org/en/recipes/Peanut-Butter-Chocolate-Cheesecake-Dip)*



The Mended Hearts, Inc.

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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.

Table with 2 columns: INDIVIDUAL MEMBERSHIP and FAMILY MEMBERSHIP. Includes details for Associate, Individual, Bronze, Silver, and Gold membership levels, along with Family Membership options.

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.