



The Mended Hearts, Inc.

Salem Mended Hearts Chapter Newsletter

JANUARY NEWSLETTER

How to save your back and your heart but still shovel the snow

The white stuff drifting down is beautiful. But you have to get rid of it, and start getting rid of it very soon.

Shoveling snow is a physically demanding job. Check with your doctor to see if you should be doing it at all. If not, or if shoveling is not your thing, prepare ahead by setting up a snow removal service or contracting with a strong neighbor.

* Before you go out, warm up your muscles and stretch as you would before any exercise. Dress in layers so you can remove one if you get heated up. Extra heat makes the heart beat faster, and you want it to stay at a normal pace.

* The best time to work on the snow is when it's still falling. It won't be as deep, and it will be loose, powdery or a lot easier to move. At this point, your leaf blower could do the job.

* If it's already deep, use a smaller, lighter shovel. Start with small loads.

* Push the snow rather than lifting it whenever you can, even if it's for a small area. Every push avoids a lift.

* When you do lift, use your legs instead of your back. Face the direction you want the snow to go and throw it without twisting.

* Do larger areas in segments. The National Safety Council recommends shoveling a while, then resting.



Fat cell memory linked to obesity

You can look at a donut and gain five pounds.

Funny -- but maybe even a tiny bit true.

A new study published in the journal Nature hints at a correlation between obesity and changes at the cellular level in fat cells that appear to remember obesity.

Weight loss experts have long noted that obese people who slim down tend to revert back to obesity -- the yo-yo effect. But the reasons were unclear. Was it merely that the people reverted to old eating styles or was there something else at play?

Now scientists think that, among the many reasons for re-gaining weight, at least one might be a sort of genetic memory.

In mouse studies, scientists put obese mice on a diet until they slimmed down, and then compared their fat cells to mice who had never been obese. In the formerly obese mice, fat cells absorbed more sugar and fat than the cells from mice that never were obese. Certain genes were active in obese mice that were not active in never-obese mice. In fact, when put on a high calorie diet, the formerly obese mice gained more weight faster than the never-obese mice.

The findings do not indicate that fat cell memory alone is the cause of obesity. It is also not known what factors, if any, can alter fat cell memory or if fat cell memory ever changes.



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: January 20, 2025

TIME: 2:00-3:30

PLACE: Salem Health, Building A, 7th floor, West Conference Room

TOPIC: CPR

NEXT MEETING: February 17, 2025

TOPIC: Cardiothoracic Surgery

ANNUAL AWARD NOMINATIONSN 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.



Winter fire prevention advice

Heating equipment is the second leading cause of home fires in North America. But during winter, it is the leading cause according to the National Fire Protection Association.

To avoid home-heating fires, remember these rules:

Portable heaters fueled by gas, kerosene, wood or coal: All heaters must be at least 36 inches away from anything that can burn. Never leave them on when you are not in the room, or when you go to sleep. Never dry clothing on a heater.

Kerosene heaters: Use only the fuel recommended by the manufacturer. (Never use gasoline!) When refueling, turn off the heater and let it cool before adding fuel. Wipe up spills promptly. Store kerosene away from heat or open flame in an approved container.

Fireplaces: Have the chimney inspected prior to the start of the heating season and cleaned if necessary. Creosote builds up in chimneys and causes chimney fires. Always use a sturdy screen when burning. Remember to burn only wood. (Never burn paper or pine boughs.) And never use flammable liquids in a fireplace.

Wood stoves: Be sure the stove meets local fire codes and is properly installed and

Nutty Treat

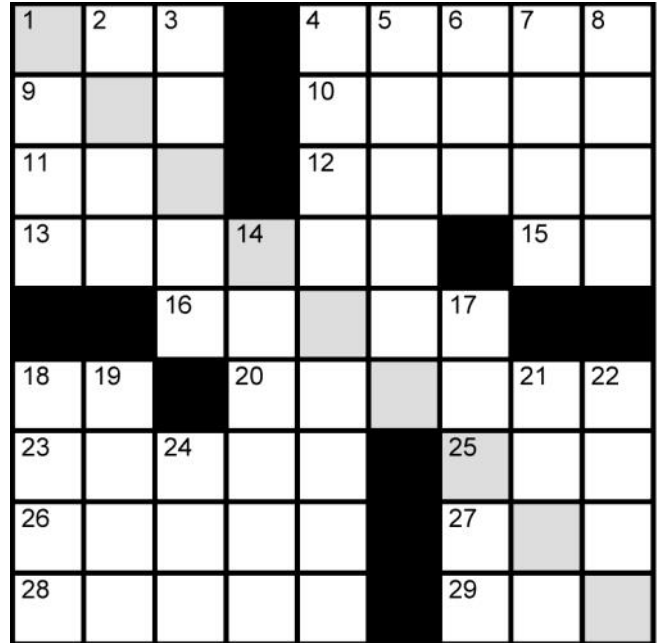
The headline is a clue to the answer in the diagonal.

Across

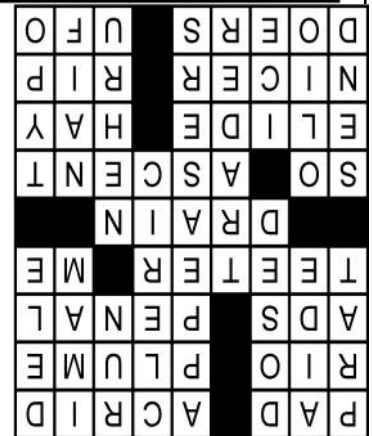
1. Hippie's hangout
4. Like thick smoke
9. Carnival site
10. Fancy feather
11. Commercials
12. Kind of colony
13. Wobble
15. Yours truly
16. Sink feature
18. Therefore
20. Upward slope
23. Slur over
25. Stable diet
26. More upscale
27. Tear
28. Go-getters
29. Roswell sighting

Down

1. Kind of fall
2. White House staffer
3. Gave medicine to
4. Pacifiers
5. Church official
6. Jog
7. Prayer leader
8. Expunge
14. Wall Street figure



17. India's first P.M.
18. Dispatch
19. Assortment
21. Inexperienced
22. AutoCorrect target
24. Rink surface



maintained. Chimney connections should be inspected at the beginning of each heating season. Follow the same safety rules for wood stoves as for space heaters. Burn only wood, and be sure the stove has approved stove board below it and behind it to protect floors and walls.

Portable LP gas heaters with self-contained fuel supplies are prohibited for home use by fire safety standards.



"And you say you last saw him in the clothes dryer?"

January is National Blood Donor Month Blood banks begin search for donors

For children, January is a month for sledding and building snowmen. For blood banks it is a time of searching.

With snowstorms, holidays, increased illness and winter vacations, donations to the blood banks come up short every year.

It's one of the reasons that January has been designated National Blood Donor Month. With blood being required by a patient every two seconds and only about 3 percent of the population donating blood, the plea goes out for eligible donors to donate as often as possible.



A single donation of blood can save three lives.

Blood banks want prospective donors to know that donating is a very safe procedure. All materials involved are used only once and then discarded.

The process starts with registration, a health history is taken and a mini-physical is given. The actual donation takes about 10 minutes and equals approximately one pint of blood. Your body will normally replace the lost fluid within 24 hours.

The American Red Cross offers some tips to make donating a good experience.

Before going to donate, eat a good breakfast or lunch. Avoid fatty foods and eat iron-rich foods. Drink extra fluids to replace the fluid you will donate but avoid caffeine.

Be sure to wear clothes with sleeves that can be raised above the elbow.

Afterwards, eat the snack and drink provided.

Over the next 24-48 hours, be sure to drink plenty of fluids.

It's the All-American food Cook your hamburger thoroughly

As you slide the spatula under that hamburger, you might be thinking about that great sandwich. You might be more concerned about something else: E. coli bacteria.

Unless you are certain that it's cooked thoroughly, cook it longer. There's no way to know whether the meat contains the bacteria. You can't tell by the aroma or the taste.

It's hard to say how many Americans fall ill every year from E. coli infection, the largest source of which is contaminated ground beef. The best guess is that more than 70,000 people get sick. About 2,000 get sick enough to be hospitalized and some 60 people in the United States will die of it.

An industry-wide survey by the Centers for Disease Control and Prevention last year found that one of every 200 samples of ground beef was contaminated with E. coli bacteria.

It would be impossible to test every package of hamburger, and it takes just a small amount of E. coli to make someone seriously ill. Irradiation has been approved for use by the U.S. Department of Agriculture. It treats meat with a low dose of radiation that can kill virtually all bacteria. Public suspicion, however, has prevented its use.

Producers and the USDA can't guarantee germ-free meat. All consumers can do is to handle it carefully and cook it to 160 degrees, which kills E. coli.



Alzheimer's drug trial halted

Texas-based biotechnology firm Cassava Sciences has halted an advanced clinical trial for the experimental Alzheimer's drug simufilam after it failed to significantly reduce cognitive decline in people with mild to moderate Alzheimer's disease. According to the New York Times, the canceled trial comes after several foundational studies to support the drug were found to contain fraudulent data and subsequently retracted from scientific journals. Cassava Sciences was also forced to settle with the Securities and Exchange Commission in September over allegations of misleading statements about earlier trial results.

Drum up some good luck for the New Year

The idea of a new year just naturally suggests new beginnings. Here are some ideas for making the new year lucky.

Lucky food:

Grapes: Eat 12 grapes at midnight, one for each month of the year (common in Spain and Latin America).

Lentils: Represents prosperity due to their expanding nature when soaked.

Black-eyed peas and collard greens: Southern U.S. tradition symbolizing coins and money respectively.

Pomegranate: Represents fertility and renewal with its abundant seeds.

Fish: Signifies abundance and surplus in Chinese culture.

Clean, refresh, renew

Clean your house or apartment before New Year's Day in order to clear the way for an exciting new year.

Don't clean on New Year's Day or you could sweep away the luck.

If you can't clean the whole house, concentrate on the kitchen, the space that represents health and prosperity.

Attract good fortune. Put 27 one-dollar bills in your wallet and 49 coins in your change purse or pocket. Then sprinkle ground ginger on them. Put some on your checkbook too.

Look only to the future. Don't discuss anything that happened in the past. Only talk about hopes and wishes for the future. Place nine small oranges in a bowl on the table to attract sweet things in the new year. Bowls of fruit, nuts and candy are lucky too.

Get rid of the negatives. Open the door at midnight and light firecrackers or bang pots and pans to scare away any destructive influences in your life.

Make the first words positive. The first words said to you after midnight can impact your good fortune. If necessary, tell someone what to say just after midnight. If you lose your temper or use bad language on this day, it can have a negative effect on the coming year.



White Bean and Tomato Bruschetta Salad

Calories 123 Per Serving

Protein 7g Per Serving

Fiber 5g Per Serving

Ingredients

2 small tomatoes (diced)

OR

16 oz. canned, no-salt-added, diced tomatoes (drained, rinsed)

1 clove fresh, minced garlic

OR

1 tsp. jarred, minced garlic

1 green onion (chopped, (green part only))

8 oz. canned, low-sodium white beans (such as Cannellini beans), drained, rinsed

2 Tbsp. fresh basil (chopped)

OR

1 tsp. dried basil

1 Tbsp. balsamic vinegar

2 tsp. extra virgin olive oil

1/8 tsp. black pepper (to taste)

1/4 cup low-moisture, part-skim, shredded mozzarella

4 cups mixed greens or arugula

Directions

1. Combine all ingredients except salad greens and marinate for 5-10 minutes.

2. Toss with salad greens. Serve chilled.



Recipe borrowed from
[https://
recipes.heart.org/en/
recipes/white-bean-and-
tomato-bruschetta-
salad](https://recipes.heart.org/en/recipes/white-bean-and-tomato-bruschetta-salad)



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.

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>For members of one household with one mailing address only</p>
<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>____ 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 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>____ 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>____ 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>Family Members:</p>
<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>____ Spouse ____ Child ____ Heart Patient ____</p>
<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>____ Spouse ____ Child ____ Heart Patient ____</p>
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	<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.**