



# Salem Mended Hearts Chapter Newsletter

The Mended Hearts, Inc.



## Birds use human trash

The Eurasian coot has been nesting in Amsterdam since the 1980s, and everyone



has noticed that the usual leaves and reeds it uses for nests has been supplemented -- with trash.

This year the journal Ecology published a study of the nests and found them to be a human trash yearbook. One nest appeared to be about 30 years old, having been inhabited by multiple generations of coots. It contained 635 pieces of plastic, a 1994 candy wrapper, and a McDonald's McChicken container from 1996.

Newer nests contained a layer of Covid-19 face masks.

## Three-minute guide to ultraprocessed foods

The new secretary for Health and Human Services, Robert F. Kennedy Jr., has called out "highly chemically processed foods" as a major target in his war on chronic disease, like diabetes and obesity, according to the Associated Press.

But do you know what the label "ultra processed" really means?

First, it's important to understand that not all processed foods are created equal. According to Harvard Medical School, there are three key terms to understand:

- \* Unprocessed or minimally processed foods. These are in their natural state with the nutrients intact. A minimally processed food may be altered by drying, crushing, cooking, freezing, or pasteurizing.

- \* Processed foods. These foods are altered from their natural state with the addition of salt, oil, sugar, or other components -- for example, canned vegetables. Most foods in this category have only a handful of ingredients.

- \* Highly processed or ultra processed food. These foods contain many added ingredients (think sugar, salt, fat, dyes, and preservatives) and components like artificial flavors and stabilizers. Ultra processed foods are made with substances extracted from foods, like starches and added sugars. Deli meats, most prepackaged foods, and soda all qualify.

But the degree to which ultra processed foods impact our health is difficult to say. According to the Associated Press, the level of processing alone is not a reliable indicator of a food's nutritional value -- low-sodium canned tomato sauce and baby formula are both highly processed, but also nutrient dense.

Still, numerous studies point to some kind of connection between certain types of ultra processed foods and negative health effects. In an interview with the Associated Press, Aviva Musicus, science director for the Center for Science in the Public Interest, advises people to worry less about labels like "ultra processed" and instead pay attention to ingredients. She recommends practicing moderation with foods that contain added sugar or high sodium.

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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](http://www.mendedhearts.org).

### UPCOMING MEETING :

**DATE:** May 19, 2025

**TIME:** 2:00-3:30

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

**TOPIC:** **Christine Kieu and Kelley Clark. They will present on neuro-muscular rehabilitation.**

**NEXT MEETING:** June 16, 2025

### May is National Mental Health Awareness Month

If you or someone you love is struggling with living with heart disease, we are here to support you. For more information, view our Mended Hearts Depression Discussion Guide: [https://mendedhearts.org/wp-content/uploads/2021/09Depression\\_rev\\_v4.pdf](https://mendedhearts.org/wp-content/uploads/2021/09Depression_rev_v4.pdf)

Everyone feels sad sometimes. That's a normal part of life. But sometimes people feel sad for extended periods of time, with or without a "reason," to the extent that it interferes with their daily activities. These could be signs of a condition called depression. Depression is actually a fairly common condition among people who have had a heart event.

As many as one in three who've had a heart attack report feelings of depression. Women, people who've already reported depression before, and people without a social network or emotional support are at higher risk for depression following a heart event.

It's important to understand that depression isn't a character flaw, nor is it something you can just shake off or snap out of. It's a serious chronic condition that requires medical care. But there's good news: Depression can be treated very effectively, and most people who are treated experience at least some relief from their symptoms.

Depression affects everything in your daily life, including your recovery from your heart event. In fact, depression can make recovery more difficult because it can lead to a lower desire to follow the treatment plan, greater likelihood to smoke and drink, greater risk for another heart event, lower desire for physical activity, bad eating habits, anxiety, problems at work or school, family and relationship problems, social isolation and suicide. That's why it's important to understand that depression isn't a "normal" part of recovering from a heart event. It needs to be treated, along with the heart event itself. Depression affects the mind and the body. Left untreated, it can take a terrible toll on every aspect of a person's life. Reprinted from the Mended Hearts Depression and Your Heart Booklet

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.



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

## What to do when your car breaks down

Standing on the highway by a disabled car can be a fatal mistake.



In one case, two Indiana women were surveying the damage caused by a fender bender. A tow-truck driver didn't notice them, and one of them was struck and killed. The other was seriously injured.

A few days earlier, a woman was killed as she hastily crossed a highway on foot after her car broke down.

At about the same time, in Virginia, a father and son were killed by a truck after they stopped to offer help to a stranded motorist.

State police and the American Automobile Association give this advice:

\* Stay in the car. Pull the vehicle off the road, activate emergency flashers and call for help.

If you have to get out, get away from the vehicle as quickly as you can.

\* If you are on a middle lane of an Interstate, the AAA recommends activating emergency flashers. Georgia State Police recommend staying inside the car where you at least have some protection. AAA recommends getting out of the car to the side of the road, if it can be done safely.

\* Never stand directly in front of or behind a vehicle in case it is struck by

## Scrambled Clue Crossword

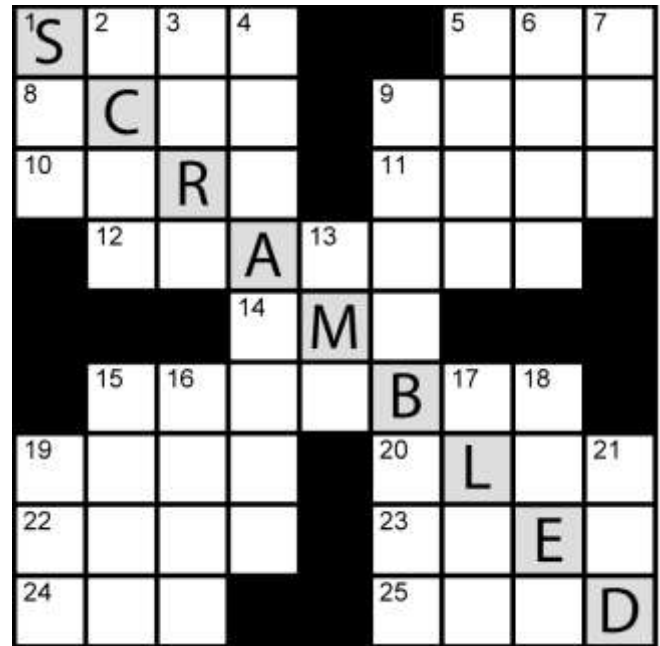
*The headline is a clue to the answer in the diagonal.*

### Across

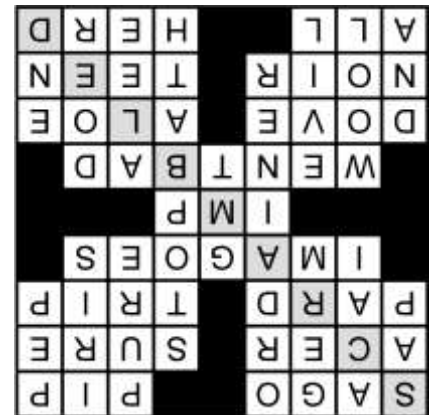
1. AS GO
5. IPP
8. CARE
9. RUES
10. RDAP
11. PRIT
12. OMEGASI
14. PIM
15. DAWN BET
19. VOED
20. LEOA
22. IRON
23. EENT
24. LAL
25. EDEH

### Down

1. PAS
2. CIAA
3. EGMR
4. RAIDER ON
5. PERU
6. IIRS
7. EPP
9. BOTH TAPS



13. TMG
15. OOLW
16. LIVE
17. AEEL
18. RODE
19. AND
21. DEN



another car or truck.

Each year, 16 percent of pedestrian fatalities occur on freeways, according to the National Highway Traffic Safety Administration. They don't track how many of those victims got out of stranded vehicles.

In any case, the worst thing you can do is to stand around outside the vehicle while waiting for help. Drivers approaching in a line of cars and trucks will not see you until it's too late.



"Grunk is still using checks."

## Three heirloom tomatoes to try

### San Marzano

An Italian heirloom from the Campania region, known since the 18th century.

Flavor: Sweet with low acidity, making it less tangy than other tomatoes. The gold standard for sauces, canning, and paste due to its meaty texture and easy-to-peel skin. Indeterminate (keeps growing and producing throughout the season). Matures in 80–90 days, and prefers well-drained soil.



### Black Krim

From the Isle of Krim in the Black Sea, brought to the U.S. in the 1990s.

Dark reddish-purple to black with green shoulders. Flavor: Intense, smoky, and slightly salty with a rich sweetness. Excellent for fresh eating, sauces, or roasting to enhance its depth of flavor. Indeterminate, matures in 70–80 days, and thrives in hot weather.



### Cherokee Purple

Traced to the Cherokee people in Tennessee, popularized in the 1990s.

Dusky purple-pink color and greenish shoulders when unripe.

Flavor: Deep, smoky, and sweet with a hint of acidity—often considered one of the best-tasting heirlooms. Use for slicing, grilling, or in caprese salads. Indeterminate, matures in 75–85 days, and prefers warm climates.



## Beach bag essentials for the entire family

Memorial Day is the unofficial kickoff to summer, which means that it's finally beach (or lake or pool or swimming hole) season. A well-stocked beach bag will help you and your family enjoy a comfortable and safe day on the water.

Start with a good beach bag, wagon, or storage bin. Look for a bag that's lightweight and durable on its own, resists dirt and water, and can be wiped down easily. A plastic storage bin with a sealing lid is also a good choice if you're keeping multiple people supplied for the day. Collapsible folding wagons can also come in handy, especially if you're bringing beach chairs and other larger items.

- \*Swimsuits.

- \*Appropriate footwear. Basic sandals may suffice, or you may need quick-drying water shoes or athletic-style sandals to protect you from sharp rocks and slippery surfaces.

- \* Sun protection. Discard any expired sunscreen and restock. Bring plenty -- you should plan to reapply about every 80 minutes, and the average adult needs the equivalent of a shot glass full of sunscreen lotion to cover their entire body. UV-blocking hats and sunglasses provide additional protection.

- \* Beach towels and blankets.

- \* Waterproof phone pouch.

- \* Drinks and snacks. Fill large reusable water bottles.

- \* Beach cupholders. Beach cupholders can be inserted with a stake into the ground or hooked onto a chair.

- \* Swimsuit cover-ups and a change of clothing.

## What not to use to clean vinyl plank flooring

Although considered quite durable, there are still some things you should do with vinyl plank flooring.

First, skip the ammonia and bleach-based cleaner. They are too harsh for vinyl plank floors, according to The Spruce.

Don't use abrasive scrubs, powders, or scouring pads. These can leave tiny scratches. Even magic erasers can cause discoloration.

Hardwood cleaners can leave a buildup of residue that is hard to remove and attracts dirt. They can make the plank look dull and possibly slippery. Avoid citrus oils, floor polish and pine cleaners.

Steaming mops are too hot for vinyl and can weaken the adhesive, causing boards to warp and separate. Avoid vinegar and lemon juice, which are too acidic.

Best cleaning: Vacuum or sweep, then use a damp (not wet) mop and a water-based cleaner.





## There's more to oral health than whiter teeth

You could have the most beautiful smile in the room, but a serious condition could be developing around your pearly whites right now.

Gum disease can sneak up on you at any age. What's more, bacteria from gum disease have been linked to a higher risk of heart attack, stroke, certain cancers, worsened blood sugar control in people with diabetes, and, of course, they can cause tooth loss.

Bacteria in the mouth play a part in the formation of the plaque that adheres to teeth. It needs to be removed by brushing and flossing. If plaque is allowed to stay on teeth, it can harden along the gumline and harbor bacteria.

Tissues at the gumline may become tender and prone to bleeding. Caught early, this gingivitis is reversible with better home care and dental cleanings.

If the condition isn't reversed, pockets develop between the gums and teeth. As the pockets deepen, and bacteria thrive, infections can form under gum tissue and result in tissue loss, bone loss and eventual tooth loss. You can keep the whole process from starting.

- \* Brush at least twice a day and floss at least once.
- \* Use a mouthwash that contains thymol, as in Listerine and generics.
- \* Have regular dental cleanings and checkups.

Other risk factors for periodontal disease include age and medications that reduce the amount of saliva you produce. These drugs include antihistamines, antidepressants, antihypertensives, and others.

## Creamy Corn Chowder

Calories 193 Per Serving

Protein 7g Per Serving

Fiber 4g Per Serving

### Ingredients

Cooking spray

1 tablespoon light tub margarine

1/2 cup chopped onion

1/2 cup diced celery

1 1/4 cups water

1 small baking potato, peeled, cut into 1/2-inch cubes (about 1 cup)

1 14.75-ounce can no-salt-added creamed corn, undrained

1 1/2 cups frozen whole-kernel corn

1-2 teaspoons sugar

1 packet (1 teaspoon) salt-free instant chicken bouillon

1/8 teaspoon salt

1/8 teaspoon pepper (white preferred)

1 cup fat-free half-and-half

1 tablespoon all-purpose flour

2 tablespoons minced parsley (fresh)

### Directions

1. Lightly spray a medium saucepan with cooking spray. Melt the margarine over medium heat, swirling to coat the bottom. Cook the onion and celery for 4 to 5 minutes, or until the onion is soft but not brown, stirring occasionally. Stir in the water, potato, both corns, sugar, bouillon, salt, and pepper. Increase the heat to medium high and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the potato is just tender, stirring occasionally.

2. Pour the half-and-half into a small bowl. Add the flour, whisking to dissolve. Stir into the soup. Stir in the parsley. Simmer for 15 minutes, or until the soup has thickened, stirring frequently.



Recipe borrowed from <https://recipes.heart.org/en/recipes/creamy-corn-chowder>



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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

- \* 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

#### Bronze Member --- \$45 annual donation per person

- \* 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

#### Silver Member --- \$100 annual donation per person

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

#### Gold Member --- \$250 annual donation per person

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

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

- A one-time donation per individual
- \* 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

### FAMILY MEMBERSHIP

For members of one household with one mailing address only

#### Family Membership --- \$40 annual donation

- \* All 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.

#### Bronze Family Membership --- \$75 annual donation

- \* 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

Family Members:

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_

### ALL Donations are tax deductible

#### PAYMENT INFORMATION:

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Additional tax-deductible Donation to:

☐ Mended Hearts ☐ Mended *Little* Hearts  
☐ Young Mended Hearts \$ \_\_\_\_\_

TOTAL TO NATIONAL \$ \_\_\_\_\_

#### ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

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.