



Salem Mended Hearts Chapter Newsletter

The Mended Hearts, Inc.



Sudden cardiac arrest is often not sudden

"Sudden cardiac arrest" implies no warning, but the research says otherwise.

A study from the Smidt Heart Institute at Cedars-Sinai, published in The Lancet Digital Health, found that half the people who suffered a sudden cardiac arrest had felt a warning symptom in the 24 hours beforehand.

Which symptom depended on who had it. Among men, chest pain was the most common. Among women, it was shortness of breath. Smaller groups in both reported heavy sweating or seizure-like activity. Lead author Dr. Sumeet Chugh has said the result surprised his own team, which had long assumed there was never any time to act.

Cardiac arrest is not a heart attack, though the terms get swapped constantly. A heart attack is a blockage that starves heart muscle of blood. Cardiac arrest is the heart's electrical system failing, and the heart stops. A heart attack can trigger a cardiac arrest, which is why anyone recovering from a heart attack is told to take new symptoms seriously.

None of this makes a symptom proof of anything. Chest pain and breathlessness have dozens of ordinary explanations, and most turn out to be something else entirely.

Earlier work from Cedars-Sinai researchers found that among people who did get a warning, only about one in five called 911. Those who called survived at 32 percent. Those who didn't, 6 percent. Of everything in that sequence, the phone call is the most important part.

A golf hazard with an appetite

Charl Schwartzel's tee shot on the 134-yard seventh hole landed on the green, spun backward, and trickled into a pond. What came next went viral.

A fish rose out of the murk and swallowed the ball. The moment was caught on video during the final round of a LIV Golf tournament in Bedminster, New Jersey, on Aug. 9, according to Reuters. Schwartzel, the South African who won the 2011 Masters, took a one-stroke penalty and settled for bogey.

The diner appeared to be a largemouth bass. According to New Hampshire Fish and Game, largemouth bass are visual hunters that swallow prey whole and strike at sudden movement.



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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: October 19, 2026

TIME: 2:00pm

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

TOPIC: TBD

NEXT MEETING: November 16, 2026

TOPIC: TBD



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



Candy season is 90 days long, not one night

Halloween is not really the problem. The problem is the stretch that follows -- the bowl by the door, the bag on the counter, the leftovers that migrate to the office, and then Thanksgiving and the Christmas tins. From late October to New Year's, there is candy within arm's reach almost continuously.

The useful question is what the choices cost.

Start with the fun-size bar. Most run 60 to 90 calories. They are not free. Consumer Reports nutritionist Amy Keating says people talk themselves into believing that fun size means they can have a lot of them.

Consumer Reports worked out how much of each favorite adds up to 100 calories. It takes about 14 pieces of candy corn. Or five Starburst. Or roughly 23 M and M's, or four Tootsie Roll Midgees. It takes nearly one whole peanut butter cup.

The more concerning number is sugar. Consumer Reports found that 100 calories of these

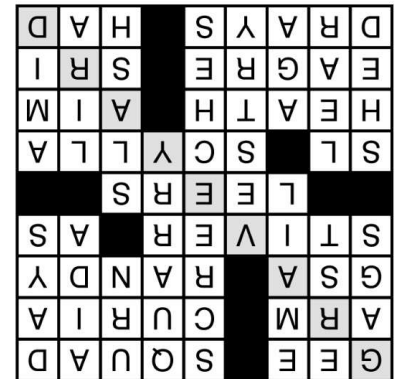
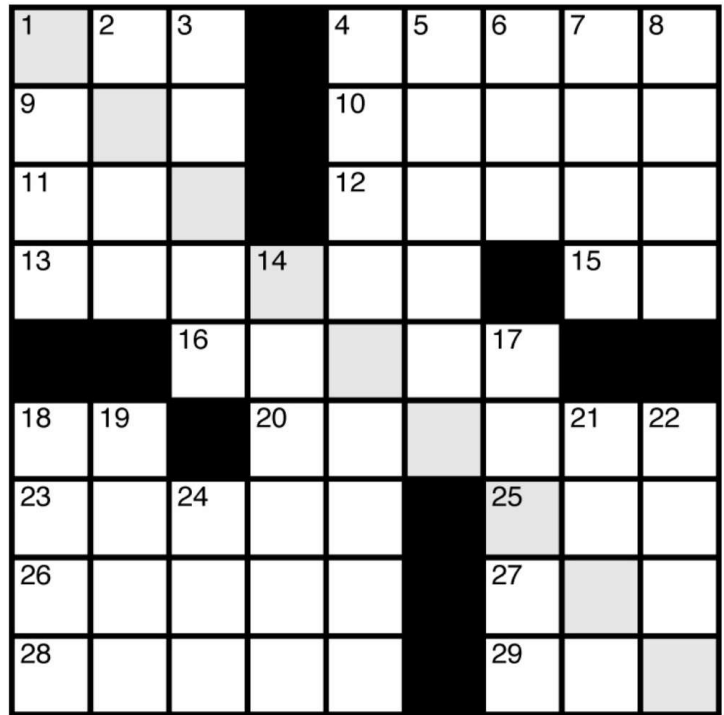
Across

1. "Fancy that!"
4. Team
9. Usher's offering
10. Papal court
11. Fed. property manager
12. Lecherous
13. Dutch coin and currency unit
15. Chemical symbol for arsenic
16. Lascivious looks
18. Peruvian terrorist group of the 60s
20. Greek monster that lived near Charybdis
23. Moor
25. Order between "ready" and "fire"
26. Tidal bore
27. __ Lanka
28. Horse carts
29. "We've been __!"

Down

1. Comedian's stock
2. At one time, at one time
3. In-box contents
4. Screams
5. Prey
6. Samovar
7. "O patria mia" singer
8. "A Hard __ Night"
14. Sacristy
17. Performer with Guns N' Roses
18. Cast off
19. Kind of jet
21. Former monetary unit of Italy
22. During
24. __ Khan

Spooky Halloween Place



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

treats carries two to five teaspoons of added sugar. The American Heart Association's limit for a full day is six teaspoons for women and nine for men. Two fun-size bars can spend most of it.

Which points to the one choice that reliably matters. Chocolate with fat in it -- the peanut butter cup, the caramel bar -- costs more per piece.

One piece you actually wanted beats three that leave you still looking. Pick the one you like. Then close the bag.



One Open Enrollment caution

From October 15 to December 7, anyone on Medicare can switch Medicare Advantage plans, switch or drop Part D drug coverage, or move between Original Medicare and Medicare Advantage. Those changes then take effect January 1.

What the window does not do is open the door to a Medicare supplement. Supplement policies, also called Medigap, are sold under state insurance law rather than the federal enrollment calendar. In most states a company may ask health questions and may decline an application, and Open Enrollment does nothing to change that.

So someone who drops Medicare Advantage in November can discover in January that Original Medicare is paying its usual 80 percent of doctor bills with no supplement standing behind it, and no company willing to write one.

There is one sizable exception. A person who joined a Medicare Advantage plan for the first time has 12 months to change course, return to Original Medicare, and buy a supplement with no health questions asked. It is called a trial right, and it comes around once.

When your phone no longer recognizes your fingerprint

Sooner or later the phone stops cooperating. You press the button the way you always have, and nothing happens. It might be your fingerprint.

The fingerprint pattern you were born with doesn't change. What changes is the skin around it. Skin loses collagen and moisture, the ridges flatten, and the sensor has less contrast to work with. Apple, Google, and Samsung all name dry skin in their support documentation as a cause of failed readings.

The fix: Make sure the finger and the sensor are both clean and dry. For dry hands, Samsung and Google both suggest hand lotion a few minutes beforehand. Cover the sensor with the whole fingertip and hold it there, since lifting too quickly is a common cause. If none of that works, delete the stored fingerprint and enroll it again, or try a different finger.

New Bridge plan for Medicare covers weight-loss drugs

A temporary program that opened July 1 gives qualified Medicare patients a GLP-1 drug for just \$50 per month.

According to Medicare, the program covers the Foundayo tablet and the Zepbound KwikPen.

Eligibility starts with a body mass index of 35 or higher, measured when treatment began. Lower numbers can qualify with certain conditions -- 30 with uncontrolled high blood pressure or stage 3a kidney disease, or 27 with prediabetes, a heart attack, or stroke.

The \$50 does not count toward a Part D deductible or out-of-pocket limit, Extra Help cannot reduce it, and it cannot be spread across the year through the Medicare Prescription Payment Plan.

Approved patients get a letter in the mail, and the authorization holds through December 31, 2027.

Adults are not eligible for the new GLP-1 Bridge program if they have type 2 diabetes, moderate-to-severe sleep apnea, or advanced fatty liver disease. Anyone already getting a GLP-1 through a Part D plan is also excluded.

For anyone who qualifies, the drug plan does not matter. For those excluded, the Part D plan matters enormously -- the drug has to appear on that plan's formulary.

Check the formulary before Open Enrollment closes.





Why bunco works when other games don't

Ask anyone who runs activities at a senior community why bunco keeps filling the room, and the answer is usually the same. Nobody has to be good at it.

Bunco has no strategy at all. Players roll three dice and try to match the number of the round -- ones in round one, twos in round two, and so on through six. Each matching die is worth a point. Three of the round number is a Bunco, worth 21 points and a shout. Three of any other number is a mini Bunco, worth five. There is no holding dice, no rerolling, no bidding, and nothing to memorize.

While bridge and euchre reward the players who study the game, Bunco rewards people who show up. That puts a first-timer and a 20-year veteran on identical footing.

The standard setup is 12 players at three tables of four, with winners rotating up between rounds.

Most groups collect a few dollars per player and pay all of it back out as prizes the same night. The rest is dice, a bell, and conversation loud enough to drown out both.

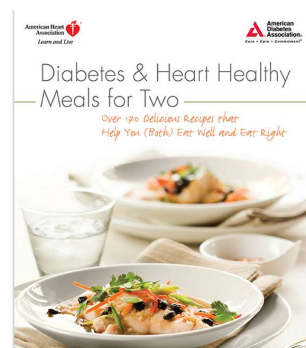
Turkey Tortilla Soup

Ingredients

- 1 teaspoon canola or corn oil
- 1/2 small onion, thinly sliced
- 1 garlic clove, halved
- 1 (14.5-ounce) can no-salt-added whole tomatoes, undrained
- 1 (6-inch) corn tortilla, chopped
- 1 tablespoon tomato paste
- 1 tablespoon chopped fresh jalapeño, seeds and ribs discarded
- 1/4 teaspoon ground cumin
- 1 cup fat-free no salt added chicken broth
- 1 cup chopped cooked skinless turkey breast or chicken breast, cooked without salt
- 1 ounce queso fresco, crumbled, or farmer cheese, shredded (about 1/4 cup)
- 2 tablespoons chopped avocado

Directions

1. In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes or until soft, stirring occasionally. Stir in the tomatoes with liquid, tortilla, tomato paste, jalapeño, and cumin. Cook for 2 minutes, stirring constantly.
2. In a blender, process the mixture until smooth. Return to the saucepan. Stir in the broth and turkey. Bring to a boil over medium-high heat. Reduce the heat and simmer for 15 minutes. Ladle into bowls. Sprinkle with the queso fresco and avocado.



Recipe borrowed from <https://recipes.heart.org/en/recipes/turkey-tortilla-soup>

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 Heart Failure Meeting 5 PM ET	14	15	16	17
18	19	20 Transplant Support Group Meeting 4 PM ET	21	22	23	24
25	26	27	28	29	30	31

For registration and additional meeting information, please contact
info@mendedhearts.org or call 888-432-7899.

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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.

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- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

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

- * 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

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

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- * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia

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Spouse ___ Child ___ Heart Patient ___

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:

☐ Mended Hearts ☐ Mended *Little* Hearts

Amount: \$ _____

☐ 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.**