



The Mended Hearts, Inc.

Chapter Newsletter

April 2022

Drought-tolerant flowers save water

These drought-tolerant perennials will come through a dry spell without a great deal of watering.

* Purple coneflower. It has many purple-red, daisy-like blooms from midsummer to early autumn.

* Lavender. This mounding evergreen shrub with silvery-gray needle-like leaves and spikes has purple or white flowers in summer.

* Silver king or silver queen. Has aromatic silvery-gray foliage. It may be invasive in some parts of the country.

* Sedum Autumn Joy. Almost all sedums are drought-resistant. This one has deep pink to bronze flowers in the fall.

* Coronation Gold yarrow. Gold flowers on tall silvery-gray leaves in summer to early fall.

* Drought-tolerant annuals include cosmos, dusty miller, marigold, moss rose and zinnia.



Longest migration of any creature: The Painted Ladies arrive in spring

By late March or early April, people in California and along the southern U.S. border should begin to see the world's most persistent and breathtaking traveler: the Painted Lady butterfly.

The Painted Lady makes the longest known migratory journey of any animal, even longer than its celebrated cousin, the monarch, according to a study published in the the National Academy of Sciences (June 2021).

Found on every continent except Antarctica and Australia, the Painted Lady makes a striking migration from Africa's Sahara Desert to the Arctic Circle. Like the monarch, the migration spans generations. At least six generations are required for the butterfly to make the 9,000 mile trek.

Similar generational journeys take the butterfly from Mexico to Canada.

But how do these delicate creatures cross such distances? Scientists say they fly high (up to 2,000 feet) to drift on favorable winds for long distances. In the late 1990s, radar in Denver detected a 70-mile wide swarm of these butterflies migrating in the fall -- drifting north, not south -- on the winds, according to the University of Colorado Boulder Museum of Natural History.

The numbers of Painted Ladies making the migration varies dramatically, and research has found it depends on the rainfall and resulting abundance of plants. This butterfly is abundant because it feeds on lots of plants -- up to 300 host plants are known. It is constantly breeding, laying eggs and flying, with each new generation taking up the trek according to season.



Seniors feel the impact of isolation

If you're an older adult, there's a good chance that social isolation is getting to you in a big way.

Distancing and quarantine have damaged the mental and physical health of seniors, according to the New York Times. Reduced physical activity and decreased interaction with others that came with social distancing took a significant toll, resulting in decreases in mobility and conditioning.

No large-scale studies have been conducted yet on how public health measures have impacted seniors.

However, some physicians and researchers say the situation is clear. In an interview with Kaiser Health News, Dr. Jonathan Bean, a geriatric rehabilitation expert, attributed the decline in function to decreased activity and remarked that it was an obvious problem to any clinician who cares for older adults. Another geriatrician, Dr. Lauren Jan Gleason, reported seeing weight changes and more depression among her patients.

Another compounding factor: Delayed access to regular preventative care, according to the University of Michigan's National Poll on Healthy Aging. Around 30 percent of adults age 50 and older had to delay or cancel appointments for checkups, dental appointments and

Seats at the ballgame

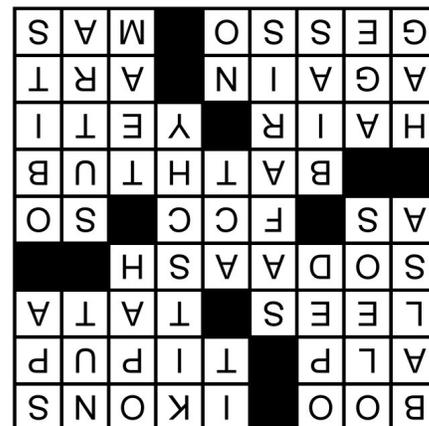
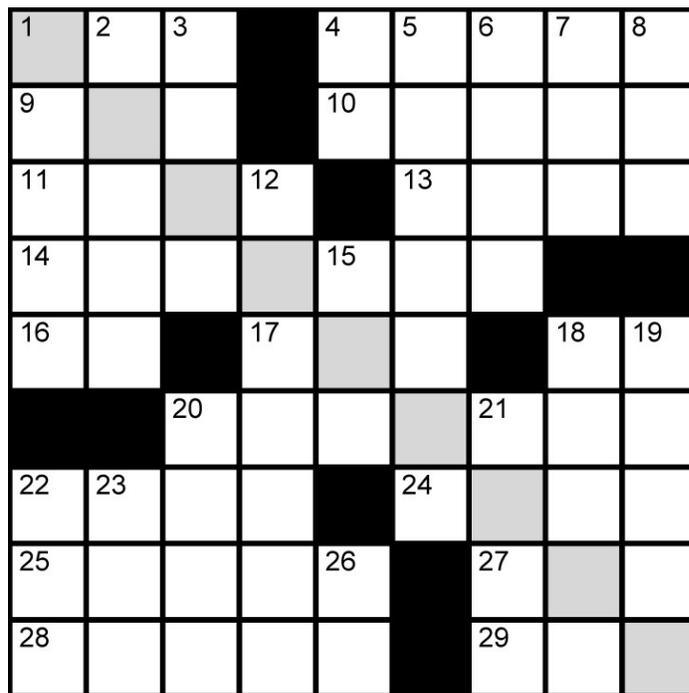
Across

1. Halloween cry
4. Religious images
9. Mont Blanc, e.g.
10. Raise at an angle
11. Bottom of the barrel
13. "Bye!"
14. Water-softening compound
16. Word in a simile
17. TV watchdog org.
18. Therefore
20. Place for soaking
22. "Aquarius" musical
24. Abominable Snowman
25. "Encore!"
27. Actor Carney
28. Painter's plaster
29. More, in Madrid

Down

1. Light wood
2. Dairy section selections
3. Newspaper piece
4. Tagged player
5. Tacky
6. Brightly colored fish
7. Cashew, e.g.
8. Marienbad, for one
12. Some African expeditions
15. Be in a cast
18. Hindu sacred writings
19. Newspaper section

20. Slant
21. Locker room group
22. Witchy woman
23. Questionnaire datum
26. Thumbs down

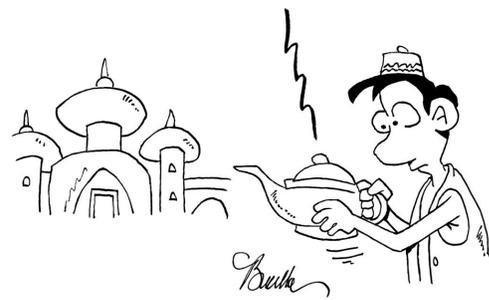


The headline is a clue to the answer in the diagonal.

procedures, tests and operations.

What can older adults do to reclaim lost ground? Get moving again, said University of Michigan researcher Geoffrey Hoffman in an interview with the New York Times. Going for a walk or trying some gentle stretches are great options, or something as simple as getting groceries or doing a few more household chores. Physical therapy may also be appropriate.

ALL OF OUR GENIES ARE BUSY AT THIS TIME. KEEP RUBBING AND YOUR WISHES WILL BE GRANTED IN THE ORDER THEY WERE RECEIVED.



Earth Day 2022:

Consider the chopstick

Chopsticks are everywhere.

A third of the global population uses them every single day. The rest of the population fumbles (and masters) them at restaurant meals. All those chopsticks add up -- mostly in landfills.

About 80 billion pairs of chopsticks are thrown away every year. To make that massive number of chopsticks, activists in China have documented the destruction of 100 acres per day of aspen, birch and bamboo.

In Vancouver, Canada, entrepreneur Felix Bock wants to do something about all those chopsticks. Something useful. Something artistic.

His new startup, ChopValue, transforms sticky single-use chopsticks into furniture.

His raw material is not in short supply. According to Bock, his company collects 350,000 used chopsticks from 300 restaurants every week. He cleans them, compresses them, and turns them into book shelves, cutting boards, art, and desks. He estimates that he has transformed 50 million pairs of chopsticks since 2016.

Here is how it all works.

The wood is harvested in Asia and made into chopsticks. The sticks travel 6,000 miles to Vancouver, where they end up in restaurants and are used once. The ChopValue staff collects the sticks. They coat them in a water-based resin and sterilize them at 200 degrees Fahrenheit for five hours, according to Atlas Obscura. After that, the sticks are sorted and sent to a hydraulic machine that breaks them down into composite wood. They are sanded, polished and lacquered.

It takes more than 10,000 chopsticks to make a desk.



Universe facts that are out of this world

The universe is vast -- so vast that it is actually an understatement to say vast.

No adjectives can reveal the size of the universe -- it bends human comprehension. With the new James Webb telescope coming online, we'll learn more about the universe in the years ahead. For now, let's review some out-of-this universe facts and stats:

* Currently, most scientists believe that light sets the universal upper-speed limit at 186,000 miles per second. To put that into perspective, a flight from New York to Tokyo is only about 6,700 miles. Thus, a beam of light could travel back and forth between the two cities over twenty times in the blink of an eye. Meanwhile, the sun is over 90 million miles from earth and it takes about eight minutes for sunlight to reach earth.

But if the speed limit is 186,000 miles per hour, speed is not the key to visiting other galaxies or planets. The closest spiral galaxy to ours is Andromeda, about 2.5 million light years away. If you could travel as fast as light (still debatable), it would take 2.5 million years to get there.

So what we see today in the Andromeda galaxy, using something like the Webb telescope, is actually ancient history -- events that occurred millions of years ago.

If speed is the only way to travel, and if light speed is the limit, all planets are profoundly isolated.

* Closer to home, the moon is right next door. However, in space, even "next door" is a long way away. You could fit all the planets in our solar system, including massive Jupiter and Saturn, in the space between the earth and the moon, according to Universe Today.

* Meanwhile, galaxies appear to rotate around supermassive black holes, which generate so much gravity that light cannot escape. The black hole at the center of our galaxy, the Milky Way, is believed to have a mass roughly 4 million times that of our sun, which has a mass equal to about 330,000 Earths.

Trivia Teaser: A Little Color

1. Which singer had a top 10 hit song in 1983 with "Little Red Corvette"? a-Rick James, b-Madonna, c-George Michael, d-Prince.
2. The Little White House, located in Warm Springs, Georgia, was the retreat for which U.S. President? a-Franklin D. Roosevelt, b-Dwight Eisenhower, c-George H.W. Bush, d-Herbert Hoover.
3. Which medical product is referred to as the little blue pill? a-Xanax, b-Levitra, c-Pepcid, d-Viagra.
4. The invention of the little black dress is attributed to the 1920s designs of which fashion designer? a-Elsa Schiaparelli, b-Coco Chanel, c-Christian Dior, d-Karl Lagerfeld.
5. In the tale of Little Black Sambo, which animals chased each other around a tree until they turned into butter? a-Foxes, b-Mongoose, c-Tigers, d-Deer.
6. The Little Brown Jug is an earthenware trophy awarded to the

- winner in which college football rivalry? a-Michigan-Minnesota, b-Alabama-Auburn, c-Army-Navy, d-Georgia-Georgia Tech.
7. According to the lyrics of the 1968 hit song "Little Green Apples," "it don't rain in" which city "in the summertime"? a-San Diego, b-Tallahassee, c-Indianapolis, d-Albuquerque.
8. Which literary detective credited his "little grey cells" for his ability to solve crimes? a-Hercule Poirot, b-Ellery Queen, c-Nero Wolfe, d-Perry Mason.
9. Which moral is taught in the children's fable of The Little Red Hen? a-Every problem has a solution, b-Be happy with what you have, c-Learn from the failure of others, d-Hard work pays off.
10. While learning to read, which literary character referred to letters on the written page as "little black bugs"? a-Peter Pan, b-Tarzan, c-Oliver Twist, d-Huck Finn.

June Leadership Training

This year's leadership training will be held virtually beginning Saturday, June 25 and ending Tuesday, June 28. A detailed agenda and registration information will be released soon. We would like one officer or coordinator from each group and chapter to attend (different leaders may attend different sessions), and any member who is interested in learning more is also invited to join.

Heart Failure Visitors Needed

If you are a patient with heart failure and you would like to support other patients who have heart failure, we would love to tell you more about a new visiting program we've just launched. Please email Leslie at Leslie.Brown@mendedhearts.org to find out more.

Join a Support Meeting from Your Home

Many of our chapters and groups hold monthly Zoom meetings that are open to anyone who would like to attend. For a list of MH chapter meetings and times, please email Mandy at Mandy.Sandkuhler@mendedhearts.org.

Trivia answers

- 1-d, Prince
- 2-a, Franklin D. Roosevelt
- 3-d, Viagra
- 4-b, Coco Chanel
- 5-c, Tigers
- 6-a, Michigan-Minnesota
- 7-c, Indianapolis
- 8-a, Hercule Poirot
- 9-d, Hard work pays off
- 10-b, Tarzan

Beyond the Numbers Webinar Series

Our popular Beyond the Numbers Webinar Series is back again for its third year with even more important heart health information for those who struggle with healthy eating and exercise habits, as well as tips for improving medication adherence and communicating with your health care team. Go to www.MendedHearts.org to learn more about the sessions and to register.

The graphic features logos for The Mended Hearts, Inc., the National Lipid Association (nla), and the Foundation of the National Lipid Association. The text reads: **Beyond the Numbers Lipid Control Webinar Series**. It lists three sessions: **Healthy Eating: I Know I Should Eat Healthy, But Why is it so Difficult?** (April 6th, 2022 at 3:00PM EST), **Exercise: I Know I Should Exercise, But Why is it so Difficult?** (April 14th, 2022 at 3:00PM EST), and **Medication Compliance: I Know I Should Take My Medication/Statin, But Why is it so Difficult?** (April 20th, 2022 at 3:00PM EST). A fourth session is also listed: **Visiting With My HCP: I Know I Should Communicate With My Health Care Provider, But Why is it so Difficult?** (April 28th, 2022 at 3:00PM EST). A registration link is provided at the bottom: www.mendedhearts.org. A large '123' graphic is in the bottom right corner.

Grilled Shrimp with Mint Salsa Verde

Servings: 2

Serving Size: 6 shrimp and 1 1/2 tablespoons salsa

- 1/2 tablespoon plus 1 teaspoon and 1/2 tablespoon fresh lemon juice, divided use
- 1 teaspoon and 1 tablespoon olive oil, divided use
- 1 medium garlic clove (minced)
- 12 jumbo raw shrimp in shells (21 to 25 count), peeled, rinsed, and patted dry
- 2 medium green onions (chopped)
- 3 tablespoons chopped, fresh mint
- 1 tablespoon snipped, fresh cilantro
- 1/2 tablespoon drained capers
- 1/2 tablespoon minced fresh jalapeño, seeds and ribs discarded, or to taste
- 2 teaspoons fat-free, plain yogurt
- 1 teaspoon water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Cooking spray

Directions

- 1) In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.
- 2) Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.
- 4) Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade. Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.

Recipe borrowed from <https://recipes.heart.org/en/recipes/grilled-shrimp-with-mint-salsa-verde>



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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.

<p>INDIVIDUAL MEMBERSHIP</p> <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>____ 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 * One year annual subscription to Heartbeat magazine (\$30 value) <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>____ 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>____ 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>____ 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>FAMILY MEMBERSHIP</p> <p>For members of one household with one mailing address only</p> <p>____ Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * One year annual subscription to Heartbeat magazine (\$30 value) * 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 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>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
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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.**