



The Mended Hearts, Inc.

Chapter Newsletter



Of mice and cheese...

We have always known that mice like cheese. In fact, Western civilization, from the time of the Romans, has known that mice like cheese. But it's not exactly true.

A house mouse will eat pretty much anything -- but do they have a preference? According to Live Science, mice prefer things with high protein and strong smells, like peanut butter. Drexel University biologist



Megan Phifer-Rixey says the smelly mixture of protein and fat in peanut butter is a mouse's dream.

Still, the idea that mice love cheese is ancient. First century Roman

philosopher Lucius Annaeus Seneca wrote about mice and cheese. But lots of references exist to recent times. The 1820 children's song, The Farmer in the Dell, contained the verse: The mouse takes the cheese; Hi-ho, the derry-o! And the pizza parlor for kids, Chuck E. Cheese, has a mouse right in the logo.

Your hearing:

That snail in your ear is fragile

The ancient Greeks had lots of snails and knew exactly what they looked like. When early Greek doctors discovered a spiral-shaped cavity behind the middle ear, they called it a kokhlias, meaning snail.

Today, that part of your ear is called the cochlea (say coke-lee-a). When sound waves pass through its spirals, vibrations cause some 16,000 tiny hairs to send impulses to the brain. Problem is, if the hairs in that snail are destroyed, they're gone forever. They will never regenerate.

Noise damages the ears in two ways. A blast from a high-powered hunting rifle can rip apart the ear's inner tissues and leave scars that interfere with hearing. Damage can also develop slowly over decades because of noise-induced hearing loss, or NIHL. Any sound louder than 85 decibels (dB) can be tolerated for only a certain period of time without damage.

To calculate 85 dB, consider the sound of a vacuum cleaner. At a rating of 80 dB, there is virtually no limit on the amount of time you can hear it continuously without damage.

At 90 dB, the rating for most power lawn mowers, you could suffer hearing damage after 8 hours of continuous exposure. Other common sounds, their dB ratings, and time limits for safe exposure are:

• Power drill	100	2 hours
• Rock concert	120	7.5 minutes
• Jackhammer	130	3.8 minutes
• Gunshot	140	none

Doctors at the League for the Hard of Hearing in New York City say this is how to preserve hearing:

* Wear earplugs when you are in a noisy environment. If you have to raise your voice to be heard when you are three feet away from someone, you need your earplugs. They reduce noise 20 to 30 dB.

* Give your ears a rest after several hours of noise. Avoid going from one loud event to another.



Retirees should prepare for healthcare sticker shock

Retirees now live longer and often enjoy a higher quality of life than in decades past. However, longer lifespans make financial security, especially in retirement, all the more essential. Whether you're young and still planning, or are approaching retirement age, you'll want to take financial planning seriously.

Research conducted by the Employee Benefit Research Institute has found that Medicare Advantage plans, often called Medicare Part C or MA plans, have the lowest savings targets on average. Still, keep in mind that individual needs can vary wildly. Even with Medicare Advantage plans, you'll need considerable savings set aside.

For a single man enrolled in a Medicare Advantage plan who has median drug expenditures and health care usage, he'll have just a 50 percent chance of covering his health care requirements if he has just \$56,000 set aside. Bump that up to \$96,000, and he's got a 90 percent chance of receiving adequate coverage. Women need to set aside more. A woman with \$67,000 set aside will have only a 50 percent chance of meeting her health care spending requirements. To reach 90 percent, she'll need \$113,000.

Remember that these numbers are averages. If you live in an area with particularly high cost of living, you might need more. If you live in a low-cost area, you might need less.

Retirees also need to

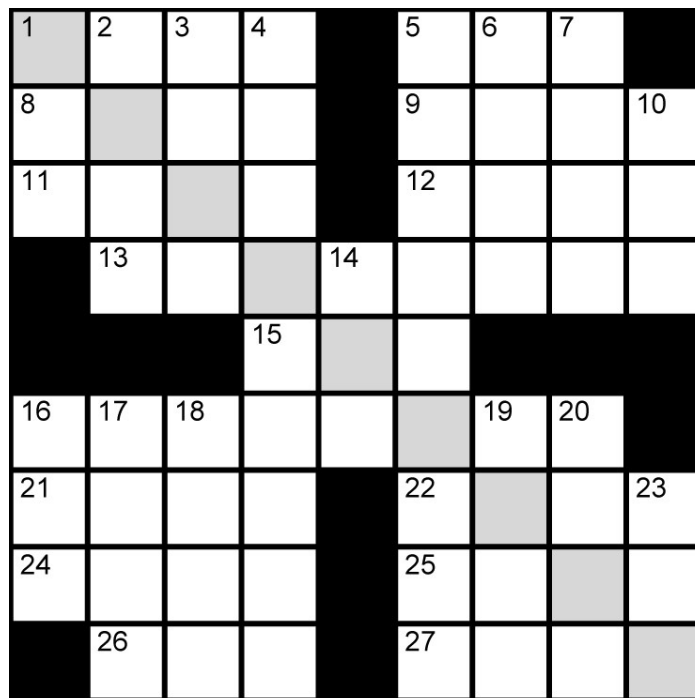
Across

1. Welcoming
5. Marvelous, in slang
8. Snack often twisted apart
9. Washington bills
11. Hot to trot
12. "Beetle Bailey" pooch
13. Type of police dog
15. 'Monty Python' opener
16. Cell propellers
21. Beethoven's birthplace
22. Sty sound
24. Passionate about
25. Heredity unit
26. Always, to a poet
27. Catch

Down

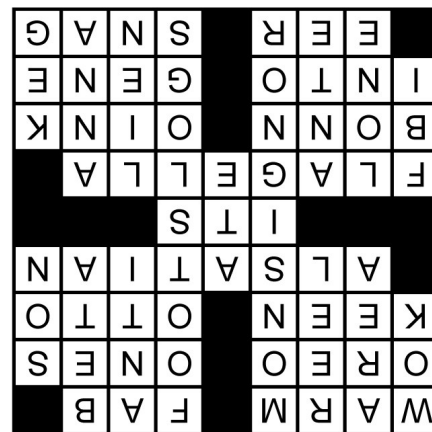
1. Stir-fry pan
2. Region
3. Country dance
4. No Clue
5. Walks heavily
6. Voting "no"
7. Phi ____ Kappa
10. Word in many business names
14. Ended a fast
16. J. Edgar Hoover's

Sport with a Flair



org.

17. Individual
18. Poker pot starter
19. Legal claim
20. "____ and the King of Siam"
23. Fraternity party staple



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

remember that Medicare plans have cost-sharing provisions, such as deductibles and copays. So-called Medigap plans can cover out-of-pocket costs, thus reducing risk. However, there are a variety of plans on the market, each providing different coverage.

A study conducted by Paychex found that roughly one in six retirees are considering un-retiring and jumping back into the workforce. The Bureau of Labor Statistics has found that workforce participation for those aged 64 to 74 is now at roughly 25 percent.



"You don't need to fact check Grandma. Believe me, the alphabet ends with 'Z.'"

What did they predict in the 1950s?

The 1950s were a different world than today, but to some, the future world was clear.

"Here is my prophecy: In its final development, the telephone will be carried about by the individual, perhaps as we carry a watch today," said Pacific Telephone and Telegraph Company director Mark R. Sullivan in 1953.

Remember how we had to be in front of the TV at the exact time the show was broadcast? Well, RCA's David Sarnoff knew that wouldn't last. In 1959, he predicted a television recorder and TV sets as thin as a picture frame. Right on both.



In 1958, a comic strip by Arthur Radebaugh ("Closer Than We Think!") predicted robot warehouses.

In 2023, that's exactly what is happening throughout the world, led by mammoth retailer Amazon.

Before that, in 1948, Dr. Cleo Burnett predicted that we would one day put a radio on the wrist and by 1960, Bell Labs was predicted that TV could be on a watch. Both predictions have more or less come true with smart phones and smart watches.

In 1959, Parade magazine worried that the future would be so automated that people would struggle with boredom, as even cars would drive themselves. Given the kids' current fixation on devices, boredom isn't the problem -- but the self-driving car is here.

Device helps relieve pain

Chronic pain can make life miserable, but one relatively new treatment does offer some hope.

Dorsal root ganglion spinal cord stimulation (DRG) emerged as a chronic pain treatment around 2010. It's similar to peripheral nerve stimulation or spinal cord stimulation (SCS), which are often effective pain relief techniques, especially for large areas of pain.

DRG stimulation offers a more targeted pain relief to a specific area, such as a foot or hip. The stimulation doesn't change with activity. SCS patients often report that a change in body position can cause either tingling or a prickling sensation, but that doesn't happen with DRG.

With DRG, stimulators are surgically implanted near the spinal nerves at the dorsal root ganglion, which are clusters of sensory neurons. According to Penn State Health, these nerves regulate sensations that travel from the spinal column to the brain. Each DRG is associated with different areas of the body.

Electrical leads are placed over the DRG. They connect to a pulse generator implanted in the low back or upper buttock. Patients go home with a remote controller that can switch between stimulation settings, according to Neuromodulation.



Do your plants get along? Ten combinations to avoid

Not all plants can be friends, and a couple of bad combinations can lead to a whole season of wasted effort. But a little advance planning can prevent fights to the death and ensure a productive and harmonious garden.

1. Beans can hinder growth for the onion and cabbage families. This includes broccoli, cauliflower, kale, chives, and garlic.

2. Carrots and herbs, such as dill or celery, attract the same pests and are easily overrun. Grow your carrots alongside legumes and nightshades, such as tomatoes or peppers, instead.

3. Kale and other vegetables from the cabbage family will stunt your tomatoes. Instead, plant kale with fragrant companion plants like mint or rosemary to repel pests.

4. Asparagus and onions compete for the same resources. Grow your asparagus alongside parsley or basil instead.

5. Rosemary is great for pollination, but can antagonize your cucumbers with chemicals that limit or prevent their growth.

6. Corn and tomatoes attract the same pests and compete for resources. But corn and melons thrive together.

7. Lettuce won't grow well alongside onions or garlic, but can flourish with cabbage or broccoli.

8. Cauliflower grows poorly next to strawberries and prefers the companionship of onions and herbs.

9. Spinach can't compete with aggressive potato plants, but grows well with peas and strawberries.

10. Fennel doesn't get along with anything. Give your fennel plenty of space or plant in a deep container to prevent self-seeding.

High Five\$ for Heroes

Donate in Honor of the Hero in Your Life

For the cost of a cup of coffee, you can help provide support and connection to a family that has a child in the hospital with congenital heart disease.

Each year about 40,000 babies (1 in 110) in the U.S. are born with a heart condition and nearly 25% of them will need to have surgery or a medical procedure to survive and often go on to have multiple surgeries and procedures throughout their lives. When these children and their families need support, Mended *Little Hearts*® is there.

Through our Bravery Bag program, our groups provide much more than just a bag; it's a lifeline to families in crisis. Bravery Bags are filled with toiletry items, comfort items, fun items, and educational resources that provide families with some of the things they may need during a hospital stay, but also let the family know they are not alone—that there are people out there who care about them and are there to support them.

Every dollar you donate in our High Five\$ for Heroes Fundraiser goes back to the MLH Bravery Bag program. Participating is easy - simply high five your favorite hero, donate \$5, and share the campaign with five friends!

You can donate by call 888-432-7899, mailing a check to the address below, or going to <https://themendedhearts.harnessgiving.org/campaigns/9827>.

The Mended Hearts, Inc.
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Olive Oil Mashed Potatoes

Ingredients
Servings 8
Calories 134 Per serving
Serving Size 1/2 cup
Protein 2g Per serving
Fiber 3g Per serving

Ingredients

- 1 1/2 pounds small
- Yukon Gold potatoes, halved or cut into 2-inch pieces.
- 6 medium garlic cloves
- 1/4 cup olive oil (extra virgin preferred)
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 teaspoon salt
- 1 cup chopped green onions

Directions

- 1) Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.
- 2) Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.
- 3) Add the green onions, oil, and pepper, stirring until well combined.



Recipe borrowed from <https://recipes.heart.org/en/recipes/olive-oil-mashed-potatoes>



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Phone: 1-888-HEART99 Email: info@mendedhearts.org

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 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)

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 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.

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:

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.**