



The Mended Hearts, Inc.

Chapter Newsletter



World Lion Day, Aug. 10 Still the king, but his world shrinks

The majestic lion that once roamed southern Europe, Asia, and Africa is largely gone today.

Its numbers has decreased by at least 43 percent since the early 1990s and populations today thrive only in designated protected areas.

While the power of lions have been part of human culture and art for thousands of years, the lions can't live near humans. So, habitat loss and human conflicts chip away at the lion's range. In the 1950s, the lion population was estimated at 200,000. Today estimates vary, but the African Wildlife Foundations sets the number at 23,000.

Scientists uncover thriving ecosystem in hidden subsurface Antarctic waterways

The final frontier is space, right? Turns out that we're still learning a lot about Earth.

New technologies allow us to explore the greatest depths of the oceans and hitherto impossible-to-reach places, like underneath the Antarctic ice. Scientists recently discovered a thriving hidden ecosystem beneath Antarctica.

For some time now, scientists theorized that rivers and lakes exist underneath the Antarctic ice. And using cameras, they have begun to explore this sub-surface network of waterways. Initially, scientists figured that the waterways would be smooth, but instead found rough surfaces. Scientists also weren't sure if the underground network could support life, but have since found organisms thriving in complex ecosystems.

Scientists are using remote-operated vehicles (ROVs) to explore the hidden network of Antarctic waterways, some of which are more than 1,500 feet below the ice. So far, they have discovered fish, soft corals and algae, all adapted to thrive in the harsh environment. Further exploration may yield more discoveries.

This wasn't the first time that scientists have encountered hidden and unexpected ecosystems with the use of modern technologies. In 1977, scientists found organisms thriving around deep-sea vents. Previously, it had been assumed that these vents were buried under the pressure of too much water and that temperatures would be too hot to support life. Instead, flourishing ecosystems were uncovered.

As for the so-called final frontier, space, scientists haven't discovered alien life yet. Scientists do believe that Mars may have been habitable in the distant past, but have not uncovered proof of living organisms past or present.

Meanwhile, in recent weeks, the James Webb Space Telescope came online and should allow us to peer deeper into the universe.



This sneak thief can be arrested

This sneak thief doesn't lift your wallet or abscond with the silverware. Instead, it can steal your vision.

More than 3 million Americans aged 40 and older have glaucoma. There are no early symptoms and about half of people who have it don't know it.

Primary open-angle glaucoma progresses without a clue until the condition reaches an advanced stage. As increased eye pressure damages the optic nerve, the patient begins to lose peripheral vision. If left untreated, tunnel vision develops and eventually all sight is lost.

Though optic nerve damage occurs with high intraocular pressure, it can also occur with normal or even below-normal eye pressure. Glaucoma can't be cured, and damage caused by the disease can't be reversed. But with treatment, glaucoma can be controlled. Eyedrops, oral medications and surgical procedures can prevent or slow the damage. An annual test is recommended.

People can avoid vision loss by maintaining a healthy weight, controlling blood pressure, staying physically active and not smoking.

Glaucoma can be diagnosed with an instant, painless test done by your eye doctor or optician.

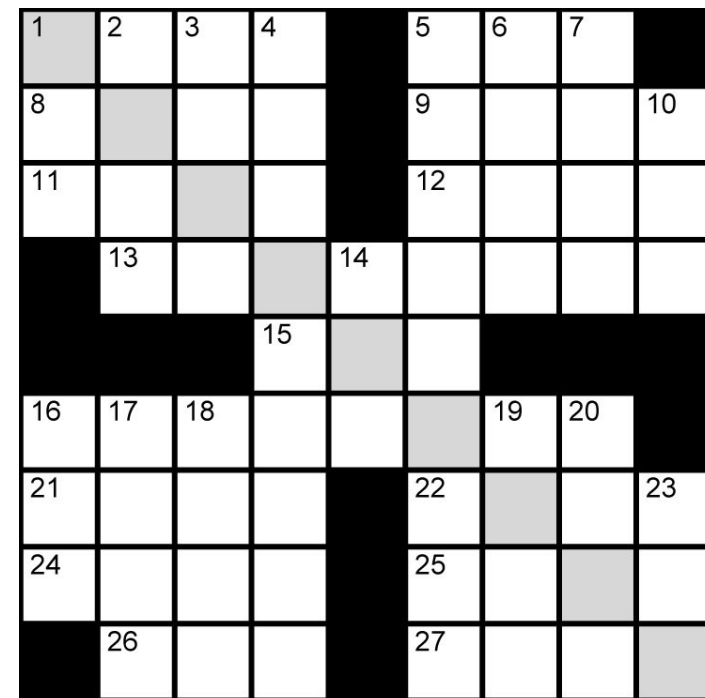
Lovers, Painters, Writers

Across

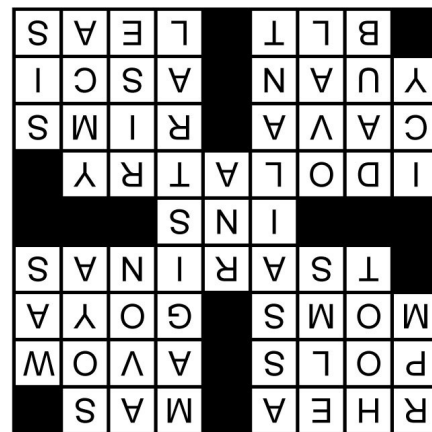
1. Actress Perlman
5. More, in Madrid
8. D.C. bigwigs
9. Acknowledge
11. Some PTA members
12. "Naked Maja" painter
13. Winter Palace residents
15. Officeholders
16. Hero worship
21. Spanish sparkling wine
22. Hoop edges
24. Chinese dollar
25. Fungal spore sacs
26. Deli sandwich
27. Grazing sites

Down

1. Dashboard abbr.
2. Owl's call
3. "Desire Under the ____"
4. Attacker
5. Authoritative
6. Shakespeare, the Bard of ____
7. Bean used to make miso
10. Used to be
14. Genetic

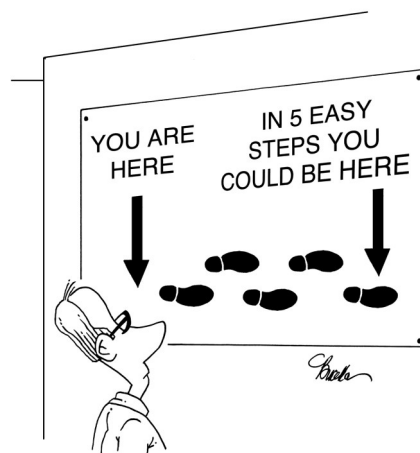


- material
16. Slick
17. Slap on
18. Track shape
19. Get up
20. Village
- People hit
23. Bro's sibling



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

Ophthalmologists have more sophisticated testing methods, which are usually used when the results of the first tests are questionable.



Micro-volunteering:

Be someone's eyes for two minutes

Here is a fantastic way to help people wherever you are, whenever you have the time -- by micro-volunteering.

Be My Eyes is an app that connects sighted people to the blind. Using video calling technology, volunteers can answer simple questions that require a pair of eyes.

Hans Jorgen Wiberg, a Danish furniture craftsman who is visually impaired, realized that blind and low-vision people often needed help with everyday tasks. He also knew that video calling was already being used by the blind to call friends and family for help with simple questions like: What is in this can? What is the expiration date on this food? Is this a red or a black sweater?

The problem is that regular helpers are not always available. Wiberg realized that the world was full of people who could help. So in 2012, he launched his Be My Eyes startup to connect people with volunteers. Today there are nearly 6 million volunteers to help with questions from about a half million blind and low-vision people. The app is available in 150 countries.

Anonymous sighted volunteers can take a call whenever they have time. If they don't have time, they can pass and another volunteer gets the call. Meanwhile anonymous users can ask simple and fast questions.



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World's biggest yard sale gears up in August

Sell your stuff to someone else! In August the biggest swap of stuff in the world begins with the 127 Yard Sale.

Yard sales, garage sales, tag sales -- by any name -- they are an American tradition and, as it happens, the biggest monster of a yard sale begins along US Route 127, where the stuff from one garage gets put into someone else's garage.

The 127 Yard Sales is an annual tradition beginning on the first Thursday through Sunday in August, according to Interesting Facts.

It is so big that it covers 690 miles, running through lawns, garages, churches, and public lots through Alabama, Georgia, Tennessee, Kentucky, Ohio, and Michigan, all along US Route 127. It starts up in Addison, Michigan and ends in Gadsden, Alabama.

The first event took place in 1987 when a Tennessee official was looking for a way to generate traffic away from the interstate to more rural communities.

Like all yard sales, the 127 is a feast for treasure hunters. You can get anything and everything along the route, and yard sales are famous for creating the occasional millionaire. In 2007 a simple ceramic bowl was purchased at a sale for \$3. In 2013, it sold at Sotheby's auction for \$2.2 million. It wasn't just any plain bowl -- it was a 1,000 year old piece of pottery from the Northern Song Dynasty.

Trivia teaser: cookie jar

1. On the kids' TV show "Sesame Street," which color is the Cookie Monster? a-Orange, b-Blue, c-Green, d-Red.
2. In the comic strip "Blondie," Blondie and Dagwood have a daughter named Cookie and a son named what? a-Alexander, b-Hannibal, c-Phillip, d-Julius.
3. Girl Scout Thin Mints cookies are sold in a box of which color? a-Green, b-Orange, b-Silver, d-Gold.
4. In the children's tale The Gingerbread Man, which animal ate the runaway cookie? a-Raccoon, b-Horse, c-Rabbit, d-Fox.
5. Cookie Lyon was the queen bee of the Lyon family, played by Taraji P. Henson, on which TV series? a-"Empire," b-"Scandal," c-"Power," d-"Nashville."
6. Who is the leader of the Keebler elves, makers of Chips Deluxe and Fudge Stripes cookies? a-Oscar, b-Bert, c-Ernie, d-Grover.
7. Which actor won an Academy Award for his role as a shyster lawyer in the 1966 comedy film "The Fortune Cookie"? a-Peter Sellers, b-James Garner, c-Fred Gwynne, d-Walter Matthau.
8. The zany Cookie Bear, played by a man in a bear costume, was a recurring character on which singer's TV variety show? a-Roger Miller, b-Andy Williams, c-Tom Jones, d-Johnny Cash.
9. Which kind of cookie may be used to thicken the gravy made while cooking sauerbraten? a-Shortbread, b-Ginger snap, c-Macaron, d-Snickerdoodle.
10. "Cookie" Gilchrist was the first AFL player to rush for more than 1,000 yards in a season while playing for which team in 1962? a-Houston Oilers, b-Buffalo Bills, c-Oakland

Medicare question

I am having back surgery in the fall and I will probably spend one day in the hospital. What part will Medicare cover?

Medicare Parts A and B cover medically necessary surgery, but you will still have some costs associated with the surgery.

Medicare Part A covers costs for inpatient care, so if your back surgery requires some hospitalization, Medicare Part A will cover it. For 2022, there is a deductible of \$1556 for each benefit period. A benefit period begins the day you enter the hospital and ends after you haven't needed inpatient care for 60 days. The average cost of one day in the hospital is \$2,607.

Medicare Part B pays for 80 percent of the Medicare-approved costs for doctor services, outpatient care and medical equipment (wheelchairs, for example). It has a deductible of \$233. There is no benefit period.

If you have a Medicare supplement plan (Medigap), it can help with Medicare Part A deductibles.

These plans are sold through private insurers. They may cover all or part of your Part A deductible.

MHI 2023-2025 Elections Candidate Applications Due August 15

Are you a volunteer interested in helping MHI continue to grow and thrive? If you would like to help MHI be the best it can be, please consider running for the 2023-2025 MHI Board - we need you!

The candidate application period for the elections of MHI National Officers and Regional Directors (both MH and MLH) is open until August 15. All applicants must submit the Candidate Intent to Serve and Consent Form and the Candidate Resume (including a 250-word bio and applicant head shot).

Election documents are in the Member and Officer Portals, or we can email them to you. Please email Mandy.Sandkuhler@mendedhearts.org to request the required documents.

Denise Duch Widzowski, Chairperson
MHI Election Committee
ddwidz.mendedhearts@gmail.com

Creating a World of Support Fundraiser Registration Open August 15

Community fundraising is the only way that MHI is able to sustain a number of important but unfunded support and educational programs. Without donations from you, our members, we would not have the money to fund the MHI Pillow Program, *Heartbeat Magazine*, MH and MLH HearGuides® (printing & shipping), MH Discussion Guides (printing and shipping), and much, much more.

On September 1 through September 29 (World Heart Day), we will be running our fourth annual World of Support Fundraising

Campaign and we need your support for this campaign. When registration opens on August 15, we ask that you help support MHI and show your love for this organization by registering for the event, donating to the campaign or starting a team. Please go to www.Mendedhearts.org on August 15 to learn how you can join this important annual campaign.



Trivia Answers

- | | |
|----------------|---------------------|
| 1-b, Blue | 6-c, Ernie |
| 2-a, Alexander | 7-d, Walter Matthau |
| 3-a, Green | 8-b, Andy Williams |
| 4-d, Fox | 9-b, Ginger snap |
| 5-a, "Empire" | 10-b, Buffalo Bills |

Southwestern Avocado-Bell Pepper Quiche Cups

Servings: 4
Serving Size: 2 quiche cups

Calories: 264 Per Serving
Protein: 16g Per Serving

Cooking spray
4 large eggs
1/2 cup fat-free, plain Greek yogurt
2 large egg whites
2 tablespoons low-sodium taco seasoning (or lowest sodium available)
1 large avocado, peeled, pitted, and diced into small pieces
1/2 cup shredded low-fat Cheddar Jack cheese
1 4-ounce can diced or chopped mild green chiles, drained
4 medium bell peppers (any color), halved, seeds and ribs discarded

1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.
5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.



Recipe borrowed from <https://recipes.heart.org/en/recipes/southwestern-avocado-bell-pepper-quiche-cups>



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

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.**