



The Mended Hearts, Inc.

Chapter Newsletter



The Lighter Side

Doctor's advice

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

The exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to try it. The next day, still feeling slightly guilty, the doctor prepared the bills.

When he went to place them in his mailbox, he found a bill from the lawyer.

Dangerous bird

This postman is working on a new route. He comes to a gate marked "Beware of the parrot."

And, sure enough, there's a parrot sitting on its perch. He has a little chuckle as he opens the gate and walks into the garden.

He gets as far as the perch, when suddenly the parrot calls out: "REX, ATTACK!"

Staying well: Tune up your immune system

The holiday season can be one of the happiest and busiest of the year. One thing you don't need in December is a cold or the flu. It's time to tune up your immune system. Here's how to do it:

1. Get serious about sleep. Doctors at the University of Pittsburgh say poor sleep or lack of sleep is associated with decreased immune system function. Go to bed at your regular time, even if it means placing gifts in bags instead of wrapping them.

2. Don't skip recreation. Spending time with friends can boost your defenses. A study from Carnegie Mellon University shows that people with a variety of social relationships had 20 percent greater immune function than those who did not.

3. Laugh. Hear and tell funny stories, watch funny videos and laugh out loud. Laughter decreases stress and activates immune cells.

4. Get going. Go to a basketball game, visit a museum, or attend a concert. Studies published in the British Medical Journal show that those who frequent cultural events live longer and are less likely to be sick.

5. Write it down. Researchers at the University of Texas in Austin found that people who wrote about traumatic events for 20 minutes three times a week made half as many visits to doctors than those who did not.

6. Pray. Faith can improve your health, say researchers at Duke University who found that churchgoers were healthier.

7. Get a massage. It makes natural immune cells more numerous and efficient.

8. If your doctor says it's OK, take vitamin D. It's easy to become deficient during the winter, when you might not be out in the sun as much. Insufficient vitamin D can weaken your immune system.

9. Skip that second drink. More than one drink a day can suppress immune response and leave you more prone to infection.

10. Consider E. Vitamin E is especially important for aging immune systems, according to the USDA Human Nutrition Research Center at Tufts University. Be sure to check with your doctor before taking any vitamins or supplements.

How to boost happiness

Get positive, stay upbeat and you'll enjoy a longer, happier life, science says.

Many studies have found that improving diet, getting out in nature and getting some exercise improve your overall attitude. And there is one other thing you can do too: Cultivate compassion for yourself and others.

According to the Epoch Times, compassion is sensitivity to the suffering of others (and ourselves) coupled with action. Empathy is just recognizing the suffering of others. Compassion is acting.

Compassionate people are less lonely, happier, and have decreased cardiovascular risk.

A 10-year study published in Transitional Psychiatry found that compassion had a greater positive impact on well-being than the negative impacts of smoking. In other words, good deeds and real actions make you feel better and help you make friends. You get more responses from people who will in turn do good deeds for you.

Do you really only use 10 percent of your brain?

You've heard it said that we only use a tiny percentage of our brain, the implication being that if we could just access all of those unused cells, we could maybe become superheroes

But is it true?

According to neuroscientist Ben Rein, it is not true.

Rein told Popular Mechanics that every person constantly uses 100 percent of their brains. If people only used 10 percent, they would be zombies, since that much only covers basic bodily

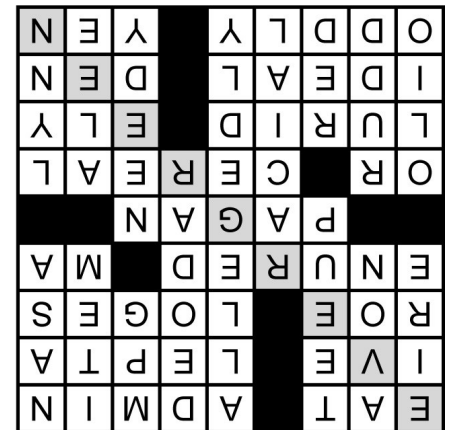
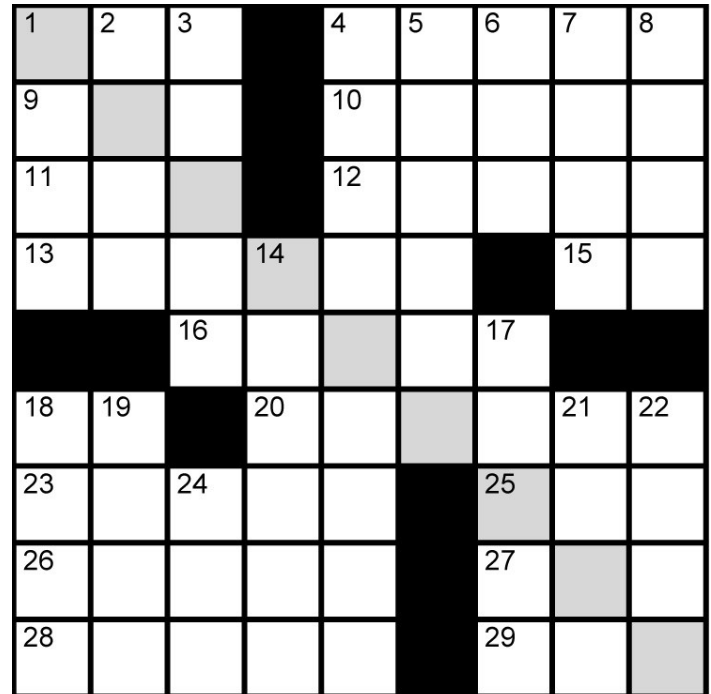
Across

1. Break bread
4. Type of asst.
9. "___ Got a Secret"
10. 100 equal 1 drachma in Greece
11. Shad delicacy
12. Seating sections
13. Hardened
15. Pa's mate
16. Heathen
18. Beaver St.
20. Wheaties or Cheerios
23. Sensational
25. Country singer Joe
26. Utopian
27. Cozy room
28. Strangely
29. Craving

Down

1. Dublin's home
2. Shakespeare, the Bard of ___
3. Get ready to drive
4. Presumably
5. Himalayan cedar
6. Automobile sticker fig.
7. Big-ticket ___
8. Astronaut's insignia
14. Relating to, or characteristic of a group of people
17. Destitute
18. Hodgepodge
19. Labor PM of Australia
21. Sheltered, at sea
22. Boston suburb
24. Sunburned

Christmas Tree



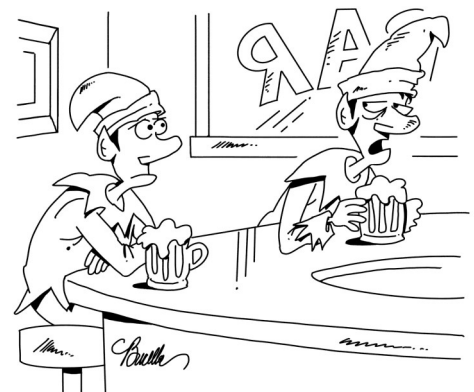
The headline is a clue to the answer in the diagonal.

functions like breathing.

The brain uses a lot of the body's resources, Rein says. In fact, it uses up to 20 percent of the body's oxygen and glucose.

Brain scientists have examined the brain with magnetic resonance imaging (MRI) and have never found any dormant parts of the brain. The brain is active most of the time.

The brain use myth probably got started around 1936 in self-help books that said that we didn't use all of our brain power. Not that portions of our brain went unused.



"We had a fight. She's making me sleep on the shelf tonight."

Trivia Teaser: Deck the Halls

1. Monty Hall was the longtime host of which TV game show?
a-"Let's Make a Deal," b-"The Newlywed Game,"
c-"Concentration," d-"The Dating Game."
2. When Bill Clinton appeared on "The Arsenio Hall Show" in 1992, he played which Elvis Presley song on his saxophone?
a-"Heartbreak Hotel," b-"Suspicious Minds," c-"Hound Dog,"
d-"Burning Love."
3. The Hall of Mirrors was built in which palace to replace a large garden terrace designed by the architect Louis Le Vau?
a-Buckingham Palace, b-Topkapi Palace, c-Winter Palace,
d-Palace of Versailles.
4. Which architect designed the Museum of Pop Culture in Seattle, the Walt Disney Concert Hall in Los Angeles, and the Guggenheim Museum in Bilbao, Spain? a-Edgar Miller,
b-Frank Lloyd Wright, c-Frank Gehry, d-I.M. Pei.
5. The deranged Bertha Mason burns down Thornfield Hall in which novel by Charlotte Bronte? a-"Wuthering Heights,"
b-"Rebecca," c-"Jane Eyre," d-"Silas Marner."
6. Offensive tackle Jonathan Ogden was the first player elected to the Pro Football Hall of Fame representing which NFL team?
a-Baltimore Ravens, b-Jacksonville Jaguars, c-New Orleans Saints, d-Seattle Seahawks.
7. Which of these 1981 hit songs did not reach number one on the Billboard Hot 100 chart for Hall and Oates? a-"Kiss on My List," b-"You Make My Dreams," c-"Private Eyes," d-"I Can't Go for That (No Can Do)"
8. Which actress, born with the surname Hall, played the title role in the 1977 film "Annie Hall"? a-Sally Field, b-Candice Bergen, c-Diane Keaton, d-Kate Jackson.

Chilly? Hot ideas to keep toasty

If winter chills you to your toes, there are all sorts of hot solutions for the shivers these days.

The best part is many new products for cold toes and fingers use rechargeable batteries, for safe warmth.

If your main chill situation is walking in January, try some rechargeable gloves. You plug them in as you would your phone. When they are powered up, the gloves will stay warm for hours. The drawback to the rechargeable gloves is that they are not exactly fashionable. Most are bulky.

If you like your own gloves, but hate icy fingers, try a rechargeable electric hand warmer. There are many brands, but one by ocoopa is shaped just right to keep in your pocket and wrap your fingers around. Hand warmers stay warm for about four hours and typically sell for about \$25 to \$30.

What if your fingers just get cold while typing at the computer? There's a device for you. A number of fingerless gloves plug into a computer USB port and heat the top and bottom of your hands while you type. About \$15.

For a bus or taxi ride, maybe a rechargeable muff can do the trick. These have a strap that goes around the neck and plug into a USB port to power up. About \$15 to \$25.

A variety of heated socks are available as well, but the rechargeable socks can run over \$60.



The sneaky Christmas gift for WWII POWs

Soldiers play cards. It's true today and it was true during World War II, especially for soldiers held captive.

Knowing that, the U.S. and British intelligence agencies devised a top secret plan -- a violation of the Geneva Convention -- to help POWs escape: Playing cards with a secret map of escape routes. The cards looked like ordinary blue Bicycle playing cards and were distributed to POWs in Christmas parcels from the Red Cross.

Ordinary playing cards are made by gluing two layers of paper together. But when these secret map cards were submerged in water, the layers would peel apart to reveal a portion of a map. Once all the cards were peeled, POWs could assemble them to form a functioning map of the region, with included escape tips. These sneaky decks had a cellophane seal intentionally applied crookedly, according to Popular Mechanics.

The scheme actually did help some prisoners escape. About 32 POWs -- mainly high-value detainees like pilots and officers -- successfully escaped Castle Colditz, the notorious prison camp for "incorrigible" Allied troops. Some speculate that before these troops departed, they were given hints that something from home could help them escape, but they were not told the details. According to War History Online, the supposedly escape-proof Colditz saw more than 300 total escape attempts.

The secret playing card operation, carried out around 1944, was not widely known until the 1970s.

In the 1990s, the United Playing Card Company created a commemorative Bicycle Escape Map playing card set, available today, with the map printed on the suit side of the card so you don't have to destroy the card.

You can see the original deck at the International Spy Museum in Washington, D.C.

MHI Award Nomination Period Open Dec 1—March 15

The 2022 award nomination period will open on December 1 and run through March 15, 2023. As always, we will be recognizing visitors, volunteers, hospitals, health care providers, chapters and groups at a regional, divisional and national level. It's time to start thinking about who you would like to nominate.

New this year, we'll be holding a nomination contest where each person who submits a nomination will receive one ticket per nomination. That ticket will then be entered into a drawing conducted at the Awards Ceremony on June 25th, 2023. The person submitting a nomination will receive one ticket for each nomination and there is no limit to the number of nominations that a person can submit.

There will be three drawings - one for \$500, one for \$250 and one for \$100.



Join a Support Meeting from Your Home



Did you know that we have dozens of Mended Hearts chapters all over the country that hold Zoom meetings every month? Even if you aren't a member, you are still welcome to join.

For a list of meeting times and contact information

please email Mandy at mandy.sandkuhler@mendedhearts.org or call 888-432-7899.

Trivia answers

- 1-a, "Let's Make a Deal"
- 2-a, "Heartbreak Hotel"
- 3-d, Palace of Versailles
- 4-c, Frank Gehry
- 5-c, "Jane Eyre"
- 6-a, Baltimore Ravens
- 7-b, "You Make My Dreams"
- 8-c, Diane Keaton

Green Bean Casserole

Ingredients

- 1 pound frozen green beans (French cut is best), thawed
- 1 10.5-ounce can reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 teaspoon pepper
- 1 small onion (cut into thin strips)
- Cooking spray
- 1/4 cup whole-wheat flour

Calories 77 Per Serving
Protein 3g Per Serving
Fiber 2g Per Serving



Directions

- 1) Preheat the oven to 350°F.
- 2) In a 13 x 9 x 2-inch glass baking dish, stir together the green beans, soup, sour cream, and pepper until well blended. Bake for 20 minutes.
- 3) Meanwhile, spread out the onion strips on a baking sheet. Lightly spray the onion strips with cooking spray.
- 4) Sprinkle the flour over the onion strips, tossing to coat.
- 5) Lightly spray a medium-large skillet with cooking spray.
- 6) Cook the onions on medium-high heat for 3 to 4 minutes, or until crispy, stirring occasionally.
- 7) When the casserole is done baking, remove it from the oven.
- 8) Stir half of the onions into the green bean mixture.
- 9) Top with the remaining onions. Bake for 5 minutes, or until the onions on top are browned.

Recipe borrowed from
<https://recipes.heart.org/en/recipes/green-bean-casserole>



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1500 Dawson Road
Albany, GA 31707
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:

☐ Mended Hearts ☐ Mended *Little* Hearts

☐ Young Mended Hearts

\$ _____

Amount: \$ _____

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.**