



The Mended Hearts, Inc.

Chapter Newsletter

FEBRUARY
I LOVE YOU

Who sent the first Valentine?

The first Valentine card that was decorated and poetic is attributed to the imprisoned Charles, Duke of Orleans, in 1415. He eased the pain of incarceration by writing love verses to his wife.

By the 1700s, manufactured cards became the most popular way to declare love. The cards were elaborately hand-painted and decorated with gold leaf, satins, silks and exotic feathers.

Retailers now say that chocolates and roses are the best symbols of love. Candy or not, Feb. 14 remains the one day of the year given over to romance.



February is American Heart Month Your body's powerhouse: The heart

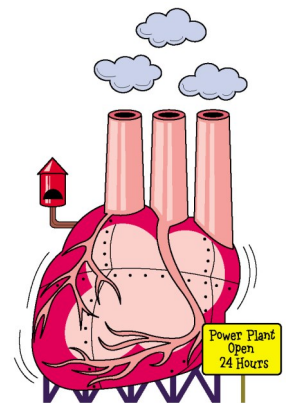
Located behind the breastbone and in the middle of the rib cage, the heart is the body's most protected organ. This little powerhouse pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting more than 100,000 times. In the average human lifetime, it beats 2.5 billion times.

In fact, since the 1990s, scientists have understood that the heart has a cluster of 40,000 neurons that communicate with parts of the brain and may even be involved in pain, according to Pubmed. This so-called heart brain works with the brain in ways that are still being researched, but even now, it's clear that the body's organs are connected in an intricate system.

We aren't generally aware of the efforts, and struggles, of our heart, but we can do some things to help it keep healthy, according to the American Heart Association.

Decide now what your risk factors are and what you can do about them. You can't control your age or family history, but there are risk factors you can control:

- * Quit smoking. Smoking is one of the most harmful things you can do to your heart.
- * Control your blood pressure and take prescribed medications.
- * Manage your weight. Gradual weight loss, followed by a stable healthy weight, can help decrease your risks for cardiovascular complications.
- * Eat better. Lots of fruits, vegetables and whole grains combine to make weight loss easier and can help lower cholesterol.
- * Get out and about. Brisk walks are great exercise. A combination of vigorous activity, resistance training and flexibility exercise is better. It helps your heart, controls your weight and makes you look and feel good.
- * Don't be jaded. You have heard this advice before. Act on it.





Wisdom from The Golden Girls

People waste their time pondering whether a glass is half empty or half full. Me, I just drink whatever's in the glass. Sophia (Estelle Getty)

My mother used to say: The older you get, the better you get. Unless you're a banana. Rose (Betty White)

No matter how bad things get, remember these sage words: You're old, you sag, get over it. Sophia (Estelle Getty)

You know what they say: You can lead a herring to water, but you have to walk really fast or he'll die. Rose (Betty White)

You know my motto. Today could be the last day of your life. Sophia (Estelle Getty)

The bottom line is, in life, sometimes good things happen, sometimes bad things happen. But honey, if you don't take a chance, nothing happens. Dorothy (Bea Arthur)

Everyone wants someone to grow old with, and shouldn't everyone have that chance? Sophia (Estelle Getty)

How come whenever my ship comes in it's leaking? Dorothy (Bea Arthur)

Why do blessings wear disguises? If I were a blessing, I'd run around naked. Sophia (Estelle Getty)

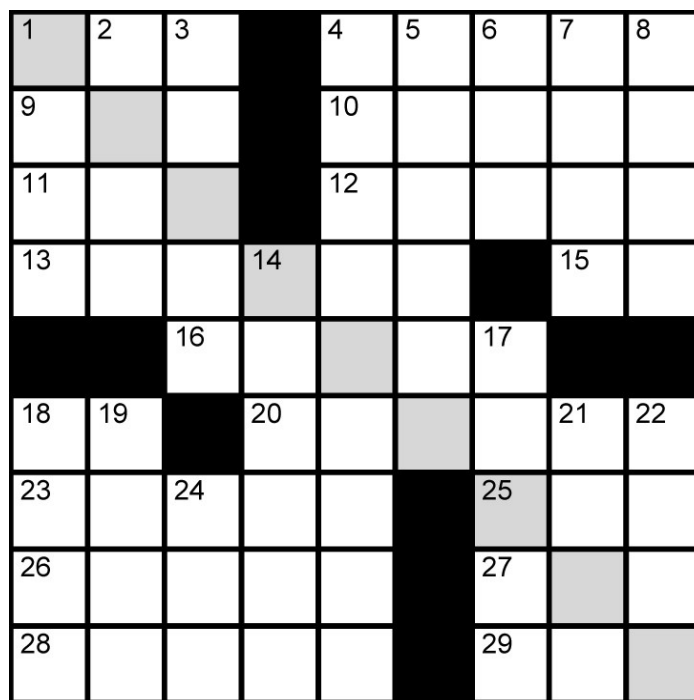
Across

1. Dejected
4. Inside info
9. A Beetle bride
10. Clear the blackboard
11. W.C.
12. Actress Oberon
13. Famous evolutionist
15. Operating
16. "60 Minutes" correspondent
18. 3.1416
20. Hairy
23. Recipe direction
25. Tire filler
26. "Fiddler on the Roof" role
27. Schuss
28. Internet messages
29. French beverage

Down

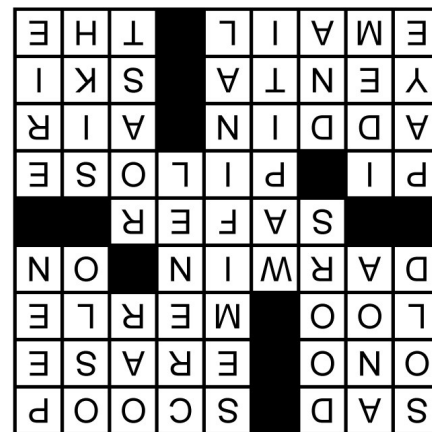
1. Auctioneer's closing
2. Water buffalo
3. Entryways
4. Tournament round
5. Battlement feature
6. Henley need
7. Nobel Peace Prize city
8. Hammer part
14. Yellowstone sight
17. Sunday fare
18. Sign on a ticket

Fluffy water



booth

19. Footnote word
21. Punjabi believer
22. Ashtabula's lake
24. Some forensic evidence



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

I eat raw cookie dough. And occasionally, I run through the sprinklers and don't wear a bathing cap. And at Christmas, I've been known to put away more than one eggnog. Rose (Betty White)

Look, you didn't ask me for my opinion, but I'm old, so I'm giving it anyway. Sophia (Estelle Getty)



"How long have I had hand cramps? It started after I filled out your new patient forms."

Medicare: Ask the expert

I am going to retire soon. Can you give me some basic info on Medicare Part A?

Part A is hospital insurance. Most Americans get this at no cost. You should sign up for this as soon as you are eligible. There is a \$1,600 deductible for each hospital visit in 2023.

Generally, Part A covers 80 percent of an inpatient hospital stays after the deductible.

When you sign up for Part A, you also sign up for Part B which covers doctor and outpatient care. A fee for this is deducted from your Social Security check.

You will also have a choice to sign up for a Medicare Advantage plan instead of Original Medicare (Part A and B). This is private insurance that covers at least as much as Medicare, but could be less expensive.



Everything has a season -- including heart attacks, which are more common during the winter.

According to the American Heart Association, even regions with mild climates see spikes in

heart attacks during the winter months. As winter continues during American Heart Month, everyone should take stock of their risk factors and lifestyle and take steps to protect themselves.

According to Northwestern Medicine, the biggest risk factor is the cold, which causes blood vessels to contract and can raise blood pressure. Meanwhile, the heart works even harder to maintain body temperature. When body temperature falls below 95 degrees Fahrenheit, the resulting hypothermia can also lead to heart damage. By dressing for the weather with coats, hats, gloves and socks, you can also protect your heart.

Lifestyle factors can also increase risk. For many, shoveling or walking through snow are more strenuous than their usual activities, and the sudden increase in workload can add additional strain on the heart. Stay home if necessary and don't be afraid to ask for help clearing your sidewalk or driveway.

Emotional stress may also contribute to the winter heart attack spike. Practice self-care to help you manage your stress and seek help if necessary.

The most important tip: Year-round good habits, like regular exercise and eating a heart-healthy diet. Start now and be ready when the next cold season rolls in.

Remember these toys? Somehow we survived

The toys of our childhoods were simple, usually required imagination, and some were -- let's face it -- downright dangerous.

When you look at this list of common toys, you might ask yourself: How did we survive?

Lawn darts, sometimes called jarts: A game that involved 12-inch weighted and sharpened metal darts. Toss the dart in the target on the ground and you got a point. Problem is that they were dangerous. At least 1,000 serious injuries and three deaths were attributed to the game. By 1988, they were banned.

Chemistry sets: Sold since at least 1845, the sets contained increasingly dangerous substances. Most chemicals were harmless, but some contain sodium cyanide, a poison. In the 1950s, atomic sets contained radioactive uranium (Fun for the whole family!). Glassblowing sets came with blowtorches. They were actually instrumental in the careers of some scientists. But by the 1970s, most were banned.

Clackers (early versions): Although still sold with different materials, these were heavy balls on each end of a string. In the 1960s and early 1970s, these toys were fun, but painful. The goal was to swing them up and down so that the balls on each end of a string clacked together. If you missed, woe to you. In 1968, tempered glass spheres would eventually shatter, sending glass shards everywhere. Today's models are lighter weight plastic.

Then there were a whole class of toy guns that were foundational to childhood such as cap guns, BB guns and spud guns.



Flowers by the numbers

In 2022, lovers and friends spent more than \$2.3 billion on flowers for Valentine's Day, according to Statista, the equivalent of the all-time high in 2020. In 2010, consumers spent \$1.7 billion on flowers, a number that remained relatively stable until 2015, when expenditures broke the \$2 billion mark. Roses, particularly red, are the favorite flowers of Valentine's Day, a holiday second only to Mother's Day for gifting flowers. Up to 250 million roses are grown for Valentine's Day and 73 percent of the givers are men.

National Heart Failure Awareness Week February 12-18

February 12-18, 2023 is National Heart Failure Awareness Week! Join The Mended Hearts, Inc. and the Heart Failure Society of America HFSA as we promote heart failure awareness, patient education, and heart failure prevention. This year's theme of **Heart Success: Function Not Failure** will shed light on all that can be done to treat heart failure (HF) based on how a patient's heart is functioning.



Here are some ways you can support the campaign:

- 1) Learn more about heart failure by browsing our library of resources including discussion guides, a GoToGuide, webinars and personal stories. For more information, go to <https://mendedhearts.org/heart-failure/>
- 2) Follow HFSA on Facebook, Instagram, and Twitter and keep watching for #HFWeek2023, #MyHFStory2023, and #FunctionNotFailure posts!
- 3) Tune in to a Live Twitter Chat with experts on Wednesday, February 15 at 12:00 PM ET. Join MHI, HFSA and other heart failure-focused organizations on Twitter for a lively discussion on heart failure. The purpose of the chat is to provide healthcare providers and heart failure patients with an overview on the status of heart failure and to discuss ways to improve quality of care and expand heart failure awareness. Follow #HFChat2023 to follow the conversation.
- 4) Listen to a NEW episode of the Heart Failure Beat Healthy Living podcast, set to be released on Thursday, February 16. The episode will feature a discussion on what's new in heart failure care. You won't want to miss this important update!
- 5) Follow #MyHFStory2023 all week as people living with heart failure share their stories across Facebook and Instagram. If you're a patient, watch for daily story themes and jump into the conversation, sharing your own story on social media.

Old-Fashioned Vegetable-Barley Soup

Ingredients

Servings 4

Serving Size 1 1/4 cups

- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables
- 1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese

Directions

- 1) Lightly spray a large Dutch oven with cooking spray. Add the oil, swirling to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds.
- 2) Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
- 3) Ladle into soup bowls. Sprinkle with the Parmesan.

Calories 129 Per Serving

Protein 6g Per Serving

Fiber 5g Per Serving



Recipe borrowed from <https://recipes.heart.org/en/recipes/old-fashioned-vegetable-barley-soup>



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 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 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.**