

JANUARY



The Mended Hearts, Inc.

# Chapter Newsletter



## January 16: Martin Luther King, Jr. Day

The speech that  
changed the  
world.

This year,  
2023, will mark

the 60th anniversary of one of the most famous speeches in American history, and perhaps the history of the world, too.

Just 17 minutes long, Martin Luther King's "I Have a Dream" speech was a turning point in the civil rights movement. In it, King departed from his prepared text, possibly because gospel singer Mahalia Jackson urged him, "Tell them about the dream!"

Standing before the Lincoln Memorial on Aug. 28, 1963, King improvised the most iconic passage. His famous words:

"I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

I have a dream today.

## Here's why January 1 begins each new year

A new year is upon us. Yet have you ever wondered why New Year's Day is on New Year's Day? Typically, holiday dates aren't simply pulled out of a hat, but instead set on specific days for exact reasons. So what's up with the new year?

Beginning the new year on Jan. 1 started with the Julian calendar, introduced by Julius Caesar, ill-fated leader of the Roman Empire. Yet why was Jan. 1 picked rather than, say, March 1 or July 1? The Roman god Janus, for whom January is named, was revered as the god of beginnings. It was also said that Janus had two faces and could move backward and forward through. Given Janus's close association with time, January emerged as the obvious choice to start the calendar.

However, there was a problem with the Julian calendar: it was inaccurate by a few minutes each year. These minutes add up, however, and every 128 years, the Julian calendar falls a day behind. Pope Gregory XIII updated the calendar in 1582 to make it more accurate. The Catholic Church kept the New Year in part because Saint Sylvester's Day falls on December 31. Sylvester, a fourth century pope, presided over the Church as it cemented its authority in the Roman Empire and adopted the Nicene Creed, the statement of belief that has defined mainstream Christianity ever since.

The Gregorian calendar remains the most widely used calendar in the world, which makes New Year's Day on Jan. 1 the most widespread celebration in the world. However, some cultures celebrate the New Year on different days.

The Chinese New Year is celebrated at some point between January 21 and February 20 each year, depending on the moon. That's because the traditional Chinese calendar is a lunar calendar. The Persian New Year, widely celebrated in Iran, begins on the vernal equinox (spring equinox in the Northern hemisphere). Many other cultures and calendars have their own unique New Year's holidays.



## Flavonols may slow cognitive decline

Higher dietary intake of flavonols -- antioxidants found in tea, wine and certain fruits and vegetables -- may help preserve memory and cognitive abilities among older people, according to a new study published in the journal *Neurology*.

Researchers followed 961 study participants whose ages ranged from 60 to 100 years old for an average of 6.9 years, tracking their intake of flavonols called quercetin, kaempferol, myricetin and isorhamnetin. None of the participants showed symptoms of dementia at the beginning of the study, and all participants underwent annual cognitive and memory assessments.

The study conclusion: People whose diets were highest in flavonols, particularly kaempferol, displayed measurably slower rates of cognitive decline compared to people who consumed flavonols in lower quantities. You can find kaempferol in apples, grapes, tomatoes, green tea, and several types of berries, among other foods.

Though the results are promising, researchers aren't jumping to conclusions or recommending flavonol supplements yet, according to CNN. Flavonol-rich diets typically include larger quantities of fruits and vegetables, which

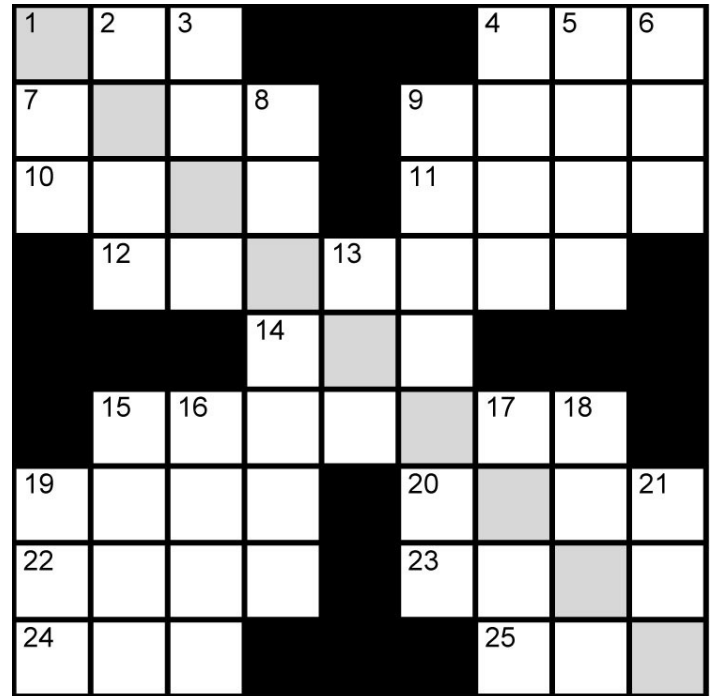
### Across

1. ABBA song
4. Stocking part
7. "For \_\_\_\_ us a child s born ..."
9. Be worthy of
10. Atomic particle
11. Pewter component
12. Lumber factory
14. Agatha Christie's "The \_\_\_\_ Murders"
15. Gibraltar and Magellan
19. Necklace part
20. Helen of \_\_\_\_
22. Boat propellers
23. Faction
24. Pub pint
25. Fuel

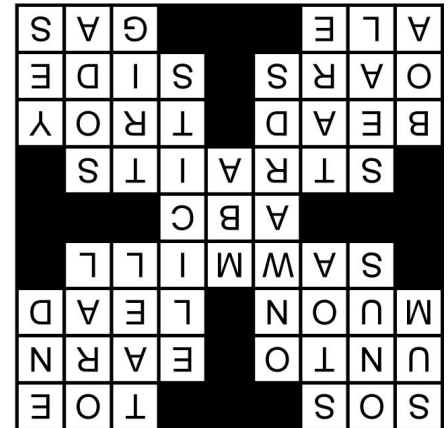
### Down

1. Total
2. Weight
3. Greek portico
4. Old Chinese money
5. Spoken
6. Stopping point
8. Moving ahead
9. Draws out
13. Wharton degree
15. Close, as an envelope

## Winter Visitors



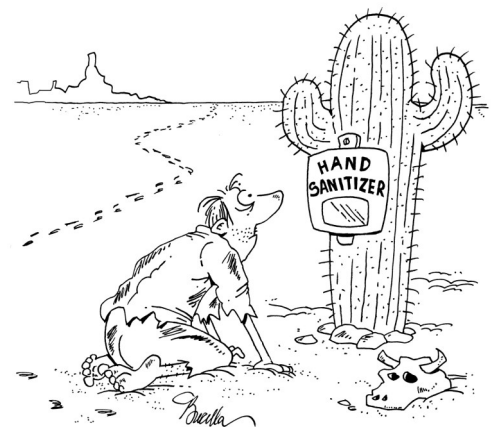
16. Weight not charged for
17. Math subject
18. Scotch's partner
19. Feathery wrap
21. Word on a Ouija board



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

provide an array of health benefits. More research is needed to determine whether the cognitive benefits were a direct result of flavonol consumption or due to healthy diets and other factors.

Still, a few extra daily servings of flavonol-rich foods, like leafy greens or berries, are unlikely to hurt you, and the benefits may be greater than we know.



## Brazil's New Year traditions abound

You probably know that Brazil is famous for its elaborate celebration of Carnival (Feb. 17 to 22), where in Rio de Janeiro alone, two million people gather in the streets each day for nonstop dancing, singing, music and parades.

Brazil's New Year celebrations, filled with music, dance, ritual and fun, have a special flair that you won't find anywhere else.

Brazil's population, among the world's most ethnically and culturally diverse, creates a dramatic combination of traditions from Portuguese, African, Amerindian indigenous peoples, with more contributions from huge numbers of immigrants from every continent.

Parties start on Dec. 27 and go on through Jan. 1 and emphasize live music and fireworks.

From African cultures, coastal residents may honor Lemanja (called Yemoja in Yoruba). The mother of the water and protector of fisherman and children, Lemanja is honored by throwing flowers in the ocean. Gifts can be thrown into the ocean too, but if one floats back, your offering has been rejected.

From European tradition, some put a bay leaf (a priest's leaf) and a banknote in their wallets, leaving them together all year until the following New Year's Eve, when they give the money to someone and throw the leaf into the sea or river for good luck.

Brazilians often wear white clothing for luck at the New Year, along with colorful underwear. Red brings love; yellow gives you money; blue, friendship; green, health; and purple, inspiration.

Finally, there is the tradition of the seven waves, an Umbanda (Afro-Brazilian) tradition. When the clock strikes midnight, revelers head into the ocean and jump seven waves. Make a wish on each of the waves as you shout, "Happy New Year!" You might also eat seven grapes for abundance and seven pomegranate seeds for money.

In their spin on Italian customs, Brazilians often eat lentils and rice right after midnight. They may wash it down three sips of sparkling wine, another import from Europe, with a wish for every sip.



*Farm dog contest January 2023*

## Ranch dogs show their courage and energy

This month, one dog will win the \$5,000 prize in one of the dog world's more obscure contests (certainly not the glamorous Westminster) -- the Farm Dog of the Year competition.

In this fierce annual contest, held by the American Federation of Farm Bureaus and sponsored by pet food giant Purina, it's not a pretty face that counts -- it's talent, instinct, and heroism.

Ranch work takes a specific set of skills for dogs -- to be able to herd animals in huge pastures and then guide them through smaller fences.

There are always problems on a farm. Take feeding cows. You have 60 cows, each 1,500 pounds, eager to get to their dinner. Sonja Galley has to tote several five-gallon buckets of feed, and it would be nice if the cows didn't trample her. That's where Bindy, the 2021 Farm Dog of the Year, fearlessly keeps the cows back. Bindy once saved Sonja's life when a cow pinned her.

Meanwhile, Woody, the 2019 winner, also an Australian Shepherd, works the Texas ranch of Joe Sheeran. Woody is a hero and known for his intelligence.

One day when Woody was just seven months old, Sheeran was teaching him to sit and stay without fail. This is crucial because a novice dog could run cows right over a rancher. One day, Sheeran told Woody to stay when he spotted a calf caught in a ditch. Sheeran went down to get the calf, but the mother became angry and pinned Sheeran, who was all alone on the ranch. Woody saw the danger, disobeyed the stay command and leaped into action, getting in the cow's face and forcing her away from Sheeran.

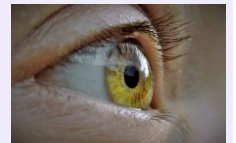
## Implant treats macular degeneration

Age-related macular degeneration can rapidly steal your sight and the treatment, injections in the eye, can be daunting.

But a new implant not only treats the disease, but makes those shots unnecessary.

The implant, called Susvimo, is the size of a grain of rice and is implanted into the upper part of the affected eye where it can't be perceived and won't impede vision. It works by regularly releasing a dose of the drug ranibizumab, which reduces blood vessel growth and leakage in the eye.

FDA approved in October 2021, the device works as well as eye injections, which can be daunting so people may sometimes skip appointments, which reduces the effectiveness of the treatment. The implant eliminates those injections and lasts for six months.





## MHI Award Nominations Now Being Accepted

The 2022 award nomination period is now open, and we have some exciting new changes to announce. This year, those who nominate will be entered into three cash prize drawings for \$500, \$250, and \$100.

Each person who submits a nomination form will receive one ticket that will then be entered into the drawings - the more nominations you submit, the more tickets you receive, and the greater your chances of winning.

Also new this year, our national award winners will receive \$500 each in addition to the beautiful crystal heart awards they have taken home in the past. Once again, we will be recognizing visitors, volunteers, hospitals, health care providers, chapters and groups at a regional, divisional and national level.



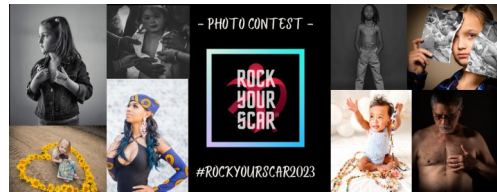
The award forms are PDF fillable (remember to save the form before filling it out), so you can type right on them, or print them off, fill them out and mail them in. Award nomination forms are due by March 15, 2023 and can be found at <https://mendedhearts.org/dashboard/>. For questions please send emails to [info@mendedhearts.org](mailto:info@mendedhearts.org).

## Join a MH Support or Educational Meeting from Your Home

Winter is here, and if it's too chilly or snowy to get out of the house, no worries, we've got you covered! We have dozens of chapters and groups all over the country that hold support group and educational meetings on Zoom every month. Even if you aren't a member, you are still welcome to join. For a list of meeting times and contact information for MH chapters, please go to <https://mendedhearts.org/wp-content/uploads/2022/12/Chapter-Meeting-Times.pdf>

## Rock Your Scar Photo Contest

The nation's only congenital heart disease (CHD) awareness campaign is back for the ninth year in a row! The campaign is open to anyone of any age born with a heart defect - you do not need to have a visible scar to enter. As always, we have multiple age categories, including our over 40 category, that are judged by professional photographers. Winners will receive awesome prize packs and winning photos will go in our award-winning *Heartbeat* magazine. Visit [www.mendedhearts.org](http://www.mendedhearts.org) to enter.



## Chicken Shawarma (using a pressure cooker or Instant Pot)

Servings 4  
Calories 202 Per Serving  
Protein 27g Per Serving  
Fiber 3g Per Serving

- 2 teaspoons olive oil
- 1 small onion, chopped
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1/2 x 2-inch strips
- 1/2 cup fat-free, low-sodium chicken broth
- 4 medium garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon pepper (coarsely ground preferred)
- 1/4 teaspoon salt
- 2 cups torn romaine lettuce
- 1 medium tomato, sliced, and 1 medium tomato, chopped, divided use
- 1/2 medium unpeeled cucumber, sliced, and 1/2 medium unpeeled cucumber, chopped, divided use
- 2 tablespoons crumbled low-fat feta cheese
- 2 tablespoons minced fresh Italian (flat-leaf) parsley

### Directions:

- 1) Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently.
- 2) Add the chicken. Cook the chicken for 4 to 6 minutes, or until lightly browned, stirring frequently. Turn off the sauté option on pressure cooker.
- 3) Stir in the broth, garlic, cumin, paprika, turmeric, pepper, and salt. Secure the lid. Cook on high pressure for 4 minutes. Quickly release the pressure.
- 4) Arrange as follows on a platter: the romaine, sliced tomato, and sliced cucumber. Using a slotted spoon, place the chicken on the cucumbers. Top with the remaining chopped cucumber and chopped tomato. Sprinkle with the feta and parsley.

Recipe borrowed from <https://recipes.heart.org/en/recipes/chicken-shawarma>





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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.**