



The Mended Hearts, Inc.

Chapter Newsletter



See American goldfinches by your own window

If you long to see a bright yellow and black goldfinch, getting one to visit your backyard feeder is not that difficult. All you need is a bag of thistle seed.

The males are yellow with black trim and the females are an olive-toned yellow.



The adult birds put on a show as they gather seed from thistle and zinnias, cosmos, bee balm, liatris and coreopsis.

Goldfinches love thistle seed and sunflower seeds. They will regularly visit backyard feeders and appreciate a birdbath close by.

They are among the latest nesting birds. In late summer, they collect thistle down to line their nests and raise four to six young, feeding them a partially digested substance called "canary milk." Both the male and female feed the baby birds.



Dog Days of summer

It's hot. It's humid. The Dog Days are here.

The term Dog Days dates back to ancient times, when people studied the sky and relied on the heavens and the stars for navigation and spiritual sustenance.

These ancients looked into the night sky, before modern lights obscured the stars, and imagined that the constellations formed images of bears (Ursa Major and Ursa Minor), a bull (Taurus) and dogs (Canis Major and Canis Minor).

Sirius, called the dog star, was the brightest star in the night sky. It was so bright that the Romans thought it added heat to the earth.

In late summer, Sirius rises and sets with the sun, furthering the notion that the heat of the combined stars created the muggy, sultry weather. They called the 20-day alignment of the sun and Sirius the Dog Days.

This alignment can vary in exact dates with the latitude of the observer and by the annual variances in the equinoxes.

Most of us know only that this period is too hot for a good disposition and look for ways to stay cool during those 20 days. We could go for a swim, take a vacation to a cooler climate, go to an air-conditioned theater or spend a few leisurely hours shopping at the air conditioned mall. Dress in cool clothes and don't overexert.

Credit change: Medical bills won't count

Anyone who has struggled to pay off medical bills will get a boost this July as medical credit reporting changes.

Among the changes announced by all three major credit reporting agencies (Equifax, Experian, Transunion):

* Old medical bills that have been paid will no longer appear on credit reports. Medical debt is currently reported for seven years after it is paid off.

* Unpaid medical bills will appear on a credit report only if they remain unpaid for 12 months. Right now there is a six-month grace period.

* Medical debt in collection that is less than \$500 will not appear on credit reports. This move is expected to clear 70 percent of medical collections from credit reports.

Credit reports are designed to give lenders, in particular, an idea of whether a person will pay their debts. But most medical debts don't provide an accurate picture of whether a person pays his or her bills.

Mythical hero's description

Across

1. Soap ingredient
4. Fragrance
9. "If only ___ listened ..."
10. At no time
11. Pond dweller
13. Shipped
14. Trooper's quarry
16. Word in a simile
17. "The loneliest number"
18. Yours truly
20. Magic lamp owner
22. Sandwich shop
24. Pouches
25. Fantasize
27. Annoy
28. Microscopic
29. ___ sauce

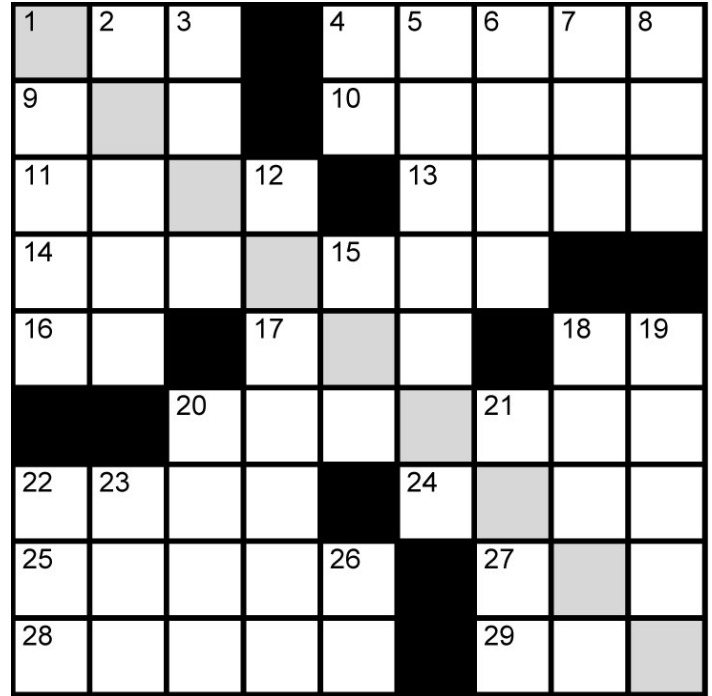
Down

1. ___ apso (dog)
2. Pound sounds
3. Slight advantage
4. Indefinite article
5. Plants again
6. "Your turn"
7. Chess pieces
8. Verb with thou
12. Windblown
15. Genetic stuff

18. Prefix with\

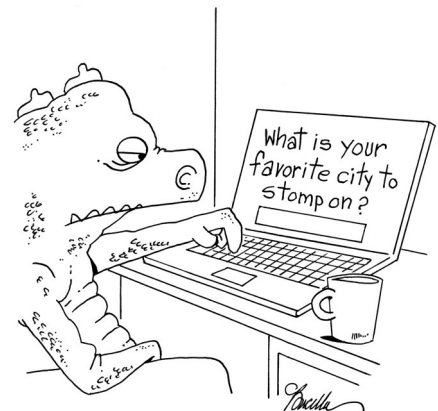
- surgery or scope
19. Exalt to the heavens
20. Toward shelter, nautically
21. Speaker's platform
22. Banned pesticide
23. Bard's before

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



HIV drug reverses memory loss in mice

Researchers at the University of California Los Angeles have found that the HIV drug maraviroc may restore a specific kind of memory loss, according to National Public Radio. Relational memory -- the ability to link events with the people we saw there -- declines with age and may be severely compromised in people with Alzheimer's disease. The drug restored relational memory in mice, and researchers are optimistic about future use with aging people and stroke patients.



Godzilla's Security Question

Protect your garden during a heat wave

In large parts of the U.S., late summer heat is no joke, and even the most heat-friendly garden crops like tomatoes and peppers can get cranky during a serious heat wave. But with some smart short and long-term solutions, your garden can survive the heat and stay green and productive.

* Check the forecast. Some plants may droop a bit in the heat, but if the temperature will fall within a few days, your garden should bounce back with a little care and attention.

* Water long and slow. You should do this all season, but especially during heat waves to help saturate the soil and keep plants hydrated and more drought-resistant.

* Give your garden a deep, slow watering the evening or morning before the heat wave hits so the plants have ample time to drink up.

* Don't over-water. If your plants still wilt during the hottest part of the day, wait until the next morning. If they're still limp, give them another long, slow drink.

* Focus on the soil at the base of the plant when watering instead of leaves. Droplets of water on leaves or fruit

can heat in the sun and sunburn or scorch the plant.

* Try shade cloth for plants that are younger

or especially heat-sensitive. You can also use sheets or umbrellas. Move potted plants to shadier locations.

* Make sure to mulch at the beginning of every season. Re-distribute mulch before a heat wave to ensure all plants are well protected.



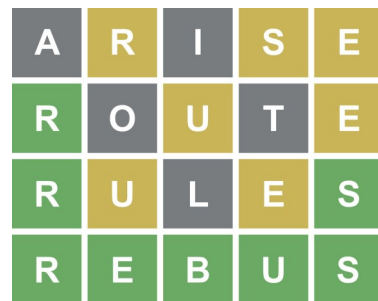
Word games boost cognitive health

Millions of people around the world start their days not with a shower or a cup of coffee, but with the latest daily Wordle puzzle. If you haven't played it, you've probably heard of it or at least seen it on social media -- a series of green, black and yellow boxes denoting how well players perform with each puzzle. Loyal fans of the game aren't just showing off their word game prowess -- they're giving their brains a daily boost, too.

In an interview with Healthline, neurologist Douglas Scharre, M.D., says that daily problem-solving challenges like Wordle or crossword puzzles are great for brain health. According to Scharre, a neurologist at The Ohio State University Wexner Medical Center, puzzles and games keep the brain active and help prevent cognitive decline due to age. New puzzles are even better for giving your brain a daily workout.

According to a study published in the International Journal of Geriatric Psychiatry, puzzles like Wordle can improve memory, attention, executive function of the brain and information processing.

According to The Ohio State University, anyone with cognitive issues could potentially benefit from games like Wordle, including people with conditions like head trauma, stroke, sleep apnea and conditions that diminish attention.



UK doctors prescribe app for insomnia

The U.K.'s National Institute for Health and Care Excellence (NICE) recommends the digital app Sleepio as an effective alternative to sleeping pills, which means U.K. doctors can now prescribe it, according to CNN.

The AI-powered app uses cognitive behavioral therapy to help users find rest without the side effects and risk for dependency that come with common sleep medications. The six-week Sleepio program works with users to identify thoughts, feelings and behaviors that may contribute to sleeplessness.

Common back pain treatment may prolong symptoms

A new study published in the journal Science Translational Medicine suggests that over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, may contribute to chronic back pain. Researchers at Canada's McGill University found among a group of more than 2,000 patients who reported acute back pain, those who took NSAIDs for pain relief were nearly twice as likely to develop chronic back pain compared to those who took other drugs or none at all.

One researcher told the New York Times that while NSAIDs are probably fine for short-term use, patients may benefit from other treatment strategies for long-term relief.

An Underdiagnosed Cause of Heart Failure: Transthyretin Amyloid Cardiomyopathy (ATTR-CM)

What Could These Ongoing Symptoms Mean?

If you've been diagnosed with heart failure, and are experiencing unresolved symptoms like fatigue, shortness of breath and swelling in the lower legs, ask yourself if you've also had tingling or pain in your fingers, ruptured biceps tendon and/or pain or numbness in your lower back. While these may appear to have nothing to do with your heart, the combination of these symptoms could be a sign of transthyretin amyloid cardiomyopathy, or ATTR-CM, an underrecognized and often underdiagnosed condition that is associated with heart failure.

What is Transthyretin Amyloid Cardiomyopathy?

Transthyretin amyloid cardiomyopathy (ATTR-CM) is a type of amyloidosis, a disease in which certain proteins change shape, or "misfold." Over time, the misfolded proteins can collect in the heart and build up in other parts of the body. This causes the heart muscle to thicken and stiffen, eventually leading to heart failure. Because ATTR-CM is a progressive condition that gets worse over time, early diagnosis and intervention are important.

Who's Most at Risk for Developing ATTR-CM?

There are two main types of ATTR-CM. The first, called wild-type, is associated with aging and most commonly affects white/Caucasian men over the age of 60. The second type, known as hereditary ATTR-CM, is passed down from a relative and caused by a genetic mutation. A number of different gene changes or

The most common mutation associated with hereditary ATTR-CM in the US, V122I, is found almost exclusively in African American community members.

Getting a Correct Diagnosis

Because ATTR-CM symptoms can mimic other illnesses, it can take years for patients to receive an accurate diagnosis. Awareness of the disease, even among some doctors, remains low. Some ATTR-CM patients report visiting up to five different doctors before receiving the correct diagnosis. Talking to your doctor is the most important and first step. Share all symptoms with your primary care physician or cardiologist. This will allow your doctor to get a full picture of your past and current medical history to help make an appropriate diagnosis.

For More Information

Visit www.yourheartsmessage.com for more facts about ATTR-CM and resources that can help you discuss symptoms with your doctor.

ATTR-CM SYMPTOMS

that may be similar to heart failure symptoms:



SHORTNESS OF BREATH



SWELLING IN THE LOWER LEGS



FATIGUE

Southwestern Avocado-Bell Pepper Quiche Cups

Calories: 264 Per Serving

Protein: 16g Per Serving

Servings: 4

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



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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	FAMILY MEMBERSHIP
<p>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</p> <p>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)</p> <p>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</p> <p>Silver Member --- \$100 annual donation per person * All the benefits of a Bronze Member, PLUS * A Stainless Steel Mended Hearts Travel Mug</p> <p>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</p> <p>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 <i>Heartbeat</i> 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</p>	<p>For members of one household with one mailing address only</p> <p>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.</p> <p>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</p> <p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>

ALL Donations are tax deductible

PAYMENT INFORMATION:	ADDITIONAL CHAPTER/GROUP DONATION:
Membership Level _____ \$ _____	Chapter/Group Name: _____
Additional tax-deductible Donation to: <input type="checkbox"/> Mended Hearts <input type="checkbox"/> Mended <i>Little</i> Hearts <input type="checkbox"/> 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.**