



The Mended Hearts, Inc.

# Chapter Newsletter

# June



## What the ocean does for your head

You may love to go to the beach, but it isn't so much what you do there as what it does to you.

The beach boosts mood. That may sound a little obvious because many people like going to the beach, but it's more than the mood you bring to the beach. It's actually the beach and ocean and how they appeal to your sense of sight, sound, and smell.

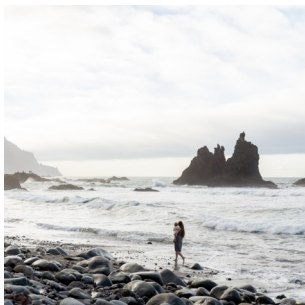
The sound of the ocean actually changes brain waves and puts people into a mild meditative state, according to the American Association for the Advancement of Science.

The sight of the bright blue ocean transmits feelings of calm, peace and creativity.

And the smell of the ocean breeze enhances that tranquil state, perhaps because of the negative ions in the air, according to the Journal of Alternative Complementary medicine.

Even the sensation of feet digging into warm sand relaxes people.

And of course, there is the placebo effect: We've been told the beach is relaxing and peaceful and we expect it to be.



## Should fireworks be quieter?

All fireworks involve noise, but not all fireworks have explosions.

In recent years, the push for 'silent fireworks' has focused on the impact of fireworks on both people and animals.

The effects on people are shown in an exponential increase in the number of complaints to police during June and July. Explosions of 150 to 170 decibels can not only cause hearing damage, but can trigger anxiety and panic attacks, not to mention sleep deprivation.

The effect of loud explosions in fireworks can be devastating. Birds have a startle response that forces them up to the sky in numbers that can be seen on weather radar. According to Sam Sander, a clinical professor of zoo and wildlife medicine at the University of Illinois Urbana-Champaign, in one documented example, birds flew so far out to sea that they couldn't get back to land.



In one case, fireworks in an Arkansas town killed 5,000 red-winged blackbirds, possibly because the sounds disoriented them and caused them to fly into houses and trees, according to The Hill.

Domestic animals show dramatic fear responses of shaking, running, cowering. That isn't limited to horses, dogs and cats. Pet guinea pigs and rabbits also have fear responses.

Fireworks don't need explosions to be beautiful, experts say. In fact, the fireworks with the biggest booms aren't necessarily the most beautiful.

## Check vision changes!

Suddenly, it's hard to read when the light is low. Maybe there are halos around lights. These small changes can become big problems.

Cataracts affect the majority of older Americans across all ethnic groups by age 80, according to the National Institutes of Health.

Cataracts occur when the proteins in the lens of your eye gradually change shape and clump together as you age, according to Health in Aging. Over time, the tissue becomes thicker, changes color and loses transparency, which can block light from entering your pupil. Aging, diabetes, alcohol consumption, excessive sunlight, high blood pressure and smoking are among the most notable risk factors.

If your cataracts are advanced and impacting your quality of life or ability to perform normal activities, your doctor might recommend surgery. During this quick outpatient procedure, the doctor removes the clouded lens and replaces it with an intraocular lens implant (IOL). The vast majority of people who undergo cataract surgery can see better after. Discomfort is usually mild, and patients generally heal within a few weeks.

While Medicare doesn't typically cover vision care, such as eye exams or glasses, it does cover standard cataract surgery with IOL implants for people 65 and older.

## Supply Hoard

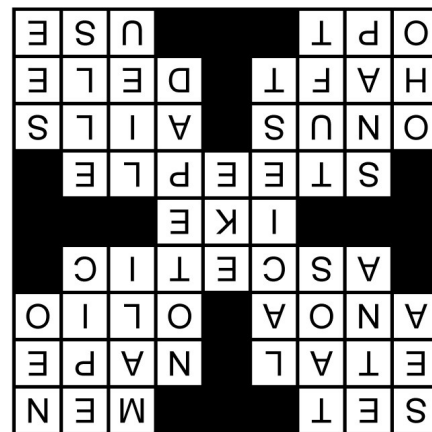
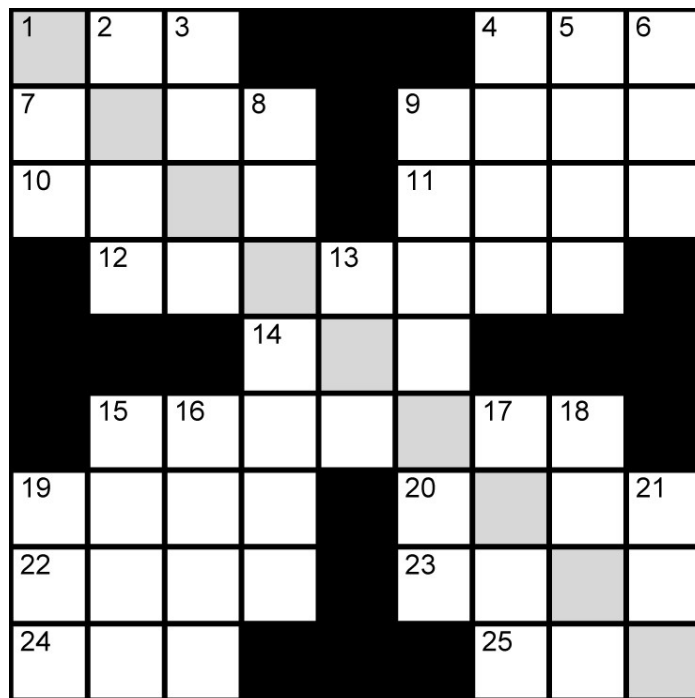
### Across

1. Collector's goal
4. Rest room sign
7. And others: Abbr.
9. Back of the neck
10. Water buffalo
11. Medley
12. One who leads a Spartan lifestyle
14. Mamie's man
15. Church feature
19. Burden
20. Is under the weather
22. Dagger handle
23. Expunge
24. Choose
25. Employ

### Down

1. Last word of "America, the Beautiful"
2. Sicilian volcano
3. New Mexico art community
4. French Sudan, today
5. Heroic tale
6. "The Matrix" hero
8. Most like Chantilly
9. Tablet
13. Barely make, with "out"

15. Ginger cookie
16. Clump
17. In \_\_\_ of
18. Building additions
19. "What have we here?!"
21. Understand



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

If you don't have cataracts, protect your vision by wearing UV-blocking sunglasses and a hat with a brim to shade your eyes. Eat plenty of fruits and vegetables (especially dark leafy greens). Quit smoking and make sure to get a dilated eye exam every two years.



## Share it and you'll feel better Sadness can turn life to drudgery

Life does it to all of us. Disappointment, loss or periods of loneliness can make us feel sad. How we deal with the sadness can influence how quickly we recover.

Psychotherapist Carol Juengersen Sheets says some people deal with it outwardly. Some just keep it inside. This can be a mistake because it lasts longer. Sadness can



sap energy and concentration.

Letting them know what's going on with you has its benefits. For yourself, it means that you acknowledge the pain and are working through it. You allow yourself to accept your loss and begin to deal with it.

Sharing your grief with others is helpful because they have the opportunity to validate the situation and agree that it's sad. It allows them to console and nurture you. They can't make sadness go away, but their support can help you recover.

Getting more comfortable with your grief lays the foundation for joy and true happiness in the future, according to Sheets. It can also inspire you to help others or work for a charity. Most of all, putting grief in its place helps you to start anew and become a new, wiser human.

## Trivia Teaser: Shine a little light

1. A leg-shaped lamp is revered as a "major award" in which film comedy? a-"Animal House," b-"Stripes," c-"Here Comes the Boom," d-"A Christmas Story."
2. The collection of the Ashmolean Museum at the University of Oxford includes the lantern carried by which man on the night of the Gunpowder Plot? a-Dick Turpin, b-Guy Fawkes, c-Rob Roy, d-Sir Walter Raleigh.
3. Which "Lady of the Lamp" was named for the Italian city where she was born? a-Clara Barton, b-Florence Nightingale, c-Helen Keller, d-Mary Seacole.
4. In 1775, Robert Newman and John Pulling hung two lanterns in which Boston building as a warning of the approaching British Army? a-Faneuil Hall, b-Independence Hall, c-Old North Church, d-Old State House.
5. Where would you find the inscription of a poem ending "I lift my lamp beside the golden door!"? a-Lincoln Memorial, b-Statue of Liberty, c-U.S. Holocaust Memorial Museum, d- Mount Rushmore.
6. The power ring wore by the superhero Green Lantern is ineffective against objects of which color?

a-Green, b-Red, c-Yellow, d-Purple.

7. Which British Invasion group recorded the 1966 top ten song "Leaning on the Lamp Post"? a-Paul Revere & the Raiders, b-The Searchers, c-Gerry & the Pacemakers, d-Herman's Hermits.

8. "I love lamp" is spoken by Steve Carell's character in which movie comedy? a-"The Incredible Burt Wonderstone," b-"Dinner for Schmucks," c-"Anchorman: The Legend of Ron Burgundy," d-"Date Night."

9. The cynical philosopher Diogenes was notorious for carrying a lamp during the day, searching for what? a-An honest man, b-Egg salad recipe, c-Dice, d-His late wife.

10. Who is carrying a lantern before the door of a house in the Holman Hunt painting "The Light of the World"? a -The Grim Reaper, b-Jesus Christ, c-Harlequin, d-Chinese mandarin.

## Bikes are right for the big kid in all of us

It won't be like the thrill of learning to ride your new Schwinn when you were eight -- it was pure freedom.

But, bike riding is fun for people of all ages. With the many new styles, it can also be perfect for seniors.

There are many kinds to choose from:

Recumbent bikes are great for people with knee, neck or back problems. They even come with safety flags, which you need since their profiles are so low. They can be equipped with hand cycles instead of foot pedals too. They can be folded and transported to preferred locations. Drawback: They are heavy.

Three wheelers:

Trikes aren't just for kids. These adult-sized three-wheelers can be perfect for even those new to bike riding.

They are safe, require less balance than the two-wheeled version and they usually come equipped with a basket. Ride down to the store for the milk and set the gears to go up hill.



E-bikes: Add some electric power to your pedal bike with an electric assist motor that can help you up hill or give your legs a break when you get tired. Although you won't get the same exercise as a regular bike, you will get some. These are great for people with good balance and adequate strength, but they do go pretty fast: up to 28 miles per hour. They can be very heavy.

Researchers say that older adults get many benefits from riding: Improved brain function, preserved balance, decreased bone loss, improved mood and relief from joint pain. Seniors who ride also keep their waist size down.

Are you an MHI leader trying to find ways to attract new members? Are you someone interested in starting a pillow program at your local hospital? Or maybe you belong to a senior center that wants to establish a support group for members who have heart disease?

MHI is here to help you do all of this and more with its 2022 Leadership Training! This year's virtual training will be unlike any offered before. In our sessions we'll share tactics and strategies to help leaders be successful in any group or organization. We are offering this valuable training service FREE to all leaders and members. Here is some of what we'll be covering.

- Building/Rebuilding Community
- Creating Connection & Engagement
- Leadership Skills for Peer Support Leaders
- Peer Support—Leading Meetings & Programs
- Advocacy
- Marketing MHI

Because effective leadership is so vital to our organization, we ask that at least one leader (more are welcome and encouraged) from every chapter attend each session.

Go to [www.mendedhearts.org](http://www.mendedhearts.org) to register and choose your sessions.

## MHI Awards Ceremony Sunday, June 26 at 6 PM ET



If you are looking for a little glitz and glam AND the opportunity to celebrate the achievements of your fellow MHI members, then join us for our third annual MHI Award Ceremony on Sunday, June 26 at 6 PM ET. Help us honor those volunteers who dedicate their time and energy to supporting, educating and advocating for heart patients and their families. Go to [www.mendedhearts.org](http://www.mendedhearts.org) to register.

### Trivia Teaser—Shine a little light answers

- 1-d, "A Christmas Story"
- 2-b, Guy Fawkes
- 3-b, Florence Nightingale
- 4-c, Old North Church
- 5-b, Statue of Liberty
- 6-c, Yellow
- 7-d, Herman's Hermits
- 8-c, "Anchorman: The Legend of Ron Burgundy"
- 9-a, An honest man
- 10-b, Jesus Christ

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## Fruit Salad with Avocado Coconut Lime Dressing

Calories: 200 Per Serving  
Protein: 4g Per Serving  
Fiber: 7g Per Serving

Servings 8  
Serving Size 1 cup

### Salad Dressing Ingredients

1 avocado  
1 5.3-ounce can nonfat blended Greek yogurt, coconut creme flavor  
3 tablespoons lime juice  
1 teaspoon honey

### Salad Ingredients

2 avocados (diced)  
1/2 cup strawberries (quartered)  
1 mango (diced)  
1/2 cup blueberries  
1 cup red grapes  
2 kiwi (sliced, quartered)  
1 large banana (sliced, quartered)  
2 mandarin oranges, peeled, segmented



### Directions

1. First, place all salad dressings components into a food processor and blend to a smooth consistency. If dressing is too thick, add 1-2 TB of non-fat milk (or non-dairy milk) to liquify dressing.
2. Refrigerate until needed, up to 24 hours. (Use the remaining dressing for another use.)
3. For the salad base, first place all ingredients into a large bowl.
4. When ready to serve, toss with Avo Coconut Lime Dressing to taste.

Recipe borrowed from <https://recipes.heart.org/en/recipes/hcm-fruit-salad-avocado-coconut-lime-dressing>



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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.**