



Chapter Newsletter

The Mended Hearts, Inc.



Fathers Day, June 21

Thanks, Dad, we know how important you are

There's more to being a dad than earning a living.

According to researchers, meaningful time with dad is crucial for child development. Researchers now know that interactions with your infant or toddler influence how your kids will relate to other people later in their lives and how they will view the world at large.

A study at the University of Regensburg in Munich, Germany, found that children whose fathers played with them in a sensitive, supportive and challenging way at age two tended to form closer and more trusting relationships with others at ages 10 and 16.

By age 16, fathers' play proved even more powerful and predictive than the mother-child bond. The researchers found that dads' play made a pivotal and unique contribution to kids' growth.

Telling stories of family history and how your parents and grandparents overcame adversity has an influence on how kids handle difficult times. An Emory University study showed that among children aged 14 to 16, the ability to retell parents' stories is linked with a lower rate of depression and anxiety.

Your stories, told with eye contact about how you and others overcame problems, can help your children view the world with optimism.

They never ask the right questions

Write stories from your life for the kids

One day, long after you are gone, the kids will be sitting around and someone will say: I wish I had asked Dad about ...

The best thing you can do is write down the memories that mean the most to YOU. You don't have to be a great writer. You could even do a video. You don't have to plan a big book -- just write little stories one at a time. You could even go high tech and use an online blog!

Here are some ideas to get you started:

Family memories: Your childhood, parents, siblings, and grandparents. Talk about your heritage. Give the names you know. Share the things that made you laugh, or the times you were scared. Don't forget traditions! How did they change?

Career memories: Include successes and challenges. Talk about your hopes and what you learned about yourself.

Love and relationships: How did you meet your first love? What were you feeling? What did you learn from your relationships? What did you learn about yourself?

Travel memories: It's not just about vacations, even though those could be great memories. What about the times you had to move? What about your road trip memories, even the short ones?

Life lessons: Describe your values and the lessons you learned through experience -- even lessons learned the hard way. What guidance would you give to kids today?





Cancer vaccines may save lives

Could vaccines turn life-threatening cancers into a thing of the past? Early research suggests that mRNA cancer vaccines, often customized specifically for individual patients, have the potential to significantly improve survival rates for certain cancers.

Vaccines work by teaching the body how to identify and fight microbes, according to cancer.gov. Traditionally, vaccines have targeted viruses, tiny and not-quite-living microbes that don't respond to antibiotics. Viral vaccines teach the immune system how to identify and attack specific viruses.

For some time now, researchers at various universities, companies, and other organizations have been searching for a mechanism to teach the body how to more effectively find and destroy cancer cells. Because cancer is an internal process, the immune system struggles to fully differentiate between healthy cells and cancer cells, which allows the cells to spread unchecked. While some immune cells can identify the mutations, they are usually overwhelmed.

mRNA vaccines use smaller proteins to teach immune cells how to spot proteins present in cancer cells or on a virus's outer coating. When the immune system can quickly identify the rogue cells they can be destroyed.

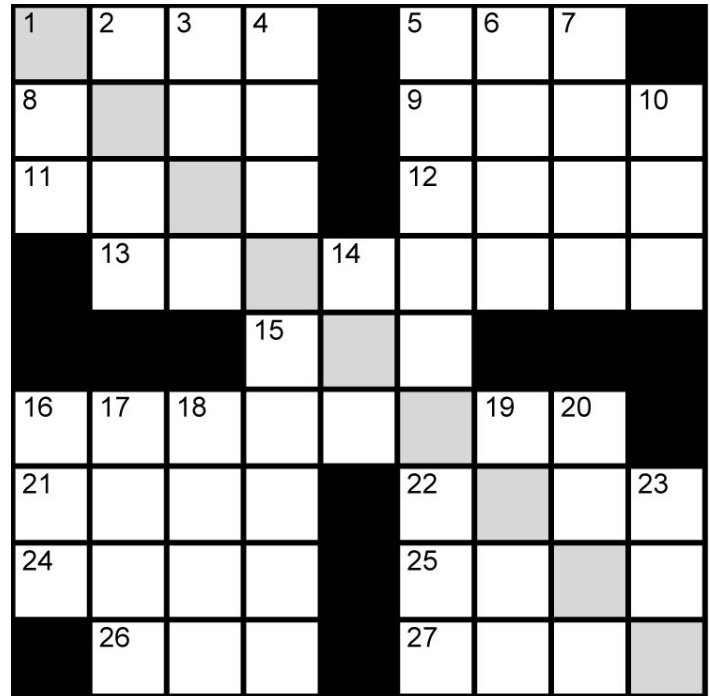
Across

1. Dieter's target
5. Ryan of "When Harry Met Sally"
8. Balcony section
9. Ardent
11. Part of BYO
12. The euro replaced it
13. In a subservient manner
15. Eyelid woe
16. Cutters with U-shaped frames
21. Carnival attraction
22. Perjurer
24. Cartoon bear
25. "Green Gables" girl
26. Ring count
27. Clutter

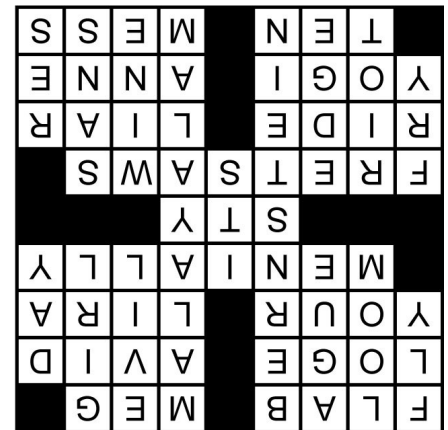
Down

1. Soar
2. Weaver's apparatus
3. Chill
4. West Side Story composer
5. Language of India with a palindromic name
6. Bad to the bone
7. Lass
10. Pro Golfer

Water Feature



- Jason
14. "___ magic!"
 16. Sauté
 17. Funny one
 18. Just beat
 19. Sommelier's suggestion
 20. Without: Fr.
 23. ___ judicata



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

Traditional cancer treatments often target fast-growing cells. Chemotherapy, for example, kills cells as they split into two. Chemotherapy tends to kill off cancer cells more quickly than healthy cells. Still, chemo does damage. Cancer vaccines may ultimately prove easier on patients.



"Dad, if a phone receives a text in the forest and nobody is around to hear the alert sound..."

AI may help identify safety hazards

It might not be long before artificial intelligence will be able to spot safety issues and hazards in the workplace, according to OSHA.

That makes sense because if there is one thing AI can do, it is to sort out anomalies in large data sets.

Using video feeds and security cameras, AI may learn to predict a likely slip, trip or fall zone and even analyze the differences between them.

AI could alert managers to improper or insufficient personal protective equipment, improperly fitted PPE, and make recommendations. It may even save workers time with reporting and complaint requirements.

With vehicles, we might see AI plotting optimal routes, directing vehicles, and issuing alerts for potential accidents.

The data AI may provide will give employers a lot of information on unreported accidents and prevention strategies.



Are obesity drugs finally here? What you should know

If you watch any television at all, you've probably seen the commercials for the diabetes drug Ozempic, with a catchy jingle set to the tune of the Scottish rock band Pilot's 1974 hit "Magic." And even though onscreen text informs viewers that Ozempic is not a weight loss drug, the commercial still touts weight reduction as a benefit. The marketing clearly works -- according to CNN, pharmacies filled more than twice as many Ozempic prescriptions during the last week of February 2023 compared with the same week in 2022.

While Ozempic can only be prescribed off-label as a weight loss aid, a higher-dose version called Wegovy, developed specifically for weight loss, received approval from the U.S. Food and Drug Administration (FDA) last year. Tirzepatide, marketed by drugmaker Eli Lilly under the brand name Mounjaro, may become the most potent anti-obesity medication on the market if the FDA grants Lilly's application for fast-track approval as a weight loss drug, according to the Associated Press.

All three medications, part of a class of drugs called GLP-1 receptor agonists, mimic hormones that activate after eating to help regulate blood sugar and slow digestion. The slowed digestion leaves patients feeling full for longer after each meal, which leads to lower overall caloric intake. In addition to GLP-1, Mounjaro targets a second hormone that Eli Lilly says can affect even more significant weight loss.

According to the Associated Press, the drugs seem to be effective for the long-term treatment of obesity, and, by extension, can lower risks for conditions associated with obesity. In clinical trials for Mounjaro, participants lost as much as 22 percent of their body weight, compared to just 3 percent in the placebo group.

It's not all smooth sailing, though -- common side effects including nausea, vomiting, constipation, diarrhea, and stomach pain. Medicare and most private insurance plans also don't cover weight loss drugs, so patients must pay the full cost, which can top \$1,300 each month. And if they stop taking the drugs, the weight usually comes right back.

Summer work zone safety

Highway work zones can be annoying, but they are also a reason for drivers to exercise caution and remain aware.

Many states impose serious penalties for aggressive and reckless driving through work zones, which is one of the most dangerous jobs for highway workers and hazardous to drivers as well. About 40,000 crashes a year happen in work zones, and in four out of five cases where an accident results in a fatality, it is the driver who is killed.

Here is how to keep yourself and the workers safe:

- * Keep a safe distance from the car in front of you. The most common accident in a work zone is a rear end collision.
- * Stay alert for changing circumstances. Don't text or talk on the phone when driving through a work zone.
- * Respect posted speed limits. Going 45 miles per hour through a five mile work zone, instead of 55 miles per hour, adds only 1.2 minutes to your trip.
- * Obey the flaggers. They are not loafing, they are working in a dangerous situation.
- * Find alternate routes that aren't work zones.

Most crashes in work zones involve drivers who follow too closely, change lanes unsafely, fail to yield, or drive too fast.

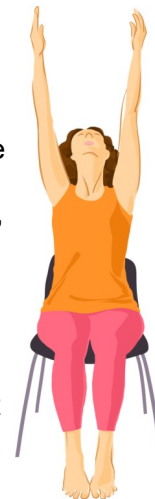


Stretching and exercise: pain relief for seniors

One day it happens. You hurt. It is startling. When you were younger, the best thing you could do for pain was rest the affected part. As a senior, you have to move it.

Up to 60 percent of seniors have chronic pain from arthritis, neuropathy, chronic conditions -- even medications. According to the Mayo Clinic, staying active can help. Gentle stretching is the first step, especially if you notice that pain seems to reduce with activity. Simple stretches like neck rotations, shoulder shrugs and ankle circles can be done anywhere and can provide some, if not complete, relief. You can find many free seated stretching programs on sites like YouTube.

Low-impact exercises like walking, swimming, and cycling can help reduce joint pain. If balance is an issue, try riding an adult tricycle. Strength exercises can reduce the risk of falls. According to the Centers for Disease Control and Prevention (CDC), seniors should aim for at least 150 minutes of walking and two days of strength training per week. However, it's important to start slowly and work up to this level of activity to avoid injury.



Slow Cooker Vegetable

Calories 224 Per Serving

Protein 26g Per Serving

Fiber 7g Per Serving

Ingredients

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions

1. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
2. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.



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