



The Mended Hearts, Inc.

# Chapter Newsletter



## Dig in and get fit with gardening

There's nothing like digging, hoeing and planting to build muscle and lower blood pressure. If you think gardening is for weaklings, try toting those big bags of mulch.

While spending a couple of hours in the gym can quickly become tedious, the same time spent in the garden will keep you entirely entertained and burn about 340 calories an hour in the process (based on a 150-pound person). That's almost as many calories as an aerobics class. Gardening helps your heart, makes stress fly away, and connected you with the earth.

Apartment dwellers and people without yards can still enjoy the creative benefits of working with the soil. A 16-inch-deep container will hold a cherry tomato plant and some leaf lettuces. Balcony gardens can be as elaborate as you want, and a sunny window is a great place for herbs such as rosemary and basil or a bright geranium.

## The global hobby with millions of fans

They look exotic, like butterflies and ballerinas. They have faces like monkeys, or figures like humans, or long trails of petals like hair.

They smell like nothing or they smell of chocolate, vanilla, mint, pepper, and roses. To a bee they smell like a bee. Some smell like rot to attract flies. Their scents have been called liars and seducers, yet they are beloved.

They are orchids and their fans are legion.

Orchid cultivation is one of the world's most widespread hobbies, and it is surprisingly social. In every state, and every country, orchid enthusiasts meet regularly to exchange tips and tricks for growing this flower of many faces. Orchids attract every type of person, from farmers to attorneys. In fact, you can travel along 'orchid trails' to visit the greenhouses of growers in every state. Travel destinations from California to Malaysia attract enthusiasts from all over the world to see some of the 28,000 accepted species. There are more orchid species than species of birds and mammals.

Yet despite the orchid's vast numbers, they were once very difficult to find and considered rare and exotic. So rare that in the late 1800s and early 1900s, people thrilled to the adventures of orchid hunters who roamed the world looking to find unusual specimens.

Because of their historical link with wealth and style, growing orchids is sometimes said to be expensive and difficult, but it really is neither. You can buy a stem for about \$20 at a grocery store these days. The flowers are best grown in pots, since the microscopic seeds require very specialized conditions to grow. Orchids mostly require bright light, but not direct sunlight. They do require the grower's attention, since they need water and airflow, but not too much, and some may need mist, but only at certain times.



## National Kidney Month: Ten things you should know about kidney health

March is National Kidney Month, a time to learn more about kidney health and encourage people to make kidney-friendly choices. Keep reading for ten things to know about kidney health and kidney disease.

1. The kidneys remove waste and excess fluid and maintain the water, salt, and mineral balance in your blood. Healthy kidneys filter about half a cup of blood each minute.

2. Kidneys also produce hormones to help control blood pressure, make red blood cells, and support bone health.

3. Damaged kidneys may filter blood less effectively or, in the case of kidney failure, very little or not at all.

4. Smart food choices, regular exercise and weight management, controlling diabetes and high blood pressure, and drinking plenty of water can all help support kidney function.

5. According to the Centers for Disease Control and Prevention, more than one in seven adults are thought to have chronic kidney disease, or CKD. As many as nine in 10 adults with CKD don't know that they have it.

6. The most common causes of CKD are diabetes and high blood pressure.

7. People with chronic kidney disease often experience no symptoms until the disease is in its later stages. Your doctor can give you a serum creatinine level test that will help determine your kidney function.

8. Kidney failure is only treatable with dialysis (filtering the blood with a machine) or a kidney

### Across

1. "\_\_\_ Doubtfire"
4. Oven emanation
9. Sushi offering
10. Having three dimensions
11. Massage locale
12. Parenthetical comment
13. Unchanged
15. Exists
16. Nile Valley region
18. Therefore
20. Property
23. Nosy one
25. Fish story
26. More aloof
27. In the style of
28. Tot watcher
29. "Indeed"

### Down

1. \_\_\_ Verde National-Park
2. Gym set
3. Assassinated
4. Trendy "superfood"
5. "From \_\_\_ with Love"
6. Sapporo sash
7. Calf-length skirt
8. Top guns
14. Soup holder

## Spaghetti Addition

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

17. Put to rest, as fears
18. Whirl
19. Boat in "Jaws"
21. Game piece
22. Nay opposers
24. Yang's counterpart

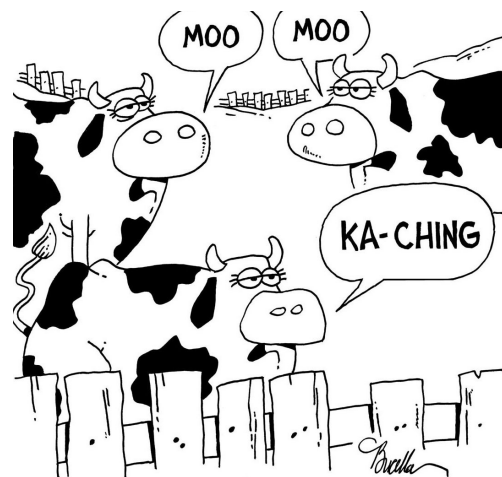
S	E	A		A	N	N	V	N
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*The headline is a clue to the answer in the diagonal.*

transplant.

9. NSAIDs like Aleve or Advil can lead to kidney damage if taken incorrectly or for too long. Do not take more than the recommended dosage or use for more than 10 days.

10. People at risk of kidney disease should keep up with annual physical exams to stay on top of their health and detect kidney damage early.



Cash Cow

## Caregiving: How to talk to someone with Alzheimer's disease

It can be difficult to know how to communicate effectively with a parent or relative who has Alzheimer's disease. Here's some advice from experts quoted in the Harvard Health Letter:

- \* Don't shout. Hearing is not the problem. Speak in a calm, warm tone of voice.
- \* Include the person in conversation whenever possible.



People in the early stages of the disease complain that others talk about them as if they aren't there.

- \* Use simple words and avoid too many pronouns: He, she. Use names instead.

- \* Use leading statements rather than open-ended

questions. Ask if he would like a cup of coffee, for example, instead of asking what he would like to drink.

- \* Make eye contact, touch, and be conscious of your body language. Nonverbal cues become increasingly important as the disease progresses.

- \* Say things that express positive emotions. As you leave, for example, say that you enjoyed the visit.

- \* Make the most of the last word. Sufferers often latch on to the last word in a statement, probably because it's the easiest to remember. Ask which he wants to wear, red or blue. He will say "blue." It makes him feel as though he has decided for himself.

- \* Don't make him wait. A shortened attention span can make waiting even a few minutes a trying time. Often, problems with grooming or eating are the result of waiting for a caregiver to get organized -- not the activity itself.

## Patients may have to pay providers for email

Some of the nation's biggest health systems, including the Cleveland Clinic, have begun charging fees for some email correspondence.

According to the New York Times, electronic communications with providers have exploded in recent years, and responses can eat up hours each day for clinical staff.

Medicare allows providers to bill for these responses, and many private insurers have followed suit, which can lead to patient co-pays.



## Hospital-at-home: Lower costs, improved outcomes

Patients with certain conditions may have a new care option that allows them to bypass longer inpatient stays and receive higher levels of care at home. Hospital-at-home, or HaH, is growing in the U.S. as demand increases for inpatient beds and health systems look for ways to control costs, according to Healthcare Finance. While the concept has been studied and utilized to some degree since the 1970s, interest has increased dramatically over the past few years as more baby boomers age into Medicare and the cost of care continues to rise.

How it works: In order to be eligible for HaH care, patients must be medically stable with conditions that can be managed remotely, and have stable housing with functioning HVAC and climate control, according to the American Hospital Association. HaH patients also need reliable social support, with caregivers who can assist them during their at-home hospitalization. Patients receive daily visits from providers, either in their homes or through telehealth appointments, and care teams can remotely monitor patients around the clock with the use of devices that collect data (such as blood pressure or oxygen saturation).

For patients, the benefits include a familiar environment with their preferred foods and uninterrupted sleep. According to Forbes, the routine nighttime wake-ups, beeping machines, and fluorescent lighting in hospitals can be disorienting. And according to the American Hospital Association, the more restful environment helps prevent the onset of delirium, reduces infection and fall risk, and promotes greater mobility. In addition, for caregivers who spend long hours looking after their loved ones, patient homes are usually more comfortable and spacious than a busy hospital room with a couch or chair at most.

The benefits are increasingly clear as more hospitals and health systems adopt HaH programs. According to a study published in 2021 in JAMA Network Open, patients in HaH programs had a similar mortality risk as patients in traditional inpatient settings, but their readmission risk decreased by 26 percent, along with a decreased risk for admission into a long-term care facility. Another study, published in the Journal of Clinical Oncology, found that HaH reduced the odds of unplanned hospitalization by 55 percent and healthcare costs by 47 percent over one month.



## The Mended Hearts, Inc. Earns Platinum Seal of Transparency Rating

We are proud to announce that MHI has earned the Platinum Seal of Transparency on GuideStar (now Candid). This Platinum rating puts MHI in the top 0.1% of charities nationally in terms of transparency.

The Platinum Seal of Transparency indicates that MHI shares clear and important information with the public about our goals, strategies, capabilities, achievements, and progress indicators that highlight the difference that MHI makes in the world. Thank you to all those who helped us earn this prestigious rating.



## Award Nominations Open Until March 15

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. To access the award nomination forms, please go to the "Awards" tab in the member and officer portals, or send an email to [info@mendedhearts.org](mailto:info@mendedhearts.org) to request they be emailed to you.

## MHI Has Moved

We are excited to announce that MHI has moved to a new office space. We are still located in the Albany, GA area, but we can now be found at the address below. You can continue to reach us through [info@mendedhearts.org](mailto:info@mendedhearts.org) and 1-888-432-7899.

The Mended Hearts, Inc.  
International Headquarters and Resource Center  
1579 US Highway 19  
Leesburg, GA 31763 USA

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## Bulgogi Korean Beef Barbecue

### Marinade Ingredients

- 1 medium green onion (finely chopped)
- 2 tablespoons peeled and grated Asian or Bosc pear
- 1 1/2 tablespoons dry sherry, rice wine or mirin (optional)
- 1 tablespoon soy sauce (lowest sodium available)
- OR
- 1 tablespoon oyster sauce (lowest sodium available)
- 1 1/2 teaspoons hoisin sauce (lowest sodium available)
- 1 1/2 teaspoons toasted sesame oil
- 2 medium garlic cloves (minced)
- 1/2 teaspoon gingerroot (grated, peeled)
- 1/4 teaspoon sugar
- Pepper to taste
- Dash of red hot-pepper sauce, or to taste (optional)
- 1 pound boneless top sirloin steak, all visible fat discarded, cut across the grain into strips about 1/8 inch wide
- Garnishes (optional)
- 1 medium green onion (coarsely chopped)
- 2 teaspoons sesame seeds (dry-roasted)

### Directions

- 1) In a large glass dish, stir together the marinade ingredients until the sugar is dissolved. Add the beef, turning to coat.
- 2) Cover and refrigerate for about 1 hour, turning several times. Drain the beef, discarding the marinade.
- 3) Preheat the grill on high or heat a large skillet over medium-high heat until hot. Quickly arrange the beef in a single layer.
- 4) Cook for about 1 minute on each side, or until the desired doneness. Turn over the beef only once or it will become dry and tough.
- 5) Top with the green onions. Sprinkle with the sesame seeds.

*Recipe taken from <https://recipes.heart.org/en/recipes/bulgogi-korean-beef-barbecue>*





The Mended Hearts, Inc.

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## MEMBERSHIP FORM

DATE \_\_\_\_\_

☐ NEW MENDE HEARTS ☐ NEW MENDE *LITTLE* HEARTS ☐ NEW YOUNG MENDE 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:

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Additional tax-deductible Donation to:

- ☐ Mended Hearts ☐ Mended *Little* Hearts  
☐ Young Mended Hearts

\$ \_\_\_\_\_

TOTAL TO NATIONAL \$ \_\_\_\_\_

#### ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: \_\_\_\_\_

Amount: \$ \_\_\_\_\_

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.**