



The Mended Hearts, Inc.

Chapter Newsletter

MAY

A new OTC painkiller: nostalgia

New research published in the journal *JNeurosci* has found that nostalgia can reduce pain perception. Chinese researchers asked study participants to rate their pain from heat stimulation while they looked at pictures of old cartoons, classic childhood games or candy, and compared their responses with other participants who viewed modern images. An MRI machine was also used to scan 34 of the participants.

The result: Participants who looked at images that made them feel nostalgic felt less pain. So next time your back starts to hurt, break out an old photo album. The fond memories really might help.



The social game that boosts mood

There's one game that can be played anywhere, is highly social, boosts mood, improves memory, and best yet, a few aches can't stop you from playing.

Bridge. Yes, the card game. Some argue that it's more of a sport than a card game. A survey of Israeli bridge players found that 97 percent said the game improves their mood and 85 percent said they play it to socialize.

Take legendary billionaire investor Warren Buffett. At age 88, he claims to play Bridge for eight hours a week. That's four games, each lasting two hours. He once said he wouldn't mind going to jail if he had three cellmates who played bridge. His good friend, Microsoft founder Bill Gates, is



also a player who once said bridge is the king of card games.

With those kinds of fans, you might think that bridge is only for smart, rich people. But the truth is that the basics of bridge are not difficult to learn. If you have played games like spades, hearts, or euchre, you already understand the idea of following suit, taking tricks and playing trump. That's a good start!

The difference is that bridge is also played with bidding and strategy. The more you play, the more you learn. And as you play more and learn more, the game becomes more social, with more opportunities to play different settings -- even in different cities. It's a game that travels. To get started with bridge, you can learn online, or at bridge clubs. About 20 percent of Americans age 45 and older play.

Don't neglect your dental health

May is National Dental Care Month, and it's a great time for all Americans to brush up on current recommendations to maintain good oral health.

According to the Centers for Disease Control and Prevention (CDC), older adults frequently experience untreated tooth decay, gum disease and tooth loss. Older adults are also more likely to be diagnosed with oral cancers, and adults with chronic diseases like arthritis, diabetes, cardiovascular disease and chronic obstructive pulmonary disease may be more likely to develop gum disease. A number of medications can cause dry mouth, which can further increase risk for developing cavities.

According to My Healthfinder, some steps that can improve their oral health include:

- * Brush with fluoride toothpaste.
- * Floss every day.
- * Watch for sore spots, lumps, white or red patches, difficulty chewing or swallowing, numbness, swelling or ear pain without hearing loss.

* Talk to the doctor or dentist about dry mouth.

* Cut back on sugary foods and drinks, quit tobacco and drink only in moderation.

Medicare doesn't currently offer dental coverage, but private insurance options for seniors are available. Many dental schools also offer services on a sliding fee scale to accommodate patients on low or fixed incomes, and the U.S. Administration on Aging's Eldercare Locator (eldercare.acl.gov) can direct users to local services for older adults and their families.

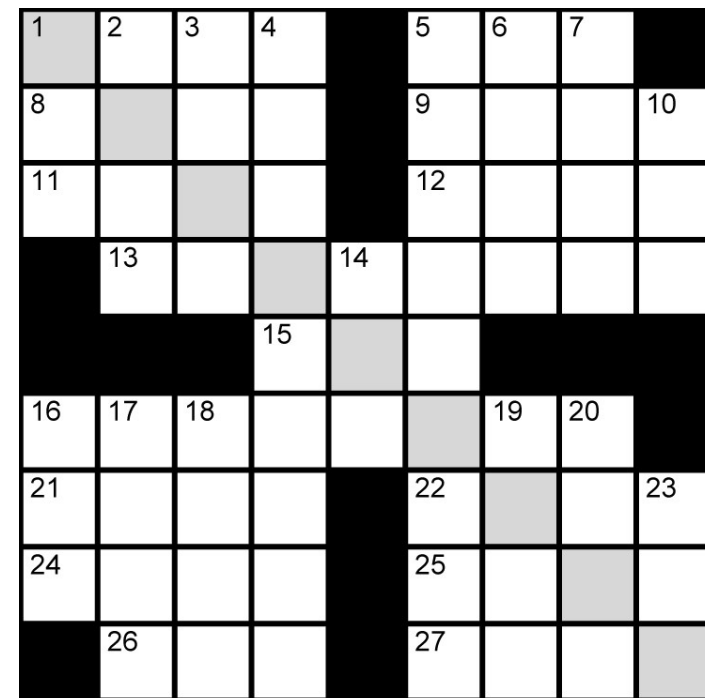
Spring Rain Channel

Across

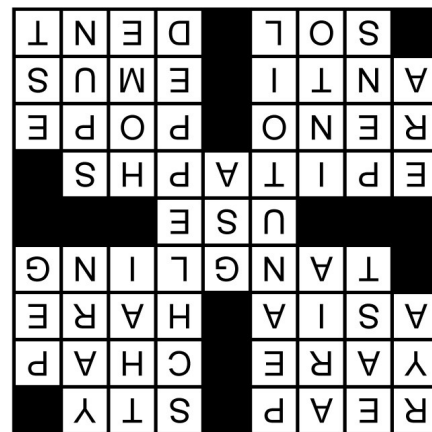
1. Harvest
5. Pigpen
8. Agile
9. Bloke
11. Where China is
12. Fabled racer
13. Twisting together
15. Function
16. Tombstone inscriptions
21. Attorney General Janet
22. Vatican VIP
24. Against
25. Outback birds
26. Note after fa
27. Job for a body shop

Down

1. Shaggy Scandinavian rug
2. White House's _____ Room
3. La Scala highlight
4. Used in a deep fryer
5. Lugged
6. Spicy cuisine
7. Knitting stuff
10. Hard throw, in baseball
14. Fed. construction grp



16. Stat for Clemens
17. Parker and Waterman
18. "What's gotten _____ you?"
19. Residence
20. Whirled
23. Superlative suffix

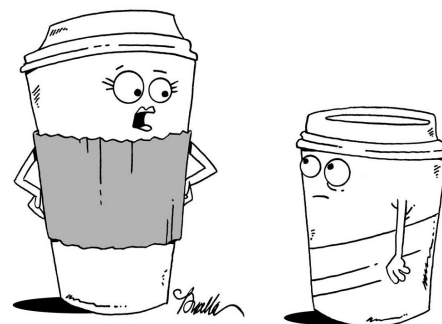


The headline is a clue to the answer in the diagonal.

Word Game

COMMONALITY: What do these words have in common?

SWAY
CROP
GULF
SNIPS
STORM
CRANK
CANARD
THRUST
BITTERS



"Does this sleeve make me look fat?"

What does it mean when your blood pressure fluctuates?

Most people shouldn't be alarmed to find they have minor fluctuations in their blood pressure, especially if the fluctuations are in normal range. But if blood pressure regularly spikes higher than normal, something might not be right.

According to the Cleveland Clinic, labile hypertension, or blood pressure that regularly spikes past normal levels, could be an indication of cardiovascular or kidney disease, sleep apnea or a problem with the adrenal glands.

Sometimes a medication can be a factor and making changes can resolve the labile hypertension.

A host of factors may contribute to labile hypertension, including: nonsteroidal anti-inflammatory drugs like ibuprofen, naprosyn or celecoxib; high estrogen oral contraceptives, oral steroids; or stimulants used to treat attention deficit/hyperactivity disorder.

Those who develop hypertension in their 40s are more likely to have basic hypertension, rather than labile hypertension. Factors include weight and excessive use of salt or alcohol.

High blood pressure can double (or even quadruple) the risk of stroke for men and women, according to Harvard Health.

The ideal blood pressure is about 120/80.

If you are being treated for hypertension, monitor your blood pressure. If you consistently see spikes above normal, tell your doctor.



A famous American mother

For thousands of years mothers and motherhood have been the subject of painting and sculpture. But in the 1930s, one painting was thought to be an iconic representation of the mother.

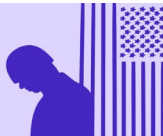
Whistler's Mother, as the painting is popularly known, was originally conceived as a study in the use of blacks and grays in painting. Artist James McNeil Whistler accordingly named the work Arrangement in Grey and Black when it was completed in 1871.

By the 1930s, Whistler's painting of his mother, one of the most famous paintings by an American artist, had been heralded as depiction of family affection and values. But, unlike sentimental portrayals of mothers, Whistler's Mother is frank and serious, austere yet soft. Anna McNeil Whistler sits in profile on a straight-backed chair, dressed in black. She stares ahead, mouth set.

As a testament to the painting's enduring strength, it has crossed into popular culture, references in some way in at least 10 movies (such as The Rocky Horror Picture Show), television shows (The Simpsons), advertising and a postage stamp (1934).

Interestingly, Whistler didn't intend to paint his mother. In her letters, Anna Whistler wrote that his actual subject was the 15-year-old daughter of a British politician who was bored with the process and didn't show for the sitting. So Whistler painted his mother instead. She liked it, because she wrote fondly of the talents of her beloved son.

MEMORIAL DAY 2022



Memorial Day: We remember

The tradition of honoring our country's fallen defenders began as a springtime custom following the Civil War. Originally called Decoration Day, it was a time to remember those fallen heroes.

To the list of those who died at Gettysburg and Bull Run, we have added names from San Juan Hill, Verdun, Corregidor, Inchon, Khe Sanh, Jalibah, the deserts and mountains of the Middle East and a thousand other places touched by war.

For most of the year, these souls lie in quiet repose, but on Memorial Day, we visit them again with our thanks for their great sacrifice. It is not really a time for sadness. Rather, it should be an affirmation that they did not die in vain. This special day is a time to pay tribute to those who helped in the pursuit of justice and democracy. We rejoice in their memory and democracy they defended.

Word Game Answers

ANSWER: By changing the last letter of each word, you can form the name of a bird.

SWAN
CROW
GULL
SNIPE
STORK
CRANE
CANARY
THRUSH
BITTERN

QR Codes – When to Use Them & When Not to

We are seeing more and more QR (Quick Response) codes in advertisement and on the internet. A QR code is shorthand for a similar type of link. They are a convenient way to quickly go to a website without the burden of typing out a lengthy weblink address.

A growing number of Mended Hearts® publications can be found with QR code references. As we ease out of the pandemic, these QR codes provide a germ-free method to obtain the same information you would find in a hard copy.

But before you tap on one of these QR codes elsewhere, *please heed this warning:*

Know the source of the QR Code!
If you've ever received an email with a link from an unknown source, what do you do?
You thought correctly, never tap on that link!

Trust the source?

If yes, open the camera app on your smartphone or tablet:

1. Aim your camera at the QR code
2. A notification appears on your screen above or below the QR code
3. Tap that notification to open the link associated with that QR code

If you have an Android phone and your camera app does not function as a QR code reader, please consider the Google Lens app in the Play Store. Next, open up your camera app or Google Lens app and have fun scanning! Please let us know if you need additional help, info@mendedhearts.org.



HeartGuide™

<https://mendedhearts.org/toolsresource/mhi-heartguides/>

Cinnamon Sweet Tortilla Chips with Fruit Salsa

Calories 66 Per Serving
Protein 1g Per Serving
Fiber 2g Per Serving
Servings 8
Serving Size, 6 tortilla chips and ¼ cup salsa

Cooking spray
2 teaspoons olive oil
12 drops cinnamon-flavored liquid stevia sweetener
½ packet stevia sweetener or ¼ teaspoon stevia sweetener
½ teaspoon ground cinnamon
1/8 teaspoon salt
8 6-inch corn tortillas, each cut into 6 wedges
1 medium orange, peeled and diced
½ cup diced mango (from ½ of a medium mango)
1 medium kiwifruit, peeled and diced
¼ cup pineapple tidbits, canned in their own juice, drained
¼ cup diced strawberries (about 2 large)
1 tablespoon chopped cilantro
1 teaspoon grated lime zest
2 squeezes tropical punch-flavored stevia water enhancer



Directions

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
2. In a small bowl, stir together the oil, liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
3. Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
4. Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes.
5. Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
6. Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and stevia water enhancer. Serve with the tortilla chips.

Recipe taken from: <https://recipes.heart.org/en/recipes/cinnamon-sweet-tortilla-chips-with-fruit-salsa>



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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</p> <ul style="list-style-type: none"> * 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>____ Individual Member --- \$20 annual donation per person</p> <ul style="list-style-type: none"> * 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>____ Bronze Member --- \$45 annual donation per person</p> <ul style="list-style-type: none"> * 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>____ Silver Member --- \$100 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Bronze Member, PLUS * A Stainless-Steel Mended Hearts Travel Mug <p>____ Gold Member --- \$250 annual donation per person</p> <ul style="list-style-type: none"> * All the benefits of a Silver Member, PLUS * A Red Fleece Blanket * 10% off registration of any National Conference or CHD Symposium <p>____ Heart of Gold Lifetime Sponsor --- \$1500 donation A one-time donation per individual</p> <ul style="list-style-type: none"> * 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>For members of one household with one mailing address only</p> <p>____ Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * 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>____ Bronze Family Membership --- \$75 annual donation</p> <ul style="list-style-type: none"> * 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>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:

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.**