

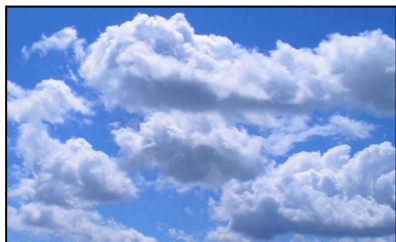


The Mended Hearts, Inc.

Chapter Newsletter



Puffy clouds: Looks are deceiving



Those fluffy clouds of summer floating against the blue sky may seem weightless, but nope, they are enormously heavy. The average cumulus cloud contains about 131,894 gallons of water. Water weighs 8.34 pounds per gallon. That means the average cloud weighs 1.1 million pounds, according to Useless Knowledge.

So if you have a legion of tanks above your head, how do they stay up there? They float because they are made of minuscule droplets so tiny that it takes more than a million to make a single raindrop. And they are powerful. Updrafts under the cloud can lift an airplane thousands of feet.

Staying well: Meditation can improve memory, concentration and more

Everyone knows that meditation can reduce stress. But researchers at Massachusetts General Hospital say it directly affects the function and structure of the brain. It increases attention span, sharpens focus, and improves memory.

With the aid of advanced brain scanning technology, one study showed that daily meditation thickens the parts of the brain's cerebral cortex responsible for decision-making, attention, and memory.

The test subjects were Boston-area workers practicing Western-style meditation, called mindfulness or insight meditation. For 40 minutes a day, they focused on an image, a sound, or on their own breathing.

The Insight Meditation Society recommends just sitting in a chair. Close your eyes and follow your breath. Feel the rise and fall of your chest or abdomen. If your mind wanders, that's all right. Watch what happens when your mind wanders. Notice it, observe it, then let it go and return to breathing. Be aware of what you're thinking, but don't get caught up in it.

With practice, you can develop a state called mindfulness, which is being aware of what's going on as it arises without jumping to conclusions, judgments, hopes, fears, or plans.

Meditation also improves productivity and reduces absenteeism at work, probably because it helps prevent stress-related illness. helps people get along better. It acts on emotional intelligence, which neuroscientists say is more important for life success than cognitive intelligence.



May is National Arthritis Month

How to reduce arthritis symptoms

The most common form of arthritis, osteoarthritis, is a degenerative joint disease where the protective tissue on bones wears down over time. It causes pain and inflammation.

If you are beginning to have pain in joints, like knees, one of the best things you can do is lose weight. Weight loss reduces joint stress. With weight loss, some joint pain may disappear completely. In other cases, weight loss may have a moderate impact on pain.

If you already have osteoarthritis pain, increasing water intake often improves the condition after about four weeks, the time needed to rehydrate the joints. Drink half your body weight in ounces each day. If you weigh 160 pounds, drink 80 ounces or 10 eight-ounce glasses per day.

Eat foods that fight inflammation, such as fish and nuts. Limit animal fats, which can trigger inflammation.

Researchers have found that walking, riding a bike, tai chi, or swimming can help with pain and preserve some flexibility.

One of the keys is to do as much as you can. No one with arthritis likes getting started, but

Across

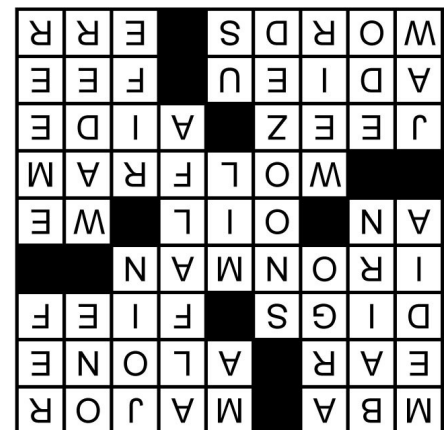
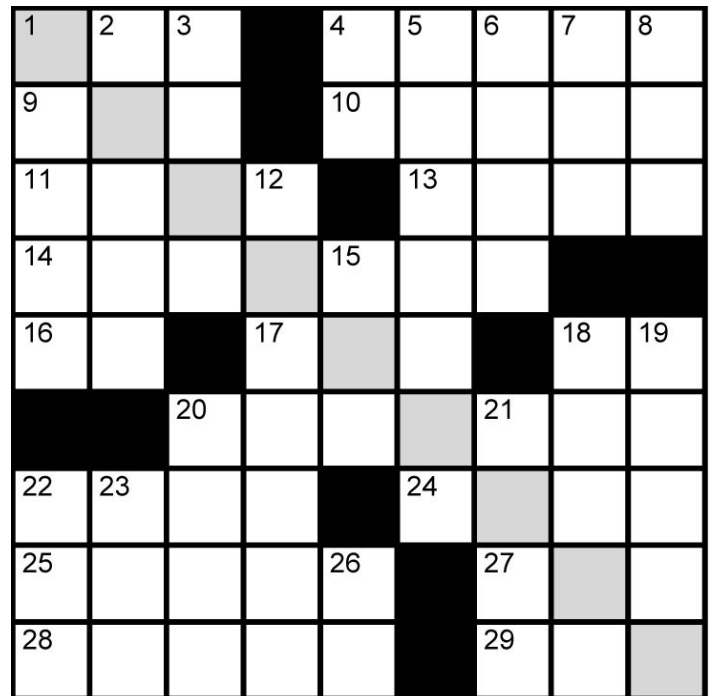
1. Wharton degree
4. Captain's superior
9. Mr. Potato Head piece
10. Solo
11. Pad
13. Feudal estate
14. Marvel Comics superhero
16. Indefinite article
17. Furnace fuel
18. First word of the Constitution
20. Tungsten alias
22. "___ Louise"
24. White House staffer
25. French farewell
27. Service charge
28. Lyricist's writings
29. Slip up

Down

1. The press
2. Wee one
3. Cornstarch brand
4. Cellist Yo-Yo --
5. Little rascal
6. Enlist in
7. Start of long-distance dialing
8. Gridiron official, for short

12. Napped
15. Bag thickness
18. Angler's boot
19. Arab leader
20. Small dam
21. Abounding
22. Moose ___, Saskatchewan
23. Tokyo, once
26. You and I

Zoom Lens

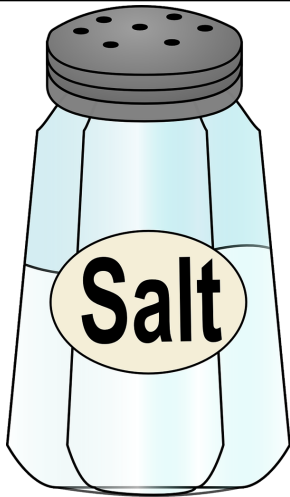


The headline is a clue to the answer in the diagonal.

remember that walking can help reduce pain and inflammation. See arthritis.org for stretching exercises and advice on walking programs.

Glucosamine and chondroitin supplements are often taken for arthritis, but there have been mixed results in clinical studies. Some studies say the supplements seem to have little effect on mild to moderate arthritis. In cases of moderate to severe arthritis, however, some users report reduced pain.





FDA proposes new salt substitute rule

The U.S. Food and Drug Administration is proposing a new rule to allow the use of salt substitutes in everyday foods, such as cheese or canned tuna, in an effort to reduce salt consumption among Americans, according to Kaiser Health News. Excessive salt consumption is linked to high blood pressure and a variety of cardiovascular complications.

Mother's Day, May 14

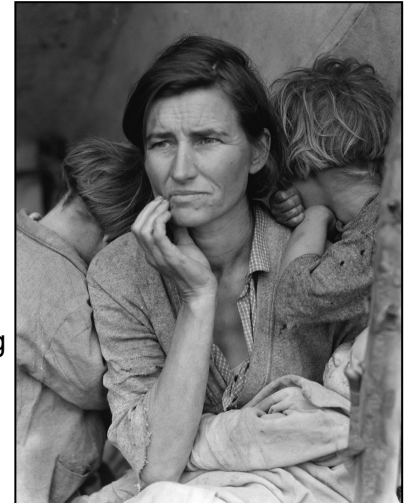
Stranded in a pea field, a mother became an icon

It was 1936 and one mother sat worrying in a makeshift tent at the edge of a California pea field. She had seven hungry children, a broken-down car, no place to stay and no work.

Her situation was similar to 2,500 other people who came to work in the same fields, but those fields of peas had just been ruined by freezing rain. Now there was no work and no food.

But there was one important difference. Dorothea Lange, a photographer working for the U.S.

government, took a photo of her that day -- the most famous photo ever taken of



the Great Depression. She called it Migrant Mother.

Although that one photo made Lange famous, it did nothing for Florence Owens Thompson, then 32. She had been on a long hard road. She had six children when her first husband Cleo Owens died five years before. After his death, she met Jim Hill, and by the time she arrived at that pea field, she had a seventh child.

Thompson didn't know it then, but she left that pea field an icon of a painful era. While she did know about the famous image, she remained anonymous for 40 years. In the late 1970s, a reporter tracked her down. She wasn't pleased with the fame that brought her no money when she needed it.

But her life had changed. She had picked cotton, tended bar, cooked, worked in fields -- everything to support her family, now grown to nine children. She had married again to a hospital administrator, George Thompson, and the family became financially secure.

In the end, the famous photo helped to raise donations for her medical care before her death in 1983. Her grave marker reads: FLORENCE LEONA THOMPSON, Migrant Mother -- A Legend of the Strength of American Motherhood.

Memorial Day: How the poppy came to symbolize the fallen soldiers

It began with the stark reality. After World War I, in fields and towns throughout Europe, poppies began growing everywhere.

Scientists said the growth on the battle fields was because former battlefields had become enriched with lime from the rubble left by the war.

But it was the poet, Lt Colonel John McCrae, who saw the poppies as a memorial to the bloodshed in a war that shattered Europe. *In Flanders Fields the poppies blow; Between the crosses row on row.*

Today, in the U.S., the poppy is distributed by The American Legion for donation to support veterans and active-duty military personnel. Poppy day is May 26, the Friday before Memorial Day.





ANNUAL MEETING AND AWARDS

We would like to invite all MHI members to join us for our 2023 Annual Meeting on Friday June 23, 2023 at 7:00pm EST. During this important session we'll update members on the organization's growth and success during 2022 and we would like for as many members to attend as possible. Please look for registration information coming soon.

The Mended Hearts, Inc. annual awards are coming up! This is the time that our chapters, officers, visitors, nurses, and hospitals who work so diligently are recognized for all of the hard work they put into providing support to our members! All members, families and friends are invited to join us on Saturday June 24, 2023 at 4pm EST. The link to register is coming soon.

Black-Eyed Pea, Corn and Rice Salad

Calories 231 Per serving
Protein 10g Per serving
Fiber 7g Per serving



Ingredients

2 15-ounce cans no-salt-added black-eyed peas, rinsed and drained
1 15.25 ounce can no-salt-added whole-kernel corn
1 8.8 ounce pouch brown rice, cooked, or 1 cup instant brown rice, cooked without salt
2 ribs of celery, chopped
1 medium bell pepper, chopped
1/4 cup chopped fresh parsley
1 tablespoon dried parsley, crumbled
2 tablespoons fresh lemon juice
2 tablespoons any type vinegar
1 tablespoon extra-virgin olive, canola, or corn oil
1 tablespoon water
1/8 teaspoon pepper

Recipe borrowed from <https://recipes.heart.org/en/recipes/blackeyed-pea-corn-and-rice-salad>

Directions

1. In a large bowl, toss together the black-eyed peas, corn, rice, celery, and bell pepper.
2. In a small bowl, whisk together the parsley, lemon juice, oil, water, and pepper.
3. Pour the dressing over the salad, tossing to coat.



The Mended Hearts, Inc.

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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.**