



The Mended Hearts, Inc.

Chapter Newsletter



Deer love pumpkins!

Deer love pumpkins just as much as you love that pumpkin spice latte. Or maybe more.

From the little pumpkins to the big fresh ones, when you are through with your leftover pumpkins, let the deer eat them. The best way is to crack open the pumpkins. The bigger pumpkins may be hard for deer to crack and get at the soft orange insides. Leave the pumpkins near areas where you commonly see deer or on the edges of an open field. Wild animals like rabbits, mice, groundhogs and squirrels also love to chow down on pumpkins.

Halloween tale of a house, construction, slander:

The Sarah Winchester house

In the 1880s, Sarah Winchester, a widow with great wealth, supposedly visited a psychic who told her that spirits cursed her. Unless she built a house -- and kept building it -- she would die when the hammer stalled. So, in 1886, she buys a farmhouse on 160 acres. For the next 38 years, a small army of craftsmen built and rebuilt, 24 hours a day, constructing a house with winding corridors, hidden chambers, staircases that go nowhere and doors that open to walls, a maze to trap the spirits, they say.

In the 100 years since her death, stories about Sarah Winchester, heiress of the Winchester Repeating Rifle fortune, have grown bigger than her house. Was she mad, or slandered? According to Brian Dunning of skeptoid.com, Winchester is the victim of a slanderous mythology. She was a wealthy widow who made a hobby out of construction. With her immense fortune, she could afford it and she built with abandon. Her 24,000 square foot house was at one point seven stories high with hundreds of rooms. She spent the equivalent of \$58 million building. Then, in 1906 an earthquake destroyed much of it her quirky creation. Some of the anomalies in the house are due to subsequent repairs, not an attempt to trap ghosts, Dunning says.

She never hired an architect. She liked to imagine for herself what could be built. She hired hundreds of workers who lived with their families rent-free on her property. She paid workers well in a sort of personal employment project, Dunning says.

The idea that she thought she would die when she finished the house came from a gossipy 1895 newspaper article. The story of the psychic was invented in a 1967 book. She was a generous philanthropist and a businesswoman who bought and sold property.



Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.

People with heart disease should also stay up to date on their pneumococcal vaccination, which is typically administered at the same time as the flu shot and protects against pneumococcal pneumonia, a serious flu complication that can result in death.

Across

1. Opposite of post-
4. Kind of yoga
9. Gas station abbr.
10. Desert sight
11. Henley need
12. Turbaned Punjabis
13. Rains ice
15. Tallinn natives
19. Is unable to
20. Not fulfilled
23. "___ Got a Secret"
24. Spa feature
25. Ed.'s request
26. Broadway backer
27. Unagi, at a sushi bar

Down

1. Nonpoetic writing
2. Former Spanish coins
3. Everglades wader
4. After childbirth
5. Cereal fruit
6. Inquire
7. Govt. medical agency
8. Beast of burden
14. Geological period

Enduring Plant

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		

16. Biscotti flavoring
17. Star bursts
18. Symbol of strength
20. Dos Passos trilogy
21. A Bobbsey twin
22. Coffee holder

L	E	E		L	E	G	N	V
E	V	S		V	N	U	V	S
E	V	I		T	E	M	N	U
T	O	N	N	V	C			
S	N	V	I	N	O	S	T	E
			S	T	E	L	E	S
S	H	K	I	S		R	V	O
S	S	I	S	O		R	E	G
V	A	N	A	P		R	E	P

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

The CDC urges Americans to get their flu shots by the end of October. If you have questions about the flu or other type of vaccines, you should contact your healthcare provider.



"Maybe it would be best if you waited out here."



Flu season: **Get your shot**

What is Medicare open enrollment?

In October, you'll start hearing a lot about the annual Medicare open enrollment period. It is a time when existing Medicare enrollees can make changes to their coverage.

During this time, you can do the following things:

- * Enroll in a Medicare Part D (drug coverage) plan
- * Change from one Medicare Part D plan to another
- * Cancel a Medicare Part D plan
- * Switch from Medicare Advantage to Original

Medicare

- * Enroll in a Medicare Advantage plan
- * Change from one Medicare Advantage plan to

another

* Enroll in a Medicare supplement plan if you want to switch from Medicare Advantage to original Medicare, Parts A (hospital) and B (medical).

The annual open enrollment period runs from Oct. 15 through Dec. 17.

If you are on a Medicare Advantage plan, you may want to review what plans are available. Selections change each year and some may be better suited to your current medical or financial status.

Collect call



A mother was away all week at a business conference. She decided to call home collect. Her six-year-old son answered and heard a voice say, "We have Betty on the line. Will you accept the charges?"

Frantic, the boy dropped the receiver and came charging outside screaming, "Dad! They've got Mom! And they want money!"

Buy a Medigap policy as soon as you are eligible

Starting from the first month that you have Medicare Part B (medical insurance) and you are 65 or older, you have six months to buy a supplemental (Medigap) policy.

Even if you have health problems, you can buy a Medigap policy during this first six months at the same price as people with good health. Insurance companies must agree to sell you any Medigap policy they offer and they can't put in a waiting period for coverage to begin.

Waiting until you have health problems is a bad idea because after your first six months, insurance companies don't have to sell you a policy if you don't meet their medical underwriting requirements. If they do sell you a policy, it may also be more expensive.

Bike without pedals lets you walk with wheels

You want to walk the dog. You might like to browse at a flea market or go to the local fair.

Simple pursuits, yet painful, and maybe impossible. When mobility decreases with age or disease, the world gets smaller.

Dutch designer Barbara Alink thought about all of these issues when her mother needed a mobility device and refused to use walkers or rolling chairs. So Alink came up with a new device.

Her creation -- the Alinker -- is a walking bike, a bike without pedals that has two large wheels in front and one small wheel in back. Users sit on the seat and walk the bike with a striding motion, rolling it along at a brisk pace, stopping to rest or browse around or chat when they want.



The Alinker has some very useful features:

- * No leg lifting. Users walk into the bike over the small back wheel, no leg lifting at all.
- * Eye level. The seat on the bike lifts the user up nearly to eye level of other people and store shelves. Unlike a wheelchair, the Alinker rider can glide alongside people on a sidewalk.
- * Walking speed: Users travel at the same walking speed as pedestrians (or faster if they want.)
- * Balance: The bike has two big wheels at the front providing stability and balance and a small wheel at the back.
- * It can be controlled with just one leg on the ground. The Alinker has a bar in front that can serve as a foot rest.
- * It's portable. The 26-pound Alinker is foldable and can fit in a trunk. Unlike a scooter or an electric trike, you can take it with you. It will fit in a elevator.
- * It is active. The rider uses legs for power, but the device takes pressure off the back and joints.

Drawbacks: At \$2,700, the Alinker is not inexpensive and costs the same as an electric trike. It has about the same footprint as a wheelchair, so some users say it won't go into tight spaces.

Early bird registration ends on December 31. Register today at www.mendedhearts.org.



The Mended Hearts, Inc.

www.mendedhearts.org

GEORGIA ON MY MIND INSPIRATION FOR MY HEART®

MHI June 2023 Conference
June 23-28th in Albany, Georgia

Entertainment

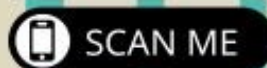
- Saturday evening dance & celebration
- Conference Exhibitions
- Flint River Aquarium
- Flint Riverwalk
- Chehaw Wild Animal Park

Programs

- Newest in treatments & therapies
- MLH CHD Symposium
- MHI Leadership Training
- Selfcare Sunday focusing on mental and emotional health
- CVD as it relates dental, nutrition, physical therapy and more

Hotels & Dining

- \$100 registration includes five lunches & five dinners, cocktail and happy hours
- Choice of multiple hotels, free shuttles between hotel and conference center
- Free shuttle from Atlanta & Albany airports to hotels



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