



The Mended Hearts, Inc.

Chapter Newsletter

September 2022

Tree rooted in the ages still survives

A thousand years before the oldest sequoia was a seedling, Alerce Milenario was growing in the mist, deep in a ravine in the coastal mountains of Chile.



It kept its mossy whereabouts a secret for over 5,000 years, until it reached 200 feet into the sky supported by a 13-foot-diameter trunk. And then, 50 years ago, a park ranger spotted the cypress.

Its exact age can probably only be determined through taking a core sample to count its rings. But, the tree relies on a root system so fragile that human foot traffic could kill it. So, tree scientists used statistical modelling to estimate its age. They think the tree is 5,484 years old. If correct, the alerce would be older than the gnarled Methuselah tree of the White Mountains in California. That bristlecone pine germinated 4,800 years ago, before the Egyptian pyramids were built.

September is Cholesterol Education Month:

Time to check up on LDLs and HDLs

Accountants aren't the only ones who go by the numbers. Increasingly, doctors gauge your health by your numbers as well. Better numbers mean better health and lower risk of heart attacks and strokes.

You can make healthy choices that add up to better numbers every day.

The two faces of cholesterol:

An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it. The number includes two kinds of cholesterol:

* The bad: Low density lipoproteins, the LDLs: This is the stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of less than 100.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor's advice about cholesterol-lowering drugs.

Eating high amounts of soluble fiber from sources like oat bran and beans can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body's production of LDL.

* The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease. To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low!





What would you say to your fridge?

Developers hope seniors will be a natural market for voice control technology such as speakers like Alexa or Siri, and even more items for the home — even the fridge.

According to National Public Media, about a third of Americans own a smart speaker that connects to digital voice assistants like Alexa or Siri, and 86 percent agree that the speakers provide a convenient experience.

Voice technology is moving into everyday appliances and fixtures, especially in kitchens. Right now only one in 10 homeowners have voice assistants to control devices in the kitchen, according to the Research Institute for Cooking and Kitchen Intelligence. This number is dominated by high income homeowners and, as you might expect, millennials.

What would the world look like with a voice activated kitchen? According to Appliances Connection, while you mix up the meatloaf, you can ask the stove to turn itself on and preheat. Then, remotely turn on the faucet as you move to the sink to wash your hands. In fact, voice controlled ranges and faucets are top selling products.

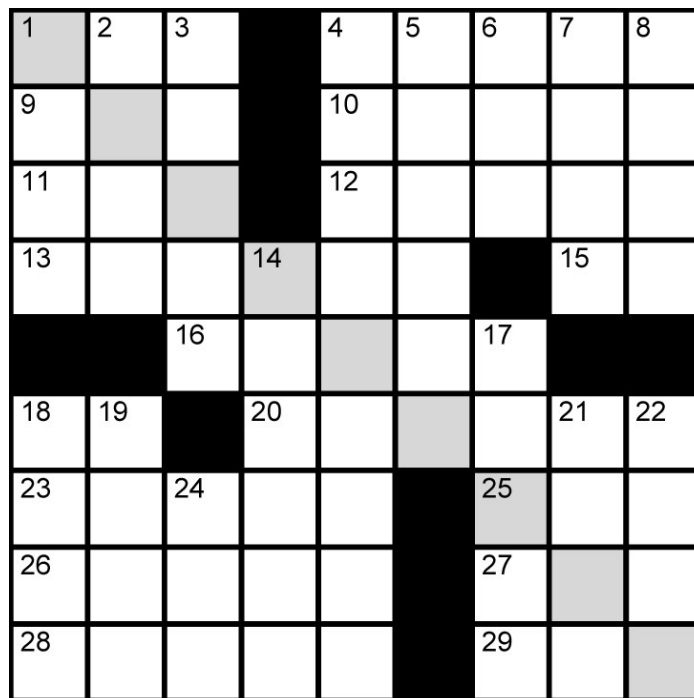
Across

1. Syndicate
4. Agenda entries
9. Lord's Prayer starter
10. Like old Norse alphabets
11. Last Greek consonant
12. Met offering
13. Forever, poetically
15. Hosp. facility
16. Game birds
18. @
20. Less hot
23. Work hard
25. " ___ to Joy"
26. Neaten eyebrows
27. Uneven
28. Utah lilies
29. Faux ___

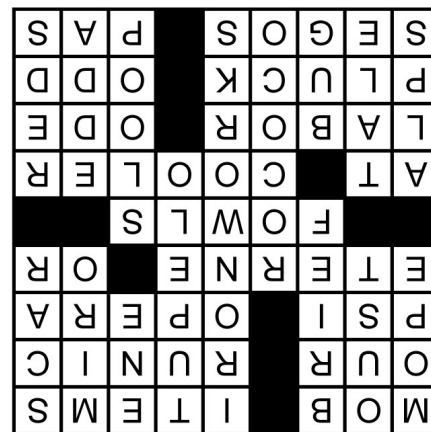
Down

1. Have the blues
2. Remove from office
3. Succinct
4. Smelting site
5. Mississippi city where Elvis was born
6. Compass heading
7. Catalan painter Joan
8. Mark for life
14. Like Chippen-

Redwood Home



- dale furniture
17. Regatta entry
 18. Skiing mecca
 19. Story
 21. Icelandic epic
 22. McCarthy's quarry
 24. Insect



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

Smart refrigerators help homeowners decrease food waste by tracking what's in the fridge and when it expires. They are even able to search for recipes based on what ingredients have to be used now. Associated phone apps help people create digital shopping lists while standing at their fridge, or look inside their fridge while at the grocery store.

Of course, future consumers might never go to the store. They will shop from their phones and order delivery. This kind of convenience may have special appeal to the disabled and to older people.



"Ooh, that looks delicious! Does it photograph well?"

Does Medicare cover eyelid surgery?

When drooping eyelid skin compromises vision, Medicare may pay for a procedure to help the problem.

According to Medicare.gov, the patient may be responsible for an average of \$300 to \$500, depending on the where the surgery is done. Ambulatory surgical centers are less expensive than hospital outpatient departments, for example. There could also be additional costs for follow-up care and you must pay deductibles, copayments, and coinsurance if applicable.

To qualify for eyelid surgery, an ophthalmologist must perform a visual field test showing that the patient's field of vision is obstructed by at least 30 percent. The excess eyelid skin must be documented with photographs and a physician has to recommend the surgery.

The key is that the surgery must be for visual obstruction and not for cosmetic purposes. However, if appearance improves after the procedure, Medicare will still cover the surgery. Medicare supplemental insurance may help cover some out-of-pocket costs for eyelid surgery or other medical expenses.



Gourds make fun holiday projects

Gourd vines are nature's container store.

Their beautiful fruits have been used for countless centuries as dippers, bird houses, storage boxes, hats, vases, eating bowls, musical instruments, candle holders, salt shakers and anything else you can imagine.

They also make an excellent base for holiday decorations.

With a trip to a farmer's market (or a search online), you can find an abundance of dried gourds in lots of shapes.

For a special decorating project for Halloween or Christmas, start looking now to find dried bottle gourds with a round bottom and a tall thin top, gourds shaped like big peanuts or pumpkins, or even some

the size and shape of eggs. These gourds, when dry, don't have the colorful skins of smaller gourds, and they make a fantastic canvas for decorations.



Smaller gourds could be Christmas tree decorations while larger gourds could be display decorations like jack-o-lanterns.

Dried gourds have usually been drying for at least a year, sometimes two, and the exterior may be dirty or even moldy. Spend a minute washing them with a copper scrubber. Once dry, you may also want to use a little sandpaper to smooth out the hard exterior.

Next, imagine what your gourd could become. Pumpkin-shaped gourds could become a long-lasting jack-o-lantern. A bottle gourd could become a santa with a tall hat, or a snowman, or a penguin.

Get inspiration for your gourd from Christmas cards or holiday napkins, for example.

Using acrylic paints, cover your gourd in a base coat and let dry. You can lightly sketch a design over the base coat with a pencil, then go in with brushes to paint in the details. Once painted, cover with a clear topcoat to preserve the gourd -- this is specially important if you want to display it outside.

Guard your Medicare card

Remember that your Medicare card and the information it contains are valuable and often the target of scammers.

Guard your Medicare card just as you would a credit card.



If anyone ever calls and asks for your Medicare number, hang up immediately. It is a scam.

Remembering Charlie Brown

If you are one of the millions of people who enjoyed the Peanuts comic strip and its star Charlie Brown, here are some odd facts you might not know.

Creator Charles Schulz, who started the strip in 1947, originally called it Li'l Folks. But when the strip was syndicated in 1950, the name was changed to Peanuts. Schulz didn't especially like it.

Charlie Brown's beloved beagle Snoopy was modeled after Schulz's pointer dog, Spike. Snoopy had five siblings from the Daisy Hill Puppy Farm. All of them made appearances during the years the strip ran.

One character was so unpopular with readers that she had a very short run. The brash Charlotte Braun, the counterpoint to soft-spoken Charlie Brown, appeared in only 10 strips and the disappeared without explanation.

Another character was frequently mentioned as the love interest of Charlie Brown. She was called the Little Red-Haired Girl. She was never given a name or seen in the strip. She appeared in silhouette in 1998. She was based on Schulz's unrequited love for a real red-haired woman.



World of Support Fundraiser

Our annual World of Support Fundraiser is back for its fourth year and we have some new fun ways to get involved and get moving, all while supporting an organization you love. The event runs from September 1 to September 29, World Heart Day. Here are some additional details.

- Registration for adults is \$25 and kids is \$15
- Register, donate, join a team or start a team at <https://www.charityfootprints.com/worldofsupport2022/>
- To donate by check or phone please email info@mendedhearts.org or call 888-432-7899
- Choose a distance goal of 10K, 13.1 miles, 26.2 miles or 50 miles and complete your miles ANY way you choose (like volunteering, swimming, vacuuming, yoga, weightlifting), and more—just click "Other" when registering
- Learn more about our four challenges and the prizes you can win at <https://mendedhearts.org/world-of-support/>



Win a Trip

PRIZES:

- ✓ **1st Prize** - Two tickets to see the Rockettes in New York City on December 18-21, 2022, also including 2 coach roundtrip airline tickets, 2 hotel nights, and a \$300 food voucher.
- ✓ **2nd Prize** - a \$250 gift card
- ✓ **3rd Prize** - a \$100 gift card

TO QUALIFY FOR THE DRAWING:

- ✓ **1st Prize** - register for the event, raise \$100, and complete all of the four weekly challenges
- ✓ **2nd Prize** - register for the event, raise \$50
- ✓ **3rd Prize** - register for the event

Must be an adult registration (\$25) to qualify

Challenges

Sep. 1-8



YOU STROLL MY HEART

Get three people to walk at least one mile with you—this doesn't have to be done all in one day. (Other options are swimming, biking, or any exercise where you can go at least a mile.)

Sep. 9-15



NOW YOU'RE COOKING

Get three people to cook a heart healthy meal with you or go out (or order in) to eat a heart healthy meal together.

Sep. 16-22



JUST BREATHE

Get three people to get together with you to do an activity designed for relaxation (and reducing stress) like breathing exercises, meditation, yoga, tree bathing (Google it), or any other activity.

Sep. 23-29



SOCK HOP DANCE

Get three others together with you and dance (you can dance in a chair if you have trouble walking). You can play 1950s music (we were founded in 1951) or any other type of music that gets you moving.



All challenges can be done virtually--get creative.

For more details go to:
www.mendedhearts.org

1-888-HEART99



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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.

<u>INDIVIDUAL MEMBERSHIP</u>	<u>FAMILY MEMBERSHIP</u>
<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:

Mended Hearts Mended *Little* Hearts
 Young Mended Hearts \$ _____

Amount: \$ _____

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.**