

**Fall
2021**



Mended Hearts™
of Boise Chapter 380

"It's great to be alive - and to help others!"

President's Message

When I think of the fall season, I think of cool days and nights. It is also the time for back to school and more time indoors. With all of this comes some risk. One is eating too much without exercise and the other is our overall wellness. Mended Hearts has a new tri-fold called "Flu and Heart Disease" Did you know it is important to receive a flu shot if you are older or have cardiovascular disease (CVD) or lung disease? The flu shot does not protect against all strains of the flu virus, but instead will prevent about half of the flu cases and lessen the severity of the illness. Therefore it should be high on your list to prevent you from becoming infected simultaneously with influenza and the SARS-CoV-2 viruses.

Being infected with the flu virus causes body wide inflammation which can cause or worsen heart failure or trigger a heart attack or mini-stroke. Receiving the flu vaccine helps prevent these events from occurring. The flu shot will not protect you against pneumonia. This requires you to be vaccinated once in your lifetime. Pneumonia and the flu are a major killer of older adults. Studies have found that patients with heart failure with preserved ejection fraction, (diastolic heart failure) are three times more likely than the average adult to get pneumonia and four times more likely to die from it.

We all have read the stories about COVID-19 being a risk factor for heart attack and stroke. These risks increase by eight- and six-fold, respectively, the first weeks after contracting the virus. Patients with cardiovascular disease (CVD) or its risk factors (obesity/diabetes/hypertension/smoking), are at an increased risk of catching COVID-19 and having severe health issues.

The Cleveland Clinic preventive cardiologist Dr. Leslie Cho states, "I strongly urge

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Save the Dates!

MENDED HEARTS CHAPTER 380 MONTHLY MEETINGS

We are currently holding our monthly meetings from 3:00 - 4:30 pm on the third Wednesday of the month via ZOOM. Prior to each month's meeting, you will receive an email inviting you to the meeting and giving a link for access. If you are not getting the announcement call Ray Trapp (208) 939-0300 so we can add you to our e-mail list.

- ♥ MH Chapter Meeting Wednesday, 10/20/21 3:00-4:30 PM. Guest Speaker: LeAnn Johnson, St Luke's cardiac nurse, "Know your Medications"
- ♥ MH Chapter Meeting Wednesday, 11/17/2021 3:00-4:30 PM. Guest Speaker: Frank Walker, Attorney, "Updating and Understanding Wills, Trusts, Estate Planning and Medical and Legal Powers of Attorney"
- ♥ December – Chapter Christmas Party, details TBD

CARDIAC REHAB EDUCATION SESSIONS (at St. Luke's Cardiac Rehab Conference Rm in Meridian and Nampa):

We are back with an information table at Cardiac Rehab. Please see article on next page for details.

VIRTUAL VISITING AND REACCREDITATION TRAINING:

Reaccreditation Training is usually scheduled twice a month. Please contact Jack Marr for registration details or future dates (229.269.8161, or jack_marr@hotmail.com).

Mended Hearts is Back in Nampa!

Cardiac Rehab opens at St. Luke's in Nampa, ID

The Boise Chapter 380 of Mended Hearts has been asked to return to the St. Luke's cardiac rehab facility to explain the services and support that Mended Hearts can offer to heart patients. The chapter began these visits in May with presentations twice a month at the Meridian location. During the period of May, June, and July we were able to see 199 individuals and have 30 of them request additional support from Mended Hearts. A big thank you goes out to Dennis Shiedlak for his support of this effort with St. Luke's.

During August, St. Luke's opened a new cardiac rehab center in Nampa and asked the Boise chapter to discuss the MHI mission with their patients. Evalyn and Tom Nichols were the first to volunteer to support this project and conducted their first presentations at that location in September. Evalyn and Tom met with 3 classes with 5 people each and had 5 sign up. **They plan to visit the 2nd Tues and Wed each month.**



Evalyn Nichols at the St. Luke's Nampa Cardiac Rehab Facility



St. Luke's Clinic - Idaho Cardiology Associates:
Nampa, W. St. Luke's Dr.

If anyone would like to help in either project, please contact Ray Trapp and we can add you to the support team. You **MUST** be an accredited visitor to participate in this effort. Future dates for Meridian are Oct 19 and Nov 8, 2021.

We were also involved with meetings during the summer with various senior centers and retirement centers. If you know of any location, club or group that would benefit from information/presentation on Mended Hearts or would just like to have information available to their organization, please let any of the officers of the Boise chapter know of the opportunity.

Membership in Mended Hearts and Mended *Little* Hearts is about how you can help improve the lives of heart patients and their families, beginning with your own.

We offering **free membership**. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended *Little* Hearts and receiving access to resources and information. When you join at the associate level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended *Little* Hearts provide. Finally, you join the ***nation's largest cardiovascular disease peer-to-peer support network*** and help us support even more people.

Mended Hearts and Mended *Little* Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this.

To join Mended Hearts or Mended Little Hearts go online to: <https://mendedhearts.org/connect/member-enrollment/>

Mended Hearts Mission Statement: "To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy."



Vision Statement: "To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span."

About Mended Hearts: "Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs."

The Non-Profit number for ***Mended Hearts Chapter 380*** is: ***45-4381348***

Topic: Current status of Cardiac Rehab and Related Topics.

August 18, 2021, MH Chapter 380 Monthly Meeting via Zoom.

*"The goal of cardiovascular rehabilitation is to stabilize, slow, or even reverse the progression of cardiovascular disease. Studies show that cardiovascular rehab can improve your quality of life, reduce your risk of future cardiac events, and create a sense of well-being and optimism about your future. (The St. Luke's team) will provide education and counseling support as you adjust your lifestyle behaviors, and help you develop sustainable, healthy habits in exercise, nutrition, and weight management."**

♥ Staff changes at the St. Luke's Cardiovascular Rehabilitations program are as follows: Neal Melvin is the St. Luke's Director of Cardiology; Jana Feldman is the new Manager at Meridian Cardiac Rehab; Derrick Kygar is the new Manager at Nampa Cardiac Rehab; and Pat Lara is System Administrator for "All Cardiology Services".

♥ Due to COVID restrictions, Meridian Cardiac Rehab is open on a limited basis for new cardiac patients. They have gone from 17 classes a week (pre-COVID) to 12 classes a week to prevent classes from overlapping.



This allows time for distancing and adequate cleaning for infection control. As fewer patients are seen at one time, the new case referrals keep building up and have bottle-necked into a longer- than-ideal waiting list. In the past, the 36 week time frame for the class schedule has been open ended but now the 36 sessions must be completed within a 12 week time frame. Scheduling of new patients now extends out to October and November. The Cardiac staff understands the imposition this lag time puts on new cardiac patients and understands that this lag time might cause some in need of the program to lose interest in attending. They implore new cardiac patients to remain active within safe boundaries and limitations as set by their cardiac doctor following hospital discharge, and to also remain

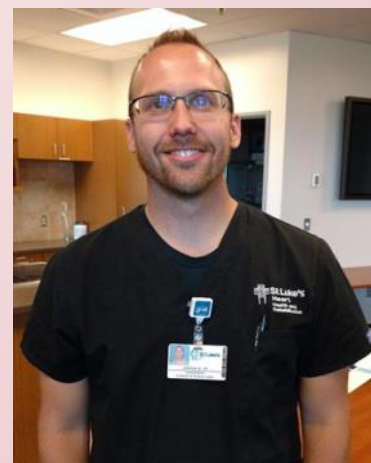
committed to attending the Cardiac Rehab. classes as assigned times open up. There is so much cardiac education taught in Rehab. and it behooves all qualified cardiac patients to attend, despite the wait. Nampa St. Luke's has just recently opened a Cardiac Rehab. Clinic. It is located through the hospital's North Entrance and is on the first floor. They will be taking new patients and transfers from the Meridian clinic who live closer to the Nampa clinic.

♥ Cardiac Rehab. Education is continuing on a different basis due to COVID. Staff is offering the education to groups who are spread out to allow for social distancing. Now this is more traditional group education as opposed to the original group education taught as "personal experience talks" given by Mended Hearts members. In time, when it is safe again, Mended Hearts members will resume teaching these classes. For now only one Mended Hearts member is present, distantly positioned, to hand out cardiac information and answer questions.

♥ The Cardiac Rehab. meeting room has had a 'face-lift' to include audio/visual updates. When COVID is no longer a threat, Mended Hearts, Chapter 380 will resume monthly meetings there. We hope to be able to transmit out educational meetings to larger audiences throughout the State. That is just our dream for now and not yet a reality.

♥ For now we have to contend with the reality of COVID, continue to follow the CDC guideline, follow strict precautions, deal with ever changing staffing issues stick together, always look for the opportunity to help one another.

Thank you, Josh, for giving us the latest news regarding Cardiac Rehab. All of you, keep up the good work and we will see you soon.



Contributed by Pat Toshcoff

* Extracted from the St. Luke's online website <https://www.stlukesonline.org/health-services/specialties/heart-health-and-rehabilitation/cardiovascular-rehabilitation>

Caves and Sleep

Have you ever heard about Michel Siffre? He spent two months underground in a cave without access to clocks or sunlight. What did they find with his sleep/wake patterns? **He wound up staying awake for 36 hours and sleeping for 12 to 14 hours.**



Why in the world do we need to sleep? (Warning! Dad joke coming . . .) Because God knew that at some point humans would need time to charge their phones. Okay, who knows; all I know is that one of the little joys in my life is not needing to set my alarm clock for the next day. Sleep is great.

Sleep is Medicine

One thing doctors agree on is that sleep is medicine. Good quality sleep can prevent heart attacks.

Questions about your Sleep

If you answer yes to any of the following three questions about sleep, **you're more**

likely to have a heart attack.

Ready?

- 1). Do you constantly have difficulty going to sleep?
- 2). Do you often wake up feeling unrested?
- 3). Do you constantly have difficulty staying asleep?

If you answered yes to any of the above questions you're probably also like a bicycle . . . two tired. (Not fair, I didn't warn you about the other dad joke.)



The Link Between Sleep and Heart Attacks

Poor sleep is connected to stress; stressed people don't sleep well, and people who don't sleep well are stressed.

Poor sleep leads to other things like high blood pressure, high cholesterol, and being overweight. One study even showed that healthy bodies that are sleep deprived begin to behave like they have diabetes.

You have to admit when you're really tired you crave certain comfort foods; the most common starts with an "I" and ends in "CE-CREAM."

Poor sleep directly leads to plaque buildup - the stuff that causes heart attacks, at least in mice.

One Harvard study showed that mice with interrupted sleep had more plaque in their blood vessels and inflammation in their bodies than mice that slept through the night (How'd you like to be that research guy nudging sleeping mice every couple hours!). The moral of the story is don't be a mouse in a Harvard research lab! Just kidding; it's actually that you should stay away from researchers at Harvard if you want to sleep.

Sleep Apnea Causes Heart Attacks

Seriously though, many of us have something nudging us awake all night. That nudger is called sleep apnea!

Sleep apnea is where your airway (trachea) is blocked by your neck tissue and you actually stop breathing while you're sleeping. When you stop breathing, your body



Continued on next page.

So you want to prevent a heart attack? A Blog by a Boise Cardiologist

(Continued)

A cartoon mouse with large ears and a friendly expression, wearing a red t-shirt. It is giving a thumbs-up gesture with its right hand. The mouse is positioned on the left side of the slide, next to the title.

A cartoon illustration of a man with dark hair, wearing a grey sweater and a blue tie, slumped over his desk in a chair. He is sleeping, with his eyes closed and a small 'Z' above his head. On the desk, there is a computer monitor, a keyboard, and a small cup. The background is white.

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- Editorial Note: This Blog can be found at: <https://lubdubdoc.com/step-9-sleep-is-medicine/>. It is written by a cardiologist who currently works at St. Alphonsus Regional Medical Center in Boise, Idaho. The article was copied with permission of the author. Find other heart/health blogs at <https://lubdubdoc.com>.*

Mexican Sweet Corn Salad

Inspired by Mexican elote, this corn salad makes great use of late summer sweet corn with tangy lime juice and flavorful poblano peppers. Add jalapeno peppers for extra spice or chipotle chili powder for a smoky kick.

- 2 tablespoons vegetable oil
- 4 ears fresh sweet corn, shucked with kernels removed (about 3 cups fresh kernels)
- Kosher salt
- 2 ounces crumbled cotija cheese
- 3 scallions, sliced (separate white bottoms from green tops)
- 1/2-cup freshly chopped cilantro leaves
- 1 large poblano pepper, seeded, stemmed and finely chopped
- 2 medium cloves of garlic, minced
- 2 tablespoons real mayonnaise
- 1 tablespoon fresh lime juice
- Chili powder or hot chili flakes to taste



- 1) Heat oil in a large nonstick skillet over high heat until shimmering, then add corn kernels and a pinch of salt.
- 2) Toss the corn a couple of times and then cook until the corn is charred on one side, about two minutes. Stir and repeat until the corn is evenly charred, about eight to 10 minutes total.
- 3) Halfway through the charring process, add the chopped poblano pepper and the white ends of the scallions.
- 4) When the corn is evenly charred and the pepper and scallions and pepper have softened, transfer the vegetable mixture to a large bowl and add the cheese, green scallion tops, cilantro, garlic, mayonnaise, lime juice and chili powder.
- 5) Toss to combine and add more lime juice or chili powder to taste. Serve warm.

Join us! When you join Mended Hearts® and Mended Little Hearts®, you're becoming part of something bigger. And when you join the nation's largest cardiovascular disease peer-to-peer support network, you're helping us support even more people.



Mended Hearts™
of Boise Chapter 380

Fred Meyer Donation Reward Program

You can help Mended Hearts Chapter 380 earn donations just by shopping with your Fred Meyer Rewards Card!

Is your Fred Meyer Rewards Card linked to Mended Hearts? The re-enrollment period for customers who did not relink their card with a nonprofit ended in June and they were dropped from the Community Rewards System. Please visit the [Fred Meyer Community Rewards](#) website to link your Rewards Card with Mended Hearts Chapter 380!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington based on where their customers tell them to give. Here's how the program works:

Sign up for the Community Rewards Program by linking your Fred Meyer Rewards Card to Mended Hearts Chapter 380 on the Fred Meyer Community Rewards website. You can search for us by name or our non-profit number, MJ804.



Then, every time you shop and use your Rewards Card, you are helping Mended Hearts earn a donation! You still earn your Rewards Points, Fuel Points and Rebates, just as you do today.

If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer

store.

Pictures Contributed by Becky Newberry

Our biggest meeting of the year! The annual picnic graciously hosted by our president, Ray Trapp and his hard working wife and caregiver, Wini. Everyone had a great time catching up, eating great food, and enjoying each other's company. Thank you Wini and Ray!



Apple Pear Crisp

Topping Ingredients

- 1/4 cup uncooked rolled oats
- 1/4 cup all-purpose flour
- 2 tablespoons trans-fat-free tub margarine, chilled in freezer for 15 minutes
- 1 tablespoon unsweetened applesauce
- 1/2 teaspoon ground cinnamon
- 1 tablespoon stevia sugar blend

Crisp Ingredients

- 1 large pear, such as Anjou or Bartlett, peeled and diced
- 1 teaspoon cornstarch
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground cardamom (optional)
- 1 large apple, such as Granny Smith, Fuji, or Gala, peeled and diced

Directions

- Preheat the oven to 375°F.
- In a medium bowl, stir together the crisp ingredients. Spoon 1/2 cup of the apple-pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins.
- In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
- Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.

Calories 156 Per Serving
Protein 2g Per Serving
Fiber 4g Per Serving



This recipe can be found at
<https://recipes.heart.org/en/recipes/apple-pear-crisp>

Chunky Artichoke-y Salad

- 3 package frozen artichoke hearts (thawed)
- 1/4 cup canola oil
- 3 tablespoons lemon juice (from about 1 lemon)
- 1 1/2 teaspoons no-sodium Italian seasoning
- 1 teaspoon Dijon mustard
- 1/8 teaspoon ground black pepper
- 1 1/2 cups finely sliced basil leaves
- 2 tablespoon chopped black olives
- 1/4 cup sliced red onion
- 1 seeded, chopped red bell pepper
- 1 medium tomato (chopped)



1. Prepare the artichoke hearts: Add artichoke hearts to a heavy-duty medium pot with 3 cups water. Bring to a boil over high heat. Cover, reduce heat to medium-high, and let artichokes simmer until fully cooked and warm, about 5 minutes. Drain artichokes in a colander and run cold water over them to cool. Drain very thoroughly.
2. Meanwhile, in a large serving bowl, add oil, lemon juice, Italian seasoning, mustard, salt, and pepper. Whisk together with a fork.
3. Into the bowl, add artichoke hearts into the dressing. Stir to combine.
4. Add remaining ingredients into the bowl: sliced basil leaves, chopped olives, onion, chopped bell pepper, and chopped tomato. Stir together to combine. Serve immediately or chill in the refrigerator for a few hours and serve.

Servings 6 Serving Size 1 cup
Calories 164 Per Serving
Protein 3.9g Per Serving
Fiber 10.2g Per Serving

This recipe can be found at
<https://recipes.heart.org/en/recipes/chunky-artichoke-y-salad>

Saint Alphonsus Preventive Lifestyle Clinic

Topic: Information About the Saint Alphonsus Preventive Lifestyle Clinic.

September 15, 2021, MH Chapter 380 Monthly Meeting via Zoom.

- ♥ Amber is a Physician Assistant (PA-C) working with Dr. Matthew Nelson, Cardiologist. She is Certified as a PA and also as a Lifestyle Clinician. (Certification provides a framework of standardization for a program so that there is reduced variation and risk and improved health care).
- ♥ The Clinic sees patients with heart disease and associated illnesses. They see patients who have not yet been diagnosed with heart disease but for whom there are concerns. These patients might, for example, have a family history of heart disease, might have had screening with concerning panel results, a recent diagnosis of Diabetes, a problem with weight gain and/or need for weight loss. The Clinic also sees patients who have a new or existing heart condition who might need help with medications, sleep apnea, diet, exercise, etc.
- ♥ Patients can be referred to the Lifestyle Clinic by their Primary Physician, Cardiologist, other Specialists or can even self-refer for an appointment. Treatment is covered by most insurance companies. A dietician is included in the care. The appointment will either be in person or through telemedicine.
- ♥ Lifestyle Medicine addresses several ways to take control of your health.
 - * Nutrition is a large part of the training. The dietician teaches the importance of eating daily fruits and vegetables to add fiber to the diet, to decrease the intake of red meats and high fat foods, sodium regulation, sugar consumption. The emphasis is to make small, healthy changes. Patients often are resistant to sudden, drastic changes in eating habits, and so the Clinic introduces gradual change in order to have success.
 - * Exercise is established on a regular and consistent basis-aerobic and non-aerobic. Each patient is advised on an exercise program, designed by professionals for safety.
 - * Stress reduction is important to control anxiety, depression, obesity and more. Patients are taught methods to recognize stress responses and ways to control and reduce stress.
 - * Assessment might be done to decrease or eliminate unhealthy and addictive substances such as tobacco and alcohol.
 - * Restorative sleep is important to good health. Assessment of apnea is conducted and treated, if needed.
 - * Identifying, establishing and maintaining healthy relationships are conducive to well being. Family, friends and caregivers are included in the care plan. ***The above bullet points were taken from Amber's talk with small add-ons from an online article from www.lifestylemedicine.org.



The Saint Alphonsus Preventive Lifestyle Clinic is a wonderful resource set up for the health of our community. Mended Hearts written information will be delivered to Amber on a regular basis, as yet another resource to serve their patients. It was a pleasure to meet with Amber, even though it had to be done via. Zoom. Thank you, Amber, for your time and sharing all the great information!!

Contributed by Pat Toshcoff



Schedule a visit.

You can schedule a telephone visit or a video chat visit with a trained volunteer who is a heart patient, caregiver, or a parent of a child with a heart condition just like you.

To speak to someone right now, please call our toll-free number:

HEARTLINE at 1-844-HEART87 (1-844-432-7887)

The Visiting Center is open between **10AM and 6PM** Eastern Monday through Friday and **Noon to 3:00PM** Eastern on Saturday.

If you do not get someone, please leave a message and we will get back to you.

If you would like to speak to someone from our local chapter, call (208) 706-7056 and leave a message.

Just how healthy are pomegranates?

By Vanessa Caceres, American Heart Association News

News from the American Heart Association.

Pomegranates can be a little intimidating. Cutting one open requires some precision. And are they even worth the work to free all those little ruby red buds inside? Nutritionists think so.

"Pomegranates are high in dietary fiber and antioxidants," said Penny Kris-Etherton, the Evan Pugh University Professor of Nutritional Sciences at Penn State University in University Park, Pennsylvania.

The fruit's red color comes from plant pigments called polyphenols found in many plant-based foods that work as antioxidants in the body and help fight inflammation and aging. When you open a pomegranate, you find a bounty of red, round arils that have a sweet but tart taste. Inside each aril is a small seed. It's OK to eat the arils as a whole or stick with the juice and spit out the seeds. But don't eat the rind and white areas, called membranes, around the arils.

Half of a cup of arils has 72 calories, 16 grams of carbohydrates and three grams of fiber. Pomegranates also have a lot of folate, potassium and vitamin K.



Originally from Iran and India, the "jewels of autumn," as pomegranates are called, are actually considered a berry. They grow primarily in the Mediterranean, Middle East, South Asia and parts of Arizona and California. Even long ago, pomegranates were associated with abundance, fertility and luck.

Pomegranates are believed to boost heart health, although according to the National Institutes of Health, so far research on the berry is still limited. Kris-Etherton said the antioxidant content in pomegranates could help lower inflammation and, as a result, promote healthy arteries. How pomegranates affect heart disease, however, is not known and requires further study.

A 2017 review published in *Pharmacological Research* of eight clinical trials showed pomegranate juice reduced systolic and diastolic blood pressure. The effect remained even when consuming pomegranate juice at different amounts. The authors concluded it "may be prudent to include this fruit juice in a heart-healthy diet."

Results, however, are mixed on whether pomegranate juice helps lower cholesterol. Researchers in a 2019 review published in *Complementary Therapies in Medicine* examined 17 trials but did not find any significant effects on cholesterol. Researchers said it was hard to compare the trials because they were designed differently and did not use consistent amounts of pomegranate.

Keep in mind a few precautions before you go pomegranate crazy.

Because it can lower blood pressure, Kris-Etherton cautions to first check with your doctor if you take blood pressure medicine. The two together could lower blood pressure too much.

Also, pomegranates could slow the speed at which the liver breaks down some types of medicines. This includes cholesterol-lowering medication like statins. Pomegranates also may interact with the blood thinner warfarin, decreasing the blood-thinning effect and increasing the chance of clotting. To be safe, talk with a health care professional before regularly consuming pomegranate fruit or pomegranate juice.

A small number of people may experience digestive issues such as diarrhea from eating pomegranates, the NIH reports.

Although you probably won't eat the root, stem and peel, consuming too much of these parts of the fruit may not be safe.

For most people, pomegranates offer yet another tasty option to eat more fruit. At the store, look for pomegranates that feel heavy and have firm skin. Enjoy the fruit on its own, or add it to smoothies, soups and salads.



Reprinted with permission from the American Heart Association;

<https://www.heart.org/en/news/2021/09/09/just-how-healthy-are-pomegranates>

Continued from Page 1 (President's Message)

patients with heart disease or its risk factors to be vaccinated against COVID-19 and pneumonia and to take advantage of the annual flu vaccine. These are additional tools for preventing serious complications of CVD in people who are already at increased risk."

If you have not exercised for some time you need to talk to your doctor before starting a new exercise program. Working with your doctor ahead of time is a good way to plan and exercise program that is right for you. It can help with weight gain and help prevent frailty with simple exercises. Frailty is the gradual process that renders an individual too weak to carry out the activities of daily living. Individuals lose muscle strength, which leads to poor balance and difficulty walking without assistance. Although frailty is recognized by declining physical condition, it also raises the risk of heart attack and stroke by 30 to 40%. "Mobility is the penicillin of aging" says Dr. Haashmi Chief of Geriatric Medicine at Cleveland Clinic. The more activity you do, the more mobile and stronger you will become. He suggests the following three ways to accomplish this safely. The three are Physical Therapy, Aerobic Activity, and Tai Chi. The intensity of activity is not as important as how regularly you do it. It only requires a minimum of 150 minutes a week. Exercise should not cause pain. Pain is your body's way of saying something is not right. You may need to rest or adjust your workout. Your doctor can help get you back on the right path.

If you would like more information on your heart health/support come to one of our Zoom Meetings. You can also request info from us at our web site or just go to www.mendedhearts.org for the latest resources. It is all FREE. Remember we are here and want to help in you mission of a healthy life style.

Ray Trapp, President

How to Join a Zoom Meeting You've Been Invited to Join

All members will receive an email with the below information for joining a Zoom meeting. You can join on your Computer, Smart Phone, iPad, Tablet, or Lap Top. A number of videos on using Zoom can be found on YouTube. One fairly comprehensive one can be viewed at: <https://www.youtube.com/watch?v=fGbpwZNW3oI>

Join Zoom Meeting

<https://us02web.zoom.us/j/83190969799?pwd=WWdSamg2TXdJWk1peStrUzRrdkZEZz09>

Click on this link

Meeting ID: 831 9096 9799
Passcode: 596025

If asked, this is your meeting ID and Passcode. They will change for every meet-

One tap mobile

+13462487799,,83190969799#,,,596025# US (Houston)
+14086380968,,83190969799#,,,596025# US (San Jose)

For those who have a Zoom app on their Smart Phone (iPhone or Android), you can use these links.

Dial by your location

+1 408 638 0968 US (San Jose)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
Meeting ID: 831 9096 9799
Passcode: 596025

For those wishing to attend to the meeting on your phone (land line or cell), these are numbers you can call. Note the Meeting ID and Passcode will change for every meeting



HeartGuides Patient and Family Education The Journey to a Healthy Heart Starts Here

The Mended Hearts *HeartGuides* is an innovative, informative resource for heart patients and their families, friends, and caregivers. The Mended Hearts *HeartGuides* provides comprehensive detail on all aspects of heart disease in an attractive, modern format, and serves as a trusted companion for readers along the journey to heart health. The digital *HeartGuides* can be viewed on a wide range of devices and features integrated search and handy topic dividers to allow quick reference to precise topics of interest.

The Mended Hearts *HeartGuide* is available to view online by following this link. <http://myheartguide.org/>

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Mended Hearts Web Pages: Local – www.MHBoise.org
National – www.mendedhearts.org



We welcome new visitors who want to find out more about becoming a Mended Hearts or Mended Little Hearts member. Our volunteers make a difference in providing cardiac patients & caregivers, peer to peer support, education, and most of all hope as we have all experienced a cardiac event.

Have you or someone in your family had a recent heart surgery or another heart event during the last few months? If so, Mended Hearts, a support group for heart patients and **their families is available to provide support and encouragement.** Mended Hearts members are patients like you who have recovered from a heart event and have chosen to give back. Most of the members in our chapter have had a heart event of some type or are caregivers. If you just want to talk, give us a call and leave a message on our voice mail, 208-706-7056 and we will get together. If you have a question about Mended Hearts or would like to speak to a member, please leave your name, phone number and a brief message. A member from this chapter will call you as soon as possible.

VISITOR and CALLER'S CORNER

Hospital visits have been suspended until further notice. Since May we have been able to talk to 214 people at St. Luke's Cardiac Rehab in Meridian and Nampa, of whom 35 asked for further information.

We currently serve four (4) hospitals in the Treasure Valley: St. Luke's in Boise, Meridian and Nampa, and Saint Al's in Boise (Saint Al's in Nampa is on hold as their census is low). If you are interested in becoming an accredited visitor or caller, please call or email Jack Marr, the training coordinator of our visiting program, at 229.269.8161 or jack_marr@hotmail.com. Additionally, you may also call or email our chapter president Ray Trapp at 208.939.0300 or raymh380@outlook.com

Accredited Visitors/Callers:

Chris Catherman	Bruce Parks
Bob Courval	Jim & Marilyn Pettingill
Odee Gordon	Dennis & Adrienne Shiedlak
Cynthia Guarino	Pat Toshcoff
Chris Hill	Mary Ellen Voshell
Jack Marr	Ray & Wini Trapp
Becky Newberry	Marcia Warne
Tom & Evalyn Nichols	

To New Heart Patients

We hope that your recovery is progressing well and would like to invite you and your family to visit our monthly meetings. We have speakers and programs designed to be of interest to heart patients. As heart patients we know what you are experiencing and are available to answer non-medical questions.

For more information check out our web site:
www.MHBoise.org or call: (208) 706-7056

Please NOTE: During the current Coronavirus pandemic, we are now meetings virtually via Zoom technology. We will resume our in-person meetings when safe to do so. In the meantime, if you have any questions please feel free to contact any of our members listed on this page or leave a message at (208) 706-7056 and someone will get back to you.

Newsletter by email Renewal Policy

Mended Hearts Chapter 380 will send the newsletter to subscribers for two (2) years. Those wishing to continue may request to do so by emailing mendedheartsofboise@gmail.com. This is a free subscription and subscribers may *unsubscribe* at any time. NO response from a subscriber after the 2-year limit has passed signifies cancellation.