Can't get out for Memorial Day? Try this!

A treasured tradition for many is to decorate graves on Memorial Day.

How pleasant it is on a sunny day to finally find the right stone, pull a couple of weeds around it, then arrange the flowers.

But, inevitably, some things get in the way of that trip: Bad weather, no ride, or a quarantine for some virus.

No matter!

You can still visit the grave at the website Find A Grave -- and you can leave digital flowers too.

Find A Grave has an amazing database of gravesites around the country. Even small historical cemeteries are listed.

Thanks to the work of volunteers around the country, Find A Grave has grown to be a huge index of cemeteries.

You can search by name or cemetery to find your loved one. You can leave digital flowers and even a note. You'll also be able to see notes others have left.

So if you can't get to the cemetery on Memorial Day, you'll discover Find A Grave a very satisfying option.

Health and happiness in age of coronavirus

As the world grapples with how to stay healthy during a new way of living that includes social distancing and the closing of our gyms and restaurants - among a multitude of other businesses - seniors in particular can face unique challenges.

Aside from concerns about illness itself, seniors may also be missing their group exercise classes and bridge clubs, not to mention visits from family.

It's vital to remain as active and connected as possible while also staying safe. Although many of us have been tempted to sink onto the couch recently, hopefully we've started moving again. That doesn't mean you should attempt burpees on the living room floor, however; consider wall push-ups instead.

At the very least, get up and walk around the house at regular intervals, whether it's during commercials or a time designated by setting a timer. Take a walk around the neighborhood or at a (not crowded) park if you're able.

If you're comfortable using the internet, the National Council on Aging has an online exercise resource called Go4Life.

Mental health is just as important as physical health. Video chats are a great option to keep in touch with family, though phone calls are an equally excellent option.

Among its resources, the Institute on Aging also offers a 24-hour toll-free Friendship Line for people 60 and older and adults living with disabilities. The Friendship Line is a crisis intervention hotline as well as a warm line for non-emergency emotional support calls; they also make ongoing outreach calls.
At-home and online workouts

When gyms closed in March, many were scrambling for ways to keep in shape - or some semblance of shape - without our treadmills, weights, and the accountability of trainers. And let's face it: most of us are not that creative when it comes to exercise at home, and maybe a quarantine was an easy excuse to let things slide for a bit.

Time to ditch the excuses. Whether online or in-home, workouts outside of the gym are abundant.

Here are some ideas to consider:

Check YouTube for free classes, from yoga to intense cardio (and admit it - you're probably home in your yoga pants anyway).

Squats. These are easy to do in small spaces and can be done with weights or just body weight. You can practice good form by setting a chair about three feet from a wall, face the wall with your feet about shoulder-width apart, and then squatting down until your butt touches the chair (or your face touches the wall).

Push-ups. The useful thing about push-ups is that there are tons of variations, ranging from traditional straight-leg push-ups done on the floor to wall push-ups.

Get outside and take a walk, a hike, bike, or go for a run. (Since social distancing advisories are still in place, this isn't the time to meet with a group. Consider whether you can keep a safe distance apart from others, and remember that you could be breathing heavily.)

“The headline is a clue to the answer in the diagonal.”
The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

BOLD BUBBLES.
The strange journey and powers of the humble bar of soap.

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing. Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing. Soap.

Humans have been using soap for at least 5,000 years, but it isn’t an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat.

The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leeches out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses. Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn’t changed much from recipe used by Romans or ancient Egyptians. It’s still ancient science.

Memorial Day: Time to remember people of valor

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 whose valor knew no bounds.

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, Vietnam, and the deserts of the Middle East.

On Memorial Day we bring them thanks for their great sacrifice. It is not really a time of sadness. Rather it should be an affirmation that these men and women did not lose their lives in vain.

This is a day of tribute to those who defended justice and democracy.

Mother’s Day, May 10: Honoring mothers past and present

The world has turned many times since 1907 when Anna Jarvis asked her Philadelphia church to hold services in memory of all mothers on the anniversary of her own mother’s death.

It was a time when mothers had a life of hard physical work. Today, more than 113 years later, much of the drudgery of housekeeping is gone. Today, moms have homes, kids, and careers.

On Mother's Day, we honor all mothers.

We hope for strength for single mothers.

We honor mothers who are no longer with us, and ask God's blessing for mothers who are terminally ill.

We pray for future mothers that they may have high character and fortitude in this changing world.
The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

Continuing Support Through COVID-19 Crisis

During this difficult time, we want you know that Mended Hearts is here to support you. We care about our patients, families and members, and will continue to provide you with the information you need to help navigate the current crisis. We have created a page on our website dedicated to resources that are there to help. If you have questions or concerns about your emotional, mental, financial or physical help during this time of crisis, please go to https://mendedhearts.org/coronavirus-covid-19/ for more information.

National Nurses Week—May 6-12th

Mended Hearts COVID Statement & Action Plan

To ensure the health and safety of patients, families and members, we have instituted policies regarding Mended Hearts and Mended Little Hearts visiting and meetings.

1) As of March 11th, all patient and family in-person visits have been temporarily suspended in all chapters across the nation.
2) As of March 11th, all monthly support, educational meetings, and events have been temporarily suspended in all chapters across the nation.

The Board of Directors for The Mended Hearts, INC will continue to re-evaluate these policies on a weekly basis and will inform our members if there is a change.

Broccoli and Cheese Egg White Scramble on Whole-Wheat English Muffin

Servings 4

Ingredients

• 1 1/2 cups finely chopped fresh or frozen (thawed) broccoli florets
• 1/4 cup water
• 8 extra-large egg whites or 1 1/4 cups egg white substitute
• 1/2 cup skim milk
• 1/4 teaspoon ground black pepper
• 2 whole-wheat English muffins, split and toasted
• 1/4 cup shredded, fat-free cheddar cheese

Directions

Finely chop broccoli. Coat a large nonstick saute pan with cooking spray; warm over medium-high heat.

Add broccoli and water; stirring frequently, cook until broccoli is limp, around 4 to 5 minutes. Remove from heat and transfer broccoli to a dish.

In a bowl, add egg whites, milk, and pepper. Whisk together to combine.

Split and toast each English muffin; set aside.

Meanwhile, use a paper towel to wipe the saute pan clean. Coat again with cooking spray and warm over medium-high heat. Add egg whites and use a spatula to stir eggs constantly until whites are almost firm, just a few minutes. Stir in cooked broccoli and cheese; remove from heat.

To serve, place each English muffin half onto a plate. Divide egg mixture between each muffin, piling high with eggs. Serve with a fork and knife.

Calories
139 Per Serving

Protein
15.3g Per Serving

Fiber
3.1g Per Serving

MEMBERSHIP FORM

If chapter dues/donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # 260
Annual Chapter Dues $10.00

Additional Chapter Donation Amount $ ___________________

TOTAL Paid to Chapter $ ___________________

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Mail to: P O Box 18912, Huntsville, AL  35804-8912

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