

**Fall
2020**



Mended Hearts™
of Boise Chapter 380

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

President's Message

Take your pick, mask or no mask; school or no school; health or no health. Wait a minute let's keep positive and look down at the grass and not be looking up at the grass. You cannot rebound if you fail to take your medications, keep your doctor appointments and maintain your health. Now is the time to keep and develop healthy habits to keep you safe now and later from the pandemic.

It sounds simple but your heart health depends on you. When you put off doctor visits due to fear, you are at a higher than normal risk for a bad outcome from COVID-19 infection. My personal experience with doctor and hospital visits has been outstanding. My video or phone visits are timely and personal. My health providers are easily available and knowledgeable of my current needs and history. "Telehealth" options during this pandemic can improve your health/heart care. In 2019 only 11% of Americans used it and now over 40% of the U.S. population is using telehealth. It allows your doctor to communicate in real time using video or phone to keep you out of the emergency room because you are not sick and do not need to be in that environment. Remember no travel time, short wait time and you can do it from your home. You have the doctor's office right at your finger tips. This is a worry-free experience that can help you keep your doctor appointments and maintain a healthy heart. Most pharmacies offer home delivery or drive thru, you have no excuse for not staying on your medications.

It is easy to snack when we feel confined, but this can present a risk to our heart. Social isolation leads us to changing our eating patterns. Did you know that how soon you exercise after a meal, as well as what you eat, affects and influences your health? In the U.S. we typically eat the largest meal at dinner, then watch television or read a book. New

Continued on Page 8



Save the Dates!

MENDED HEARTS MONTHLY MEETING

We will now hold our monthly meetings on ZOOM. Prior to each month's meeting, you will receive an email inviting you to the meeting and giving a link for access. The meetings will be at 3:00 pm on the third Wednesday of the month and will last about an hour to an hour and a half.

- ♥ **MH Chapter Meeting Wednesday, 10/21/2020 3:00-4:30 PM.**
Guest Speaker: Al Voss, Director of Operations, Treasurer, Secretary and Board Member of Mended Hearts, Inc. (See pages 6-7 for instructions to access the Zoom Meeting).
- ♥ **MH Chapter Meeting Wednesday, 11/18/2020 3:00-4:30 PM.**
Guest Speaker: To be announced.
- ♥ **No MH Chapter Meeting for December. We will try to have some kind of Party or Get-Together to celebrate Christmas. Details will be forthcoming.**

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

Mended Hearts Chapter 380 cardiac rehab education sessions have been suspended due to the Coronavirus (COVID-19). Notification of the next scheduled session will be provided through a separate mailing when authorization to hold sessions once again has been granted by St. Luke's Hospital.

CHICKEN ALMOND WITH CHOW MEIN NOODLES

1/4 cup chopped onion
2 tsp. melted butter
1 cup no-salt chicken stock
2 tbs. lemon juice
1/2 cup sliced almonds
1 tsp. salt (I leave this out due to low sodium diet)
1/2 cup chopped celery
1 can cream of mushroom soup (see homemade soup -no salt, (page 4), or use canned salt free cream of mushroom soup from Healthy Heart Market-online)
2 tbs. corn starch
1 tbs. soy sauce (substitute Coconut Aminos – a soy-free and very low sodium substitute for soy sauce). I purchase at the Co-op
2 cups diced cooked chicken
1/8 tsp. pepper



Cook onion and celery in butter until tender. Add soup and stock. Heat to boiling; combine corn starch, soy sauce and lemon juice, mix until smooth. Add to soup mixture. Cook over low heat, stirring until thickened. Add Chicken, almonds and pepper. Recipe calls to serve to over heated chow mein noodles. I serve over white rice and top with chow mein noodles just before serving. Makes 6 servings.

I always keep a supply of Coconut Aminos and no-salt chicken stock in the pantry. I buy the chicken stock at Walmart but I think it is in most grocery stores. The Cream of Mushroom soup from Healthy Heart Market is a little thin for just soup eating but is great for cooking; however, I make a batch of homemade Cream of Mushroom soup and put in my freezer (1 cup per freezer container) for healthy cooking.

Contributed by Pat Toshcoff



Mended Hearts™

Mended Hearts Chapter 380 held a virtual meeting on September 16 using ZOOM technology. This was a trial run using this new virtual meeting technology and those in attendance felt it was a good way to interact as we cannot hold live meetings during the COVID-19 pandemic. We will continue this venue on a monthly basis until further notice. We hope to continue this format even when live meeting can be held to allow those who cannot make the meeting, participate through this Zoom technology.

We had 15 members for the session including three new members who have not yet been able to attend a live meeting; we welcome **Jon Polanco, David Triplett, and Ken Winkleman** to our group. We are excited with their willingness to be a part of our Mended Hearts Chapter! We were also honored to have Mary Ellen Voshell in attendance; the first time in several years.

At the meeting, President Ray Trapp announced the local winners of awards given out at the Annual Meeting of Mended Hearts held in Albany Georgia on Aug. 22, 2020. See Page 6 for the results.

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 are offering a free membership level. 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 this 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.”



Mended Hearts

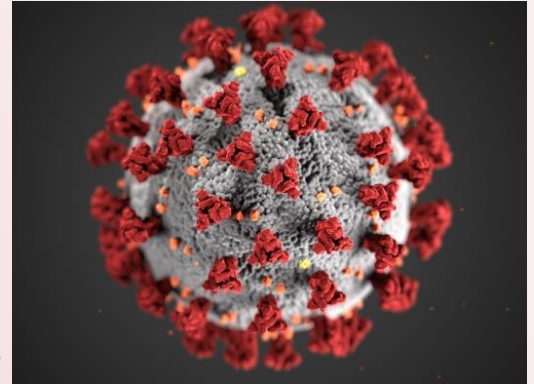
Vision Statement: “To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span.”

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***

BASIC FACTS REGARDING THE CORONAVIRUS

- ♥ There are 10 trillion species of viruses.
- ♥ Viruses are microscopic agents so tiny that a hundred million could fit on the head of a pin.
- ♥ A virus needs a host cell in order to live; its goal is to find a cell in which to replicate.
- ♥ There are 7 known human coronaviruses: Numbers 1-4 are seen in common, human infections. These are responsible for 20% of common cold. Numbers 5-7 are originally bat viruses jumped to humans. A virus can live in animals and be tolerated but can jump or spillover and be deadly to humans. In some countries, wild animals are used for meat and medicine; kept in marketplaces in close-proximity to humans, often kept as pets in the homes, so this crossover can be expected.
- ♥ The term 'Novel' means 'New' Coronavirus.
- ♥ The term SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2) is the virus. The term COVID-19 is the disease caused by the SARS CoV-2 virus.
- ♥ Viral transmission is through droplets or aerosol entering the respiratory tract and attaching to the mucous membranes in the nose, throat and lungs.
- ♥ Viral replication occurs as the viral spikes (as seen in pictures) or "S proteins" pry open and penetrate the healthy cell, copies itself (makes viral protein) using the host cell materials, and then escapes, leaving behind the damaged or newly dead host cell. This is a rapidly moving process and ever evolving as the viral cells mutate and change to thwart attempts to stop their progress.
 1. A normal, healthy cell is covered with protein molecules called an angiotensin-converting enzyme 2 or ACE-2.
 2. ACE -2 regulates function in the cell. It is a vital element in a biochemical pathway that is critical to regulating processes as blood pressure, wound healing and inflammation. ACE -2 plays a favorable role in protecting tissue by being anti-inflammatory.
 3. ACE-2 is present in abundance in the epithelial cells which line the nose and throat, tissues in the heart and lungs, kidneys and small intestines, blood vessels.
 4. ACE-2 receptors are the door handles that the virus latches onto to gain entry to the healthy cells.
 5. As ACE -2 is used for viral entry, it becomes damaged and cannot do its job. As the amount of ACE -2 decreases with cell death, the amount of tissue inflammation and congestion increases.



"Alex won for the scariest costume.
He wasn't wearing a mask."

♥ The body knows it is under attack, so the immune system swings into overdrive. The immune counterstrike is a very complex process in the body; in addition to the virus causing damage, the overreager immune system response can also ravage organs. Medical treatment becomes a fine-line battle to control the virus and level out the immune reaction; to determine how to best treat each person's individual disease path. There are multiple mechanisms for heart damage in COVID-19. It is thought that, in addition to direct viral damage, the process of viral replication might steal pieces of the genetic guidance that tell the heart cells how to do their job. It is also possible that a person's own immune system may cause the greatest damage in the heart. Commonly seen in COVID-19 patients are the following:

♥ Lack of oxygen. As the virus causes inflammation and fluid to fill up the air sacs in the lungs, less oxygen can reach bloodstream. The heart needs to work harder to pump blood through the body, which can be dangerous in people with pre-existing heart disease. The heart can fail from overwork, or insufficient oxygen can cause cell death and tissue damage in the heart and other organs.

DIP INTO HUMMUS FOR A HEARTY, HEALTHFUL TREAT

If you keep hearing about hummus but are too busy to find out what it is and why it's good, we have answers for you.

Its main ingredient is garbanzo beans, also known as chickpeas. Doesn't sound too appetizing? Just try hummus as a pita chip dip or spread it on crackers and celery sticks, and you could change your mind.

Historians at the Hebrew University of Jerusalem think the humble chickpea's nutritional benefits are one of the reasons civilizations developed in the fertile crescent of Mesopotamia. Chickpeas include tryptophan, which improves performance when under stress, and may have improved brain function those 11,000 years ago.

We're not claiming that hummus has done any of that, but chickpeas are a source of good carbohydrates, vitamins, and zinc and have a low-fat content. Most dieters will find that hummus is a perfect snack and a good addition to a low-calorie eating plan.

And it's good for children. Spread on celery or crackers, it's better for kids than store-bought spreads and dips.

Sometimes, spelled hummis instead of hummus, the Thai version, called bi tahini, includes sesame seed paste and coriander. Some recipes call for many ingredients.

For a tasty addition to a vegetable tray that includes cut-up broccoli and cauliflower, there's no need to assemble exotic components. Just try this easy recipe. You can alter it to your personal taste by increasing or decreasing the olive oil and the jalapeños. Add more of the reserved liquid for a smoother dip.

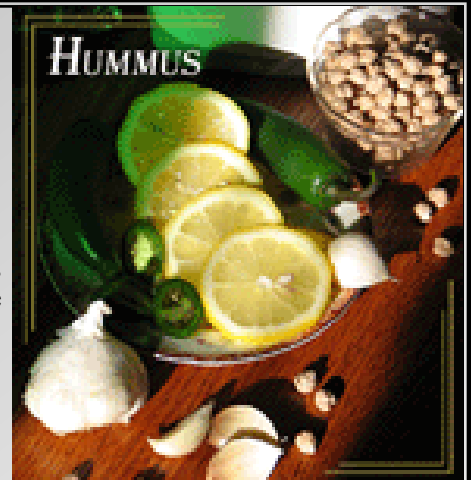
Easy hummus:

Drain a 15-ounce can of garbanzo beans (chickpeas). Save the liquid.

Add 2 ounces of fresh sliced jalapeno peppers, 1/2 teaspoon ground cumin, 2 tablespoons lemon juice, 3 cloves of minced garlic, and a teaspoon of olive oil (can be left out of the recipe).

In a blender or food processor, combine all ingredients with 1 tablespoon of the reserved bean liquid and blend until smooth.

This recipe makes 2 cups.



-PagesMag0707

HOMEMADE CREAM OF MUSHROOM SOUP CONCENTRATE.

INGREDIENTS:

3 tbs. butter
1/3 cup onion, finely chopped (optional)
2/3 cup mushrooms, finely chopped
3 grinds of black pepper
2/3 cups whole milk (I use 1% and don't notice a difference in this recipe)
3 1/2 tbs. whole wheat flour



INSTRUCTIONS:

Melt butter in saucepan. Sauté the onion, mushrooms (and/or celery) until soft. Add pepper. Whisk flour into milk. Slowly pour milk/flour mixture over the vegetables. Warm the soup over medium heat, don't let it boil.

If you prefer, you can reduce the amount of mushrooms and add chopped celery for a less mushroomy flavor.

This recipe, when done, will yield a thick clump of (very condensed) soup. For some recipes using the condensed soup, you might want to add equal amount of milk to thin it out.

Seems like a lot of work, but well worth it; Very Delicious!

Can just as easily make Cream of (____) what ever you want, such as celery or finely chopped chicken

Note: This recipe was originally published in the Winter 2017 Mended Hearts, Chapter 380 Newsletter.

Submitted by Pat Toshcoff

How to talk to the Hospital Nursing Staff

You are hospitalized. You've provided a battery of information to the admitting nurse, the first of several nurses you will have over three working shifts. Each has his/her assigned duties. You watch them come and go and take vitals and check the flow of fluid in the IV drip inserted into a vein to ensure hydration.

But, you have questions. Who should you ask?

The on-duty nurses and aides are there to fulfill your doctor's directives for your care and answer questions. They want you to understand clearly the basics of your condition, the tests and treatment choices and potential risks, especially you if you are confused or anxious.

Nurses will tell you their name and schedule, and that information probably will be posted for you to see easily. The name of the aide might also be there. When the nurse comes in, don't hesitate to ask every question you have.



- ♥ Write out a list of questions in advance. Ask about tests, test results, and medication. Is physical, occupational or speech therapy required before hospital discharge?
- ♥ If you don't know or understand, ask. Your full understanding is essential to your care.
- ♥ Ask for any available materials written for patients and that may have illustrations.
- ♥ Your family caregiver can get water or adjust your pillows and sheets.
- ♥ Caregivers can offer the nurse personal tips about the patient who, for example, might prefer to take a pill with a soft drink.
- ♥ Understand that the nurse can't give more pain medication than the doctor has ordered.



- ♥ Don't become demanding or insulting to the staff. These are the people that can save your life, if necessary.
- ♥ Don't expect the hospital to be a hotel. There will be some noise, inevitably. Nothing will be entirely comfortable. It is not your own bed and it won't feel right. You will have to wake up for blood tests and more. The food is bound to be different. Try to tolerate the inconvenience and find something you like about the food.
- ♥ Show your appreciation. A thank you and smile are always welcome. You might jot down the names of nurses and staff whose help you especially appreciated. Send a thank you note or even a gift like flowers and candy.

-PagesMag0916

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.

Below is an example of an email inviting participants to a Zoom meeting providing the links necessary to participate.

(Please Note: Everyone receiving this newsletter electronically, will get an invitation via email)

Mended Hearts of Boise Ch380 Zoom Meeting

When Wed Oct 21, 2020 2:45pm – 4:45pm Mountain Time - Denver

Where <https://us02web.zoom.us/j/84488733997?pwd=R2o5Zmp5MzNsNytwV29zbjIwTzgyQT09> ([map](#))

Joining info Join with Google Meet
meet.google.com/uqk-dcit-qyo

Calendar parksbruce@yahoo.com

Who

- mendedheartsofboise@gmail.com - organizer
- Ray & Wini Trapp
- Dennis & Adrienne Shiedlak
- jack_marr@hotmail.com
- parksbruce@yahoo.com
- mevoshell@msn.com
- Pat Toshcoff
- arvoss@aol.com
- Cyndi Baxter-Guarino
- Chris Catherman
- Fred Bernier

Becky Newberry is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/84488733997?pwd=R2o5Zmp5MzNsNytwV29zbjIwTzgyQT09>

Meeting ID: 844 8873 3997

Passcode: 091886

One tap mobile

+16699006833,,84488733997#,,,,,0#,,091886# US (San Jose)

+12532158782,,84488733997#,,,,,0#,,091886# US (Tacoma)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 408 638 0968 US (San Jose)

+1 646 876 9923 US (New York)

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

Meeting ID: 844 8873 3997

Passcode: 091886

Find your local number: <https://us02web.zoom.us/j/kpFUiV9ig>

What the bodily fluids are

When you think about catching COVID-19, it's easy to know you haven't been exposed to someone's blood. But many people don't know, for example, that sweat is a bodily fluid. If you bump into a sweaty person, there's a remote possibility that you could get it.

In all the cautions about the disease, few of them mention what the bodily fluids actually are. They include blood, urine, saliva, semen, sweat, vomit and diarrhea.

Of course, the virus in those fluids needs an entry point for the disease to develop, like a cut, scrape, or contact with the mouth, nose or eyes.

Zoom Instructions for Participants

For any Mended Hearts Chapter 380 Zoom Meeting

Zoom will be open 2:45 pm – 4:45 pm; the actual meeting will be from 3:00 –4:30 pm. This will allow participants about 15 minutes to get set up before the meeting starts and some extra time if we go over.

Before a virtual meeting:

- ♥ You will need a computer, laptop, tablet, iPhone, iPad, or smartphone with speaker or headphones. You will have the opportunity to check your audio immediately upon joining a meeting.
- ♥ You will receive an email from Mended Hearts for a videoconference (see example on previous page). The notification will include a link to “**Join via computer**” as well as phone numbers for a conference call option. It will also include the 9-digit (usually) Meeting ID and Passcode. (**Note: Do not** click on the “[meet.Google.com/uqk-dct-gyo](https://meet.google.com/uqk-dct-gyo)” link; this will take you to a Google Meeting, not a Zoom Meeting!).
- ♥ If you do not have a computer, laptop, tablet, iPhone, iPad, or smartphone, you can participate by calling into the meeting using your phone.



To join the videoconference:

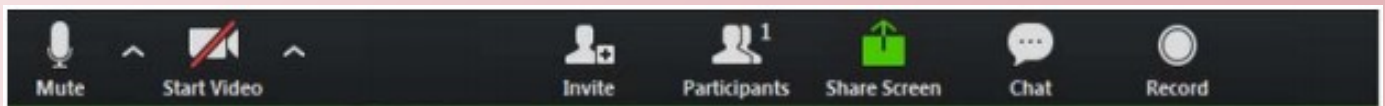
- ♥ At the start time of your meeting, click on the link in your invitation to **Join Zoom Meeting**. You may be instructed to download the Zoom application.
- ♥ You have an opportunity to test your audio at this point by clicking on “Test Computer Audio.” Once you are satisfied that your audio works, click on “Join audio by computer.”

You may also join a meeting without clicking on the invitation link by going to join.zoom.us on any browser and entering the Meeting ID provided by your committee analyst.

If you are having trouble hearing the meeting, you can join via telephone while remaining on the video conference. If you don't have video capability, you can use these same instructions.

- ♥ On your phone, dial the teleconferencing number provided in your invitation. (Use the Dial by your location section on the previous page).
- ♥ Enter the **Meeting ID number** (also provided in your invitation) when prompted using your touch-tone (DTMF) keypad.
- ♥ If you have already joined the meeting via computer, you will have the option to enter your 2-digit participant ID to be associated with your computer.

Participant controls in the lower left corner of the Zoom screen: (NOTE: depending on your computer, laptop, tablet, iPhone, iPad, or smartphone, your controls may be at the bottom of the screen, the top of the screen, or to the left or right side of the screen. You may have to hover your cursor over one of these areas to see the controls).



Using the icons in the Zoom screen, you can:

- ♥ Mute/Unmute your microphone (far left).
- ♥ Turn on/off camera (“Start/Stop Video”).
- ♥ Invite other participants.
- ♥ View Participant list – opens a pop-out screen that includes a “Raise Hand” icon that you may use to raise a virtual hand.
- ♥ Change your screen name that is seen in the participant list and video window.
- ♥ Share your screen.

Somewhere on your Zoom screen you will also see a choice to toggle between “speaker” and “gallery” view. “Speaker view” shows the active speaker. “Gallery view” tiles all of the meeting participants. There will be a lighted outline around the speaking participant.

For this and other online references, search “Zoom” using Google, Safari, or your search engine of choice.

On September 29, 2020, Mended Hearts, Inc., announced a "Virtual Walk" program.

Chapter 380 Members are encouraged to participate!

(NOTE: The Program runs 9/29 to 10/29/2020)

World of Support Begins Today World Heart Day



Dear Member,

It's World Heart Day and the first day of Create a World of Support! Today is the perfect day to send a message of support to at least two friends or family members. By doing so, you'll be Creating a World of Support in a world that needs support now more than ever!

This campaign is easy to participate in and share. You can do any of the following to get involved.

- ♥ **Engage** your family and friends by sending two emails of support to people who are affected by acquired heart disease or congenital heart disease (CHD).
- ♥ **Donate** online at: <https://www.classy.org/event/creating-a-world-of-support-2020-virtual-walk/e298314>, over the phone at 888-432-7899, or by check (mail to Mended Hearts Inc. Resource Center, Merry Acres Executive Building, 1500 Dawson Rd., Albany, GA 31707).
- ♥ **Register** for 5K, 10K, 13.1 or 26.2 miles - there are many ways you can complete your mileage - Go online to <https://www.classy.org/event/creating-a-world-of-support-2020-virtual-walk/e298314>.
- ♥ **Create a team** - If you need help with this, email Mandy at Mandy.Sandkuhler@mendedhearts.org or Go online to (<https://www.classy.org/event/creating-a-world-of-support-2020-virtual-walk/e298314>). She can create a team for you!
- ♥ **Join** a team that already exists - find your team online at <https://www.classy.org/event/creating-a-world-of-support-2020-virtual-walk/e298314>, or email Mandy at address above.

This event runs from today (9/29/2020) through October 29th and it's only \$20 to participate and \$10 for kids. There are many ways you can complete your miles - whether it's climbing stairs, vacuuming, walking the dog, lifting weights or more - almost anyone can join in this campaign. Take a look at the graphics on the next page for some fun ways to participate!

Thank you for your support of this important event.

Sincerely,

Mended Hearts and Mended *Little* Hearts

Fun Ways to Participate in a Virtual Walk

An Ongoing Program Through October 29, 2020



**World of Support
Virtual Walk**

A Virtual Walk means you complete the miles wherever you are and however you want, and you are on your honor to complete them.



Mended Hearts | mended hearts™
Register today!

Activities = 1 Mile Walking

- **Light Activity for 30 minutes**
 - canoeing (leisurely)
 - fishing
 - baseball
 - golf (with cart)
 - volleyball (recreational)
- **Moderate Activity for 15 minutes**
 - bowling
 - aerobic dancing
 - bicycling (leisurely)
 - football (rec)
 - golf (no cart)
 - hiking
 - horseback riding
 - skating
 - skiing
 - tennis
 - yoga (active)





**World of Support
Virtual Walk**

A Virtual Walk means you complete the miles wherever you are and however you want, and you are on your honor to complete them.



Mended Hearts | mended hearts™
Register today!

Activities = 2 Miles Walking

- **Vigorous Activity for 15 minutes**
 - aerobic exercise
 - soccer
 - basketball
 - jumping rope
 - racquetball
 - table tennis (for sport)
 - stair climbing
 - volleyball (for sport)
 - bicycling (for exercise)
 - circuit weight training
 - hiking with 40 lb pack
 - horseback riding (galloping, jumping)
 - ice/field hockey
 - cross country skiing
 - speed skating
 - snowshoeing
 - swimming
 - wheelchair (1 mile = 3 miles walking)





**World of Support
Virtual Walk**

A Virtual Walk means you complete the miles wherever you are and however you want, and you are on your honor to complete them.



Mended Hearts | mended hearts™
Register today!

Activities = 1 Mile Walking

Household Activities at Moderate Intensity

- Vacuuming 30 minutes
- Mowing the Lawn 20 minutes
- Washing the car by hand 20 minutes
- Changing and Making Beds 15 minutes
- Playing actively with kids 30 minutes
- Raking leaves 20 minutes
- Washing dishes with moderate intensity while standing 15 minutes
- Gardening—pulling weeds and planting 20 minutes

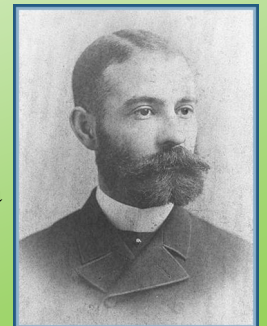


Open heart surgery pioneer: Daniel Hale Williams

Daniel Hale Williams was one of the rare individuals who was the painter of his personal life canvas. Born the son of a barber in 1856 (or 1858), he was trained as a barber and shoemaker. About 1878, he met a Wisconsin doctor and became fascinated with medicine. He enrolled in medical school in 1880 and after graduation, he opened his medical practice.

Throughout his career, he pioneered medical facilities for black Americans, sorely needed in a segregated world.

On July 10, 1893, he performed open heart surgery — at that time, one of only four surgeons worldwide ever to attempt the operation. His patient walked out of the hospital 50 days later. A triumph.



At the MHI 2020 Annual Awards ceremony held on August 22nd, 2020, Mended Hearts Chapter #380 received four Regional Awards, one Divisional Award, and one National Award. These Awards are given as recognition of those who generously give of themselves above and beyond and is an important tool within an organization that strives for excellence and delivery of its mission. The four Regional Awards for our Chapter was more than any other MH Chapter in the country or internationally. Congratulations to all the award winners!

Regional Awards:

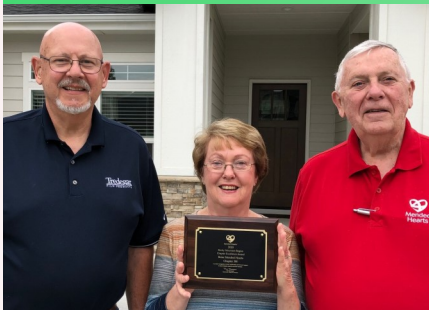
- ♥ MH Rocky Mountain Region Chapter Excellence: Chapter #380, Boise, ID.
- ♥ MH Rocky Mountain Region Accredited Visitor Excellence: Becky Newberry, Chapter #380, Boise, ID.
- ♥ MH Rocky Mountain Region Visiting Chair Excellence: Christine Catherman and Jack Marr, Chapter #380, Boise, ID.
- ♥ MH Rocky Mountain Region Newsletter of the Year: Boise Chapter #380, Bruce Parks, Editor.

Division Awards:

- ♥ MH Newsletter of the Year Award: Boise Chapter #380, Bruce Parks, Editor.

National Awards:

- ♥ MH Newsletter of the Year Award: Boise Chapter #380, Bruce Parks, Editor.



Dennis Shiedlak, Pat Toshcoff, and Ray Trapp with the Regional Award for Chapter Excellence.



Becky Newberry and Ray Trapp with the Regional Award for Accredited Visitor Excellence.



Christine Catherman and Ray Trapp with the Regional Award for Visiting Chair Excellence.



Ray Trapp, Bruce Parks, and Dennis Shiedlak with the Regional, National, and Regional Awards for Newsletter of the Year.



Dennis Shiedlak, Jack Marr, and Ray Trapp with the Regional Award for Visiting Chair Excellence.



Continued from Page 1 (President's Message)

research recommends exercise after a meal. If you don't use glucose right away, our body converts it to fat. You do not want sugar floating in your blood at night when you are not using your muscles says Dr. Bruemmer of the Cleveland Clinic. Therefore, have a smaller meal at night and make your lunch time meal your main event. A slight change in your eating patterns can help you have a meaningful exercise experience. Arm yourself with new knowledge on the health benefits of specific foods and food doses, definitely consult with your doctor or health team and decide together on the best way to eat. We don't take a medicine to stay healthy, we take it to cure or manage a disease, but we can eat foods for our health. If you do not smoke and do exercise regularly, you can reduce the risk of some cancers by 70%, diabetes by 90% and heart disease by as much as 80% by using diet. Now is the time to build the strength of health-defensive eating into your life on a daily basis. The key here is to not run on empty. Just eat smart. You are what you eat and it can influence your body's defenses. A good book about your immune defense system is *EAT TO BEAT DISEASE* by William Li, M.D.

Remember, your Mended Hearts family is here to help and support you. Our contact information is on the back of this newsletter so you have no excuse about reaching out to one of us. We intend to have a Zoom meeting soon and hope you can participate. The key is to try something new, take ownership, have fun and reach out to your Mended Hearts family by phone or e-mail. It is easy to have a healthy heart.

Every day may not be good, but there is something good in every day.

Ray Trapp, President

Continued from Page 3 (Basic Facts Regarding the Coronavirus)

- ♥ Myocarditis: Inflammation of the heart. The coronavirus may affect and damage the heart's muscle tissue directly, as is possible with other viral infections. The heart may also become damaged and inflamed indirectly by the body's own immune system response.
- ♥ Stress cardiomyopathy. Cardiomyopathy is a heart muscle disorder that affects the heart's ability to pump blood effectively. When attacked by a virus, the body undergoes stress and releases a surge of chemical called catecholamines that can stun the heart, resulting in rapid and irregular heart rhythms.
- ♥ Growing evidence suggests that SARS-CoV-2 can infect cells in the walls of blood vessels that help regulate blood flow and coagulation. Clotting is common with this virus which can lead to strokes or heart attacks.
[Numbers 1-3 taken directly from Credit #3]

Facts taken from :

1. Webinar by Institute for Brain Potential, Instructor Dr. Sally Fisher, MD, MS, attended by Pat Toshcoff, Secretary, Mended Hearts, Chapter 380, Boise, Idaho
2. Article provided by University of California, San Francisco , We Thought COVID-19 Was Just a Respiratory Virus. We were Wrong. Credits Ariel Bleicher, Katherine Conrad
3. Article by John Hopkins Medicine, Can Coronavirus Cause Heart Damage?
4. Article online by Paul Insel, Professor of Pharmacology and Medicine, University of California San Diego, Rohit Loomba, Professor of Medicine, University of California San Diego, and Krishna Sriram, Postdoctoral Fellow, University of California San Diego, What is the ACE2 Receptor How is it Connected to Coronavirus and Why Might it be Key to Treating COVID-19? The Experts Explain.

Contributed by Pat Toshcoff



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/>

President – Ray Trapp 208.939.0300 raywini@msn.com

VP & Outreach Coordinator – Dennis Shiedlak
208.577.8350, adshiedlak@gmail.com

Treasurer & Webmaster – Becky Newberry
208.695.7047, semqoddessid@gmail.com

Secretary – Pat Toshcoff 208.376.4783,
ctosh34@hotmail.com

Co.Visiting Chairs – Chris Catherman 208.761.2014,
bugbutts@cableone.net, – and Jack Marr 229.269.8161,
jack_marr@hotmail.com

Hospitality Chair and Caller Trainer – Cyndi Guarino
208.860.6353, cbaxter55@hotmail.com

Member Correspondence Secretary – Wini Trapp
208.939.0300, raywini@msn.com

Mended Hearts Courier – Dennis Shiedlak
208.577.8350, adshiedlak@gmail.com

Program Committee – Pat Toshcoff 208.376.4783,
ctosh34@hotmail.com, – Wini Trapp 208.939.0300,
raywini@msn.com, – and Adrienne Shiedlak
208.577.8350, adshiedlak@gmail.com

Newsletter Editor – Bruce Parks 909.816.9712,
parksbruce@yahoo.com

St Luke's MH Liaison – Amber Schwehr, RN & Clinical
Educator 208.831.1583, schwehra@slhs.org

Mended Little Hearts Liaison – Julie Du Bois, RN
208.860.6984, dubois@slhs.org

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. We will update our visiting record when we once again are able to make visits. This may include virtual visits as appropriate.

We are now serving 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.

Accredited Visitors/Callers:

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

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. (See also pages 6-7)

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.