

Mended Hearts Santa Rosa Chapter 282

Chapter Newsletter

JUNE 2018

New shingles vaccine offers reliable protection



Mended Hearts™

Santa Rosa—Chapter 282
PO Box 9123
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Shingrix, a newly approved shingles vaccine, is recommended for all healthy adults age 50 and older, according to the Centers for Disease Control and Prevention.

Even if you had a shingles vaccination of Zostavax, the vaccine in use since 2006, you should get two shots of Shingrix, six months apart.

It also doesn't matter if you have had shingles or if you do not know if you had chicken pox or not. The CDC recommends you get the new shingles shot.

On the other hand, you should not get the vaccine if you have tested negative for immunity to varicella zoster, the shingles virus. If you test negative, you should get the chickenpox vaccine.

If you have the first of the two Shingrix shots, and you have an allergic reaction, do not get the second.

Two doses of Shingrix in adults ages 50 to 69 were 97 percent effective in preventing shingles and protection remained strong four years later.

400th anniversary of the tie

Father's Day still has room for the tie

From the moment humans wore clothing, there were neckties. At the dawn of man, they probably held up shirts.

Today the shirt holds the tie.

This year more than \$13 billion will be spent on Father's Day and 40 percent of that is expected to be for clothing, according to the National Retail Federation. Some of that money is going to ties, even though the gift gets a bad rap as the easy choice.

But it's still a good choice for dads who wear ties. Ties today are for decoration, and everyone wants to look good. Modern ties, in fact, have been making men look good for at least 400 years, though in different forms.

The earliest ties were actually scarves and they could signify rank or have a practical purpose. According to the gentlemansgazette.com, Roman soldiers wore scarves, some tied at the neck, as a badge of honor. That was 113 AD. Earlier than that, in 210 BC, Haung Dynasty soldiers were sculpted wearing wide scarves wrapped around their necks and tucked into their armor. This was possibly because it protected them from cold and irritation from their armor.



The modern tie is generally attributed to the Croatian mercenaries who served with both the French and Germans in 1618 during the Thirty Years War. The Croatian fighters wore wide collars tied at the neck, prompting the invention of the word *cravat*.

After that, men always were pictured with neckwear. For a brief period in the 18th century, men wore those folded, white, high, round collars, called *stocks*. If you think a tie is uncomfortable, think of wearing a stock made of horsehair.

By the late 1700s, fancy men wore neckties that were supposed to look casually thrown on and tied. In fact, dandy Beau Brummell took hours to

tie his. That wouldn't do for the average fellow going to church.

Finally, by 1900 the tie as we know it had emerged, complete with a fashionable and easy way to tie it: the **Four In Hand** knot, still the most common knot.

Today, ties have become skinny or fat, according to fashion, and are made with hundreds of different patterns and fabrics.

Officers & Contacts

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Open Positions

Sunshine Coordinator (Get Well Cards) • Correspondence • Lunch Bunch • Fund Raising • Historian/Photos • Publicity

Chapter Calendar information is online at:
mendedhearts.gnosishosting.net./Chapters/Chapter/282

Chapter Meetings are held at Kaiser Permanente Santa Rosa, Building 2, in the 3rd Floor Conference Room, on the second Saturday of every month except July and December, from 10 am to noon.

Email: mendedhearts282newsletter@gmail.com

May Program: Can We Avoid Alzheimer's?

Vice-President Langdon Plank not only chaired the May meeting in the absence of the President, but also provided the program. Three Dr. Oz videos on Alzheimer's Disease provided a look at the chances of being affected by the disease (dismal), the steps to be taken to slow its onset (healthy diet and exercise), and an exciting prospect: an actual cure (promising).

Research into the disease indicates that while Alzheimer's is very likely to impact our lives—either directly or through a loved one—many lifestyle changes can slow its onset once it has been diagnosed, and even reduce our chances of getting the disease. If not the actual cause of Alzheimer's, a sedentary lifestyle and a diet leading to compromised circulation can open us to its effect.

As simple a change as daily flossing can protect us from the forms of the disease caused by bacteria. We also learned an excellent exercise (squats) for promoting core strength. For those of us with uncertain balance or crippled knees, a body-squat option—sitting on the edge of the bed, rising to stand using the legs alone, then sitting again—offers the support and soft-landing on a mattress, making it far easier to adopt squats into our daily regimen.

The third video focused on the work of Dr. Dale Bredeson, MD, who has developed a protocol (treatment) to reverse the scariest of Alzheimer's symptoms, the loss of memory. Dr. Oz showed us the cover of Bredeson's book, *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, and introduced several patients who had recovered memory and cognitive function by following the protocol. Treatment involves medicine, diet changes and both physical and mental exercises.



George and Mary were on the road for the May meeting, and into June. The **President's Message** will return for next month's newsletter!

Attitude of Gratitude

Many thanks to **Kaiser Permanente**, who has our gratitude for their generosity in printing Chapter Newsletter and flyers, donation of mailing costs, and providing us with Monthly and Board Meeting locations.

Many thanks also to the **American Heart Association** for their past efforts and discounts for our mem-

bers to attend the annual **Go Red Luncheon** (this year on May 11th) to honor and educate women on the risks of heart disease.

Thanks to **Santa Rosa Memorial Hospital** for their continued coordination with the Chapter's Visiting Program, and to **Medtronic** for the generous donation of funds.

Crossword Solution from pg 6

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

Technology makes living with type 1 diabetes more manageable

Type 1 diabetes is a disease that affects 1.25 million Americans and requires constant monitoring and treatment throughout the day, but new technology allows sufferers to focus more on enjoying life, according to **Cnet**.

With Type 1 diabetes, the body makes little or no insulin, which is necessary to regulate the amount of sugar in the blood.

New products, made by companies such as Dexcom, allow an insulin pump and blood glucose monitoring system to be attached to a person's body and communicate with them through their smartphone in nearly real time. When it detects a need for insulin, the pump administers the proper dose, and the monitoring continues. Parents of children with the disease can check on them at any time which can remove some of the uncertainty of treatment and provide more peace of mind for the whole family. Although it still requires a couple of finger pricks to calibrate, it doesn't need parents to wake several times per night to check their child's glucose levels, exhausting both.

While the benefits of using such technology are apparent, there are still limitations and trade-offs when it comes to any current solution, and that prevents patients from living genuinely carefree.

Strapping pieces of hardware to a person's body is a constant reminder of their condition, and it can be a struggle to find which devices work best for each individual. Each brand carries a unique set of pros and cons, and sometimes it makes more sense to mix-and-match different pieces—which can add to the complexity for everyone involved.

Support groups have emerged that help users adapt to and use the technology more efficiently, as well as acting as a source of innovation.

Concierge healthcare becomes popular

Concierge healthcare is merely an agreement between a patient and a primary care doctor, or group of doctors, that a monthly or annual fee will be paid in return for quick access to around the clock services, according to **Forbes**.

These fees can range from tens of thousands per year to as little as \$2,000. It's like having a doctor on retainer to ensure that an uncomplicated illness or even a chronic disease won't require the patient to wait long hours in an emergency room or doctor's office. The physician, on the other hand, can see fewer patients while providing more personal care and maintaining the most modern equipment.

Many primary care physicians have been adopting a concierge model for their practices in recent years for financial reasons as well as personal preference. Doctors that made the switch overwhelmingly pointed to their desire to provide better preventive care as the most significant reason for the change. It allowed

them to spend more time talking to their patients about the root causes of their illness and to develop treatments.

As an example, doctors that can treat patients in this way were able to control blood pressure in 90 percent of cases compared to the national average of only 54 percent, according to the Centers for Disease Control and Prevention.

For those with the need and the means to pay for it, total care platforms exist at the top end of concierge healthcare and offer services beyond easy access to doctors. Those with chronic diseases, for instance, can find custom contingency plans to handle expected complications, longevity plans to extend life, and even remote monitoring and digital diagnosis and treatment.

Powered by smartphones, patients can enjoy the benefits of a doctor with intimate knowledge of their health records and receive prescriptions or referrals from wherever they may be at the time.

Cataracts: You can have your sight back

Cataracts, a clouding of the eye lens, have been known and diagnosed since at least 29 AD, but the treatments, until the 1940s or so, have probably been worse than the problem.

With age, it is very common to suffer some vision loss from the clouding of the natural eye lens. According to the World Health Organization, age-related cataracts are responsible for 51 percent of world blindness. In North America, about 42 percent of people have lens changes between ages 42 and 64. That percentage rises to 91 percent by age 75.

Today, cataracts are repaired surgically by inserting a foldable plas-



tic lens to replace the natural one. Surgery is very safe and effectively restores vision.

Symptoms of cataracts, according to the Mayo Clinic:

- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

The Power of Connection

I have been where you are; I know how you feel.” That’s a powerful statement. The sense of connection and bonding that can happen is soothing and often one of the keys to a successful recovery. Individuals who are going through a medical crisis or learning to change their lifestyle can find success in these connections...

According to the author Charles Duhigg, a movement starts because of the social habits of friendships and strong ties to close acquaintances. It ... endures because individuals give each other new habits that create a fresh sense of identity and a feeling of ownership over their well-being.

In personal health, individuals must be educated, empowered and supported to make changes in their care. They should also feel they have some semblance of control. These habits are difficult for the healthcare industry to in-

grain in such a fast-paced, impersonal world. Clinicians are often overwhelmed with caring for the complex medical needs of patients, which leaves them little time to provide personal support.

Social support systems are more likely to encourage an individual to adhere to treatment, make positive lifestyle changes and provide additional resources for patients. This is where peer-to-peer support enters into the healthcare equation. Peer supporters can be the social system that patients need to become educated on the importance of medication adherence and to encourage lifestyle changes that will impact their healthcare outcomes. ...

The whole **Mended Hearts** blog entry may be read online at mendedhearts.org/connecting-with-others-can-lead-to-success/

Crustless, Gluten-Free Peach Ricotta Cheesecake



PREP & BAKING TIME: 1½ hour
READY TO SERVE: Following day
SERVES: 8-10
UNITS: US

EQUIPMENT

Requires: 11-inch springform cake pan, stand mixer

Helpful: Blender/food processor

INGREDIENTS

2 fresh, ripe peaches (Cut one in half, bag and refrigerate half with the other whole fruit)

⅔ cup any honey except lavender *

1½ lbs fresh whole-milk ricotta, unsalted, well drained

¼ teaspoon cinnamon

¼ teaspoon baking soda

4 egg yolks

6 egg whites

¼ cup gluten-free flour

Zest of ½ lemon, finely grated

¼ tsp salt

DIRECTIONS

Preheat oven to 325 degrees.

Grease the assembled springform cake pan with sparing amount of butter, margarine or Pam spray, and drizzle with 2 Tablespoons honey taken from the two-thirds cup measured for the recipe.

Cut one peach in half, peel half, and then finely dice the peeled fruit. Reserve the remaining fruit for slicing over the completed cheesecake.

Blend on LOW (or mash, then beat with a hand-mixer) the fresh ricotta, diced peach, cinnamon and half the remaining honey until creamy.

In the stand mixer on LOW, beat egg whites until they begin to be frothy. While continuing to beat the mixture on MEDIUM, drizzle the other half of the honey into the froth, a little at a time. When all the honey has been added, raise the mixing speed to high, and beat until the mixture is stiff, white, and glossy. (The egg whites will not be as stiff as when beaten with sugar.)

Whisk the ricotta-peach-honey mixture together with egg yolks, gluten-free flour, lemon zest, baking soda and salt in a large bowl. Fold half the beaten egg whites into this batter using a rubber spatula until just combined. Gently fold in the rest until just combined.

Pour batter into pan and bake at 325 until top is deep golden brown (about 25 minutes). Reduce temperature to 225 and continue to bake until center is firm (an additional 35-40 minutes).

Let stand for at least 20 minutes. Run a knife around the edge of the cake, release the sides and cool in the refrigerator at least 4 hours/overnight. (Ricotta cheesecake requires time to set up; it will fall apart if the pan form is released or it is sliced while warm!)

Before serving, (optionally peel and) slice the remaining fruit and arrange it on top of the cheesecake. Some serve it with a drizzle of honey as well, but I find the dessert to be quite sweet enough without it.

* Lavender and peach flavors combine in this recipe to produce a cheesecake with a faintly soapy flavor!

MH & MLH National Education & Training Conference in San Antonio

July is quickly approaching and it's time to start making those summer plans! Join us in San Antonio July 14-18 for our not-to-be-missed National Education and Training Conference. The conference will take place at the Hyatt Regency San Antonio Riverwalk, steps away from fabulous restaurants, shopping and historic sites. Need more reasons to attend?

- Celebrate and network with old and new friends from across the country
- Learn the latest therapies in congenital and adult heart disease
- Share your personal story of survival and recovery
- Share your chapter's activities and accomplishments with other leaders
- Hear tips to grow your chapter and provide high quality services
- Socialize at the fun MH/MLH reception on Sunday evening
- Join in our service project for children in the hospital
- Visit the nearby Alamo, or take a boat ride on the San Antonio river
- Learn best practices in visiting to take back to your chapter's visitors
- Get inspired and re-energized!

For an agenda of the Mended Hearts programs being offered at this year's conference, go to Mendedhearts.org.

And don't miss our early bird special - after June 15, registration and hotel prices go up!



Celebrate Life with a fiesta-themed reception



Mended Hearts Executive Committee would like to formally invite you to join the party in San Antonio as we celebrate life with a Fiesta-themed Meet & Greet. Grab your brightest colors and dress for the night! There will be food, drinks, and fun.

We hear a Piñata is on the agenda! During the reception we will be hosting a community service project: Bring your best decorating skills to help create cards for heart kids in the hospital! We will be de-

livering the cards with a lion to kids who are inpatient at the three children's hospitals in the San Antonio area. Our goal is 150 Cards and Lions! This fun event is on Sunday, July 15, 2018 at 6:00 PM as a part of the National Education and Training Conference in San Antonio.

Register at Mendedhearts.org

Purchase a Conference Program Book Ad on or before June 1, 2018

Acknowledge and/or memorialize a special Mended Heart or Mended *Little* Heart family member by purchasing an ad in the 2018 Conference Program book or advertise your chapter by placing an ad in the conference program book. All ads will be in black and white and may be purchased in a variety of sizes.

Go to Mendedhearts.org for more information on pricing and sizing.

MLH Helicopter Golf Ball Drop Fundraiser

Interested in supporting Mended *Little* Hearts AND having a chance to win up to \$2,500? You can do both by participating in MLH's first ever helicopter golf ball drop and national raffle. The event will be held on September 29th, 2018 at a Phoenix, AZ golf course, but you do not have to be present to enter. Only 2,000 numbered balls are available, and you can purchase them no matter where you live.



randomly assigned a number from 1-2000 (up to the amount of balls sold). On September 29th, in Phoenix, a helicopter will take all of the golf balls up and drop them onto the green. Closest (or in) the hole are the winners.

Three prizes will be awarded:

- 1st place: \$2,500
- 2nd place: \$1,500
- 3rd place: \$500.00

Purchase your golf balls today! To buy today, go to <https://mendedhearts.org/national-golf-ball-drop/>

How does it work? You buy a golf ball (or 5 or 10) and will be



Grilled chicken with Moroccan spices equals love at first bite

Here's an idea for fabulous grilled chicken that uses common spices in an exotic combination that hints at Morocco.

The key is the marinade. The chicken should bathe in the spice combo for five to six hours in the refrigerator.

This recipe works for bone-in chicken as well as tenderloins.

PREP TIME: 10 minutes

MARINATION: 5-6 hrs

SERVES: 8-10

UNITS: US

INGREDIENTS

MARINADE:

1/4 cup extra virgin olive oil

1 teaspoon salt

1 teaspoon sugar or honey

3 garlic cloves, minced

2 teaspoons paprika

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1/4 teaspoon ground ginger

1/4 teaspoon ground turmeric

1/4 teaspoon ground cinnamon

1/8 teaspoon cayenne pepper

MEAT: 1½ to 1¾ pounds chicken breasts or tenderloins

DIRECTIONS

Combine olive oil and dry ingredients to make the marinade. Put chicken and marinade in freezer bags. Shake to coat and then massage the marinade into

the chicken. Marinate in the refrigerator for 5 to 6 hours.

Cooking time will depend on whether you are using thin tenderloins or bone-in pieces.

Tenderloins cook very quickly. Preheat grill on HIGH. Place tenderloins on the grill and spoon on marinade. Grill 2 to 3 minutes per side. Keep your eye on them to make sure they don't overcook.

For full chicken breasts, preheat gas grill to 400 degrees with lid down. Turn off one of the burners and place chicken skin-side down on the off burner. Grill over indirect heat for 15 minutes (with grill lid closed). Turn over, cook on indirect heat for 10 minutes more. Move chicken over direct heat and cook, turning once, until skin is well browned and crisp, 3 to 5 minutes.

Political independence, recognized

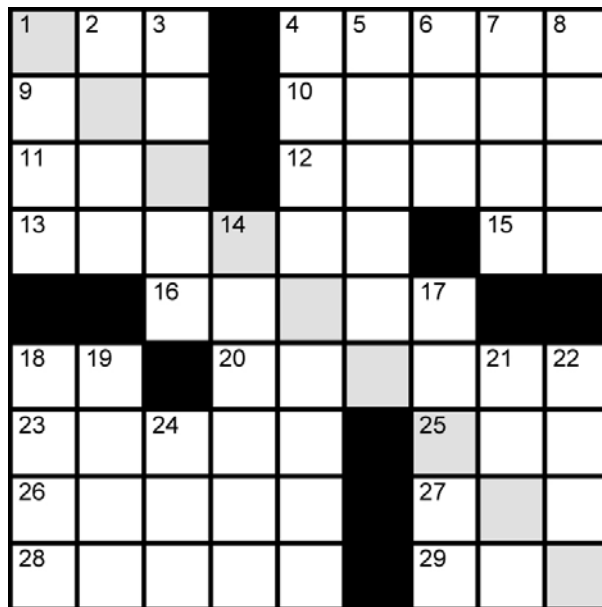
The headline is a clue to the answer in the diagonal.

Across

1. Manuscript encl.
4. Receded
9. 20's dispenser
10. Marilyn Monroe's real first name
11. African antelope
12. Swindle
13. Treats with malice
15. Thus
16. Bloodsucker
18. Either's partner
20. Loathes
23. June birthstone
25. "___ Baby Baby" (Linda Ronstadt hit)
26. Excessive
27. Furrow maker
28. Breaks off
29. Build (on)

Down

1. Droops
2. At the peak



- | | |
|-----------------------|-------------------------|
| 3. In-box contents | 17. Fuss |
| 4. Weakens | 18. Creative work |
| 5. Beet soup | 19. Monthly budget item |
| 6. Lingerie item | |
| 7. Outback birds | 21. Cross |
| 8. Carpenter's groove | 22. Outbuilding |
| 14. Shred | 24. Big deal |



"I'll need your username and password..."

June 2018



Sun Mon Tue Wed Thu Fri Sat

	June is Fireworks Safety Month				1 Go Barefoot Day	2 Rotisserie Chicken Day— <i>Recipe pg 6</i>
3 Frozen Yogurt Day	4	5	6 D-Day 	7	8 Best Friends Day	9 Chapter Meeting 10am-Noon Kaiser Bldg 2, 3rd Floor Conf. Room
10	11 Aloha! Kamehameha Day	12	13	14 FLAG DAY- JUNE 14	15	16 Fresh Veggies Day
17 FATHER'S DAY 	18	19 Heart-Healthy Dining Out (Lunch Bunch) Location TBD 11:30 am	20	21 Summer Begins	22	23 Pink Flamingo Day
24 Swim a Lap Day	25	26	27 Pineapple Day	28	29	30

