

**Spring
2021**



Mended Hearts™
of Boise Chapter 380

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

President's Message



The time is now to focus on the future. Eventually this COVID-19 issue, cold weather and isolation will be a thing of the past. If you do not embrace this reality you can delay goal setting and long-term preparation, which can increase your chances for later problems such as your health. Now is the time to make your plans and strategies to make the best of 2021 and beyond.

The first place to start is with maintaining regular medical checkups with your primary care doctor, dentist and eye doctor. The Harvard Medical School also suggests you have your hearing checked at least every two years. Remember it is important to improve your mobility, strength and endurance. Many gyms offer affordable personal training packages, or pay as you go options. Some may be offered to you remotely through zoom. This is not the responsibility of someone else, so stay active now and develop good habits. Good weather is ahead, so invest in yourself and long-term life style goals.

If your finances are under control, start planning on a fun event. Reward yourself, you deserve it, take that cruise, vacation or just get out over the weekend for a little exploration of the USA.

Another great suggestion is to create a support system. Build a circle of friends and family to help maintain social contact and communication. Focus on the positive and develop your activity to include free time with fun, knowledge and support. Your local Mended Hearts Boise Chapter offers help with this goal. Join our monthly zoom meeting, learn something new about your heart health and our goal of peer-to-peer support for education/heart improvement for all of us. We also hope to be back doing volunteer efforts in hospitals and making follow up calls to heart patients and their families. This is a good time to offer your support and start your training to become an accredited Mended Heart visitor/caller. Not only will

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Save the Dates!

MENDED HEARTS MONTHLY MEETING

We are currently holding 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 held 3:00 - 4:30 pm on the third Wednesday of the month.

- ♥ MH Chapter Meeting Wednesday, 4/21/2021 3:00-4:30 PM. Guest Speaker: Chapter 380 Member, Dee Hartman will talk about her LVAD device and tell her personal story.
- ♥ MH Chapter Meeting Wednesday, 5/19/2021 3:00-4:30 PM. Guest Speaker: Chapter 380 Member, Tory Hebdon will give a talk "Models for Living".
- ♥ No MH Chapter Meeting in June, Picnic Party tentatively planned for Thursday, June 17, 2021, at a time and place to be announced.

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).

VIRTUAL VISITING AND REACCREDITATION TRAINING:

Reaccreditation Training is scheduled for Apr 14, 2021, at 4:30 PM (ET) and Apr 21, 2021, at 01:00 PM (ET). Please contact Jack Marr for registration details or future dates (229.269.8161, or jack_marr@hotmail.com).

OXFORD, England — Here's another reason to make a daily jog or bike ride a priority. There is simply no limit to the benefits of exercise for our hearts, according to the largest ever study of its kind.

Researchers at Oxford University say the lowest risk of cardiovascular disease, including conditions such as a heart attack or stroke, is seen among people who are most active. Their findings, published in the journal PLOS Medicine, show that physical activity is not only associated with a lower risk of cardiovascular disease, but there is no threshold for that association.

Previous research has shown that there is an inverse association between self-reported physical activity and the occurrence of cardiovascular disease. However, there is uncertainty about the range of the association, especially at the highest levels of physical activity.

For the new study, researchers used figures from more than 90,000 British residents without prior cardiovascular disease who agreed to wear an accelerometer to measure their physical activity over a seven-day period. Participants in the lowest category of physical activity smoked more and had higher body mass index (BMI). They also had higher levels of the inflammation marker C-reactive protein, and were most often diagnosed with high blood pressure.

Exercise 'even more important for prevention of cardiovascular disease than previously thought'

Overall, there were 3,617 cases of cardiovascular disease diagnosed in participants during an average of 5.2 years of follow-up.

The study shows that people in every increasing quartile of physical activity, for moderate-intensity activity, vigorous-intensity activity and total physical activity, were less likely to have cardiovascular disease. For example, compared to those in the lowest quartile, those in the second quartile of moderate-intensity exercise were 71 percent as likely to be diagnosed with cardiovascular disease. Moreover, those in the third quartile were 59 percent as likely, and those in the highest quartile were 46 percent as likely.

From: https://www.studyfinds.org/no-limit-to-benefits-of-exercise-for-heart-health-of-exercise/?fbclid=IwAR1-X2oYR9uXyKZe3A3BTU99h_oS-LeuUtpEytKxjZmeakOAXkZpZ2pp0to



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.”



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.”

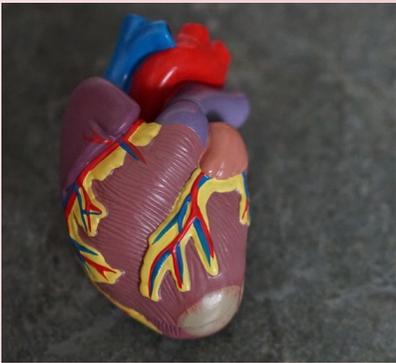
About Mended Hearts: “Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.”

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

Topic: First Hand Experience with a Heart Transplant

January 20, 2021

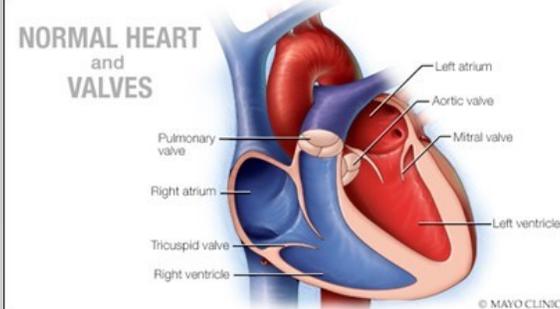


- ♥ There are 250 heart transplant hospitals in the United States. John had his transplant at the University of Utah Hospital in Salt Lake City. This hospital is in network with our local hospitals, St. Luke's and Saint Alphonsus Regional Medical Center and also Life Flight.
 - ♥ John's heart story started two years before his transplant. He had CHF (Congestive Heart Failure) and was under the care of a local cardiologist. He was being treated with medications and various therapies, but his body was not responding. Along the way, he had multiple MIs (Heart Attacks) which damaged the heart muscle. His condition continued to deteriorate over the next year and a half. He underwent open heart surgery and had a LVAD (Left Ventricular Assist Device) implanted to keep his heart going. This device is considered as a bridge to a transplant destination. This device connects through wires coming out through the abdomen, to a battery for power. John was put on a heart transplant list and waited. On February 3, 2020 at around 8:30-9:00 PM John got the call he had been waiting for. A heart was available and he had to get to Salt Lake immediately. There were not flights available so a friend drove him to Utah, with his family following on the next available plane. John and friend arrived in Utah around 2:30-3:00 AM and John was taken into surgery right away.
 - ♥ The heart transplant list is through 'United Network for Organ Sharing' (UNOS). It is involved in many aspects of the organ transplant and donation process: Managing the national transplant waiting list, matching donors to recipients 24 hours a day, 365 days a year and maintaining the database that contains all organ transplant data for every transplant event that occurs in the U.S. [**The above paragraph information taken from the Wikipedia site.]
 - ♥ The transplant list is very specific and changeable: 1) Some hospitals have no age limit for patients to receive a transplant, others will not enter anyone onto the list if they are over the age of 72. 2) Entrance onto the list is largely dependent on a patient's health condition or status. 3) The list is numbered from 1-6 with the lower numbered names being the first to receive an organ, and this is determined by the urgency of a patient's condition. John was number 4 on the list. The names on the list can move up and down the numbers as conditions change. 4) a patient on the list is matched with a donor according to size of patient and corresponding size of donor organ as well as blood type. Gender is not a factor when considering a heart transplant. A person can sometimes wait on the list for up to 14-18 months before getting the transplant. In John's case, he was placed on the list only after he had survived the LVAD, and completely recovered and regained his strength. It took 5 months; only then could he be considered as a candidate for the list.
 - ♥ Following the transplant, John was in the hospital for only two weeks — one week in the intensive care unit and one week in the cardiac unit. Before surgery, he had to sign a document to agree to live close to the University Hospital for six months for close observation during follow up appointments. His condition improved to the point that the doctors let him return to Boise in 3 months. He has to return to the University of Utah Hospital quarterly with the goal to eventually return yearly to check for rejection. Right after the transplant, daily biopsies were done to assess tissue viability, then it was reduced to weekly, then every two weeks, then every four, and, finally, eight weeks.
 - ♥ John will have to be a patient all of his life. He will always take immunosuppressant medication to keep his body from rejecting the new heart. Currently he takes these immunosuppressant drugs 4 times a day. Any and all other medications, including supplements, have to be approved by the transplant team. They don't want anything to interfere with his heart medications. The transplant doctors want him to take the yearly flu shot, pneumonia shot, and even the COVID vaccination. John has to watch his diet, avoid fat and raw food, sharply restrict sodium intake, carefully and thoroughly wash food.
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- ♥ A patient cannot have direct contact with the transplant family. Any contact has to go through the hospital social worker.
 - ♥ Post surgically, John had trouble eating and was put on a feeding tube for awhile (this following his LVAD placement), developed a post surgical fungal infection in his body, mostly in the chest, following

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DEAR MAYO CLINIC: My father is having issues with his aortic valve. He is 53 years old and was told he needs to have a valve replacement. I was reading that there are different types of valves. Can you explain the differences and what option may be best?

ANSWER: There are four major valves in the heart, two on the left side of the heart (aortic and mitral) and two on the right side of the heart (pulmonary and tricuspid). Heart valves serve as “one-way doors” allowing blood flow through the heart. Valves can fail because they have difficulties opening (stenosis), leaking (regurgitation) or both. These conditions may lead to heart valve surgery. Sometimes, when the mitral or tricuspid valves fail because of regurgitation, they can be repaired. And if a valve is repairable, that is preferred to replacement.



However, many times, valves require replacement when they fail. There are two major types of prostheses used for valve replacements: mechanical valves and tissue valves. One type of prosthesis may be a better option for your father, so which valve is right requires some thought.

Mechanical valves are most commonly used when replacing the aortic and mitral valves. Types of mechanical prostheses have evolved over time, but most modern ones are made of pyrolytic carbon and have two tilting discs that allow blood to flow one way through them.

Mechanical valves require a cardiac surgeon to remove the existing valve — most commonly via a sternotomy (midline incision through the breastbone) — and requires stopping the heart (cardiopulmonary bypass). The greatest benefit of a mechanical valve is durability. Some of my patients are doing well with mechanical valves implanted in the 1970s. I generally think of mechanical valves as lasting forever. However, mechanical valves require the blood thinner warfarin to keep them from clotting and aspirin. Although there are new anticoagulant medications being used for other indications, the only blood thinner that is appropriate for mechanical valves is warfarin. Warfarin increases a patient’s risk of bleeding and is not suggested for use during pregnancy.

Tissue valves are made from porcine (pig) or bovine (cow) tissue, and can be used to replace any cardiac valve. Tissue valves can be implanted surgically, just like mechanical valves, where the old valve is removed and the new prosthesis is sewn in its place.

In the last 15 years, transcatheter valve replacement has emerged as a different way to implant tissue valves, used almost exclusively for aortic valve stenosis. This procedure, called transcatheter aortic valve replacement or TAVR, avoids the need for a sternotomy and often has a much shorter hospital stay. I always think of TAVR as a “valve on a stick” because a tissue prosthesis is crimped onto a balloon catheter, which is then placed in an artery (often the femoral artery in the groin) and snaked up to the heart. The TAVR prosthesis is then ballooned open inside the old valve, smooshing it out of the way. TAVR requires patients to have adequate blood vessels and a large enough native aortic valve to accommodate the new prosthesis inside of it.

There are two main benefits to a tissue valve. First, the potential option for transcatheter delivery (particularly in aortic stenosis); and second, the fact that after the initial implantation time period, they do not require warfarin, only aspirin. The biggest drawback of tissue valves is their durability. An average tissue prosthesis lifespan is about 10 years, however, in younger patients or those on dialysis, they can deteriorate much faster. When tissue prostheses fail, they become stenotic or regurgitant, just like native valves, and then require repeat replacement.

So, which valve is right for your father? The risk of valve infection does not differ between tissue and mechanical prostheses, and neither require immunosuppressive medications. If valve replacement is needed on a right-sided valve in a patient older than 70 or in patients with contraindications to warfarin, a tissue valve is likely the right choice. In patients younger than 50 or patients already on anticoagulation for other reasons, such as atrial fibrillation, a mechanical valve is often the right choice.

Although this doesn't apply to your father, I do recommend that young patients who want to become pregnant or who are participating in very physical sports with a high bleeding risk consider a tissue valve to avoid warfarin in the short term, with the knowledge that it is a temporary treatment expected to require repeat replacement. As your father is still relatively young, it is important that he talks with his cardiologist about the pros and cons of his personal situation so he can make an informed decision. — **Dr. Jeffrey Geske, Cardiovascular Medicine, Mayo Clinic, Rochester, Minnesota**

Simple Chicken Stir-Fry

Serves 4 - about \$1.05 per serving

Ingredients

- ♥ Cooking spray
- ♥ 4 boneless, skinless chicken breasts (about 4 ounces each), cut into bite-size pieces, all visible fat discarded
- ♥ 2 teaspoons canola, corn, or extra-virgin olive oil
- ♥ 1/2 medium head green cabbage, thinly sliced
- ♥ 4 medium carrots, shredded
- ♥ 2 tablespoons soy sauce (lowest sodium available)
- ♥ 1 tablespoon low-sodium peanut butter
- ♥ 1/2 teaspoon fresh gingerroot, grated (optional)
- ♥ 2 cups cooked brown rice

Directions

- ♥ Lightly spray a large skillet or wok with cooking spray. Cook the chicken over medium-high heat for 5 minutes, or until no longer pink in the center, stirring occasionally. Transfer the chicken to a plate. Set aside.
- ♥ In the same skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the cabbage and carrots for 4 minutes, or until the vegetables are tender-crisp, stirring frequently. Stir in the reserved chicken.
- ♥ In a small bowl, whisk together the soy sauce, peanut butter, and gingerroot. Stir into the chicken mixture. Cook for 2 minutes, or until heated through.
- ♥ Spoon the rice onto plates. Top with the chicken mixture. Sprinkle with the peanuts. Cook's Tip: You can substitute tofu for the chicken to make this a vegetarian meal. Cut 16 ounces low-fat, extra-firm tofu (drained well) into 1/2-inch cubes. Stir in the tofu when the vegetables are tender-crisp



Cook's Tip: You can substitute tofu for the chicken to make this a vegetarian meal. Cut 16 ounces low-fat, extra-firm tofu (drained well) into 1/2-inch cubes. Stir in the tofu when the vegetables are tender-crisp.

Nutrition Analysis (per serving)

Calories 349	Total Fat 9.5 g	Saturated Fat 1.5 g	Trans Fat 0.0 g
Polyunsaturated Fat 2.0 g	Monounsaturated Fat 4.5 g	Cholesterol 54 mg	Sodium 411 mg
Total Carbohydrate 41 g	Dietary Fiber 8 g	Sugars 9 g	Protein 25 g

Recipe by American Heart Association in "10 Under 10 — 10 Recipes for under \$10 with 10 Ingredients or less"

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.

Visiting and Calling Heart Patients:

One of our core responsibilities as a Mended Hearts organization is to bring our experience and understanding to heart patients while they are in the hospital, and later at home, as they recover and work to achieve their normal lives. With the arrival of COVID-19 last year, we have not been allowed to make in-hospital visits making our contact with patients next to impossible. For our current accredited visitors this has been a challenging and frustrating time as we attempt to maintain our focus and also accomplish the training required to maintain our accredited status.



Fortunately, Mended Hearts International has been able to offer re-accreditation training sessions on a regular basis (normally twice a month) via Zoom webinars, or by listening in by phone for non-Zoomers. Many of our visitors have been able to take advantage of these sessions to stay current on the latest information on visiting while updating their accreditation currency dates at the same time. This will be very helpful since our visitors will be poised and ready to go when the starting gates are opened and we are allowed to re-enter hospitals. For visitors nearing the lapse date for their annual training, or those overdue, please consider signing up for a future webinar event. We will keep you posted via email of upcoming dates.

For other chapter members who may wish to become an accredited visitor, please watch for information in future newsletters and for information revealed at our monthly chapter meetings. Training involves a 2-3 hour in-person introduction and orientation followed by actual visiting practice in the hospital setting accompanied by an accredited volunteer. We hope to offer this initial training as soon as we are authorized to once again gain access to our hospitals. If you have questions feel free to contact Jack Marr at jack_marr@hotmail.com or phone 229.269.8161.

Participate in Board Meetings

Our Board of Directors meets once a month to discuss issues, develop schedules for future activities, and generally serve as a tie between Mended Hearts International and our local Chapter. **Our President, Ray Trapp, has recently been elected Regional Director for the Rocky Mountain Region**, so we will have the added advantage of his relation with the other chapters in our Region as well as a stronger tie with the National Office in Albany, GA. The Board has been meeting via Zoom during the COVID-19 pandemic, but hopes to get back to in-person meetings within the next several months.

Our meetings are very informal; we have a lot of fun and laughter while still managing to accomplish necessary functions to keep the Chapter running smoothly. We are always looking for members who would like to become a little more active with our local group, especially those who have ideas on how we can bring our experiences and knowledge to more heart patients. There is no set size to the board so members are invited to participate in the meetings without having to make a commitment to become an officer.



Help Share our Mission with PCPs and Cardiologists

Until the COVID-19 pandemic hit, Mended Hearts generated membership mostly through person-to-person contact with patients at hospitals. For the last year we have been trying to reach patients through virtual means such as telephone, email, Zoom, etcetera. However getting the word to the patients has been a challenge. One means of making contact with patients is by giving our own doctors information on Mended Hearts to distribute to their patients. This information includes what our mission is and how the patients can get in touch with Mended Hearts to obtain the support our organization offers.



The doctor can be your Primary Care Physician, your Cardiologist, or any other doctor who's patients may have heart issues. We can provide your physicians handouts to give to patients they deem candidates for our support. The patients do not have to be recipients of a heart procedure, they can be someone recently diagnosed with a heart condition and would like to talk to someone who has gone through what they are experiencing. You do not have to be the one to make the contact; Mended Hearts can find someone who will make that call.

If you are interested in helping get this information out, contact one of our Board Members on the last page of this newsletter

Volunteer with AARP

Topic: Frauds and Scams, Who and What to Watch Out For!

February 17, 2021

A fraud/scam is an illegal plan or dishonest trick to get money from people.

Protect yourself by hanging up, deleting, refusing to engage, or verifying the facts through known and reliable sources. Do not EVER give out ANY personal information. Avoid "scare" tactics or "special offers." Register for the Do-Not-Call list. Verify by going to the search engine on your computer and checking for scams. Be aware of what is happening in your local government and health community. Seek out trusted sources – the IRS, state Attorney General's Office, the FTC (Federal Trade Commission). The Better Business Bureau can clarify the authenticity of a caller's claimed company or position.

Why seniors are the target: they are more likely to be home (rather than at work); they are frequently lonely or isolated (and, thus more apt to answer the phone and engage in conversation); they respect authority (so if the caller tells them there is a "problem which needs addressing", they will listen); they are less likely to report a scam; they might be in a state of anxiety or stress, be experiencing an increase in health problems (so, in this heightened emotional state, they are willing or wanting to talk); scams chase the headlines (and most seniors are aware of the headlines) which leads to a description of scam.



◆ COVID 19 VACCINE SCAM ALERT: A) Be wary of anyone promising "early or easy access" to the COVID 19 vaccine in exchange for personal information. B) Never sign up for anything you can't prove. C) Consumers should NEVER respond to any solicitation about the vaccine. D) Call and get information from someone you can trust, such as a pharmacy, doctors office, CDC Website to obtain a list of places where the vaccine is available. (If you are unable to use a computer, ask a family member, a neighbor, or a friend to help you). E) Don't pay money if someone on the phone promises to move up your date in the line of vaccine recipients. Remember, the vaccine is free, other than a possible, on-site administration fee.

- ◆ STIMULUS PAYMENT SCAMS: A) Extends an offer to help speed up the government stimulus payment to you, at which time the scammer will request information from you in order for them to send your check. B) They may claim to be an employee from a government agency.
- ◆ HEALTH AND TESTING SCAM: There will be advertisements or messages touting mandatory clinic or at-home testing, treatments, cures, vaccines- such things do not exist.
- ◆ CHARITY SCAMS: A) Asking for money for a particular cause, such as police or sheriff department funds, etc. B) Ask questions such as " what percentage of my donation will go towards the cause". C) Check before you donate at www.charitynavigator.org or at www.give.org D) Don't EVER send cash, gift cards or wire transfers.
- ◆ PRODUCT OR SERVICE SCAMS: For example, home air duct cleaning "offer" or any other home service offers.
- ◆ PET SCAMS: An offer to help you get a pet as a companion during these "lonely and isolated times". If you send them money they will promise to get a pet for you.
- ◆ ROMANCE SCAMS: A) Posing as a dating service. There are always "lonely and available" people who want to meet you and become your friend or companion. B) Do not answer an invitation to become a friend on Facebook unless you know the person who is extending an invitation.
- ◆ THE SILENCE SCAM: A) The phone rings and you pick it up. There appears to be no one on the other end, you might or might not hear an electronic sound despite no one talking to you. Information can be obtained electronically just by you picking up the phone. B) You get a call and don't answer. A voice comes over your answering machine asking "can you hear me" or "is this" and they will say your first name. If you answer with a "yes" they can use this "yes" to indicate that you gave permission for a "deal;" they are actually scamming you on. C) Get Caller ID (identification), do not answer the phone if you don't recognize the number and don't answer with a "yes" if they ask you a question.
- ◆ GRANPARENTS SCAM: The imposter will impersonate a kid and identify themselves as your grandchild who is in trouble and needs you to send money right away, to help him or her out of the particular, bad situation. They might ask you not to tell their parents so as to make it "your little secret" so that you will not tell anyone else in the family. Once they have you isolated and concerned about the "child", they will tell you where to wire the money.
- ◆ IRS SCAMS: You will be called and told you owe money to the IRS, and then you will be threatened with a large fine or imprisonment if you don't send money so that the caller can "take care of this problem for you". B) A legitimate company does not call to threaten.



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Heart Healthy Breakfast: Avocado Toast

By simmerandsauce

Serves 1

“Avocado toast” is no longer just a fad. Nor are people just eating it for breakfast: it’s also being served for lunch, as a snack, and has become a go-to alternative to grilled cheese for kids and grownups alike. This is a simple, clean and easy recipe for anyone looking for a healthy breakfast option.

Ingredients

- ♥ 2 slices of your favorite seedy whole grain bread, lightly toasted
- ♥ 1 small avocado, cut in half, pit removed
- ♥ 1 beefsteak tomato, sliced
- ♥ 2 Persian cucumbers, skin on, ends trimmed, long thin ribbons made by a vegetable peeler
- ♥ 1/4 small red onion, thinly sliced
- ♥ 1 teaspoon freshly squeezed lemon juice
- ♥ Extra Virgin olive oil, for drizzling
- ♥ salt and pepper to taste
- ♥ red pepper flakes to taste

1. Scoop out some avocado flesh and spread evenly over each piece of toast. Drizzle 1/2 teaspoon lemon juice over the avocado.
2. Place 1-2 two tomato slices on top of avocado.
3. Next, lay the sliced onion on top of the tomato.
4. Finely, place cucumber ribbons on top.
5. Drizzle lightly with olive oil. Sprinkle with red pepper flakes. Season to taste with salt and pepper.



Reprinted from Food52 with permission: <https://food52.com/recipes/print/73568>

Smart watches could help detect heart attack

A small study from Italy is the first proof of concept that a smart watch could detect heart attack like a traditional ECG, electrocardiogram.

But, don't buy one for that purpose, doctors warn. If you have chest pain, call 911 immediately. Smart watches can't automatically detect a heart attack now and, even if they could, it requires a physician to interpret results.

Nonetheless, the study suggests that emerging smart watch technologies could be helpful in the future. In the study, the smart watch generated ECGs 93 to 95 percent accurately. It correctly identified different types of heart attack.

In healthy people the watch was 90 percent accurate in finding the absence of a heart attack, according to a study in the JAMA cardiology.

Researchers compared standard ECGs and smart watch findings on 81 people who sought care for a possible heart attack at an Italian clinic in 2019.

In the study, physicians (not the patients) held the back of the watch at the wrist and eight other specific locations in the chest and abdomen to capture the needed readings.

Researchers used the latest Apple Watch with recordings uploaded to the latest iPhone.

Recording the heart's electrical currents dates back to the 1900s when a Dutch physician, Willem Einthoven, invented the first practical ECG, according to the Harvard Heart Letter. He won the Nobel Prize in 1924.

Although much different than an ECG, the Apple Watch's built-in AFib detector tool has already been approved for use. It detects the rapid, irregular heart rhythm that suggests the risk of stroke.

Still, questions remain about whether the watch findings will result in a flood of unnecessarily frightened patients, or if the watch readings will even lead to earlier stroke detection, according to the heart letter



Membership in Mended Hearts International



Mended Hearts™

You can join the nation's largest cardiovascular disease support network today and be part of our caring support network. **Free memberships are available**, and we welcome all. All registered members can attend chapter meetings for MH or MLH, join online communities, access Member Portal, receive the National News e-newsletter and the local Chapter's newsletter. If you join at a donation level, you will get some gifts from Mended Hearts and Mended Little Hearts.

A single membership to Mended Hearts International is all that is offered at this time; there are no "Chapter Memberships" as have been available in the past. All membership levels are for ONE YEAR and are renewed annually, except for the Heart of Gold Lifetime Sponsorship.

- ♥ **Associate Membership** is FREE.
- ♥ **Individual Membership** is \$20.00 donation annually.
- ♥ **Family Membership** is \$40.00 donation annually for members of one household with one mailing address.
- ♥ **Bronze membership** is \$45.00 annually per individual or \$75 annually per family.
- ♥ **Silver membership** is \$100.00 annually per individual.
- ♥ **Gold Membership** is \$250.00 annually per individual.
- ♥ **Heart of Gold Lifetime Sponsorship** is a one-time payment of \$1,500.00 per entity, an individual, family or a business.

When applying for membership, you will be asked which Chapter or Group you wish to join and a part of your membership dues will be sent to that Chapter/Group, depending on your membership level. You can make an additional donation to your local Chapter when you register. Registration is available online at: <https://mendedhearts.org/join-us-today/>. For questions about joining and supporting our local Chapter, please contact Chapter Treasurer Becky Newberry at 208.695.7047, or by email at semgoddessid@gmail.com



Mended Hearts™
of Boise Chapter 380

Membership Renewal

Renewing your membership is normally done online by clicking the "Renew Membership" link on the Membership Information page (<https://mendedhearts.org/membership-information/>) and following the prompts. To renew your membership locally; please contact Chapter Treasurer Becky Newberry at 208.695.7047, or by email at semgoddessid@gmail.com for information.



April 30 is National Arbor Day

Beautify your world: Plant a tree

Arbor Day is a nationally-celebrated observance founded by J. Sterling Morton of Nebraska in 1872.

Trees are an energy-saving home improvement. They can be as important to energy conservation as insulation or weather-tight windows and doors. They save energy by cooling with shade in the summer and providing a windbreak in winter. Three strategically placed shade trees can reduce air conditioning costs by 30 percent.

Deciduous trees shed their leaves during the winter. They provide shade and block heat during hotter months. By dropping their leaves in the fall they admit sunlight in the colder months. Place these trees on the south and west sides of buildings. Shade hard surfaces such as driveways to minimize heat load.

Evergreens retain their leaves or needles throughout the year. As windbreaks, they can save a significant amount of the energy a home uses for heating. Place them on the north side of your home. Evergreens also provide shade in the summer.



Heart disease remains the No. 1 cause of death in the U.S., with over 655,000 dying annually, according to the American Heart Association. In an ongoing effort to raise awareness around heart health and help prevent heart disease, February is recognized as Heart Month. Dr. Amy Pollak, a Mayo Clinic cardiologist, says it's a great time to show yourself some love and offers her top five tips to keep your heart — and your body — in shape.



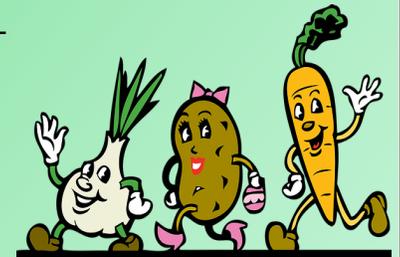
1. Know your numbers.

Aiming to maintain a healthy weight is important, but it is important to be aware of other numbers, especially your blood pressure. “While many of us know what we weigh, we may not be as aware of things like our blood pressure or cholesterol, which can significantly increase our risk for heart attack or stroke,” says Dr. Pollak. She says you should check your blood pressure two to three times a week. “You don't know if it's high or if it's at goal, unless you're checking it.”

2. Feed your heart.

Research shows consuming food high in sugar, salt and saturated fat can increase the risk for heart disease. But it's often difficult to change your eating habits. Dr. Pollak says embracing a Mediterranean diet is the way to go:

- ♥ Eat at least five servings of fruits and vegetables. Besides being low in calories and rich in dietary fiber, fruits and vegetables are full of important vitamins and minerals.
- ♥ Use olive oil when you cook or in salads instead of mayonnaise or other rich condiments.
- ♥ Eat at least one serving of fish per week. Mayo Clinic's website and the American Heart Association's website feature many recipes.



3. Cut the salt – and sugar.

As good as it tastes, Dr. Pollak says too much sodium can cause high blood pressure. Avoid processed foods, and stock up on a variety of herbs and spices to use in your cooking. A diet that is low sugar is important, too. Monitoring your blood sugar levels is especially important if you have diabetes.

4. Move more.

“Keep your heart healthy by getting active,” says Dr. Pollak. American Heart Association guidelines recommend 150 minutes a week of moderate-intensity aerobic activity or 75 minutes per week of vigorous activity. “Ideally, the goal would be five times a week, but it's important to find something — anything — you love to do that gets you moving, even if it's in small increments,” adds Dr. Pollak. For instance, parking farther away from the grocery store entrance or taking the stairs at work instead of the elevator can count toward your fitness goals. But don't fret if you miss a day here or there. “There are going to be periods in your week and in your month where that's not possible. So cut yourself some slack. And then just start fresh the next week.”



5. Lighten your load.

Stress can be a trigger for many people, which can increase your blood pressure and lead to other unhealthy habits, such as smoking, difficulty sleeping and overeating. Dr. Pollak recommends making mindfulness a part of your daily routine as well as activities to help you relax. “It can be challenging, but try to reduce your stress and anxiety. Stop smoking. Consider massage or yoga, or meditation. Make a cup of tea and curl up with a good book. Be thoughtful about the choices you make daily because your heart will thank you.”

Continued from Page 1 (President's Message)

you be helping other cardiac patients and families, but you will be meeting new people, gaining knowledge and participating in a fun organization that wants to pay it forward in helping others improve their own wellbeing. Remember life is a journey. Getting through life is not a sprint. You should have some fun along the way. Helping others while you help yourself is the Mended Hearts way and it will be your way.

Ray Trapp, President

Continued from Page 3 (Meet our Guest Speaker - John Dzwilewski)

the transplant. It was called Aspergillus and the medication he was given to treat this messed with his anti-rejection medication. It was a medical challenge to get this under control. Other than the above mentioned problems, John has made an amazing recovery and continues to progress in the right direction. He is able to distance walk and ride his bicycle. Says he could walk 5 miles or ride his bike an hour and invited any of us to join him in these activities. He stated that depression is a very real thing and gave some advice to fight depression: Get a good nights sleep, be serious about eating a healthy diet, and get daily exercise. John is an optimistic person. Life is about giving and receiving. A positive attitude contributes to good health, you have to want to get better, to have goals. And, above all else, John has strong faith and he relies on that to get him through life. The life span for a heart transplant patient is 25-30 years and it sounds like John is going to enjoy every minute of those 30-plus years.

Thank you, John, for an educational and inspiring talk, and Happy Birthday in celebrating your first year with your new heart!

Contributed by Pat Toshcoff

Continued from Page 7 (Meet our Guest Speaker - Dennis Rockwood)

- ◆ **COMPANY LOGO SCAMS:** A) You might receive an email from a company you are familiar with. The message is topped by the company logo and so you feel safe to open the message on your computer. The scammers are good at duplicating logos with only a slight, subtle difference which most people would not recognize at first glance. B) Do not open the message before checking with the actual company to see if they are trying to contact you about official business.

These are just a few of the scams which are out there. This leaves us wondering who we can trust. You have to protect yourself, protect your personal information. Answer calls or computer messages **ONLY** if you are 100% sure of who is contacting you. Spoofing is out there, the scammers always have their hands out for your money. Do your research. Engage your inner skeptic (that wee little voice that is telling you something just isn't right), and share your story. If it has happened to you, it can happen to others. Your story will alert others.

Remember, if a scam happens to you, report it. There are organizations out there you can contact to inquire or report. The FTC (offers publications for your education regarding scamming and gives you places you can contact if you have been scammed), Attorney General's office, AARP, Better Business Bureau.

Here's a really big thank you to Dennis Rockwood for all the helpful information. I am sure he just scratched the surface of all there is to say about scams and frauds. We will have him back in the future for more information.

Contributed by Pat Toshcoff

Note: see also: <https://www.aarp.org/money/scams-fraud/info-2020/fraud-tactics.html> for an AARP article detailing 12 Tools Scammers Use to Commit Online and Phone Fraud



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

VISITOR and CALLER'S CORNER

Hospital visits have been suspended until further notice. Visits made in 2020 (January - March) included **363 Hospital Visits, 292 Patients, and 156 Follow-up Calls.**

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.

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.



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.

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.