

Fall 2023



Mended Hearts[®]
of Boise

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

President's Message



It is that time of the year to think about bolstering your health and immunity system now with colder weather approaching. Remember, all the support you need to build your immune cells comes from the food we eat. It is estimated that about 70 percent of our body's immune cells are in our gut wall. Therefore, to keep your stomach in good working order, you need to supply it with a variety of foods that are rich in healthy bacteria such as yogurt/kimchi/probiotics.

It is important to eat plenty of fiber rich foods (fruits/vegetables/whole grains) which help the body produce good bacteria. Remember to always consult with your medical provider whenever you change your eating pattern. You can improve your quality of life if you take your medication, keep your records up to date and educate yourself in good eating habits.



Mended Hearts has free information concerning all these subjects on Mended Heart's national web site. You can also review the current MH HEARTGUIDE™, for additional health/heart information. I suggest you become a user of this free information to help you on your path to a better and healthy lifestyle. Using the camera on your smart phone or a scanning app, scan this QR Code to go to the MHI Website where you can read the guide or download it as a pdf file. The web site is: <https://mendedhearts.org/toolsresource/mhi-heartguides/>.

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Save the Dates!

MENDEDED HEARTS CHAPTER 380 MONTHLY MEETINGS

The meetings will be held at the St. Luke's Lifestyle Medicine location (previously known as the Cardiac Rehab Conference Rm), 3525 E Louise Dr., Suite 500, Meridian.

- ♥ MH Chapter Meeting Wednesday, 10/18/2023, 3:00-4:30 PM. Dr. Sophia Airhart, Advanced Heart Failure Cardiologist at Saint Alphonsus Heart Institute - Boise, ID.
- ♥ MH Chapter Meeting Wednesday, 11/15/2023, 3:00-4:30 PM. John Dzwilewski, Heart Transplant patient.
- ♥ December, Christmas Party, Date, Time, and Location to be determined.

CARDIAC REHAB EDUCATION SESSIONS :

- ♥ Dennis Shiedlak and Ray Trapp visit once a month at St. Luke's Meridian while Tom & Evalyn Nichols will visit St. Luke's Nampa on 11/08/2023 and 12/06/2023.

ON-LINE VISITOR TRAINING AND REACCREDITATION:

- ♥ Reaccreditation Training and New Visitor Training are held online. Please contact Jack Marr for registration details or future dates (229.269.8161), or jack_marr@hotmail.com.

WORLD OF SUPPORT FUNDRAISER: There are only two weeks to participate in our annual fundraiser and we are still \$20,000 away from our \$60,000 goal – if you have not yet donated or registered, please consider doing so. We depend on community donations to fund the majority of the services that our chapters and groups receive for free. You can do so online at <https://www.mightycause.com/event/Worldofsupport2023>, by phone at 888.432.7899, or by mail to: Mended Hearts International, 1579 US Highway 19, Leesburg, GA 31763.

MHI Chapter 380 Activities

2022 Annual Awards presented to local Members and Hospital



Rocky Mountain Regional President Ray Trapp presents Dennis and Adrienne Shiedlak the Regional Volunteer of the Year Award.

President Trapp presents Jennifer Davis from the Volunteer Office, St. Luke's Hospital with the Regional Hospital of the Year Award.



President Trapp presents Tom & Evalyn Nichols the Accredited Visitor of the Year Award.

President Trapp presents Melissa Ward from St. Luke's Cardiac Rehab in Meridian with the Regional Heart Hero of the Year Award.



President Trapp presents Bruce Parks the Regional Newsletter of the Year Award.

Pictures by Becky Newberry and Wini Trapp



Mended Hearts®

Mission Statement

To inspire hope and improve the quality of life of heart patients and their families through ongoing 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 their families affected by Heart Disease across the lifespan.

About Mended Hearts

The Mended Hearts program is the nation's premier peer-support program for patients who have cardiovascular disease, their caregivers and their families. Since its humble beginning in 1951, Mended Hearts has served millions by providing support and education, bringing awareness to issues that those living with heart disease face, and advocating to improve quality of life across the lifespan.

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



It's great to be alive...
and to help others

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

We offering **free membership**. This was created so that money will not be a barrier to engaging with Mended Hearts, Young Mended Hearts, and Mended *Little* Hearts and receiving access to resources and information. When you join at the associate level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts, Young 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, Young 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/>.

Meet our Guest Speaker – Helping Idaho Dogs, Inc.

Carole Kelly, Nancy Eimer, Diana Ricks, Carol Jensen, Pam Overton & Claudia Adams and their Therapy Dogs: Cooper, Bernie, Kirby, Maks and Snickers

Topic: Helping Idaho Dogs is a group dedicated to strengthening the human-canine relationship through education and compassionate interaction.

July 19, 2023

What is a Therapy Dog?

- ♥ Brings therapeutic and psychological benefits by allowing others to pet, cuddle, and hold them.
- ♥ Shows joy and unconditional love to others.
- ♥ Is friendly, easygoing, and responds positively to attention.
- ♥ Must be registered through a national registry organization who tests the dogs/handlers.
- ♥ Cannot go everywhere their owner goes (stores, airlines, hospitals, etc.) without express permission of the facility.
- ♥ Required to have annual exams and shots, become registered through a national registry organization who tests the dog/handler behavior, have liability insurance, follow policies and procedures regarding behavior.



How does a Therapy Dog differ from a Service Dog?

- ♥ A Service Dog is regulated by the Americans with Disabilities Act.
- ♥ Owner must have a life-limiting disability the dog recognizes.
- ♥ Working animal trained for specific disability related activities (seizures, PTSD, physical impairments).
- ♥ Required to be "under control" at all times (wears a harness).
- ♥ Protected by federal laws (ADA, HUD, etc.).
- ♥ Able to go almost anywhere humans can go (planes, hospitals, restaurants, stores).

How does a Therapy Dog differ from an Emotional Support Animal?

- ♥ An Emotional Support Animal provides therapeutic, emotional benefits to an owner with psychological issues.
- ♥ May be any type of pet (dogs, cats, rabbits, snakes, chickens, etc.).
- ♥ A licensed mental health professional must prescribe the need for an emotional support animal before it is legally recognized under certain policies.
- ♥ The ESA animal becomes a critical component in helping the patient deal with challenges.
- ♥ Can accompany the owner on airlines and are eligible to live with the patient regardless of pet policies.
- ♥ ESA 's do NOT have the legal right to visit public places.
- ♥ Not required to have any training.
- ♥ Not required to have annual exams or shots.

Behavior of a Therapy Dog.



- ♥ Remain calm at all times (non-reactive). This is an inborn-tendency and cannot be instilled in a dog's temperament.
- ♥ Listen to their owner.
- ♥ Have good manners.
- ♥ Obey basic commands: Sit, Down, Stay, etc.
- ♥ Very important - obey "Leave it".
- ♥ Walk next to their handler (Loose Leash Walking).
- ♥ Be attentive, patient and kind. One of the speakers mentioned that these are dogs who like to do dog things such as play and be silly but, when their scarves are tied around their necks, they become "working dogs" and take on that roll immediately and automatically.
- ♥ Enjoy people touching, petting, hugging, and handling them...sometimes clumsily or accidentally harsh.
- ♥ Be registered as a therapy dog by passing different types of skills tests from nationally recognized organizations.

Animal-Assisted Activities

- ♥ Enhance quality of life.
- ♥ Motivational, educational, and recreational.
- ♥ Short meet and greet sessions with a therapy animal visiting a group or individual.
- ♥ Activities are not planned; visits are spontaneous.
- ♥ Goal is to bring smiles and comfort and provide interaction with the patient in a non-judgmental manner.

A Selection of terms that should be familiar to Cardiac Patients

Ablation

- ♥ Elimination or removal. Cardiac ablation also refers to a procedure that eliminates extra electrical pathways within the heart that can cause fast or irregular heart rhythms.

ACE (angiotensin-converting enzyme) inhibitor

- ♥ A medication that opens up blood vessels, making it easier for the heart to pump blood forward to the body; also used to lower blood pressure.

Angioplasty

- ♥ A non-surgical procedure for treating narrowed arteries.

Aneurysm

- ♥ A thin, weakened area in a blood vessel or area of the heart.

Aortic Valve

- ♥ One of four heart valves in the heart that opens to allow blood to flow into the aorta — the main artery that carries blood out of the heart to the rest of the body.

Aortic Valve Stenosis

- ♥ The narrowing of the aortic valve opening, caused by the valve leaflets becoming stiff, reducing their flexibility and ability to fully open and close properly.

Aortic Valve Replacement

- ♥ When the native (original) diseased valve is replaced with a new valve, either a mechanical or biological heart valve.

Arteriosclerosis

- ♥ Commonly called "hardening of the arteries;" a variety of conditions caused by fatty or calcium deposits in the artery walls causing them to thicken.

Artery

- ♥ A blood vessel that supplies oxygen-rich blood to other parts of the body.

Atrial fibrillation

- ♥ An abnormal heart rhythm that is fast and an irregular beating of the atria (the upper two chambers of the heart).

Atrial flutter

- ♥ An abnormal heart rhythm that is a rapid beating of the atria (the upper two chambers of the heart).

Beta blocker

- ♥ A medication that limits the activity of epinephrine (a hormone that increases blood pressure).

Bradycardia

- ♥ Abnormally slow heartbeat.

Cardiomyopathy

- ♥ A disease of the heart muscle that causes it to lose its pumping strength. A thin, hollow tube, that enables instruments to reach the heart during minimally-invasive procedures.

Congestive heart failure

- ♥ A condition in which the heart cannot pump out all of the blood that enters it, which leads to an accumulation of blood in the vessels leading to the heart and fluid in the body tissues. Excess blood in the pulmonary (lung) blood vessels can also occur, leading to fluid accumulation in the lungs.

Echocardiogram (echo)

- ♥ A diagnostic test that uses sound waves to produce video images of the heart in motion. This helps to evaluate the four heart chambers, the aortic valve, and the blood flow through the heart.

Electrocardiogram (EKG)

- ♥ A diagnostic test that utilizes small electrodes (pads with wires) placed on different parts of the body to check if there is any irregular heart rhythm.

Endocarditis

- ♥ A bacterial infection of the valves and interior surfaces of the heart.

Femoral Artery

- ♥ A large blood vessel in the thigh that supplies blood to the leg. It is often used to introduce interventional equipment into the bloodstream for delivery to the heart.



(Continued from previous page)

Heart-Lung Machine

- ♥ A machine used to temporarily take over the circulatory function of the heart and lungs, especially during open-heart surgery.

Heart Failure

- ♥ When the heart is unable to pump blood to the body's organs as well as it should.

Heart Team

- ♥ A group of specially trained cardiologists, cardiothoracic surgeons, electrophysiologists, nurse practitioners, and other health professionals who work together to determine the best course of treatment for each patient.

Mechanical Heart Valve

- ♥ An artificial valve used to replace a diseased or defective valve, most often the aortic valve.

Mitral valve

- ♥ The valve that controls blood flow between the left atrium and left ventricle in the heart.

Myocardial infarction (also called heart attack)

- ♥ Occurs when one or more regions of the heart muscle experience a severe or prolonged decrease in oxygen supply caused by a blocked blood flow to the heart muscle.

Non-Invasive Procedure (Also called a minimally-invasive procedure)

- ♥ A medical procedure performed through a small incision, typically in an artery, utilizing specialized equipment. This typically leads to a faster recovery when compared to an open-heart surgical procedure.

Premature atrial contraction (PAC)

- ♥ An early heartbeat started by the atria.

Premature ventricular contraction (PVC)

- ♥ An early heartbeat started by the ventricles.

Pulmonary

- ♥ Pertaining to the lungs and respiratory system.

Severe Aortic Stenosis

- ♥ When the body's aortic valve leaflets become stiff, reducing their flexibility and ability to fully open and close properly. This results in a narrowing (stenosis) of the valve opening which reduces and restricts blood flow, requiring the heart to work harder.

Shunt

- ♥ A connector to allow blood flow between two locations.

Sinus rhythm

- ♥ A normal heart rhythm in which each heartbeat originates in the sinus node, and proceeds through the rest of the electrical conduction system normally.

Stent

- ♥ A device implanted in a vessel used to help keep it open.

Stroke

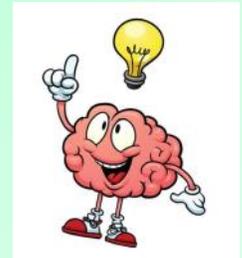
- ♥ When a blood vessel or vessels that carries oxygen and nutrients to the brain is blocked. Permanent neurologic damage that occurs when part of the brain loses its blood supply.

Tachycardia

- ♥ Rapid heartbeat.

Valve Stenosis

- ♥ A narrowing of the heart valve which restricts blood flow.



*The 3 stages of life: Wanting stuff,
Accumulating stuff, Getting rid of stuff.*

Topic: What is Because International and The Shoe That Grows?

August 16, 2023

The mission of Because International is to alleviate poverty by distributing impact products and supporting product-focused entrepreneurs.

The speakers told us a story about the company founder, Kenyon Lee. In 2007, after college graduation, Kenyon went to Kenya to work in an orphanage. One day, on his way to church with some of the children from the orphanage, Kenyon noticed one of the little girls in a fancy dress and shoes with the toe ends of the shoes cut out. He inquired about this and was told that she loved the shoes, but her feet had outgrown them. The solution for her was to cut the front of the shoes off. It was explained to him that donated shoes and clothes frequently arrived but were quickly too small because children grow so fast. It was at this time that Kenyon thought about the possibility of creating a shoe that could grow along with the child's foot. When he returned from Africa in 2009, he consulted and worked with friends on this idea. In 2012, the first, rough prototype was created, and after many design changes, the dream became a reality. From the Website becauseinternational.org, Title About Us - Because International: 'They started the nonprofit organization Because International™ to serve as the structure to get The Shoe That Grows to as many kids as possible who are in desperate need of footwear to protect their feet.' By 2015, news about this organization went viral.



The shoe

- ♥ Adjusts in 7 places to expand 5 sizes using a heel strap, a top strap, four side straps, and the hook-and-loop toe piece.
- ♥ The materials used are high quality, long-lasting to withstand the daily use as The Shoe grows with the child.
- ♥ It has an innovative design for which it was given the USPTO Patents for Humanity award. The innovative hook-and-loop toe piece allows for the greatest amount of adjustment by expanding and contracting the sole of The Shoe.
- ♥ In the latest iteration, the sole is a single, molded piece for increased durability. This design has undergone rigorous testing both in the factory and in the field to ensure The Shoe will last.



Over 1.5 billion people worldwide suffer from soil transmitted diseases and parasites. Also, many of these are children who walk miles to school over difficult terrain. These factors can impact kids not going to school. The Shoe That Grows offers protection against walking barefooted.

Since its founding in 2009, this organization has worked with partners and individuals around the world to distribute over 400,000 pairs of The Shoe That Grows to kids and families worldwide.

Now the organization is taking what they have learned from developing The Shoe and coming alongside global entrepreneurs with their own innovative products. So far they have worked with over 100 enterprises through the Because Accelerator.

People who live in their communities know the common problems in those communities and can come up with the solutions to these problems. The Because Accelerator offer a four-part program to assist these entrepreneurs bring their ideas to fruition, develop impact products, create jobs and opportunities for employment, and empowerment.

- 1) Training with a 16-week, online curriculum covering topics common to startup, and illustrated by Because International experience with their own social enterprise startup, The Shoe That Grows.
- 2) Coaching that begins after the first four weeks with select entrepreneurs matching with an experience coach who will mentor them during the program and beyond.
- 3) Networking which connects entrepreneurs with members of their cohort, alumni of the Because Accelerator and the Because Advisor Network - a group of subject matter experts with connections worldwide.
- 4) Funding occurs at the end of the cohort in which select entrepreneurs will compete in a pitch event for a cash prize. As a result of this competition, entrepreneurs are linked to over \$100 in funding.

As of 2022, 1800 total jobs have been created by alumni, 85 all-time number of companies have been supported, 312 hours of coaching have been provided, \$124k total funding has been facilitated, there are 88 members in the Accelerator Network, and there are 5.7M total program beneficiaries.

Pericarditis is inflammation of the pericardium, a sac-like structure with two thin layers of tissue that surround the heart to hold it in place and help it work. A small amount of fluid keeps the layers separate so there's less friction between them as the heart beats.

A common symptom of pericarditis is chest pain, caused by the sac's layers becoming inflamed and possibly rubbing against the heart. It may feel like pain from a heart attack.

If you have chest pain, call 911 right away because you may be having a heart attack. Learn about warning signs for a heart attack.

Overview

Pericarditis can be attributed to several factors, including viral, bacterial, fungal and other infections. Other possible causes of pericarditis include heart attack or heart surgery, other medical conditions, injuries and medications.

Pericarditis can be acute, meaning it happens suddenly and typically doesn't last long. Or the condition may be "chronic," meaning that it develops over time and may take longer to treat.

Both types of pericarditis can disrupt your heart's normal function. In rare cases, pericarditis can have very serious consequences, possibly leading to abnormal heart rhythm and death.

Outlook

Pericarditis is frequently mild and may clear up on its own with rest or simple treatment. Sometimes, more intense treatment is needed to prevent complications.

Recovery time from pericarditis may vary depending on the type of condition and the patient's health. Consultation with a health care professional can determine this.

Other names for pericarditis

- ♥ Idiopathic pericarditis (no known cause),
- ♥ Acute fibrinous pericarditis and acute purulent pericarditis (forms of acute pericarditis),
- ♥ Chronic effusive pericarditis and chronic constrictive pericarditis (forms of chronic pericarditis), and
- ♥ Recurrent pericarditis.

Causes of pericarditis

The cause of pericarditis is often unknown, though viral infections are a common reason. Pericarditis may occur after a respiratory or digestive system infection.

Chronic and recurring pericarditis may be caused by autoimmune disorders such as lupus, scleroderma and rheumatoid arthritis. These are disorders in which the body's immune system makes antibodies that mistakenly attack the body's tissues or cells.

Other possible causes of pericarditis are:

- ♥ Heart attack and heart surgery,
- ♥ Kidney failure, HIV/AIDS, cancer, tuberculosis and other health problems, and
- ♥ Injuries from accidents or radiation therapy.

Certain medicines, such as phenytoin (an anti-seizure medicine), warfarin and heparin (both blood-thinning medicines), and procainamide (a medicine to treat irregular heartbeats).

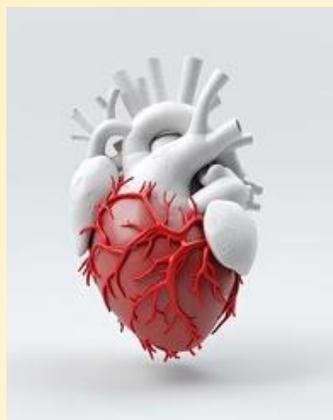
Who is at risk for pericarditis?

Pericarditis affects people of all ages, but men ages 16 to 65 are more likely to develop it.

Among those treated for acute pericarditis, up to 30% may experience the condition again, with a small number eventually developing chronic pericarditis.

Written by American Heart Association editorial staff and reviewed by science and medicine advisors.

Reprinted with permission from the American Heart Association: <https://www.heart.org/en/health-topics/pericarditis/what-is-pericarditis>



Southwestern Quinoa and Egg Breakfast Bowl

Servings: 4

Serving Size: 1 breakfast bowl

Ingredients:

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)

- Cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- Red hot-pepper sauce to taste (optional)

Directions:

- ♥ Cook the quinoa according to the package directions. Remove from the heat.
- ♥ Spoon the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro.
- ♥ Lightly spray a large skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs. Cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny. Using a spatula, carefully transfer one egg sunny side up into each of the bowls. Sprinkle with the hot sauce.



Keep it Healthy: The sodium content of hot sauce varies among products so compare Nutrition Facts labels and choose the option with the lowest sodium.

| Nutrition Facts | |
|---------------------|--------|
| Calories | 244 |
| Total Fat | 10.0 g |
| Saturated Fat | 2.5 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 2.5 g |
| Monounsaturated Fat | 4.5 g |
| Cholesterol | 186 mg |
| Sodium | 154 mg |
| Total Carbohydrate | 29 g |
| Dietary Fiber | 5 g |
| Sugars | 5 g |
| Protein | 12 g |

Reprinted with permission from the American Heart Association:

<https://recipes.heart.org/en/recipes/southwestern-quinoa-and-egg-breakfast-bowl>

Procrastinate ~~Now~~ ^{later}

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!

Recipes from the American Heart Association

Baked Mozzarella Cheese Bites with Easy Marinara Sauce

These finger-licking, oven-baked morsels are crunchy on the outside and gooey on the inside. One bite and you'll be convinced they're as delicious as the deep-fried version.

Servings 6 Serving Size 4 cheese bites

Ingredients

Baked Mozzarella Cheese Bites

- ♥ Cooking spray
- ♥ 2 1/2 tablespoons cornstarch
- ♥ 1 1/2 cups whole-wheat or plain panko (Japanese-style bread crumbs)
- ♥ 2 large egg whites
- ♥ 2 tablespoons water
- ♥ 1/4 teaspoon pepper
- ♥ 6 low-fat mozzarella string cheese sticks (about 1 ounce each), each cut into 4 pieces

Easy Marinara Sauce

- ♥ 1 1/2 cups no-salt-added crushed tomatoes
- ♥ 2 1/2 teaspoons dried Italian seasoning, crumbled
- ♥ 1/4 teaspoon pepper



Directions

Baked Mozzarella Cheese Bites

- ♥ Preheat the oven to 425°F. Line a large baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
- ♥ Put the cornstarch in a gallon-size resealable plastic bag. Put the panko in a second gallon-size resealable plastic bag. In a shallow dish, whisk together the egg whites, water, and pepper.
- ♥ Add eight cheese pieces to the bag with the cornstarch, shaking to coat well. Dip the cheese pieces in the egg mixture, coating well. Transfer the cheese to the bag with the panko, shaking the bag until each cheese piece is well coated. Transfer to the baking sheet. Working in two batches, repeat with the remaining cheese.
- ♥ Bake for 5 minutes, or until the cheese is melted.
- ♥ Serve with the marinara sauce for dipping.

Easy Marinara Sauce

- ♥ In a medium saucepan, over medium-high heat, cook the tomatoes, Italian seasoning, and pepper for 5 minutes, or until heated through, stirring frequently.
- ♥ Simmer, covered, until ready to serve with the cheese bites.

Cooking Tip: For best results on keeping a bread coating on a moist food, such as the panko on the string cheese in this recipe, first dip it in cornstarch. The cornstarch acts as a "glue" to help the coating stick better to the food.

Keep it Healthy: Remember this easy-to-make marinara sauce, which is a simple combination of crushed tomatoes and spices, for your next pasta dinner. It most likely will have more flavor and less sodium and added sugar than a jarred marinara sauce.

| Nutrition Facts | |
|---------------------|--------|
| Calories | 104 |
| Total Fat | 2.5 g |
| Saturated Fat | 1.5 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 0.0 g |
| Monounsaturated Fat | 0.0 g |
| Cholesterol | 10 mg |
| Sodium | 240 mg |
| Total Carbohydrate | 14 g |
| Dietary Fiber | 1 g |
| Sugars | 3 g |
| Protein | 11 g |

Reprinted with permission from the American Heart Association: <https://recipes.heart.org/en/recipes/southwestern>

Talk to a Mended Hearts Volunteer about your Heart Questions!

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

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

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

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

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

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



Mended Hearts®
of Boise

Topic: Air St Luke's Helicopter Service

September 20, 2023

Doctors and families throughout the region trust Air St. Luke's to carry their precious cargo in a medical emergency. With a dedicated team of professionals highly trained to the specific needs of newborns, pregnant women, children, and adult patients with cardiac or other critical needs, Air St. Luke's is the region's most comprehensive medical transport program, operating as mobile critical care units with advanced lifesaving equipment and technology.

From bases in Boise and Twin Falls, we serve Southern Idaho, Eastern Oregon, and northern Nevada. And through our partners in the Association of Air Medical Memberships Programs (AAMMP), coverage for Air St. Luke's members extends to Northern and Eastern Idaho, Oregon, Washington, Western Montana, and Northern California south to the Santa Barbara area.

Programs and Goals of the Air St Luke's Helicopter Service:

- ♥ **Communications Center:** Communication and logistic specialist teams are capable of handling transport arrangements for inter-facility and external or on-scene call needs.
- ♥ **Advanced Life Support (ALS):** Inter-facility transport teams consisting of Emergency Medical Technicians (EMTs) and paramedics, are trained in broad range of ALS for all age groups. Primary focus is moving patients within the St. Luke's Health System throughout the Treasure Valley region.
- ♥ **Ground ALS EMTs:** Currently staff are qualified by maintaining: Idaho Advanced EMT license (EMTA); Basic Life Support (BLS) for healthcare provider; current and continuous valid driver's license; minimum of 21 years of age; completion of Emergency Vehicle Operations Course (EVOC) at time of hire or within 1 year; and Ground ALS Paramedic certification.
- ♥ **Idaho licensed EMT-Paramedic (EMTP):** Are certified in Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), and Pediatric Advanced Life Support (PALS); have completed Nationally Registered Paramedics (NRP) within 6 months of hire and Prehospital Trauma Life Support (PHTLS) within one year of hire; plus have a current and continuous valid driver's license.
- ♥ **Air St. Luke's Mission is Outcomes:** Air St Luke's Helicopter Service provides service to smaller rural communities to give them the care they need. This can affect the health of the region. They are an ICU in the air. Some surgical procedures can be done by them. Patient access is a concern — can we get to them. The Service is an air and ground health system. Their two main divisions are critical care and maternal care transport, which is only in Idaho.
- ♥ **Critical Care Transport:** Specialized critical care transport (CCT) teams consists of an RN and paramedic, trained to manage critical care patients covering all age groups. A Maternal-Child Critical Care Transport (MatCh), is a specialized critical care transport team consisting of RN and respiratory therapist (RT), trained to manage critical care maternal and pediatric patients. The only Idaho-based team equipped with isolette (incubator) capabilities to support best practice in supporting NICU and PICU patients during transport.
- ♥ **911 calls are time sensitive:** They usually go right to the scene. Can also involve ground transport. They transport to the nearest facility. They oversee the 911 system in Jerome and Twin Falls counties. Air transport is very expensive. Depending on area, can run up to \$30,000 for a single transport. A membership program is available to offset any outside insurance costs and also covers ground services.

Our sincere thanks to Chris Shandera for his presentation on such a life-saving service. For more information, visit their website at <https://www.stlukesonline.org/health-services/service-groups/air-st-lukes> where you will find information on their membership program.

Contributed by Dee Hartman



(Continued from Page 1— Presidents Message)

Plan on attending one of our free monthly meetings and having some fun, meeting new people, and learning something new about your heart. The Mended Hearts annual World of Support Fundraiser is currently needing your support. Please feel free to donate directly to Mended Hearts to support/provide relevant, patient-friendly information to patients, caregivers and families to improve the lives of those living with cardiovascular disease. Any amount will be appreciated.

If you are an associate member of Mended Hearts International and are listed as being from the Boise, Idaho, area, you automatically become a member of MH Boise Chapter 380. And if you donate either through the National Site or the local chapter, a part of the donation comes to the Boise Chapter. If you have provided us with your email address, we enroll you as an associate member so we can send you a copy of our Newsletter plus announcements of meetings and other special events. You do not have to donate or pay dues to become an associate member, but as I mentioned earlier, donations are always welcome and appreciated.

Ray Trapp, President

(Continued from Page 3— Meet our Guest Speaker)

Helping Idaho Dogs, Inc. was incorporated in 2010 as a 501(c)3 non-profit organization. It is an all-volunteer organization dependent on donations for support. Their programs include Community Events Support, Humane Education Presentations, and Therapy Dog Visitation.

For more information contact <http://helpingidahodogs.org/> or call 208 991-9105.

Thank you, ladies, for an informative talk and a 'warm and cuddly' experience! All of us were mesmerized by you (especially the dogs)! They are known to break through emotional barriers for a reason!

Contributed by Pat Toshcoff

(Continued from Page 6— Meet our Guest Speaker)

How can I get involved?

- ♥ Fundraiser for or purchase shoes to take on a service trip or send to organizations or communities that you have a relationship with,
- ♥ Pack in Christmas Shoeboxes,
- ♥ Make a one-time donation, or
- ♥ Donate a pair of shoes monthly.



BECAUSE POVERTY IS A PROBLEM WE CAN SOLVE TOGETHER.

Thank you, Kelly and Gabrielle, for the wonderfully informative talk about a local organization which is having such a huge, worldwide impact. It was an inspirational and heartwarming talk.

Contributed by Pat Toshcoff



**Listen and
Silent have
the same
letters**

MENDED HEARTS CHAPTER 380 INFORMATION

Boise Chapter 380 has over 300 members as of June 30, 2023.

President – Ray Trapp 208.939.0300,
raymh380@outlook.com

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

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

Secretary – Pat Toshcoff 208.376.4783,
ctosh34@hotmail.com and Dee Hartman 208.376.2834,
dsbird56@yahoo.com

Visiting Chairs – Jack Marr 229.269.8161,
jack_marr@hotmail.com

Advisory Committee – Cyndi Guarino 208.860.6353,
cyn guarino@icloud.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,
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raywini@msn.com, – & 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, duboisj@slhs.org

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



We welcome new visitors who want to find out more about becoming a Mended Hearts, Young 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 CORNER

We are now visiting patients at St. Luke's in Boise, Meridian, & Nampa; at Saint Alphonsus in Boise; and at the St. Luke's Rehab Clinics in Meridian & Nampa. In June, July, and August of 2023, we saw over 300 patients and added 111 new associate members.

We currently serve the facilities noted above and are looking for additional volunteers to help out. **If you are interested in becoming an accredited visitor, please call or email Jack Marr, the training coordinator of our visiting program.** He can be reached at 229.269.8161 or by email to jack_marr@hotmail.com. Additionally, you may call or email our chapter president, Ray Trapp, at 208.939.0300, email: raymh380@outlook.com.

Accredited Visitors:

| | |
|-----------------|----------------------------|
| Kerry Burgo | Tom & Evalyn Nichols |
| Nancy Eimer | Bruce Parks |
| Odee Gordon | Dennis & Adrienne Shiedlak |
| Cynthia Guarino | Rich Talbert |
| Dave Huber | Pat Toshcoff |
| Jack Marr | Ray & Wini Trapp |
| Becky Newberry | |

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 COVID pandemic, we met virtually via Zoom technology. We're now meeting in person again (subject to change for community health risks). We welcome you to any of our next meetings! In the meantime, if you have any questions, please feel free to contact any of our members listed on this page by phone or email, or leave a message at (208) 706-7056 and someone will get back to you.

Newsletter by email Renewal Policy

Mended Hearts Chapter 380 will email 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.