

Chapter Newsletter

Mended Hearts of St Petersburg, Florida



Barbara Ellis
Chapter President

September 2018
Chapter 43 Newsletter

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<https://www.facebook.com/MendedHeartsofStPetersburg>

Message from our President

May 2018 marked the 40th Anniversary of our Chapter's presence at Bayfront Health in St. Petersburg. We have so much to be excited about in our Chapter and I am thankful for our new members as well as those who continue to be a part of our group. One of our new Board members, Ken Karlson, has taken over the responsibility for our Website and electronic newsletter so we will be able to keep everyone better informed about what we are doing. Thank you so much for sharing your skills and knowledge. You are awesome! I also want to recognize our Visiting Team members Margaret Hewitt, Colin Gaynair and Paula Gaynair for continuing to offer support to patients and caregivers. Thank you also goes out to our Pillow Committee Members, Terry Lange, Marcella Moreno and Art Wunderle. Everyone appreciates your hard work and dedication to our mission! We are all about support for people who are going through various heart problems and not just those of us who have gone through surgeries. Going forward, we hope to work with patients who have heart issues that have not required surgery. We want to offer support to these patients as well.

In past years, our Chapter has taken summers off from our meeting schedules but our eager new members (yes!) have asked that we continue year round, so that is what we will be doing. We meet on the 3rd Wednesday of the month at 1:00 PM at Bayfront Health. We will post the meeting room on our FB page and will send out an email as soon as we have confirmation. The information desk on the first floor will also provide the room name in case your electronic devices have taken a break.

As was posted previously, four new cardiologists have joined the group at Bayfront Health and I am hoping to have one of them commit to speaking at a meeting in the next couple of months. We are all about learning and the more we know about our conditions, the more comfortable we are. Knowledge is a wonderful thing!

Our current meeting schedule is as follows:

September 19 - 1:00 PM - 3:00 PM

October 17 - 1:00 PM - 3:00 PM

November - No meeting during Thanksgiving Week

December - Holiday Party - Date and Place to be determined

Chapter Newsletter

Mended Hearts of St Petersburg

Researchers say depression is not a life sentence



Mended Hearts™
of St Petersburg Florida

Once depressed, always depressed?
Two researchers say, while that might be the message of the mental health discipline, it isn't really true.

Jonathan Rottenberg, Professor of Psychology, University of South Florida, and Todd Kashdan Professor of Psychology, George Mason University, reviewed outcome studies of people who were once depressed. They found that 40 to 60 percent never again had depression.

The researchers have proposed that

professionals adopt a more precise definition of well-being so that they understand how and when people recover from depression.

This information can help professionals guide patients out of what might be a temporary depression. It could also give patients hope, the researchers say.

The research will appear in the Perspectives on Psychological Science, according to The Conversation.

Recipe for Healthy State Fair Eating

Fall is the time for state fairs all across the USA, but there's a not-so-hidden heart-health danger lurking amongst the booth games and rides. Most fair foods are dense with empty or fat calories—or both! Is there any recourse for fair-goers who don't want to indulge in deep-fried diet disasters?

Of course! But you may need to hunt for them, and you'll want to come prepared to deny the pull of those high-fat treats. *Tip: Have a high-fiber, low-calorie snack with lots of "chew" before heading off to the fair. Pocket some baby carrots in a plastic bag for crunching once you hit the fairgrounds.*

Here are a few suggestions for healthier fare at the fair:

- **Baked potato:** As long as you don't overload with toppings, a simple baked potato can be a filling snack. They provide calcium and manganese, as well as vitamin B5 and B6. Top your potato with salsa or steamed broccoli, and forego the cheese, bacon, and taco meat sauces for the healthiest option. *Tip: Sit down to eat your potato; focus on flavor so you are not distracted from the satisfaction of eating.*
- **Roasted Ear of Corn:** Salted, peppered, perhaps topped with pepper flakes, corn supplies a satisfying sweet crunch, and it can be eaten while walking around the fair. A single ear may provide as much as 10% of your daily fiber. Leave off the butter, or go light to make the seasonings stick better. *Tip: Bring a pocketful of dental-floss sticks to cope with those annoying shreds in your teeth.*
- **Get into a Pickle:** Pickles are loaded with sodium, true, but they also give us fiber, vitamins A and K, calcium, iron, and potassium. *Tip: Stash some wet-wipes in your pocket with the floss sticks, to cope with the inevitable pickle-juice overflow.*
- **Cool Off with Sweet Fruit:** Seek out the fresh fruits that are often available. Watermelon is a perennial fair-food favorite, with vitamin A, vitamin C and potassium. Local options vary from state to state, but watch for apples, cantaloupe and peaches. *Tip: Watermelon with seeds may prompt your kids to spitting games. You can direct their efforts to a trash bin or other appropriate container with a scored game before it occurs to them to target people.*
- **Popcorn:** Leave off the melted butter and go light on salt and fatty seasonings (like parmesan) to make this a healthier treat that supplies dietary fiber and manganese. *Tip: Look for garlic pepper at the booth; it really makes the flavor "pop"—and it is usually salt-free.*
- **Say Yes to Fat with Peanuts or Fried Vegetables:** If you must indulge in something fatty at the fair, watch for roasted peanuts, low in cholesterol and a good source of niacin. Can't have peanuts? Seek out the fried veggies, like tempura zucchini and carrots, or spanakopita (spinach in a fried puff pastry). *Tip: For any such self-indulgence, buy a single serving to share. That reduces the diet error to a bite or two without changing the feeling of having treated yourself.*

Bottom line, fair food doesn't have to be a heart-health catastrophe. Go prepared to have fun, and when you do indulge, choose wisely. (Thank you to Pat Cummings from Chapter 282, Santa Rosa, CA, for submitting this article)



Coffee pick-me-up:

What amount is perfect?

Suppose you are a soldier. You've gone days without much sleep, but you must stay as sharp as possible because lives could be at risk.

That's just the scenario the U.S. Army considered when they developed an algorithm for the perfect amount of coffee for maximum alertness.

Senior research scientist Jacques Reifman, U.S. Army Medical Research and Materiel Command, helped develop the algorithm that predicts caffeine dose based on sleep patterns, according to The Wall Street Journal.

An 8-ounce cup of weak coffee has about 100 milligrams of caffeine. A strong cup has 175 milligrams.

About 40 percent of soldiers sleep no more than five hours a night, less than the seven or more hours recommended by the Centers for Disease Control.

Meanwhile, the average civilian sleeps

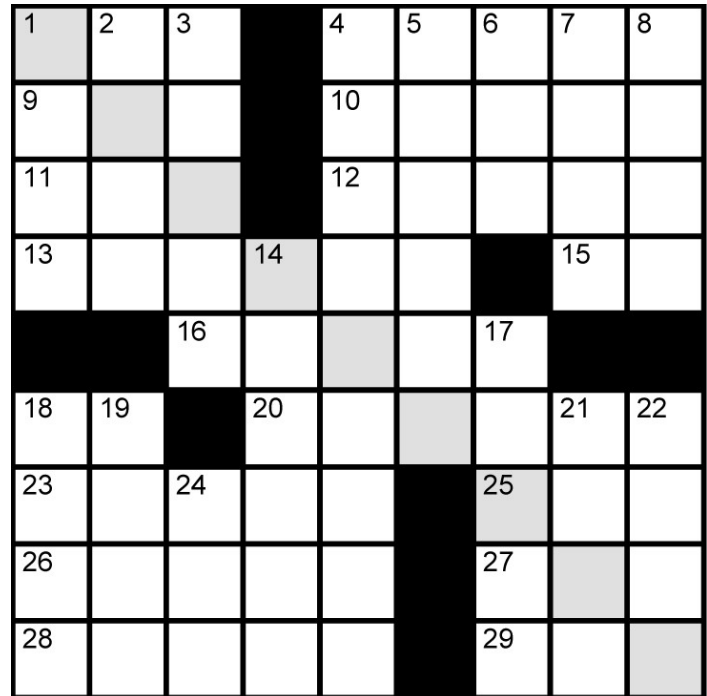
Across

1. Mamie's man
4. Gives the cold shoulder to
9. Lennon's lady
10. Blender button
11. Took place
12. Flair
13. At the summit
15. You and I
16. Nostrils
18. Bell or Barker
20. Sunni counterpart
23. Non-studio film, briefly
25. Plead
26. Flora's partner
27. Formal vote
28. Deluge
29. What Leary tripped on

Down

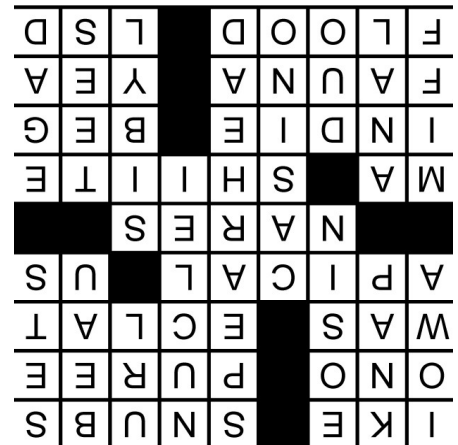
1. Hawkeye State
2. Sack starter
3. Red dye
4. Lead an attack
5. Cell centers
6. WWW address
7. Boy friend
8. Hardens
14. Vegas attraction
17. Delphic diviner

"To my biggest fan"



18. Tick off
19. Like a control freak
21. Golfer's bagful
22. "Good grief!"
24. Batman and Robin, e.g.

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



about 6.8 hours a night.

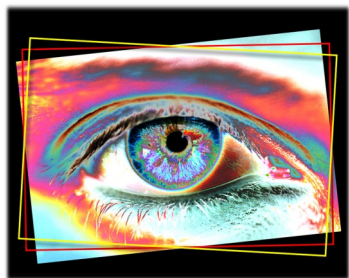
The algorithm finds that a generally well-rested person, in this case a soldier, who gets five hours of sleep one night could drink eight ounces of weak coffee upon waking at 7 a.m. and the same at 9 a.m. The soldier then would be just as alert as a person who slept eight hours.

While eight hours of sleep produces high levels of alertness all day, a person who sleeps no more than 6.8 hours each day for a week would need 200 milligrams of caffeine at 7 a.m. and at 9 a.m. to achieve the same alertness.

The full mathematical model with a working name of 2B-Alert will be online in app stores in a few months.



"If medication doesn't work, we'll have to surgically remove that song that's stuck in your head."



New ways to help treat glaucoma

After a prolonged standstill in glaucoma treatment, a new drug has been released that has been shown to dramatically improve treatment, according to The Glaucoma Research Foundation.

Glaucoma is caused when the pressure inside the eye becomes too high and slowly damages the optic nerve, leading to total blindness over time. While treatment options include lasers and surgery, more than 95 percent of patients are initially treated with eye drops.

The new drug, Vyzulta, is the first new class of eye drops to be released since 2001. It combines traditional drops with a new ingredient that dramatically reduces pressure in the eye. Because the ingredients are combined into a single, once-a-day drop, patients have shown much higher rates of adherence which is essential to stopping the progression of the disease over time.

Since the 1990s, prostaglandin analogs (PGAs) have been the primary ingredient in glaucoma eye drop treatment.

Glaucoma is currently the second leading cause of blindness globally. Researchers estimate that the number of Americans afflicted is more than 3 million but only half are aware they have the disease. Unfortunately, most people do not submit to the dilated eye exam which is the best way to detect early signs of glaucoma and begin treatment.

Another new drug will be available in January 2019.

Where do the robins go this winter?

Every April someone will say breathlessly that they saw their first robin: A hopeful sign that winter is ending and soon (but never soon enough) spring will be here.

But, now, in September when the leaves are beginning to fall and winter is knocking on the door, you might wonder, "Where will the American Robin go and what will they do in the deep freeze of winter?"

The answer might surprise you.

The robins in your yard might join together and flock to the south.

Or they might stay right where they are.

According to journeynorth.org, robins don't so much migrate as they do wander. They tend to go south in search of food, but not necessarily. In the winter, when robins can't get insects and worms, they eat fruits, but not seeds. If your neighborhood has lots of crabapple, hawthorne or late blooming fruit trees, the robins might stay, as long as there is food.

They don't really have to worry about the cold because their feathers keep them warm. When the thermometer drops below zero, robins puff up their feathers. On the outside they might feel cold, but inside they are a toasty 104 degrees. Even the robin's feet stay warm with



their fast circulation that spreads warm blood quickly down to the tendons that control the feet.

When temperatures reach about 36 degrees, male robins especially begin flying toward their breeding territories.

That's when the robins actually herald spring because once they are in their breeding areas, they start to sing. So if you see a robin in winter, don't worry. But if you hear a robin in the spring, smile. You've got some residents who are settling in for the first of their nesting cycles -- up to about four a year.

Some sweet news for improving memory

Good news older adults!

If you are doing a complicated task and want to do your best, put a spoonful of sugar in your coffee. Or eat something with sugar.

It has been long understood that the brain relies on glucose for performance, according to the U.S. National Institutes of Health.

This new study from the University of Warwick in the UK confirms this finding and shows that older adults specifically get a boost of effort and engagement in a task after they have sugar. Researchers suggest this engagement results in improved memory, according to New Atlas.

This finding links with other studies that show doing difficult thinking tasks is essential for maintaining cognitive health as we age.

Researchers do not recommend sugar in dietary guidelines for seniors, especially those who should not have it. But, for healthy older adults, sugar can provide a short-term boost on a difficult task.

Cut the pie, Doris, I'm going to do the taxes.





2019 Election of MHI and MLH National Officers

Attention members! Are you interested in becoming involved with Mended Hearts or Mended *Little* Hearts at a national level? Now is the perfect time - elections for MHI/MLH national officers will be held in early 2019 and those interested in running will need to submit their application documents by September 14, 2018.

If you are interesting in running, please contact Lydia Dubose at Lydia.Dubose@mendedhearts.org or 214-299-8543.

Upcoming Cluster Meetings

Mended Hearts is reaching patients across the country this year in our cluster meetings and we have two more left to go.

09/15/2018 in Medford, Oregon. For more information contact Marlyn Taylor at Marlyntaylor@earthlink.net.

10/20/2018 in Hollywood, FL. For more information contact Marvin Keyser at Marvk01@gmail.com.

National Day of Remembrance

Mended *Little* Hearts will be remembering our CHD angels on October 15, our National Day of Remembrance, coinciding with National Pregnancy and Infant Loss Remembrance Day. Please join us by lighting a candle in remembrance that day and by planning remembrance events.

Helicopter Golf Ball Drop Charity Fundraiser

- One golf ball and a chance to win \$2,500--\$25
- Five golf balls and a bigger chance to win \$2,500--\$100
- Buying the balls-5 minutes

The feeling of connection and joy you give a family with a child in the hospital when your donation allows Mended *Little* Hearts to give them a Bravery Bag filled with items they need-**Priceless**.

Mended *Little* Hearts is holding our Inaugural Helicopter Golf Ball Drop Charity Raffle to support the Mended *Little* Hearts Program. On World Heart Day, September 29, a helicopter will drop numbered balls onto a golf green. The ball that is closest to the hole wins!

1st place wins \$2,500
2nd place wins \$1,500
3rd place wins \$500



Here is what you can do to win: Purchase one ball for \$25 or 5 for \$100 (or more if you would like). Your balls will be assigned numbers. Closest to the hole wins. Only 2,000 balls will be sold.

You can win from anywhere in the U.S.! Watch the event on Facebook Live on World Heart Day-- September 29 on the Mended *Little* Hearts National Organization Facebook Page. Purchase your golf balls

Seasonal treat fit for any meal

Apple season can vary depending upon the weather and the region of the orchard. A harsh and long winter can slow the blossoming of trees in the spring and an unexpected freeze can zap the buds and delay the growth and production.

That's why National Apple Month begins in late September and extends through November.

Apples are grown in every state except Hawaii and Alaska and include 2,500 known varieties. About 100 apple varieties are grown commercially in

the United States, but 90 percent consist of the 15 most popular, including Gala, Granny Smith, and Red Delicious.



Sausage-filled baked apples

1 pound bulk pork sausage
6 large tart baking apples (Braburn, Macintosh, Honey Crisp)
1 small apple
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon grated lemon rind
2 tablespoons light or dark raisins
Extra brown sugar, ground cinnamon, grated lemon rind.

Preheat oven to 375 degrees F. Brown the sausage in a large skillet. Wash the apples; cut a slice from the tops; scoop out the cores and enough flesh to leave a 1/2 inch shell. Peel and finely dice the smallest apple.

To the sausage, add the diced apple, raisins, brown sugar, cinnamon, and lemon rind and mix well. Fill the apple shells with the mixture.

Sprinkle the tops with additional brown sugar, cinnamon, and lemon rind. Place in a baking dish, cover with foil, and bake until tender, about 40 minutes. Then serve with biscuits or croissants and apple jelly.

Mended Hearts of St Petersburg

September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	A banner for National Preparedness Month featuring a first aid kit, a flashlight, and a megaphone. The text "National Preparedness Month" is written in a white, sans-serif font.					1
2	3 Labor Day	4	5	6	7	8
9	10	11 Patriots Day	12	13	14	15
16	17	18	19 1:00-3:00 PM Chapter Meeting Bayfront Hosp.	20	21	22
23	24	25	26	27	28	29
30			A banner for Hispanic Heritage Month featuring a colorful, abstract design with the text "Hispanic Heritage Month" in a white, cursive font.			

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Mended Hearts
Bayfront Health St. Petersburg
701 6th Street South
St. Petersburg FL 33701



Mended Hearts™
of St Petersburg Florida

***Mended Hearts of St. Petersburg
Sign-up Sheet***

If you would like to receive more information from Mended Hearts, please provide your contact information below and give this form to your Mended Hearts Volunteer or Hospital staff. You may also mail it to us as follows:

Mended Hearts
Bayfront Health St. Petersburg
701 6th Street South
St. Petersburg FL 33701

Name: _____

Address: _____

Email: _____

Phone: () _____

Check all that may apply:

- ☐ I am a Heart patient
- ☐ I am a caregiver to a heart patient
- ☐ Please have a Volunteer contact me right away
- ☐ I am interested in becoming a Mended Hearts Volunteer