

**Summer  
2021**



**Mended Hearts™**  
of Boise Chapter 380

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

### **President's Message**

Like the song goes, "summertime and the living is easy", so we should be planning on a fun and healthy super summer. Perhaps during the last few months, we may have noticed that we were not as active, our summer clothing shrunk, we do not have all of that energy that we would like to have and it is making it difficult to get out and enjoy the summer. The key to better health is to focus on the future. Our self-care was not taught to us, we were spending time with growing families and work. We did not focus on ourselves. Now is the time to make a change.

Remember that excess weight increases your risk of heart issues and your daily life. As you age, it is easier to gain weight and tougher to lose it. We try to set goals yet we seem to get off the track. The Mayo Clinic suggests that you think about two different goal-setting strategies, PROCESS AND OUTCOME. "Exercise regularly" is an example of a process goal, while "lose 30 pounds" is an example of an outcome goal. Both are important, but process goals drive weight-loss success because they focus on taking action. Once exercise becomes a regular habit it becomes part of your daily activity. This should include about 75 minutes of vigorous activity or at least 150 minutes of moderate physical activity a week. In order to not be confused about the two, consider the talk test or carry on a conversation with a person in brief sentences and calculate your target heart rate. Do not overdo it, baby steps until your doctor offers you a new strategy or direction. You cannot correct years of issues in a few months.

The key to weight loss is to change your ways. The Cleveland Clinic favors a multi-approach to weight loss that incorporates nutritional counseling, smoking cessation, meal replacement, behavioral support, sleep disorders assessment and a physical activity plan. They also include a few others, yet your review

*Continued on Page 11*



## **Save the Dates!**

### **MENDED HEARTS CHAPTER 380 MONTHLY MEETINGS**

We are currently holding our monthly meetings from 3:00 - 4:30 pm on the third Wednesday of the month via ZOOM. Prior to each month's meeting, you will receive an email inviting you to the meeting and giving a link for access. If this changes, we will let you know by email.

- ♥ MH Chapter Meeting Wednesday, 7/21/2021 3:00-4:30 PM. Guest Speaker: Janice Elliott, talking about Laughter is the Best Medicine.
- ♥ MH Chapter Meeting Wednesday, 8/18/2021 3:00-4:30 PM. Guest Speaker: Josh Baker, will discuss St Luke's Cardiac Rehab Clinic and upcoming plans, restrictions, etc.
- ♥ MH Chapter Meeting Wednesday, 9/15/2021 3:00-4:30 PM. Guest Speaker to be determined.

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

We are back with an information table at Cardiac Rehab twice a month and look forward to seeing people back in that location. . Also, we are now able to provide patient discharge packets for telemetry patients at St. Luke's.

### **VIRTUAL VISITING AND REACCREDITATION TRAINING:**

Reaccreditation Training is usually scheduled twice a month. Please contact Jack Marr for registration details or future dates (229.269.8161, or [jack\\_marr@hotmail.com](mailto:jack_marr@hotmail.com)).

### Should you pay to fix your credit score?

- ♥ If you've got some dings on your credit, it can be tempting to think about hiring someone to clean it up. But is that a good idea?
- ♥ Experts generally say no. For most of us, the changes a credit repair service offers are fixes we can make ourselves. Pay your bills on time every time. Keep credit card usage low. Stay out of tax trouble. Stay out of small claims court. Honor your rental agreements.
- ♥ Hiring an unscrupulous company to repair credit might even do more harm than good.
- ♥ It's important to remember that it takes some time to repair bad or mediocre credit. There is no quick fix.
- ♥ One way to keep on top of things is to get a copy of your credit report. As per the Federal Trade Commission, you're entitled to one free credit report a year from each of the three nationwide credit reporting companies at [annualcreditreport.com](http://annualcreditreport.com).
- ♥ If you see an item that looks incorrect, open a dispute with the credit reporting industry (TransUnion, Experian and Equifax).
- ♥ If you do need a quick fix, one area to focus on is the credit utilization ratio, which accounts for about 30 percent of your score. You can pay down balances on revolving debts like credit card balances. Pay off credit accounts, but keep them open. If you close an account, your available credit can go down, lowering your score. It's a balancing act.
- ♥ Experian recently added a free service called Experian Boost, which lets you add charges like cell phone bills that aren't traditionally included in credit scores. If you consistently pay these on time, this could give you a small bump in your credit score. Experian says the service adds an average of 12 points to a user's credit score.
- ♥ Finally, you might benefit from credit counseling for the long term. Find a reputable company — the National Foundation for Credit Counseling is a nonprofit that has been around since 1951.

"Time is more valuable than money. You can get more money,



but you cannot get more time."

John Ruskin

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

We are offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended *Little* Hearts and receiving access to resources and information. When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended *Little* Hearts provide. Finally, you join the ***nation's largest cardiovascular disease peer-to-peer support network*** and help us support even more people.

Mended Hearts and Mended *Little* Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this.

To join Mended Hearts or Mended *Little* Hearts go online to: <https://mendedhearts.org/connect/member-enrollment/>

***Mended Hearts Mission Statement:*** "To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy."



Mended Hearts

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

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

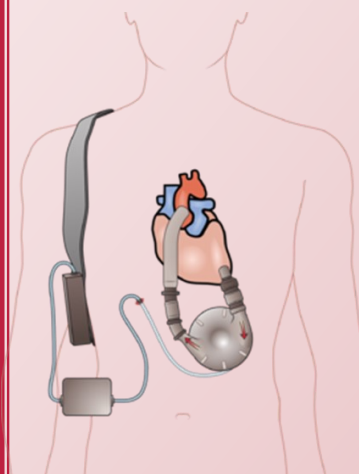
The Non-Profit number for ***Mended Hearts Chapter 380*** is: ***45-4381348***



### Topic: Heart Pump-Bridge to Heart Transplant or Destination

April 21, 2021

- ♥ Dee has had a history of heart issues (PVCs or Premature Ventricular Contractions) dating back to 1975. In 1998 she experienced a sudden cardiac death and resuscitation followed by weeks of cardiac intensive care and rehabilitation. During that period of time, the medical team had to use the cardiac paddles to restart her heart several times. She underwent many procedures and tests to isolate the problem and eventually underwent a defibrillator/pacemaker implantation. This, also, had to be done several times. The doctors started with a single lead device and eventually went to a triple lead device. In 2000, Dee was diagnosed with CHF (Congestive Heart Failure). This cardiac disease progression caused the defibrillator to "kick" her heart back into action on several occasions. (And Dee described the jolt to restart her heart as "just like being kicked in the chest by a horse"). At one time she was jolted five times in a row, which is called a "storm". Ablations had been done. Nothing seemed to be working. Dee was flown by Lear Jet to the University of Utah Cardiac Unit, and it was there that she heard about the VAD (Ventricular Assistance Device or Heart Pump).
- ♥ The VAD is a pump in the heart, meant to circulate the blood through the heart chambers. This Ventricular Assistance Device can be used as a bridge in preparation for a heart transplant or it can be considered the destination, as a permanent solution to a struggling, life-or-death heart. These devices are truly artificial hearts. They are used for a weakened heart or failing heart, such as cardiomyopathy, congestive heart failure, cardiac arrhythmias. Pump placement can be in the right or the left ventricle but placement in the left ventricle is most common. Dee has an LVAD. Three companies make these devices: 1.) HeartWare, 2.) Heartmate and 3.) Jarvik Pump.
- ♥ To qualify for placement of a VAD, a team of specialists have to meet and discuss a patient's medical background, support system, cognition, and age. The qualifiers differ depending on the Cardiac Hospital. Dee was a perfect candidate for the procedure. She underwent open heart surgery to get the pump placed in her heart. Following surgery, Dee was placed in CCU, then a Rehabilitation Unit and finally a Care Facility. She had to stay for three months in Utah to be close to the hospital in case of an emergency and for frequent follow up appointments. The surgery was in April and Dee came back home to Boise in June. There originally were frequent trips to Utah, a phone "life-line" to address immediate concerns or questions, and now an annual, in-person check-up.



♥ Dee is on Coumadin. She wears a five pound shoulder bag holding the batteries. She has a tube into the abdominal wall which requires daily inspection, cleaning and dressing change to prevent infection. In addition, there is a second bag which is always with her. This holds tubing and a canula in case there is a need for oxygen, extra batteries and controller. She hooks up to electricity at night to allow the batteries to recharge. There is an alarm set to go off in case of power failure and need to change power source. Every bag has a tag with an emergency number. The equipment is constantly transmitting daily data — equipment status, blood pressure, weight, etc.

♥ Dee is celebrating her Fifth Year anniversary with her VAD. Even though it is work to maintain her VAD life, Dee is a happy and active person. She has figured out a way to remain active. As she said, "you learn as you go". She is grateful for the life she has been given through the VAD system. Dee's attitude is that you take each day and do the best you can and do what you can with what you've got.

**YOU GO, GIRL!!!! Thanks for such a great talk. You are such an inspiration, Dee!**

*Contributed by Pat Toshcoff*

## Common Questions about your Pacing Options:

### Pre-Procedure Q&A (Joint Article by Mended Hearts International and Medtronic)

Not all pacemakers leave a visible scar on the chest. There are now devices known as leadless pacemakers that have been shown to have fewer complications than traditional options. Pace of Mind is an educational initiative designed to inform patients diagnosed with a heart condition about new leadless pacing options. Brought to you by Mended Hearts in collaboration with Medtronic. Download FAQs for answers to common pacing questions: <http://bit.ly/3bFhWfG>.

If you've recently learned you need a pacemaker, you likely have questions about your pacing options, the procedure and how living with a pacemaker may affect your day-to-day life. Use this guide to answer some of the most common pacemaker questions.

**What is a pacemaker?** A pacemaker is a small device which monitors the heart and sends an electrical impulse to pace the heart when its rhythm is interrupted, irregular, or too slow.

**What are pacemakers used to treat?** Pacemakers are most commonly used to treat a slow or irregular heart rate. Bradycardia, a condition in which the heart beats too slowly, is commonly treated by pacing devices.

**What does a pacemaker look like?** It depends on the type of pacemaker:

- ♥ Traditional pacemakers are small, round devices about the size of a tea bag and include leads – thin, soft, insulated wires about the size of a spaghetti noodle – which are connected directly to the heart and deliver the electrical impulse from the pacemaker.
- ♥ Leadless pacemakers are less than a tenth the size of traditional pacemakers and are the approximate shape and size of a large vitamin capsule. These devices do not require leads, as they are implanted directly into the heart through a minimally invasive procedure to deliver pacing therapy

Traditional Pacemaker



Leadless Pacemaker



Vitamin



**How do I know if I need a pacemaker?** Your doctor will assess your condition and determine whether a pacemaker is right for you. Common bradycardia symptoms include:

- ♥ Dizziness and fainting
- ♥ Chronic fatigue
- ♥ Shortness of breath

Talk to your doctor right away if you experience any of these symptoms.

**How does a pacemaker work?** A pacemaker is designed to mimic the heart's natural rhythm when there are disturbances, such as pauses, in the natural rhythm. The pacemaker has two main purposes — pacing and sensing.

- ♥ Pacing: A pacemaker will send an electrical impulse to the heart when the heart's own rhythm is too slow or interrupted.
- ♥ Sensing: A pacemaker will also "sense" (monitor) the heart's natural electrical or mechanical activity. When the pacemaker senses a natural heartbeat, it will not deliver a pacing pulse.

**My doctor told me I need a pacemaker; can I receive a leadless option?** Only your doctor can determine if you are eligible for a leadless pacemaker. If you've been told you need a pacemaker, it's important to talk to your doctor about which option is right for you.



Mended Hearts

Medtronic

**Editor's note:** This article (Pre-procedure Q&A) is the first of three articles concerning leadless pacemakers. The Procedure Q&A and Post-Procedure Q&A articles will be published in subsequent Newsletters.

Article appeared on Mended Hearts Facebook page (<https://www.facebook.com/mendedhearts>) on June 3, 2021 at 13:00



# CROCK POT CHICKEN TACO CHILI

*Crock Pot Chicken Taco Chili is an easy slow cooker dump recipe using freezer and pantry staples!*

It's so good served in a bowl with multi-grain chips, topped with reduced fat cheddar cheese or avocados. This makes a lot and it is even better the next day for lunch.

## Ingredients

- ♥ 1 small onion, chopped
- ♥ 1 15.5 oz can black beans, drained
- ♥ 1 15.5 oz can kidney beans, drained
- ♥ 1 8 oz can tomato sauce
- ♥ 10 oz package frozen corn kernels
- ♥ 2 10 oz cans diced tomatoes w/chilies
- ♥ 4 oz can chopped green chili peppers, chopped
- ♥ 1 packet reduced sodium taco seasoning
- ♥ 1 tbsp cumin
- ♥ 1 tbsp chili powder
- ♥ 24 oz 3 boneless skinless chicken breasts
- ♥ 1/4 cup chopped fresh cilantro 2 tablespoons

## Directions

- ♥ Combine beans, onion, chili peppers, corn, tomato sauce, diced tomato, cumin, chili powder and taco seasoning in a slow cooker and mix well.
- ♥ Nestle the chicken in to completely cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 6 hours.
- ♥ Half hour before serving, remove chicken and shred.
- ♥ Return chicken to slow cooker and stir in.
- ♥ Top with fresh cilantro and your favorite toppings!

## Nutrition Analysis (per serving)

Serving: 1 scant cup, Calories: 220kcal, Carbohydrates: 28g, Protein: 21g, Fat: 3g, Cholesterol: 44mg, Sodium: 729mg, Fiber: 8.5g, Sugar: 6g

Recipe from: [https://www.skinnytaste.com/crock-pot-chicken-taco-chili-4-pts/?fbclid=IwAR22Uq2q8wkBm\\_2zOVikh2IbXw\\_\\_aJYOKqorpzrL534Kaci\\_w2w0x8PFx4k](https://www.skinnytaste.com/crock-pot-chicken-taco-chili-4-pts/?fbclid=IwAR22Uq2q8wkBm_2zOVikh2IbXw__aJYOKqorpzrL534Kaci_w2w0x8PFx4k)



*Join us! When you join Mended Hearts® and Mended Little Hearts®, you're becoming part of something bigger. And when you join the nation's largest cardiovascular disease peer-to-peer support network, you're helping us support even more people.*



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## 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.



# Suggestions from the American Heart Association

## Top Ten Tips for Healthy Grilling and Barbecuing

Grilling is a fun and flavorful way to cook no matter the season – even if it’s cold outside! Who doesn’t love to cook together with friends outdoors in the summer and tailgate at the games during the fall and winter?

The best part is that grilling can be one of the healthiest ways to cook! Just follow our top ten tips for healthy grilling and barbecuing.

### Pick the perfect protein.

Fish, skinless chicken breast and lean ground poultry are all healthier choices. The good fats in fish like salmon and trout actually have health benefits. And when you grill with skill, your guests won’t even miss the red meat, which usually has more saturated fat. Wrap marinated fish fillets in foil, construct colorful chicken kebabs, or make more savory turkey burgers by mixing minced portabella mushrooms and onions into the patties. If you do choose meat or pork, get “loin” or “round” cuts and “choice” or “select” grades of beef instead of “prime.”



### Right size your portions.

A healthy portion of any type of meat is about 3 ounces, or the size of a deck of cards, and definitely no more than 6 ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!

### Give it a soak or rub.

We’re not talking about a spa day! Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt. All you need is about ½ cup of marinade or 1 tablespoon of spice rub for each pound of food. Try this simple marinade recipe and find others in our recipe center. Make a simple rub of your favorite spice (such as allspice, chili powder, cinnamon, cumin, garlic powder, paprika or rosemary) and black pepper. *Safety tip:* never reuse marinade or rub after raw meat has touched it.

### Add color – lots of color.

Just about all your favorite colorful fruits and veggies can be grilled, alone or in kebabs, giving them delicious flavor that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a healthy oil to prevent sticking or use a grill basket to keep them out of the line of fire. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.

### Say bye to the bad fat.

Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with a healthy cooking oil. And let ‘er drip – make sure fat drips away from the food while it cooks.

### Let the simple grilled goodness shine through.

Don’t drown your grilled masterpiece in salty sauces, sugary condiments, or heavy dressings. Use as little of these as possible, and try making your own [healthier condiments](#). It’s easier than you think! And sometimes, a simple squeeze of lemon or lime is all it needs.



### Choose healthier sides.

Swap the traditional store-bought barbecue fare like baked beans, cole slaw, macaroni salad and potato salad – which can have a lot of saturated fat, sodium and added sugars – for healthier homemade versions. Or change it up and do a colorful bean salad, fruit salad or leafy green salad.

### Make your buns whole grain.

Whole-grain buns and breads will complement your healthy feast with extra fiber, flavor and texture. If you’re watching your calories and carbs, try an open-faced burger or lettuce wrap.

### Grill fruits for dessert.

The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches, or plums.

### Keep it clean.

OK, so this isn’t the fun part, but be sure to scrub down the rack or grill pan after each use. Removing left-over burnt pieces of food stuck to the grill prevents burning, smoking and bitter flavors the next time you use it.



### Topic: Models for Living

May 19, 2021

♥ Tory was 34 years old and working his way up the corporate ladder. He came down with a sinus infection and then developed radiating chest pain over a two week period of time. The doctor diagnosed him with muscle strain. Tory experienced a sudden exacerbation of symptoms including left arm heaviness, excruciating pain and shortness of breath, and he recognized the possibility that he was having a heart attack. The emergency room confirmed these suspicions. As the paddles were being pulled out and Tory felt himself slipping away, he prayed for God's intervention and prayed that, if he survived, he would live to make a difference in this world. He miraculously survived and started his training to step into a coaching framework and is now a Life Wellness Coach.



♥ As defined on the Website [Verywellmind.com](http://Verywellmind.com), a life coach is a type of wellness professional who helps people make progress in their lives in order to attain greater fulfillment. Many people seek out life coaches for guidance in navigating a significant life change or for help in building a happier, more meaningful life.

♥ [LifeWellnessCoach.com](http://LifeWellnessCoach.com) is A Life Well Lived...Benefit Corporation. A Benefit Corporation is a social business with the purpose of creating social benefit. It helps individuals, organization and communities achieve a life well lived. It puts people over profits; a business with a social conscience. Profits are reinvested to grow and expand the benefits to society. Company's core beliefs are: 1.) For things to change, we must change 2.) Change is evolutionary not revolutionary 3.) Everyone can have access to quality coaching and 4.) Interaction with others is invaluable. The company offers life wellness coaching, leadership clinics, keynote speakers and brain balance. Social Business was created by Muhammad Yunus- renowned economist, pioneer of microcredit, Nobel Peace Prize winner and social entrepreneur.

♥ Do a pulse check on yourself: Are you currently trying or wanting to make a change AND would you like to be more successful in making that change? A 'yes' to these questions leads us to the success MAP to behavioral changes. We think in pictures or do visual processing. Models serve as mental maps (visuals or pictures) that help us navigate life and affects behavior changes.

♥ A behavior occurs when **Motivation, Ability, Prompt** (MAP) converge at the same moment (called behavioral convergence). **Motivation** — motivated to take action by sensation, by anticipation, by wanting; **Ability** — the ease of taking or doing, the action or simplicity of action; **Prompt** — the cues, triggers, call to action, request. These three form a compensatory (or counterbalanced) relationship. In our mental map, the three parts are working if we are achieving what we want in life; if we are not, we need to analyze and then alter the map to take the right steps in the right direction. Behaviors become Habits. A habit cannot be eliminated; it can only be replaced. Habits are Paths. Behaviors are our steps along the path. Where are your paths leading? Do new path need to be created? The % of the three parts of the mental map pictured to the right, can and will vary according to circumstances and events.



The Success MAP is as simple as Tic Tac Toe. We have three sources of influence: 1) **Self**, 2) **Social** — (other people, radio, television), and 3) **Structural** — technology. Fill in the Tic Tak Toe chart as follows:

Success	M	A	P
Self You can...	Why	How	What
Social Who can...	Encourage	Assist	Accountable
Structure What can...	Reward	Environment	Remind

♥ Under M and next to Self, ask **why** you want a change.

♥ A and Self- ask **how** to make the change and outline and break down into small steps to make change easier.

♥ P and Self- **what** will nudge you forward? Make the goals small and simple to assure feelings of success.

♥ M and Social- who can **encourage** you in your efforts to reach your goal? Steer clear of hindrances.

♥ A and Social- seek out people to **assist** who have succeeded in this effort.

♥ P and Social- seek people to whom you are **accountable**, who will hold you to the task; for example, an exercise partner for exercise accountability.

♥ M and Structure-what is the **reward** or how can you reward yourself as you reach or accomplish goals?

♥ A and Structure - **Environment**, work within a setting which will minimize decision fatigue.

♥ P and Structure- create sticky notes, use a calendar, etc. so that you will have a to-do check list. This will **remind** you to do something. It will create a behavior design

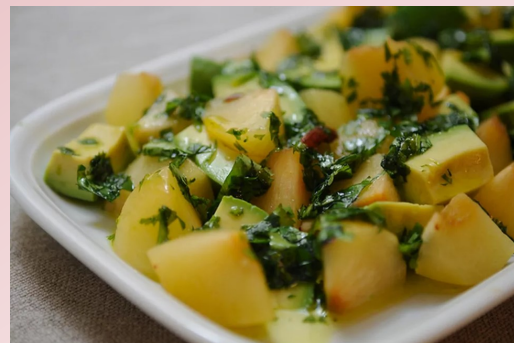
With these instructions, create your own Tic Tac Toe chart and fill it in to analyze and change your behavior goals.

### Plum Avocado Summer Salad

This is a creation for a nice quick summer salad! This salad has an unexpected combination of flavors and textures. It marries tart-sweet plum and buttery avocado and with the cilantro garlic dressing with a dried chili gives just the right amount of heat. Don't skimp on the lemon or the salt, as both are crucial for balance.

#### Ingredients

- ♥ 2 medium ripe Avocados
- ♥ 5 medium sized ripe black plums
- ♥ 1 cup chopped fresh cilantro
- ♥ 1 small clove of garlic
- ♥ several pinches sea salt
- ♥ 1 medium lemon
- ♥ 3 splashes olive oil
- ♥ 1 dried red chili pepper



#### Directions

- ♥ Peel the black plums and cut into cubes (worth the task of peeling!).
- ♥ Peel the avocado and cut into cubes.
- ♥ Gently place the black plum and avocado chunks into a dish — be careful not to mix too much, otherwise the avocado mashes all over. Squeeze with lemon and sprinkle in a couple pinches of sea salt. Do not mix.
- ♥ In a mortar and pestle, smash up the garlic clove with a little salt. Add the red chili pepper and continue crushing (should still be in big messy chunks). Add the cilantro and continue to mash until the ingredients are combined. Drizzle in the olive oil (1/4 to 1/2 cup) to make the dressing, mashing well.
- ♥ Drizzle the dressing with a spoon over the plums and avocado. Salt to taste.
- ♥ Let the salad sit for 5 to 10 minutes to soak in a bit and then enjoy.

Adapted from Food52 with permission: <https://food52.com/recipes/6130-plum-avocado-summer-salad>

### Valencia Orange Vanilla Frozen Yogurt    Servings: 4    Serving Size: 1/2 cup

This dreamy, creamy citrus-based dessert is refreshing on a hot summer's evening.

#### Ingredients:

- ♥ 1 cup fat-free, plain Greek yogurt
- ♥ 1 small banana (sliced)
- ♥ 1 teaspoon grated orange zest and 1 teaspoon grated orange zest, divided use
- ♥ 1 tablespoon fresh lemon juice
- ♥ 1/8 teaspoon grated fresh nutmeg or ground nutmeg and 1/8 teaspoon grated fresh nutmeg or ground nutmeg, divided use
- ♥ 1 teaspoon stevia sweetener OR
- ♥ 2 stevia sweetener packets
- ♥ 5 drops vanilla crème-flavored liquid stevia sweetener
- ♥ 5 drops Valencia orange-flavored liquid stevia sweetener
- ♥ 2 small oranges, halved and squeezed (about 1/2 cup juice)

#### Directions:

- ♥ In a food processor or blender, process the yogurt, banana, 1 teaspoon orange zest, orange juice, lemon juice, and 1/8 teaspoon nutmeg for 1 to 2 minutes, or until smooth, scraping the sides as needed. Add the stevia sweetener and both flavors of the liquid stevia sweetener. Process the mixture for 30 seconds, or until all the ingredients are well blended.
- ♥ Pour the mixture into an electric ice cream maker. Freeze according to the manufacturer's directions. Or, put the mixture in a 1-quart bowl. Freeze, covered, for 4 to 6 hours, or until frozen, stirring every hour.
- ♥ Garnish with the remaining 1 teaspoon orange zest and 1/8 teaspoon nutmeg.

Calories: 80 Per Serving, Protein: 7g Per Serving, Fiber: 2g Per Serving

Adapted with permission from: <https://recipes.heart.org/en/recipes/valencia-orange-vanilla-frozen-yogurt>





### 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](mailto: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](mailto:semgoddessid@gmail.com) for information.



### Schedule a visit.

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.*

### Not All Diets Best for Heart-Healthy Weight Loss

Even though weight loss comes down to a simple formula — eat fewer calories than you burn — dieters should exercise caution when choosing how to eat. Not all diets are created equal when it comes to protecting or improving heart health.

According to the Harvard Heart Letter, all older adults should pay attention to their heart health, and for people who want to lose weight, low-carb diets may not be the best choice. Dieters who stick to a ketogenic or Atkins-style diet tend to eat lots of red meat and high-fat, high-salt processed meats, like bacon — not exactly heart-healthy choices. But low-carbohydrate diets aren't completely off-limits. For dieters who prefer to avoid carbohydrates, doctors recommend choosing unprocessed or minimally processed foods and high-quality fats, such as those

found in nuts.

But in general, experts caution, dieters should think twice about any diet that restricts a specific category of food, such as carbohydrates or fats, because they are less sustainable for people who want to lose weight and keep it off. Instead of restrictive diets that eliminate entire food groups, experts urge dieters to eat a variety of heart-healthy foods. According to the American Heart Association (AHA), a variety of whole fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils (such as olive oil) are all good choices for heart health. In addition, the AHA recommends that dieters limit saturated fats (such as butter), trans fats, sodium, red meat, sweets and sugary drinks.

*PagesMag07/21*



### How mRNA Technology may Transform Medicine

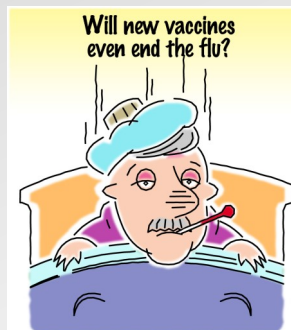
You might be forgiven for thinking that synthetic messenger RNA (mRNA) vaccines are a new technology. After all, the Moderna and Pfizer-BioNTech COVID-19 vaccines are the first authorized vaccines in history to use mRNA technology. But according to National Public Radio (NPR), this technology has been in the works for more than 30 years, and the future looks brighter than ever.

Unlike traditional vaccines, which use weakened or inactivated viruses or pieces of viruses, synthetic mRNA vaccines act like computer code, teaching cells how to make a protein to trigger an immune response if someone is infected, according to Memorial Sloan Kettering Cancer Center.

The benefits, according to Harvard Health, are nu-

merous. mRNA can be easily made in large amounts in laboratories, and researchers found that mRNA vaccines can actually generate a stronger immune response than many traditional vaccines. And enormous potential exists for preventing other deadly diseases — mRNA vaccines are already being tested for Ebola, Zika virus and influenza. mRNA vaccines may even be used to create vaccines for some cancers. According to the MIT Technology Review, vaccines for herpes, sickle-cell disease, and perhaps even HIV might be on the horizon. mRNA technology might also be used to make complex and expensive gene therapy treatments more affordable and accessible to people around the globe.

*PagesMag07/21*



### Use the letters in "F.A.S.T." to spot stroke signs and know when to call 9-1-1.

**F**

#### Face Drooping

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

**A**

#### Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S**

#### Speech

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

**T**

#### Time to Call 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any

*Continued on page 11.*



*Continued from Page 1 (President's Message)*

with your primary care doctor will be key to the right action to follow. This approach will give you a well-rounded program and help in your overall goals. The important factor is that your health is not just one thing but a series of changes that will improve your way of life and your future. You can play golf, take a walk with your pet or family, go shopping or just move. It is easy to eat smart. The hard part is to make the commitment to keep going forward.

The Mended Heart family is also here with support in both educational and peer-to-peer support. We offer information covering a wide variety of life and health experiences. This is available with group meetings (currently on Zoom), web activity and educational material to support all of us living with a heart issue. You are not alone on your heart journey. We do not charge you for our help and support.

Come to a meeting, our picnic, or one of our sponsored events and have some fun with the Mended Hearts family. The saying goes, "It takes a village...." And our village is YOU.

*Ray Trapp, President*

*Continued from Page 7 (Meet our Guest Speaker - Tory Hebdon)*

### Points of Reflection (a quick review)

- ♥ Models are mental maps for navigating life
- ♥ A behavior occurs when Motivation, Ability, and Prompt converge
- ♥ Behaviors are the steps we take that form habits
- ♥ Habits become our paths we use to traverse life
- ♥ Habits can only be replaced
- ♥ Three Sources of influence — Self, Social, Structure
- ♥ The Success MAP is the framework to properly shape our behaviors, our habits, and our life.
- ♥ Learn the above skills to change behavior and then reinforce this learning by teaching it to at least three other people

For further information or assistance, contact Tory Hebdon; [ToryHebdon@LifeWellnessCoach.com](mailto:ToryHebdon@LifeWellnessCoach.com); at (208) 851-8850; or on LinkedIn

THANK YOU, TORY! A most informative and helpful talk.

*Contributed by Pat Toshcoff*

*Continued from Page 10 (Use the letters in "F.A.S.T." to spot stroke signs and know when to call 9-1-1)*

age, any time — and everyone needs to know the warning signs. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

### **Beyond F.A.S.T. – Other Symptoms You Should Know**

- ♥ Sudden NUMBNESS or weakness of face, arm, or leg, especially on one side of the body
- ♥ Sudden CONFUSION, trouble speaking or understanding speech
- ♥ Sudden TROUBLE SEEING in one or both eyes
- ♥ Sudden TROUBLE WALKING, dizziness, loss of balance or coordination
- ♥ Sudden SEVERE HEADACHE with no known cause

Reprinted with permission from the American Heart Association;

<https://www.stroke.org/en/about-stroke/stroke-symptoms/learn-more-stroke-warning-signs-and-symptoms>



## **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](http://www.MHBoise.org)  
National – [www.mendedhearts.org](http://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](mailto: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](http://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](mailto: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.