



Mended Hearts™  
of Huntsville



# The Beat Goes On

Volume 10, Issue 5  
P. O. Box 18912, Huntsville, AL 35804-8912

May 2020  
Dr. Fredonia B. Williams, Editor

# Happy Mother's Day!

## Can't get out for Memorial Day? Try this!

A treasured tradition for many is to decorate graves on Memorial Day.

How pleasant it is on a sunny day to finally find the right stone, pull a couple of weeds around it, then arrange the flowers.

But, inevitably, some things get in the way of that trip: Bad weather, no ride, or a quarantine for some virus.

No matter!

You can still visit the grave at the website Find A Grave -- and you can leave digital flowers too.

Find A Grave has an amazing database of gravesites around the country. Even small historical cemeteries are listed.

Thanks to the work of volunteers around the country, Find A Grave has grown to be a huge index of cemeteries.

You can search by name or cemetery to find your loved one. You can leave digital flowers and even a note. You'll also be able to see notes others have left.

So if you can't get to the cemetery on Memorial Day, you'll discover Find A Grave a very satisfying option.

## Health and happiness in age of coronavirus



As the world grapples with how to stay healthy during a new way of living that includes social distancing and the closing of our gyms and restaurants - among a multitude of other businesses - seniors in particular can face unique challenges.

Aside from concerns about illness itself, seniors may also be missing their group exercise classes and

bridge clubs, not to mention visits from family.

It's vital to remain as active and connected as possible while also staying safe. Although many of us have been tempted to sink onto the couch recently, hopefully we've started moving again. That doesn't mean you should attempt burpees on the living room floor, however; consider wall push-ups instead.

At the very least, get up and walk around the house at regular intervals, whether it's during commercials or a time designated by setting a timer. Take a walk around the neighborhood or at a (not crowded) park if you're able.

If you're comfortable using the internet, the National Council on Aging has an online exercise resource called Go4Life.

Mental health is just as important as physical health. Video chats are a great option to keep in touch with family, though phone calls are an equally excellent option.

Among its resources, the Institute on Aging also offers a 24-hour toll-free Friendship Line for people 60 and older and adults living with disabilities. The Friendship Line is a crisis intervention hotline as well as a warm line for non-emergency emotional support calls; they also make ongoing outreach calls.

### At-home and online workouts

When gyms closed in March, many were scrambling for ways to keep in shape - or some semblance of shape - without our treadmills, weights, and the accountability of trainers. And let's face it: most of us are not that creative when it comes to exercise at home, and maybe a quarantine was an easy excuse to let things slide for a bit.

Time to ditch the excuses. Whether online or in-home, workouts outside of the gym are abundant.

Here are some ideas to consider:

**Check YouTube** for free classes, from yoga to intense cardio (and admit it - you're probably home in your yoga pants anyway).

**Squats.** These are easy to do in small spaces and can be done with weights or just body weight. You can practice good form by setting a chair about three feet from a wall, face the wall with your feet about shoulder-width apart, and then squatting down until your butt touches the chair (or your face touches the wall).

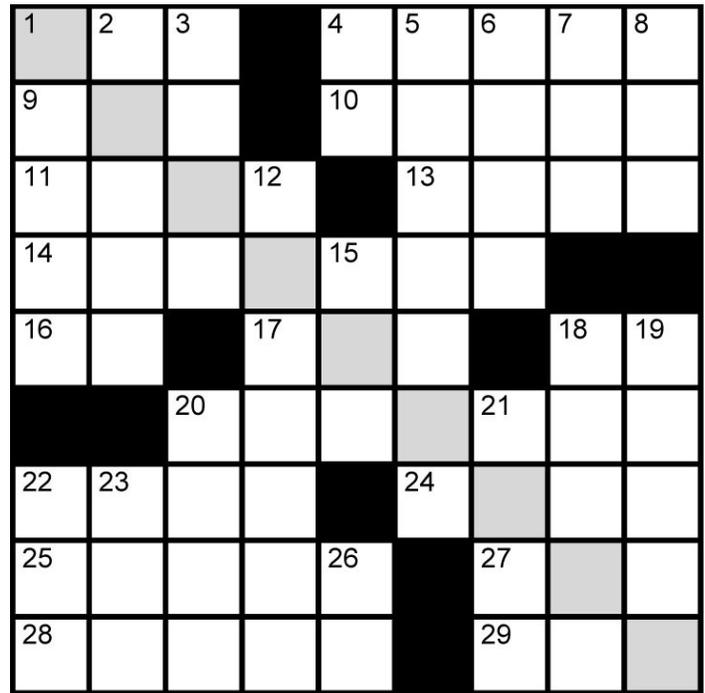
#### Across

1. Genetic stuff
4. Auspices
9. Sprinted
10. Serpent
11. Sea eagle
13. Kind of charge card
14. Military school
16. Perform
17. "Fancy that!"
18. Kipling poem
20. Hamlet's cousin
22. Bank holding
24. Window part
25. Poem of lament
27. \_\_\_ juice (milk)
28. Bit of statuary
29. Trinity component

#### Down

1. Be reluctant
2. DEA agent
3. The "I" of "The King and I"
4. Symbol for arsenic
5. Glossy paints
6. Like some meat
7. White House nickname
8. Census datum
12. Decorative borders
15. Sushi offering
18. Arctic abode
19. Criminal
20. Turn
21. Goals
22. Tennis call

### Spring yard flower



23. U.N. workers' grp.
26. Rocky's greeting



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

**Push-ups.** The useful thing about push-ups is that there are tons of variations, ranging from traditional straight-leg push-ups done on the floor to wall push-ups.

**Get outside** and take a walk, a hike, bike, or go for a run. (Since social distancing advisories are still in place, this isn't the time to meet with a group. Consider whether you can keep a safe distance apart from others, and remember that you could be breathing heavily.)



"Same old, same old. Knocking things off my desk, walking across the keyboard..."

# BOLD BUBBLES.

The strange journey and powers of the humble bar of soap.

According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing.

Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing.

Soap.

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat.

The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured in-

**FIERCE SOAP MOLECULES** use their tails to pierce the virus membrane and pry it apart!



to the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses.

Soap molecules are pin-shaped crowbars. Their tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from recipe used by Romans or ancient Egyptians. It's still ancient science.

## Memorial Day:

Time to remember people of valor

The tradition of honoring our country's fallen defenders began as a springtime custom following the Civil War. Originally, called Decoration Day, it was a time to remember those whose valor knew no bounds.

To the list of those who died at Gettysburg and Bull Run, we have added names from San Juan Hill, Verdun, Corregidor, Inchon, Khe Sanh, Vietnam, and the deserts of the Middle East.

On Memorial Day we bring them thanks for their great sacrifice. It is not really a time of sadness. Rather it should be an affirmation that these men and women did not lose their lives in vain.

This is a day of tribute to those who defended justice and democracy.

## Mother's Day, May 10:

Honoring mothers past and present

The world has turned many times since 1907 when Anna Jarvis asked her Philadelphia church to hold services in memory of all mothers on the anniversary of her own mother's death.

It was a time when mothers had a life of hard physical work. Today, more than 113 years later, much of the drudgery of housekeeping is gone. Today, moms have homes, kids, and careers.

On Mother's Day, we honor all mothers.

We hope for strength for single mothers.

We honor mothers who are no longer with us, and ask God's blessing for mothers who are terminally ill.

We pray for future mothers that they may have high character and fortitude in this changing world.

## The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

### Continuing Support Through COVID-19 Crisis

During this difficult time, we want you know that Mended Hearts is here to support you. We care about our patients, families and members, and will continue to provide you with the information you need to help navigate the current crisis. We have created a page on our website dedicated to resources that are there to help. If you have questions or concerns about your emotional, mental, financial or physical help during this time of crisis, please go to <https://mendedhearts.org/coronavirus-covid-19/> for more information.

#### Mended Hearts COVID Statement & Action Plan

To ensure the health and safety of patients, families and members, we have instituted policies regarding Mended Hearts and Mended *Little Hearts* visiting and meetings.

- 1) As of March 11th, all patient and family in-person visits have been temporarily suspended in all chapters across the nation.
- 2) As of March 11th, all monthly support, educational meetings, and events have been temporarily suspended in all chapters across the nation.

The Board of Directors for The Mended Hearts, INC will continue to re-evaluate these policies on a weekly basis and will inform our members if there is a change.

### National Nurses Week—May 6-12th



National Nurses Week begins on May 6th and ends on May 12th, Florence Nightingale's birthday and International Nurses Day. Please take a moment to thank the nurses who have made a difference in your life. We at Mended Hearts could not do what we do without the support of these incredible men and women.

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## Broccoli and Cheese Egg White Scramble on Whole-Wheat English Muffin

**Servings 4**

#### Ingredients

- 1 1/2 cups finely chopped fresh or frozen (thawed) broccoli florets
- 1/4 cup water
- 8 extra-large egg whites or 1 1/4 cups egg white substitute
- 1/2 cup skim milk
- 1/4 teaspoon ground black pepper
- 2 whole-wheat English muffins, split and toasted
- 1/4 cup shredded, fat-free cheddar cheese

#### Directions

Finely chop broccoli. Coat a large nonstick saute pan with cooking spray; warm over medium-high heat.

Add broccoli and water; stirring frequently, cook until broccoli is limp, around 4 to 5 minutes. Remove from heat and transfer broccoli to a dish.



In a bowl, add egg whites, milk, and pepper. Whisk together to combine.

Split and toast each English muffin; set aside.

Meanwhile, use a paper towel to wipe the saute pan clean. Coat again with cooking spray and warm over medium-high heat. Add egg whites and use a spatula to stir eggs constantly until whites are almost firm, just a few minutes. Stir in cooked broccoli and cheese; remove from heat.

To serve, place each English muffin half onto a plate. Divide egg mixture between each muffin, piling high with eggs. Serve with a fork and knife.

#### Calories

139 Per Serving

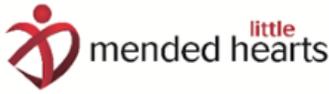
#### Protein

15.3g Per Serving

#### Fiber

3.1g Per Serving

*Recipe borrowed from: <https://recipes.heart.org/en/recipes/broccoli-and-cheese-egg-white-scramble-on-whole-wheat-english-muffin>*



Mended Hearts, Inc. Resource Center  
 1500 Dawson Road  
 Albany, GA 31707  
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

**MEMBERSHIP FORM**

NEW MENDED HEARTS  NEW MENDED *LITTLE* HEARTS  RENEWAL DATE \_\_\_\_\_

Name (Mr. /Mrs./Ms.) \_\_\_\_\_ Chapter/Group \_\_\_\_\_ Member-at-large \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_ I want to be a MH support volunteer: Yes  No

Email address \_\_\_\_\_ I am interested in CHD Parent Matching: Yes  No

(Please check all that apply) I am a Heart Patient  Caregiver  CHD Parent  Physician  RN  Healthcare Employee

**OPTIONAL INFO:** Race:  Caucasian  Black  Asian  Am. Indian  Hispanic  Other \_\_\_\_\_ Gender:  Male  Female

**Membership Levels:** All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

**INDIVIDUAL MEMBERSHIP**

**\_\_\_\_ Associate Member --- FREE**

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

**\_\_\_\_ Individual Member --- \$20 annual donation per person**

- \* All of the benefits of an Associate Member, PLUS
- \* Membership Card
- \* Car Decal – Select \_\_\_ MH or \_\_\_ MLH
- \* One-time 5% off coupon for purchase from the MH store
- \* One year annual subscription to Heartbeat magazine (\$30 value)

**\_\_\_\_ Bronze Member --- \$45 annual donation per person**

- \* All the benefits of a Full Individual Member, PLUS
- \* Membership Pin
- \* Choice of \_\_\_ Drawstring Backpack or \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

**\_\_\_\_ Silver Member --- \$100 annual donation per person**

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

**\_\_\_\_ Gold Member --- \$250 annual donation per person**

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

**\_\_\_\_ Heart of Gold Lifetime Sponsor --- \$1500 donation  
 A one-time donation per individual**

- \* All the benefits of a Gold member FOR LIFE, PLUS
- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

**FAMILY MEMBERSHIP**

For members of one household with one mailing address only

**\_\_\_\_ Family Membership --- \$40 annual donation**

- \* All of the benefits of an Associate Membership, PLUS
- \* One year annual subscription to Heartbeat magazine (\$30 value)
- \* Membership Cards for all members of the family
- \* 2 Car Decals – Select \_\_\_ MH or \_\_\_ MLH
- \* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

**\_\_\_\_ Bronze Family Membership --- \$75 annual donation**

- \* All the benefits of a Family Membership, PLUS
- \* One Membership Pin per member
- \* Choice of \_\_\_ Drawstring Backpack or \_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

\_\_\_\_ Spouse \_\_\_ Child \_\_\_ Heart Patient \_\_\_\_\_

Note: National memberships are tax deductible less \$10.  
 Lifetime sponsorships are 100% tax deductible.

**PAYMENT INFORMATION:**

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Additional tax-deductible Donation to  
 Mended Hearts  Mended *Little* Hearts \$ \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

Please make your check payable to **Mended Hearts, Inc.  
 1500 Dawson Road  
 Albany, GA 31707**

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

**If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.**

Chapter # 260 Annual Chapter Dues \$10.00

Additional Chapter Donation Amount \$ \_\_\_\_\_

**TOTAL Paid to Chapter \$ \_\_\_\_\_**

**Check payable to: MH 260  
 Mail to: P O Box 18912, Huntsville, AL 35804-8912**