

**Winter
2021**



Mended Hearts™
of Boise Chapter 380

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

President's Message

The winter season creates a lot of changes in the weather and also in us. We experience a feeling of isolation, it gets dark earlier, we cannot get out and we have difficulty staying warm. All of this coupled with the COVID-19 issues can lead us to depression. It seems that depression can increase the risk of other heart and health issues. In a study of 4000 people with symptoms of severe depression it was found that they were more likely to have a worse cardiovascular health issue than people without depression. The research is still out on the issue but there seems to be a link between depression and poor health. Studies seem to suggest that people with depression are more likely to develop heart disease, and people with heart disease can experience depression. Research suggests that 15% to 30% of people with cardiovascular disease have depression, which is a rate of two to three times higher than the general population. People who are depressed are more likely to smoke, become less active and have a challenge when it comes to their diet. The COVID-19 pandemic affects everyone, yet as we age, we become stressed over economic issues, prolonged isolation and threat of getting sick which all increase anxiety and depression beyond the norm.

Almost everyone goes through these issues and most of us bounce back and move on. Yet if you allow the issues to linger, you can face a serious health outcome such as a higher risk for cardiovascular disease and may increase existing problems like high blood pressure. The first step to improvement is to recognize the symptoms. Ask a friend, spouse or relative to monitor you for any changes in your mood or behavior. You can also offer to help someone else. A lot can be learned about your own behavior by noticing changes in other people. If it becomes serious get help. Dr. Mischoulon, a psychiatrist at Massachusetts General Hospital suggests that you don't try to manage it independently. "Get a professional evaluation from a mental health expert,

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Save the Dates!

MENDED HEARTS MONTHLY MEETING

We are currently holding our monthly meetings on ZOOM. Prior to each month's meeting, you will receive an email inviting you to the meeting and giving a link for access. The meetings will be held 3:00 - 4:30 pm on the third Wednesday of the month.

- ♥ MH Chapter Meeting Wednesday, 1/20/2021 3:00-4:30 PM. Guest Speaker: John Dzwilewski, local MH Chapter 380 member, talking about his *Heart Transplant*.
- ♥ MH Chapter Meeting Wednesday, 2/17/2021 3:00-4:30 PM. Guest Speaker: Dennis Rockwood, volunteer speaker for AARP talking about *Scams and Fraud*.
- ♥ MH Chapter Meeting Wednesday, 3/17/2021 3:00-4:30 PM. Sherry Macon, social worker for First Choice Home Health and Hospice, talking about *Care for the Caregiver*.

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

Mended Hearts Chapter 380 cardiac rehab education sessions have been suspended due to the Coronavirus (COVID-19).

VIRTUAL VISITING AND REACCREDITATION TRAINING:

Reaccreditation Training is scheduled for Jan. 12, 2021 04:30 PM (ET) and Jan. 28, 2021 11:00 AM (ET). Please contact Jack Marr for registration details or future dates (229.269.8161, or jack_marr@hotmail.com).

Happy lights take the gloom out of winter

With short days and fewer options to socialize this winter, more people than ever may find themselves in need of a boost to help with lagging energy or even depression during the dark months.

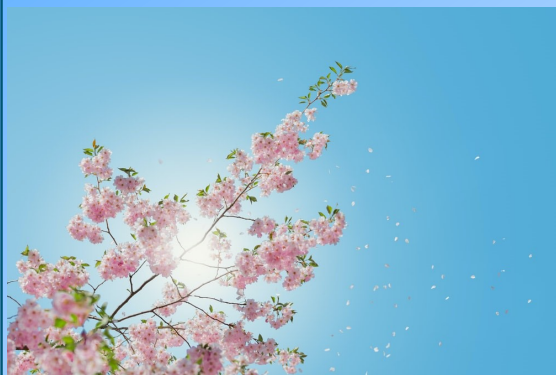
Many people swear by their "happy lights," a whimsical term for light therapy. Used as a way to treat seasonal affective disorder (SAD) and other conditions, light therapy involves sitting near a device called a light therapy box for a period of time each day. It's also known as bright light therapy or phototherapy.

The light therapy box gives off a bright light that mimics sunshine. The Mayo Clinic says it is thought to affect brain chemicals linked to mood and sleep. The boxes may ease SAD symptoms and help with other types of depression, sleep disorders, and other conditions like jet lag or dementia.

A few studies have demonstrated benefits for seniors whose sleep patterns have become disrupted and in seniors who were diagnosed with depression.

Light therapy boxes should filter out UV light, so look for one that emits as little as possible. They are available in a variety of intensities, measured in units called lux. During a light therapy session, you sit or work near the light box placed 16 to 24 inches away for about 20 to 30 minutes a day. Most people use them shortly after getting up in the morning.

The Mayo Clinic recommends talking with your doctor before using one and specifically recommends that those diagnosed with bipolar disorder consult a physician first, as a light box may trigger mania in these patients.



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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."



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: The Health and Status of Mended Hearts International

October 21, 2020 MH Chapter 380 Monthly Meeting via ZOOM



- ♥ Current MH Landscape (Nationally): In August, 2020 there were 24,301 Mended Hearts members and 14,230 Mended Little Hearts members for a total of 38,531 members; in September, 2020 there were 22,772 Mended Hearts members and 15,679 Mended Little Hearts members for a total of 37,951 members. This decrease of 580 members in the adult Mended Hearts membership is partially from deaths and also a decrease in renewals. In August, 2020 there were 202 chapters of Mended Hearts and 56 groups of Mended Little Hearts. In September, 2020, there was a decrease of chapters to 199 in Mended Hearts and 55 groups of Mended Little Hearts. (The title 'Chapter' is used to describe Mended Hearts and 'Groups' to describe Mended Little Hearts.)
- ♥ Programs for 2020 under the title of Mended Hearts are very extensive, to include CHD Symposium, Post MI Education, Feeding Issues Education, TAVR Support and Education Program, Stay in Care Campaign, Heart Guide rewrite, Heart Valve Disease Awareness Day, Beyond the Numbers Series, Cardiac Amyloidosis Education, Hidden Risks Campaign, Accredited Visiting Program, Leadership Training, Regional Meetings, Pace of Mind Campaign, Diabetes Can Break Your Heart, HF Monitoring Education, Advocacy Program, Heart Failure Webinar Series, Flu Shot Campaign, World of Support, Know Diabetes by Heart Campaign, PAN Foundation Visiting Program, Go To Guides Updates, and Visit Me.
- ♥ Income total as of August 2, 2020 is \$1,731,153.00. This is broken down as follows: 71% from grants, 19% from corporate advisory dues, and 10% from local income. Three goals were set for 2020: 1.) Raise 1.5 million dollars-GOAL REACHED (On our way to final goal of 2 million), 2.) Grow Membership to 50,000, 3.) Increase community fundraising to 15% (Hopefully, the World of Support will increase this, and we will meet the goal).
- ♥ Expectations of Local Chapters to Support MH are: to continue without limitation; provide support, education, and resources to patients with cardiovascular disease or other heart conditions and their families; Subordinate Organizations to comply with the National Bylaws and including MHI policies; (in the event of a conflict between National Bylaws and Subordinate Organization Bylaws, then MHI Bylaws shall prevail). Subordinate Organizations have a duty of loyalty to MHI including the financial well-being of MHI. Subordinate Organizations may not make donations to competing organizations as defined by the Policies and Procedures Manual unless a waiver is granted by the Board of Directors.



Mended Hearts™



mended hearts®
little

Mended Hearts Mission

- ♥ MISSION - 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 - To be the premier nationwide resource and peer-to-peer support network for all patients and families affected by heart disease across the lifespan.
- ♥ SUPPORT - To support heart patients and their families by creating an inclusive and compassionate community through meaningful connections so no one feels alone.
- ♥ EDUCATION - To empower heart patients and their families by providing relevant education and resources that enable them to make better decisions about their healthcare.
- ♥ ADVOCACY - To energize and engage hearts patients and their families through advocacy, enabling them to make informed decisions that improve their quality of life.

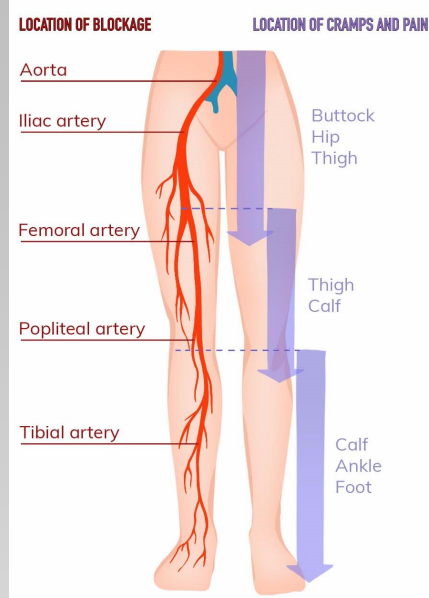
2021 Direction

- ♥ INCREASE DIVERSITY within the organization through targeted efforts so that all people feel included.
- ♥ EXPAND OUR OUTREACH of our support communities both geographically and demographically to be universally welcoming to all.
- ♥ EXPAND AND DIVERSIFY OUR SUPPORT by implementation of new programs.
- ♥ BUILD HOLISTIC EDUCATIONAL PROGRAMS by expanding to meet the needs of patients, families, and caregivers.
- ♥ BUILD AWARENESS by creating and executing powerful campaigns to promote our mission.

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Leg pain could be alarm for heart health

Everyone gets a charley horse now and again while walking. But what if you experience a painful cramping sensation more often than normal, or even every time you walk? Claudication — the medical term for leg pain while walking — is a common symptom of peripheral artery disease (PAD), an often undetected and sometimes dangerous condition, according to the Harvard Heart Letter.



PAD occurs when fatty deposits narrow and clog arteries outside of the heart, most often in the legs. While some people have mild or no symptoms, cramping in the arms or legs that starts during physical activity and disappears after a few minutes of rest occurs in some PAD patients, according to the Mayo Clinic. Pain may also occur in the buttock, hip, thigh or calf, according to the Centers for Disease Control and Prevention.

Other symptoms of peripheral artery disease include: muscle weakness; hair loss; smooth, shiny skin; skin that is cool to the touch, especially if it occurs with pain while walking that subsides after stopping; decreased or absent pulses in the feet; persistent sores in the legs or feet; and cold or numb toes.

Peripheral artery disease is often a sign of fatty deposits in other areas of the body which can reduce blood flow to the heart and brain, according to the Mayo Clinic. Contact your physician if you're experiencing these symptoms and over age 65; over age 50 and have a history of diabetes or smoking; or under age 50, but have diabetes and other risk factors like obesity or high blood pressure.

According to the CDC, a doctor may use a variety of tests and imaging techniques to diagnose this issue. Treatment may include aspirin or other antiplatelet medications, as well as lifestyle changes like tobacco cessation and exercise. In some cases, surgery may be necessary.

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Beware flu and COVID complications

Influenza has taken a back seat in headlines this year, but experts recommend that you get a flu shot nonetheless, including for a reason you might not be aware of -- your heart.

The Mayo Clinic says complications from the flu are more likely in people with heart disease. The Centers for Disease Control reviewed cases of 80,000 people diagnosed with the flu from 2010 to 2018. Of those, nearly 12 percent had a serious cardiovascular problem. The study was published in August.

According to Harvard Medical School, the body's immune response against the infection can trigger inflammation and other changes that harm the cardiovascular system. And because just 30 percent of people with the flu develop a fever, the infection can go unnoticed. The flu shot can help prevent infections and also reduce the risk of developing severe complications when infections do occur.



COVID plus flu

One unpleasant scenario: It is possible to get COVID-19 and the flu at the same time — a catastrophic and possibly lethal combination. Symptoms of both are much the same, but many COVID-19 patients report a loss of taste of smell.

A flu shot helps to avoid this double whammy.

Vitamin D deficiency

A variety of medical experts have noted that research shows high rates of vitamin D deficiency in people with severe COVID-19 infections. People with low vitamin D levels may be more susceptible to upper respiratory tract infections. According to Harvard Health Publishing, vitamin D may protect against COVID-19 in two ways: Helping to boost our bodies' natural defense against viruses and bacteria and potentially preventing an exaggerated inflammatory response.

If you suspect or know you have a vitamin D deficiency, experts recommend checking with your doctor about whether a supplement is a good idea.

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Meet our Guest Speaker - Dr. Julie Swanson

DNP, RN, NEA-BC - PATHS Program Manager at St. Luke's Health System

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Topic: How Heart Patients can Deal with COVID-19

November 18, 2020 MH Chapter 380 Monthly Meeting via ZOOM

- ♥ COVID-19 is a new virus, initially unknown to the medical world. Collectively, great minds are studying the virus characteristics and learning how to manage and control it, and how to treat and control the symptoms of those stricken with the virus.
- ♥ Always know that healthcare leaders are here to care for you and have your best health in mind.
- ♥ What to do to protect yourself during this pandemic: Watch your distance (6 feet or more is advised), wash your hands (20 seconds of vigorous hand washing or sing the Happy Birthday Song twice while washing to gauge the time), and wear a mask (since the virus is airborne).
- ♥ What to do if you were exposed to COVID-19 or have symptoms: 1.) Mild symptoms - do NOT come to the hospital. You will not be tested. If you have mild symptoms, you can schedule a test at certain St. Luke's clinics, which are listed on the COVID-19 resource page at stlukesonline.org (or other testing centers in the area). 2.) Moderate symptoms - if you are not experiencing shortness of breath, but are getting sicker, you may need to be evaluated by a medical professional. If you're concerned, we want to see you. 3.) Severe symptoms- A MEDICAL EMERGENCY, CALL 911, or go to the nearest hospital right away. Do not ignore your body's warning signs. Delaying treatment can have serious, even deadly consequences.
- ♥ Immunizations are being created, tested, and produced. The time for release of these vaccines is not known but should be soon. They are being 'fast-tracked' through the FDA and should be released in the next few months or weeks. The order of distribution is being established; the medical personnel dispensing the immunizations will be announced.
- ♥ In order to get through this time of distancing and isolation and maintain a level of positivity, it is recommended that people connect with one another through phone, Facetime, or Zoom; focus (suggested starting a gratitude journal); practice meditation (Headspace or Calm); stay informed on COVID progress (resources such as Stlukesonline.org or CDC reports); get help (meet with a mental health professional).
- ♥ SOMETIMES IT'S HARD TO SEE WHAT THE FUTURE HOLDS. FOCUS ON WHAT YOU CAN DO TODAY AND SEEK THE GOOD IN THE WORLD.
- ♥ Thank you, Dr. Swanson for the information and guidance during these difficult times. If we all stick together, we WILL get through this!!



Contributed by Pat Toshcoff

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.



New guidelines call for less use of surgery to treat heart valve disease

By American Heart Association News

People with heart valve disease have a growing number of treatment options that could allow them to avoid surgery except in the most severe cases, according to new guidelines.

The recommendations, meant to advise health care providers and developed jointly by the American Heart Association and American College of Cardiology, call for the use of less invasive treatment for conditions that make it difficult for heart valves to open and close normally, disrupting heart blood flow.

People with severe valve disease should be evaluated by a specialized team to determine the best treatment, according to the guidelines co-published Thursday in the AHA journal *Circulation* and in the Journal of the American College of Cardiology. The new guidelines are an update of those last published in 2017.

“Current research and new technology continue to transform the treatment of heart valve disease, as updated lifestyle and medication guidance evolve and less invasive procedures have replaced traditional surgery for many patients,” Dr. Catherine Otto, co-chair of the guideline writing committee, said in a news release. Otto is the J. Ward Kennedy-Hamilton Endowed Chair in Cardiology, professor of medicine and director of the Heart Valve Clinic at the University of Washington School of Medicine in Seattle.

Roughly half of all people ages 65 and older have some form of heart valve disease. With stenosis, the valve becomes narrow or stiff, restricting blood flow. Regurgitation causes the valve to leak, allowing blood to flow backward into another heart chamber. Untreated heart valve disease can lead to heart failure and death.

The past several years have seen a growth in less invasive treatment options for people with these conditions. Stenosis can now be treated with valve replacement using a catheter instead of surgery. There also are less risky and more durable treatments for repairing or replacing the “leaky” valves involved in regurgitation.



People who have severe forms of heart valve disease and need valve repair or replacement should be evaluated by a specialized team working with a primary or comprehensive valve center, according to the guidelines. Those facilities have the resources and capabilities to perform a wider range of procedures.

The new guidelines were written to help doctors keep up with a rapidly changing field, said guideline writing committee co-chair Dr. Rick A. Nishimura.

“There is a knowledge explosion in medicine today, which can overwhelm the clinician,” Nishimura said in a news release. He is the Judd and Mary Morris Leighton Professor of Cardiovascular Diseases at the Mayo Clinic in Rochester, Minnesota. “This is particularly true in the area of valvular heart disease, in which multiple investigational trials are being rapidly performed and released, so that it becomes extremely difficult for an individual clinician to keep up with optimal treatments for each specific patient.”

If you have questions or comments about this story, please email editor@heart.org.

<https://www.heart.org/en/news/2020/12/17/new-guidelines-call-for-less-use-of-surgery-to-treat-heart-valve-disease>



Time to Get Your Flu Shot

This year it's more important than ever to get your flu shot. In a normal flu season, heart patients are at a greater risk of developing serious complications from the flu. This year, with COVID-19 putting people with underlying health conditions at risk, heart patients and caregivers of those with congenital heart defects (CHDs), need to be even more vigilant when it comes to protecting their health and the health of their loved ones.

For information on how to protect yourself during flu season, visit <https://www.cdc.gov/flu/about/keyfacts.htm>

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*Acknowledging ♥
♥ Remembering
Thanking ♥*



WE NEED YOUR HELP SHARING THE HEARTS & STORIES OF OUR VOLUNTEERS

Dear MHI Leaders,

As part of our new **Share Your Heart** campaign, we will be putting out a monthly email communication that will acknowledge, remember and thank our volunteers for their hard work and dedication to heart patients, families and MHI. We have thousands of volunteers throughout the nation that have been sharing their hearts and stories for decades and we would love to be able to acknowledge those stories in a meaningful way. **We will be honoring those MHI volunteers who are no longer with us, those who are still volunteering, as well as those who have retired from volunteering.**

In order for this acknowledgment to be successful, we need your help. Please email Mandy at Mandy.Sandkuhler@mendedhearts.org the following information if you would like to nominate someone who is currently still volunteering, who no longer volunteers, or who was a dedicated volunteer before they passed.

- A photo of the person
- A paragraph describing the person and their work with MHI (no longer than 150 words)
- A link to an article describing the person (not mandatory, but appreciated if you have it)

Thank you for your help with this. If you have any questions, please email Mandy at the address above.

Sincerely,
Mended Hearts and Mended Little Hearts



Fitness Trend: Cognitive Workouts

No, we're not talking crossword puzzles. One of the newest exercise trends involves fitness challenges combined with brain challenges.

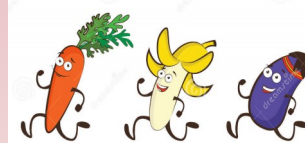
An instructor guides you through a workout while also leading you through verbal brain games. A few examples from Harvard Medical School: count backwards by twos, call out the name of the president in a certain year, or remember three numbers that you'll have to recite later.

These kinds of workouts challenge the brain in multiple ways as it works to send resources to the physical and cognitive activities. In turn, that engages the frontal lobes, which are key to decision making, controlling impulses, planning, and other executive functions.

Though they sound intriguing, these classes can also be difficult to find. Some health clubs are just beginning to incorporate brain games into fitness classes.

In true 2020 style, you can also try it out at home. One company touting the benefits of cognitive workouts is SMARTfit Active, which advertises sports performance and brain health fitness for home. You can convert an area of your home into your workout space using their equipment and "gamified programming."

Keep an eye out for smartphone apps, currently in beta testing, that pledge to help you with your fitness and your neuroplasticity.



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Sweet corn custard pie: A surprising twist on a traditional food

Adapted from The Four and Twenty Blackbirds Pie Book by Emily Elsen and Melissa Elsen, sweet corn custard pie combines the sunny flavor of sweet corn with the silky texture of egg custard "no stove-top tempering required. Use your favorite pie crust recipe for the pie shell or save time and use a store-bought pie shell.

Pie Crust

1 pre-baked pie shell

Filling:

3 cups sweet corn kernels from 5 to 6 ears of corn (thaw and drain frozen if fresh is unavailable)

2 tablespoons neutral vegetable oil

1 cup heavy cream

1 ¼ cups whole milk

6 tablespoons unsalted butter, melted

½ cup granulated sugar

2 tablespoons stone-ground cornmeal

½ teaspoon kosher salt

½ cup light corn syrup

3 large eggs

1 yolk

1 tablespoon fresh lime juice



Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with foil. Stir vegetable oil into fresh or thawed corn and spread onto the baking sheet in a single layer. Roast the corn until caramelized, about 12 to 15 minutes. Stir periodically and watch carefully to prevent burning. Combine hot caramelized corn with heavy cream and whole milk. Puree in a blender or with an immersion blender and allow the mixture to steep for at least 15 minutes. Meanwhile, reduce the oven temperature to 350 degrees Fahrenheit.

While the corn mixture steeps, combine the melted butter with the sugar, cornmeal, salt and corn syrup. Stir in the eggs and yolk one at a time, mixing thoroughly after each addition. Add lime juice.

Strain corn mixture through a fine mesh sieve over a large bowl. Using a flexible spatula, press mixture against the sieve to remove as much liquid as possible. Stir and press until all liquid is removed. You will have around one cup of liquid and a few bits of corn. Add the strained liquid to the egg mixture and discard the leftover corn solids.

Pour the liquid into the pre-baked pie shell and set on the middle rack of the oven. Bake for 40 to 45 minutes. Check the pie at 30 to 35 minutes and rotate if the edges have started to set. The pie is done when the edges are slightly puffed and the center is wobbly, but not liquid. Be careful not to overbake the pie will continue to cook and set after coming out of the oven.

Cool the pie completely on a wire rack. Cut in eight to 12 small slices.

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Keep your body well and functioning

Smartphone pinky joins list of tech injuries

Cell Phone Elbow, Smartphone Neck Pain, Texting Claw and now Smartphone Pinky, the newest tech injury.

No one has studied Smartphone Pinky yet, but a plethora of Twitter, Instagram and TikTok users claim it's real with photographic evidence.

Supposedly a dent appears in the little finger on the middle bone. Sometimes people say the position of their pinky changes, or that the finger starts to sway downward from the knuckle.

You might check yours.

Although the supposed malady is debated, notice that most people do hold their phones so that the little finger takes most of the weight.

According to The Conversation, the change in the little finger might well be just a soft tissue compression from the constant weight of the phone. Unlike Cell Phone Elbow, no one has reported actual pain from the little finger.

With Cell Phone Elbow, pain and tingling in the forearm and little finger come from holding a mobile phone up to the ear or holding it while lying in bed for a long time. The pain comes from the shoulder rubbing the ulnar nerve, one of the major nerves in the arm. Just six minutes of those postures increases the strain on the nerve by 69 percent.

Texting Claw is a repetitive strain injury that presents as pain in the thumb and wrist. It comes from making small repetitive movement with the thumb against the screen. Reduced texting appears to alleviate the problem.

Finally, neck pain can come from staring down at a screen for a prolonged period, which increases strain on the shoulder blade.



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Read this before starting to shovel snow

Check these instructions from a specialist in ergonomics before you head out to tackle the beautiful white stuff:

Keep your spine in an upright, neutral position.

- ♥No slouching or twisting.
- ♥Bend at the hips and knees to get lower to the ground.
- ♥Use your leg muscles to lift the load.

Avoid throwing the snow if you can.

- ♥Keep the load low to the ground and close to your body.
- ♥If you must throw it, don't throw it far.



- ♥Use the big muscles from the hips and legs to push the snow whenever you can.

Adequate rest is critical.

- ♥How long you can work depends on how heavy the snow is, your physical condition, and how cold it is outside.
- ♥If you feel fatigue, pain, or shortness of breath, rest until you feel normal again. If you have shortness for a prolonged period, see your doctor immediately.
- ♥Using a snowblower is also physically demanding and requires rest breaks.



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We are saddened by the passing of three of our members



Bill Hielscher, 1946 - 2020

William H. Hielscher passed away at home in Boise, Idaho, on October 18, 2020. He was born to Harold and Marjorie Hielscher March 2, 1946 in Waukesha, residing there until the family moved to Racine in 1953. He graduated from Horlick High School in 1964. Upon graduation from Northwestern University Bill spent five years in the Peace Corps teaching English to the people of Micronesia.

Upon returning to the U.S. he resided in Seattle and then Stanwood, WA, where Bill and his partner Kirk Baker created Morning Glory Farms, a wholesale grower of perennials. Bill also taught classes in the Seattle area in plant propagation and use of perennial plants in the landscape. Bill and Kirk retired to Boise, Idaho, in June 2012. In Boise, Bill volunteered meeting with recent heart surgery patients at St. Luke's Hospital. The magnificent gardens at their home reflected Bill's love for plants and gardening. Other interests included yoga, astronomy, reading, cooking, theater. Bill enjoyed the company of their 5 dogs especially in the garden.

Bill is survived by his husband Kirk Baker, his sister Gail (Larry) Melgary of Marinette, nieces, nephews and life-long friend Lloyd Miller of Mount Dora, FL. He is also survived by brothers-in-law Bert, Perren, Fred and their spouses. His sisters-in-law are Corinne and Robin. He was predeceased by his parents, sister June Kretschmer and brother Tim.

There will be no memorial service. Please honor Bill by making a donation to your favorite charity.

Christo Toshcoff, 1934 - 2020

Christo Toshcoff, 86, of Meridian, passed away Wednesday, December 9, 2020 at St. Luke's in Meridian. Arrangements are under the direction of Accent Funeral Home and Cremation, Meridian. Memorial services are to take place in the Spring.

Dale Klinchuch, 1948 – 2020

William "Dale" Klinchuch, 72, of Caldwell, was reunited with our Lord on Saturday morning, August 29th, 2020. Dale was born on February 4th, 1948 in Nampa, Idaho. The son of Joseph & Ileen Klinchuch, Dale was the middle child of five children. The family moved from Adrian, Oregon, to Nampa, Idaho in 1953. Dale graduated from Nampa High School in 1966 and Boise State College in 1972. On November 23, 1968, he married his high school sweetheart, Carol J Ross. Together they raised two boys, Brett and Bryan, and enjoyed over 52 years of blissful marriage.

Dale had an outgoing spirt and was a successful entrepreneur. He began his career in business as an insurance salesman and then went on to work in carpet sales for Mr. C's and Finer Floors. His entrepreneurial calling led him to start his own flooring company, Pioneer Floors. In 1987, Dale took a break from running his own business and worked for Contract Floors until 2003, when he reignited his business again, this time Dale's Floor and Décor. Dale retired officially in 2013, but continued to do small interior jobs, sprinkler blowouts, and repairs for customers around the valley. Throughout his life, every customer interaction was meaningful and genuine. So genuine in fact, that he made life-long friends of many of his clients. Dale was known for integrity in his work, honesty, and fairness in everything he did.

Dale is survived by Carol J Klinchuch, his wife of 52 years, his two sons: Brett (Lisa) Klinchuch and Bryan (Bridgette) Klinchuch, five grandchildren: Sierra & Aspen Klinchuch of Middleton, and Brayan, Joey, & Renee Klinchuch of San Antonio Texas

In Dale's memory, the family asks people to please make contributions to Mended Hearts or Deer Flat Youth Program, 17730 Beet Road, Caldwell, ID 83607.



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they are better qualified to make a diagnosis.”

You can also do a great deal yourself to prevent a low feeling. Even small efforts can be effective in keeping up your spirits. There are many reasons to review what is in your diet, not only from ethical and environment concerns, to simply supporting a healthy body. Food affects our mental health in a big way, and some of the biggest reasons for triggering stress and anxiety might be a part of our daily diet. Dr William Li in his book #EAT TO BEAT DISEASE, suggests that if you struggle with your mental health try to avoid the following,

Sugar. Sugar has been proven to cause anxiety in some people due to the blood sugar spike it causes. Enjoy sugar in moderation.

Aspartame, consuming high levels of aspartame has been associated with depression and its metabolites are toxic to brain neurons.

Caffeine, if you cannot get a handle on your anxiety, cutting back on caffeine can help.

Remember to eat the foods that can help your immune system and fend off germs. The more colorful your item, the better, because the compounds that create those bright green, red, yellow and orange shades are antioxidants such as vitamins A and C, which protect the immune cells from damaging oxidation. Vitamin A helps regulate the immune system and protects against infections by keeping skin and tissues in the mouth, stomach, intestines, and respiratory system healthy. It is easy to find in vegetables, carrots, broccoli, spinach and red bell peppers that are plentiful all winter. Citrus fruits are a great source of vitamin C, which improves the production of antibodies.

Make daily exercise a priority with as little at 10 to 20 minutes of just walking, while you work towards your goal of 150 minutes a week. It is important to understand that everyone's body is different and checking with your doctor before embarking on any new course of strenuous exercise, potential food and/or emotional wellness issues, is in your best interest. Stay engaged in life as much as possible. Try a new indoor activity, like reading a new book, hobby or learning how to play a musical instrument. Learn how to use zoom to communicate with family and friends. Surround yourself with support, find some activities you can enjoy with friends and look forward to having fun. Do not allow the news or noise around you to affect your mood and get you down. Remember to laugh a lot and look ahead and not behind.

Your Mended Heart family is always available to you. Reach out to us, give us a call or e-mail. The numbers and names are right on the back of the newsletter. We can all make it through the next few months while we are starting to plan for summer fun, activities, Mended Heart meetings and visits, along with a bright, healthy and a better future.

Ray Trapp, President

Continued from Page 3 (The Health and Status of Mended Hearts International)

- ♥ JUMPSTART COMMUNITY FUNDRAISING through a model of community engagement in a collaborative effort between local chapters and groups and the national organization.
- ♥ EDUCATE AND EMPOWER ADVOCATES through recruiting and training the advocates to share their stories to empower themselves and others.

NEW PROGRAMS: Young Adult Program, Heart Guide Rewrite; Hospital Visiting, Visit Me & iPad Program, CHD Symposium, Post MI Education, Feeding Issues Education, Flu Shot, Heart Failure Webinars, Patient Advocacy, TAVR Support, CVD & Diabetes, Go To Guides, etcetera.

Contributed by Pat Toshcoff



HeartGuides Patient and Family Education **The Journey to a Healthy Heart Starts Here**

The Mended Hearts *HeartGuides* is an innovative, informative resource for heart patients and their families, friends, and caregivers. The Mended Hearts *HeartGuides* provides comprehensive detail on all aspects of heart disease in an attractive, modern format, and serves as a trusted companion for readers along the journey to heart health. The digital *HeartGuides* can be viewed on a wide range of devices and features integrated search and handy topic dividers to allow quick reference to precise topics of interest.

The Mended Hearts *HeartGuide* is available to view online by following this link. <http://myheartguide.org/>

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



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.

VISITOR and CALLER'S CORNER

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

We currently serve four (4) hospitals in the Treasure Valley: St. Luke's in Boise, Meridian and Nampa, and Saint Al's in Boise (Saint Al's in Nampa is on hold as their census is low). If you are interested in becoming an accredited visitor or caller, please call or email Jack Marr, the training coordinator of our visiting program, at 229.269.8161 or jack_marr@hotmail.com.

Accredited Visitors/Callers:

Fred Bernier	Tom & Evalyn Nichols
Chris Catherman	Bruce Parks
Kelly Clifton	Jim & Marilyn Pettingill
Bob Courval	Dennis & Adrienne Shiedlak
Odee Gordon	Pat Toshcoff
Cynthia Guarino	Mary Ellen Voshell
Chris Hill	Ray & Wini Trapp
Jack Marr	Marcia Warne
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 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. (See also pages 6-7)

Newsletter by email Renewal Policy

Mended Hearts Chapter 380 will send the newsletter to subscribers for two (2) years. Those wishing to continue may request to do so by emailing mendedheartsofboise@gmail.com. This is a free subscription and subscribers may *unsubscribe* at any time. NO response from a subscriber after the 2-year limit has passed signifies cancellation.