



Fall Issue

Wishing You & Your Loved Ones A Blessed
Holiday Season

November/December 2024

Mended Hearts of Southern Oregon meets monthly on the third Tuesday of each month from 5:30 p.m. to 7:00 p.m. at Asante Rogue Regional Medical Center Carpenter Room and through on-line with Zoom. We invite heart patients, families and caregivers to attend and meet others who have had similar struggles and experiences. Our meetings offer peer-to-peer support and educational speakers of interest.

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UPDATE TO MONTHLY CHAPTER MEETINGS

Beginning January 2025, our monthly meetings will be held from 3:00 p.m. to 4:30 p.m. at the Smullin Center located next to the parking garage. We will continue to meet the third Tuesday of each month with a change in time and place.



Holiday Luncheon

Members—We will be hosting a holiday luncheon on Saturday December 14th at 1:00 p.m. This luncheon will be held at Elmer’s on Biddle Road next to Food 4 Less.

Please RSVP to Bob Goldberg, President—Mended Hearts of Southern Oregon at (541) 625-9427 if you plan on attending. Hope to see everyone at the Luncheon.

There will not be a chapter meeting in December.

Please note: Gratuity is not included in your bill

Mended Hearts Dues

National dues can be paid at www.mendedhearts.org. Look for the Renew Membership tab after logging into the member’s page

Join Mended Hearts Today

Membership is about how you can help improve the lives of heart patients and their families, beginning with your own. To find out more, contact **Marlyn Taylor, Treasurer** (602) 568-8095

“You Are Not Alone”

Hope and encouragement are just a phone call away. If you or your family would like to talk with one of our Mended Hearts Visitors, please call **Mike Gary, Visiting Chair (541) 582-8070**.

Weight loss is about more than just a clothing size

You've probably gone down the weight loss road before. If only you could lose 20 pounds -- then you might fit into that dress or tighten your belt just a couple inches.

But as you age, how you look becomes much less important than how you move -- and we aren't talking about the dance floor here. According to the National Institutes of Health, even minor weight loss can help you walk better, climb stairs, or just stand to do the dishes. In fact, the study showed that weight loss aided mobility more effectively than improved fitness alone. And with less pressure on your joints, your aching knees might feel better, too.

Here are just a few benefits:

- * **Cardiovascular health:** Reducing weight can help lower blood pressure, decrease cholesterol levels, and reduce the risk of heart disease and stroke.

- * **Type 2 diabetes:** Weight loss can improve insulin sensitivity and help control blood sugar levels, potentially reducing the need for medication.

- * **Joint health:** Carrying less weight reduces the stress on joints, which can improve mobility and alleviate symptoms of osteoarthritis.

- * **Sleep apnea:** Weight loss can reduce the severity of sleep apnea by decreasing fat deposits in the neck area that can obstruct breathing.

- * **Respiratory function:** Losing weight can improve lung function and reduce the symptoms of asthma and other respiratory conditions.

- * **Liver health:** Weight loss can help reduce the risk of non-alcoholic fatty liver disease (NAFLD) and improve liver function.

- * **Cancer risk:** Maintaining a healthy weight can lower the risk of developing certain types of cancer, including breast, colon, and endometrial cancers.



National Mended Hearts—November Newsletter

An Ounce of Prevention

Stay well this winter with respiratory vaccinations

There are three immunizations available for the fall and winter season to help your immune system fight major respiratory viral diseases: flu, COVID-19 and respiratory syncytial virus (RSV). The Centers for Disease Control and Prevention (CDC) emphasizes that based on age, pregnancy status, medical condition and risk group, immunization provides the best protection for lowering the risk of serious illness, hospitalization, long-range complications and death. Vaccine side effects tend to be mild and short-lived. Be sure to mention your allergies before use. Here's a look at the vaccines.

Flu Vaccine: People ages 6 month and older, unless advised otherwise, should get an updated flu vaccine annually. High dose and enhanced vaccines are preferred for people 65 years and older. Ask which is best for you.

COVID-19: COVID-19 vaccine is based on age, immune status and vaccine history. People ages 5 and older should receive one dose of the updated COVID-19 vaccine to be up to date and protect against serious illness, including long COVID. Note: Some age and patient groups may require additional doses.

RSV: RSV is a common respiratory virus that usually causes mild, cold-like symptoms. However, it can be dangerous for babies, toddlers and older adults. Parents, pregnant people and older adults should develop an RSV prevention plan with their health care provider. Note: The CDC recommends an RSV vaccine for ages 75 and older and for people who are 60 to 74 and at increased risk of severe RSV. It is best to get vaccinated in the late summer and early fall before RSV starts to spread. One dose of the maternal RSV vaccine administered between 32 and 36 weeks of pregnancy is usually given September through January.

For more information on the best options, doses and timing, contact your health care provider or pharmacist, or visit [Cdc.gov](https://www.cdc.gov).

Costco Connection—September 2024 by Linda R. Bernstein

Board Members

Jeff Roberts

Michelle Christensen

Chairpersons**Visiting:** Mike Gary**Community Outreach:**

Vacant

Follow UP Calls: Vacant**Membership:** Vacant**Social Media:** Michelle

Christensen

Social Events: Vacant**Web/ZOOM Coordinator:**

Jeff Roberts

Fundraising: Vacant**Chapter Newsletter**

Editor: Debbie Gary/

Bob Goldberg

Walk Farther, Faster and Pain Free

These simple tweaks will add energy and power to your stride, so you can get where you're going with ease.

You already know that walking burns calories, boosts stamina, improves heart health, reduces stress and lowers inflammation—and that the more you can do it, the better.

But sometimes walking is a pain in the butt...and the legs, the back and the feet. But with a few tweaks to your posture and stride, you can walk stronger, longer and without pin.

“Maintaining the best posture possible allows your body to distribute its weight more evenly and move more efficiently. That keeps muscles pain-free by preventing them from becoming over-stressed and overworked,” says Mike Mancias, longtime personal athletic trainer to LeBron James and author of *Game Plan*. “Better still, watching your form can also allow your lungs to expand further and take in more energy-rich oxygen, so you’re less likely to fatigue as quickly.” Here’s his head to toe (literally) checklist on how to step up your game the next time you take a stroll.

HEAD: Tilting your head down causes your shoulders to roll forward preventing you from breathing as deeply as possible. “Remember, oxygen equals energy!” Mancias says. Instead, look straight ahead (about 10 feet or so in front of you) with your chin lifted. Try to keep your ears in line with your shoulders, which will prevent you from leaning too far backward or forward.

CORE: To pull in your belly and support your spine, gently squeeze your abdominal muscles and keep them that way when walking. “Think about using your stomach muscles to pull your belly button toward your spine,” Mancias says. This trick removes stress from your lower back by keeping your body weight centered and provides more stability, so you’re less likely to lose your balance.”

SHOULDERS: Gently roll your shoulders upward, then back, then down-and keep them there. You want your shoulder blades to nearly touch each other at the middle of your back. This prevents slouching and reduces tension on the upper back and neck.

ARMS: “Keep your arms bent at 30 to 40 degree angles and close to your rib cage; swing them forward and backward at a motion that’s in line with your body,” Mancias says. Moving them at an angle across your body not only wastes energy, but it can affect your steadiness, he explains.

FEET: Your heels are meant to absorb the shock of each step as you stride. With every step, land on your heel, then push off with your toes. “This three-part motion leaves your legs and feet feeling less tired and can help to minimize blisters,” Mancias says.

November is American Diabetes Month Diabetes affects every part of the body

Until now, you may not have thought much about diabetes. You probably know people who have type 2 and they seem to be fine. You might even wonder how serious it could really be.

Here's the truth: It's deadly serious. In 2021, 103,294 people died from diabetes, making it the eighth leading cause of death. And compared to 2019, diabetes-related deaths increased 17 percent in 2020 and 15 percent in 2021.

Nearly 38.4 million Americans already have diabetes. That's an amazing number, but millions more are at risk. They have pre-diabetes and may not realize it. In fact, it is estimated that nearly 9 percent of people with diabetes are undiagnosed.

If you are overweight, don't exercise, and have been feeling pretty tired lately, it's time to see your doctor for a glucose tolerance test.

A normal fasting blood glucose level is between 70 and 100 mg/dL. A level between 100 and 125 mg/dL indicates prediabetes, and a level of 126 mg/dL or higher indicates diabetes.

The good news is that even if your fasting glucose level is high, you can keep from getting type 2 diabetes. But you have to get serious about doing it.

* Get regular exercise -- at least 30 minutes each day. You'll have to do it anyway if you progress to type 2 diabetes, so why not walk or exercise to prevent it?

* Improve your diet. Eat more fruits, vegetables, and fiber-rich foods. Stop drinking sodas, sports drinks, and fruit drinks. Limit white breads, rice, and pasta, along with sugars from candy, cakes, and pastries. Ask your doctor or a registered dietitian about a nutrition plan that's formulated for your specific needs.

* Lose a few pounds. Weight loss is not uncommon if you exercise and eat better, and you can drive consistent weight loss if you watch your portion sizes. Losing just 5 percent of your total body weight can make a difference, but 10 percent reduces type 2 risk by 58 percent.



National Mended Hearts Newsletter—November 2024

Become a Monthly MHI Donor

We understand that making one-time, large donations isn't always an option for people, so we've made it easier to support MHI with our monthly donation program. If you donated \$10 a month for a year (the price of two or three cups of coffee) you could help us provide valuable materials and resources to the community, patient, families, chapters and groups. Many of the programs that people find most important - visitor training, database support, staff support, and Bravery Bags - are supported by donations that are made by community members like you. Please consider monthly donation today!



SCAN ME

<https://mendedhearts.org/#donate>

Not A Member Yet?

Consider joining today and becoming involved in the mission and vision of Mended Hearts.

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 heart patients and their families affected by Heart Disease across the lifespan. ©

**Mended Hearts of
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Chapter #137**

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**It's Great to Be Alive and Help
Others**



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Chapter Meetings

In person meetings occur each month at Asante Rogue Regional Medical Center in the Carpenter room located on the ground floor.

We will also be providing the monthly meeting through Zoom for those who would like to attend the meeting while at home.

If you wish to continue attending our monthly meetings on line please make sure your email address is on file by emailing Debbie Gary at preschoolteach345@yahoo.com

Future Meetings/Education

Nov: TBA
Topic:

How many retirees does it take to change a light bulb?
One, but it'll take all day.



RD

Visiting Report

During the months of September and October there were 70 in person visits made with patients of heart surgery and their family members at Asante Rogue Regional Medical Center

GRANTS PASS MEETINGS

Mended Hearts monthly meetings are now being held in **Grants Pass on the third Wednesday of each month at 3:00 p.m.** The meeting is being held at Three Rivers Cardiac Rehab.

Any questions, please contact us at MHSO137@gmail.com