



For fruits and veggies, five servings is best

More is better when it comes to how many servings of fruits and vegetables to eat each day, according to Harvard Medical School. Researchers analyzed self-reported health and diet information from dozens of studies that included millions of subjects, comparing participants who reporting eating five servings of fruits and vegetables each day with participants who ate only two.

The results are eye-opening ~ people who ate five servings faced decreased risk of death from heart disease or stroke, cancer or respiratory disease, and a decreased overall risk of death from any cause.

Protect your heart health with a dog

If you'd like to live longer, consider getting a dog. According to CNN, a meta-analysis of more than four million people in the U.S., Canada, Scandinavia, New Zealand, Australia and the U.K. found that dog owners were about 24 percent less likely to die from any cause than people who didn't own dogs. And according to the journal Circulation, dog owners reap the health benefits of increased physical activity, better social support and valuable companionship.

But if pet ownership is off the table, you can still enjoy at least some of the benefits. A 2015 study from Indiana University found that just watching cat videos is a great mood booster

*Please join us for a
Calibration of Life*

For

Shirley Lorraine Gould



March 2, 2022
11:00AM - 1:00PM
The Club at Crazy Horse Ranch
475 San Juan Grade Road
Salinas, CA
BRING YOUR STORIES TO SHARE

When should you go to the emergency room?

It's easy to see that an accident victim needs emergency treatment. Judging whether a medical condition requires a trip to the emergency room (ER) is more difficult.

Get to the ER fast, say doctors at Harvard Medical School, if any of these problems occur:

Severe abdominal pain. Especially if there is vomiting, swelling or tenderness of the abdomen or fever. This may signal appendicitis, bowel obstruction or a perforated organ.

Breathing difficulty. Go quickly if you have heart or lung disease, asthma, chest pain, rapid heart beat, swelling, dizziness, pale clammy skin or swollen tongue or throat.

Chest pain. People with coronary artery disease or angina should get help if pain begins during exercise and persists despite 10 minutes of rest or under-the-tongue nitroglycerin.

Confusion or changes in consciousness. Sudden onset of confusion or memory loss is an emergency.

Fractures. Suspected fractures should be evaluated promptly, except in the case of a finger or toe.

Headaches. Most can be treated in the doctor's office. Go to the ER if a headache is accompanied by confusion, nausea and vomiting, loss of sensation or muscle strength, fever or sensitivity to light.

Numbness or tingling. Widespread numbness or tingling can be due to a stroke. Get help immediately if one side of the body is affected, vision is blurred or distorted or if speaking is difficult.

Rash. Rash accompanies many illnesses, is a common reaction to certain foods and usually does not require immediate treatment. But purple spots on the skin accompanied by fever are signs of serious illness such as meningitis. Hives that appear after an insect sting are a signal to get immediate treatment.

Vomiting. This is an emergency if it produces blood or material that looks like coffee grounds. These are symptoms of serious problems

Upcoming Meeting Speaker

February 15, 2022 at 6:00 p.m.

**Our Speaker is Angela Manriquez,
Western Regional Director**

"Benefits of being a Mended Hearts Member"

Join the Zoom Meeting

at

[https://us06web.zoom.us/j/82016878722?
pwd=OXJqOUeWKOZOUdJUL0FwMTZicDZ5Zz09](https://us06web.zoom.us/j/82016878722?pwd=OXJqOUeWKOZOUdJUL0FwMTZicDZ5Zz09)

Meeting ID: 820 1687 8722

Passcode: 930788

March No Meeting

April to come

Award Nomination Period Opens Jan 1 through April 1

It's time to start thinking about those individuals, chapters, groups and hospitals that deserve to be recognized for their dedication to heart patients and MHI in 2021. If you have questions about the nomination process, we'll be holding award information sessions in January and February. For information on those sessions or about the awards process in general, please contact Mandy at Mady.Sandkuhler@mendedhearts.org.

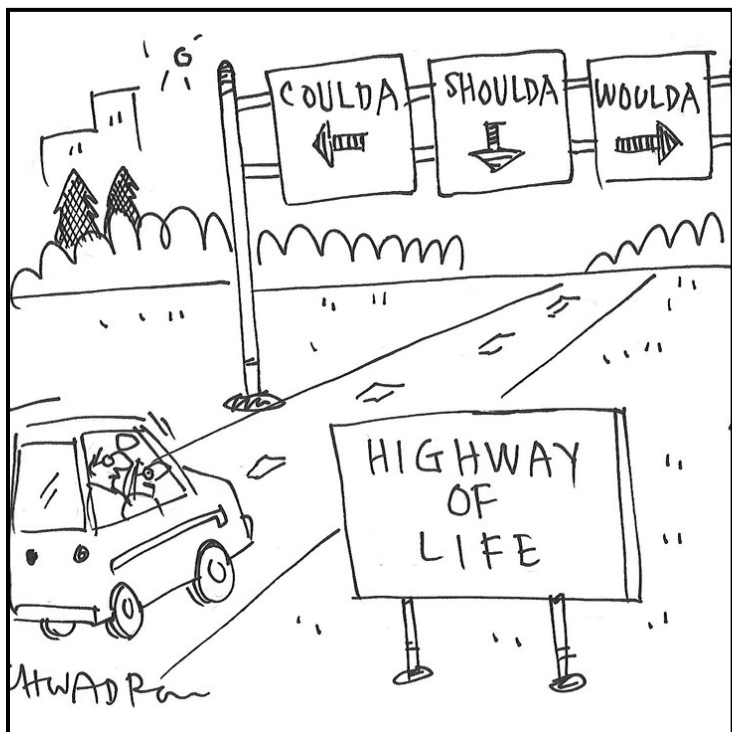


Mended Hearts

Mended Hearts is a non-profit support and continuing-education group open to all heart patients and their families/caregivers. Attendance at our monthly meetings is gratis and your membership support is invited. Please feel free to pass on this newsletter to someone you know who has been affected in some way by heart disease.

Want to help others that have had or are having a heart event experience? There is nothing better than being a Mended Hearts visitor and seeing the joy in the face of a patient or receiving the gratitude of a patient when you visit them.

For more information about Mended Hearts and our Chapter, contact Chapter 370 President Julie Jezowski, jljezowski@sbcglobal.net or Arron Yaras, Newsletter Editor at amyprint2@att.net



How to understand and cope with leg cramps

In the night, or just upon waking, there they are: leg cramps. The excruciating pain comes on suddenly and goes away all too slowly.

For people over age 60, more than 30 percent have a leg cramp at least once every two months and the older you are, the more likely you are to have them.

Our tendons (the tissues that connect muscles to bones) naturally shorten with age, according to the Cleveland Clinic, and this can leave us vulnerable, but cramps can have unknown causes or be caused by medications, underlying disease or lack of activity.

Medications

Some medications have cramping side effects. Among them: Albuterol/Ipratropium, estrogens, clonazepam, diuretics, naproxen, statins, Ambien, Lyrica, as well as some anti-depressants and hormones.

Diseases

Cardiovascular diseases, ALS, cirrhosis, diabetes, flat feet, kidney failure, Parkinson's, osteoarthritis, peripheral artery disease.

Nine things you can do to get some relief

There is no pill or injection you can take to relieve the cramp, according to the Cleveland Clinic.

Here is what you can do:

1. Stretch the cramping leg muscle, pulling toes toward the shin.
2. Massage. Use your hands or a roller.
3. Stand. Press feet to the floor.
4. Walk. Wiggle your leg as you walk.
5. Apply heat. Heating pad or a warm bath might help.
6. Cold. A bag of ice in a towel.
7. Pain killers. Ibuprofen or acetaminophen.
8. Elevate. Prop up the leg. If you can, find a less painful position and stay still. Try to relax. Wait.

Steps that may help prevent leg cramps

- * Drink eight glasses of water every day. Avoid alcohol and caffeine.
- * Stretch and move during the day. Brief walking and stretching before bed may help.
- * Wear supportive shoes.
- * If you sleep on your back, don't let the blankets push your feet down. Keep your feet lightly covered with toes pointed up.

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Air Fryer Crispy (Un) Fried Chicken

Ingredients

Servings - 4

Serving Size - 3 ounces chicken

1/2 cup all-purpose flour 2 tablespoons minced fresh parsley
OR
2 teaspoons dried parsley, crumbled
1/2 teaspoon ground oregano
1/4 teaspoon pepper
1/4 cayenne (optional)
OR
1/4 teaspoon crushed red pepper flakes (optional)
1/2 to 1 cup low-fat buttermilk
1/2 tablespoon red hot-pepper sauce, or to taste (optional)
1/3 cup finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)
1/3 cup shredded or grated Parmesan cheese
4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels

Preheat the air fryer to 390°F.

1. In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.
2. In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third shallow dish or pie pan, stir together the crispbread crumbs and Parmesan. Set the dishes and a large plate in a row, assembly-line fashion.
3. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken.
4. Place the chicken on the plate. Cover and refrigerate for 30 minutes to 4 hours.
5. Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) 5. Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spraying with the cooking spray.

Sweet and Sour Pork Fried Rice

Marinade Ingredients

1 tablespoon soy sauce (lowest sodium available)
1 tablespoon plain rice vinegar
OR
1 tablespoon dry sherry
1 teaspoon cornstarch
1 pound pork tenderloin, all visible fat discarded, cut into 3/4-inch cubes

Sauce Ingredients

1/2 cup fat-free, low-sodium chicken broth
1/2 cup all-fruit apricot spread
2 tablespoons plain rice vinegar
OR
2 tablespoons white wine vinegar
1 tablespoon soy sauce (lowest sodium available)

Cooking spray

2 large eggs, lightly beaten with a fork
1 teaspoon canola or corn oil
2 to 3 teaspoons crushed red pepper flakes
1 medium red bell pepper, cut into 1-inch pieces
1 medium carrot, diced
3 cups cooked brown rice (cold preferred)
1 8-ounce can pineapple chunks in their own juice, drained
1 cup frozen green peas, thawed
4 medium green onions, sliced

1. In a large glass dish, whisk together the marinade ingredients. Add the pork, turning to coat. Cover and refrigerate for 10 minutes to 8 hours, turning occasionally.
2. Meanwhile, in a small bowl, whisk together the sauce ingredients. Set aside.
3. When the pork is done marinating, heat a wok or large skillet over medium-high heat. Remove from the heat and lightly spray with cooking spray (being careful not to spray near a gas flame). Cook the eggs for 1 to 2 minutes, stirring frequently, until scrambled. Break up into pieces. Transfer to a plate.
4. Carefully wipe the wok with paper towels. Heat the oil over high heat, swirling to coat the bottom. Cook the pork with the marinade and the red pepper flakes for 5 minutes, or until the pork is no longer pink on the outside and tender, stirring frequently. Cook the bell pepper and carrots for 2 to 3 minutes, or until tender-crisp, stirring frequently.
5. Stir in the rice, pineapple, peas, green onions, reserved broth mixture and reserved egg pieces. Reduce the heat to medium. Cook for 3 to 5 minutes, or until the mixture is warmed through, stirring occasionally to break up the rice.

Recipe taken from <https://recipes.heart.org/en/recipes/sweet-and-sour-pork-fried-rice>



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 ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

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)