



## 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](mailto:jljezowski@sbcglobal.net) or Arron Yaras, Newsletter Editor at [amyprint2@att.net](mailto:amyprint2@att.net)

## A big payoff in taking the optimistic view

If you're an optimist, you believe that any defeat is a temporary setback or a challenge. It doesn't knock you down.

Using this theme in your life helps you move forward in your work. A positive view helps to prevent illness, improves relationships and increases self esteem. According to Mayo Clinic Proceedings, one study showed that optimists live longer, are healthier, and are more peaceful and calm.

When you find yourself stuck in pessimism, psychiatrists at Columbia University say there are things you can do to revive your optimistic ways. Developing certain skills can change your view of the world.

- \* Practice seeing the progress you have made in life. That could be in your relationships, work or personality.

- \* Know that everything is not your fault. Pessimists think they cause adverse events that will undermine everything, says Dr. Martin Seligman in his book *Learned Optimism*, How to Change Your Mind (Free Press).

- \* When things go wrong, realize that the situation will only affect you for a limited time. If you failed, acknowledge your own responsibility in the failure, but also recognize if some things were out of your control.

- \* Decide to be positive even if you don't feel like it. If you smile, your brain assumes you feel good. Act happy and you will begin to feel better.

- \* Be positive with others and they will reinforce your optimistic attitude. Be upbeat and show interest in them. Laugh at other people's jokes.

- \* Carry cards with positive statements about your life and your future.

- In a small bowl, stir together all the salsa ingredients. Set aside.
- Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.

## Upcoming Meeting Speaker

**July 20, 2021 at 6:00 p.m.**

*Our Speaker is Christianna Kearns, MBA, RDCS, Sr. Administrative Director: Cardiovascular, Pulmonary, Sleep Medicine, Nutrition Services & Rehab Services  
"Foam Roller and Stretchy-band Exercises for Heart Patients"*

**Join the Zoom Meeting**

at

<https://us06web.zoom.us/j/86022351969?pwd=RmlXOG5lVEdlT0tCMURtbUhKZEJ6dz09>

Meeting ID: 860 2235 1969

Passcode: 344423

**August 17, 2021 at 6:00p.m.**

*Our Speaker is Sara Housman, MPH, RD, Clinical Dietitian*

*"Picture Your Place: Putting Nutrition Recommendations into Practice"*

**Join the Zoom Meeting**

at

<https://us06web.zoom.us/j/83481362876?pwd=b2FrM2VSc1BrUWNkRGhKdk5VSllsdz09>

Meeting ID: 834 8136 2876

Passcode: 010482

## Officers:

President:	Julie Jezowski <a href="mailto:jljezowski@sbcglobal.net">jljezowski@sbcglobal.net</a>
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Treasurer & Newsletter:	Arron Yaras <a href="mailto:amyprint2@att.net">amyprint2@att.net</a>

## 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.



## Stay in the shade if you take these drugs

Some drugs magnify the harmful effects of the sun.

According to Harvard Health Letter, you should check with your doctor to make sure the medications you are taking are sun safe.

You'll want to get more shade and less sun if you are taking the following drugs:

1 Antibiotics. Ciprofloxacin (Cipro, ProQuin), doxycycline (Oracea, Vibramycin), sulfamethoxazole (Bactrim, Gantanol, Septra) or tetracycline (Achromycin).

2 Cancer drugs that increase sun sensitivity: They include 5-fluorouracil (Carac, Efudex, Fluoroplex), dacarbazine (DTIC-Dome) and vemurafenib (Zelboraf).

3 Decongestants and older antihistamines. Pseudoephedrine (Sudafed), phenylephrine (Sudafed PE) and diphenhydramine (Benadryl). Try fexofenadine (Allegra) or loratadine (Claritin).

4. Diabetes medications. Chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase, Micronase).

5. Diuretics. Furosemide (Lasix) and hydrochlorothiazide (Microzide)

6. Cardiovascular medications. Amiodarone (Cordarone), for serious heart rhythm disturbances, and the blood pressure drugs diltiazem (Cardizem, Dilacor, Tiazac) and nifedipine (Procardia).

7 Pain relievers. Ibuprofen (Motrin), naproxen (Aleve, Naprosyn), celecoxib (Celebrex) and piroxicam (Feldene) increase the chances of a serious sunburn. Acetaminophen (Tylenol) doesn't.

8 Psychiatric drugs. Chlorpromazine (Thorazine), desipramine (Norpramin), imipramine (Tofranil) and other anti-anxiety and antidepressant drugs can inhibit the body's ability to sweat.

## Prevent heat exhaustion

The National Safety Council recommends that people without air-conditioning drink a lot of water. The key is to drink enough so you never get thirsty. If your urine is a dark color, you need to drink more water. Drink enough water so your urine is pale yellow.

When walking outside, be sure to wear a hat and a lightweight, long-sleeved shirt with no T-shirt underneath.

If you do get hot, try applying a wet scarf to your neck.

### 70th Anniversary Merchandise Now on Sale

In celebration of our 70th Anniversary, MHI is selling limited edition 70th Anniversary merchandise. Celebrate this special year by purchasing a beautiful mug, glass, coasters or commemorative plate. Shop today at [www.mendedhearts/marketplace/](http://www.mendedhearts/marketplace/)



## Turkey and Bean Tostadas with Avocado-Tomato Salsa



### Salsa Ingredients

2 cups chopped tomatoes (about 2 medium tomatoes)  
1 medium avocado (halved, pitted, diced)  
1 large ear of corn, husks and silk discarded, and kernels removed from the cob

OR

1 cup frozen whole kernel corn (thawed, drained)  
1-2 medium fresh jalapeño peppers (seeds and ribs discarded, finely chopped)  
2 tablespoons finely chopped red onion  
2 tablespoons fresh lime juice

### Tostada Ingredients

Cooking spray  
5 6-inch corn tortillas  
8 ounces ground, skinless turkey breast  
1 can no-salt-added black beans (rinsed, drained)  
2 tablespoons water

- In a small bowl, stir together all the salsa ingredients. Set aside.
- Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
- Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air. Bake for 5 to 6 minutes on each side, or until golden brown.
- Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin, and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.
- Add the beans and water to the turkey. Cook for 5 minutes, or until the beans are heated through. Using a potato masher, coarsely mash the beans and turkey together. Remove from the heat.
- To assemble the tostadas, spread the bean and turkey mixture over each tortilla. Spoon the salsa over all.

Calories, 260 Per Serving

Protein, 19g Per Serving

Fiber, 8g Per Serving

Recipe found at <https://recipes.heart.org/en/collections/courses/main-dishes?page=5>

## Chunky Artichoke-y Salad



- 3 package frozen artichoke hearts (thawed)
- 1/4 cup canola oil
- 3 tablespoons lemon juice (from about 1 lemon)
- 1 1/2 teaspoons no-sodium Italian seasoning
- 1 teaspoon Dijon mustard
- 1/8 teaspoon ground black pepper
- 1 1/2 cups finely sliced basil leaves
- 2 tablespoon chopped black olives
- 1/4 cup sliced red onion
- 1 seeded, chopped red bell pepper
- 1 medium tomato (chopped)

1. Prepare the artichoke hearts: Add artichoke hearts to a heavy-duty medium pot with 3 cups water. Bring to a boil over high heat. Cover, reduce heat to medium-high, and let artichokes simmer until fully cooked and warm, about 5 minutes. Drain artichokes in a colander and run cold water over them to cool. Drain very thoroughly.
2. Meanwhile, in a large serving bowl, add oil, lemon juice, Italian seasoning, mustard, salt, and pepper. Whisk together with a fork.
3. Into the bowl, add artichoke hearts into the dressing. Stir to combine.
4. Add remaining ingredients into the bowl: sliced basil leaves, chopped olives, onion, chopped bell pepper, and chopped tomato. Stir together to combine. Serve immediately or chill in the refrigerator for a few hours and serve.

Servings 6 Serving Size 1 cup

Calories 164 Per Serving

Protein 3.9g Per Serving

Fiber 10.2g Per Serving

<https://recipes.heart.org/en/recipes/chunky-artichoke-y-salad>





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1500 Dawson Road  
Albany, GA 31707  
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## 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)