Meeting Update

April 2018  Chapter 77, Bakersfield, CA  (661) 412-4299

Mended Hearts
Chapter 77
Bakersfield, CA

Shirlena recently attended several seminars for heart patients and seniors in general. Knowing how well she does with note taking and summarizing, she was asked to share some of the information.

**Dancing/Movement Therapy Techniques.**

Seniors were to concentrate on deep breathing while visualizing different body and muscle areas feeling the relaxation take over.

Think of your own personal dance routine and then perform it.

*Lessons learned:*  

Breathing, dance and body movements create a euphoria, as well as drive more oxygen to vital body parts. This then helps to stimulate a healthier heart, body and mind.

**Physical Fitness**

Stretch more as you get older: arms, upper back, calves and ham strings.

When walking: change the direction of your route from time to time.

Dancing is very good. It involves internal exercise; you heat up and down.

Exercise at a rate where you can still talk; if you can not talk, you are doing too much.

Exercise helps your body heal itself.

*Lessons learned:*  

Get informed.

Get moving.

Get better.

Editor—Next month we’ll report on a Nutrition Session and cover the Salty Six.

Thank you Shirlena.
Senior Notes
Caregivers, aging parents often isolated from family

For caregivers and siblings, one subject causes stress and anger: Not all siblings contribute to the care of mom and dad.

In fact, according to the American Sociological Association, daughters spend more than twice the amount of time caring for their aging parents as sons do.

Quoted in AgingCare.com, Angelina Grigoryeva, author of the sociological study, "Sons reduce their relative caregiving efforts when they have a sister, while daughters increase theirs when they have a brother. This suggests that sons pass on caregiving responsibilities to their sisters."

The article in AgingCare.com drew a large number of responses from both men and women caregivers.

Among the themes that emerged:
- Men who did care for their aging parent were very dedicated in terms of time and money. One respondent wrote: "I am a son, and I give 95 percent of the care to my mother compared to my other 3 siblings who are sisters. My brothers-in-law also help."
- Both men and women caregivers bitterly complained that other adult children completely surrendered any obligation to contribute to care, some never contacted their parent again once the parent entered a nursing home. One respondent wrote: "In my case, I never hear from my brothers as they have a 'life' and are too 'busy'. It's disgusting to me."
- Aging parents were saddened by the lack of interest from their children: A father wrote: "My wife is elderly, almost totally disabled, almost bed bound, and her general health is getting worse, but we live in blessed isolation as if we didn't exist."

"We don't see anyone for weeks, months . . . I hope I do not sound bitter. However, I am deeply disappointed. Not for myself, but for my dear wife who was the best, most caring, kindest mother anyone could wish to have."

User-friendly orange
The headline is a clue to the answer in the diagonal.

Across
1. Recipe amt.
4. Finale
9. Call to Bo-peep
10. Unusual
11. Break a commandment
12. 1545 council site
13. Pickle
15. Gift tag word
16. Cloudless
18. Kipling poem
20. Still on the shelf, maybe
23. Punctuation mark
25. Chit
26. Dangerous bacteria
27. Econ. indicator
28. Fortune teller
29. Born as

Down
1. Recipe abbr.
2. Breeze (through)
3. Pre-exam feeling, maybe
4. Exact or very accurate
5. Pestle's partner
6. "The Three Faces of ___"
7. Lady's escort
8. Kind of sax
14. In a melancholy manner
17. Despot's duration
18. Clinches
19. Central points
21. Excellent
22. Fool
24. Unruly crowd

Today stocks dropped on news that nobody knows exactly why the stick market suddenly drops.
**Berries Help Thinking**

Two separate clinical studies show that berries appear to give a boost to brain power.

In one study, healthy men and women ages 60 to 75 were given two cups of strawberries for 90 days. They showed improved scores for word recognition and spatial memory.

In another study, researchers showed that older adults who ate the equivalent of one cup of blueberries for 90 days didn't repeat themselves as often. Quoted in Tufts Health & Nutrition Letter, Barbara Shukitt-Hale said researchers speculate that the anthocyanins in berries have certain anti-inflammatory properties that have direct effects on the brain. Supplements, she said, don't appear to work. It is the combination of nutrients in berries that seem to have a benefit.

**MH & MLH National & Training Conference & CHD Symposium in San Antonio**

Now is the time to register for our National Education & Training Conference and CHD Symposium being held this summer in San Antonio. Join us in Texas July 14-18 at the Hyatt Regency San Antonio Riverwalk where we will be steps away from the legendary San Antonio River Walk, restaurants, shops, galleries and museums. For more information and to register for the conference go to Mendedhearts.org.

The 5th annual MLH CHD Symposium will kick-off our program on Saturday, July 14 with MLH Leadership Training continuing July 14-15-16.

MH and MLH will join together on Sunday evening, July 15, for a festive "meet & greet" reception with Mended Hearts regional meetings, educational sessions, concurrent workshops and luncheons continuing Monday through Wednesday. We are currently lining up speakers, but we have confirmed that Dr. Steven Bailey, University of Texas Medical Branch San Antonio, will be our keynote speaker.

All activities will be held at the Hyatt Regency San Antonio Riverwalk hotel. For more information on the hotel, or to reserve your room, go to Mendedhearts.org. The early bird deadline for hotel reservations is June 15th, so book today.

**Personal Finances**

Before you make a major loan to the adult kids, you have to ask yourself five serious questions. The first question is the most important and obvious: Can you live without the money? Assume you will never get it back. Any of it. Can you still maintain your lifestyle? If the answer is No, just tell that to the kids. No explanations are necessary but you can remember this quote from Bobbi Rebell, author of How to Be a Financial Grownup: "The best way to help out your kids is to never need them to help you."

But if you can afford it, ask yourself if making the loan is worth it:

1) Is this about their terrible money decisions and, if so, has the adult kid done something to change his/her behavior? Say, for example, an adult child wants money to pay off credit cards that he or she foolishly charged up. If they haven't taken any steps to solve the problem themselves, then they aren't ready for your money. According to AARP magazine, loaning money on a problem that will drag out for years is probably not wise.

2) Are you invested in seeing that your kid won't fail? This not a good basis for lending. According to money planner Peter Dunn, kids should fail. "Failure builds character, resourcefulness and guile," he writes. "Let failure be the teacher."

3) Can the borrower pay it back? Just like a bank, you should expect to have the money paid back. If you are lending money you have a right to know what the borrowers financial situation is. Will the kid be able to make payments? If so, and all things being equal, then set up in writing a promissory note with interest (it gives you more pull with the IRS).

4) Ask yourself if the kid will soon find himself/herself in trouble with cars, spouses, or leases. If so, this won't be the last time someone comes to the parent bank. Save your money.
Study: You can boost your thinking in just 10 minutes

Anyone can learn and understand more after just 10 minutes of moderate to vigorous exercise. That is the finding of a University of Western Ontario study published in the January 2018 issue of Neuropsychologia. The effects of 10 minutes of exercise appear to be immediate. In the study, a group used an exercise bike for 10 minutes and was then tested on reaction time in completing a non-standard task. The exercisers had an immediate 14 percent gain in cognitive performance.

Previous studies have shown that 20 minutes of exercise confers brain benefits, but this study shows that even people with physical and mental limitations can benefit from minor exercise. The implications are important for everyone. If you are taking a test or about to engage in any mental task, 10 minutes of exercise beforehand can give you an edge.

Blood Pressure Categories
By
The American Heart Association

<table>
<thead>
<tr>
<th>Categories</th>
<th>Systolic mm Hg (upper number)</th>
<th>Diastolic mm Hg (lower number)</th>
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<tbody>
<tr>
<td>Normal</td>
<td>Less than 120                &amp; Less than 80</td>
<td></td>
</tr>
<tr>
<td>Elevated</td>
<td>120—129                      &amp; Less than 80</td>
<td></td>
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<tr>
<td>High Blood Pressure</td>
<td>130—139                      or 80—89</td>
<td></td>
</tr>
<tr>
<td>(Hypertension) Stage 1</td>
<td></td>
<td></td>
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<tr>
<td>High Blood Pressure</td>
<td>140 or higher                or 90 or higher</td>
<td></td>
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<tr>
<td>(Hypertension) Stage 2</td>
<td></td>
<td></td>
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<tr>
<td>Hypertensive Crisis</td>
<td>Higher than 180              and/or Higher than 120</td>
<td></td>
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<tr>
<td>(consult your Doctor IMMEDIATELY)</td>
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Remember, these are guidelines—Your Doctor has the final word.