MESSAGE FROM OUR PRESIDENT

Around 2005 heart surgeon Divakar Mandapati was engaged by LMC to perform open heart surgeries. He orchestrated the set up of this new unit including the transfer of blood for testing by a pneumatic tube system. He insisted on immediate results. This idea came from his visit to the Saturn car plant. How do I know this? My mom was one of his patients. On her first office visit he shared his love of his work. I was fascinated.

What he did not know that I knew was that he also insisted on a support system for his heart patients. That is why Mended Hearts came to LMC.

LMC has always been very gracious in their support of us. From the start the volunteer coordinator was involved with our chapter. I don’t recall exactly her role. But I can tell you some, but not all of Carolyn’s roles. That’s because I believe she does things that I don’t even know about.

When we had visitors, Carolyn did it all. She kept records, she had materials waiting, and she knew where to send people. She made sure they were part of the volunteer training program.

She writes our newsletter each and every month. I might write this letter, but she does the rest. She prints copies. She addresses the envelopes. She mails OUR newsletter. She books our meeting space. She arranges for our fabulous meal.

She keeps track of all our scheduled guest speakers. Each month she emails or calls to verify the speaker with me. She has taken the reins of our holiday party for years. She sends the dreaded monthly reminder- your letter is due. Mended Hearts is maybe 1/10 of all her responsibilities at LMC.

Honestly, she makes me feel like a slug with all she does for us. We talk often because we have grown to be friends. I am always grateful for Carolyn in my life. I am thankful that Carolyn Dery is such a special person in our chapter.

Who are you thankful for this November?
Sue
National Family Caregivers Month

For seniors, moving in with the kids isn't always the solution. The question for seniors is usually posed like this: Should kids move aging mom and dad into their home?

But the question should also be framed this way: Do mom and dad really want to live with the kids?

There comes a time when seniors have to make new living arrangements: A big house in the country just doesn't work if you can't mow the lawn or keep it clean. And what about isolation? In the city or country, there comes a time when old friends are gone, the kids have moved away, and your health isn't what it used to be.

One option is living with the kids. More seniors are doing it these days.

Among those Americans aged 55 to 64, 24 percent live in multigenerational households. That number declines a bit among those aged 65 and older when about 21 percent live in such households. Those numbers are up several percentage points in the last 15 years. The trend is most pronounced among Asian and Hispanic families.

But just because you love the kids, doesn't mean you want to live with them.

Here are some considerations before you take that step:

**Habits** - They smoke, you don't or vice versa. You like a clean house, they are slobs. You have a cat, they are allergic.

**Situation** - You don't want to babysit the grandkids. Everyone is supposed to want that, but what if you don't (or can't) and what if they expect you to?

**Location** - You want to stay in your community. The kids live in another city.

**World View** - The kids' politics drive you crazy. You hate that they are spendthrifts. You don't trust them with your money.

**Recreation** - You like a good card game. The kids don't play. You would be far away from friends or senior centers. The kids are too busy, anyway.

**Compatibility** - You really don't like or respect your son-in-law or daughter-in-law. Or maybe he or she doesn't respect you.

The kids are old, too - People are living longer and at 98 you might need care, but the kids are in their 70s. That's a serious demand on the kids in terms of their own time, energy, health and money.

These situational elements can be deal killers and seniors should consider carefully whether they

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Please notify Claudette to let her know if you or any member or friend of our Chapter is in need of some cheer (illness, recovery, death in family). A card will be sent on behalf of the chapter with best wishes from all of us!

Claudette Marquis
clore22@msn.com
Meeting Notice

Our next meeting will be held on:

**Wednesday, November 14, 2018 at 5:00 p.m. promptly!**

at Landmark Medical Center
in Christiansen Conference Center.

*Our speaker will be Beth Coelho, Topic: Rubber Band Exercise.*

Reminder: Arrive for our earlier 5:00 start.

Free gift for all members.

Mended Hearts meetings are held the second **Wednesday** of every month at 5:30 p.m.
in Landmark Medical Center's Christiansen Conference Center.
Meetings start with a light meal followed by a short speaker.

**MH meets monthly for support and education. Some members provide information and help to others by visiting heart patients in the hospital. Learn how Mended Hearts can play a key role in recovery from heart disease and in personal victory.**

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**Pumpkins dazzle with many dramatic colors**

Pumpkins are so orange, even the name evokes the color. But, in fact, this popular squash comes in many different hybrids and colors. The most striking is the blue Jarrahdale, a hybrid that is a cross between the Blue Hubbard and Cinderella pumpkin. The sweet, mild flesh remains bright orange, making it a delight to cut.

Not so distant from the orange variety is the red pumpkin. With many different textures and shapes, red pumpkins have their roots in France with the Rouge Vif d'Estampes pumpkin. This French stunner came to the US in the late 1800s and, with many hybrid varieties, the reds now come in many colors from rich cinnamon red to red-orange. Some typical varieties include the Red Lakota, from the Midwest, and the Red Warty.