Happy New Year, Mended Hearts!

My New Year’s resolution is to have us all work together to return Chapter 338 to the strong chapter it used to be. Everyone needs to use their talents to make us great again!

ASAP- WE NEED A VICE PRESIDENT AND SECRETARY. We are in violation of Mended Hearts rules. VP- does what the president asks. Secretary - takes notes at meetings and rewrites them in sentence form for next meeting. I am sitting by the phone waiting for it to ring.

It’s great to be alive- and to help others! Let’s live our motto!

Sue
Relationships – the secret to happiness

Many articles, books, and speeches have discussed the secret to finding happiness, but there is only one 75-year study that has attempted to pin down the answer. It’s the Grant and Gluek Study, which began in 1934. And it continues today. The project focuses on the lives of two completely different groups of people—a large group of low-income people from Boston, Massachusetts, and a similarly large group of Harvard graduates. The only finding common to both groups of what ultimately brings joy is quality relationships. Recent studies on the negative effects of loneliness lend support to these findings. Developing strong and positive relationships is a social skill that also has some important ingredients. And it can be learned. If you’re past your teens and younger years and you find your health and relationships are lacking, it can be a bit more of a challenge to fire up an active friends network.

Source: [http://www.adultdevelopmentstudy.org/grantandglueckstudy](http://www.adultdevelopmentstudy.org/grantandglueckstudy)

Some things are wasteful to keep because they take up space and energy. Here are 10:

1. Old medications. A year after the expiration date, just pitch it.
2. Scratched non-stick cookware. You hate it anyway. No one else wants it.
3. Old sneakers. When they get old, they break down. No one else can use them.
5. Liquor. It's junk after it has been opened and sitting in your cabinet for a year.
6. Old cosmetics.
7. Creams and lotions. If they are more than a year old, they are trash.
8. Old cleaning tools.
10. Dusty Paperbacks. This can be hard for book lovers, but even the library throws away books. Recycle or try to give them away.

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
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Meeting Notice

Our next meeting will be held on:

**Wednesday, January 9, 2019 at 5:30 p.m.**
**at Landmark Medical Center**
in Christiansen Conference Center.

*Our speaker will be Sheena Pracyk, Certified Health & Wellness Coach. Topic: Stress.*

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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**WHAT DO PEOPLE RESOLVE TO CHANGE IN JANUARY?**

- **37% EAT HEALTHIER**
- **37% GET MORE EXERCISE**
- **24% TAKE BETTER CARE OF THEMSELVES**
- **18% READ MORE**
- **15% MAKE NEW FRIENDS**

*SOURCE: STATISTICA 2017 AND YOUGOV*