January Meeting:
DATE: January 31, 2019
TIME: 6:00 PM
PLACE: Deaconess Gateway Conference Center
ADDRESS: 4007 Gateway Blvd., Newburgh, IN 47630
SPEAKER: Ron Eaton, who is the Publisher/Editor of the Maturity Journal. The free publication most of us pick up at our neighborhood locations.
LOCATION: Gather in the Conference Center Room C

We hope to see you at our upcoming meeting. If you have any questions feel free to call. I can reached at home at 812-963-6019. You can also send me an email. Send it to tsthumper1@aol.com. If you call me and get my answering machine, leave a message. I will call you back.

Let’s hope the weather cooperates with our meeting plans this month.

Inclement Weather Policy

Remember though, if schools have been cancelled, or the roads are slick or covered with snow, please stay home. It's not worth taking a chance getting out. These days when I fall, I just don't bounce as well as I used to. I bet you don't either. So, when the weather is bad, I stay home, you should too!

Mended Hearts

Mended Hearts is a nationwide organization dedicated to inspiring hope in heart disease patients and their families as well as educating them about quality of life issues.

Founded in 1951, the group has fostered encouragement and education through regular chapter meetings and visits by chapter members to cardiac patients. Members give hope to others by providing living proof that persons with heart disease can lead full, productive lives. Chapter 107 meets the last Thursday of the month. New members and visitors are welcome any time.

We hope to see you soon.
From the President/Editor

Wow, can you believe this? It’s 2019. A new year full of promise and sadly, some unwanted surprises. Of course we won’t know what any of those things are until they get here. I pray that your coming year is full of good things that make you smile and laugh. A cute article to share...

News from Minnesota:
Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 54. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bred in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man, and was considered a positive roll model for millions. Doughboy is survived by his wife Play Dough and three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funereal was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass share it with someone having a crumby day or kneading a lift.

The Light Turned Yellow ...

The light turned yellow just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection. The tailgating woman was furious and blared her car horn, screaming in frustration as she missed her chance to get through the intersection, while also managing to drop her cell phone and spill her coffee when slamming on the brakes.

She was still in mid-rant when she heard a tap on her partially open window. She startled and then looked up to stare into the eyes of a very serious looking police officer. The officer ordered her to exit her car with her hands up.

The officer called a tow truck and had the vehicle sent directly to the impound lot. He then took the driver to the police station where she was searched, fingerprinted, photographed and placed in a holding cell.

After a couple of hours an officer approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal belongings.

The arresting officer apologetically spoke, "Maam, I'm sorry for all this trouble and inconvenience. Early today as I pulled up behind your vehicle, I witnessed you blowing your vehicle's horn, while sticking your arm out the driver's side window and 'flipping-off' the guy in front of you. As I approached the back of your vehicle, I could clearly hear you cussing a real mean blue streak and it was right about then that I noticed the What Would Jesus Do bumper sticker, the Choose Life license plate holder, the Follow Me to Sunday-School bumper sticker and the chrome-plated Christian fish emblem mounted on the back of your vehicle. Given everything I saw, I believed that you had stolen the vehicle..."
Recovery from your Heart Surgery:

After surgery it is not uncommon to have questions about what you are feeling as your body heals. As Mended Hearts, we can assure you that many of your feelings are not unusual. We can share some of our experiences with you, but if you need medical advice, be sure to contact your physician.

**Incision.** Many of the concerns people voice are the feelings they experience around the incision (or wound). The incision may be sensitive to light touch such as T-shirts or blouses. Women may feel uncomfortable in the area where their bra is in contact with the wound. It may help to wear a thin dressing, lightly, over the wound to reduce friction from clothing.

**Itching.** Your wound may feel itchy. Itching all over your body may be due to dry skin from the soap you used in the hospital or to the medications you are on. You can try using a lotion for dry skin. Do not apply lotions, ointments or salves to your incision while it is healing. If your itching does not go away, call your doctor.

**Sensations.** Many people notice new sensations in their chest, arms and legs, depending on where the grafts were, or were removed. These include occasional sharp shooting pains, numbness, tingling or a burning sensation. These are often due to the healing process. They will usually go away with time.

**Aches And Pains.** Aches and pains may occur in the neck, shoulders, chest and back. This is common and occurs due to the position you were placed in surgery and perhaps the position you are in while you sleep. Try a heating pad placed on the area of discomfort (not too hot!). Use pillows to support your back and neck. If you sleep on your side, you may try hugging a pillow. Your doctor may be able to suggest some medications to help with your discomfort.

**Heartbeat.** You will probably be more aware of your heartbeat. It may feel as though your heart is pounding, especially at night when you are lying quietly or on your side. It is also normal for your heart to beat faster. This may make you feel nervous or scared – but it is normal. If your heart rate becomes very fast or your heartbeat is irregular, call your doctor. This is very common after open heart surgery and may need to be controlled by medications.

**Swelling.** If you have veins removed from your legs for bypass surgery, you may notice swelling in the leg(s). If radial arteries were removed from your arms you may experience swelling in your hand(s). Some helpful tips to lessen swelling include: Do not cross your legs, walk every day, do not stand in one place for long periods of time, and try elevating your feet when resting. Using your hands and arms freely will help reduce swelling in your hands.

**Hot And Cold.** You may perspire more, especially while resting or sleeping. Many people also say they feel hot and cold differently than they used to. This will go away with time.

Other Perceived Physical Changes. There are some feelings that may be more difficult to describe, but concern you. For example some people say they cannot see as well as before surgery – feeling unable to focus. This should not be severe. Usually, your vision will return to normal within six weeks. It is probably not a good idea to make changes in your prescription glasses until after your recovery time. Other types of vision problems should be reported to your doctor.

**Concentration.** You may have trouble concentrating for long periods of time. Some people are not able to read lengthy books as they feel distracted, or their mind may wander. Others notice their handwriting is different or their fine motor movements are more difficult. These feelings will also improve with time. Don't set yourself up for frustration by getting back to tasks, which require close attention (such as your job) before you are ready.

**Moods.** It is common for people to feel happy some times, then sad other times – even teary. These feelings may be due to feeling very tired or not knowing what to expect. They should go away over a few weeks as you get back to your normal routine. It may be helpful to talk to someone about your feelings.

**Depression.** Heart patients may be more likely to experience depression than the general population. Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Severity of symptoms varies with individuals and varies over time. When in doubt, ask your physician.

**Symptoms:**
- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, helplessness or even worthlessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.
How To Be A Better Member:

Has the realization set in yet that you’ve had heart surgery? For some of us it takes a bit of wrapping our heads around. And it can even take more time for our family members. If you look at your heart surgery as a sort of rebirth, a second chance, per say, that may help you to look forward to your future. Since there is nothing you can do that can change what happened, rewriting our personal history is out of the question.

But, who says we can’t have a hand in writing a new future?

How can we determine who we are and why we are here? How can you improve your legacy doing little things by sharing your story? Okay... Take a deep breath. Stay in the moment. And think about what you can do to help someone, anyone, and you’ve metaphorically built a school, educated a potential leader, fed the multitudes, saved a life. What’s so amazing about this is the fact that it all comes back to you. It’s the beauty of small things having big impacts.

This organization’s motto is to feel great about being alive and helping others. What are you doing to support that objective and how can you increase your participation? A few are holding down the fort, and surely need your assistance.

For example: Your heart-event and recovery story can greatly help those who are beginning to experience their own events and possible outcomes. As a Certified Visitor you can provide a wondrous amount of encouragement to patients and to their families. It only takes a little of your time to provide an enormous amount of HOPE that will have a huge impact on the personal journey of others. Through this you will diminish fears and will in turn will improve your own legacy by helping others.

I read this the other day and want to share. I did change the name and the presentation a bit.

“The New You Inspiration For Your New Life Journey.”

1-Give a little dream room to grow.
2-You make someone’s day special!
3-Let yourself get passionate about something!
4-Feel good about being a person who cares.
5-Reward yourself for all your hard work.
   You deserve it!
6-Make someone feel important. Ask their opinion.
7-Spread some understanding and compassion.

Few rewards can match your satisfaction when your fellow heart patients thank you for a job well done. Why not consider talking to me about becoming a Visitor. I guarantee, you’ll be amazed at the way you’ll feel about yourself and your future.

Visiting Chairman,
Tom Southwell
812-476-5923
t.southwel@gmail.com

Under The Weather Friends: Just wanted to touch base to let you know that we have a quite a few members that need your thoughts and prayers. They are Jim Kimsey, Tim Hambidge, Tom Southwell, and Dennis Prechtel.

One of our members, Rhonda Heathcott, had a recent hospital stay and is home working on her recovery.... LaVerne Prechtel, Clyde Fardig and Tim Hall are well on their way to recovery. From all reports I’ve heard, they are all out enjoying the New Year.

If you’ve had a recent hospital stay, or an illness, here’s wishing you well. Please call me to let me know how things are going. Without a call or email from you, I have no way of knowing. So please keep me posted! As I’ve mentioned several times over the years, my crystal ball is still at the repair shop.
An ER nurse says this is the best description of a woman having a heart attack that she has ever heard. Please read, pay attention, and SHARE..........

**FEMALE HEART ATTACKS**

I was aware that female heart attacks are different, but this is the best description I’ve ever read.

Women rarely have the same dramatic symptoms that men have ... you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in movies. Here is the story of one woman's experience with a heart attack.

I had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation—the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teenage angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents. Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand.

1. Be aware that something very different is happening in your body, not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said 'Call the Paramedics.' And if you can take an aspirin. Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.

Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

A cardiologist says if everyone who sees this article would Share it through email or social media, you can be sure that we'll save at least one life.
Donations from our Friends:

In October Jana Stewart sent out letters to the Deaconess, St. Vincent, and to the Cardiology Groups along with letters to our area surgeons. These letters were sent asking for funding to help support our Huggy Pillows. These are the pillows that our Visitors give out to the patients they see following their heart surgery.

So far we’ve only heard from Deaconess Hospital. Which is wonderful. Jana did say that she is sending letters out again soon.

We do want to thank our recent donors, along with Deaconess Hospital:

1. Faith Free Baptist Church with a memorial for Steve Williams
2. Jane Magnus
3. Jana Stewart
4. Tom Southwell
5. West Side Nut Club
6. June Vangampler
7. J Baggot & John
   Ellis with memorial contributions for Jim Alexander
8. D-Patrick Evansville

All donations are greatly appreciated...

Larry Preske
3103 E. Mulberry Street
Evansville, IN  47714
812-473-2401

This is a picture of Tom Southwell and Al Nevill receiving a $500 donation from D Patrick. Pictured with them is
Tony Ricketts-General Manager and Cody Ewers-Manager.
The guys are all standing in the New Porsche Building.

Let’s Celebrate our Member’s big events:

January Mendiversaries
Dave Barr ’91
Bert Tisserand ’95
Alice Butler ’00
Marilyn Sinnett ’02
John Cray’s ’05
Gerry Howard ’12

January Birthdays
Jean Sachs
Tim Hambidge
Gerald King
Jerry Duncan

OFFICERS AND CHAIRMEN

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The gentle lady with a smidge of dementia still lived in her big home, complete with a lavish bookcase holding thousands of volumes. And a kitchen with all those serving platters and china. And four bedrooms stuffed with memories.

She was feeling weak and confused. "I would like to downsize," she said. "But what do I do with all of this?"

The Swedish have a solution for this and it starts long before a person starts feeling too weak to start such a project. They call it, somewhat unpleasantly, 'death cleaning.' But the project is really about preparing to live simply.

The idea is to live in a house, cleared of clutter, where everything has a place.

Author Margareta Magnusson, in her book *How to Free Yourself and your Family from a Lifetime of Clutter*, points out that this makes it easier for those left behind, but it also makes daily living easier.

Magnusson divides the cleaning into categories of rooms and things, like clothing and books. She advises to start with a category with many things in it, but very little sentimental attachment. If you no longer give large family dinners, start in the kitchen where there are likely to be tons of serving dishes and tableware, fancy and not. Ask a newly married grandchild or niece, if they would like some of these items. In fact, invite your young relatives to take things you sort out.

Make a special effort to sort out photos, scrapbooks or memorabilia that other relatives will want and offer it to them.

Sort out things you don't wish to leave to family, too.

One unique idea: Create a Throw Away box. Fill this box with things no one but you appreciates -- a letter from a late friend about her summer vacation. Your family doesn't know this person anyway. When you are gone, they can look through it or throw it away without the slightest bit of guilt. In the meantime, you can still enjoy it and leave no doubt to your relatives whether you think the items should be kept.

New Year declutter: 10 things that can go now

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.
When negative thoughts constantly intrude, take action!

People tend to be their own worst critics, but when negativity constantly dominate thoughts it is time to take some action.

Here are what psychologists quoted in Psychology Today recommend:
"When you find yourself going down the path of self-criticism, gently note what is happening," advises mediation specialist Allan Lokos. Be curious and warn yourself that these are thoughts, not facts. During such moments, psychologist Thomas Boyce recommends immediately jot down as many positive things you know about yourself.

You can also accept the presence of negative thoughts but reject thoughts that involve comparing yourself to others. Social media can be a 24-hour menace to a person's self-esteem. Kimberly Hershenson, LMSW, warns that it can generate gloomy self-talk that only "leads to still more anxiety and stress." Serving others helps you focus on something other than your own issues, she says. Marriage and Family therapist David Simonsen agrees. "The more someone does something that can be proud of, the easier it is to recognize his or her worth," he says. "It is tangible. Helping at a homeless or animal shelter, giving of time at a big brother or sister organization are things that provide value to oneself someone else as well."

Recognize your strengths--and the reassurance they bring you in times of insecurity. Perhaps ask a close friend.

Debbie Mandel, the author of "Addicted to Stress," suggests replacing one task per day from your to-do list to relax or do something fun. Also be sure to eat well and get enough sleep. Both can heighten the happier aspects of your self-perception.

Another good exercise is to examine your own feelings for others. Bitterness, anger and resentment tend to keep people in a cycle of negativity, says author Glenn Schiraldi.

### 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

New Alzheimer's research promising in field with many failures

Billions of dollars spent on Alzheimer's Disease research have produced no big bang results, but new research on a possible Alzheimer's vaccine is making a lot of noise.

There's little doubt about this: Researchers at the University of Texas have found a way to stimulate the body's immune system to fight plaques and tau protein tangles in the brain. Amyloid plaques and tau protein tangles are typical in the brains of Alzheimer's patients. They are thought to block and destroy brain nerve connections.

Researchers, led by Roger N. Rosenberg, showed that in studies on mice, his DNA-based treatment reduced amyloid plaques by 40% and tangles by 50%.

But does this prevent Alzheimer's or improve cognition in existing patients? That is the question scientists and patients are eager to find out.

Rosenberg told BeingPatient.com that they are testing subject mice now for evidence of improved cognition.

This research does address the leading theory of Alzheimer's Disease: Keep amyloid low and avoid Alzheimer's, suggesting that amyloid is not the only factor at play in Alzheimer's. If the theory of the UT research is correct, it does lead to a possible route to prevent Alzheimer's. Such a vaccine could delay onset of Alzheimer's, slow the rate of progression, or prevent the disease.

However, amyloid plaques, along with associated inflammation, destroy nerve connections in the brain. Those nerves won't come back. So the focus is on developing treatments -- or a vaccine -- that work long before the disease reaches critical stages, according to Time.

The vaccination triggers skin cells to produce a chain of amyloid. Then the body's immune system produces antibodies to fight amyloid and tau proteins. The body then has antibodies to fight build-up of the plaques and tangles before they devastate neural connections. It is administered as a shallow shot in the skin.

Testing on humans has not yet begun.

About 36 million people worldwide have Alzheimer's Disease. It is the 6th leading cause of death in the United States.
Election Information
Voting for candidates for the Mended Hearts and Mended Little Hearts 2019-2021 Board of Directors runs from early January through February 28, 2019 at 11:59 PM ET.

A list of candidates, bios and pics can be found in the November/December issue of Heartbeat magazine found on our website at www.Mendedhearts.org/magazine/heartbeat-magazine/

This year ALL votes will be cast online, so chapter officers, group coordinators and members-at-large should be on the lookout for a link to vote coming through to their emails, along with detailed instructions and a list of candidates.

If you have question, please email Andrea Baer at Andrea.Baer@mendedhearts.org.

Annual Reports
It is that time of year again when we ask our chapter leaders to reflect back on 2018 at all they have accomplished and record it in their annual reports.

Completing your annual reports is very important. These reports summarize the accomplishments of our organization to share with our supporters, donors and corporate sponsors. They help prove the strength of our hospital relationships, the number of patients we support, the success of our fundraising efforts and more.

Annual report worksheets and links to fill out the reports online will be coming out soon. All reports must be filled out online by Friday, February 15th. Please do not send in paper copies.

Roar 'N Run 2019 Virtual Charity Race
This February, you can help us make an even bigger ROAR for CHD Awareness. As you may know, the Roar 'N Run Virtual Charity Race is our national fundraiser that supports the Bravery Bag Program.

There are many things that go into our Bravery Bag Program including: the bags, pens and wristbands themselves, marketing and educational items like the brochures, the Courageous Heart Token card, the Lion Birth Certificate, hospital leave behinds, and the Mended Little HeartGuide postcard, and the cost to effectively run the program.

This year, we are making it easier than ever to participate.

Here’s how it works:
• Each person who registers on Crowdrise (adults $25, children $15) picks a distance of either 5K, 10K, 13.1 miles or 26.2 miles- you have a whole week during CHD Awareness Week, February 7-14, to complete the distance by walking, jogging, running or even swimming anywhere you choose (in the gym, outside, or even in your home).
• People who register are encouraged to create a team and get people to sign up for your team. This is a healthy way to help Mended Little Hearts during Heart Month.
• We will send you one CHD Fact each day for you to share to raise CHD Awareness.

We encourage all who participate to share their stories—tell us who you run for. Each person who registers will get a commemorative medal.

Registration for the race opens on Wednesday, Jan 2—a link to register will be on our website at www.Mendedhearts.org. Thank you for your support!

Start the new year with this light, nutritious sprout salad
Change gears from the traditionally sweet and heavy holiday cooking with this fresh and bright Brussels sprout slaw.

According to the Food Network, these tiny cabbage buds get their name from their supposed cultivation in Belgium as early as the 13th century. They bring a nutty or earthy flavor to a variety of dishes whether they are cooked or raw. Rich in vitamins A, K, C, and B6, be sure to add Brussels sprouts to as many dishes as possible before they go out of season at the end of March.

Here is a delicious recipe by Martha Stewart:

Brussels Sprout Slaw

Ingredients:
1 tablespoon grainy mustard
2 teaspoons honey
3 tablespoons white wine vinegar
2 tablespoons olive oil
1/4 cup sunflower seeds
1/2 cup chopped fresh chives (or 1/4 cup scallions)
1 pound Brussels sprouts, trimmed and shredded
1 small head of radicchio, cored and thinly sliced
Salt and pepper to taste

Directions:
1. In a large bowl, whisk together mustard, honey, vinegar, sunflower seeds, and oil. Season the mixture with salt and pepper.
2. Add shredded sprouts and sliced radicchio to the mixture.
3. Finely chop chives and add to the mixture.
4. Mix thoroughly with tongs and enjoy immediately or place in fridge to let the flavors marinate for an even better experience!
Ellis Island founded Jan. 1, 1892: Isle of hope welcomed 20 million immigrants

There was a time when no one asked to see your ID.

Not many -- if any -- of the 20 million immigrants who came through Ellis Island after it opened Jan. 1, 1892, had a passport or a visa or anything much to identify them at all.

They just got off the boat, stood in a line, and walked out into the world.

But the part about standing in line was an important passage in the American immigration policy and screening.

Teams of immigration officers inspected and interviewed each person. Bags were inspected for contraband or taxable items. Officers used ship manifests to verify people's names, where they came from, and most importantly, whether they had anywhere to go once they got here.

Immigrants had to at least be able to correctly state what was written on the ship's manifest, according to History.org.

Sometimes officers would be on alert to intercept known criminals or political radicals such as strike breakers. Those detained stayed in dormitories while they appealed their case.

Then came medical inspection.

Each immigrant was inspected for general health and mental capacity. The idea was that the U.S. wanted to avoid taking those who would likely need public assistance. Also, medical officers wanted to screen those immigrants who had infectious diseases. The 10 percent who failed the medical tests waited in cages until they could be sorted out.

Overall, about 2 percent of immigrants were prevented from entering the U.S. Usually this was because of illness or suspected illegal activity. But when you did leave, no one issued you a government ID. You just found a bus to your uncle's house or wherever you may have been headed.
Happy

Please send your Membership Dues and Renewal Dues to our Chapter Treasurer:

Larry Preske
3103 E. Mulberry Street
Evansville, IN  47714
812-473-2401

Chapter and National Dues Combined:

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I don’t mail newsletters anymore, but, they come to your email inbox. Please feel free to share the link with your family and friends. Deaconess Hospital still prints our “Special Edition Newsletter” that is given to patients post-op by our Accredited Visitors.

Here’s your personal invitation to join us! Think about becoming a “Member” today!!