Medication mismanagement can be prevented
Reprinted from the Kern City Klarion

March Meeting—March 1, 2019

Tis’ the season again for the “wearing of the green”. For you non-Irish people, this means Saint Patrick’s Day.

Your Mended Hearts Chapter will hold our annual St. Paddy’s Day celebration on Friday, March 1, 2019 from 11:00 am to 1:00 pm. We’ll meet in the Sierra Tejon Room in the basement of the main Adventist Bakersfield Hospital, 2615 Chester Ave, Bakersfield. Lunch will be served.

Our speaker will be Malia Camargo. In addition to her other duties, she volunteers at Adventist Hospital.

Be sure to wear green to the meeting or

Ken Berry passed away on Saturday Feb. 2. He joined Mended Hearts in January of 2018. Please read his obituary on page 2.

Medication management is an important issue for seniors and their families. Failure to properly manage medications can threaten the lives of seniors, highlighting the emphasis families must place on ensuring seniors take their medications (including heart medicines) in strict adherence to their physicians’ instructions.

Polypharmacy, or the taking of multiple medications for different conditions, can be a potential health hazard for thousands of seniors who must manage health conditions with prescription drugs. Harmful drug interactions are a result if the confusion that can arise when seniors take multiple medications at the same time. The American Society of Health-System Pharmacists estimates that more than 34 percent of senior citizens are prescribed medications by more than one physician, and 72 percent use medications they were prescribed more than six months prior. (Most heart patients have at least two doctors, a general practice one and a cardiologist). Many people also have begun “pharmacy shopping” to save money. According to a study published in the 2010 American Nurse Today, 44 percent of men and 57 percent of women older than 65 take five or more medications per week, with some taking as many as 10.

Medication confusion is one risk, but older adults also metabolize medications differently than young people. As a result, they may be more susceptible to overdose or other ill effects. Families looking to help seniors effectively manage their medications should consider the following tips.

1) **Keep a running list of medications**. Maintain a list of all medications being taken, noting both prescription and over-the-counter medications and any supplements and herbs. Provide a copy to any new doctors you visit and any new pharmacies you patronize.

2) **Use pill sorters**. Medication sorters can keep medications organized and eliminate some of the personal error in medication management. Organizers have daily slots and may also differentiate between nighttime and daytime medications.

3) **Understand why each medication is being prescribed**. Ask your pharmacist and doctor to explain why each medication is prescribed. Some drugs designed for one symptom may actually be used to treat other issues as well.

4) **Ask for help**. Some seniors may benefit from friendly reminders from a loved one regarding when to take certain medications, especially if they need to take multiple doses throughout the day.

5) **Recognize that not all medications are right for seniors**. The American Geriatrics Society maintains a list of medications that older adults should avoid or take with extreme caution. Some drugs pose a high risk of side effects or interactions, while others are less effective. Discuss alternatives with your physician if you are prescribed one of these.
New day honors Vietnam veterans

March 29 is National Vietnam War Veterans Day, marking the third year the observance is held on the same date nationwide.

Although most states celebrate "Welcome Home Vietnam Veterans Day" each year, it hasn't always fallen on the same day, according to the National Conference of State Legislatures. Some states observed it on the 29th and some on the 30th.

However, March 29 is the date in 1973 that the last combat troops were withdrawn from Vietnam, the website noted, along with the date that President Nixon chose for the first Vietnam Veterans Day in 1974.

The holiday became official when President Trump signed the "The Vietnam War Veterans Recognition Act of 2017," which encourages Americans to display the U.S. flag in honor of Vietnam veterans.

A similar holiday was observed on March 29, 2012, via a proclamation signed by President Obama, according to military.com, which said the year marked the start of a 13-year-long celebration honoring Vietnam War veterans that runs through Veterans Day 2025.

The observance should not be confused with Veterans Day, which is Nov. 11 each year and honors veterans of all wars and conflicts. That holiday was originally established to mark the end of World War I and was referred to as Armistice Day.

Kenneth passed away on Saturday, February 2, 2019 at 3:00 pm after a lengthy battle with congestive heart failure.

He was born on March 2, 1963 to Edwina M. Berry and Everett B. Berry in Bakersfield, CA, both of which have preceded him in death.

He is survived by his wife of 30 years, Nadine Berry; his two sons, Brice Berry and Daniel Berry; his sister and their husbands, Kathy Stanley (Keith) and Kay McGuire, along with numerous nieces and nephews.

Ken enlisted in the U.S. Army National Guard on January 21, 1982 and retired on October 14, 2014 at the rank of E7 (SFC). He served one tour in Iraq in 2004. He also spent time in Korea, helped in the L.A. riots, fought wildfires and helped with floods. Starting in April of 1992, he worked at the National Guard Armory on "P" Street in Bakersfield, first as a mechanic and at the time he retired, he was the Shop Supervisor. He also worked at the Kern County Fairgrounds in the Maintenance Department from September 1999 until December 2017 when he was unable to work any longer due to his congestive heart failure. He was a Nascar fanatic, going to as many races as he could, he loved fishing and he worked on top fuel and alcohol dragsters.

The family would like to thank to following for all their hard work and care of Ken: The ICU Unit at San Joaquin Hospital and the nurses who attended to him, his Cardiologist Dr. Nirav Desai, to Brook Graham for his cardio rehab for over a year, and to Kerry O’Day of Mended Hearts. Also Optimal Hospice, especially nurses Sheri and TJ.

Services are scheduled for Friday, March 1, 2019 at Bashan Funeral Home, 3312 Niles Street, Bakersfield, CA 93306 Followed by Interment at the National Cemetery at 12:30 pm. NOTE: Since this is the same day as our Mended Hearts Meeting. Our Vice President, Don Daverin will attend the
Healthy Grandparents

For the kids, grandma and grandpa often mean warmth and fun. In return, the little rascals give a lot back.

Using data from a survey of families spanning several generations between 1985 and 2004, a 2016 Boston University study found that when young adults and their elders enjoy close relationships, both display fewer symptoms of depression.

According to a 2014 study from the Journal of the American Gerontological Society, spending quality time with grandchildren while they're very young advanced the mental health of a senior too. The more bonding between their generations, the better.

Susan Newman, a social psychologist and author of "Little Things Mean a Lot: Creating Happy Memories with Your Grandchildren," says grandparents are exceptional at calming kids when they're hurt ing and exhorting them when they're well. When there's somebody they trust and know is always on their side, it's a huge emotional plus for the child, Newman says, adding that they have somebody around who's comforting.

Unlike most parents, Newman continues, grandparents have "infinite patience"--and often, more time to spare.

Sharing interests such as sports, baking or flying kites brings happiness to both generations. If kids are having fun, she adds, "you're going to feel good as a grandparent."

Watching grandchildren on a weekly basis may also heighten the brain function and verbal fluency of the grandparent, according to a study published in a 2014 Journal of Marriage and the Family analyzed by data from the Survey of Health, Aging, and Retirement in Europe.

In a December 2016 study published in the journal Evolution and Human Behavior, caring for grandchildren might even lead to longer life.

The Wit O' The Irish

O'Hara is walking through a graveyard when he comes across a headstone with the inscription: Here lies a politician and an honest man.

"Faith now!" exclaims O'Hara. "I wonder how they got the two of them in one grave."

Quick-baking staple

Across
1. Marienbad, for one
4. Crosswise, on deck
9. Long, long time
10. Engine supercharger
11. "___ be my pleasure!"
12. Church instrument
13. Does a slow burn
15. Old turtles
19. Regret
20. Fact
23. Time in history
24. Tart
25. Golfer's goal
26. Elaine ("Seinfeld" role)
27. Conclude

Down
1. Earthquake
2. African lemur
3. South American range
4. Manhattan Project project
5. College treasurer
6. .0000001 joule
7. "The ___ Daba Honeymoon"
14. Give confidence to
16. Brunch serving
17. Holy text
18. Grassy area
20. Apply gently
21. Trick taker, often
22. Big ___ Conference

The headline is a clue to the answer in the diagonal.
## March 2019

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