Before you start digging in the garden and working on fences this summer, there is one danger you might consider: Tetanus. The Tetanus bacteria lives in the soil and enters the body through breaks in the skin. Before you start gardening this season, make sure your tetanus, diphtheria, and pertussis (Tdap) vaccination is up-to-date. Medicare prescription drug coverage (Part D) generally covers shots needed to prevent illness.

Use a good set of gardening gloves, which can help lower the risk for cuts.

Earth Day 2020: The tweeting tree

This is where things stand now: when someone mentions "tweet" and "tree," they're not necessarily referring to birds in branches. A 110-year-old Red Oak at Harvard Forest in Massachusetts has an actual Twitter account and posts updates regularly. The social media savvy tree has more than 8,700 followers and has been posting regularly as @awitnesstreepostdoctoral fellow at Harvard University and Northern Arizona University.

This isn't the 87-foot tree's first brush with fame. In 2017, it was the focus of a book about climate change, "Witness Tree," by journalist Lynda Mapes - hence the Twitter handle. With the 50th anniversary of Earth Day coming on April 22nd and the theme being climate action, perhaps the tree will see an influx of media requests for comment.

According to Atlas Obscura, the tree is equipped with sensors that feed data to a bot Rademacher built to communicate what is happening in and around the tree. The Red Oak is one of the oldest in the forest's Prospect Hill Tract, as much of the area was decimated in the Hurricane of 1938.

The sensors are wedged into the tree and around its vicinity; one sensor punctures the bark to measure the flow of sap, which is affected by water and temperature. This helps researchers understand how the tree responds to heat and drought. Other sensors measure changes in its trunk and branches. Commenters can even request and receive a selfie from the tree.

So how did the tree fare this past year? In late February it tweeted: "In 2019, it just kept raining and snowing. Overall, it was the 8th wettest year I have experienced here at Harvard Forest. We all need water, but when there's too much, I have a harder time getting oxygen and keeping stable footing in the soil."
Women have unique vision changes with age

Our vision changes throughout our lives. As we age, we need more light to see, it becomes harder to tell the difference between some colors, it becomes more difficult to focus on things that are near, and it can be harder to adjust to glare and darkness.

In particular, women experience unique challenges with eyesight as they get older. Because they tend to live longer, women have greater instances of eye disorders. They are also more likely to undergo certain cancer treatments that may affect vision.

Women have higher rates of cataracts, glaucoma, and age-related macular degeneration as well as a higher prevalence of dry eye. They may also experience changes in vision due to pregnancy and menopause.

Prevent Blindness has designated April as Women's Eye Health and Safety Month to raise awareness of and educate women on their increased risk for eye diseases.

In addition to normal age-related hormonal changes, women are also more susceptible to autoimmune diseases than men. Many of those affect vision, like lupus, Sjögren's syndrome, or hyperthyroidism.

The organization recommends steps to protect vision and eye health, including the following:

- Get regular eye exams (at least once every other year)
- Quit smoking
- Wear UV-blocking sunglasses and brimmed hats outdoors
- Use eye cosmetics safely
- Use contacts safely

The headline is a clue to the answer in the diagonal.

**Across**

1. ___ and span
5. Parting words
9. Cover up
10. Rant
11. "___ Flanders"
12. On the safe side, at sea
13. Some jokes
15. Lend a hand
16. Pocket pistol
22. Soothing succulent
23. Eagle's nest
24. Stretched
25. Large butte
26. Myrmecologist's study
27. Squeaks (out)

**Down**

1. Jerk
2. Subatomic particle
3. Not being used
4. Minibars
5. Subject of a trademark
6. Brown rival
7. Always
8. Understands
14. Sundial number
16. Computer info
17. Brio
18. Beat badly
19. Nerd
20. Gaelic tongue
21. Scandinavian rug

*They're not the tastiest, so try hiding them in a piece of cheese before you take them.*
Spring is tornado season in the Midwest but did you know that tornadoes have been reported in every state and they can occur at any time of the year?

When you hear that a National Weather Service WATCH is in effect, it means conditions are right for a tornado. Changing weather such as thunderstorms should put you on guard. A WARNING means a tornado is coming.

*Turn on phone alerts*

Those emergency alerts on your phone are loud and annoying, but during tornado season, they save lives. Meteorologists saw an example of this in 2015 when a tornado, completely unforecasted, hit in the middle of the night near Charleston, South Carolina. The tornado demolished dozens of homes, yet there were no deaths because people had their alerts on.

*Have a flashlight handy*

When severe weather is forecast, take a moment to locate some emergency items. While your phone can provide light, a flashlight will preserve your phone charge. Charge up a backup power source for your phone. Get a couple of plastic bags to protect cell phones from water. If you are going into an on-site shelter, make sure there is drinking water.

*Emergency shelter*

Stay away from windows and don't open them. If you hear a tornado approaching, get under a workbench or sturdy table. Protect your head and neck.

*In a car*

You may have read that, if a tornado is coming at you, get out of the car and lie in a ditch. That might work. Or not. In one recent tornado, rescuers found the twisted remains of a car but could not find the people. After a week, their bodies were found in a ditch, covered with two feet of debris.

There is only one way to improve your odds if you are in a car during tornadic storms. Take the bad weather seriously early on, and get to a sturdy building. Think ahead. Don't wait.

*Do not shelter under an overpass or bridge*

A bridge overpass might look like a sturdy place to shelter, but it absolutely is not. An overpass with all that sturdy concrete, in fact, tends to funnel winds. The overpass will not protect a human. Never climb to the top corner of an overpass. While it may appear the area is shelter, in truth, there will be no cover on the sides. Worse, there are no hands holds. Overpasses actually tend to funnel wind under and up to the bottom of the overpass. So the wind will actually be worse. Those who have tried sheltering in overpasses, if they weren't killed, suffered horrific injuries, with limbs torn off and skin mangled by debris. An overpass is no shelter at all, ever.

A bridge or overpass also will not protect a car and does not make a car a better place to shelter. Cars parked under a bridge also block traffic and prevent others from seeking shelter.

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As a Lenten dish, Eggs in Purgatory (uova in purgatorio) makes perfect sense since it has no meat and you can make purgatory as mild or as hot and spicy as you want!

The dish is nothing more than eggs poached in a tomato sauce -- making it a favorite in Italy -- but it really transcends cultures.

In Muslim countries, it is called Shaksuka, often made with lamb and feta. In Israel you'll find it for dinner with lovely challah bread. There is even a version made with kosher Spam. In Mexico, Huevos Rancheros are generally made with fried eggs with a spicy tomato salsa.

The one thing you really need with this recipe is a crusty bread for dipping. Sliced and toasted French bread works well.

Once the eggs are finished, use a soup ladle to dish out a generous portion onto plates.

Super-easy, but a heresy

Here's one idea for the dish, which will be a Lenten heresy to purists, but it is very fast and tasty.

Use olive oil to warm in pan. Mix pasta sauce (without meat, if you are doing Lent) with your favorite salsa, in whatever proportion you prefer.

Unlike the proper recipes, you don't have to sauté onions, peppers or other ingredients. Simply warm up the sauce in medium low heat (preferably in an iron skillet) until it is hot and shimmery. Then make openings for your eggs. Most important, cover the pan so the eggs poach slowly and thoroughly. Cook 2 or 3 minutes for runny yokes.

Add chopped parsley on top for a colorful presentation.

**The proper way**

The New York Times recommends browning garlic, red pepper flakes, and (optional) anchovies in the pan, then adding a can of diced tomatoes and a basil sprig. Mash down tomatoes and cook slowly until it becomes a thicker sauce. Add salt and butter and stir in Parmesan.

Bon Appetit recommends using 20 ounces of cherry tomatoes, slightly smashed during cooking, for a three-dimensional look.

For a more Middle Eastern flair, add peppers, sweet paprika, and cumin.
Dear Ladies and Gentlemen of Mended Hearts,

Our children and grandchildren have "active shooter drills". We had 'hide under your desk in case of a nuclear attack' drill. Right now we have COVID-19. Yes it's a serious illness that's traveling around the world. It has no political or national affiliation and is an equal opportunistic disease. We have no power to destroy it.

We do have the power to prevent the spread and limit its damage.

There are many reputable sources of information that you can turn to including The World Health Organization at https://www.who.int/ and The Centers for Disease Control (CDC) https://www.cdc.gov/.

How can we help? What can we do? Don't panic! Remember that each of us has the power to help and that panic can cause harm. So what should we do?

Take Action. Do your part to prevent spreading the virus. Wash your hands, don't touch your face, don't touch public surfaces, and keep it clean. Avoid crowds. Call to reassure and check on family, friends and neighbors.

Our hands get dirty. Don't spread that dirt to your face, eyes and nose. Learn the right way to wash your hands to protect yourself and others. Soap and water is best. Hand sanitizer can be used if you can't get to a sink. Use soap, water and friction for 20 seconds (sing Happy Birthday). Remember to wash all surfaces including fingertips and wrists!

Don't touch door knobs, or hand rails. I use a tissue, paper towel or my shirt hem or sleeve.

Cover your cough and sneeze! It's amazing how many people don't. If you're near someone who does cough or sneeze you should close your eyes, exhale, step back and turn away (if you can), and inhale. It's an old nurse’s trick. Closing your eyes prevents droplets from getting into your eyes. Exhaling 'blows' the persons breath away so you don't inhale the droplets. Stepping back and turning away puts distance between you and the person's breath.

Inhale: You need to breathe. Keep yourself physically and mentally healthy. Keep yourself busy. If you can't go out as usual make a new routine. Get up shower, dress and get something done. Go for walk. Sit by the window. Listen to music. Dance and sing (call it cardio exercise). Netflix has a series called "Moving Art" nature scenes and sounds. Clean that drawer, do that project. We all have something we keep putting off, now's the perfect time to begin.

Make an event. You have a computer attached to your phone! Call, Skype or Face time family and friends. Text or write a dishes, wear something nice or comfy.

Create a long distance social gathering. Have coffee and conversation over the phone. Watch a movie while you Skype. Read a story to the kids with Face Time. Many faith organizations are creating online worship or prayer lines.

Avoid the news! Repeat, repeat, repeat! Once or twice a day is OK.

Learn something! Ted talks https://www.ted.com/talks has thousands of short interesting talks (10-20 minutes) on hundreds of subjects given by all kinds of people from all walks of life. Professional, scientists, authors, and folks like us. Like books? Libraries closed. Librivox.org has hundreds of public domain books on line to read or listen to at https://librivox.org/

Share your ideas with each other and remember spring is coming.

I hope this helps,
Charlotte Ann Senno, GCNS-BC, APRN

Charlotte s a gerontological clinical nurse specialist and elder care consultant and educator in Rhode Island. Charlotte has spoken at a number of meetings for Chapter 338 in Woonsocket, RI.

Regional Conferences: Patient and Family Education

Atlantis, FL: September 12th, 2020
Portland, OR - October 24th, 2020

We are hoping to reschedule our Lynchburg, VA and Albany, GA conferences and will let you know at a later date. If your chapter or group is interested in hosting a Regional Conference, please email Mandy at Mandy.Sandkuhler@mendedhearts.org.
Look here for current events and local information – Things you might miss by watching TV and listening to the radio.

**Free Learning Sessions**
Atrium Health & Fitness Rehab Institute:  
1090 Northeast Gateway Ct Ste 102, Concord  
1st Thursday of each Month 5:00PM-6:00PM  
(4:00-5:00PM Beginning April 2nd)

Meetings Temporarily Suspended

**LOCATION:** Atrium Health Wellness Center is the same as Cardiac Rehab lectures (around & behind Atrium Urgent Care Cabarrus)

We respect the time of our presenter, guests and members by using reasonable time management. Please try showing your appreciation by arriving a few minutes before the start of our meetings. We understand that some people simply cannot arrive before we start our meetings. Sometimes an unexpected crisis occurs. It’s ok to come in late if and when you must. If the choice comes down to arriving past 5:00 or staying home, “Come on down! We understand!”

**Mark your calendar for meetings scheduled for the 1st Thursday of each month at 5:00pm (4:00pm beginning April 2nd)**

Meetings temporarily suspended

- May 7
- June 4
- July 2
- August 6
- September 3
- October 1

The walks of 2020 continue at 9 a.m. at Les Myers Park, 130 Lawndale Ave SE, Concord. NC 28025 at 9 a.m. on Saturday, March 7th. The group gathers under the shelter beyond the softball’s leftfield. The Murdock Study actively support these walks. This is a free event. Arriving early will allow you to meet the doctors and meet a variety of participants.

**TEMPORARILY CANCELLED**
At Least a Smile, maybe??

Mable: I have been thinking about it and have come to the conclusion that I’m allergic to sweets.

Agnus: Oh dear, how do you know, what happens to you?
Mable: I realized when I eat a lot of sweets I gain weight and break out in fat.

You have probably realized we have had to temporarily discontinue our efforts with Mended Hearts, at least our meetings for now. Hopefully we will be able to meet in May, but will not know for awhile.

If I have your E-Mail address I will send out updates as we have them, If I don’t have your address and you want updates send an e-mail referencing Mended Hearts and requesting updates to cragan@carolina.rr.com
**MEMBERSHIP FORM**

- **NEW MENDED HEARTS**
- **NEW MENDED LITTLE HEARTS**
- **RENEWAL**
- **DATE**

Name (Mr./Mrs./Ms.) ____________________________ Chapter/Group 397 Member-at-large ______

Address ____________________________ Phone ____________________________

City / ST / Zip ____________________________ I want to be a MH support volunteer: Yes ☐ No ☐

Email address ____________________________ I am interested in CHD Parent Matching: Yes ☐ No ☐

(Please check all that apply) I am a: Heart Patient ☐ Caregiver ☐ CHD Parent ☐ Physician ☐ RN ☐ Healthcare Employee ☐

OPTIONAL INFO: Race: ☐ Caucasian ☐ Black ☐ Asian ☐ Am Indian ☐ Hispanic ☐ Other ________ Gender: ☐ Male ☐ Female ________

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

### INDIVIDUAL MEMBERSHIP

- **Associate Member --- FREE**
  * Can attend any chapter meeting for MH or MLH
  * Can join online communities
  * Can access Member Portal
  * Receives the National e-newsletter

- **Individual Member --- $20 annual donation per person**
  * All of the benefits of an Associate Member, PLUS
  * Membership Card
  * Car Decal – Select ______ MH or ______ MLH
  * One-time 5% off coupon for purchase from the MH store
  * One year annual subscription to Heartbeat magazine ($30 value)

- **Bronze Member --- $45 annual donation per person**
  * All of the benefits of an Individual Member, PLUS
  * Membership Pin
  * Choice of ______ Drawstring Backpack or ______ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional)
  * MH/MLH Conference or Symposium

- **Silver Member --- $100 annual donation per person**
  * All of the benefits of a Bronze Member, PLUS
  * A Stainless Steel Mended Hearts Travel Mug

- **Gold Member --- $250 annual donation per person**
  * All of the benefits of a Silver Member, PLUS
  * A Red Fleece Blanket
  * 10% off registration of any National Conference or CHD Symposium

- **Heart of Gold Lifetime Sponsor --- $1500 donation**
  * A one-time donation per individual
  * All of the benefits of a Gold member FOR LIFE, PLUS
  * Membership in the Mended Hearts Foundation
  * Recognition in the next Heartbeat magazine and on our website's list of Heart of Gold Lifetime Sponsors

### FAMILY MEMBERSHIP

For members of one household with one mailing address only

- **Family Membership --- $40 annual donation**
  * All of the benefits of an Associate Membership, PLUS
  * One year annual subscription to Heartbeat magazine ($30 value)
  * Membership Cards for all members of the family
  * 2 Car Decals – Select ______ MH or ______ MLH
  * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order

- **Bronze Family Membership --- $75 annual donation**
  * All of the benefits of a Family Membership, PLUS
  * One Membership Pin per member
  * Choice of ______ Drawstring Backpack or ______ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional)
  * MH/MLH Conference or Symposium

Family Members:

- Spouse ______ Child ______ Heart Patient ______
- Spouse ______ Child ______ Heart Patient ______
- Spouse ______ Child ______ Heart Patient ______
- Spouse ______ Child ______ Heart Patient ______

Note: National memberships are tax-deductible less $10. Lifetime sponsorships are 100% tax-deductible.

**PAYMENT INFORMATION:**

| Membership Level | 5 ____________________________ |
| Additional tax-deductible Donation to | □ Mended Hearts □ Mended Little Hearts $ _______________ |
| TOTAL Paid to Chapter | $ _______________ |

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)