MESSAGE FROM OUR PRESIDENT

Dear Mended Hearts Members,

I think this is the longest we have ever been apart. I hope everyone is listening to the guidelines of the CDC, Governor Raimondo and Governor Baker. This is certainly a new world, one that not many of us would have ever imagined.

Bob Hoffman, our National VP, Northeast Regional Director, and our own Assistant Regional Director (he wears all those titles), would like to have a ZOOM meeting with us. I have no specifics about this. It is not difficult to attend a ZOOM meeting. I had never heard of it before, but have done 3-4 meetings since the arrival of COVID-19. I have two meetings – church and scholarship - this week. If I can do it, so can you. When he is ready, we will receive the information.

Perhaps we could do a short ZOOM gathering of our own as a way of practicing to let each other know how we are doing. We could share tips on how each of us is coping. This meeting would be a very informal time to say hi. If you are interested, please let me know.

I can’t imagine us meeting again until September, the earliest. I am afraid that our summer party will probably take a vacation this year. As heart survivors and mostly older Americans, we are among the group the experts refer to as most vulnerable, a designation we never wanted.

‘When this ends, may we find that we have become more like the people we wanted to be, we were called to be, we hope to be, and may we stay that way.’

Laura Fanucci

Stay Safe! Stay Strong!

Sue
Health and happiness in age of coronavirus

As the world grapples with how to stay healthy during a new way of living that includes social distancing and the closing of our gyms and restaurants - among a multitude of other businesses - seniors in particular can face unique challenges.

Aside from concerns about illness itself, seniors may also be missing their group exercise classes and bridge clubs, not to mention visits from family.

It's vital to remain as active and connected as possible while also staying safe. Although many of us have been tempted to sink onto the couch recently, hopefully we've started moving again. That doesn't mean you should attempt burpees on the living room floor, however; consider wall push-ups instead.

At the very least, get up and walk around the house at regular intervals, whether it's during commercials or a time designated by setting a timer. Take a walk around the neighborhood or at a (not crowded) park if you're able.

If you're comfortable using the internet, the National Council on Aging has an online exercise resource called Go4Life.

Mental health is just as important as physical health. Video chats are a great option to keep in touch with family, though phone calls are an equally excellent option.

Among its resources, the Institute on Aging also offers a 24-hour toll free Friendship Line for people 60 and older and adults living with disabilities. The Friendship Line is a crisis intervention hotline as well as a warm line for non-emergency emotional support calls; they also make ongoing outreach calls.

At-home and online workouts

When gyms closed in March, many were scrambling for ways to keep in shape - or some semblance of shape - without our treadmills, weights, and the accountability of trainers.

And let's face it: most of us are not that creative when it comes to exercise at home, and maybe a quarantine was an easy excuse to let things slide for a bit.

Time to ditch the excuses. Whether online or in-home, workouts outside of the gym are abundant. Here are some ideas to consider:

Check YouTube for free classes, from yoga to intense cardio (and admit it - you're probably home in your yoga pants anyway).

Squats. These are easy to do in small spaces and can be done with weights or just body weight. You can practice good form by setting a chair about three feet from a wall, face the wall with your feet about shoulder-width apart, and then squatting down until your butt touches the chair (or your face touches the wall).

Push-ups. The useful thing about push-ups is that there are tons of variations, ranging from traditional straight-leg push-ups done on the floor to wall push-ups.

Circuit training. Choose a rotation of activities that work a variety of muscle groups and work through the activities two or three times. The rotation could include squats, planks, lunges, jumping jacks, and others.

Get outside and take a walk, a hike, bike, or go for a run. (If social distancing advisories are still in place, this isn't the time to meet with a group. Consider whether you can keep a safe distance apart from others, and remember that you could be breathing heavily.)

Check with your gym to see whether they're offering online workouts or have sent materials to members with suggested exercises to do on your own.
Meeting Notice

Meetings have been cancelled until further notice.

Please stay safe and healthy by staying home and social distancing at all times.

Continuing Support Through COVID-19 Crisis

During this difficult time, we want you know that Mended Hearts is here to support you. We care about our patients, families and members, and will continue to provide you with the information you need to help navigate the current crisis. We have created a page on our website dedicated to resources that are there to help. If you have questions or concerns about your emotional, mental, financial or physical help during this time of crisis, please go to https://mendedhearts.org/coronavirus-covid-19/ for more information.

Memorial Day: Time to remember people of valor

The tradition of honoring our country's fallen defenders began as a springtime custom following the Civil War. Originally, called Decoration Day, it was a time to remember those whose valor knew no bounds.

To the list of those who died at Gettysburg and Bull Run, we have added names from San Juan Hill, Verdun, Corregidor, Inchon, Khe Sanh, Vietnam, and the deserts of the Middle East.

On Memorial Day we bring them thanks for their great sacrifice. It is not really a time of sadness. Rather it should be an affirmation that these men and women did not lose their lives in vain.

This is a day of tribute to those who defended justice and democracy.

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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