Aiken Mended Hearts, Chapter 294, had a re-uniting meeting on Friday, May 27, 2022.

After more than a two year absence, twenty members got together for lunch provided by Aiken Regional Medical Centers. Rhonda Platt, Heart Attack and Congestive Heart Failure Coordinator for ARMC presented current guidelines for patient visiting. Our current office is to be relocated to the second floor but this is to be confirmed. Hospital Orientation Exams were handed out and are to be returned as directed by a future Email from your president. Our ID badges are still current and those who require a badge only have to visit Human Resource and be provided one. The hospital has made it clear that we have been missed and our return is most welcome. All are reminded that we meet on the fourth Friday of the month at Aiken Regional at 11:00 AM for a program and lunch provided by ARMC. Our next meeting is June 24, 2022. No meeting in July and August but we begin again on September 23, 2022.

Attendees were: Bob and Barbara Molkenthin, Emily and Phillip Lockard, Jack Grados, Julia and Bill Carter, Sam Huff, Chris Maxwell, Philip and Carol Winsor, Doris Foster, Patricia Hayes, Mel Sires, Barbara Jackson, Rose and Joe Ortaldo, Wayne Ayers, Diana Traub and Bonnie Jay Anderson. All present expressed an interest in either visiting or assisting with the paperwork associated with our activities at the hospital and the required reporting to the National Resource Center. This is an exciting time as Rhonda Platt described the potential opportunity for other forms of outreach to cardiac patients that might be beyond the walls of the hospital. I still look forward to hearing from those who have yet to respond to my outreach Emails.

Ms. Rhonda Platt, RN, BSN .... Heart Attack & Heart Failure Coordina-
Check vision changes!

Suddenly, it's hard to read when the light is low. Maybe there are halos around lights. These small changes can become big problems.

Cataracts affect the majority of older Americans across all ethnic groups by age 80, according to the National Institutes of Health.

Cataracts occur when the proteins in the lens of your eye gradually change shape and clump together as you age, according to Health in Aging. Over time, the tissue becomes thicker, changes color and loses transparency, which can block light from entering your pupil. Aging, diabetes, alcohol consumption, excessive sunlight, high blood pressure and smoking are among the most notable risk factors.

If your cataracts are advanced and impacting your quality of life or ability to perform normal activities, your doctor might recommend surgery. During this quick outpatient procedure, the doctor removes the clouded lens and replaces it with an intraocular lens implant (IOL). The vast majority of people who undergo cataract surgery can see better after. Discomfort is usually mild, and patients generally heal within a few weeks.

While Medicare doesn't typically cover vision care, such as eye exams or glasses, it does cover standard cataract surgery with IOL implants for people 65 and older.

If you don't have cataracts, protect your vision by wearing UV-blocking sunglasses and a hat with a brim to shade your eyes. Eat plenty of fruits and vegetables (especially dark leafy greens). Quit smoking and make sure to get a dilated eye exam every two years.

HAPPY JUNE 2022
Share it and you'll feel better
Sadness can turn life to drudgery

Life does it to all of us. Disappointment, loss or periods of loneliness can make us feel sad. How we deal with the sadness can influence how quickly we recover. Psychotherapist Carol Juengersen says some people deal with it outwardly. Some just keep it inside. This can be a mistake because it lasts longer. Sadness can sap energy and concentration.

Letting them know what's going on with you has its benefits. For yourself, it means that you acknowledge the pain and are working through it. You allow yourself to accept your loss and begin to deal with it.

Sharing your grief with others is helpful because they have the opportunity to validate the situation and agree that it's sad. It allows them to console and nurture you. They can't make sadness go away, but their support can help you recover.

Getting more comfortable with your grief lays the foundation for joy and true happiness in the future, according to Sheets. It can also inspire you to help others or work for a charity. Most of all, putting grief in its place helps you to start anew and become a new, wiser human.

Trivia Teaser: Shine a little light

1. A leg-shaped lamp is revered as a "major award" in which film comedy? a-"Animal House," b-"Stripes," c-"Here Comes the Boom," d-"A Christmas Story."  
2. The collection of the Ashmolean Museum at the University of Oxford includes the lantern carried by which man on the night of the Gunpowder Plot? a-Dick Turpin, b-Guy Fawkes, c-Rob Roy, d-Sir Walter Raleigh.  
3. Which "Lady of the Lamp" was named for the Italian city where she was born? a-Clara Barton, b-Florence Nightingale, c-Helen Keller, d-Mary Seacole.  
4. In 1775, Robert Newman and John Pulling hung two lanterns in which Boston building as an warning of the approaching British Army? a-Faneuil Hall, b-Independence Hall, c-Old North Church, d-Old State House.  
5. Where would you find the inscription of a poem ending "I lift my lamp beside the golden door!"? a-Lincoln Memorial, b-Statue of Liberty, c-U.S. Holocaust Memorial Museum, d- Mount Rushmore.  
6. The power ring wore by the superhero Green Lantern is ineffective against objects of which color? a-Green, b-Red, c-Yellow, d-Purple.  
7. Which British Invasion group recorded the 1966 top ten song "Leanin' on the Lamp Post"? a-Paul Revere & the Raiders, b-The Searchers, c-Gerry & the Pacemakers, d-Herman's Hermits.  
9. The cynical philosopher Diogenes was notorious for carrying a lamp during the day, searching for what? a-An honest man, b-Egg salad recipe, c-Dice, d-His late wife.  
10. Who is carrying a lantern before the door of a house in the Holman Hunt painting "The Light of the World"? a-The Grim Reaper, b-Jesus Christ, c-Harlequin, d-Chinese mandarin.

Bikes are right for the big kid in all of us

It won't be like the thrill of learning to ride your new Schwinn when you were eight -- it was pure freedom. But, bike riding is fun for people of all ages. With the many new styles, it can also be perfect for seniors.

There are many kinds to choose from: Recumbent bikes are great for people with knee, neck or back problems. They even come with safety flags, which you need since their profiles are so low. They can be equipped with hand cycles instead of foot pedals too. They can be folded and transported to preferred locations.

Drawback: They are heavy.

Three wheelers: Trikes aren't just for kids. These adult-sized three-wheelers can be perfect for even those new to bike riding. They are safe, require less balance than the two-wheeled version and they usually come equipped with a basket. Ride down to the store for the milk and set the gears to go up hill.

E-bikes: Add some electric power to your pedal bike with an electric assist motor that can help you up hill or give your legs a break when you get tired. Although you won't get the same exercise as a regular bike, you will get some. These are great for people with good balance and adequate strength, but they do go pretty fast: up to 28 miles per hour. They can be very heavy.

Researchers say that older adults get many benefits from riding: Improved brain function, preserved balance, decreased bone loss, improved mood and relief from joint pain. Seniors who ride also keep their waist size down.

Happy June 2022
Are you an MHI leader trying to find ways to attract new members? Are you someone interested in starting a pillow program at your local hospital? Or maybe you belong to a senior center that wants to establish a support group for members who have heart disease?

MHI is here to help you do all of this and more with its 2022 Leadership Training! This year’s virtual training will be unlike any offered before. In our sessions we’ll share tactics and strategies to help leaders be successful in any group or organization. We are offering this valuable training service FREE to all leaders and members. Here is some of what we'll be covering.

- Building/Rebuilding Community
- Creating Connection & Engagement
- Leadership Skills for Peer Support Leaders
- Peer Support—Leading Meetings & Programs
- Advocacy
- Marketing MHI

Because effective leadership is so vital to our organization, we ask that at least one leader (more are welcome and encouraged) from every chapter attend each session.

**MHI Awards Ceremony**

**Sunday, June 26 at 6 PM ET**

If you are looking for a little glitz and glam AND the opportunity to celebrate the achievements of your fellow MHI members, then join us for our third annual MHI Award Ceremony on Sunday, June 26 at 6 PM ET. Help us honor those volunteers who dedicate their time and energy to supporting, educating and advocating for heart patients and their families. Go to [www.mendedhearts.org](http://www.mendedhearts.org) to register.

### Trivia Teaser—Shine a little light answers

1-d, "A Christmas Story"
2-b, Guy Fawkes
3-b, Florence Nightingale
4-c, Old North Church
5-b, Statue of Liberty
6-c, Yellow
7-d, Herman's Hermits
8-c, "Anchorman: The Legend of Ron Burgundy"
9-a, An honest man
10-b, Jesus Christ

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**Fruit Salad with Avocado Coconut Lime Dressing**

Calories: 200 Per Serving  
Protein: 4g Per Serving  
Fiber: 7g Per Serving

Servings 8  
Serving Size 1 cup

**Salad Dressing Ingredients**

1 avocado  
1 5.3-ounce can nonfat blended Greek yogurt, coconut creme flavor  
3 tablespoons lime juice  
1 teaspoon honey

**Salad Ingredients**

2 avocados (diced)  
1/2 cup strawberries (quartered)  
1 mango (diced)  
1/2 cup blueberries  
1 cup red grapes  
2 kiwi (sliced, quartered)  
1 large banana (sliced, quartered)  
2 mandarin oranges, peeled, segmented

**Directions**

1. First, place all salad dressings components into a food processor and blend to a smooth consistency. If dressing is too thick, add 1-2 TB of non-fat milk (or non-dairy milk) to liquify dressing.
2. Refrigerate until needed, up to 24 hours. (Use the remaining dressing for another use.)
3. For the salad base, first place all ingredients into a large bowl.
4. When ready to serve, toss with Avo Coconut Lime Dressing to taste.

*Recipe borrowed from https://recipes.heart.org/en/recipes/hcm-fruit-salad-avocado-coconut-lime-dressing*
### June 2022 Calendar with Holidays

**June 2022 Holidays:**

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<th>Sun</th>
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<td>Global Day of Parents</td>
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<td>Global Running Day</td>
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<td>Pantecost</td>
<td>Nat'l Chocolate Ice Cream Day</td>
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<td>Intl. Day against Illegal Fishing</td>
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<td>Nat'l. Cheese Day</td>
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<td>World Food Safety Day</td>
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<td>Trinity Sunday</td>
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<td>World Oceans Day</td>
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<td>13</td>
<td>St Anthony</td>
<td>Flag Day</td>
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<td>Critics Choice Awards</td>
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<td>Father's Day</td>
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<td>Intl. Day of Family Remittances</td>
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<td>Juneteenth</td>
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<td>World Day to Combat Desertification and...</td>
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<td>World Refugee Day</td>
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<td>Mics/Small/Medium sized Enterprises Day</td>
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<td>Nat'l. Ice Cream Cake Day</td>
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<td>Nat'l. Sunglasses Day</td>
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<td>PTSD Awareness Day</td>
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*Courtesy of WinCalendar*

**Happy June 2022**
Should fireworks be quieter?

All fireworks involve noise, but not all fireworks have explosions.

In recent years, the push for 'silent fireworks' has focused on the impact of fireworks on both people and animals.

The effects on people are shown in an exponential increase in the number of complaints to police during June and July. Explosions of 150 to 170 decibels can not only cause hearing damage, but can trigger anxiety and panic attacks, not to mention sleep deprivation.

The effect of loud explosions in fireworks can be devastating. Birds have a startle response that forces them up to the sky in numbers that can be seen on weather radar. According to Sam Sander, a clinical professor of zoo and wildlife medicine at the University of Illinois Urbana-Champaign, in one documented example, birds flew so far out to sea that they couldn't get back to land.

In one case, fireworks in an Arkansas town killed 5,000 red-winged blackbirds, possibly because the sounds disoriented them and caused them to fly into houses and trees, according to The Hill.

Domestic animals show dramatic fear responses of shaking, running, cowering. That isn't limited to horses, dogs and cats. Pet guinea pigs and rabbits also have fear responses.

Fireworks don't need explosions to be beautiful, experts say. In fact, the fireworks with the biggest booms aren't necessarily the most beautiful.