On Wednesday, August 3, 2022 representatives of your Executive Committee presented a check to Dr. Thayer McGahee, Dean of the School of Nursing, and several of her staff. Friday, August 5, 2022 found us at Aiken Technical College where, once again, a check was presented to Dr. Forest Mahan, President, and several staff members representing administration and the School Of Nursing. This was all possible due to the generosity of our membership both past and present and friends throughout the CSRA. Recent donations to our Unrestricted Memorial Fund allowed for an increase of available monies beyond what was mentioned at our June meeting. We were able to provide funds for the purchase of most items described on the "Wish Lists" from both schools.

The June meeting left us in "Limbo" as to the Hospital Orientation test provided by ARMC. This was due to the answer sheet not being properly oriented to the booklet. A new test is now available, with the appropriate answer sheet, in the Mended Hearts Office on the second floor of the hospital. A strategy to distribute in a timely manner is being developed so please STAY TUNED. I hope all held onto their original tests as I suggested; I think the new one is only slightly different. I recommend that all, whether potential visitors (and those assisting) or not, go through the process as it is most informative. Several people have indicated that they are no longer able to visit but wish to assist with paperwork. That is great as it can reduce the time spent getting ready for a partner to go onto the floors and visit Cardiac patients. Our Secretary, Doris Foster, is coordinating appointments for the HIPAA test which is on several computers in classrooms on the sixth floor of the hospital. Remember that a Hospital Breakfast and/or Lunch is complimentary to all volunteers.

⭐ Mark your calendars for our next meeting on Friday, September 23, 2022. Lunch will be provided by ARMC.

Regards to all; Philip Winsor, pres.ch 294
This sneak thief can be arrested

This sneak thief doesn't lift your wallet or abscond with the silverware. Instead, it can steal your vision.

More than 3 million Americans aged 40 and older have glaucoma. There are no early symptoms and about half of people who have it don't know it.

Primary open-angle glaucoma progresses without a clue until the condition reaches an advanced stage. As increased eye pressure damages the optic nerve, the patient begins to lose peripheral vision. If left untreated, tunnel vision develops and eventually all sight is lost.

Though optic nerve damage occurs with high intraocular pressure, it can also occur with normal or even below-normal eye pressure. Glaucoma can't be cured, and damage caused by the disease can't be reversed. But with treatment, glaucoma can be controlled. Eyedrops, oral medications and surgical procedures can prevent or slow the damage. An annual test is recommended.

People can avoid vision loss by maintaining a healthy weight, controlling blood pressure, staying physically active and not smoking.

Glaucoma can be diagnosed with an instant, painless test done by your eye doctor or optician.

Ophthalmologists have more sophisticated testing methods, which are usually used when the results of the first tests are questionable.
Micro-volunteering: 
Be someone’s eyes for two minutes

Here is a fantastic way to help people wherever you are, whenever you have the time -- by micro-volunteering.

Be My Eyes is an app that connects sighted people to the blind. Using video calling technology, volunteers can answer simple questions that require a pair of eyes.

Hans Jorgen Wiberg, a Danish furniture craftsman who is visually impaired, realized that blind and low-vision people often needed help with everyday tasks. He also knew that video calling was already being used by the blind to call friends and family for help with simple questions like: What is in this can? What is the expiration date on this food? Is this a red or a black sweater?

The problem is that regular helpers are not always available. Wiberg realized that the world was full of people who could help. So in 2012, he launched his Be My Eyes startup to connect people with volunteers. Today there are nearly 6 million volunteers to help with questions from about a half million blind and low-vision people. The app is available in 150 countries.

Anonymous sighted volunteers can take a call whenever they have time. If they don’t have time, they can pass another volunteer gets the call. Meanwhile anonymous users can ask simple and fast questions.

World’s biggest yard sale gears up in August

Sell your stuff to someone else! In August the biggest swap of stuff in the world begins with the 127 Yard Sale.

Yard sales, garage sales, tag sales -- by any name -- they are an American tradition and, as it happen, the biggest monster of a yard sale begins along US Route 127, where the stuff from one garage gets put into someone else’s garage.

The 127 Yard Sales is an annual tradition beginning on the first Thursday through Sunday in August, according to Interesting Facts.

It is so big that it covers 690 miles, running through lawns, garages, churches, and public lots through Alabama, Georgia, Tennessee, Kentucky, Ohio, and Michigan, all along US Route 127. It starts up in Addison, Michigan and ends in Gadsen, Alabama.

The first event took place in 1987 when a Tennessee official was looking for a way to generate traffic away from the interstate to more rural communities.

Like all yard sales, the 127 is a feast for treasure hunters. You can get anything and everything along the route, and yard sales are famous for creating the occasional millionaire. In 2007 a simple ceramic bowl was purchased at a sale for $3. In 2013, it sold at Sotheby’s auction for $2.2 million. It wasn’t just any plain bowl -- it was a 1,000 year old piece of pottery from the Northern Song Dynasty.

Trivia teaser: cookie jar

1. On the kids’ TV show "Sesame Street," which color is the Cookie Monster? a-Orange, b-Blue, c-Green, d-Red.

2. In the comic strip "Blondie," Blondie and Dagwood have a daughter named Cookie and a son named what? a-Alexander, b-Hannibal, c-Phillip, d-Julius.

3. Girl Scout Thin Mints cookies are sold in a box of which color? a-Green, b-Orange, b-Silver, d-Gold.

4. In the children’s tale The Gingerbread Man, which animal ate the runaway cookie? a-Raccoon, b-Horse, c-Rabbit, d-Fox.

5. Cookie Lyon was the queen bee of the Lyon family, played by Taraji P. Henson, on which TV series? a-"Empire," b-"Scandal," c-"Power," d-"Nashville."

6. Who is the leader of the Keebler elves, makers of Chips Deluxe and Fudge Stripes cookies? a-Oscar, b-Bert, c-Ernie, d-Grover.

7. Which actor won an Academy Award for his role as a shyster lawyer in the 1966 comedy film "The Fortune Cookie"? a-Peter Sellers, b-James Garner, c-Fred Gwynne, d-Walter Matthau.

8. The zany Cookie Bear, played by a man in a bear costume, was a recurring character on which singer’s TV variety show? a-Roger Miller, b-Andy Williams, c-Tom Jones, d-Johnny Cash.

9. Which kind of cookie may be used to thicken the gravy made while cooking sauerbraten? a-Shortbread, b-Ginger snap, c-Macaron, d-Snickerdoodle.

Medicare question

I am having back surgery in the fall and I will probably spend one day in the hospital. What part will Medicare cover?

Medicare Parts A and B cover medically necessary surgery, but you will still have some costs associated with the surgery.

Medicare Part A covers costs for inpatient care, so if your back surgery requires some hospitalization, Medicare Part A will cover it. For 2022, there is a deductible of $1556 for each benefit period. A benefit period begins the day you enter the hospital and ends after you haven’t needed inpatient care for 60 days. The average cost of one day in the hospital is $2,607.

Medicare Part B pays for 80 percent of the Medicare-approved costs for doctor services, outpatient care and medical equipment (wheelchairs, for example). It has a deductible of $233. There is no benefit period.

If you have a Medicare supplement plan (Medigap), it can help with Medicare Part A deductibles.
Creating a World of Support Fundraiser
Registration Open August 15

Community fundraising is the only way that MHI is able to sustain a number of important but unfunded support and educational programs. Without donations from you, our members, we would not have the money to fund the MHI Pillow Program, Heartbeat Magazine, MH and MLH HearGuides® (printing & shipping), MH Discussion Guides (printing and shipping), and much, much more.

On September 1 through September 29 (World Heart Day), we will be running our fourth annual World of Support Fundraising Campaign and we need your support for this campaign. When registration opens on August 15, we ask that you help support MHI and show your love for this organization by registering for the event, donating to the campaign or starting a team. Please go to www.Mendedhearts.org on August 15 to learn how you can join this important annual campaign.

Denise Duch Widzgowski, Chairperson
MHI Election Committee
ddwidz@mendedhearts.org

MHI 2023-2025 Elections Candidate Applications Due August 15

Are you a volunteer interested in helping MHI continue to grow and thrive? If you would like to help MHI be the best it can be, please consider running for the 2023-2025 MHI Board - we need you!

The candidate application period for the elections of MHI National Officers and Regional Directors (both MH and MLH) is open until August 15. All applicants must submit the Candidate Intent to Serve and Consent Form and the Candidate Resume (including a 250-word bio and applicant head shot).

Election documents are in the Member and Officer Portals, or we can email them to you. Please email Mandy.Sandkuhler@mendedhearts.org to request the required documents.

Denise Duch Widzgowski, Chairperson
MHI Election Committee
d widz@mendedhearts.org

Trivia Answers

1-b, Blue 6-c, Ernie
2-a, Alexander 7-d, Walter Matthau
3-a, Green 8-b, Andy Williams
4-d, Fox 9-b, Ginger snap
5-a, "Empire" 10-b, Buffalo Bills

Southwestern Avocado-Bell Pepper Quiche Cups

Servings: 4
Serving Size: 2 quiche cups

Calories: 264 Per Serving
Protein: 16g Per Serving

Cooking spray
4 large eggs
1/2 cup fat-free, plain Greek yogurt
2 large egg whites
2 tablespoons low-sodium taco seasoning (or lowest sodium available)
1 large avocado, peeled, pitted, and diced into small pieces
1/2 cup shredded low-fat Cheddar Jack cheese
1 4-ounce can diced or chopped mild green chiles, drained
4 medium bell peppers (any color), halved, seeds and ribs discarded

1. Preheat the oven to 375°F. Line a large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, whisk together the eggs, yogurt, egg whites, and taco seasoning until smooth.
3. Gently stir in the avocado, Cheddar Jack cheese, and green chiles.
4. Place the bell pepper halves with the skin side down on the baking sheet.
5. Spoon the egg mixture into the bell pepper halves, filling them to just below the edges (the egg mixture will expand while baking).
6. Bake for 35 to 40 minutes, or until the egg mixture is just set. Remove from the oven. Let cool slightly, about 5 to 10 minutes, before serving.

Recipe borrowed from https://recipes.heart.org/en/recipes/southwestern-avocado-bell-pepper-quiche-cups

HAPPY AUGUST 2022
A reminder to those who are interested in completing the ARMC Hospital Orientation. A new test is to be issued. It will probably be very similar to the one you have so please save what you have in hand. Several people have completed the HIPAA test using the hospital computers. Four computers have been dedicated to this purpose in Classroom C on the 6th floor. If you are interested, and I hope you are, please call or Email Doris Foster who will be coordinating this effort with our hospital liaison, Rhonda Platt. Doris’s Email address is <dorisgf@atlanticbb.net> and tel. 803-257-5827(C) ……. 
THE EXECITIVE COMMITTEE would like you to have a safe and uneventful summer……

HAPPY AUGUST 2022
World Lion Day, Aug. 10

Still the king, but his world shrinks

The majestic lion that once roamed southern Europe, Asia, and Africa is largely gone today. Its numbers have decreased by at least 43 percent since the early 1990s and populations today thrive only in designated protected areas.

While the power of lions have been part of human culture and art for thousands of years, the lions can’t live near humans. So, habitat loss and human conflicts chip away at the lion’s range. In the 1950s, the lion population was estimated at 200,000. Today estimates vary, but the African Wildlife Foundations sets the number at 23,000.

Scientists uncover thriving ecosystem in hidden subsurface Antarctic waterways

The final frontier is space, right? Turns out that we’re still learning a lot about Earth.

New technologies allow us to explore the greatest depths of the oceans and hitherto impossible-to-reach places, like underneath the Antarctic ice. Scientists recently discovered a thriving hidden ecosystem beneath Antarctica.

For some time now, scientists theorized that rivers and lakes exist underneath the Antarctic ice. And using cameras, they have begun to explore this sub-surface network of waterways. Initially, scientists figured that the waterways would be smooth, but instead found rough surfaces. Scientists also weren’t sure if the underground network could support life, but have since found organisms thriving in complex ecosystems.

Scientists are using remote-operated vehicles (ROVs) to explore the hidden network of Antarctic waterways, some of which are more than 1,500 feet below the ice. So far, they have discovered fish, soft corals and algae, all adapted to thrive in the harsh environment. Further exploration may yield more discoveries.

This wasn’t the first time that scientists have encountered hidden and unexpected ecosystems with the use of modern technologies. In 1977, scientists found organisms thriving around deep-sea vents. Previously, it had been assumed that these vents were buried under the pressure of too much water and that temperatures would be too hot to support life. Instead, flourishing ecosystems were uncovered.

As for the so-called final frontier, space, scientists haven’t discovered alien life yet. Scientists do believe that Mars may have been habitable in the distant past, but have not uncovered proof of living organisms past or present.

Meanwhile, in recent weeks, the James Webb Space Telescope came online and should allow us to peer deeper...