The Lighter Side

**Doctor's advice**

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

The exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to try it. The next day, still feeling slightly guilty, the doctor prepared the bills.

When he went to place them in his mailbox, he found a bill from the lawyer.

**Dangerous bird**

This postman is working on a new route. He comes to a gate marked "Beware of the parrot."

And, sure enough, there's a parrot sitting on its perch. He has a little chuckle as he opens the gate and walks into the garden.

He gets as far as the perch, when suddenly the parrot calls out: "REX, ATTACK!"

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**Staying well: Tune up your immune system**

The holiday season can be one of the happiest and busiest of the year. One thing you don't need in December is a cold or the flu. It's time to tune up your immune system. Here's how to do it:

1. Get serious about sleep. Doctors at the University of Pittsburgh say poor sleep or lack of sleep is associated with decreased immune system function. Go to bed at your regular time, even if it means placing gifts in bags instead of wrapping them.
2. Don't skip recreation. Spending time with friends can boost your defenses. A study from Carnegie Mellon University shows that people with a variety of social relationships had 20 percent greater immune function than those who did not.
4. Get going. Go to a basketball game, visit a museum, or attend a concert. Studies published in the British Medical Journal show that those who frequent cultural events live longer and are less likely to be sick.
5. Write it down. Researchers at the University of Texas in Austin found that people who wrote about traumatic events for 20 minutes three times a week made half as many visits to doctors than those who did not.
6. Pray. Faith can improve your health, say researchers at Duke University who found that churchgoers were healthier.
7. Get a massage. It makes natural immune cells more numerous and efficient.
8. If your doctor says it’s OK, take vitamin D. It's easy to become deficient during the winter, when you might not be out in the sun as much. Insufficient vitamin D can weaken your immune system.
9. Skip that second drink. More than one drink a day can suppress immune response and leave you more prone to infection.
10. Consider E. Vitamin E is especially important for aging immune systems, according to the USDA Human Nutrition Research Center at Tufts University. Be sure to check with your doctor before taking any vitamins or supplements.
How to boost happiness

Get positive, stay upbeat and you’ll enjoy a longer, happier life, science says.

Many studies have found that improving diet, getting out in nature and getting some exercise improve your overall attitude. And there is one other thing you can do too: Cultivate compassion for yourself and others.

According to the Epoch Times, compassion is sensitivity to the suffering of others (and ourselves) coupled with action. Empathy is just recognizing the suffering of others. Compassion is acting.

Compassionate people are less lonely, happier, and have decreased cardiovascular risk.

A 10-year study published in Transitional Psychiatry found that compassion had a greater positive impact on well-being than the negative impacts of smoking. In other words, good deeds and real actions make you feel better and help you make friends. You get more responses from people who will in turn do good deeds for you.

Do you really only use 10 percent of your brain?

You’ve heard it said that we only use a tiny percentage of our brain, the implication being that if we could just access all of those unused cells, we could maybe become superheroes.

But is it true?

According to neuroscientist Ben Rein, it is not true.

Rein told Popular Mechanics that every person constantly uses 100 percent of their brains. If people only used 10 percent, they would be zombies, since that much only covers basic bodily functions like breathing.

The brain uses a lot of the body’s resources, Rein says. In fact, it uses up to 20 percent of the body’s oxygen and glucose.

Brain scientists have examined the brain with magnetic resonance imaging (MRI) and have never found any dormant parts of the brain. The brain is active most of the time.

The brain uses myth probably got started around 1936 in self-help books that said that we didn’t use all of our brain power. Not that portions of our brain went unused.
**Trivia Teaser: Deck the Halls**

1. Monty Hall was the longtime host of which TV game show? a-"Let's Make a Deal," b-"The Newlywed Game," c-"Concentration," d-"The Dating Game."
3. The Hall of Mirrors was built in which palace to replace a large garden terrace designed by the architect Louis Le Vau? a-Buckingham Palace, b-Topkapi Palace, c-Winter Palace, d-Palace of Versailles.
4. Which architect designed the Museum of Pop Culture in Seattle, the Walt Disney Concert Hall in Los Angeles, and the Guggenheim Museum in Bilbao, Spain? a-Edgar Miller, b-Frank Lloyd Wright, c-Frank Gehry, d-I.M. Pei.
6. Offensive tackle Jonathan Ogden was the first player elected to the Pro Football Hall of Fame representing which NFL team? a-Baltimore Ravens, b-Jacksonville Jaguars, c-New Orleans Saints, d-Seattle Seahawks.
7. Which of these 1981 hit songs did not reach number one on the Billboard Hot 100 chart? a-"Burning Love," b-"The Heartbreakers," c-"Private Eyes," d-"I Can't Go for That (No Can Do)"
8. Which actress, born with the surname Hall, played the title role in the 1977 film "Annie Hall"? a-Candice Bergen, b-Kate Jackson. c-Diane Keaton, d-Kate Jackson.

**The sneaky Christmas gift for WWII POWs**

Soldiers play cards. It's true today and it was true during World War II, especially for soldiers held captive.

Knowing that, the U.S. and British intelligence agencies devised a top secret plan -- a violation of the Geneva Convention -- to help POWs escape: Playing cards with a secret map of escape routes. The cards looked like ordinary blue Bicycle playing cards and were distributed to POWs in Christmas parcels from the Red Cross.

Ordinary playing cards are made by gluing two layers of paper together. But when these secret map cards were submerged in water, the layers would peel apart to reveal a portion of a map. Once all the cards were peeled, POWs could assemble them to form a functioning map of the region, with included escape tips. These sneaky decks had a cellophane seal intentionally applied crookedly, according to Popular Mechanics.

The scheme actually did help some prisoners escape. About 32 POWs -- mainly high-value detainees like pilots and officers -- successfully escaped Castle Colditz, the notorious prison camp for "incorrigible" Allied troops. Some speculate that before these troops departed, they were given hints that something from home could help them escape, but they were not told the details. According to War History Online, the supposedly escape-proof Colditz saw more than 300 total escape attempts.

The secret playing card operation, carried out around 1944, was not widely known until the 1970s.

In the 1990s, the United Playing Card Company created a commemorative Bicycle Escape Map playing card set, available today, with the map printed on the suit side of the card so you don't have to destroy the card.

You can see the original deck at the International Spy Museum in Washington, D.C.

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**Chilly? Hot ideas to keep toasty**

If winter chills you to your toes, there are all sorts of hot solutions for the shivers these days.

The best part is many new products for cold toes and fingers use rechargeable batteries, for safe warmth.

If your main chill situation is walking in January, try some rechargeable gloves. You plug them in as you would your phone. When they are powered up, the gloves will stay warm for hours. The drawback to the rechargeable gloves is that they are not exactly fashionable. Most are bulky.

If you like your own gloves, but hate icy fingers, try a rechargeable electric hand warmer. There are many brands, but one by ocoopa is shaped just right to keep in your pocket and wrap your fingers around. Hand warmers stay warm for about four hours and typically sell for about $25 to $30.

What if your fingers just get cold while typing at the computer? There's a device for you. A number of gloveless gloves plug into a computer USB port and heat the top and bottom of your hands while you type. About $15.

For a bus or taxi ride, maybe a rechargeable muff can do the trick. These have a strap that goes around the neck and plug into a USB port to power up. About $15 to $25. Socks are available as well, but the rechargeable socks can run a variety of heated over $60.
Directions
1) Preheat the oven to 350˚F.
2) In a 13 x 9 x 2-inch glass baking dish, stir together the green beans, soup, sour cream, and pepper until well blended. Bake for 20 minutes.
3) Meanwhile, spread out the onion strips on a baking sheet. Lightly spray the onion strips with cooking spray.
4) Sprinkle the flour over the onion strips, tossing to coat.
5) Lightly spray a medium skillet with cooking spray.
6) Cook the onions on medium-high heat for 3 to 4 minutes, or until crispy, stirring occasionally.
7) When the casserole is done baking, remove it from the oven. 8) Stir half of the onions into the green bean mixture.
9) Top with the remaining onions. Bake for 5 minutes, or until the onions on top are browned.

Recipe borrowed from https://recipes.heart.org/en/recipes/green-bean-casserole

Ingredients
- 1 pound frozen green beans (French cut is best), thawed
- 1 10.5-ounce can reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 teaspoon pepper
- 1 small onion (cut into thin strips)
- Cooking spray
- 1/4 cup whole-wheat flour

Calories 77 Per Serving
Protein 3g Per Serving
Fiber 2g Per Serving

Join a Support Meeting from Your

Did you know that we have dozens of Mended Hearts chapters all over the country that hold Zoom meetings every month? Even if you aren’t a member, you are still welcome to join.

For a list of meeting times and contact information please email Mandy at mandy.sandkuhler@mendedhearts.org or call 888-432-7899.

Trivia answers
1-a, "Let's Make a Deal"
2-a, "Heartbreak Hotel"
3-d, Palace of Versailles
4-c, Frank Gehry
5-c, "Jane Eyre"
6-a, Baltimore Ravens
7-b, "You Make My Dreams"
8-c, Diane Keaton

Happy December 2022
### December 2022 Holidays:

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<td>Immaculate Conception</td>
<td>Genocide Prevention Day</td>
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**SPECIAL MESSAGE ON PAGE 6**

**HAPPY DECEMBER 2022**
The fourth Friday of the month in November is the day *AFTER Thanksgiving* and in *December* occurs two days before *Christmas*. With this in mind and potentially busy schedules, Therefore, our next meeting will be *Friday, January 27, 2023*. In years past, we have had a "Social Event" hosted by the hospital in one of the two months at the end of the year. Perhaps this is something that can be reintroduced in 2023. We are just getting started on a predictable visitation schedule and it is our collective hope that this will transition into growth opportunities within Aiken Mended Hearts, Chapter 294. Initial volunteers are Chris Maxwell, Sam Huff, Diane Traub, Doris Foster and Jack Grados. Sam Huff and Doris Foster are coordinating this effort. Any and all are welcome to join this stalwart group.

A profound thank you to Chris Maxwell, Doris Foster and Jack Grados for setting up and monitoring our info table at HEALTHY FAIR in North Augusta, South Carolina on Saturday, October 29, 2022. This was a great opportunity to share our story with others as there was a major street festival just one block away.

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**IMPORTANT UPDATE FROM RHONDA PLATT**

**Mask Policy Update**

*Effective 11/30/22 at 12:01 AM*

In accordance with CDC and corporate UHS guidance and as community transmission levels continue to be low, we are pleased to share that we are updating our masking guidelines as follows:

- **Masks are required by staff, Medical Staff and vendors who are in direct contact with a patient in a clinical care area.**
- **Visitors are required to wear masks in a patient care area, and masks will continue to be made available to visitors who wish to mask upon entry to the facility.**
- **Masks must be worn in accordance with staff PPE as required by the infection prevention plan. This includes the following isolation protocols:**
  - Contact – MRSA, VR
  - Special Contact – C Diff
  - Droplet – Influenza
  - Airborne – COVID-19, Tuberculosis

**FAQs**

1. **What is considered "direct contact with a patient in a clinical care area"?**
   - If you are in a patient’s room, holding bay, operating room, pre- and post-operative recovery areas, triage, floating lab or unit, you are in “direct contact with a patient in a clinical care area.”
   - This includes tending to holds in the Emergency Department.
2. **Are visitors required to wear a mask?**
   - Visitors are required to wear masks in patient care areas.

3. **What is considered a patient care area for a visitor?**
   - Visitors are to wear masks in patient care areas/units which includes a patient’s room, holding bay or triage area.

4. **So, when exactly is it ok to be mask-free?**
   - Masks are not required in common areas which include waiting areas, nurses’ stations, lounges, staff rooms, hallways, elevators or stairwells, the cafeteria, offices, or conference areas.
   - No mask is required in photos/videos of staff/events where groups are in hospital common areas: hospital lobby, administration offices, hospital cafeteria, hospital classroom/auditorium, gift shop, physician practices (administration area, lobby)
   - Masks are not required in photos of employees at events removed from the hospital setting: golf tournaments, fundraising galas, health fairs, Chamber of Commerce events, community festivals, local 5K walks, regional job fairs, screening events, senior advantage programs held at the hospital in a common area.
   - What if I prefer to wear a mask while at work?
     - Employees are allowed to choose to continue using source control based on personal preference, informed by their perceived level of risk for infection based on their recent activities (e.g., attending crowded indoor gatherings with poor ventilation) and their potential for developing severe disease.

Per CDC and UHS guidance, we will continue to monitor COVID-19 community transmission levels. If transmission should increase to a higher designation, we will reevaluate our mask policy.