

Mended Hearts Houston



Mended Hearts—Houston Chapter 38, CHI Baylor St. Luke's Medical Center



Mended Hearts
Houston:
832.355.4160

Mended Hearts

had peeked. About 9,000 people had been hospitalized with the flu during that period.

This year's flu had already caused more deaths in

By mid-January, the flu season had already made a name for itself as the most widespread on record since officials began keeping track 13 years ago, according to the Washington Post.

Flu had a vigorous early start in October 2017 and, by January 2018, officials did not believe it

MARCH

Flu Season: How bad has it been?

children than was typical, with 10 child deaths by Jan. 13.

Part of the reason for the relative nastiness of the season is the star of the show: the H3N2 version of the virus.

Centers for Disease Control flu expert Daniel Jernigan said that this 50-year-old strain is quick to mutate to defeat the body's immune system. "Of the viruses we hate, we hate H3N2 more than the other ones," Jernigan said.

The CDC estimates that flu has resulted in between 9.2 million and 35.6 million illnesses and 12,000 to 56,000 deaths each year in the United States since 2010.

Doctor house calls are making a comeback

The practice of doctors making house calls to treat their patients, once the norm decades ago, has witnessed an uptrend in recent years, according to U.S. News. They highlight an aging mother that felt she suffered more during her experience traveling to a doctor for routine care than she benefited from the treatment itself due to her limited mobility.

Her and her family's solution, a house call-only independent doctor, served as her primary care physician, coordinated her care with specialists, and even drove her to the hospital when necessary for five years before her death. Receiving attention in this way improved her quality of life and preserved the decency people deserve in their medical care by providing a more personal connection to her doctor than she would get waiting in line for hurried service at an office.

Doctors, for their part, also have reasons to enjoy doing things a little differently than the standard office practice. One such doctor explains that visiting a patient's home allows them to see a bigger slice of their

life and not just their physical ailments. A house in disarray, with signs of neglect, for instance, can signal more significant problems that might need the attention of someone other than a doctor. They also enjoy the feeling of community that comes with taking care of people in proximity to their home and establishing a relationship with them outside of their visits.

In addition to making patients and doctors feel better about their care, one study from the Journal of the American Geriatrics Society found that the entire

medical industry might benefit from the shift in traveling doctors as the average senior using a house call provider paid \$8,477 less, on average, than those who didn't. These same patients were also less likely to be hospitalized, visit the emergency room, or see a specialist which saves everyone time and money in the long run.



Senior Scene

Food delivery options can lead to senior benefits

Don't you hate it when your back aches, your energy is down, and what you really need is a good meal?

But who wants to cook then?

For those days, it is meal delivery to the rescue.

A host of new meal delivery services have popped up in recent years, catering to tastes from foodie to traditional. And while nothing will equal your pot roast, sometimes having a meal finished and ready to heat is just the ticket.

Rather than merely shipping canned foods and other ready-to-eat meals, meal delivery services today are offering an impressive lineup of meals to choose from as well as the flexibility of working around dietary restrictions such as paleo, vegetarian, or low carb. One such company, Freshly, has meal plans ranging from four to 12 meals per week. These meals are freshly cooked, packed in special refrigerated boxes, and arrive at the door ready to store or heat and eat.

If you live on the East or West coast, chances are you can get gourmet meals from Munchery delivered as microwavable meals.

Nationwide, people in most areas can order gourmet kits from Plated.

If you hate to shop, but don't mind cooking, lots of new choices await. Dozens of meal kit companies have popped up in recent years. They work by letting you choose the dishes you would like to cook. Then they send

Those who get it done

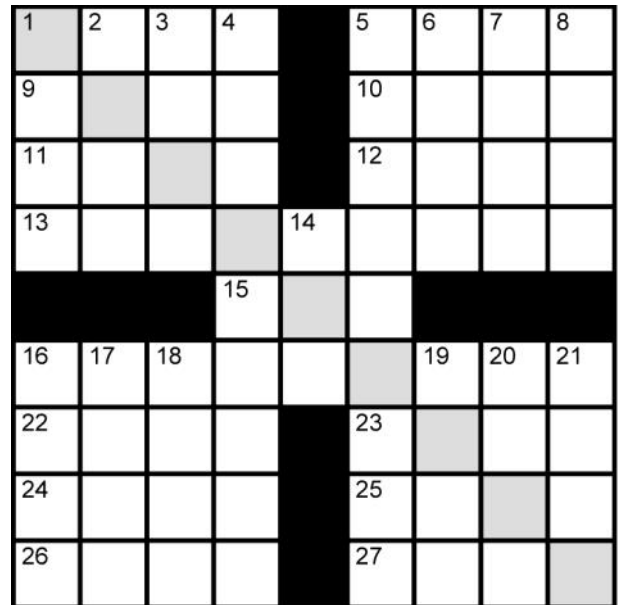
The headline is a clue to the answer in the diagonal.

Across

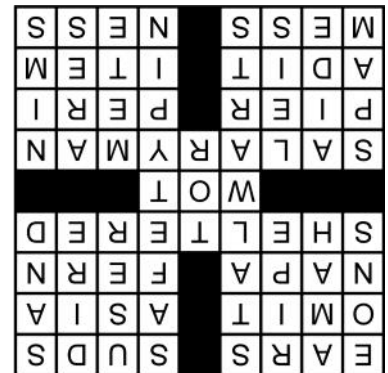
1. Listening devices
5. Brewski
9. Leave out
10. Where China is
11. California wine valley
12. Office plant
13. Protected
15. Knows, in poesy
16. Japanese white collar worker
22. Dock
23. "Frasier" actress Gilpin
24. Mine entrance
25. Bit of gossip
26. Clutter
27. 1987 Costner role

Down

1. A long, long time
2. Chinese nurse
3. Ready for picking
4. Loyalists
5. Diaper fastener
6. Computer operator
7. Acute
8. Smooth, in a way
14. Craggy peak
16. Junk E-mail
17. Assistant
18. Luau souvenirs



19. Allocate, with "out"
20. Trojan ally, in the "Iliad"
21. "___ I land" (2008 film)



all the ingredients, right down to the spices, neatly sorted out. Follow the directions, and you have a home-cooked dinner in under 30 minutes. It's a fun way to share dinner with a friend, too.

There is truly a dazzling array of choices out there in this category. Fans of comfort food and southern cooking should try PeachDish.

Very Punny

* She was only a whisky maker, but he loved her still.

* A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.



"And this is some of my better known work!"



Celebrate St. Patrick's Day with this casserole

The origins of the Reuben sandwich are widely contested, but it is certain that many have savored the rich taste of the corned beef, Swiss cheese and sauerkraut-laden stack.

One story related to famed chef Craig Claiborne, by Patricia Taylor, contends that her father, Arnold Reuben, made the first Reuben sandwich in 1927 in his New York deli.

Irish Reuben Casserole

3 cups toasted pumpernickel bread cut into one-inch cubes
1 pound corned beef deli slices or slices from a boiled slab
12 slices Swiss deli cheese
1 cup sauerkraut
1 bottle Thousand Island dressing for garnish or condiment

Layer the bottom of a large rectangular glass baking dish with half the cubes of toasted Pumpernickel.

Layer six slices of the Swiss cheese on top. Next, add a layer of the corned beef and another layer of Swiss cheese.

Spread the sauerkraut evenly over the top of the Swiss cheese layer and spread the remaining toasted cubes of bread on the top. Bake at 350 degrees until the top layer of bread becomes firm and crusty.

Drizzle the dressing lightly across the top. Green Goddess dressing can be substituted as the drizzle for a St. Paddy's Day touch.

Against all odds, sisters unlock the past

As the 19th century came to a close, European women were expected to learn to read, sew, and perhaps if their station merited it, speak a little conversational French.

According to Janet Soskice, author of *The Sisters of Sinai*, twin sisters Agnes and Margaret Smith were part of this era and profoundly separate from it. Raised with a boy's education, the sisters mastered five languages in childhood and kept their own counsel -- traveling widely even without a male chaperone, marrying late in life, and causing some scandal with their insistence on exercising in their yard, clad in their bloomers. But the sisters also electrified British academia and the world with their breathtaking 1892 camel caravan to Africa where they visited the ancient mountaintop monastery of St. Catherine's and there identified and photographed one of the oldest Gospels ever found.

The sisters had no degrees, no titles, no breathless support from academics. Their extraordinary adventures -- bolstered by the Presbyterian principle that one must do something worthwhile with one's

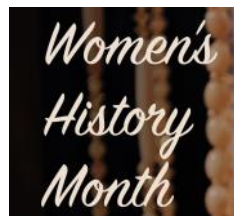
life -- were to rock British society.

They were well prepared. Having studied the extant Bible texts, the sisters learned to speak Greek, Arabic and Syriac in preparation for their trek.

From other researchers they had learned St. Catherine's monastery housed a trove of ancient texts, protected for centuries by the monks. In particular, one researcher fired the imaginations of the sisters, saying that one dark closet in the monastery held ancient documents still unknown to the world. It was in that very closet that Agnes Smith identified and photographed a hitherto unknown version of the gospels, the most ancient that had been found to that time.

A fantastic book for Women's History Month, *The Sisters of the Sinai* reads like an adventure story of achievement, undertaken against all odds and in spite of all dangers.

*The Sisters Of Sinai
How Two Lady Adventurers
Discovered the Hidden Gospels*
By Janet Soskice, 316 pp. Alfred A. Knopf.



Trivia Teaser: The Magic Touch

1. The fairy tale "Jack and the Beanstalk" features a hen that lays golden eggs and which type of magical musical instrument? a-Violin, b-Lyre, c-Guitar, d-Harp.
2. Which magician was buried in a Plexiglas coffin for 7 days in front of Trump Place, and was frozen in a 6-ton block of ice for 58 hours in Times Square? a-Penn Jillette, b-Criss Angel, c-David Blaine, d-David Copperfield.
3. Magic Johnson played his entire NBA career with which team? a-Orlando Magic, b-Los Angeles Lakers, c-New York Knicks, d-Chicago Bulls.
4. Lily Tomlin provided the voice of which teacher on the animated TV series "The Magic School Bus"? a-Ms Silkowitz, b-Ms Hayfer, c-Ms Frizzle, d-Ms Sellanious.
5. In her 1948 film debut, "Romance on the High Seas," who sang the Oscar-nominated song "It's Magic"? a-Rosemary Clooney, b-Doris Day, c-Peggy Lee, d-Julie London.

Trivia Teaser answers

- 1-d, Harp
- 2-c, David Blaine
- 3-b, Los Angeles Lakers
- 4-c, Ms Frizzle
- 5-b, Doris Day



MH & MLH National Education & Training Conference & CHD Symposium in San Antonio

Registration is now open for our National Education & Training Conference and CHD Symposium being held this summer in San Antonio. Join us in Texas July 14-18 at the Hyatt Regency San Antonio Riverwalk. Our conference hotel is steps away from the legendary San Antonio River Walk and overlooks the historic Alamo mission. For more information about hotel pricing, our first-time buddy program and registration info go to www.Mendedhearts.org.

The 5th annual MLH CHD Symposium will kick-off our program on Saturday, July 14 with MLH Leadership Training continuing July 14-15-16. Mended Hearts and Mended *Little* Hearts will join together on Sunday evening, July 15, for a festive "meet & greet" reception with Mended Hearts regional meetings, educational sessions, concurrent workshops and luncheons continuing Monday through Wednesday. We are excited to announce that Dr. Steven Bailey, University of Texas Medical Branch San Antonio, will be our keynote speaker at the conference.

The Movement is here! Join the Health eHeart Study to Advance Science!



The Health eHeart Study

Using big data to reduce heart disease

If you are an adult interested in participating in a study about how the internet, smartphone data and social media can be used to better understand how real-life health behavior patterns are linked to heart health, The Health eHeart Study is looking for participants.

Health eHeart is open for all kinds of participants, including those who are completely healthy, those who have heart disease, and even patients with cardiovascular disease that we don't yet know how to treat. Information collected from you and other participants will help researchers understand, predict and prevent heart attacks, strokes, heart failure, atrial fibrillation, and other diseases related to the heart and blood vessels. Participants must be over 18 and have an email address.

The Health eHeart Alliance has also launched a Forum where you can chat online with other study members and leading researchers about new research opportunities. To join the forum, or if you have questions about the Health eHeart Alliance, please contact Macia.Baker@mendedhearts.org.

To join the movement to end heart disease, go to www.healthheartstudy.org/

Mended Hearts Regional Connections Meetings

Join fellow patients & caregivers and celebrate survivorship at the following regional connections meetings:

April 14 - Rocky-Mountain Regional Program: HonorHealth Shea Scottsdale, Arizona, For more info, contact Bob Oberfield mobile: 408-203-5631

April 14 - Northeast Regional Program, Saint Francis Hospital, Hartford, Connecticut, For more info, contact Bob Hoffman mobile: 860-841-3530

April 28 - Mid-Atlantic Regional Program, Rex Heart Center, Raleigh, North Carolina, For more info, contact Bill Voerster, mobile: 704-310-8354

Mended Hearts, Inc. – Chapter #38 – Houston, TX

Membership Application



It's great to be alive,
and to help others.

Contact Information

Name (Mr./Mrs./Ms.)	
Street Address	
City ST ZIP Code	
Home Phone	
Email Address	
Birthdate	

Confidential Medical Information for the Mended Hearts National Database

Check all procedures or treatments that are applicable.

<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Aneurysm	<input type="checkbox"/> MI	<input type="checkbox"/> Congestive Heart Failure
<input type="checkbox"/> Defibrillator	<input type="checkbox"/> Bypass	<input type="checkbox"/> PTCA	<input type="checkbox"/> Transplant
<input type="checkbox"/> Artrial Septal Defect	<input type="checkbox"/> Valve	<input type="checkbox"/> Stent	<input type="checkbox"/> Other _____

Date(s) of Procedures(s): _____ Surgeon: _____ Hospital: _____

Do you agree to allow Mended Hearts to publish your name and procedure anniversary in the Chapter Newsletter? Yes ___ No ___

Signature _____ Are you retired? Yes ___ No ___

Name of Spouse (if family membership) _____ Spouse Birthdate: _____

Are you interested in: Committee work ___; Hospital Visiting ___; Other (specify): _____

Membership Dues (National and Chapter)

Term:	Individual:	Family:
First year only	<input type="checkbox"/> \$25 (\$20 National + \$5 Chapter)	<input type="checkbox"/> \$38 (\$30 National + \$8 Chapter)
Renewal (billed by National)	<input type="checkbox"/> \$25 (\$20 National + \$5 Chapter)	<input type="checkbox"/> \$38 (\$30 National + \$8 Chapter)
Lifetime Membership	<input type="checkbox"/> \$200 (\$150 National + \$50 Chapter)	<input type="checkbox"/> \$285 (\$210 National + \$75 Chapter)

Please make checks payable to: Mended Hearts, Inc. and mail to:

Membership Chair
Mended Hearts, Inc., Chapter #38
6720 Bertner Ave., 1-132
Houston, TX 77030

Satellite Sites

- speakers of interest to heart patients, families and caregivers
- members, guests, and spouses are welcome
- free and open to the public

BAYSHORE

Bayshore Medical Center
4000 Spencer Highway
Pasadena, Texas

*Cardiac Rehab Classroom,
Lower Level
10 a.m., second Wednesday
Cecil Ghormley, 713.253.8263*

HEIGHTS

Memorial Hermann
Greater Heights Hospital
1635 North Loop West
Houston, Texas

*South Tower, classrooms B & E
6 p.m., second Tuesday
Jeanne Miller, 713.686.8926*

MEMORIAL CITY

Memorial Hermann
Memorial City Hospital
921 Gessner Road
Houston, Texas

*Main Conference Room
6 p.m., fourth Tuesday
Earl Vanzant, 713.782.8006*

CLEAR LAKE

Clear Lake Regional Medical
Center 495 Medical Center Blvd.
Webster, Texas

*Towers Auditorium,
Clear Lake Heart
6:30 p.m., second Monday
Barbara Vermillion, 281.538.4648*

WILLOWBROOK

Methodist Willowbrook Hospital
18220 State Highway 249
Houston, Texas

*Aspen Room,
Women & Children's Pavilion, first floor
6 p.m., third Tuesday
Jerry Koudelka, 281.858.4060*

Houston
832.355.4160

national

mendedhearts.org, 1.888.432.7899