

Mended Hearts Houston

April
2019

How old is that tree? Find out without cutting

Did that grand white oak tree in the woods live through the Civil War? That would be 159 years ago. A white oak can live up to 300 years. So it's possible.

We can calculate the age of the white oak if we know its circumference and growth factor. The circumference of a white oak has to be 100 feet for it to be 159 years old. But that is only for a white oak. Other trees grow at different rates.

Here's how to do the tree age math:

Using a tape measure, find the circumference of the tree (starting four feet off the ground).

Divide the circumference by 3.14 (pi) to find the diameter. Now multiply the growth factor by the diameter. Here are some growth factors:

2.0: Aspen, Cottonwood

3.0: Silver Maple, Pin Oak, Linden

3.5: River Birch

4.0: American Elm, Green Ash, Red Oak

4.5: Black Walnut, Red Maple

5.0: Sugar Maple, White Birch, White Oak

Write your memoirs for people 100 years from today

The people who most want to know your life story aren't born yet. In fact, they won't be born for generations.

So you may as well not worry if your memoirs might be boastful or boring. Your best audience might be your granddaughter's great-grandchildren. Imagine: A hundred years from now someone might be reading your story.

The key question is really what you want to say. You might reflect on lessons learned. According to Psychology Today, that's a useful topic.

Or you might just tell funny stories. It's your memoir, after all.

To begin, you want to gather the factual details of your life: birth date, birth place, the names of your mother and father, and their mother



and father -- as much as you can find.

Next, you want to make a list of major events or stories you especially want to tell. Review slides, photos, and family movies. Talk to loved ones. Think about

your life by decades. If you are an experienced writer, you could outline your book as a frame for your life story. But, if not, simply begin at the beginning. Genealogical accounts usually begin: I was born...

Give details. Grandma's crocheted bedspread. It was lavender! A good detail that colors the picture you want to paint.

Ponder experiences both good and bad. And, speaking of bad, what should you tell? You might not have anything to say as scandalous as Katharine Hepburn did of her 26-year affair with the married

Spencer Tracy. For years, Hepburn never spoke of Tracy in public, but eventually she wrote about him in her autobiography. Asked why she finally told the story, she simply said all who would be hurt by the story had passed away. It's one consideration.

Introduction to the 2019-2021 Mended Hearts Board

We would like to thank all of the candidates who participated in the 2019-2021 elections campaign. We are grateful for all you do on behalf of the Mended Hearts and Mended *Little Hearts* mission. Whether it's extending support and understanding to patients, packing Bravery Bags, organizing fundraisers or representing the organization at a health fair, we appreciate it and value what you do.

We would also like to thank all those members, groups and chapters who took the time to vote. The new board swearing-in ceremony will take place in early summer; details will be released at a later date.

We are pleased to announce the 2019-2021 Mended Hearts Board of Directors.

President Elect:
Ron Manriquez
Executive Vice-President Elect:
Patrick Farrant
Vice-President Elect:
Marvin Keyser
Treasurer:
Al Voss
Mended *Little Hearts* Vice President Elect:
Liz Blumenfeld

Regional Directors

Central Region: Bruce Norris
Mid-Atlantic Region: William Carter
Mid-West Region: Larry Mantle
Northeast Region: Bob Hoffman
Rocky Mountain Region: Tiffany Stuart
Southern Region Elect: Mike Weber
Southwest Region: Daniel Moravec
Western Region Elect: Marlyn Taylor

Mended *Little Hearts*
Mended *Little Hearts* Board
Position: Will be appointed

Risk Reduction Webinar Series

Join Mended Hearts and the American Society for Preventative Cardiology for a six-part webinar series to help you reduce your risk of heart disease. Register today for them all today at <https://mendedhearts.org/risk-reduction-webinar-series/>

Tuesday, April 2, 2019
noon-1 p.m. (ET)

Cholesterol Control and Diet Modifications

Thursday, April 18, 2019
noon-1 p.m. (ET)

Following Your Treatment Plan to Reduce Your Risk of a Second Event

Thursday, May 2, 2019
noon-1 p.m. (ET)

Blood Pressure Control

Thursday, May 16, 2019
noon-1 p.m. (ET)

Preventative Exercise and Physical Activity

Thursday, June 6, 2019
noon-1 p.m. (ET)

Controlling Risk Factors for Women

Thursday, June 20, 2019
noon-1 p.m. (ET)

Controlling Risk Factors for Diverse Populations

Mid-Atlantic Regional Meeting

Empower, Educate and Inspire in 2019! This year Mended Hearts and Mended *Little Hearts* has decided to take its highly acclaimed national education and training conference on the road again with its regional conferences.

Heart patients, caregivers, medical professionals, chapter leaders, and board members in the Mid-Atlantic region are invited to attend the first Mended Hearts/Mended *Little Hearts* Regional Educational Conference of 2019 on April 27th in Falls Church, VA.

This regional conference program offers the latest in cardiovascular treatment and care, patient advocacy information, as well as opportunities for heart patients to network and share their experiences. To register for the day-long event, access accommodation information and view the agenda, please go to <https://mendedhearts.org/regional-meetings-2019/>



A nap a day keeps high blood pressure at bay

Catching some midday shut-eye linked to similar drops in blood pressure seen with other lifestyle changes, some medications.

It seems that napping may do more than just reboot our energy level and improve our mood. New research has found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

It seems that napping may do more than just reboot our energy level and improve our mood. New research presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said

Manolis Kallistratos, MD, cardiologist at the Asklepion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions. In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily

adopted and typically doesn't cost anything."

This is the first study to prospectively assess midday sleep according to the researchers. The same research's affect on blood pressure levels among people whose blood pressure is reasonably controlled, team previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings. "The higher the blood pressure levels, the more pronounced any effort to lower it will appear. By including people with relatively well-controlled blood pressure, we can feel more confident that any significant differences in blood pressure readings are likely due to napping," Kallistratos said.

*Article taken from *Science Daily*
<https://www.sciencedaily.com/releases/2019/03/190307081029.htm>

Grilled Shrimp with Mint Salsa Verde

Servings: 2

Serving Size: 6 shrimp and 1 1/2 tablespoons salsa

1/2 tablespoon plus 1 teaspoon and 1/2 tablespoon fresh lemon juice, divided use
1 teaspoon and 1 tablespoon olive oil, divided use
1 medium garlic clove (minced)
12 jumbo raw shrimp in shells (21 to 25 count), peeled, rinsed, and patted dry
2 medium green onions (chopped)
3 tablespoons chopped, fresh mint
1 tablespoon snipped, fresh cilantro
1/2 tablespoon drained capers
1/2 tablespoon minced fresh jalapeño, seeds and ribs discarded, or to taste
2 teaspoons fat-free, plain yogurt
1 teaspoon water
1/8 teaspoon salt
1/8 teaspoon pepper
Cooking spray

Directions

In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.

Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.

Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade.



Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.

Calories: 150 Per Serving
Protein: 14 g Per Serving
1 g Per Serving

Recipe found at <https://recipes.heart.org/en/recipes/grilled-shrimp-with-mint-salsa-verde>



Help for those scraggly petunias

Petunias are a popular choice in the backyard garden or as hanging plants because of their array of bright colors and ability to bloom throughout the season.

But they also come with a unique problem: they tend to get leggy. The stems seem to grow and grow until they reach an unwieldy length and turn brown...at which point you appear to be growing long brown and green stems that crawl across the ground and showcase a smattering of flowers as afterthought.

What to do?

Two key tenets of petunia care are to water them regularly and to cut them back diligently. Petunias should stay moist, according to gardening-knowhow.com, which recommends checking them daily when in a pot and watering every three to five days when outside.

And while you may be a diehard deadheader, petunias need more. It's not enough to remove petals, but to remove the seed as well.

"The seed pod looks like a little green (or tan if it is mature) chocolate chip nestled at the base of what looks like five

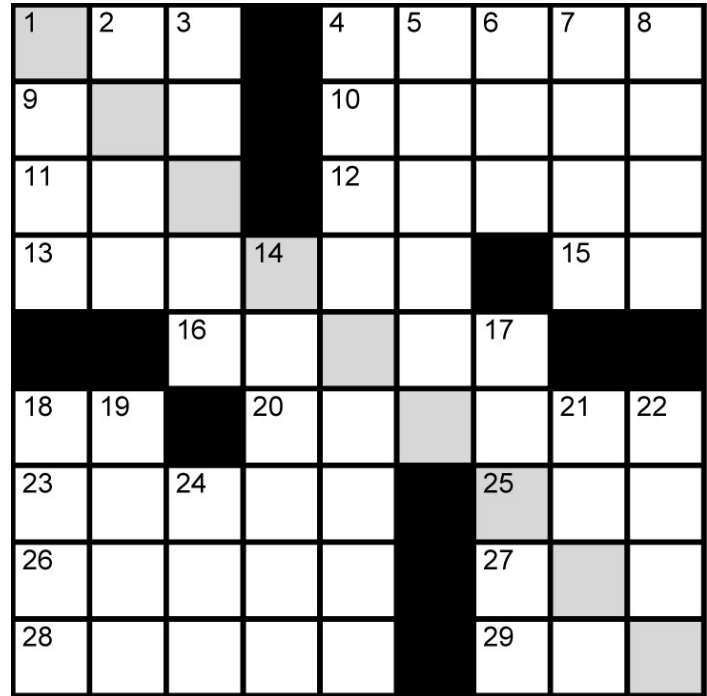
Across

1. Some trial evidence
4. Kitchen wrap
9. Sushi order
10. It may be perfect or present
11. 40 winks
12. Legislate
13. Field of activity
15. Tagged player
16. Prenatal test, for short
18. Sinatra's 'Way'
20. Fergie's ex
23. Spooky
25. Zeta follower
26. Manicurist's concern
27. Industrious insect
28. Refuse
29. Not dis

Down

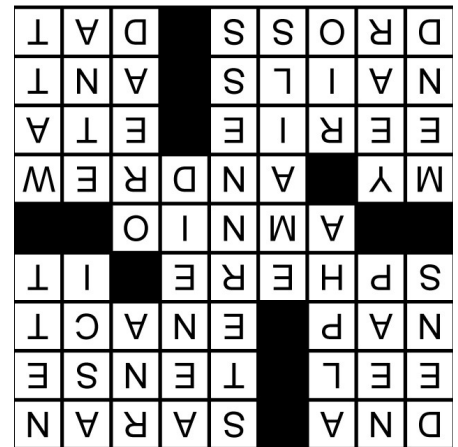
1. Cub Scout groups
2. Half-moon tide
3. ___ male (top dog)
4. Austerity
5. Trojan War epic
6. Genetic stuff
7. Fungal spore sacs
8. Bottom line, in the U.K.
14. In-box contents
17. Companion of Artemis

Tax deduction



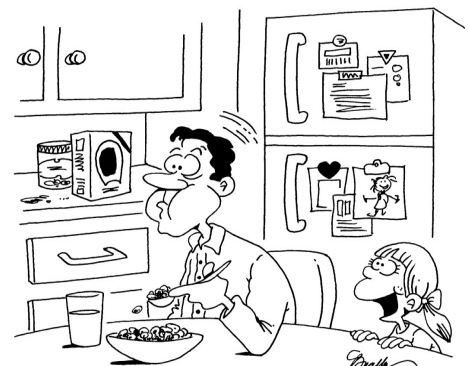
18. Fix
19. Calendar span
21. Sicilian volcano
22. Light bulb unit
24. Brazilian hot spot

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



skinny green leaves in a star-shaped pattern," says the website. "Snip or pick off the flower below this section."

You should also cut branches back regularly, trimming them by 1/4 to 1/2 throughout; the plants will regenerate and rebloom, the article says, and you'll have lush, blooming petunias minus the legginess. An article by gardenlady.com points out that you should learn which variety you have, as the Wave and Super Petunias don't make seeds you need to deadhead.



"It's my Easter three bean salad, daddy. Lima, kidney and jellybeans."

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	___ \$25 (\$20 National + \$5 Chapter)	___ \$38 (\$30 National + \$8 Chapter)
Renewal (billed by National)	___ \$25 (\$20 National + \$5 Chapter)	___ \$38 (\$30 National + \$8 Chapter)
Lifetime Membership	___ \$200 (\$150 National + \$50 Chapter)	___ \$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

For more information, please visit
MendedHearts38.org

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

Cecil Ghormley
713.253.8263

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

Heights

Memorial Hermann
Greater Heights Hospital
1635 North Loop West
Houston

832.355.4160

Memorial City

Memorial Hermann
Memorial City Hospital
921 Gessner Road
Houston

Main Conference Room
6 p.m., fourth Tuesday

Earl Vanzant
713.782.8006

Houston

832.355.4160 mendedhearts38.org

national

888.432.7899 mendedhearts.org