Speak from the heart about your angina

"Tell your cardiologist exactly how you’re feeling. Don’t hold anything back.”

Donnette, angina patient

If you have been limiting your work or your activities because of your chronic angina, be sure to talk about it with your cardiologist.

www.SpeakFromTheHeart.com

Tips, information, and more from real angina patients Donnette, Ralph, and Claudia.
Heartbeat, the national magazine of The Mended Hearts, Inc., a nonprofit organization, is published quarterly by The Mended Hearts, Inc.; Editor, Sam Gaines; Art Director, Jan McLean.

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Mission: Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support

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62nd Annual Education & Training Conference 10
It was a fun and informative event in Indianapolis.

Sharing and Caring at MLH’s Leadership Training 20
A first-ever CHD Symposium was a big part of the experience for presenters and Mended Little Hearts volunteers alike.

Et cetera...
We’d love to hear from you ... about Heartbeat or anything else having to do with Mended Hearts or Mended Little Hearts. Send your thoughts to editor@mendedhearts.org and we’ll consider them for the magazine.

Visit us online:
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This issue of Heartbeat magazine is made possible by support from Gilead Sciences Inc.

“It’s great to be alive … and to help others!”
Mended Hearts — Eight Regions

Mended Hearts is the oldest cardiac peer-to-peer support organization in the United States. We have 300 chapters and satellites in nearly every state. Our community-based organization is built upon the principles of service, charity and partnership.

To find out more about our services and to locate a chapter near you, reach out to one of our Regional Directors listed below or go online at mendedhearts.org:

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Managing the Challenges of Change

The annual National Education & Training Conference is an excellent opportunity to learn from the experts and engage with other Mended Hearts volunteers, and this year’s event in Indianapolis in June was no exception. I thought we had excellent speakers and educational programs. It was one of our better conferences, in my opinion.

As we emerge from the conference, we are facing challenges as an organization. As you probably know by now, we are no longer partnered with any outside organization, which means we have to take on the responsibilities of independence. To date, the response to this new reality has been positive, and that’s good.

One of the challenges that has emerged lately is HIPAA — specifically, the lack of understanding of hospital compliance officers as to what Mended Hearts does, and how to help us instead of putting roadblocks in our path. HIPAA doesn’t apply to Mended Hearts as an organization. HIPAA covers three entities: 1) the insurance companies, which keep data on individual patients by name; 2) the electronic data companies that transmits such data; and 3) health care providers. Mended Hearts does not fall into these covered entities and therefore is not covered by HIPAA. We need to reach out to hospital compliance officers with the fact that we are there to help, not to cause problems with HIPAA compliance.

Another challenge we face is our new identity. Many Mended Hearts volunteers are heart patients who have had surgery — but that doesn’t describe us all. There have been many complaints over the past several years, not only from members, but also from the general public and sponsors, that our old logo was too similar to the American Heart Association logo. The torch had to go. Further, although the heart with the “zipper” is representative of surgical patients, it is not inclusive of all the cardiovascular patients we have in our membership. We represent stent patients, heart attack patients, and patients with “electrical” defects, such as Atrial Fibrillation (AFib), requiring pace makers and/or defibrillators. To have a logo standing for all cardiovascular disease, we simply needed a more inclusive symbol.

The new design was approved by the full Mended Hearts Board of Directors, but for those who are upset by the change, I take full responsibility for the need, design and introduction of our new symbol.

It is a part of the transition from an organization dependent on the support of others, to a better, more efficient independent organization that hopefully, with the support of our members, will proudly continue to serve heart patients into a bright future.

TheListenMission.com

One of our loyal sponsors, Daiichi-Sankyo, recently named us as the beneficiary of a new physician outreach project they are launching. The project is called “The Listen Mission” and it asks doctors the following question: “What is getting in the way of you helping patients reach their goals in the management of atrial fibrillation and venous thromboembolism, and what could help them reach those goals?”

For every physician who answers the question, Daiichi-Sankyo will give Mended Hearts a donation, up to $50,000. Want to help? Tell the cardiologists and physicians you work with to go to www.thelistenmission.com and answer this question. They’ll be helping a valued partner understand the barriers to reaching treatment goals, and they’ll be helping Mended Hearts at the same time.
News flash! All Mended Hearts chapters and Mended Little Hearts groups have a live website! It’s not very dignified, but here goes: WOO HOO!

One of the most important communications channels these days is the internet. At a recent ACC Meeting on Digital Patient Engagement, some startling trends were mentioned:

- 70 percent to 75 percent of all people online look at healthcare information
- 42 percent say that they use social media to research healthcare issues
- 90 percent of young adults trust medical information they get from their friends via social media

That’s not the only change that has occurred since our last issue. We launched new logos in July. I have spoken with many members about the new logos, and it’s been illuminating.

“Why did we need a new logo?” is asked a lot. The most important reason? Our logo closely resembled the American Heart Association’s. Because we are now on our own — there are no more subsidies coming from AHA or ACC — we must be able to raise money that clearly supports our mission. To succeed, we must be able to separate our brand from all other cardiovascular nonprofits.

New logos also signal a fresh approach to our mission and our work. Our sponsors have responded with enthusiasm and interest. To make things easier and more consistent, all chapters and groups will receive professionally designed logos with their names embedded with the new logo.

“Why didn’t you ask us before you made this decision?”
This answer is more complex. Your MHI Board has been working on new logos for a long time, and the Regional Directors were part of the process, which means your interests were represented.

Making design decisions that could please 20,000 people is hard to imagine. Maybe the question is bigger than that: Are we one organization, united in purpose and approach? Or are we 301 separate groups with little interest in what happens to the others? I hope the answer is that we are one, powerful brand with an amazing impact on the health of millions of patients. When I was out in the field, though, that wasn’t the answer I heard. To quote a member, “The National Office really doesn’t have much to do with us.” Ouch!

We must start listening to each other, in both directions. We need to face our challenges as a team. The fact that we’re losing hospitals because we can’t sustain enough visitors or because a new compliance officer comes in should concern all of us.

I’m not pretending to be interested when I say, “Tell me what you think.” Our visitors and patient support folks understand this mission better than anyone. I want to hear what you think the staff needs to know. Tell us how we can grow our visiting program and extend our healing support to more patients and families.

What will it take for us to go from $2 million to $10 million in 5 years? Ideas. Perseverance. Working side by side to grow this organization and its heartwarming mission.

From 2 to 10 in 5 … Let’s GO! ☺
Retired from Education, Dolores Dries is Still Helping Others Learn

In her career as an educator, Dolores Dries says she had to “encourage, be positive and, of course, be patient” with her students and their parents. “These attributes are also useful with other heart survivors,” she said.

Dries recently retired after more than 30 years in education. During those years, she taught special education as well as grades 1 through 4.

It was in 1989, a year after her coronary bypass surgery, that Dries saw the Mended Hearts booth at a health fair. “The members were so friendly that I decided to join,” she said. Dries also had a pacemaker implanted in 2005 and AV node ablation in 2008.

A member of Chapter 30 in Dallas, Dries has served as president, vice president and secretary. She currently is serving as Co-Visitor Chairperson. In addition, she’s volunteered at the Mended Hearts National Office in Dallas for the past eight years. Dries was happy to provide assistance with the annual convention, mailings and general office duties.

“As a Mended Hearts visitor, I get great inspiration visiting other heart survivors,” she said. Dries shared a favorite memory: “This happened many years ago, but I still remember it. At age 90 or so, this gentleman said he never buys green bananas, only ripe ones. Reason: He lives each day as it is now and enjoys it.”

Dries said that when she visits other patients before their procedures and tells them that she had the same one, “the look of their faces brightens and they ask questions and are very interested — including their caregiver.

“They see there is HOPE and when recovered, they too will be doing things like before,” she continued. “This is very rewarding, to see I made a difference in someone’s life, and hopefully they will pass it on to others.”

With Mended Hearts moving toward its independence, Dries is looking forward to seeing it become as recognized and known as other organizations, such as those for cancer and lung disease. Her suggestions? “I feel that Mended Hearts should concentrate on the younger generation and have more visibility with the Internet and with cardiologists,” she said. 🎉
Taking the Stress Out of Caregiving

No doubt about it, caregiving can be stressful. But it doesn’t have to be. Learn what you can do to keep stress at bay while providing care for your loved one.

Is stress just part of living? It sure seems that way at times, all the more so when you're providing care at home for a loved one who’s undergone a serious heart event or procedure. “Living in the United States today means one is living in a constant state of change, adjustment and stress,” said David Wakefield, PhD, a licensed psychologist and licensed marital and family therapist at Southwestern Regional Medical Center in Tulsa, Okla., and an adjunct professor at Oral Roberts University. “Controlling stress is so important because it is a part of everyday living in our culture today.”

Stress can have a very deleterious effect on one’s health. “Stress can be disruptive to everyday living. It is not uncommon to feel confused, overwhelmed or helpless by challenges that one experiences,” Dr. Wakefield said. “Stress also has a negative impact on our immune system. If one’s immune system is not strong, one is susceptible to many kinds of physical problems or health challenges. Having creative ways to manage stress is important to staying healthy.”

Carolyn Dean, MD, ND, sees specific physiological problems that stress can cause. “Prolonged stress can cause many health issues so controlling stress is very important. For example, prolonged stress triggers the loss of magnesium and sodium as adrenaline is pumped into the body by the fight-or-flight response,” said Dr. Dean, who is a member of the Advisory Board of the Nutritional Magnesium Association. “The highest amount of magnesium in the body is found in the heart. If the heart muscle is low in magnesium, that muscle goes into contraction, causing heart palpitations and angina, high blood pressure and potential heart attack or stroke.”

Minimizing Stress

But there are very effective ways for keeping stress at bay, even while caregiving. As Dr. Wakefield noted, there’s an easy way to remember how to do it: the ABCs of stress management:

“Acknowledge that life presents many challenges,” Dr.
Wakefield said, “Acknowledge also that being a caregiver brings even greater challenges.

Be proactive in making a plan to deal with the new stressors one is facing. Start by building on the strengths you already have,” Dr. Wakefield continued. “Then make a list of deficiencies or areas where you will need help from others. In my experience, when people go through a crisis in life, the number one predictor in how well one will survive a crisis is directly related to how much social support one has. Dedicate a point person to communicate the patient needs to everyone who is involved in helping. Humble yourself and ask for others to help. Find out what is needed for the patient and coordinate with those who are willing to help. Delegate tasks to others.”

Finally, “Care for the caregiver: The most important thing a caregiver can do is to take care of themselves first,” Dr. Wakefield concluded. “When you fly you receive preflight instructions like, ‘If the cabin should become depressurized, oxygen masks will fall from the ceiling. If you are traveling with a child or elderly person be sure to put your oxygen mask on yourself first and then help the person you are traveling with!’ This advice is very important for caregivers. If you become exhausted in your efforts to love someone back to health, then who will help the patient? If one isn’t careful there will be two patients instead of just one. This advice is especially difficult for female caregivers. Women tend to help everyone else first and themselves last. When one is a caregiver you have to renew your energy daily so you will have the strength to help the patient for one more day.”

**Ask for Help**

One key to being an effective caregiver is realizing you can’t go it alone. Dr. Dean said that it’s important to ask for help when you need it — “Anytime you feel the quality of your work and your own well-being will suffer if you don’t get help,” she said.

“Many people don’t offer to help because they don’t know if their offer will be accepted, so many caregivers are surprised at the outpouring of help when they ask. It should always be OK to ask for help from a colleague or boss at work or look for answers in books or classes as applicable,” she added.

**Home for the Holidays**

The holiday season is nigh upon us, and this can be an especially stressful time of year for many people. For caregivers, it can add an additional element of stress. “Most people feel they need to see their family during the holidays and taking time off work, traveling and interacting with family members they don’t get along with adds tremendous stress,” said Dr. Dean.

Dr. Wakefield offers some helpful tips for handling holiday stress. “Take a step back and let others help during the holidays,” he said. “Make a plan to turn caregiving over to someone else over Thanksgiving, Christmas or New Year’s so you can enjoy at least one of the holidays with your family and get some rest.

“Reduce the traditions to a reasonable amount. Set reasonable expectations for the holidays that are achievable.

“Set boundaries for family members: what they are expected to do to help this year and what kind of behaviors are off limits this year. This year is different.

“Learn to enjoy the gift of life and the gift of fellowship without spending money. It can still be special. This could be a great time for reflection and sharing great memories.”

---

**Mended Hearts Caregiver Thrives in Her Role**

Helen Ledoux never asked to be a caregiver. But when her husband Arthur had a major coronary heart attack at the age of 56, she found herself in exactly that role. “It was just all overwhelming, a whole new ball game — a new normal,” said Ledoux. “Really, we didn’t know if we were doing everything right when we first came home.”

To combat the stress of caregiving, Helen took control of the situation. “Right off the bat, I made a binder and just kept everything together for his prescriptions, a checklist of what he had to take and when, and things like that,” she said.

It wasn’t easy, but Helen found a way to be a very effective caregiver for Arthur, thanks in no small part to Chapter 149. “After three months receiving a total of seven stents, we attended cardiac rehab where we learned about Ron Manriquez at Mended Hearts Chapter 149,” said Helen. “Ron and Mended Hearts have been a great support for me and Arthur for the last three years.” Helen also praised Angela Manriquez, current president of Chapter 149, for her ongoing support of the couple.
The conference rooms were packed and full of great energy, with 300 engaged Mended Hearts and Mended Little Hearts members during the annual national Education and Training Conference held at the Westin in downtown Indianapolis. This year’s conference program was rated as one of the best ever! There were outstanding presentations from members, healthcare professionals and motivational talks from the many general sessions and member-led workshops!

Highlights included cardiovascular medical trends updates from several nationally recognized speakers: Patrick O’Gara, MD, FACC, Brigham and Women’s Hospital, Boston, Mass., President of the American College of Cardiology; Charles Chambers, MD, FSCAI, Milton S. Hershey Medical Center, Hershey, Pa., President of the Society for Cardiovascular Angiography and Interventions; David Sabgir, MD, Walk with a Doc Founder, Mount Carmel Clinical Cardiovascular Specialists, Westerville, Ohio, a suburb of Columbus; and Sam Sears, PhD, Director of Health Psychology, East Carolina University, Greenville, N.C.

The final conference day, included an inspiring and commanding presentation by the Singing Motivator, Gary Griesser of Burlington, Ky. All who attended can attest to how emotionally touched and thankful they were to have experienced Gary’s mastery of blended story, song and humor! It was truly a journey we’ll never forget (outside his heart experience, that is).

There were so many Mended Hearts members who planned the Conference and made it a success! A special thank you goes to the Program Committee who planned the educational sessions’ content, workshop topics and identified presenters: Lynn Frierson, Program Chair, with members Cathy Byington, Randy Gay, Jim Oldfield, Jana Stewart and LaRue Tart.

Dedication and countless hours were also given by the local Indianapolis chapter members for various logistical arrangements and helping with conference registration on site: Linda Mason, Central Region ARD, Hal Hatch, Joy Diamond, and Benny and Cynthia Stepp. Special thanks to the members of the following chapters who assisted with the registration: Indianapolis/Circle City Chapter 78

Two California chapter presidents – Alexandria Calhoun and Dick Hatcher.
In her presentation, Mended Hearts Executive Director Michele Packard-Milam, CAE, addressed the changing nature of the mission of Mended Hearts and Mended Little Hearts, how the new reality of independence will impact the organization, and what all members can help with and benefit from the new direction the organization is taking.

“A lot has changed. For decades, we were under the wings of larger, more dominant organizations, but that all changed this year,” said Packard-Milam. “We are no longer receiving any guaranteed revenue from anyone. Our infrastructure must now be funded by allocating a portion of every dollar we raise.”

That means challenges lie ahead, but Mended Hearts and Mended Little Hearts are strong and focused enough to manage those changes. “These changes also mean that we are now independent, and in my opinion, that’s a good thing,” said Packard-Milam. “We can now take our brand out into the open and grow awareness of Mended Hearts as a separate, strong and independent organization.”

Growing even stronger will be part of the formula for success. “For this to work, however, we have to pull together — the chapters and the National Office. Our infrastructure needs to be stronger,” she said. “We need to grow our financial assets so that we’re not living from one project to another and so we can afford to do the things we need to do to reach the maximum number of patients and families.”

There is a plan for doing just that. “To get us to the next level, we need more of a lot of things. We need more sponsors, and we need to grow beyond pharma and medical equipment,” she explained. “We need to get Mended Little Hearts on the large sponsorship map. We need to think on a bigger scale, and go in through the top of the hospital systems instead of the individual hospitals. We need to broaden our models to include all CV diseases. More than anything, we need to reverse the trend of our shrinking membership by appealing to more age groups, more ethnicities and different types of patients. We are not just about surgical patients anymore.”

SEE YOU IN ORLANDO IN 2015
AT THE BUENA VISTA PALACE HOTEL & SPA!
JUNE 24-27, 2015
National Awards

Mended Hearts award winners from the 62nd Annual Education & Training Conference

Mended Heart of the Year

Each year, Mended Hearts honors one volunteer who has demonstrated outstanding service in support of the Mended Hearts mission over the course of that person’s membership. The criteria for the Mended Heart of the Year include length of service participation on national boards, committees and task forces; and other achievements that advance the MH mission. This year’s winner is:

Lynn Frierson, Johnson City, Tenn. — Chapter 259

Lynn Frierson was on the receiving end of a Mended Hearts visit some 19 years ago, after her own heart surgery. Now a 19-year veteran of Mended Hearts’ Johnson City chapter, Lynn became involved with Mended Hearts at the request of her cardiac rehab staff following her own procedure. She received training, became accredited as a visitor and has never looked back.

For the past 9 years, Lynn has served on the hospital auxiliary board at Johnson City Medical Center and has developed a wonderful relationship with the hospital and its staff. Two years ago, she received the highest volunteer award from the auxiliary thanks to her volunteering and leadership with Mended Hearts. Nationally, Lynn served as the Southern Region’s ARD for Tennessee and Arkansas for many years. In that role, she has developed several new chapters and satellites in her region. For the past three years, Lynn has served Mended Hearts as the Conference Program Subcommittee Chair, where she recruited an annual group of members to oversee the development of program and speakers for the annual national conference.

Today Lynn continues her visiting activities and serves as president of the Johnson City chapter, in addition to her other areas of service to our organization.

President’s Cup Award

Winners of the President’s Cup Award demonstrate strong qualities of engagement and involvement. Criteria include growth in the number of visits and visitors trained over the previous year; attendance at chapter meetings and other chapter-sponsored events; increase in membership and/or activities in the chapter; and local public recognition, among other criteria. Winning chapters cannot receive the same award again for three years.

This year’s winners are:

President’s Cup Award — 1-39 members
Chapter 11, Kentuckiana, Louisville, Ky.
Sandy Larimore, President

Being so close in proximity to Indianapolis, the chapter sent 10 members to the Conference. For more on Chapter 11, see the Regional Update article on page 18 of the Summer 2014 issue of Heartbeat and on page 17 of this issue.

President’s Cup Award — 40-99 members
Chapter 115, The Bluegrass, Lexington, Ky.
Francis Carpenter, President

This busy chapter sent six members to the National Conference in 2014 along with another four to the Regional Cluster Meeting. Thanks to the heavy involvement of its 21 accredited visitors who make rounds at three area hospitals, Chapter 115 increased their face-to-face hospital visits and expanded their reach with follow-up phone calls to patients. For more information on chapter 115, see the Regional Update article on page 17.
President’s Cup Award — 100 or more members
Chapter 127, Cookeville, Tenn.
Pharoah Smithers, President

For more on Chapter 127, see the Regional Update article on page 16 of this issue of Heartbeat.

Mended Little Hearts Group Excellence Award

Criteria for the MLH Group Excellence Award include an active visiting program, annual report completed and annual group fee paid on time; at least five educational meetings per year; increasing membership; local public recognition; financial support for one coordinator to attend the annual conference, in addition to the lead coordinator; demonstrated work with community and local partners; conducting at least one congenital heart disease (CHD) awareness event; and providing care packages to families.

This year’s winners are:

Mended Little Hearts Group Excellence Award
Mended Little Hearts of Phoenix
Vanessa Blutrich, Lead Coordinator

Mended Little Hearts Group Excellence Runner-Up
Mended Little Hearts of West Michigan
Jenna Wood, Lead Coordinator

For more about Mended Little Hearts of Phoenix, see the story on page 18. For information about Mended Little Hearts of West Michigan, see the story on page 8 of the Summer 2014 issue of Heartbeat.

Hospital of the Year

In this competitive category, choosing the Hospital of the Year is always very difficult for the Mended Hearts Executive Committee because there are always such deserving candidates. Nevertheless, a decision must be made.

To be considered, a hospital must provide Mended Hearts visitors reasonable access to patients, as well as access to the cath lab and to family visiting; meeting space for Mended Hearts; and space for literature, supplies and Mended Hearts volunteers’ personal items. The hospital must also provide consistent contact persons for visitors and tangible recognition of Mended Hearts contributions to their patient care program. Speakers and other personnel must be provided for meeting and other chapter needs, as well as other in-kind support. Past winners of the award are ineligible.

This year's Hospital of the Year winner is:

Cookeville Regional Medical Center
Cookeville, Tenn.

This year’s winner clearly showed their support of Mended Hearts through their generous in-kind support and contributions given to Chapter 127 from Cookeville, Tenn. In addition to printing and mailing monthly newsletters, they also provided needed meeting rooms for fund-raising events, monthly meetings and special programs. The hospital purchased 15th anniversary pins to give to 15-year members and donated a birthday cake for the chapter’s 15 year anniversary celebration. Many special perks are provided for chapter accredited visitors: a 20% discount on hospital bills, free TB and flu shots, and free meals to Accredited Visitors on days they work. This year, Cookeville Regional Medical Center provided all-expense paid support for four members to attend the conference.

Internet Visitor of the Year

A nominee for this award must give a personal account of how they handled their heart event without giving medical advice. The nominee must be reaccredited every year and provide brief, yet supportive information that is timely and accurate. This year’s winner is:

Rick Fisher, Newport News, Va. — Chapter 119
A First-Time Attendee Relates Her Experiences

Michele Coleman was very excited about attending her first Mended Little Hearts Leadership Training and CHD Symposium. “As a new coordinator for the Washington, D.C., group I felt like it was important to get engaged right away,” she explained. “I was inspired by the other group leaders I met through the various Facebook sites — they really felt passionate about it, and I wanted to learn from them what I could to help my group really thrive.”

Of course, she had another reason to attend, as well. “My son Dylan (now almost 2) was born with multiple CHDs and I was inspired by him to go and be as close to others who were engaged in CHD awareness, research and advocacy as I could,” she said. “I feel that I owe it to him and his future.”

And is she ever glad she did. There were many highlights for Michele, but several stood out. “Being able to have in-person contact with people you ‘know’ through social and electronic media is really valuable and important for forging long lasting bonds,” she said. “As a volunteer (who has a full time job and is a full-time mom of two boys), it makes it easier to give your time and energy when you meet other people whom you respect and are in the same position you are doing the same thing and doing so much good in their communities. We know that we are not alone in the fight against CHDs, but knowing that you are not alone in leading the local fight is tremendously reassuring.”

The CHD Symposium, which was open to the public, made a particularly strong impression with Michele. “The symposium alone is worth the effort just to hear from all these doctors and CHD advocates who are on the leading edge of research and treatment was amazing. Being able to make a medical connection with high-caliber medical professionals while I was there was great for me and my son,” she said. “It’s really empowering to learn how we can take charge in taking care of our children’s health.”

National Newsletter Awards

Newsletters are the lifeblood of Mended Hearts chapters, keeping fellow chapter members abreast of local and national activities, while providing important health and lifestyle information to improve patients’ lives. There are three divisions for the Newsletter Award: monthly, bi-monthly and quarterly. This year’s winners are:

MONTHLY NEWSLETTERS

Award of Excellence
The Pacer
Alice Slucher, Editor
Lexington, Ky., Chapter 115

Honorable Mention
Cardioactivities
Merlin Loch, Editor
San Diego, Calif., Chapter 62

BI-MONTHLY NEWSLETTERS

Award of Excellence
The Mended Heartbeat
Debbie Pollock, Editor
Woodlands, Texas, Chapter 341

Honorable Mention
Heart to Heart
Ron Michaud, Editor
Salisbury, Md., Chapter 221

QUARTERLY NEWSLETTERS

Award of Excellence
Heart Notes
Kristin Castiglione, Editor
Dayton, Ohio, Chapter 61

Honorable Mention
Granite City Beaters
Bridget Klein, Editor
St. Cloud, Minn., Chapter 10

For a complete list of awards from the 62nd Mended Hearts National Education & Training Conference, see the Mended Hearts website at www.mendedhearts.org.
If you have been limiting your work or your activities because of your chronic angina, be sure to talk about it with your cardiologist.

For tips on how to talk with your cardiologist, information about living better with angina, and support and stories from real angina patients—including Claudia—visit www.SpeakFromTheHeart.com.
Mended Hearts Chapter 127 in Cookeville, Tenn., has had an active and successful year. Group meetings are one way Chapter 127 helps spread the word about Mended Hearts. “Our public relations director set up eight speaking engagements for me to go and talk about our activities and involvement in the communities,” said Pharoah Smithers, president of the chapter.

Attendance at the monthly programs ranged from 12 to 150 people, he says. Smithers said that Chapter 127 also attends approximately 15 health fairs each year, and has already attended seven in 2014.

Fundraising for the community is also an important part of chapter events. “This year we’ve had one bake sale with profits over $1,000, and another one scheduled later this year that’s always even better than the spring sale,” said Smithers. “We are in the process of setting up our annual silent auction; the auction usually gives us revenue of $8,000. After the first week of soliciting, we’ve already raised $1,200 in cash and still climbing.” He added that the chapter writes 12 grants each year and receives money from all of them.

The chapter has donated a total of 115 AEDs (automatic external defibrillators) to the Upper Cumberland area, at a cost of $1,300 each. The chapter has donated 10 AEDs so far this year, all paid for by their fundraising efforts!

“Every time Chapter 127 gives an AED, the local newspaper in that area will run a picture and do a write-up about our chapter,” said Smithers. “Cookeville Regional Medical Center (CRMC) has a newsletter in which Chapter 127 has been featured several times. And both CRMC and the local newspaper did a feature on Chapter 127 winning awards this year.”

Those awards include the President’s Cup (for chapters with 100+ members) award, the Regional Visiting Chairman Excellence award, and for the first time, CRMC received the Hospital of the Year award.

Four members of Chapter 127 attended the National Education and Training Conference, Smithers says. He, Public Relations Director Blanche Smithers, Visiting Chair Lou Thomason and Roberta Thomason all proudly traveled to Indianapolis for the June conference to accept the awards on behalf of the chapter’s work.
Chapter 115
A Busy and Successful Year for The Bluegrass

Chapter 115 The Bluegrass in Lexington, Ky., has long been a supporter of Mended Hearts on all levels: locally, regionally and nationally. The Bluegrass chapter was recognized at the Conference with the President’s Cup award for chapters with 40-99 members.

In the past year, the chapter helped to send six members to the national conference and four to the Regional Connections meeting. At chapter meetings, approximately 25 members are usually present.

Chapter 115 has received great support from local hospitals. The director of volunteer services at Baptist Health Lexington recognized the contributions of the 2013 Chapter Officers, along with the Mended Hearts volunteers, to their heart patients in an email to all hospital department directors. The chapter president and vice-president/ARD were interviewed on WKYT-TV’s mid-morning news program.

Financial contributions that provide local funding for chapter events were received this year from Baptist Health Lexington, St. Joseph Hospital Foundation, University of Kentucky Health Care, Mr. Albert Lawson (annual contribution), as well as 32 individual contributions in memory of a deceased member.

In-kind donations to support the chapter’s great work include Baptist Health Lexington, St. Joseph Hospital (meeting space and refreshments); Baptist Health Lexington (meals on volunteer days—other hospitals provide volunteer discounts); Baptist Health Lexington, St. Joseph Hospital and University of Kentucky Health Care (free parking); and St. Joseph Hospital (newsletter printing).

Chapter 115 has a successful visiting program, increasing their numbers from 1,460 last year to 1,545 patients and family visits this year. The chapter has 21 accredited visitors who visit three area hospitals. Visitors also see patients and family members in cath lab waiting room areas. This year, they implemented follow-up phone calls to patients, making 124 calls to their homes after hospital discharge.

Chapter 11
Kentuckiana, Louisville, Ky.

The Kentuckiana chapter in Louisville was recognized for its outstanding achievements to the Mended Hearts mission with the President’s Cup for chapters with 1-39 members. Twelve members attended the Conference in Indianapolis, just a two-and-a-half-hour drive from Louisville. Conference attendees will remember the unified attire at the Conference reception where the ladies made quite the splash in their matching ’50s poodle skirts and saddle shoes at the reception — see their photo on page 11 in this magazine.

As president, Sandy Larimore successfully led her chapter in increasing visits to patients and families, and oversaw many community and hospital activities (see the summer 2014 issue of Heartbeat for more on Art from the Heart). The Art from the Heart fundraiser project helped support a portion of the Conference registration fees and provided a donation to Mended Hearts in recognition of the National Day of Giving in June.
A Commitment to Excellence

At the 62nd annual Mended Hearts National Education and Training Conference, Mended Little Hearts of Phoenix was honored as the 2014 recipient of the MLH Group Excellence Award. Looking at all they’ve accomplished, it’s not hard to see why.

Busy. That’s the best word to describe Mended Little Hearts of Phoenix, a group that never rests on its laurels.

MLH of Phoenix has been going strong for six years. “There was a support group in Phoenix that had dissolved, so a couple of CHD moms decided to start their own MLH chapter in 2008,” explained Vanessa Blutrich, the group’s Lead Coordinator. “I moved to Phoenix in 2009 and joined then.”

Getting involved with MLH was practically a no-brainer for Vanessa and her husband. “My son Owen was born in 2008 with CHD, and we actually were in the hospital when we met other heart families,” she said. “My husband and I knew immediately that we wanted to help others that were facing this. Owen just turned six and started first grade. He continues to inspire and motivate me!”

Media and Education

The group has steadily built up an impressive list of activities that are all designed to help CHD families with their pressing needs, while educating the public about CHDs.

For starters, the group has an active visiting program at Phoenix Children’s Hospital. Led by Visitor Coordinator Karla Cox, MLH of Phoenix visits heart families two to three times...
per month, delivering personalized care bags at every visit. Those care bags are supplied thanks to a care bag drive the group conducts during National Heart Month, in which donations for the care bags are received from hotels, dentists’ offices, non-profit organizations and the community at large. Karla then gets help filling the care bags at parties she holds in her home for just that purpose.

And that’s just the visiting program.

MLH of Phoenix also conducts educational and social meetings on a monthly basis. Program Coordinator Allison Beninghoff organizes these sessions on such topics as estate planning, special education advice and the nutritional needs of CHD children. Dinner and babysitting are provided as part of the program.

The group also connects with local media to get the word out about CHDs and the group’s initiatives. Media Coordinator Nikki Granados leads the efforts to gain media exposure for the group, and she was featured in a story on the local NBC affiliate’s news program covering CHDs and their impact on local families. The group was also featured in a local magazine, Raising Arizona Kids, which raised awareness about CHDs and offered tips to readers on how to get involved.

**Raising Awareness, Raising Money**

Thanks to the work of Special Events Coordinator Karen Alaniz, Mended Little Hearts of Phoenix also holds special events throughout the year — among them, the Winter Heart Family Party and the 2014 CHD Awareness Fair. At the Winter Party, families ate pizza, listened to music, made crafts and got their pictures taken with Santa. The Awareness Fair took place at the local children’s hospital, where CHD awareness was front and center through education sessions on feeding issues, developmental struggles, special education and the latest in cardiology. The group plans to hold this event every year.

Part of being so involved in the community is the opportunity to partner with other nonprofit groups, as well as local businesses. Among the ones MLH of Phoenix works with is the Nick and Kelly Children’s Heart Foundation, a local nonprofit that helps heart kids enjoy their time at summer heart camp in California. The Nick and Kelly Children’s Heart Foundation also holds a cardiac symposium each year at the city’s zoo.

A limited budget is a familiar concern to all Mended Little Hearts groups. The Phoenix group relies on the efforts of Fundraising Coordinator Lindsay Gross to generate ideas for raising needed funds throughout the year. During 2014, Lindsay managed to get a Mexican vacation and a car donated for a fundraising raffle, and more ideas are on the horizon.

**Making an Impact**

Through all their efforts, MLH of Phoenix now serves more than 200 families across “the Valley of the Sun.” For Vanessa Blutrich, the reason for the group’s success is straightforward. “I have a wonderful group of heart moms on the board, and we work really well together and want to help other families.”

With its tireless commitment to its engaging vision, the group is sure to have an even greater impact in the future. Being honored with the 2014 Group Excellence Award was confirmation that the Mended Little Hearts of Phoenix is on the right track for continued success. “It was a great feeling because we had worked so hard the past few months, and it was a great feeling to be recognized for all we had accomplished already,” said Vanessa.
Mended Little Hearts’ (MLH) Leadership Training, including a national CHD Symposium, was held June 20-22 at the Mended Hearts National Education and Training Conference in Indianapolis, Ind. In keeping with the overall conference theme, the training and symposium featured educational programs and workshops designed to Inspire, Inform, and Ignite the MLH Coordinators that were in attendance.

National Program Director Jodi Lemacks stated about this year’s program, “We tried things a little differently this year, and it really was a huge success. We joined forces with Children’s Heart Foundation and the Pediatric Congenital Heart Association to host a national CHD Symposium as part of the leadership training. This Symposium was open to the public — not just MLH group leaders. Cardiologists and medical professionals came in from around the nation to share their expertise. The leadership training speakers and the Symposium received excellent ratings in the evaluations and the comments were glowing.

Many MLH leaders, both new and old, thoroughly enjoyed the leadership training and CHD Symposium. Valerie King, leader of the MLH group in Winston Salem, N.C., and Steering Committee members stated, “The leadership training in Indianapolis was great this June. There were a lot of high points this year. The training included topics like conflict management and financial education that are so valuable to our leaders.”

One of the most important aspects of leadership training for most MZH leaders is the chance to network with other leaders across the country. “Knowing that we aren’t alone in this fight is always beneficial to me,” said King. “The time we spend with other leaders is enlightening. Being able to share what has worked in our groups and what has not is invaluable.” Melanie Toth, leader of MZH of Chicago and also a Steering Committee member added, “For me, the most important takeaway from leadership training is just
networking with new and veteran groups on how to improve your group’s activities and events. It’s always my favorite thing to return home and share what we’ve learned and try a new fundraiser that worked well for another group. We all learn so much from each other’s groups and we leave the conference energized and motivated.”

Stucki, Toth and King all agree that events such as this are a good time to meet colleagues from other MLH groups and share information about CHDs and its effect on their lives.

Julie Stucki, who leads MLH of Evansville, IN and was instrumental in planning the program with Lemacks and ensuring its success, understands the importance of leadership training for the volunteer leaders. In order for MLH to support the leaders in the field, it must give them the information and resources they need. “We have so many fantastic and caring group leaders, and many groups care enough to send more than one leader to conference,” Stucki said. “Our organization is growing and without all of our volunteers, we would not be who we are.”

In talking with other attendees, Stucki, King and Toth heard a lot of good feedback about the leadership training. “We enjoy getting to know each other, and bonding with another Heart Mom or Dad,” said Toth. “The roundtable discussions where we can brainstorm and share ideas/successes about our groups are always so helpful and well-received.”

She added that the leadership training this year was “beyond fantastic. Jeff Ton and Dave Stewart from Goodwill Industries gave two powerhouse presentations. “These guys spoke from their hearts and nailed it. I felt very honored that they spoke at our conference,” she says.

King said she had a conversation with an Angel Mom (one whose child passed away) at the airport while they were waiting for their flight “about how good it was to meet other Angel parents and come up with a plan on how to celebrate all of the children who pass from CHDs as well.”

As for next year’s leadership training, Toth says, “I think we are always looking for ways to improve and grow leadership training. You learn what works well and what needs work. I think opening up training again to outsiders with a symposium would be great.”

King says she knows her group wants to be at next year’s event. “We can’t wait until the location and dates are available to start planning,” she said. “One other leader and I have gone for four years now — we can’t imagine missing the next one!”

Heartfelt Inspiration

Julie Reves is a true inspiration to many. She is a congenital heart disease survivor who celebrated her 50th birthday by doing what she does so often, helping others.

For her birthday, Julie asked friends and family to make a donation to Mended Little Hearts in her honor. She raised money for her local Little Rock, Ark., Mended Little Hearts group and for the national organization as well — totaling $700!

This money will be used towards Bravery Bags for families in the hospital and for educational materials. A heartfelt thanks to Julie!

Mended Little Hearts’ CHD Symposium Provides Valuable Information for Parents and Caregivers

Mended Little Hearts’ National Congenital Heart Defect Symposium was held Saturday, June 21, 2014, as part of the Mended Hearts National Education and Training Conference in Indianapolis, Ind.

In partnership with the Children’s Heart Foundation and the Pediatric Congenital Heart Association, the symposium featured speakers renowned in congenital heart defect (CHD) treatment.

“This was the first year for the symposium, and the lineup we had scheduled for that day was dynamite,” said Stucki. “All of our speakers did a fantastic job and I had the privilege of this year’s MLH conference being in my neck of the woods.”

“I think the biggest highlight of leadership training this year was Saturday’s CHD (congenital heart defect) Symposium,”
said Toth. “It was a new and fun way to learn about other CHD groups like Sister by Heart, as well as hear heart surgeons speak.”

She says that she and others were “blown away” by the presentations of the doctors during the CHD Symposium. “The passion in those speakers makes us want to work harder to bring that kind of awareness to our local level,” said King.

Stucki was most affected by Dr. John Brown’s presentation on “Treatment Advances & Innovations for Congenital Heart Defects.” “I was privileged to announce this wonderful man. Not only is he an excellent surgeon, but he is my surgeon!” she said. “Mended Little Hearts’ mission is to provide hope; this is the man that has given me my hope. Hearing his presentation not only touched my heart and soul, but touched everyone in that room that day.”

One of the topics, presented by Dr. Nicolas Madsen of Cincinnati Children’s Hospital, was “Exercise and Your CHD Child”. Here, Dr. Madsen discusses the importance of exercise for children with CHD.

Heartbeat: What are the benefits of exercise to people with CHD?

Dr. Nicolas Madsen: The benefits are multiple. People with CHD are exposed to all the unhealthy environmental pressures that everyone faces daily. This includes making unhealthy dietary choices, increasing amounts of time in sedentary activities such as watching TV or sitting at the computer, and a trend toward less time spent in moderate to vigorous physical activity such as hiking, biking, swimming and jogging. As a consequence, there is ever-present risk for the development of obesity, hypertension and diabetes. Importantly, exercise is one of the most well-described tools to prevent the onset of these conditions, and should be promoted as such. People with CHD have additional unique risk factors that may make exercise and the prevention of chronic diseases even more crucial.

Although the evidence to directly support the benefits of exercise and physical activity in the CHD population is less than that found for the general population, I do not think it is a stretch to imagine many examples that highlight the increased risk factors for the CHD population. For example, those individuals who have operations involving their coronary arteries in the newborn period (transposition of the great arteries) probably benefit from regular exercise that helps them maintain a normal blood pressure and optimizes their cholesterol levels. Or those individuals who have ventricles that may show decreased function over time (Tetralogy of Fallot or Fontan) may further benefit from the known benefits of exercise to the heart muscle itself.

HB: What types of exercise are most beneficial? Does it vary with age?

NM: My first recommendation is to talk to your cardiologist. Exercise comes in many flavors (weight lifting vs. cross-country running) and varying levels of intensity (competitive club soccer vs. biking around the neighborhood). The distinctions between different exercises and the intensity can make a big difference, and needs to be considered within the context of one’s own type of CHD. However, importantly, almost all persons with CHD can safely perform some type of exercise or physical activity. This is an important point, in my opinion. We know being active is healthy, benefitting not only cardiovascular health but also mental and emotional health. This is why talking to one’s cardiologist about how one can safely remain active is so crucial — it has major benefits to quality of life.

HB: Are there any general guidelines or tips you would recommend?

NM: Talking to your cardiologist is the first step. Next, find out if you have any unique possible contraindications to exercise and physical activity (significant ventricular dysfunction, particular heart rhythm irregularities, significantly elevated pulmonary artery pressures or marked dilation of the aorta). If one does not have any of these less common features, then the guidelines suggest that exercise and physical activity are safe. Remember to advocate for your interest in being active — it will improve your health.

Dr. Brad Marino of Northwestern, who previously conducted a webinar for MLH, spoke at the Symposium about neurodevelopmental issues that CHD children have. Many parents still don’t realize that some kids need to be screened for these issues. Dr. Alistair Phillips spoke about innovations in CHD surgery and treatment, including new techniques that are not as “invasive” as they have been in the past. He brought hearts that were created by a 3D printer for participants to pass around, which were a favorite of many.
Another speaker at the National Congenital Heart Defect Symposium was Dr. Aaron Kay, director of the Adult Congenital Heart Disease Program at Indiana University/Indiana University Health. His presentation was titled, “Empowering Your Child to Transition to Adult CHD Care.” Dr. Kay provided valuable insight about giving your child the tools he or she needs to receive proper care in transitioning to adulthood.

**Heartbeat:** How difficult is it to make the transition from child to adult CHD care?

**Dr. Aaron Kay:** It really varies from patient to patient, and depends on how complicated the cardiac birth defect is. The transition is much easier for those who haven’t had to have heart surgery, or only one heart surgery, than it is for those who have been admitted many times and required three or even more surgeries during childhood.

**HB:** What are the most common obstacles faced when making the transition?

**AK:** One of the hardest parts of making the transition is, honestly, knowing that you will have a competent provider taking care of you when you are an adult. Adult cardiologists generally get very little training in congenital heart disease. There has recently been a push to change this, and in 2015 there will be a board exam that cardiologists with adequate training can take to prove that they are board certified, and thus very competent, in the management of adults with congenital heart disease. Also, adult facilities are set up for patients who are generally much, much older than your average adolescent patient, and they aren’t set up to be as child-friendly, and that can be intimidating for someone who is used to having the availability of very aesthetically pleasing surroundings more common in children’s hospitals.

**HB:** What are some ways to manage the transition?

**AK:** It really needs to start during adolescence, while the child is still primarily being seen in a pediatric environment. I would encourage parents to empower their children, starting at age 12 or so, to engage with their pediatric cardiologist during office visits and, likewise, ask the pediatric cardiologist to begin directing questions to the child, rather than only to the parents. Of course, every teenager is different, and some are ready for this sooner than others. It is important to be honest and make sure the teenager understands realistic limitations their condition places on them. For example, if they have certain types of disease, they can’t lift heavy weights and may want to pursue a career that doesn’t involve heavy lifting.

**HB:** What advice would you offer to people facing this transition?

**AK:** It is very helpful to have a network of other people in similar situations. Mended Little Hearts is a terrific resource. The most important advice I can give is, “don’t get lost to follow up.” Although you may feel well, it is important to stay involved in a source of care that knows you when you are well — that way if you get sick, someone knows what your baseline is, and also knows enough about your condition to treat you adequately.

**HB:** What resources are available?

**AK:** There are many websites available to help people with CHD and their parents as they go through the transition. One that I find extremely helpful, especially for those finishing high school or college who suddenly have to relocate for work (and thus have a transition, not from pediatrics to adult life, but from one city to another), is the Adult Congenital Heart Association website, www.achaheart.org, which has a comprehensive directory of every ACHD program in the country. This website not only lists the programs, but also provides details that can give a family a good idea if the program has enough experience to care for them adequately or if they should keep looking, or even consider moving to a different city with better resources.

Other great Symposium speakers were Amy Basken, Pediatric Congenital Heart Association, who inspired us to be “Agents of Change”; Darcie Mille, MLH of Puget Sound, who helped us calm our busy minds; and, Stacey Lihn, Sisters By Heart, who told us about how she used her story to make a difference in the lives of many.

**IRUN4 supports Mended Little Hearts**

IRUN4 is a matching program that matches special needs individuals with runners who dedicate their miles to their “buddy” and raise awareness for their cause.

Andrew Blakley is a Tough Mudder from Dayton, Ohio, who is matched with Trenton Baer, son of Andrea Baer, Vice President of Mended Little Hearts. Andrew dedicates all his miles to Trenton and helps to raise awareness for congenital heart defects (CHDs).

He, along with some of his running friends, have recently hosted a fundraiser with a silent auction in order to raise funds for MLH National. Thank you Andrew for running for Trenton, and for Mended Little Hearts!

Interested in running for someone? Check out www.whoirun4.com!
Michael Mantell, PhD, would prefer that we stop talking about “managing” stress and start talking about preventing it in the first place. “For all of our expertise in managing stress, still nearly 80 percent of Americans regularly experience physical symptoms caused by stress while nearly 75 percent experience stress-related psychological symptoms,” said Dr. Mantell, who is Senior Consultant for Behavioral Sciences for the American Council on Exercise. “Extreme stress is a familiar feeling for one-third of the country due largely to job pressures, financial woes, health concerns and unhealthy relationships. These are folks who are busy focusing on managing stress, rather than having prevented it. We are all familiar with at least some of the symptoms of stress. “Debilitating fatigue, jackhammer headaches, hypertension, weight gain, weaker immune system, lead weights inside your upset stomach, vice-like muscle tension, boiling anger, frozen anxiety, ‘I give up’ depression and yes, even impaired sex drive—these are some of the $300 billion a year stress management-related costs,” said Dr. Mantell.

So, how do we go about preventing stress from entering our lives in the first place? One of the best ways to do so is through that old stand-by, exercise.

Simply put, physical activity is great for your overall health. Its benefits have been well documented through careful research. “Exercise is the free preventive — and yes managing — medicine we’ve always had to improve our wellbeing, including reduce stress. Exercise increases brain-derived neurotrophic factor (BDNF), which promotes the health and growth of your brain, in particular your prefrontal cortex/hippocampus, which helps in stress reduction,” said Dr. Mantell. “In addition, exercise promotes the production of endorphins, the ‘feel good’ neurotransmitter. Exercise increases another feel-good stress moderator, the neurohormone norepinephrine, while reducing THE stress chemical, cortisol, as well. Of course, exercise improves your mood, reduces anxiety, lifts spirits, and leaves you feeling more self-confident — all positive antidotes to stress.”

So what kind of exercise is best for preventing stress and benefiting your overall health? “All forms of movement are better than not moving,” Dr. Mantell pointed out. “Cardio, continuous activity, interval training, running, Zumba, Les Mills group exercise programs, dance, spin, biking, swimming, resistance training, yoga and pilates, tai chi, team sports and just a good old-fashioned walking around the block — at moderate to intense levels — can all create the chemical impact and cognitive clarity that exercise offers to reduce stress.” Try to get 150 minutes per week, which works out to five 30-minute sessions, and you’ll be doing yourself a world of good.

**Dr. Mantell’s Tips in a Nutshell**

Dr. Michael Mantell has a handy mnemonic (memory aid) for preventing stress:

- **S**- Smile more daily, especially at the first 10 people you see
- **T**- Think rationally, accurately, logically, confidently, and positively
- **R**- Relive the good with healthy relationships, the pleasant, the favorable accomplishments in your life and avoid recounting the bad
- **E**- Eat right and light including asparagus, avocados, blueberries, warm milk, almonds, salmon, spinach, oatmeal
- **S**- Sweat more through regular exercise including high intensity interval cardio and resistance training (set a timer and stand every 10 minutes if you can during work), yoga, Pilates, tai chi, and meditation
- **S**- Savor your life by choosing gratitude and focusing your thinking in healthy, mindful, factual ways without predicting gloom and doom, slow yourself down by finding the beauty of experiences and creating relaxing moments throughout your day

One of the best ways to keep stress out of your life is to get plenty of physical activity.
### Mended Hearts Chapter Anniversaries

**December 2014 – February 2015**

#### 40 years
- Denver, CO · Chapter 42 · Southwest Region
- Santa Barbara, CA · Chapter 22 · Western Region

#### 30 years
- Fresno, CA · Chapter 92 · Western Region
- Winchester, VA · Chapter 173 · Mid-Atlantic Region

#### 25 years
- St. Paul/Minneapolis, MN · Chapter 89 · Midwest Region

#### 20 years
- Bellefontaine, OH · Chapter 69 · Central Region
- Salisbury, MD · Chapter 221 · Mid-Atlantic Region
- Tulare, CA · Chapter 158 · Western Region

#### 10 years
- Oxford, MS · Chapter 330 · Southern Region

#### 5 years
- Portsmouth, NH · Chapter 360 · Northeast Region

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### Mended Little Hearts Anniversaries

**December 2014 – February 2015**

#### 10 years
- Heart-to-Heart (Mended Little Hearts of Des Moines, IA) · Midwest Region

#### 5 years
- Mended Little Hearts of Greater Rochester, NY · Northeast Region

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### Internet Visiting Program

Heart patients, their family and friends

Internet visitors offer support, encouragement and understanding by sharing their experiences.

If you need support from people who have experienced your particular type of heart event, contact the Mended Hearts Internet Visiting Program by emailing Gerry Harrelson, Chairperson, at support@mendedhearts.org.

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### Meet others who know what you’re going through

Join the Mended Hearts Support Community

**http://mendedhearts.inspire.com**

We’ve created an online support community at Inspire where you can:

- Meet others dealing with heart disease
- Learn what to expect, from diagnosis to treatment
- Write about your experiences
- Start a guestbook for family and friends
- Maintain complete control of your privacy

It’s free and takes just a minute to join.

“In just one day, I’ve felt surrounded by hope, love, and the exquisite feeling that I was not alone”
NATIONAL DAY OF GIVING

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**Chapters, Groups and Organizations**

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Mended Hearts Chapter #12  
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in honor of Neil Baker, ARD  
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Mended Little Hearts of West Michigan  
Cleveland Foundation for Mr. Gerald Chase  
Carolina East Medical Center for Satellite #23  
Carolina East Health System for Satellite #23  
JD Restaurant for Mended Hearts Chapter #350
NATIONAL DAY OF GIVING

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Mr. and Mrs. Paul Iverson
Mr. Roger Ivey for Chapter #240
Ms. Jo Ann Jackson in memory of
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Ms. Mai Wah Jang
Mr. and Mrs. Gary Jensen
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Special thanks to the following contributors for their gifts to Mended Hearts and Mended Little Hearts from June 7, 2014 through August 22, 2014

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National Day of Giving

See list on pages 26-27

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Planned Giving:
Consider a Gift to Mended Hearts or Mended Little Hearts in Your Will

Some members have found that leaving a gift to Mended Hearts or Mended Little Hearts in their will is a meaningful and personal way to support the objectives of Mended Hearts or Mended Little Hearts. The process can be as simple and easy as discussing the matter with your estate planner or attorney. Here’s some suggested language:

“I give, devise and bequeath the sum of XX dollars to The Mended Hearts, Inc. or Mended Little Hearts, to be used for the support of heart patients in accordance with its charitable purposes.”
Saturday, May 17, 2014 was a gorgeous spring day, perfect for the annual ice cream social for the Mended Little Hearts, parents and members of Mended Hearts Chapter 28 Central Virginia. Previously, Lt. Greg Jones spoke about Med Flight 1 (emergency medical transport) at Chapter 28’s January meeting and before he left Jones invited the members to come out to Chesterfield County Airport and see the Med Flight 1 helicopters. The Chapter accepted and decided to combine the viewing with the annual ice cream social for Mended Little Hearts of Richmond, Va.

The Virginia State Police Aviation unit has three bases of operation: Abingdon in far southwest Virginia, Lynchburg, and Chesterfield, just south of Richmond. Members and families were met at the airport by Sgt. Shawn Rivard of the Virginia State Police, who gave an informative tour of the headquarters building. Since the Med Flight 1 unit members are on call 24 hours a day when they’re on duty, the building contains sleeping quarters as well as community space and office space. In the hangar on display were three helicopters, including one broken down for maintenance, and one propeller airplane. In addition to transporting accident victims to area hospitals, Med Flight 1 also participates in law enforcement activities and search and rescue.

As the group stood in the hangar viewing the helicopters and listening to Sgt. Rivard speak on the Med Flight 1 program, they were fortunate to see an actual helicopter landing by one of the units which had visited a local shopping center in the morning. This gave everyone an opportunity to meet the helicopter crewmembers, Chesterfield Fire Fighter/Paramedics Frank Chinn and Don Noble. Following Sgt. Rivard’s presentation, the Mended Little Hearts members were invited onboard the helicopters for an up close and personal look at these beautiful machines.

After more than a few photographs (the cameras were out in full force and going strong), the group enjoyed ice cream treats. Many thanks for the great job and important service provided by Med Flight 1 unit members, including Sgt. Rivard and Chesterfield Fire Fighter/Paramedics Frank Chinn and Don Noble! 🍦
If you have been limiting your work or your activities because of your chronic angina, be sure to talk about it with your cardiologist. For tips on how to talk with your cardiologist, information about living better with angina, and support and stories from real angina patients—including Teddy—visit www.SpeakFromTheHeart.com.

"With my new treatment plan, I feel like the old me is back."

Teddy, angina patient
Mended Hearts has built a strong national reputation for being a “friend in need” to thousands of heart patients nationwide for more than 60 years. We’re now building on that reputation to take Mended Hearts farther than it has ever gone before.

Starting now, Mended Hearts will broaden the organization’s outreach as we seek to expand the impact of everything we do. We will be reaching out to hospitals at the corporate level; operating independently but in collaboration with national healthcare associations; and strengthening the bonds between the national organization, our regional leadership and our individual chapters and our Mended Little Hearts groups.

These are ambitious goals, and they will be the focus of everything we do as we take our first steps into this bright new future. We strive to make Mended Hearts more vital than ever to the heart patients we serve nationwide!

To find out more about our program and how our organization could benefit you or your family, please call 1.888.HEART99 (1.888.432.7899), or go to www.mendedhearts.org