The President’s Corner
By Joe Novak, Chapter 89 President

First of all, I hope everyone is enjoying the New Year and is in good health. Last year was certainly a great one! We had a high turnout of members visiting Medtronic and the Visible Heart Lab. Also, a super turnout for the Mended Hearts Picnic and Heart Walk.

This year I hope members will step forward to take over some officer positions when asked. We need new people to take leadership roles in our Chapter just as they do in other organizations to keep us viable and moving forward.

The National Mended Hearts Conference this year is in San Antonio, TX, and the dates are July 14-18th (Details in the latest issue of Heartbeat). Please consider going, so you can network with other chapters from around the country and bring new ideas back to our Chapter. I am planning on attending and it would be great if others would join me there as well. The workshops are outstanding and when you come back from them, you have a clearer perspective of what it means to be a member of Mended Hearts.

Enjoy the New Year and plan to take an active part in the Chapter. It is a joy to be a Mended Hearts visitor visiting patients and families and giving them hope and encouragement when they need it the most. As Dr. Alden Harken said at the MH conference in Nashville, we know what they are going through and we can therefore relate to them better than anyone else. Have a great year and enjoy each day!

-Joe

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You can now find our Chapter 89 Heart2Heart newsletter on the national Mended Hearts Chapter Newsletters web page. To view the current newsletter, just click here.

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Another Fascinating Visit(s) to the Visible Heart Lab!

Twenty Mended Hearts members, their caregivers, relatives, and friends participated in two visits to the University of Minnesota Visible Heart Lab on Monday November 13, and Friday, November 17, 2017. This was our fourth year of visits to the Heart Lab, and as always, there were many new and exciting things to see and to hear about.

We were able to see a live, still beating heart removed from a pig the same morning of one of our visits; try a virtual reality headset with a tour through an aortic valve; and see the latest 3-D printed models of various diseased hearts.

“The tour was very educational, and I have retold the story of the original external pacemaker size and transporting patients to ICU from surgery with 100’ extension cords numerous times,” said Curt Hanssen.

Mark Jaruszewski summed up his experience: “The Visible Heart Lab tour once again exceeded
Lab, from P. 1

expectations. Lars and Mikayle had excellent presentations. This tour included a living swine heart and virtual reality demonstration which I was fortunate enough to experience. It reminded me of a science fiction movie where they made people very small and put them in a very small submarine and injected them into a human body. Pretty awesome experience. As we continue to learn more about the human body and all its complexities I feel our students, doctors and scientists are overcoming conditions that just a few years ago may have been deemed incurable. It was a great adventure!

“My Wife Sue and I toured the Lab on November 17th. Both of us were very impressed with the entire tour and the student who presented. The deep heart history alone leading up to what they can accomplish today is mind boggling. The portable piece of equipment that can keep the body parts functioning was most impressive. I particularly enjoyed the heart library. Since I had a valve replaced and three bypasses, I could look into the hearts on display and study them. Thanks for making this tour available,” said Mike Lisakka.

Ron Uglow was impressed with the presentations, and the chance to take a virtual ride through an aortic valve, similar to the one he had implanted. “It was amazing, and I am thankful to be alive and well,” Ron said.

“It was a great experience,” said Bob Unze. “Our relationship with the heart lab is unique. We should continue to pursue it in the future. We were told that we could observe a procedure performed on a pig they use to further their knowledge in the implementation of pacemakers and other devices. I would recommend our next visit be planned so we can observe this procedure.”

For those who have not yet toured the Heart Lab, watch the newsletter for information on our next visit!

Learn More About ‘The Mechanics of a Healthy Heart’ in February!

“The Mechanics of a Healthy Heart” is a free public education event presented by the Minneapolis Heart Institute Foundation, a nonprofit organization committed to innovative cardiovascular research and education.

JOIN US TO LEARN ABOUT THE:
• Public health epidemic of heart valve disease
• Importance of listening to a heart murmur
• Latest in heart valve disease research and treatments

FEBRUARY 22, 2018 | 5:30-9:00PM
EDINA COUNTRY CLUB
5100 WOODDALE AVE, EDINA, MN 55424
Questions? https://mplshear.org/events-2/
or call 612-863-2024

Bob Unze receives the Earl Dresser Quality of Service Volunteer Award

Each year, Park Nicollet recognizes one or more outstanding volunteers with the Earl Dresser Quality of Service Volunteer Award. This spring marks the 30th year anniversary of this award.

Park Nicollet is proud to announce that this year’s award winner is Bob Unze, right, shown with fellow Mended Hearts volunteer Jerry Kimmel. Bob began volunteering at Methodist Hospital in 1999 and has served over 1,900 volunteer hours. Since 2013, Bob has been the lead volunteer in the Methodist Hospital Mended Hearts program, bringing knowledge and insights from his own experience as a cardiac patient.

Congratulations Bob from your fellow members of Chapter 89!

Mended Hearts Chapter 89 Officers 2017-18
President: Joe Novak, 612-866-1878
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Vice President: Eleanor Zweirs, 763-421-6866
rumniverfloraldesign2@yahoo.com
Treasurer: Richard Hill, 763-755-3559
rhillatindrs@aol.com
Secretary: Gerri Juntilla, 763-424-6464
gerri123@mbarqmail.com
Newsletter Editor: Mike McCalley, 763-971-8460
mccalleycomm@comcast.net

If you are interested in becoming a Mended Hearts visitor at any of our Chapter 89 hospitals, please contact Joe Novak at 612-866-1878.

Quote of the Day
“We may suffer defeat, but we must never be defeated.”
-Maya Angelou

2017 Year-End Visiting Stats
Mended Hearts Chapter 89

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<th></th>
<th>Patients</th>
<th>Visits</th>
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Chapter 89 totals for 2017
811 2695 658 21
More Pictures from our Heart Lab Visits!

Note: This newsletter is not intended to give personal medical advice. Please consult with your medical professionals about any health concerns you may have.
# Member Enrollment

**Member Information** (please print or type)

Name (Mr/Mrs/Ms)__________________________  Chapter  89  Member-At-Large______________

Address (line 1)________________________________________________________

Address (line 2)________________________________________________________

City/State/Zip__________________________  Phone (_______)______________________

Family member (must reside at same address; please name): (Mr/Mrs/Ms)__________________________

Family Member Email ____________________________  Preferred Contact: ☐ Phone ☐ Email ☐ Mail

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?  ☐ Yes ☐ No

**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

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<td>Stent</td>
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Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.  ☐ Yes ☐ No

Add my email to monthly national email updates?  ☐ Yes ☐ No

Patient signature ____________________________  Family member signature ____________________________

**National Membership Dues:** Includes subscription to *Heartbeat* magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.

**United States national member-at-large dues**

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**Chapter dues (please customize)**

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**Dues Summary:**

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I am joining as a non-heart patient:  ☐ Physician  ☐ RN  ☐ Health Admin  ☐ Other Interested Party  ☐ Other ____________________________

I would like to make a tax-deductible contribution of $_______

☐ Donation to national $_______

☐ Donation to chapter $_______  To chapter #_________ Chapter Name: ____________________________ City:____________________ State:__________________

Please send payment with enrollment form to MHI chapter Treasurer and make checks payable to Mended Hearts, Inc.

Richard Hill
834 Woody Lane
Coon Rapids, MN 55448

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