Next Meeting!
February 21st at 12:00 pm at 205 Westfield Rd, Noblesville IN. Call (317) 776-7377.

Ronald S. Miller
Medical Director of Acute Rehabilitation Unit at Riverview Hospital since 1997

Director, Dept of Physical Medicine and Rehabilitation, OrthoIndy

Board Certified in Physical Medicine and Rehabilitation
Board Certified in Pain Medicine

Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20th of the month to: mendedhearts@riverview.org or drop it in the Mended Hearts mailbox in Cardiac Rehab at Riverview Health or mail it to Cardiac Rehab Gym, c/o Riverview Health, 395 Westfield Rd., Noblesville, IN 46060.

SAVE THESE DATES!!!

MEETING TIMES:
Meetings are held at 205 Westfield Rd (Former Kahlo Building), Noblesville, IN.

February 7th – MH Board Meeting
February 21st – Mended Hearts Mtg – 12:00 pm – Ron Miller, MD, Riverview and OrthoIndy - Stroke Information
ELECTION OF OFFICERS
LUNCH PROVIDED

March 7th – MH Board Meeting
March 21st – Mended Hearts Mtg – 12:00 pm – Bryan from Fisher & Paykel, and Stacey from ClearCaptions
LUNCH PROVIDED

April 4th – MH Board Meeting
April 18th – Mended Hearts Mtg – 12:00 pm – LUNCH PROVIDED

May 2nd – MH Board Meeting
May 16th – Mended Hearts Mtg – 12:00 pm – Chapter 350 10th Anniversary – HOT LUNCH PROVIDED

NOTE: Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at 205 Westfield Road (former Kahlo building) at Riverview Health. All members are welcome to attend.
IMPORTANT INFORMATION ABOUT MEETINGS!!!!!!

Please note that if the temperature drops below 20 degrees F, all regularly scheduled monthly meetings and Board Meetings will be cancelled. The health of our members is too important to have them out in the cold weather.

ELECTION AND INSTALLATION OF OFFICERS

Since there was no meeting in January because of the weather, on Wednesday February 21st, the Nominating Committee will present their ballot for Hamilton County Chapter 350 Officers for the 2018-2020 term.

The members can also nominate a member in good standing to add to the ballot.

Please attend if possible so we can have a good turnout for the election.

Is It Safe to Shovel Snow?

Shoveling snow is hard work and causes stress on the heart, including elevated blood pressure. Each shovel load of snow can average 16 pounds. When you clear a sidewalk or driveway, all those shovels full of snow – each at about 16 pounds! – adds up to a lot of strenuous activity for someone who may have underlying cardiovascular disease or who is often sedentary. Shoveling snow can cause someone to have a heart attack who was already at high risk of having one. It can also trigger a heart attack in someone who has cardiovascular disease but who otherwise was not at immediate risk of a heart attack. If you have been diagnosed with cardiovascular disease or have risk factors such as high blood pressure or diabetes, talk with your doctor about shoveling safety, and avoid extremes of temperature. Even if you are not aware of any cardiovascular problems, shovel with caution. Be sure to wear warm layers, stay hydrated with water and take lots of breaks.

"How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday you will have been all of these."

George Washington Carver
Mended Hearts volunteers make a difference every day!
Each year Mended Hearts volunteers make a difference in many lives. Patients newly diagnosed with heart disease can have many questions that can be best answered by someone who has “been there”. Consider taking a few hours a month to make a difference. If you would like to be a Mended Hearts volunteer, contact any Chapter 350 member listed below.

Our Mission Statement:

Inspiring hope and improving the quality of life for heart patients and their families through on-going peer-to-peer support.

The Mended Hearts Prayer

The Mended Hearts, Inc.
We ask for your blessings, Lord.
We ask for strength.
That we may pass it on to others.
We ask for faith,
That we may give hope to others.
We ask for health,
That we may encourage others.
We ask, Lord, for wisdom,
That we may use all your gifts well.

HAMILTON COUNTY MENDED HEARTS CHAPTER
#350 OFFICERS AND CHAIRPERSONS

President – Warren Manchess
jrwem5@frontier.com
(317) 984-4523

Vice President – Jim Gilster
jrggilster@gmail.com
(317) 219-7834

Secretary – Marv Norman
mncnorman@comcast.net
(317) 403-8289

Newsletter Editor – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

Visiting Chairman – Marv Norman
mncnorman@comcast.net
(317) 403-8289

Hospitality Committee – Charlene Perkey
charleneperkey@yahoo.com
(317) 896-2932

Sunshine Committee – Charlene Perkey

Treasurer – Stan Gurka
s.gurka@comcast.net
(317) 374-1021

Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka

Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021

Hospitality Committee – Becky Upp
bsupp@att.com
(317) 774-0559

Internet Visitor – Stan Gurka
s.gurka@comcast.net

Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka

Phone Follow-up Visitor – Maureen Price
Bertie Gilster

Hospital Liaison – Jessica Deering
jdeering@riverview.org

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(812) 963-6019

Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

National President – Donnette Smith

Executive Director – Norm Linsky

Executive Vice President – Millie Henn

Vice President – Patrick Farrant

Treasurer – Gus Littlefield

MLH Vice President – Angel Olvera

Director of Patient Advocacy – Andrea Baer

Volunteers needed for other committees. See any officer for information.
<table>
<thead>
<tr>
<th>Mended Hearts Chapter #350 Visits</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>TOTALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014 Visits</td>
<td>73</td>
<td>39</td>
<td>47</td>
<td>43</td>
<td>44</td>
<td>33</td>
<td>49</td>
<td>42</td>
<td>73</td>
<td>53</td>
<td>25</td>
<td>55</td>
<td>576</td>
</tr>
<tr>
<td>2015 Visits</td>
<td>48</td>
<td>31</td>
<td>68</td>
<td>67</td>
<td>58</td>
<td>108</td>
<td>52</td>
<td>115</td>
<td>68</td>
<td>52</td>
<td>66</td>
<td>41</td>
<td>774</td>
</tr>
<tr>
<td>2016 Visits</td>
<td>78</td>
<td>54</td>
<td>64</td>
<td>74</td>
<td>76</td>
<td>65</td>
<td>28</td>
<td>65</td>
<td>40</td>
<td>39</td>
<td>60</td>
<td>47</td>
<td>690</td>
</tr>
<tr>
<td>2017 Visits</td>
<td>63</td>
<td>42</td>
<td>43</td>
<td>77</td>
<td>55</td>
<td>64</td>
<td>52</td>
<td>97</td>
<td>60</td>
<td>67</td>
<td>72</td>
<td>82</td>
<td>774</td>
</tr>
<tr>
<td>2018 Visits</td>
<td>0*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>

*No visits due to flu restrictions in the hospital.

ALL VOLUNTEER VISITORS, PLEASE WEAR YOUR RED VESTS TO MENDED HEARTS MEETINGS!!!!!!!

For the Caregiver

- Communicate how you are feeling
- Allow time to grieve the lack of normal
- Reflect on the journey – in writing
- Educate yourself about the disease
- Get involved in your loved one’s care
- Involve others who can help
- Visit with other MHI/MLH members
- Eat right
- Rest – get sleep and take breaks

The Attitude is Gratitude.
THE POWER of GIVING BACK!
How to Support a Friend Suffering from Heart Disease

You want to support a friend with heart disease or be a part of a support system, and you’ve come to the right place to learn how. Your support can help her feel better about her diagnosis and can even help her make healthier life choices.

Listen

When discussing her heart diagnosis with you, one of the best things you can do is listen. While it may be tempting to tell her all the ways she can eat healthier or exercise more often, focus instead on hearing her concerns before rushing to give advice.

“Just listening is a really easy way to show someone you care,” says Carol D’Anca, a Chicago-based clinical nutritionist and owner of Food Not Meds, who has helped to support several women friends struggling with heart disease.

Get Informed

Chances are, your friend is going to the doctor quite a bit these days and may feel overwhelmed by the barrage of information given to her. Lighten her load by doing some research yourself, suggests D’Anca.

“Go online and help her with research about her condition and treatment options,” she says. “Work together to dig deeper and gain an understanding of what she is going through. Your willingness to help will go a long way.” Learn more About Heart Disease in women.

Socialize

Depression is an unfortunate byproduct of heart disease for many women. Upon receiving bad health news, they tend to shut themselves off from activities they once enjoyed. If this describes your friend, set up a regular social outing for the two of you (or invite others)—maybe a Tuesday afternoon tea hour or a movie night once a week.

“She will start to feel better emotionally when she feels love from others,” D’Anca says. “I also recommend helping them find a support group of others who are going through the same thing.

“Several of my friends have done this and it has brightened their moods tremendously, just knowing that they aren’t suffering alone.”

Get Active

Help improve your friend’s heart health by scheduling time to do activities together. Based on her likes and capabilities, organize a regular walk around the neighborhood or take a dance or step aerobics class together. Not only will the physical activity help your friend’s heart health, but it will improve her mood, too.
Benefits of Mended Hearts Membership

**Connection.** Being a member offers opportunity for connection with the nation’s largest community-based heart patient organization providing hope and encouragement to heart patients and their families.

**Relationships.** Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

**Giving Back.** Our accredited visiting program enables survivors and caregivers to “give back” to other patients what they’ve learned from their experiences.

**Chapter Activities.** We encourage all members to participate in chapter activities -- which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

**National Magazine.** A subscription to *Heartbeat* quarterly magazine, 28-32 pages highlighting organization news, activities and items of interest to the heart-patient community, is available to all members.

**In the Know.** Membership offers internal organizational communications via the Internet-providing the latest organizational updates and important heart-health information.

**National Convention.** Members have the opportunity to attend annual national convention featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

**Website.** Membership offers access to a password-protected members-only site on the Mended Hearts Website.

**Branded Items.** Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

**Leadership.** As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

**Mended Little Hearts.** Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the “littest heart patients of all” and their families.

Local discounts for members.

---

**Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350**

1. **Location! Location! Location!** The location at Riverview Health is convenient for Mended Hearts Visitors, as well as members who exercise in the Cardiac Rehab Gym.
2. **Riverview Health** pays for the paper, printing and postage of Chapter 350 newsletter, the red volunteer vests and provides lunch for Mended Hearts monthly meetings.
3. **Riverview Health** provides Hamilton County Mended Hearts Chapter #350 with office space and meeting rooms for both Board of Directors meetings and the regularly scheduled Chapter monthly meetings.
4. **The speakers at the Chapter monthly meetings** provide the members with up-to-date information on a number of topics and answer a variety of questions.
5. **Hamilton County Mended Hearts Chapter #350 Visitors** get discounts on food in the Riverview Health cafeteria, merchandise at both gift shops in the hospital, Culver’s, lunch at Michaelangelo’s and other businesses.
6. **All of these benefits cost an individual about 6 cents a day and about 9 cents a day for a family membership.**
**Member Information (please print or type)**

Name (Mr/Mrs/Ms)__________________________ Chapter ______ Member-At-Large__________

Address (line 1) ____________________________ Phone ( _______ )

Address (line 2) ____________________________ Alt Phone ( _______ )

City/State/Zip_____________________________ Retired:  □ Yes  □ No

Email address ______________________________ Occupation _______________________________

Family member (must reside at same address; please name):

(Mr/Mrs/Ms)_______________________________ Family Member Email _________________________

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)

Name of Heart Patient __________________________ Name of Caregiver __________________________

Date of Surgery/Procedure ______________________ Phone ____________________________________

Type of Surgery/Procedure ______________________ Alt Phone __________________________________

☐ Angioplasty  □ Heart attack  □ Diabetes

☐ Atrial Septal Defect  □ Pacemaker  □ Valve-Surgery

☐ Aneurysm  □ Transplant  □ Valve Transcath

☐ CABG (Bypass)  □ AFib arrhythmia  □ ICD (Defibrillator)

☐ Stent  □ Other arrhythmia  □ Other __________________________


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

Optional info: Date of birth __________ Please check below:

Race:  ☐ Caucasian;  ☐ Black;  ☐ Asian;  ☐ Am. Indian;  ☐ Other

Gender:  ☐ Male;  ☐ Female

Patient signature ______________________________________

Family member signature ______________________________

In United States national member-at-large dues

<table>
<thead>
<tr>
<th>Category</th>
<th>Individual</th>
<th>Family</th>
<th>Life – Individual Dues</th>
<th>Life – Family Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual $20.00</td>
<td>☐</td>
<td></td>
<td>$150.00</td>
<td>$210.00</td>
</tr>
<tr>
<td>Family $30.00</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life – Individual Dues $150.00</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Life – Family Dues $210.00</td>
<td>☐</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Dues Summary:

National dues $ _____

Chapter dues $ _____

TOTAL $ _____

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. For member-at-large, send to:

Hamilton County Mended Hearts Chapter 350  The Mended Hearts, Inc.
c/o Riverview Health, 395 Westfield Rd  National Office, 8150 N. Central Expressway, M2248
Noblesville, IN 46060  Dallas, TX 75206

**Note:** Dues Summary: National dues vary based on membership level and location. For more details, please contact MHI or visit www.mendedhearts.org.
MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

12:00pm – 2:00pm

Riverview Health – 205 Westfield Road
(Former Kahlo Building)