Mended Hearts of Morris County
Founded October 16, 1968
Morristown Medical Center
Morristown, NJ 07960

Mended Hearts is the largest heart patient support network in the world, with 20,000 members and 300 chapters. It’s mission is dedicated to providing support to heart patients before and after their procedures.

Mended Hearts of Morris County is a 501c3 organization which supports patients of the Gagnon Cardiovascular Institute with visits, monthly meetings and nursing scholarship awards.

In 2012, the Chapter was awarded the Mended Hearts National President’s Award for the outstanding chapter nationwide, as measured in number of patients visited, membership growth, hospital recognition and contribution to the community.

Gagnon Ranked as Top Hospital for Heart Surgery

There are 620 U.S. Heart Hospitals ranked by U.S. News & World Reports. Morristown Medical Center was ranked 27th in nation for Cardiology & Heart Surgery, putting Gagnon Cardiovascular Institute in the top 4% of heart hospitals.

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Mended Hearts of Morris County
25 Redwood Road
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The President’s Report

Spring has here!

Dear Heart Patients and Care Givers,

Spring has finally arrived and after a winter of snow and cold temperatures, we are all looking forward to warmer weather, getting outdoors and enjoy the joys of spring.

Whether your interests are biking, walking, gardening, golf or tennis, now is the time to consider lifestyle changes that can improve your recovery and extend your life. You begin by reviewing your diet and exercise goals and objectives. As a heart patient, this is also an excellent time to review lifestyle choices that can have a positive influence on heart disease and expedite your recovery from open heart surgery.

The first step in your recovery program should be participating in a Cardiac Rehab program at your local hospital or rehab clinic. Heart patients who complete Cardiac Rehab after open heart surgery, recover faster and live healthier and longer.

The program consists of three visits a week, one hour per visit, over a period of three months. The exercise equipment includes tread mills, stair steppers, stationary bikes, rowing machines and upper body strength machines. Your progress is supervised by RN’s and a Registered Dietitian.

Check page 6 for an article about Phase III and heart health maintenance programs. After you complete the 3 month program, you should continue you own favorite activity whether it’s walking, gardening, biking, golf or tennis.

This issue announces our first annual Nursing and Cardiovascular Technology scholarship awards given to two outstanding students. Check out the article on New Heart Rate Technology by Sarah Fabry (page 4); Music Therapy by Marcy Brooks (page 5); Benefits of Cardiac Rehab by Toto Arenas (page 6); and Recovery Guidelines by Joe Nadler (page 8) while you’re in the hospital. When you back home, you can refer to these articles and guidelines to your recovery as you continue the journey to full health.

About Mended Hearts of Morris County

Our mission is to support to heart patients and their families. Mended Hearts of Morris County was founded in 1968 and every year our chapter continues to grow and improve. Today, we have over 90 members including 18 accredited visiting members who visit heart patients in-hospital before and after surgery.

I am constantly reminded how lucky I am to have been given this second chance as an Open Heart Survivor to contribute through Mended Hearts. I believe that many of you feel the same way and this is what connects us as a group.

Our monthly meetings are held the fourth Sunday of the month, in the Wilf conference room of the Gagnon Cardiovascular Institute. Please check the meeting schedule on first page and join us.

Sincerely,

Vic Fabry
First Annual Scholarship Awards

This year, Mended Hearts of Morris County established a scholarship fund to support students pursuing a career in health care. Students were interviewed and judged on the categories of Intelligence, Passion and Personality.

At our January 28th meeting, we presented scholarship awards to two outstanding medical students. One student was pursuing a Nursing degree and the other was enrolled in the School of Cardiovascular Technology. Each was given a $750.00 Scholarship award.

Nursing Student Award
The Nursing award winner was Elena Banzhaf. In 2016, she graduated Rowan University with a degree in biological science. In 2017, Elena enrolled at Caldwell University's Accelerated Bachelors of Science Nursing Program. She was on the Dean’s List for academic excellence for the fall semester. Since her graduation, she has worked as Unit Secretary on Gagnon 3 and the Cardiac Cath Lab at the Morristown Medical Center. She is scheduled to graduate in May 2019.

Cardiovascular Technology Award
The Medical Technology award winner was Reema Patel. Reema is a student at Morristown Medical Center’s School of Cardiovascular Technology. The School was founded in 1976 to prepare cardiovascular technologists to assist cardiologists in the diagnosis and treatment of patients with heart and vascular disease. This eighteen month program includes classroom and clinical studies to understand all aspects of cardiac imaging and innovations in field of cardiology. Reema plans to graduate from this certificate program in March 2019.

Future Scholarships
In February, we received two significant grants. These endowments, along with additional donations from members and friends of Mended Hearts of Morris County, will allow our scholarship program to grow and continue awarding educational grants to outstanding medical students, well into the next decade.

Do you know an outstanding Nursing Student?
If you know a medical student beginning their studies, please contact Mended Hearts of Morris County to be considered for the scholarship award program.
- Email our Victor Fabry at vfabry@gmail.com
- Attach a one page biography or their resume
- Include cover letter with student’s objective upon graduation

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Instant Heart Rate Monitor

Doctors are driven to do more to keep people healthy while limiting the need for office visits, which can often be difficult to schedule and may require long waits. There are new types of technology which are used by health care workers to support their patients and used by agencies like the VNA, where I work.

“How about 2.7 million Americans and 34 million people world-wide are estimated to have atrial fibrillation. Many patients don’t experience symptoms, and it can go undetected until a complication occurs. Researchers say earlier detection could begin patients on treatments such as blood thinners, to reduce risk of complications”. WSJ Health & Wellness

Some heart patients experience heart irregular heart rates before or after open heart surgery. There are new smartphone applications which can allow patients to monitor their heart rates easily and quickly.

For iPhone users, there are over a dozen heart rate monitor apps available for free or for a small monthly cost at the Apple app store. These new apps utilize your smartphone’s built in camera to accurately measure and track your heart rate at home or work, during various activities such as exercising, walking, resting, before going to sleep or after just waking.

There are several other apps that people can download to their iPhone to check their heart-rate on-the-go, and get an instant read of how fast (or slow) their heart is beating. Most require the user to hold an index finger over the camera lens. The reading takes less than 10 seconds and results are displayed. The Instant Heart Rate: HR Monitor app is free, quick to download and easy to use. It monitors and tracks your heart rate, and measures stress levels.

A benefit of in-home testing is that it empowers patients and increases their self-awareness of symptoms. Rather than having to rely on a doctor to perform simple routine testing, patients can self-check which can lead to feeling more in-control and brings peace of mind. New Smartphone technologies which allow patients to monitor their health, can benefit the patient, their caregiver and provide data for diagnosis by doctors.
Name That Tune!

Who does not like music? Everyone seems to have grown up with some type of music. Research has shown that when we were babies in our mother’s womb, we were listening to her heart beat and breathing rhythms. As an infant, lullabies were soothing to little ears. Tastes and types of music changed through the years. Some varieties are: rock/pop; soft rock; easy listening; oldies; classical; and new age music.

Music is found in almost every setting. Most food stores and department stores have easy listening types. People bring their music (by way of earplugs) to hospital settings.

Music is soothing and takes one’s mind off illness and other unpleasant thoughts. Often times one’s moods are regulated with the help of music, and it brings comfort, relief, and enjoyment.

Some studies have shown that music can help people cope with physical pain. It was noted that people who listen to music before, during, or after surgery experience less pain and anxiety than those who did not listen to music. In general, music helps our bodies to relax physically and mentally. Furthermore, music reduces stress, helps us get better sleep, and improves our moods.

Music is passive entertainment. When your loved one is at rest in a hospital setting, television might be disruptive. Those earplugs with your favorite tunes are perfect for the visitor’s relaxation.

If you’re relaxed by way of your favorite music, it is catching to the patient. The patient experiences your mood, and it aids especially when help is needed.

WHAT IS YOUR FAVORITE TUNE?

Keep smiling. Stand strong. YOU ARE NEEDED!

In 2007, I had open heart surgery to repair an Ascending Aortic Aneurysm at Gagnon Cardiovascular Institute. Post surgery, a harpist played relaxing music at my bedside in the Intensive Care Unit. Once in my room, the music of Brazilian guitarist, Tomaz Lima, played nearly nonstop from a CD player. I believe the rhythmic strains played continually in my room, reduced my Post Traumatic Stress. My mind was at peace with the rhythm of the guitarist and the music became medicine. It was very soothing. “Music can quiet your anxiety and have powerful influence your recovery.”

Victor Fabry, President, Mended Hearts of Morris County
Why is Cardiac Rehab Important?

Cardiac Rehabilitation is a professionally supervised monitored exercise program for those who have had a cardiac event. The Cardiac Rehab Center, provides an individualized approach to your care in a safe environment to make the most effective and appropriate lifestyle changes. In addition to a monitored exercise, we offer nutrition education and recommendation, DM education, stress management classes and support groups.

Medical studies have shown that patients who complete Cardiac Rehab have better control of their stress, feel more energy, reduce risk of future heart events and improve overall health and well-being and live longer. Our multidisciplinary teams include: a Board Certified Medical Director, Registered Nurses, an Exercise Physiologist, a Registered Clinical Dietitian and other medical professionals.

Our Cardiac Rehab program has received national certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for superior cardiac rehab services. The center’s staff has extensive cardiac backgrounds; BLS & ACLS certified. I have 36 years of nursing experience in clinical and administrative expertise with 18 years at Morristown Medical Center’s, Outpatient Cardiac Rehab.

Phase II Cardiac Rehab program consists of three visits per week for twelve weeks and is covered by most insurance companies. Your cardiologist’s or primary care physician’s referral may be required. There are the two nearby Atlantic Health Cardiac Rehab sites:

Morristown Medical Center Outpatient Cardiac Rehabilitation
The Chambers Center for Well Being
435 South Street - Suite 160
Morristown, NJ 07960
Phone: 973-971-7230
Email: chamberscardiacrehab@atlantichealth.org

Overlook Medical Center Cardiac Rehab at New Providence
571 Central Avenue - Suite 118
New Providence, NJ 07974
Phone: 908-522-2945

Cardiac Rehab Maintenance Programs
Health Maintenance programs teach heart patients how to continue exercising to maintain cardiovascular health. There are two free nearby programs, directed by nationally certified trainers that consist of two sessions per week over twelve weeks. Contact for more details:
- Summit Area YMCA, 67 Maple Street, Summit, NJ, Contact Susan Guber, 908-273-3330
- Berkeley Heights YMCA, 550 Springfield Avenue, Berkeley Heights, NJ 908-464-8373
Mended Hearts of Morris County

Membership Application

Gagnon Cardiovascular Institute
Morristown Medical Center
100 Madison Avenue
Morristown, NJ 07960

(Mr., Mrs., Ms.) _______________________________________________________________

Address ____________________________________________________________________

____________________________________________________________________

City/State ____________________________________________ Zip Code ______________

Email ______________________________________________________________________

Mobile___________________________ Home Phone________________________________

Name of Family Member/ Care Giver Residing at same address________________________

Are You an Open Heart Surgery Survivor     Yes__________                         No ___________

Would you be interested in visiting patient’s in-hospital for 2 hours per week? _____________

If you’re interested in becoming a visiting member or have questions about the Mended Hearts
visiting program, please e-mail our visiting Chairman, Joe Nadler at jsnadler55@gmail.com

Do you have writing, fund raising or leadership experience that could benefit Mended Hearts?
___________________________________________________________________________

Would you like to support our Scholarship fund for Nursing students and School of CVT students?
Please select a Scholarship Fund donation level  ($200.00, $100.00, $50.00, $25.00, $10.00)

My Donation $_________

Membership dues:
Includes a subscription to Heartbeat Magazine and one insignia pin for an Individual Membership and
for a Family Membership, one additional pin for a family member residing in the same household.

PLEASE SELECT ONE:

Individual: $30.00     ($20 National, $10 Chapter)
Family: $45.00     ($30 National, $15 Chapter)
Life-Individual $225.00     ($150 National, $75 Chapter)
Life-Family $315.00     ($210 National, $105 Chapter)

Please mail this membership application with your check to:

Harvey Brooks, Treasurer
Mended Hearts of Morris County
25 Redwood Road
Springfield, NJ 07081
Post Cardiac Surgery Guidelines
By Joe Nadler, MHoMC Visiting Chairman

Please Post on your Refrigerator Door

1. Returning Home
   - No tub baths for at least six weeks
   - Walk carefully on level surfaces and if possible, avoid stairs
   - Take your medications exactly as your cardiologist prescribed
   - If you have had leg incisions, wash gently with antibacterial soap
   - Shower with warm water; letting water gently run over the incision
   - Keep a list of medications in your wallet, including dosages and times

2. First Two Weeks
   - Do not sleep on your slide; Sleep on your back using pillows for support
   - If you were prescribed elastic stockings, wear for two weeks after surgery
   - If you’re tired, take short naps as necessary or sit resting for 20 to 30 minutes
   - Continue using your spirometer (blue breathing device) every two to four hours
   - Walk as much as you can manage, gradually increasing your time and distance

3. First Six Weeks
   - Do not lift over 10 pounds for the first six weeks
   - Avoid any activities that might cause you to strain
   - No driving during your first six weeks after surgery
   - Ask your cardiologist for a prescription for Cardiac Rehab
   - Increase your walking distance as your endurance improves
   - Follow instructions to avoid the air bag, in case of an accident

4. Cardiac Rehab Program
   - The program is covered by Medicare and most insurance plans
   - Cardiac Rehab includes 36 one hour sessions, over three months
   - The program is supervised by RN’s including a Registered Dietitian
   - Includes tread mill, stationary bike, elliptical trainer, rowing machine

5. First Twelve Months
   - Schedule visits with your cardiologist on a regular basis
   - Continue your compliance with prescribed medications
   - Maintain a healthy diet; low in salt, fat and cholesterol
   - Keep exercising; both aerobic and strength training
   - Attend a support group to share your experiences

In Summary
   - Follow your Cardiologist’s recommendations on medications and exercise
   - Go to http://mendedhearts.org to learn about Mended Hearts of Morris County
   - To join Mended Hearts of Morris County, complete the application on Page 7

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