Next Meeting!
May 16th at 12:00 pm at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

Jennifer Carr works as a Rounding Nurse for the Structural Heart Program at Community Heart and Vascular for the last year. She also has been employed at Riverview Health for the last 15 years in Cardiopulmonary Rehabilitation. She has a Bachelor’s degree in nursing and a Master’s degree in Exercise Physiology from Ball State University.

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.

Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008

Editor: Linda Mason

MEETING TIMES:
Meetings are held at 395 Westfield Rd, Noblesville, IN, for April, May and June.

May 2nd – MH Board Meeting Cancelled
May 4th – Resource Fair – Hamilton County Fairgrounds – 12:00pm-4:00pm
May 16th – Mended Hearts Mtg – 12:00 pm – Chapter 350 10th Anniversary meeting in Krieg DeVault Room at Riverview Health, Entrance 11 – Jennifer Carr, BSN, MA, talking about TAVR and other new procedures
HOT LUNCH PROVIDED

June 6th – MH Board Meeting
June 20th – Mended Hearts Mtg – 12:00 pm – Elder Law - Classrooms A & B - LUNCH PROVIDED

July 11th – MH Board Meeting
July 18th – Mended Hearts Mtg – 12:00 pm – LUNCH PROVIDED

August 1st – MH Board Meeting
August 15th – Mended Hearts Mtg – 12:00 pm – Linda Mason, ARD – Recap of Annual Conference. ANNUAL INDOOR PICNIC MEAT 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 unless otherwise stated. April, May and June meetings will be held at Riverview Health in Room 1406 on the 1st floor. All members are welcome to attend.
**Marv’s Insights**

**Caring for Each Other**

As you are aware, we are planning more outreach into the Noblesville area by donating AEDs to non-profit organizations and by promoting heart scans. We feel that these are very worthwhile undertakings.

However, it is important to your Board of Directors that our Mended Hearts group does a good job of caring for each other. We are a support group and need to support each other.

With that in mind, I am proposing the following:

1) When you are hospitalized let someone on the board know—or ask someone to let us know. We want to visit and support you.
2) When you have a decision to make about new different medicine or a new procedure and could use someone to talk to, let the board or other members know so that we can share our experiences when dealing with your issue. Feel free to share at the monthly meeting also.
3) Does the group want to have a “prayer chain” to pray for members at times of special need? If so, please let the board know. If the prayer chain is wanted, we will be looking for someone to coordinate it.

Let’s work together and care for each other.

*Marv Norman, President*

*Hamilton County Mended Hearts Chapter 350*

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**Attitude of Gratitude is Rarer Among Young People** (pages 11)

Attitude of gratitude is rarer among young people, survey says. If you have been thinking that gratitude seems to be in short supply, especially among the young, you are not alone. A 2012 online national poll that found that more than half of its 2000 adult participants believed "people today are less likely" to show gratitude than a decade or two ago.

Writing in The Wall Street Journal, Jennifer Breheny Wallace contends that for the first time the complaint that children are "more entitled and ungrateful than in years past" might actually be true. Contemporary culture, fixated on selfies, is prone to rewarding bragging while leaving behind everyday expressions of gratitude.

According to Dr. Richard Weissbourd from Harvard’s Graduate School of Education, kids may be less grateful than in the past because of the self-esteem movement. Parents were advised to praise and cater to their children to encourage happiness. In many cases, however, the result was not happiness but entitlement. Since life is rarely perfectly praiseworthy and happy, kids tend to feel slighted if they don't get those things, not grateful if they do.

Researchers have found adolescents who have cultivated an attitude of gratitude show higher rates of happiness and school engagement while displaying fewer depressive symptoms and anxiety. Young people who are grateful have also been found to display fewer incidences of anti-social behavior and an ability to foster strong social bonds with both family and friends.

Gratitude is a way to recognize and appreciate the good things in one's life, experts say. Another way to raise grateful children, says parenting.com, is for parents to model grateful behavior. Parents may not realize that children are paying attention to small interactions with everyone from the grocery store clerk to the gas station attendant, writes Patty Onderko, but they are, and thanking people who are helpful is a cue children will one day follow.

*Nothing is as attractive as the possibility of hope. Nothing is as life changing as the motivation of hope. Nothing is more transformative than a heart filled with hope.*

Quote by Rick Rigsby
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 ongoing 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 – Marv Norman
mncnorman@comcast.net
(317) 403-8289
Secretary – Maureen Price
mprice2000@gmail.com
(317) 420-9319
Visiting Chairman – Marv Norman
mncnorman@comcast.net
(317) 403-8289
Treasurer – Stan Gurka
Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Internet Visitor – Stan Gurka
s.gurka@comcast.net
Phone Follow-up Visitor –
Maureen Price
Bertie Gilster
Hospital Liaison – Jessica Deering
jdeering@riverview.org
(317) 776-7236
Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(812) 963-6019

Vice President – Juan Rivera
jar554@yahoo.com
(317) 439-5043
Newsletter Editor – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300
Hospitality Committee – Charlene Perkey
Sunshine Committee – Charlene Perkey
charleneperkey@yahoo.com
(317) 896-2932
Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka
Warren Manchess

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

Volunteers needed for other committees. See any officer for information.
### Mended Hearts Chapter #350 Visits

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<th>FEB</th>
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*No visits due to flu restrictions in the hospital.

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

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**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

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*The Attitude is Gratitude.*

**THE POWER of GIVING BACK!**
May is Mental Health Month; MH & MLH are raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. The campaign is meant to educate and inform individuals about how eating healthy foods, stomach health, managing stress, exercising, and getting enough sleep can go a long way in improving one’s health. A healthy lifestyle can help prevent the onset or worsening of mental health conditions like depression and anxiety. It can also play a big role in helping people recover from illness.

We all know that stress can have a huge impact on all aspects of our health, so it’s important to take time to focus on stress-reducing activities like meditation or yoga.

We want everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day - both physically and mentally - you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.

For more information, visit http://www.mentalhealthamerica.net/may
Memorial Day Salutes Remain (pages 10)

The parades, which once reigned across America on Memorial Day, are slowly slipping away, except in those small towns that still remember and honor those who fought and died in war. But salutes to the honored dead of the present and past still exist.

Since the late 1950s, on the Thursday before Memorial Day, 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery, according to USMemorialDay.org. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing.

The Boy Scouts and Cub Scouts in St. Louis still place flags at the 150 graves at Jefferson Barracks National Cemetery. The Boy Scouts and Girl Scouts still place a candle at each of the 15,300 graves of soldiers buried at Fredericksburg and Spotsylvania National Military Park. The military remembers. Every Memorial Day, all ships and Naval stations worldwide fire a salute of 21 guns and display their ensign at half-mast.

Traditionally, on military bases, the flag of the United States is raised quickly to the top of the staff, then lowered solemnly to half-staff. It remains there until noon in remembrance of all those who gave their lives for their country. The POW-MIA flag is also flown at federal and military installations on Memorial Day and is half-staffed along with the national flag. PBS television stations annually present an award-winning Memorial Day concert. Less known are those few who labor anonymously in small, historical cemeteries, placing flags for the war dead on ancient stones. They, too, remember.

Visiting Protocol
Mended Hearts has a general protocol for visiting that includes who is visited and who can visit.

The acronym SUPPORTS spells out the steps for patient visiting.

S - sign in or check in
U - use discretion
Knock first and make sure you are not interrupting a private moment between patient and family, friends or staff.
P - ask permission to visit and approach
Introduce yourself and verify that you are visiting the right person. Remain standing. Wait to be invited to sit down. Never sit on the bed.
P - be positive and encouraging
Explain that you have been through a similar experience (within limits) and that you are here today to encourage them and see if they have any questions. It is important to convey that you are doing well.
O - open a conversation
Get the patient to talk. If they don’t respond right away by asking you questions, ask them a few open-ended questions to get them started. Examples are:

When did you find out you would need a heart procedure? OR What brought you into the hospital?
Let the patient or family know you have been in the same kind of situation and ask, "What questions do you have?"

**R - respond to questions**

Let the patient know they may contact you or your chapter at a later time if they think of anything. Be sure to respond with encouragement and a positive attitude.

**T - thank the patient, caregiver or parent**

Let them know how to reach the chapter, hand them a HeartGuide or other information like your chapter newsletter or chapter panel card with meeting information. Also, ask them if they would like to be contacted by Mended Hearts.

**S - sign out or check out**

**Medical advice**

Do not give medical advice. Be sure to tell the patients that you are not a medical professional before you share your experiences and recommend that they seek medical advice from their physician. Feel free to share your experiences, but try to present the most positive side and not dwell on the negative outcomes too much, unless there is a specific reference or request. It is not necessary to tell your entire heart history in detail. Answer their concerns. It is important not to discuss other heart events that you’ve had that the patient is not concerned with as this may cause them to be more anxious, thinking they may experience these other events themselves.

**Encouragement**

Remember encouragement is the word to keep in mind. Our goal is to help give them a brighter outlook. Not everyone will have a positive outcome, but if they have a brighter outlook, this may help tremendously in their recovery. Just inform them that every patient is different and what happens to one person may not happen to another. It is all right to let them know it may take some time for recovery but this depends on a person's overall health, type of procedure, etc. Everyone is special and recovery rate is different. Just let them know there is hope.

**Questions**

You may find it difficult to answer some questions patients may have. If that is the case, do not try to answer just tell them you can't and that you hope they can find the answer from some other source. You might refer to the HeartGuide as having a lot of information on heart disease.

**Empathy**

Have empathy for the feelings of the heart patient. They have a right to be scared about a heart procedure. It is better to say, "I know how you feel."

**Caution**

Be brief and don't over visit.

**Ending a message**

Don't say good luck to the person having a heart event. We hope the success is better than luck. It is better to look ahead and talk about the recovery periods and ask them to keep in touch with you. you may leave by saying, "you're in my thoughts," "keep in touch" or "I would like to hear how you are doing." (You are letting them know that you care).

This might also be a good time to ask if they would like a follow-up call and/or a newsletter. Another "sign off" is to invite them to a meeting when they resume their activities. Sharing with a patient how being a member of Mended Hearts helped you is perfectly okay to add in the final conversation.
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 “littlest heart patients of all” and their families. **Local discounts for members.**

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**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)**

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<th>Name (Mr/Mrs/Ms)</th>
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**Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)**

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**Optional info**: Date of birth ____________

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**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 *both national and 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.

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

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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
Noblesville, IN 46060
National Office, 8150 N. Central Expressway, M2248
Dallas, TX 75206

*Angioplasty* *Heart attack* *Diabetes*
*Atrial Septal Defect* *Pacemaker* *Valve-Surgery* *Valve Transcath* *CABG (Bypass)* *AFib arrhythmia* *ICD (Defibrillator)*

*Stent* *Other arrhythmia* *Other*

*Aneurysm* *Transplant* *Other arrhythmia* *Other*

*Procedure- specify:*

*Transplant* *Transcath* *Otherr arrhythmia* *Other*

*Donation to national $______ | Donation to chapter $______ To chapter # ______ Chapter Name: ______ City, ______ State ______*
MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

12:00pm – 2:00pm

May 16, 2018

Riverview Health – 395 Westfield Road
(Krieg DeVault Conference Room – Entrance 11)