Spring is busting out all over! The flowers are in lovely bloom, providing a colorful landscape for all the returning birds. All nature is aglow with signs of life, beauty, and renewal. Try to find a moment in your busy day to step outside for a nice stroll to see and smell spring. Remember, a good walk is medicine for the heart. The American Heart Association tells us that one heart-healthy practice to follow is to walk briskly three times a week, so why not take those walks where you can enjoy the beauty of the season. As you walk, listen to joyful music on your headphones or iPod. Music is a good “emotional” lift for your heart.

April is almost at an end, but Mended Hearts has been at work promoting what we do. Joe Shocket and I have been to two libraries in Henrico County, and I will go to the Powhatan Ruritan Club on April 19th. May is turning out to be a busy month also for Chapter 28 as we continue our goal of increasing our name recognition in local communities. Joe and I will conduct the last of a series of talks in the Henrico Public Libraries on May 3rd. Mended Hearts will be speaking to the VFW chapter in Mechanicsville on May 10. We will also be participating in a health fair at the Powhatan County Fairgrounds on May 19th. We have talked to contacts with the Richmond Lion Club, Bethlehem Baptist Church in Chesterfield County, and the Jewish Community Center in the city of Richmond. I’ll send you more information on the dates and times of these events if you would like to attend to support Mended Hearts.

I want to thank Estelle Grossman for providing refreshments at our last meeting and thank also Tommy Broughton and Ginny for heading our refreshment committee. They do a lovely job keeping us well fed. Please mark May 1 on your calendar as our next fellowship meeting date. Our nursing scholarship winner will be with us and say a few words. I know you would like to meet her. I look forward to seeing each of you. Until then, enjoy these coming spring months and say to yourself, “It’s great to be alive and to help others.”

Kind regards,

John
MEETING AND EVENT SCHEDULES

The speakers for May and June are the following:

May 1 Dr. Mark Levy from VCU Health. He will speak on Peripheral Artery Disease (PAD). Chippenham Hospital, Krause Auditorium, 7:00 pm.

June 5 Cathy Lauterbach is patient liaison at area hospitals and Lexington Court Rehab Center. (Henrico Doctors Hospital Williamsburg Room (near front entrance to hospital)

Chapter 28 meets the first Tuesday of each month at 7:00PM, alternating between Chippenham Hospital (Krause Auditorium, 2nd floor, (odd months), and Henrico Doctor’s Hospital at Forest Avenue & Skipwith Road in Williamsburg Conference Room at front entrance to hospital (even months) We look forward to seeing everyone at our meetings! Come out and enjoy our excellent speakers.

Mended Hearts Chapter 28 welcomes all heart patients, their families, and any individuals interested in our program. Please contact Joe Shocket for further information.
Email: featherstep1@msn.com Phone: 804-873-7889

MENDED HEARTS CHAPTER 28 MAY EVENTS

May 1 Mended Hearts monthly meeting at Chippenham Hospital, 7:00 pm, Krause Auditorium
May 3 M. H. at Highland Springs Public Library, 4:00 pm
May 10 M. H. at the Mechanicsville VFW, 7:15 pm
May 19 Powhatan Health Fair, Powhatan Fairgrounds, 1:00 pm to 5:00 pm

HOSPITALITY
by Tommy and Ginny Broughton

The Amin’s will provide the refreshments for the May meeting. Refreshments for the June meeting will be provided by Joe and Mae. If you are scheduled to bring refreshments and cannot make the meeting, please call Tommy Broughton to make other arrangements.
DONATIONS RECEIVED
By Joe Shocket

Kroger Supermarket Community Support program in the amount of $49.16.

SUNSHINE COMMITTEE
by Carolyn Payne

Caring for each other is what we are about. Please call Sunshine Chairman Carolyn Payne (804-739-1745) if you know anyone who is sick or has experienced a loss, so that we may let them know the thoughts of their Mended Hearts friends are with them. Hopefully everyone will stay well and healthy.

- Sympathy Card has been sent to the Dye family for their loss.
- We continue to wish Mary Shreve good wishes for good health.
- Card mailed to Tommy Broughton as he tore a ham string and is slowly recovering from that painful experience.

MENDED HEARTS PRAYER
by Herbert G. Maedl

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.

CONSULT YOUR DOCTOR

“Hearty Times” is written for the education and information of our members and others concerned with heart health. It is NOT intended as a substitute for the advice of your own physician. Contact your doctor or health professional about your symptoms and concerns.
HEARTY TIMES
MAY/JUNE 2018
www.mendedheartsrichmondva.org

PLEASE SIGN UP FOR
DONATIONS FROM KROGER’S
by Joe Shocket

The Kroger Family of stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger. They are also committed to carefully protecting our customers’ personal information. In order to meet their expectation of privacy, they have adopted a simple policy to never share a customer’s personal information. Our privacy policy applies to Community Rewards participation as well.

As your neighborhood food retailer, they deeply value their ability to support local organizations like ours. Please sign up on the Kroger web site and see how these donations can really benefit Chapter 28. Chapter 28 members and all other individuals, please consider linking your Kroger Plus Shoppers Card (membership number) to the Kroger Community Rewards program. Please visit the Kroger website and follow their prompts. If you need assistance, please contact Treasurer Joe. It helps Chapter 28 raise funds to support our programs of heart education and visiting heart patients and their families in area hospitals. Shocket 804-748-3681. Thank You.

CHAPTER OFFICERS 2018

John Hagadorn  President  379-7683
George Kirchmier  1st Vice President  739-1062
Ethel Nelmes  2nd Vice President  748-3742
Tommy Broughton  Secretary  598-4893
Joe Shocket  Treasurer  748-3681
Joe Shocket  Visiting Chair  748-3681
Joe Shocket  AHA Liaison  748-3681
Estelle Grossman  Scholarship Chair  741-0285
Joe Shocket  Publicity  748-3681
Sharon Feldman  Publicity  585-261-7196
Joe Shocket  Statistician  748-3681
Carolyn Payne  Sunshine Chair  739-1745
Ethel Nelmes  Newsletter Editor  748-3742
Tommy Broughton  Hospitality Chair  598-4893
Joe Shocket  Ways and Means  748-3681
Jodi Lemacks  Mended Little Hearts  419-7028
Michelle McLees  AHA Consultant  965-6589
The Mended Hearts, Inc.  888-432-7899

All “804” area code unless otherwise stated
VISITING STATS FOR HOSPITALS
by Joe Shocket

<table>
<thead>
<tr>
<th>Year 2018</th>
<th>Patient Visits</th>
<th>Patient/Family Visits</th>
<th>Family Visits only</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>JAN</td>
<td>142</td>
<td>171</td>
<td>17</td>
<td>188</td>
</tr>
<tr>
<td>FEB</td>
<td>118</td>
<td>129</td>
<td>22</td>
<td>151</td>
</tr>
<tr>
<td>MAR</td>
<td>186</td>
<td>211</td>
<td>34</td>
<td>245</td>
</tr>
<tr>
<td>APR</td>
<td>132</td>
<td>133</td>
<td>9</td>
<td>142</td>
</tr>
<tr>
<td>TOTAL</td>
<td>578</td>
<td>644</td>
<td>82</td>
<td>726</td>
</tr>
</tbody>
</table>

MAY HEART ANNIVERSARIES

Gary Lofland May 1989 (29 years)
Jon Ninnemann May 15, 2001 (17 years)

JUNE HEART ANNIVERSARIES

Fika Habibi June 1992 (26 years)
Mary Maxwell June 2009 (9 years)

NEW MEMBERS

Welcome our newest members to Mended Hearts, Mr. John Ninnemann and his wife Jan of Midlothian and Mr. Tony Coward from Chesterfield, VA

SCHOLARSHIP NEWS
by Estelle Grossman

Rebekah Billings has been chosen to receive the Mended Hearts Scholarship for Nursing Students. She is currently working in the Surgical Intensive Care Unit at Mary Washington Hospital in Fredericksburg where she lives. She is also a mother of two little boys. She will be finishing Nursing School in October and plans to continue working in the Surgical Intensive Care Unit where she currently works. The unit she works in deals with open heart surgery patients as well as many other surgical patients. They have also started the less invasive TAVR procedure for valve replacements. Her ultimate plan is to continue her education and receive her Acute Care Nurse Practitioner License. We will meet Rebekah at our May meeting.
MARK SHEETS FROM COMFORT KEEPERS SPOKE AT OUR APRIL MEETING
by Ethel Nelmes

Mark Sheets, owner of Comfort Keepers in Richmond (home of the ON TIME CAREGIVER tracking system and interactive care) spoke to us about how he started Comfort Keepers. He explained about the Automated Medicine Dispenser which will dispense meds in correct doses and on time every time. This could be a lifesaver for individuals living alone or responsible for taking their meds correctly. Comfort Keepers are known to form bonds with the patients, the RN meets family and makes recommendations, and then tailors plan for each individual. This service is covered by Long Term Medical Insurance, cost based on individual care and they also accept cash.

They are licensed by state, highly trained, fully insured, bonded and experienced. The company does background checks regularly in every state the caregiver has lived. They can provide in home companionship, meal prep, light housekeeping, errands, grocery shopping, transportation, laundry, clothes shopping, meds reminders, incontinence care, and bathing. They also can provide a no-cost home assessment with an RN to ensure the right solution plan for the patient and family. Web site:
www.comfortkeepers.com

AMERICAN HEART ASSOCIATION
HEART WALK

Save the Date!!

Saturday, October 6, 2018
Innsbrook Pavilion
https://www.2.heart.org/goto/mendedhearts
rva

Register Online
www.richmondvaheartwalk.org

Contact the AHA for more information:
richmondheartwalk@heart.org
804-965-6535
Tommy Broughton walked/jogged the Monument Ave 10k on April 14th. He said, “Boy was it hot”! He finished in 1:27 which was slower than 2 years ago but didn’t have the heat that year. He finished 54th in the men’s 70-74 age group. He was happy with that finish but said he was starting to feel it now. Way to go Tommy!

Shushila Amin also participated in the Monument Ave 10K and in her age category came in 118th in 1:43:59. Her average pace was 16.44 min per mile. You go GIRL!

CATARACT SURGERY

Cataract Surgery Article from Bottom Line Health

CATARACT SURGERY MIGHT PROLONG YOU LIFE

No one wants to have surgery—any surgery. But once you have had cataract surgery, you’ll probably wonder why you waited so long.

Recent developments: Cataract surgery now takes about 20 minutes for most people. You’ll go home soon after the procedure...serious, vision-threatening complications, such as infection, are extremely rare...and it’s successful in about 99% of cases, making it one of the most effective of all surgeries. The benefits are undeniable. Within days, you’ll see better—with sharper vision, better nighttime eyesight and fewer bright-light “halos.” But that’s not all.

The procedure, which usually is done on one eye at a time, is performed while you’re awake and while your eye is numbed with eye-drop anesthesia, so it’s not even painful. Most health insurance plans pick up the tab.
The following flyer was issued in February (Heart Month) from Chippenham Hospital Volunteer Newsletter. We are so proud of all our visitors at Chip and elsewhere. Chippenham visitors are Tommy Broughton, George Kirchmier, Tom Payne, Joe Shocket, Rashmi Amin and David Schneider.

**Spread the Love... and the Word on Keeping a Healthy Heart!**

This month is Heart Health Month. Heart disease is one of the leading causes of death in America **BUT** there are so many ways to help prevent heart disease to keep the heart healthy and happy!

Check out this list on some of the keys ways to manage your heart health and keep a healthy lifestyle:

- **Live Smoke Free**
- **Stay Active** (Get 150 minutes of moderate exercise every week – like brisk walking)
- **Manage your Blood Sugar, Cholesterol, and Blood Pressure**
- **Participate in Regular Health Screenings**
- **Maintain a Healthy Weight**
- **Eat a Healthy Diet** (Add more vegetables, fruits, and whole grains. Limit added sugars, sodium, and saturated fats)
- **Get Quality Sleep and Ease Stress**

In light of Heart Health...

**Shout out!** to all of our all our **Mended Hearts Volunteers** who come in every week to support Chippenham heart patients and families!

American Heart Association & CDC

Tommy
George
Tom
Joe
Rashmi

and David Schneider!!
We include a copy of our membership application in the newsletter for your convenience. Detach and send it now or put it on your refrigerator to attend to when you are feeling stronger. Visitors are always welcome at our meetings. We meet the first Tuesday of each month at 7:00 PM. Our meeting place for January is Chippenham Hospital, otherwise in even numbered months we meet at Henrico Doctors Hospital Forest, and odd numbered months at Chippenham Hospital on Janke Road. Please check the website for information on location and programs.

Name_______________________________________________ Birthday __/_______
Address___________________________________________ Apt. #_____ Home Phone (__________)
City_________________________ State _____ Zip _______ Work Phone (__________)
Type of Surgery/Treatment_________________________ Date of Surgery/Treatment __/__/___
Occupation_________________________________________ E-mail_____________________
Name of Spouse_____________________________ Birthday __/___ Anniversary ___/___/___
Visitor Training______ Preferred Hospital(s) __________________________________________

We need volunteers to make a difference in heart patients’ lives.
**I am interested in:**  
_____ Visiting patients  
_____ Committee work  
_____ Telephoning  
_____ Special events  
_____ Driving members to meetings  
_____ I will need a ride to meetings

Membership is open to people who have had heart surgery or heart disease, their families, and friends. Membership is for one year from the date of enrollment and includes chapter newsletters, and the quarterly magazine *Heartbeat*. *(To be a member of a chapter you must be a member of the national organization.)*

Please select one of the following:

_________ Individual Dues $27.00
_________ Family Dues $44.00

(A family consists of two or more members in the same family sharing the same address.)

National lifetime memberships are available. Please contact the treasurer.

_____ **please send me the newsletter** for one year, even though I do not choose to join at this time. I enclose a $5.00 donation to help defray the cost.

_____ **I enclose a donation** to support the work of The Mended Hearts, Inc.

Mail it with this application to our treasurer:

**Joe Shocket 2812 Wilton Court, Chester, VA 23831**
The Mended Hearts Virginia Chapter 28
John Hagadorn
11937 Briar Patch Drive
Midlothian, VA 23113

The Mended Hearts, Inc.
Central Virginia Chapter #28
THE MENDED HEARTS, INC.

The objectives of the Mended Hearts are to offer help, support and encouragement to heart disease patients and their families. Members achieve the objectives by:

- Visiting, with physician approval, and offering encouragement and support to heart disease patients and their families.
- Distributing information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.
- Establishing a program of assistance to surgeons, physicians and hospitals in their work with heart patients.
- Cooperating with other organizations which engage in educational and research activities pertaining to heart illnesses.
- Assisting established rehabilitation programs for Mended Heart and their families.
- Planning and conducting a suitable program of social and educational events.