Next Meeting!
August 15th at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

BRING YOUR FAVORITE PICNIC FOOD TO SHARE AND JOIN US FOR OUR ANNUAL (INDOOR) PICNIC! Meat and drinks provided.

LINDA MASON, ARD, WILL PRESENT A RECAP OF THE NATIONAL CONFERENCE!

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:
Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 13.

August 9th – MH Board Meeting
August 15th – Mended Hearts Mtg – 11:30 am – Linda Mason, ARD – Recap of Annual Conference. ANNUAL INDOOR PICNIC MEAT PROVIDED

September 5th – MH Board Meeting
September 19th – Mended Hearts Mtg – 11:30 am – LUNCH PROVIDED

October 3rd – MH Board Meeting
October 17th – Mended Hearts Mtg – 11:30 am – LUNCH PROVIDED

November 7th – MH Board Meeting
November 14th – Mended Hearts Mtg – 11:30 am – LUNCH PROVIDED

December 5th – NO MH Board Meeting
December 12th – Mended Hearts Mtg – 11:30 am – HOLIDAY PARTY LUNCH PROVIDED

NOTE: Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health in Classrooms A & B, Entrance 13. All members are welcome to attend.
MENDED LITTLE HEARTS

While I was in San Antonio for the Mended Indiana Mended Little Hearts, I met Ronda Adamo. She lives in Ft Wayne. I learned there are families living in Kokomo and Indianapolis who belong to Mended Little Hearts. They visit with families of children who were born with congenital heart defects at Riley Children’s Hospital and Peyton Manning Children’s Hospital.

I purchased two of the stuffed lions (Stitch) and gave them to Ronda for their Bravery Bags. Shirley Kell, ARD for the Central Region, also purchased two more lions.

Mended Little Hearts are in need of other items for the Bravery Bags. Bravery Bags are given to the heart patient and the family when they are visited in the hospital.

I am asking for donations for Mended Little Hearts. If you could look around your house and have extra travel toiletries, please bring them in this month or next, I will make sure Mended Little Hearts receives them. Here is a list of items they could use:

Travel size – shampoo, conditioner, soap, lotion, toothpaste, toothbrushes, Kleenex, chapstick, face cleaning cloths, etc.

Coloring books, crayons, small toys (for siblings), puzzle books (for adults and children), etc.

I appreciate anything you can do. Thanks.

Linda Mason
Central Region ARD

"Volunteering 2 hours a week can boost your well-being. Research shows this helps combat loneliness which has been linked to dementia."

HOW MUCH DO YOU KNOW ABOUT HEART DISEASE?

1. To stay heart healthy, you should get 30 minutes of moderate intensive exercise at least 5 times a week.
2. In the United States, 1 in every 4 is caused by heart disease.
3. Fiber can lower your cholesterol.
4. The term myocardial infarction is also known as heart attack.
5. Heart disease kills more women than men.
6. Sudden cardiac arrest means that the heart stops beating.
7. Jaw or back pain could be a sign of a heart attack.
8. 1 in 4 Americans have some sort of heart disease.
9. Low dose aspirin can help avoid a second heart attack.
10. Heart disease kills more women than breast cancer.
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
mmcnorman@comcast.net
(317) 403-8289
Secretory – Maureen Price
mprce2000@gmail.com
(317) 420-9319
Visiting Chairman – Marv Norman
mmcnorman@comcast.net
(317) 403-8289
Treasurer – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Internet Visitor – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Phone Follow-up Visitor –
Maureen Price
Bertie Gilster
Hospital Liaison –

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
Hospitality Committee – Becky Upp
bsupp@att.com
(317) 774-0559
Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka
Warren Manchess

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(937) 935-1747
Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300
National President – Donnette Smith
Executive Vice President – Millie Henn
Treasurer –
Director of Patient Advocacy – Andrea Baer
Volunteers needed for other committees. See any officer for information.
# Mended Hearts Chapter #350 Visits

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<tr>
<th>Year</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>
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<tr>
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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!!!!!!!**

**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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*Image of a pair of hands holding each other.*

**The Attitude is Gratitude. THE POWER of GIVING BACK!**

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5 Things Older Adults Need to Know About Thyroid Disorders
By Barbara Brody | July 10, 2018

Your thyroid, a butterfly-shaped gland in your neck, is small but powerful.
When everything is working properly, it secretes hormones that control your metabolism and, in turn, impact everything from your body temperature and weight to your cholesterol levels and heart rate. But when things aren’t working properly—say, if you have hypothyroidism, or an underactive thyroid—many of your body’s functions can be affected.
The catch: Thyroid conditions aren’t always easy to detect, especially after age 60. Here’s what you should know about these disorders and how to protect yourself.

1. **They’re More Common Than You Think**
About five out of 100 people age 12 and up have hypothyroidism, but as you age, the risk increases. By the time you’re in your 60s, the chances of having it are about 6 to 10 percent, says Aaron Vinik, M.D., Ph.D., a board member of the American Association of Clinical Endocrinologists. Once you’re in your 70s or 80s, the risk is likely higher. Up to one in four people in nursing homes are believed to have undiagnosed hypothyroidism, according to the American Thyroid Association. The opposite problem—hyperthyroidism, or an overactive thyroid—happens less frequently, but it’s still worth knowing about. Up to 3 percent of older adults have hyperthyroidism, Dr. Vinik says.

2. **The Warning Signs Can Be Sneaky**
When younger people develop thyroid problems, the symptoms tend to be straightforward. Although older adults with hypothyroidism may also become constipated, feel cold and sluggish, and have dry skin, those symptoms “are all features you’d typically find in older people in general,” Dr. Vinik says.

How do you sort it out? Even doctors have trouble, but Dr. Vinik says that if a patient’s voice has become a bit creaky, they’ve developed unusually thick or stout ankles, or they’re newly depressed, then it’s possible that hypothyroidism is to blame. He also checks a patient’s ankle jerk reflex; people with hypothyroidism tend to react more slowly to the Achilles tendon being tapped.

An overactive thyroid is also harder to spot in older adults. While hyperthyroidism normally causes sweating and heart palpitations, many older people take blood pressure and heart medications that mask those symptoms. If a patient has atrial fibrillation (an abnormal heartbeat) or is losing weight for no clear reason, Dr. Vinik says he might order tests to check their thyroid function.

3. **Your Blood Tests Might Be Inaccurate**
Both hypothyroidism and hyperthyroidism are usually diagnosed with blood tests that check your levels of different hormones. But these tests aren’t always accurate in older adults, Dr. Vinik says. What’s more, some people have so-called subclinical thyroid disorders, meaning that their thyroid-stimulating hormone (TSH) levels are high but their level of another hormone, called free T4, is normal. But these patients may still need to be treated.

The takeaway: These tests can give clues about your hormone levels, but they’re not the final word.

4. **Treatment Involves a Bit of Trial and Error**
If your doctor suspects that you need treatment for hypothyroidism, you’ll likely be given medication that contains synthetic thyroid hormone. For the reasons noted above, your doctor may decide to start you on this even if your tests are partially normal. Dr. Vinik says that’s a reasonable option, provided you start on a low dose to see how you respond.

Hyperthyroidism is usually treated with medication or radioactive iodine, but sometimes surgery is necessary.

5. **When in Doubt, See an Expert**
Your primary care physician might be well-versed in thyroid disorders, but that’s not always the case. If you suspect you might have an underactive or overactive thyroid, consider making an appointment with an endocrinologist and ideally one who has experience working with older adults. Check with your health plan to find an endocrinologist.
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.

**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)**

<table>
<thead>
<tr>
<th>Name (Mr/Mrs/Ms)</th>
<th>Chapter</th>
<th>Member-At-Large</th>
<th>Date</th>
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| Address (line 1) | Phone (__________) | Phone (__________) | Phone (__________) | Phone (__________) |

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

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<th>(Mr/Mrs/Ms)</th>
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<tr>
<th>May Mended Hearts staff or volunteers contact you regarding local chapter opportunities?</th>
<th>Yes</th>
<th>No</th>
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**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

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<tr>
<th>Name of Heart Patient</th>
<th>Name of Caregiver</th>
<th>Date of Surgery/Procedure</th>
<th>Name of Caregiver</th>
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<th>☐ Heart attack</th>
<th>☐ Diabetes</th>
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<td>☐ Atrial Septal Defect</td>
<td>☐ Pacemaker</td>
<td>☐ Valve-Surgery</td>
</tr>
<tr>
<td>☐ Aneurysm</td>
<td>☐ Transplant</td>
<td>☐ Valve Transcath</td>
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<tr>
<td>☐ CABG (Bypass)</td>
<td>☐ AFib arrhythmia</td>
<td>☐ ICD (Defibrillator)</td>
</tr>
<tr>
<td>☐ Stent</td>
<td>☐ Other arrhythmia</td>
<td>☐ Other</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 |

| ☐ Yes | ☐ No |

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</thead>
<tbody>
<tr>
<td>Gender:</td>
<td>☐ Male; ☐ Female</td>
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</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>In United States national member-at-large dues</th>
<th>Chapter dues (please customize)</th>
</tr>
</thead>
</table>

| Individual | $20.00 | Individual | $10.00 | ☐ |
| Family | $30.00 | Family | $15.00 | ☐ |
| Life – Individual Dues | $150.00 | Life – Individual Dues (if applicable) | $90.00 | ☐ |
| Life – Family Dues | $210.00 | Life – Family Dues (if applicable) | $135.00 | ☐ |

<table>
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<tr>
<th>Dues Summary:</th>
<th>I am joining as a non-heart patient: ☐ Physician</th>
<th>☐ RN</th>
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| ☐ Health Admin | ☐ Other Interested Party | ☐ Other |

| ☐ 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
  c/o Riverview Health, 395 Westfield Rd
  Noblesville, IN 46060
- The Mended Hearts, Inc.
  National Office, 8150 N. Central Expressway, M2248
  Dallas, TX 75206

**Please print or type**

- Name (Mr/Mrs/Ms)
- Address (line 1)
- City/State/Zip
- Email address
- Family member (must reside at same address; please name):
- Date of Surgery/Procedure
- Type of Surgery/Procedure
- Race:
  - Caucasian
  - Black
  - Asian
  - Am. Indian
  - Other
- Gender:
  - Male
  - Female

**Optional Info:**

- Date of birth
- Please check below:
- Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)

- Name of Heart Patient
- Name of Caregiver
- Date of Surgery/Procedure
- Type of Surgery/Procedure
- Race:
  - Caucasian
  - Black
  - Asian
  - Am. Indian
  - Other
- Gender:
  - Male
  - Female

**Add my email to monthly national email updates?**

- ☐ Yes
- ☐ No

**Add my email to monthly national email updates?**

- ☐ Yes
- ☐ No

**Family member signature**

**Optional info:** Date of birth

- Please check below:
- Race:
  - Caucasian
  - Black
  - Asian
  - Am. Indian
  - Other
- Gender:
  - Male
  - Female
MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

11:30am – 2:00pm

August 15, 2018
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 13)