August 30th Meeting:

DATE: August 30, 2018
TIME: 6:00 PM
SPEAKER: Lindsay Lang, NP She is with the Deaconess Sleep Center
TOPIC: Sleep Apnea and how it can effect your heart and health!
PLACE: Deaconess Gateway in the Conference Center
       Conference Room A
ADDRESS: 4007 Gateway Blvd, Newburgh just off Epworth Road and
         the Lloyd Expressway

If you need further information you can reach me at home at 812-963-6019.
You can also send me an email tsthumper1@aol.com. If you call me and get
my answering machine, leave a message. I will call you back.

Let’s hope the weather cooperates this month. Seems that there has been a lot
of rain this summer. Sure hope to see you at our meeting. It’s going to be worth
your while to attend with such a great topic.

Our meetings are free and open to anyone. No reservation needed.

***** Reminder. You will no longer receive our Newsletter by mail. The
only way you’ll get this information is as a PDF file through email. Your
email address will only be used to send out Mended Heart related news.
You can ask to be taken off the list at any time. *****
From the President/Editor

I read this article in the Maturity Journal and wanted to share. I honestly remember this being made into a movie when I was in High School. Of course that was back in the early 70’s. Oh my goodness how times have changed.

Housekeeping Monthly 13 May 1955

An Actual 1955 Good Housekeeping article.

The good wife's guide:

♦ Have dinner ready. Plan ahead, even the night before, to have a delicious meal ready, on time for his return. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospect of a good meal (especially his favorite dish) is part of the warm welcome needed.
♦ Prepare yourself. Take 15 minutes to rest so you'll be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work weary people.
♦ Be a little gay and a little more interesting for him. His boring day may need a lift and one of your duties is to provide it.
♦ Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives.
♦ Gather up schoolbooks, toys, paper, etc. and then tables.
♦ Over the cooler months of the year you should prepare and light a fire for him to unwind by. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too. After all, catering for his comfort will provide you with immense personal satisfaction.
♦ Prepare the children. Take a few minutes to wash the children's hands and faces (if they are small), comb their hair and, if necessary, change their clothes. They are little treasures and he would like to see them playing the part. Minimize all noise. At the time of his arrival, eliminate all noise of the washer, dryer or vacuum. Try to encourage the children to be quiet.
♦ Be happy to see him.
♦ Greet him with a warm smile and show sincerity in your desire to please him.
♦ Listen to him You may have a dozen important things to tell him, but the moment of his arrival is not the time. Let him talk first—remember, his topics of conversation are more important than yours.
♦ Make the evening his. Never complain if he comes home late or goes out to dinner, or other places of entertainment without you. Instead, try to understand his world of strain and pressure and his very real need to be at home and relax.
♦ Your goal: Try to make sure your home is a place of peace, order and tranquility where your husband can renew himself in body and spirit.
♦ Don't greet him with complaints and problems.
♦ Don't complain if he's late home for dinner or even if he stay out all night. Count this as minor compared to what he might have gone through that day.
♦ Make him comfortable. Have him lean back in a comfortable chair or have him lie down in the bedroom. Have a cool or warm drink ready for him.
♦ Arrange his pillow and offer to take off his shoes. Speak in a low, soothing and pleasant voice.
♦ Don't ask him questions about his actions or question his judgment or integrity. Remember, he is the master of the house and as such will always exercise his will with fairness and truthfulness. You have no right to question him.
♦ A good wife always knows her place.
**Recovery from your Heart Surgery:**

After surgery it is not uncommon to have questions about what you are feeling as your body heals. As Mended Hearts, we can assure you that many of your feelings are not unusual. We can share some of our experiences with you, but if you need medical advice, be sure to contact your physician.

**Incision.** Many of the concerns people voice are the feelings they experience around the incision (or wound). The incision may be sensitive to light touch such as T-shirts or blouses. Women may feel uncomfortable in the area where their bra is in contact with the wound. It may help to wear a thin dressing, lightly, over the wound to reduce friction from clothing.

**Itching.** Your wound may feel itchy. Itching all over your body may be due to dry skin from the soap you used in the hospital or to the medications you are on. You can try using a lotion for dry skin. Do not apply lotions, ointments or salves to your incision while it is healing. If your itching does not go away, call your doctor.

**Sensations.** Many people notice new sensations in their chest, arms and legs, depending on where the grafts were, or were removed. These include occasional sharp shooting pains, numbness, tingling or a burning sensation. These are often due to the healing process. They will usually go away with time.

**Aches And Pains.** Aches and pains may occur in the neck, shoulders, chest and back. This is common and occurs due to the position you were placed in surgery and perhaps the position you are in while you sleep. Try a heating pad placed on the area of discomfort (not too hot!). Use pillows to support your back and neck. If you sleep on your side, you may try hugging a pillow. Your doctor may be able to suggest some medications to help with your discomfort.

**Heartbeat.** You will probably be more aware of your heartbeat. It may feel as though your heart is pounding, especially at night when you are lying quietly or on your side. It is also normal for your heart to beat faster. This may make you feel nervous or scared – but it is normal. If your heart rate becomes very fast or your heartbeat is irregular, call your doctor. This is very common after open heart surgery and may need to be controlled by medications.

**Swelling.** If you have veins removed from your legs for bypass surgery, you may notice swelling in the leg(s). If radial arteries were removed from your arms you may experience swelling in your hand(s). Some helpful tips to lessening swelling include: Do not cross your legs, walk every day, do not stand in one place for long periods of time, and try elevating your feet when resting. Using your hands and arms freely will help reduce swelling in your hands.

**Hot And Cold.** You may perspire more, especially while resting or sleeping. Many people also say they feel hot and cold differently than they used to. This will go away with time.

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**Other Perceived Physical Changes.** There are some feelings that may be more difficult to describe, but concern you. For example some people say they cannot see as well as before surgery – feeling unable to focus. This should not be severe. Usually, your vision will return to normal within six weeks. It is probably not a good idea to make changes in your prescription glasses until after your recovery time. Other types of vision problems should be reported to your doctor.

**Concentration.** You may have trouble concentrating for long periods of time. Some people are not able to read lengthy books as they feel distracted, or their mind may wander. Others notice their handwriting is different or their fine motor movements are more difficult. These feelings will also improve with time. Don’t set yourself up for frustration by getting back to tasks, which require close attention (such as your job) before you are ready.

**Moods.** It is common for people to feel happy some times, then sad other times – even teary. These feelings may be due to feeling very tired or not knowing what to expect. They should go away over a few weeks as you get back to your normal routine. It may be helpful to talk to someone about your feelings.

**Depression.** Heart patients may be more likely to experience depression than the general population. Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Severity of symptoms varies with individuals and varies over time. When in doubt, ask your physician.

**Symptoms:**

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, helplessness or even worthlessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.
How To Be A Better Member:

Has the realization set in yet that you’ve had heart surgery? For some of us it takes a bit of wrapping our heads around. And it can even take more time for our family members. If you look at your heart surgery as a sort of rebirth, a second chance, per say, that may help you to look forward to your future. Since there is nothing you can do that can change what happened, rewriting our personal history is out of the question. But, who says we can’t have a hand in writing a new future?

How can we determine who we are and why we are here? How can you improve your legacy doing little things by sharing your story? Okay... Take a deep breath. Stay in the moment. And think about what you can do to help someone, anyone, and you've metaphorically built a school, educated a potential leader, fed the multitudes, saved a life. What’s so amazing about this is the fact that it all comes back to you. It’s the beauty of small things having big impacts.

This organization’s motto is to feel great about being alive and helping others. What are you doing to support that objective and how can you increase your participation? A few are holding down the fort, and surely need your assistance.

For example: Your heart-event and recovery story can greatly help those who are beginning to experience their own events and possible outcomes. As a Certified Visitor you can provide a wondrous amount of encouragement to patients and to their families. It only takes a little of your time to provide an enormous amount of HOPE that will have a huge impact on the personal journey of others. Through this you will diminish fears and will in turn will improve your own legacy by helping others.

I read this the other day and want to share. I did change the name and the presentation a bit.

“The New You Inspiration For Your New Life Journey.”

1-Give a little dream room to grow.
2-You make someone’s day special!
3-Let yourself get passionate about something!
4-Feel good about being a person who cares.
5-Reward yourself for all your hard work. You deserve it!
6-Make someone feel important. Ask their opinion.
7-Spread some understanding and compassion.

Few rewards can match your satisfaction when your fellow heart patients thank you for a job well done. Why not consider talking to me about becoming a Visitor. I guarantee, you’ll be amazed at the way you’ll feel about yourself and your future.

Visiting Chairman,
Tom Southwell
812-476-5923
t.southwel@gmail.com

Under The Weather Friends: We have a few members that we would like to send get well wishes to. Wanted to give a shout out to Tom Southwell, Bob Vollmer, and Sue Karges. My hope is that everyone is doing a better. For those that I’ve missed, Get Well Soon!

Stop and take a couple of hours to spend time with friends. Come to our support group meeting. You’ll be greeted with warm smiles, and maybe even a few hugs. And who doesn’t need a hug?? For those members that we haven’t seen for a while, please plan on joining us. It would be great to see you… We’ve all missed you.
August Birthdays
Sue Karges
Joan Fardig
Rhonda Leek
Deborah Taylor
Jane Magnus
Dan Effinger
David Titzer

August Mendiversaries
Jana Stewart ‘62
Jerry Tenbarger ‘07
Irving LeVine ‘08
Tom Smith ‘09
Lewis Clark ‘11

New Member: Hello everyone, I’d like to welcome our newest member. Please give a hearty welcome to Curtis Conley. Curtis is from Dale, Indiana. His heart surgery was in July of this year. We sure hope to see him at a meeting real soon.

Donations from our Friends: Wow, it’s a wonderful thing when folks think enough of our chapter to donate funds to support of Huggy Pillows. I sent out a request for donations a few months back to our members. We want to thank Jack and Pat O’Leary, Jane Magnus, Jana Stewart, and June (Carolyn) Vangampler for their generous donations.

A letter was also sent to the Westside Nut Club asking them to support our Huggy Pillows. We want to thank them for their generosity for the second time this year.

All total our donations amounted to $650.

This amount does help with our pillow program. As we know, the price of things goes up. We did get a new price hike this year for our pillows. If you’re reading this and can find it in your heart to support our Pillow Program, all donations would be greatly appreciated.

Larry Preske
3103 E. Mulberry Street
Evansville, IN 47714
812-473-2401

This came as an email to me from Tom Southwell and I thought it would be fun to share.

Ray and Bob, two government maintenance guys, were standing at the base of a flagpole looking up. A woman walked by and asked what they were doing. ‘We’re supposed to find the height of the flagpole,” said Bob, “But we don’t have a ladder.”

The woman said, “Hand me that wrench out of your toolbox.” She loosened a few bolts and then laid the pole down.

She then took a tape measure from their toolbox, took a measurement and announced, “Eighteen feet, six inches” and walked away.

Ray shook his head and laughed, “Well, ain’t that just like a ‘Miss-know-it-all woman” he said, “We need the height and she gives us the length!”

Ray and Bob are still working for the government but are now…congressmen.

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Mended Little Hearts of Evansville
Julie Stucki
Researchers say depression is not a life sentence

Once depressed, always depressed?
Two researchers say, while that might be the message of the mental health discipline, it isn't really true.

Jonathan Rottenberg, Professor of Psychology, University of South Florida, and Todd Kashdan Professor of Psychology, George Mason University, reviewed outcome studies of people who were once depressed. They found that 40 to 60 percent never again had depression.

The researchers have proposed that professionals adopt a more precise definition of well-being so that they understand how and when people recover from depression.

This information can help professionals guide patients out of what might be a temporary depression. It could also give patients hope, the researchers say.

The research will appear in the Perspectives on Psychological Science, according to The Conversation.

Recipe for Healthy State Fair Eating

Fall is right around the corner! Fall is the time for state fairs all across the USA, but there’s a not-so-hidden heart-health danger lurking amongst the booth games and rides. Most fair foods are dense with empty or fat calories—or both! Is there any recourse for fair-goers who don’t want to indulge in deep-fried diet disasters?

Of course! But you may need to hunt for them, and you’ll want to come prepared to deny the pull of those high-fat treats. Tip: Have a high-fiber, low-calorie snack with lots of “chew” before heading off to the fair. Pocket some baby carrots in a plastic bag for crunching once you hit the fairgrounds.

Here are a few suggestions for healthier fare at the fair:

- **Baked potato**: As long as you don’t overload with toppings, a simple baked potato can be a filling snack. They provide calcium and manganese, as well as vitamin B5 and B6. Top your potato with salsa or steamed broccoli, and forego the cheese, bacon, and taco meat sauces for the healthiest option. *Tip: Sit down to eat your potato; focus on flavor so you are not distracted from the satisfaction of eating.*

- **Roasted Ear of Corn**: Salted, peppered, perhaps topped with pepper flakes, corn supplies a satisfying sweet crunch, and it can be eaten while walking around the fair. A single ear may provide as much as 10% of your daily fiber. Leave off the butter, or go light to make the seasonings stick better. *Tip: Bring a pocketful of dental-floss sticks to cope with those annoying shreds in your teeth.*

- **Get into a Pickle**: Pickles are loaded with sodium, true, but they also give us fiber, vitamins A and K, calcium, iron, and potassium. *Tip: Stash some wet-wipes in your pocket with the floss sticks, to cope with the inevitable pickle-juice overflow.*

- **Cool Off with Sweet Fruit**: Seek out the fresh fruits that are often available. Watermelon is a perennial fair-food favorite, with vitamin A, vitamin C and potassium. Local options vary from state to state, but watch for apples, cantaloupe and peaches. *Tip: Watermelon with seeds may prompt your kids to spitting games. You can direct their efforts to a trash bin or other appropriate container with a scored game before it occurs to them to target people.*

- **Popcorn**: Leave off the melted butter and go light on salt and fatty seasonings (like parmesan) to make this a healthier treat that supplies dietary fiber and manganese. *Tip: Look for garlic pepper at the booth; it really makes the flavor “pop” —and it is usually salt-free.*

- **Say Yes to Fat with Peanuts or Fried Vegetables**: If you must indulge in something fatty at the fair, watch for roasted peanuts, low in cholesterol and a good source of niacin. Can’t have peanuts? Seek out the fried veggies, like tempura zucchini and carrots, or spanakopita (spinach in a fried puff pastry). *Tip: For any such self-indulgence, buy a single serving to share. That reduces the diet error to a bite or two without changing the feeling of having treated yourself.*

Bottom line, fair food doesn’t have to be a heart-health catastrophe. Go prepared to have fun, and when you do indulge, choose wisely. (Thank you to Pat Cummings from Chapter 282, Santa Rosa, CA, for submitting this article)
Sleep Apnea - Overview & Facts
Obstructive sleep apnea is a common and serious sleep disorder that causes you to stop breathing during sleep. The airway repeatedly becomes blocked, limiting the amount of air that reaches your lungs. When this happens, you may snore loudly or making choking noises as you try to breathe. Your brain and body becomes oxygen deprived and you may wake up. This may happen a few times a night, or in more severe cases, several hundred times a night.

In many cases, an apnea, or temporary pause in breathing, is caused by the tissue in the back of the throat collapsing. The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue to fall back. This narrows the airway, which reduces the amount of air that can reach your lungs. The narrowed airway causes snoring by making the tissue in back of the throat vibrate as you breathe.

Sleep apnea can make you wake up in the morning feeling tired or unrefreshed even though you have had a full night of sleep. During the day, you may feel fatigued, have difficulty concentrating or you may even unintentionally fall asleep. This is because your body is waking up numerous times throughout the night, even though you might not be conscious of each awakening.

The lack of oxygen your body receives can have negative long-term consequences for your health. This includes:

- High blood pressure
- Heart disease
- Stroke
- Pre-diabetes and diabetes
- Depression

There are many people with sleep apnea who have not been diagnosed or received treatment. A sleep medicine physician can diagnose obstructive sleep apnea using an in-lab sleep study or a home sleep apnea test. Sleep apnea is manageable using continuous positive airway pressure (CPAP) therapy, the front-line treatment for sleep apnea, oral appliance therapy or surgery.

Obstructive sleep apnea in adults is considered a sleep-related breathing disorder. Causes and symptoms differ for obstructive sleep apnea in children and central sleep apnea.

Sleep Apnea - Symptoms & Risk Factors
Symptoms
The most common symptom of sleep apnea is snoring. However, not everyone who snores has sleep apnea. Snoring is likely to be a sign of sleep apnea when it is followed by silent breathing pauses and choking or gasping sounds.

People with sleep apnea often have daytime sleepiness or fatigue.

Common symptoms of sleep apnea include:

- Loud or frequent snoring
- Silent pauses in breathing
- Choking or gasping sounds
- Daytime sleepiness or fatigue
- Unrefreshing sleep
- Insomnia
- Morning headaches
- Nocturia (waking during the night to go to the bathroom)
- Difficulty concentrating
- Memory loss
- Decreased sexual desire
- Irritability

Risk Factors
The major risk factor for sleep apnea is excess body weight. You are much more likely to have sleep apnea if you are overweight or obese. However, sleep apnea can occur in slim people too. Common risk factors for sleep apnea include:

- Excess weight – Your risk for sleep apnea is higher if you are overweight with a body mass index (BMI) of 25 or more or obese with a BMI of 30 or higher.
- Large neck size - Your risk for sleep apnea is higher if you have a neck size of 17 inches or more for men, or 16 inches or more for women. A large neck has more soft tissue that can block your airway during sleep.
- Middle age – Sleep apnea can occur at any age. However, it is more common between young adulthood and middle age.
- Male gender – Sleep apnea is more common in men than in women. For women the risk of sleep apnea increases with menopause.
- Hypertension – High blood pressure is extremely common in people who have sleep apnea.
- Family history – Sleep apnea is a heritable condition. This means that you have a higher risk of sleep apnea if a family member also has it. Inherited traits that increase the risk for sleep apnea include obesity and physical features such as a recessed jaw. Other common family factors - such as physical activity and eating habits - also may play a role.
Coffee pick-me-up:

What amount is perfect?

Suppose you are a soldier. You've gone days without much sleep, but you must stay as sharp as possible because lives could be at risk.

That's just the scenario the U.S. Army considered when they developed an algorithm for the perfect amount of coffee for maximum alertness.

Senior research scientist Jacques Reifman, U.S. Army Medical Research and Materiel Command, helped develop the algorithm that predicts caffeine dose based on sleep patterns, according to The Wall Street Journal.

An 8-ounce cup of weak coffee has about 100 milligrams of caffeine. A strong cup has 175 milligrams.

About 40 percent of soldiers sleep no more than five hours a night, less than the seven or more hours recommended by the Centers for Disease Control.

Meanwhile, the average civilian sleeps about 6.8 hours a night.

The algorithm finds that a generally well-rested person, in this case a soldier, who gets five hours of sleep one night could drink eight ounces of weak coffee upon waking at 7 a.m. and the same at 9 a.m. The soldier then would be just as alert as a person who slept eight hours.

While eight hours of sleep produces high levels of alertness all day, a person who sleeps no more than 6.8 hours each day for a week would need 200 milligrams of caffeine at 7 a.m. and at 9 a.m. to achieve the same alertness.

The full mathematical model with a working name of 2B-Alert will be online in app stores in a few months.
New ways to help treat glaucoma

After a prolonged standstill in glaucoma treatment, a new drug has been released that has been shown to dramatically improve treatment, according to The Glaucoma Research Foundation.

Glaucoma is caused when the pressure inside the eye becomes too high and slowly damages the optic nerve, leading to total blindness over time. While treatment options include lasers and surgery, more than 95 percent of patients are initially treated with eye drops.

The new drug, Vyzulta, is the first new class of eye drops to be released since 2001. It combines traditional drops with a new ingredient that dramatically reduces pressure in the eye. Because the ingredients are combined into a single, once-a-day drop, patients have shown much higher rates of adherence which is essential to stopping the progression of the disease over time.

Since the 1990s, prostaglandin analogs (PGAs) have been the primary ingredient in glaucoma eye drop treatment.

Glaucoma is currently the second leading cause of blindness globally. Researchers estimate that the number of Americans afflicted is more than 3 million but only half are aware they have the disease. Unfortunately, most people do not submit to the dilated eye exam which is the best way to detect early signs of glaucoma and begin treatment.

Another new drug will be available in January 2019.

Where do the robins go this winter?

Every April someone will say breathlessly that they saw their first robin: A hopeful sign that winter is ending and soon (but never soon enough) spring will be here.

But, now, in September when the leaves are beginning to fall and winter is knocking on the door, you might wonder, "Where will the American Robin go and what will they do in the deep freeze of winter?"

The answer might surprise you.

The robins in your yard might join together and flock to the south.

Or they might stay right where they are.

According to journeynorth.org, robins don't so much migrate as they do wander. They tend to go south in search of food, but not necessarily. In the winter, when robins can't get insects and worms, they eat fruits, but not seeds. If your neighborhood has lots of crabapple, hawthorne or late blooming fruit trees, the robins might stay, as long as there is food.

They don't really have to worry about the cold because their feathers keep them warm. When the thermometer drops below zero, robins puff up their feathers. On the outside they might feel cold, but inside they're a toasty 104 degrees. Even the robin's feet stay warm with their fast circulation that spreads warm blood quickly down to the tendons that control the feet.

When temperatures reach about 36 degrees, male robins especially begin flying toward their breeding territories.

That's when the robins actually herald spring because once they are in their breeding areas, they start to sing. So if you see a robin in winter, don't worry. But if you hear a robin in the spring, smile. You've got some residents who are settling in for the first of their nesting cycles -- up to about four a year.

Some sweet news for improving memory

Good news older adults!

If you are doing a complicated task and want to do your best, put a spoonful of sugar in your coffee. Or eat something with sugar.

It has been long understood that the brain relies on glucose for performance, according to the U.S. National Institutes of Health.

This new study from the University of Warwick in the UK confirms this finding and shows that older adults specifically get a boost of effort and engagement in a task after they have sugar. Researchers suggest this engagement results in improved memory, according to New Atlas.

This finding links with other studies that show doing difficult thinking tasks is essential for maintaining cognitive health as we age.

Researchers do not recommend sugar in dietary guidelines for seniors, especially those who should not have it. But, for healthy older adults, sugar can provide a short-term boost on a difficult task.

Cut the pie, Doris, I'm going to do the taxes.
2019 Election of MHI and MLH National Officers

Attention members! Are you interested in becoming involved with Mended Hearts or Mended Little Hearts at a national level? Now is the perfect time - elections for MHI/MLH national officers will be held in early 2019 and those interested in running will need to submit their application documents by September 14, 2018.

If you are interesting in running, please contact Lydia Dubose at Lydia.Dubose@mendedhearts.org or 214-299-8543.

Upcoming Cluster Meetings

Mended Hearts is reaching patients across the country this year in our cluster meetings and we have two more left to go.

09/15/2018 in Medford, Oregon. For more information contact Marlyn Taylor at Marlyntaylor lor@earthlink.net.

10/20/2018 in Hollywood, FL. For more information contact Marvin Keyser at Marvk01@gmail.com.

National Day of Remembrance

Mended Little Hearts will be remembering our CHD angels on October 15, our National Day of Remembrance, coinciding with National Pregnancy and Infant Loss Remembrance Day. Please join us by lighting a candle in remembrance that day and by planning remembrance events.

Seasonal treat fit for any meal

Apple season can vary depending upon the weather and the region of the orchard. A harsh and long winter can slow the blossoming of trees in the spring and an unexpected freeze can zap the buds and delay the growth and production.

That’s why National Apple Month begins in late September and extends through November.

Apples are grown in every state except Hawaii and Alaska and include 2,500 known varieties. About 100 apple varieties are grown commercially in the United States, but 90 percent consist of the 15 most popular, including Gala, Granny Smith, and Red Delicious.

Sausage-filled baked apples

1 pound bulk pork sausage
6 large tart baking apples (Braburn, Macintosh, Honey Crisp)
1 small apple
2 tablespoons brown sugar
1 teaspoon ground cinnamon
1/4 teaspoon grated lemon rind
2 tablespoons light or dark raisins
Extra brown sugar, ground cinnamon, grated lemon rind.

Preheat oven to 375 degrees F. Brown the sausage in a large skillet. Wash the apples; cut a slice from the tops; scoop out the cores and enough flesh to leave a 1/2 inch shell. Peel and finely dice the smallest apple.

To the sausage, add the diced apple, raisins, brown sugar, cinnamon, and lemon rind and mix well. Fill the apple shells with the mixture. Sprinkle the tops with additional brown sugar, cinnamon, and lemon rind. Place in a baking dish, cover with foil, and bake until tender, about 40 minutes. Then serve with biscuits or croissants and apple jelly.

Helicopter Golf Ball Drop Charity Fundraiser

- One golf ball and a chance to win $2,500--$25
- Five golf balls and a bigger chance to win $2,500--$100
- Buying the balls-5 minutes

The feeling of connection and joy you give a family with a child in the hospital when your donation allows Mended Little Hearts to give them a Bravery Bag filled with items they need-Priceless.

Mended Little Hearts is holding our Inaugural Helicopter Golf Ball Drop Charity Raffle to support the Mended Little Hearts Program. On World Heart Day, September 29, a helicopter will drop numbered balls onto a golf green. The ball that is closest to the hole wins!

1st place wins $2,500
2nd place wins $1,500
3rd place wins $500

Here is what you can do to win: Purchase one ball for $25 or 5 for $100 (or more if you would like). Your balls will be assigned numbers. Closest to the hole wins. Only 2,000 balls will be sold.

You can win from anywhere in the U.S.! Watch the event on Facebook Live on World Heart Day--September 29 on the Mended Little Hearts National Organization Facebook Page. Purchase your golf balls by using this link.

https://mendedhearts.org/product/1-golf-ball/
## Member Enrollment

### Member Information (please print or type)
- **Name:** [Mr/Mrs/Ms] ____________________________
- **Address (line 1):** ____________________________
- **Address (line 2):** ____________________________
- **City/State/Zip:** ____________________________
- **Phone:** ____________________________
- **Alt Phone:** ____________________________
- **Occupation:** ____________________________
- **Preferred Contact:** Phone [ ] Email [ ] Mail [ ]
- **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:** ____________________________
- **Date of Surgery/Procedure:** ____________________________
- **Type of Surgery/Procedure:** ____________________________
- **Diabetes** [ ]
- **Heart attack** [ ]
- **Atrial Septal Defect** [ ]
- **Pacemaker** [ ]
- **Valve-Surgery** [ ]
- **Valve Transcath** [ ]
- **Aneurysm** [ ]
- **CABG (Bypass)** [ ]
- **AFib arrhythmia** [ ]
- **Other arrhythmia** [ ]
- **Check here if also Heart Patient** [ ]
- **Procedure specify:** ____________________________

### Additional Information
- **Add my email to monthly national email updates?** Yes [ ] No [ ]
- **Patient signature:** ____________________________

### 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 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.

### Chapter and National Dues Combined:

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Individual</th>
<th>Family</th>
<th>Lifetime Individual</th>
<th>Lifetime Family</th>
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</thead>
<tbody>
<tr>
<td>Dues</td>
<td>$25</td>
<td>$40</td>
<td>$150</td>
<td>$210</td>
</tr>
<tr>
<td>National dues</td>
<td>$20 for National dues plus $5 Chapter dues</td>
<td>$30 for National dues plus $10 Chapter dues</td>
<td>Annual Chapter dues of $5</td>
<td>Annual Chapter dues of $10</td>
</tr>
</tbody>
</table>

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Larry Preske  
3103 E. Mulberry Street  
Evansville, IN 47714  
812-473-2401  

You can also join online at:  
https://mendedhearts.gnosishosting.net/Apply-For-Membership
Here’s your personal invitation to join us! Think about becoming a “Member” today!!