President’s Message

Greetings,

I know the summer has certainly moved too fast, but here we are, ready for more good news from our special speakers at our Mended Hearts meetings. Don't forget the purpose of our speakers is to keep all of us in better shape by keeping us updated on the newest and best information on better technology, better nutrition, and other lifestyle changes.

If you really want to become healthier, join us at our next meeting on Sept. 13, with Karla Kauffman, director of the Logan County Farmer's Market. Then come to our October 11 meeting with Karen Sorrels speaking about reducing stress.

Hope to see you at the meeting

Bob Detrick, President

**ELECTION OF OFFICERS**

at Thurs., Sept. 13 Meeting

To Be Elected:
- President
- Vice President
- Secretary
- Treasurer

Please attend and step up to serve! Your chapter needs you!
Caregivers Need to Take Care of Themselves

Caregivers are a very important part of the care team. Many people feel grateful to be able to care for their child, spouse, friend or family member who has a health problem. However, caregiving is a complex responsibility, and the stress of being a caregiver can strain your own health. You might have heard the saying, "You must care for yourself first in order to care for others." It's not always easy advice to follow. At www.CardioSmart.org you can get support from other caregivers, learn how to help you care for yourself, and find information on how best to help a person with a specific heart condition.

Quick Tips: Reducing the Stress of Caregiving

Caring for a family member who has a disability or a chronic illness can be rewarding. But it's also demanding. One of the keys to being a successful caregiver is to manage stress by seeking support and taking care of yourself. Think about the kinds of caregiving tasks or situations that trigger stress for you. Then you can focus on one or two things you can do that will help the most to reduce stress. Here are some ideas:

Get support
- Ask family members for help. Include them in caregiving decisions.
- Share the tasks. Make a list of weekly tasks, and share that list with your family. Ask for help with shopping, housecleaning, and errands. You don't have to do all the work on your own.
- Stay involved. Make time for social activities and friends, even if it's only a phone call or coffee during the week.
- Join a caregiver support group. Meeting other caregivers helps you know you're not alone. And it gives you a chance to talk about your worries and concerns with others who understand.
- Find respite care. Respite services provide someone who can stay with your family member while you get away for a few hours or days. Time away can help you manage your stress.
- Look up caregiver resources in your community. Hospitals, churches, and other groups may provide transportation or other services that support caregiving tasks. You can reduce stress by planning ahead so you know who to call when you need extra help. (NOTE: The local support group of Mended Hearts, Inc. meets the 2nd Thursday of the month at 6 p.m. in the conference room at Mary Rutan Hospital. Heart patients and caregivers are always welcome.)

Take care of yourself
- Put your own health first. Be sure to schedule and go to your medical checkups.
- Eat a healthy diet, and get enough sleep. Taking care of yourself will help you deal with stressful situations.
- Get regular exercise. Even a 10-minute walk can relieve stress.
- Take a breath. Try stress reduction techniques like deep breathing and meditation.
- Take a break. It's important to take time off from caregiving once in a while. Spend some time doing things you enjoy or on things in your own life that need attention.

What to think about
Depression is common among caregivers. It's emotionally draining to care for a loved one whose health is getting worse. Don't dismiss your feelings as "just stress." If you're having trouble coping with your feelings, it may help to talk with a counselor. If you have symptoms of depression, such as a lack of interest in things you enjoy, a lack of energy, or trouble sleeping, talk with your doctor.

Mended Hearts wishes to thank Mary Rutan Hospital for their continued support through the use of their conference room and light, heart-healthy snacks provided at our meetings
Thank you!
Update on Transcatheter Aortic Valve Replacements in the U.S.
National registry helps assess safety and efficacy of minimally-invasive procedure used to treat aortic valve stenosis.

Until recently, treatment options for high-risk patients with aortic valve stenosis (narrowed heart valve) were limited. Aortic valve surgery is often used to fix faulty heart valves but this surgery is not safe for all patients, especially those with other medical conditions that increase risk of complications. Fortunately, a minimally-invasive procedure called transcatheter aortic valve replacement (TAVR) was recently approved for high-risk patients and according to a recent study, this new procedure is relatively safe and effective. Published in the Journal of the American Medical Association, this study analyzed data from a national registry (Transcatheter Valve Therapy Registry), which was started in 2011 by the American College of Cardiology and Society of Thoracic Surgeons. Since its launch, the registry currently tracks TAVR procedures at more than 250 clinical sites across the country, collecting a wealth of information on patient outcomes.

Through this registry, researchers identified a total of 7,710 TAVR procedures that took place between 2011 and 2013. Patients included in the study were either considered high-risk for traditional surgery or chose TAVR over surgery. Most patients ranged in age from 78–88 years old and about half were women.

After looking at patient outcomes, researchers found that the procedure was considered successful in 92% of cases and risk of complications was relatively low. Among high-risk patients undergoing TAVR, risk of stroke was 2% and risk of death during their hospital stay was 5.5%.

Experts are encouraged by this recent report, especially since the real-world statistics mirror past findings from clinical trials. Data on the safety and efficacy of TAVR from this registry is similar to what was expected based on past research and also similar to findings in other countries. However, authors note that longer follow-up is needed to better assess the safety and efficacy of TAVR in high-risk patients. The data analyzed only captures data from the last few years and experts hope to revisit it in the near future to look at long-term outcomes for patients.

IN MEMORY OF DOROTHY VAN BUSKIRK
The “Top of Ohio” Mended Hearts chapter wishes to express our deepest sympathy to Dick Van Buskirk and family on the passing of Dorothy Jean (Strahm) Van Buskirk on July 8, 2018 at the age of 88. Dorothy and Dick were married 66 years and were active members of the “Top of Ohio” Mended Hearts chapter. Dorothy served for many years as treasurer. She loved to spend time with her family and friends and had a deep faith, strength, courage and dedication to her family and to Mended Hearts. She will be greatly missed.
FALL WORD SEARCH

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Word List
- ACORN
- APPLE
- BIRD MIGRATION
- BLOWING LEAVES
- BLUSTERY DAY
- CANNING
- CHESTNUTS
- CHILLY
- COLD
- CROPS
- EQUINOX
- FALL
- FARMING
- FEAST
- FROST
- HALLOWEEN
- HARVEST
- HAYSTACK
- HICKORY NUTS
- LONGER NIGHTS
- NOVEMBER
- OCTOBER
- ORANGE LEAVES
- PIE
- PUMPKIN
- RAKE
- RED LEAVES
- SCARECROW
- SCHOOL
- SEASON
- SEPTEMBER
- SHORTER DAY
- SQUASH
- SWEET POTATOES
- THANKSGIVING
- TURKEY
- WINDY
- YELLOW LEAVES

MEMBERS BIRTHDAYS
Sept. 27 – Dick Van Buskirk
Oct. 12 – Gilbert Misplon
Oct. 19 – Jim Wilgus
NO ANNIVERSARIES FOR SEPT. OR OCT.