Monday, September 17, 2018 – 6:00 PM

NORTON’S AUDUBON HOSPITAL
1 Audubon Plaza Dr. – Louisville, KY 40217
L2 – community conference room (near cafeteria)

Speaker: No Speaker
Topic: Potluck Style Indoor Picnic

Come and join us at our annual potluck style indoor picnic for dinner, fellowship and fun. We ask that everyone bring a side dish to share with the group, but please do not let that stop you from attending. Meat, drinks, and paper products will be provided. We hope everyone will attend and bring a friend.

Southwest Slow Cooker Chicken

Ingredients
Serves 6
- 2 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. paprika
- 1/2 tsp. black pepper
- 1/4 tsp. oregano
- 1/4-1/2 tsp. cayenne pepper (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles
- 1 cup low-sodium chicken broth

Directions
1. In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).
2. Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.
3. Pour tomatoes, chilies and chicken broth over the chicken in the slow cooker.
4. Cover and cook on low setting for 8-10 hours, or on high setting for 3-4 hours. Chicken will break apart easily with fork once cooked.

Quick Tips
Tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole-wheat tortilla or bun.
We are gearing up for our 5th annual golf scramble quickly approaching on September 5, 2018 at Heritage Hill Golf Club in Shepherdsville, KY. Get a team together and join us! Information is available in this newsletter. I’d like to thank everyone that donated and begged things for the scramble. I know it will be a big success.

Be sure to join us for our “End of Summer” Potluck dinner 6:00PM on September 17th at Audubon Hospital, community room. Bring a family size dish and bring a friend. We will provide the meat, drinks and paper products. I will have a short presentation about our National Conference during the meal.

Contact our chapter today for support or to learn about our meetings and activities. Or, how you can become a Mended Heart visitor.

Our Motto – “It’s great to be alive, and to help others.”
“Living Well After Surgery”

Help us spread the word about “Living Well After Surgery.” If you have interesting photos of your activities after surgery, please forward to this e-mail: mhchapter11newsletter@gmail.com

Don’t forget to send in your photos of activities you are involved in to share with others who have had heart surgery and give them hope that there is “Life After Surgery.”

Mended Hearts’ Fifth Golf Scramble
WEDNESDAY, SEPTEMBER 5th

September is here and that means our annual golf scramble is here also. There is still time to get the word out, if you know anyone interested in entering a team, please contact us. If you have any questions, please contact Bonnie Weck 502.387.4403 bonnieweck@gmail.com or Sandy Larimore 502-428-1663 sandy.larimore@gmail.com

Recipe for Healthy State Fair Eating

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 packetful 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)

The Kentucky State Fair has come and gone, but Fall brings us a lot of festivals and gatherings which these suggestions can work for you.
Get your Heart To Heart by EMAIL?
Send your email address to: mhchapter11newsletter@gmail.com

PLEASE PASS ALONG THIS NEWSLETTER SO OTHERS MAY KNOW WHAT WE DO

VISITING REPORT
Dave Lewis, Visiting Chairmen

VISITING REPORTS = 50

<table>
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The rewards are not all one-way, because as an Accredited Visitor, you can receive tremendous joy from your visits. Accredited Visitors have the opportunity to see the sparkle return to the eyes of the patient or family member. By making visits, Accredited Visitors know the true meaning behind the goals of “giving back and helping others” and “empowering families affected by congenital heart disease.” If you are interested in becoming an accredited visitor, contact Dave Lewis 502.244.9237.

Thank you to our volunteers for their dedication to our visiting program. Mended Hearts could not do it without your participation.

SATURDAY, SEPTEMBER 22, 2018
Louisville American Heart Walk
9:00 am – noon (see flyer for more information)

NATIONAL NEWS . . .

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.

*************

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.

To report “Heart Worthy” news call 502.428.6621
Email: mhchapter11newsletter@gmail.com
Mended Hearts Inc.

Meeting/Event Reminders

Mended Hearts is an organization that has been offering the gift of hope to heart disease patients, their families and caregivers. Our support groups help people understand there can be a rich, rewarding life after heart disease diagnosis.

********** Meetings are the 3RD MONDAY of each Month **********

CHECK OUT OUR NEW WEBSITE - http://mendedhearts.org (click on find chapters; click on KY; then click Chapter 11)

See us on FACEBOOK at Mended Hearts, Inc. Kentuckiana Chapter No. 11

UPCOMING MEETINGS

For more information, call Bonnie Weck 502.387.4403 or bonnieweck@gmail.com

MARK YOUR CALENDAR

Monday, September 17th (6:00) – AUDUBON
L2 – Community Conference room (near cafeteria)
Speaker: no speaker
Topic: Potluck Style Annual Picnic (Indoors)

Monday, October 15th (6:00) – AUDUBON
L2 – Community Conference room (near cafeteria)
Speaker: TBD
Topic: TBD

Monday, November 19th (6:00) - AUDUBON
L2 – Community Conference room (near cafeteria)
Speaker: TBD
Topic: TBD

Monday, December 17th (6:00) - AUDUBON
L2 – Community Conference room (near cafeteria)
Speaker: no speaker
Topic: Christmas Party Dinner

UPCOMING EVENTS

Wednesday, September 5th – “Fifth Annual Golf Scramble”
Heritage Hill Golf Club, Shepherdsville, KY 40165
(See attached information)

Friday, September 21st – “Pillow Stuffing Blitz”
Baptist Health Hospital, 9:00 am – 2:00 pm - Education Center (Rooms 2A-B) all Mended Hearts members are encouraged to help. Future dates in 2019: TBD

Saturday, September 22nd – “American Heart Walk”
(See attached information)

Wednesday, November 14th – “Board of Director’s Meeting”
Roosters, 5338 Bardstown Rd (Bardstown Rd at Hurstbourne Ln) - 12:00 PM ALL MEMBERS ARE INVITED TO ATTEND. Future dates in 2019: TBD

LABOR DAY, MONDAY, SEPTEMBER 3rd
Have a safe and happy holiday
Dear Sir or Madam;

The Mended Hearts Kentuckiana Chapter #11 is proud to announce our **Fifth Annual Golf Scramble on Wednesday, September 5, 2018**, at the Heritage Hill Golf Club in Shepherdsville, KY. We would like to invite you to be a sponsor for our event. Attached is detailed information on all sponsorships available and levels for your review and a “SAVE THE DATE” notification for your review.

To make our event successful we depend on our business and community partners to support this event. For your sponsorship, we will have signage at the golf scramble, your sponsorship will be published in our monthly newsletter, which goes out to over 300 people, as well as the local Bullitt County Newspaper. You will be recognized at the awards ceremony at the end of the scramble, and at our monthly Chapter meetings. Even if you feel you cannot purchase a hole sponsorship this year, we have other areas where you can offer your support by donating items for a silent auction, door prizes, or goody bags items for each golfer. You may even want to enter a golf team to join in the fun for that day. ANY and ALL donations are greatly appreciated. We are a nonprofit 501(c)(3) tax exempt organization (www.mendedhearts.org), Federal tax ID: 04-6073589.

All proceeds donated are used to educate more individuals about heart disease and provide two $1,500.00 scholarships to nursing students with an interest in working in the cardiovascular field. This is why your involvement is crucial in partnering with us.

Mended Hearts Chapter #11 is celebrating its 44th year in 2018. Our Chapter members and caregivers are like the very people we serve, heart patients and their families, sharing our experiences as we offer hope. We provide our services through visiting programs, support group meetings, and educational forums. Our meetings are the 3rd Monday of each month where healthcare professionals assist in educating our members and guests through their expertise and support.

The National Mended Hearts Inc. is celebrating their 66th year of operations this year. We are the only peer-to-peer cardiac support group in the country, with 300 chapters in 48 states. We hope you will join us on our mission of “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.”

If you would like to speak with someone concerning the golf scramble or the work of Mended Hearts, please contact Bonnie Weck 502.387.4403 or Sandy Larimore 502.428.6621.

Sincerely,

**Bonnie Weck**

Bonnie Weck
Kentuckiana Chapter #11 President
WHO WE ARE:

- A 66 year old national volunteer support group.
- Dedicated to inspiring hope in heart disease patients, their families, and caregivers.
- Our members are like the very people we serve—heart patients and their families—sharing our experiences as we offer hope.
- We provide our services through visiting programs, support group meetings, and educational forums.
- We welcome you to join our meetings the 3rd Monday of the month at 6 PM.

Mended Hearts Inc. is an educational nonprofit 501(c)(3) tax exempt organization, www.mendedhearts.org. All proceeds are used to further educate our members on living with heart disease.

“It's great to be alive, and to help others.”

Fee: $260 per team/$65 per player

check(s) enclosed payable to: The Mended Hearts Kentuckiana Chapter #11

Registration includes: green fees for 18 holes of golf, cart fees, use of practice facility, bag handling, goodie bags, picnic buffet lunch (hamburger, grilled chicken, two side dishes, cookie, and drink)

🌿 I can’t attend but would like to make a donation to the golf scramble

Enclosed is my check

Federal tax ID: 04-6073589

For more information:
Sandy Larimore 502-428-6621 or sandy.larimore@gmail.com
Bonnie Weck 502-531-0586 or bonnieweck@gmail.com

"Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support!"
**Fifth Annual Golf Scramble**

**WEDNESDAY**

**SEPTEMBER 5, 2018**

Fee: $260 per team/$65 per player
4-person scramble

Registration Time: 7:30 am

Welcome & Rules: 8:00-8:15 am

Shotgun Start 8:30 am

Picnic Buffet Lunch

Awards (approximately 1:30 pm)

Silent Auction Items

Door Prizes

Mail registration to:
Mended Hearts Golf Scramble
c/o Bonnie Weck
135A Michelle Drive
Shepherdsville, KY 40165

Information:
sandy.larimore@gmail.com
502-428-6621
bonnieweck@gmail.com
502-531-0586

Register Early!

**Scramble Sponsorships Available:**
- Corporation (Gold) Sponsor: $500
- Lunch (Silver) Sponsor: $400
- Hole (Bronze) Sponsor: $150
- Scoreboard Sponsor: $75
- Mulligan Table Sponsor: $50

**Contest Sponsorship Available:**
- Putting Contest: $50
- Closet to Pin Contest: $50
- Longest Drive Contest (men) $50
- Longest Drive Contest (women) $50

If you would like to sponsor any of the above sponsorships or contests, or for more information, please contact us ASAP at 502-428-6621 or 502-387-4403

**Prizes:**
- First Place Winner
- Second Place Winner

**Directions**

From Louisville: Take I-65 South, Exit 116 (HWY 480). Turn Left onto Hwy 480/Cedar Grove Rd. Turn Left onto Heritage Hill Parkway (Approx 1.5 miles on left). Follow signs to Golf Shop.

**Remember**

**The Mended Hearts, Inc.**
**Kentuckiana Chapter #11**

**Fifth Annual Golf Scramble**

**Heritage Hill Golf Club**

1050 Valley View Drive, Shepherdsville, KY

**WEDNESDAY**

**SEPTEMBER 5, 2018**

Heritage Hill Golf Club

1050 Valley View Drive, Shepherdsville, KY

**the gift of**

HOPE

Hope for recovery. Hope for a full life.
SAVE THE DATE!

Mended Hearts™
KENTUCKIANA CHAPTER #11

Fifth Annual Golf Scramble

Wednesday, September 5, 2018
Heritage Hill Golf Club
1050 Valley View Drive, Shepherdsville, KY 40165

Fee: $260 per team/$65 per player
4-person scramble
Registration Time: 7:30 am
Welcome & Rules: 8:00-8:15 am
Shotgun Start 8:30 am
Lunch – Picnic Buffet
Awards (approximately 1:30 pm)

CORPORATE & HOLE SPONSORSHIPS AVAILABLE

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For more information:
Sandy Larimore 502-428-6621 or sandy.larimore@gmail.com
Bonnie Weck 502-387-4403 or bonnieweck@gmail.com

“Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support!”
Did you know that cardiovascular disease is the No. 1 killer of all Americans? In fact, someone dies from CVD every 38 seconds! Heart disease also kills more women than all forms of cancer combined. And congenital cardiovascular defects are the most common cause of infant death from birth defects.

We aren’t just walking. We’re Heart walking! Thank you for joining nearly 1 million Americans at 305 events across the country to build healthier lives, free of cardiovascular diseases and stroke.

How can you make a positive difference in the lives of your friends, family and co-workers? Join the Heart Walk, start Heart walking and make the commitment to lead a heart healthy life and become healthy for good. Remember- we’re not only raising funds, we’re raising heartbeats!

Join our efforts to support American Heart Association-Louisville, KY!

To join our team or to donate go to:

http://heart.org/KentuckianaHeartWalk
Click : Find a Team
Enter: Mended Hearts Chapter 11
Click : Join Team or donate.
Check donations payable to: American Heart Association

Thanks in advance for your support

Join our team! Walk with us on September 22, 2018
Get $50.00 in donations and receive a Mended Hearts team T-shirt

Connecting together to make a difference

For more information on The Mended Hearts
Chapter 11 Walk Team contact:
Kayla Good (Captain) 502-794-1829
E-mail: Kgood0008@kctcs.edu
Bonnie Weck (Co-Captain) 502-387-4403
E-mail: bonnieweck@gmail.com

National Office—The Mended Hearts, Inc.
8150 N. Central Expressway, M2248
Dallas, Texas 75206
Information Line: 1-888-HEART99
Email: info@mendedhearts.org

“It’s great to be alive — and to help others!”

“Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support”
**Member Enrollment**

**Member Information** (please print or type)

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**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

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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 and local national email updates?**

☐ Yes  ☐ No

**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.

| USA Dues | National | Chapter | TOTAL | * I am joining as: ( ) a Caregiver: ( ) a Physician: ( ) an RN: ( ) a Health Admin.: ( ) an interested Party __________
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**CASH ( ) CHECK ( ) #_________ DATE__________**  
MAKE CHECKS PAYABLE TO: The Mended Hearts, Inc.

Please send payment with enrollment form to MH chapter 11 Treasurer

Elaine Martin, Treasurer, Chapter 11
12304 Crosswinds Drive
Louisville, KY 40243
502-245-2687

Inquiries: info@mendedhearts.org

MH2050C 2014
To Recent Heart Patients

Heart To Heart, the monthly newsletter of The Mended Hearts Kentuckiana Chapter 11 can be sent to you by email. Please be sure your visitor has your email address. We invite you and your family to be our guests for our monthly meetings. Our programs are selected to be of interest to heart patients. Members will be available to answer non-medical questions you may have encountered. And you may decide to become a member and carry out our motto: “It’s great to be alive- and to help others!”

Not a member? Join us today!
E-mail: mhchapter11newsletter@gmail.com for an application

Central Region includes: Michigan, Indiana, Ohio, half of Pennsylvania, West Virginia, and Kentucky

Send your e-mail address to mhchapter11newsletter@gmail.com and request to be added to our e-mail list.

A Mended Hearts Prayer
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 of your gifts well.
Herbert Maedl

We ask Lord, for wisdom, that we may use all of your gifts well.
Herbert Maedl

CHAPTER NO. 11 COMMITTEE CHAIRPERSONS:

<table>
<thead>
<tr>
<th>Position</th>
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<tbody>
<tr>
<td>Visiting Chair</td>
<td>Dave Lewis</td>
<td>502.244.9237</td>
</tr>
<tr>
<td>Newsletter</td>
<td>Sandy Larimore</td>
<td>502.428.6621</td>
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<tr>
<td>Telephone</td>
<td>Edwina Flood</td>
<td>502.491.2980</td>
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<tr>
<td>Web/Facebook</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
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<td>Hospitality</td>
<td>Ralph Kats</td>
<td>502.245.7785</td>
</tr>
<tr>
<td>Sunshine</td>
<td>Elaine Martin</td>
<td>502.245.2687</td>
</tr>
<tr>
<td>Caregiver</td>
<td></td>
<td></td>
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<tr>
<td>Membership</td>
<td>Jean Miller</td>
<td>502.935.6470</td>
</tr>
<tr>
<td>Public Relations</td>
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<tr>
<td>Heart Walk</td>
<td>Kayla Good</td>
<td>502.794.1829</td>
</tr>
<tr>
<td>AHA Liaison</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
</tr>
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CHAPTER NO. 11 OFFICERS FOR 2017-2019

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>President</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
</tr>
<tr>
<td>Vice President</td>
<td>Charlie Staff</td>
<td>502.649.3028</td>
</tr>
<tr>
<td>Secretary</td>
<td>Edwina Flood</td>
<td>502.491.2980</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Elaine Martin</td>
<td>502.245.2687</td>
</tr>
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NATIONAL MENDED HEARTS, INC. OFFICERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>President</td>
<td>Donette Smith</td>
<td></td>
</tr>
<tr>
<td>Executive VP</td>
<td>Millie Henn</td>
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<tr>
<td>Vice President</td>
<td>Patrick Farrant</td>
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<tr>
<td>Treasurer</td>
<td>Gus Littlefield</td>
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</tr>
<tr>
<td>Central Reg. Director</td>
<td>Bruce Norris</td>
<td></td>
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<td>Central Ass’t Reg. Director</td>
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Heart To Heart, the monthly newsletter of The Mended Hearts Kentuckiana Chapter 11 can be sent to you by email. Please be sure your visitor has your email address. We invite you and your family to be our guests for our monthly meetings. Our programs are selected to be of interest to heart patients. Members will be available to answer non-medical questions you may have encountered. And you may decide to become a member and carry out our motto: “It’s great to be alive- and to help others!”

We ask Lord, for wisdom, that we may use all of your gifts well.
Herbert Maedl