Mended Hearts of Morris County

Founded October 16, 1968
Morristown Medical Center
Morristown, NJ 07960

About Mended Hearts

Mended Hearts is the largest heart patient support network in the world, with 20,000 members and 300 chapters. It’s mission is dedicated to providing support to heart patients before and after their procedures.

Mended Hearts of Morris County is a 501c3 organization which supports patients of the Gagnon Cardiovascular Institute with visits, monthly meetings and nursing scholarship awards.

In 2012, the Chapter was awarded the Mended Hearts National President’s Award for the outstanding chapter nationwide, as measured in number of patients visited, membership growth, hospital recognition and contribution to the community.

Gagnon Ranked as Top Hospital for Heart Surgery

There are 620 U.S. Heart Hospitals ranked by U.S. News & World Reports. Morristown Medical Center was ranked 27th in nation for Cardiology & Heart Surgery, putting Gagnon Cardiovascular Institute in the top 4% of heart hospitals.

Upcoming Meetings

Our regular meetings are held the fourth Sunday of the month

Sunday, Oct 28 at 1:00 pm
50th Anniversary Celebration
Auditorium A - Level B
Morristown Medical Center

Sunday, Nov 18 at 1:30 pm
New Heart Surgery Technology
Wilf Conference Room

Friday, Dec 14 at 12:00 pm
Newark Boys Chorus School
Holiday Celebration Concert
Malcolm Forbes Amphitheater

Please join us for our 50th Anniversary Celebration
Please RSVP Daisy Wary, Co-Chair 50th Anniversary Committee at daisywary@optonline.net

2019 Scholarship Award

Do you know a deserving nursing School student? Please email their cover letter and resume to us at fvfabry@gmail.com to be considered for our 2019 scholarship award.

To support our Scholarship Fund for Nursing and School of Medical Technology Students

Please mail your Tax Deductible check to our Treasurer:

Dr. Harvey Brooks
Mended Hearts of Morris County
25 Redwood Road
Springfield, NJ 07081

Mended Hearts

Executive Committee

President
Victor Fabry
fvfabry@gmail.com

Visiting Chairman
Joe Nadler
jsnadler55@gmail.com

Vice President
Tom Dibble
tqdibble@gmail.com

Treasurer
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Secretary
Diane Fabry
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Care Giver Chairperson
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Past Treasurer
Jorge Martinez
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Newsletter Editor
Victor Fabry
fvfabry@gmail.com
The President’s Report

My Favorite Season

Dear Heart Patients and Care Givers,

After the hot, humid days of summer, we look forward to the crisp days and cool temperatures of the fall season.

It’s the perfect season whether your interests are walking, biking, golf or tennis. As a heart patient, this is an excellent time to review lifestyle choices that can have a positive influence on heart disease and expedite your recovery from open heart surgery. It’s also the right time to consider lifestyle changes that can improve your recovery and extend your life.

An important first step in your recovery from open heart surgery would be to participate in a Cardiac Rehab program. Studies have shown that Heart patients who complete Cardiac Rehab after open heart surgery, recover faster and live longer.

The program consists of three visits a week, one hour per visit, over a period of 12 weeks. The exercise equipment includes tread mills, stationary bikes, rowing machines and upper body strength machines. Your progress is supervised by RN’s and a Registered Dietitian.

After you complete your three month Phase II Rehab, you should continue your own favorite activity, whether walking, biking, golf or tennis.

Please check page 5 for an article about Cardiac Rehab and Phase III heart health maintenance programs.

I recommend that you read the article on Benefits of Cardiac Rehab by Toto Arenas (page 5); and Recovery Guidelines by Joe Nadler (page 6) while you’re in the hospital. When you return home, you can refer to these articles and guidelines for your recovery as you continue the journey to full health.

Please check the last page for details about our 50th Anniversary Celebration on October 28.

Also drop me an email for details and information about our Nursing scholarship award program.

About Mended Hearts of Morris County

Our mission is to support heart patients and their families. This is the 50th year as Mended Hearts of Morris County and every year our chapter continues to grow and improve. In 2018, we have 90 members including 16 accredited members who visit heart patients in-hospital before and after their heart surgery or procedure.

I am constantly reminded how lucky I am to have been given this second chance as an Open Heart Survivor to contribute through Mended Hearts. I believe that many of you feel the same way and this is what connects us as a group.

Our monthly meetings are held the fourth Sunday of the month, in the Wilf conference room of the Gagnon Cardiovascular Institute. Please check the meeting schedule on first page and join us.

Sincerely,

Vic Fabry
Cardiac Surgery Program at Gagnon

by Alcina Fonseca, RN, MSN, DMD

Two Special Guest Speaker’s
This summer, Alcina Fonseca, the Nurse Manager at the Gagnon Cardiovascular Institute and Susan Fusco were our co-guest speakers. Alcina is a Nursing Professional experienced in Nursing Management, Interventional Cardiology in the Cath Lab / EP Lab / TEE and Ambulatory Care Unit. Alcina discussed the Cardiac Surgery Program at the Gagnon Cardiovascular Institute of the Morristown Medical Center. Alcina received an MBA from Rutgers University in 2001 and MS in Critical Care Nursing in 1995. Prior to joining the Gagnon Cardiovascular Institute in 2017, she was the patient care director of the cardiology unit at New York Presbyterian / Columbia University Medical Center.

Alcina reviewed the accomplishments and growth of Cardiac Surgery Procedures in 2017.

2017 Accomplishments
- 3 Star rating from the Society Thoracic Surgeons in 2017
- Gold Seal from The Joint Commission for VAD program
- Consumer Reports rated 2nd Best Hospital in North East
- Top 2% in the country in Cardiac Surgeries preformed

Growth of Gagnon Heart Procedures
- 5,575 Cardiac Catheterization were preformed
- 2,800 PCI’s (Balloon Angioplasty and drug-coated stents)
- 1,199 Open Heart Surgeries
- 382 TAVR Procedure’s
- 9,956 Total open heart and surgical procedures

Gagnon Team Members
- 52 Registered Nurses
- 7 Cardiac Rehabilitation Nurses
- 3 Clinical Coordinators
- 2 Educators & 1 Clinical Nurse Specialist
- 1 Patient Liaison
- 1 Business Coordinator
- Nursing Assistants & Unit Representatives
- Care Managers, Social Service
- Physicians, Physician Assistants and Nurse Practitioner

Post-Op Intensive Care
Susan Fusco, AD, RN discussed Post-Op Intensive Care and progressive mobility program which prepares Gagnon heart patient’s to participate in out-patient cardiac rehabilitation
- Phase I Cardiac Rehab (In-hospital)
- Phase II Cardiac Rehab (Out-Patient)
- Phase III Cardia Rehab (Cardiac Maintenance Program)
Why is Oral Health Important?
by Marnie Sperling, RN, MSN, DMD

Oral Health and Heart Disease

This spring, our guest speaker Marnie Sperling; RN, MSM, DMD, discussed the topic “Oral Health and Heart Disease”. Marnie was awarded a Doctorate of Dental Medicine in 2000 at the University of Medicine and Dentistry of New Jersey. While practicing general dentistry in private practice, Marnie earned her Masters of Nursing with an emphasis in Forensic Nursing at Monmouth University In 2012. Marnie is currently a full-time Clinical Assistant Professor at FDU's Henry Becton School of Nursing. She discussed topics important to all heart patients:

- The association of oral health and heart disease
- The relationship between oral bacteria and heart plaque
- Understanding periodontal disease
- Guidelines for good oral health

Oral Health Guidelines

I. Signs of Periodontal Disease
   - Red, Swollen or Tender Gums
   - Bleeding while brushing
   - Persistent bad breath

II. Attention Pre-Cardiac Surgery or Transplant
   - Specific Instructions from MD on Premedication
   - Eliminate and stabilize infections, extract where necessary
   - Bring Meds list and educate

III. Attention Post-Cardiac Surgery or Transplant
   - No dental treatment for at 6 weeks after stent or bypass
   - Bring Med List to allow MD to adjust anticoagulants

IV. Medications that affect the Oral Cavity
   - Antiseizure medications
   - Tetracycline
   - Anticoagulants
   - Antidepressants

V. What can you do?
   - Brush teeth and gums for two minutes at least twice a day
   - Use fluoridated toothpaste and mouthwash
   - Avoid smoking or chewing tobacco products
   - Limit sugary foods and drinks
   - Xylitol chewing gum promotes cleaner teeth

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Benefits Cardiac Rehab
By Remia “Toto” Arenas BSN, RN-BC
Cardiac Rehabilitation

Why is Cardiac Rehab Important?

Medical studies have shown that patients who complete Cardiac Rehab have better control of their stress, feel more energy, reduce risk of future heart events and improve overall health and well-being and live longer. Our multidisciplinary teams include: a Board Certified Medical Director, Registered Nurses, an Exercise Physiologist, a Registered Clinical Dietitian and other medical professionals.

Cardiac Rehabilitation is a professionally supervised monitored exercise program for those who have had a cardiac event. The Cardiac Rehab Center, provides an individualized approach to your care in a safe environment to make the most effective and appropriate lifestyle changes. In addition to a monitored exercise, we offer nutrition education, diet modification and stress management classes.

Our Cardiac Rehab program has received national certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for superior cardiac rehab services. The center’s staff has extensive cardiac backgrounds; BLS & ACLS certified. I have 36 years of nursing experience in clinical and administrative expertise with 18 years at Morristown Medical Center’s, Outpatient Cardiac Rehab.

Phase II Cardiac Rehab Programs
These are scheduled three times per week for twelve weeks and the cost is covered by most insurance plans. Your cardiologists referral will be required. There are the two nearby Atlantic Health Cardiac Rehab sites:

Morristown Medical Center Outpatient Cardiac Rehabilitation
The Chambers Center for Well Being
435 South Street - Suite 160
Morristown, NJ 07960
Phone: 973-971-7230

Overlook Medical Center Cardiac Rehab at New Providence
571 Central Avenue - Suite 118
New Providence, NJ 07974
Phone: 908-522-2945

Phase III Cardiac Rehab - Maintenance Programs
Health Maintenance programs encourage heart patients to continue exercising to maintain cardiovascular health. There are two nearby free programs, directed by nationally certified trainers which are held two times per week for twelve weeks.

Summit Area YMCA, 67 Maple Street, Summit, NJ, c/o Susan Guber, 908-273-3330
Berkeley Heights YMCA, 550 Springfield Ave, Berkeley Heights, NJ 908-464-8373
Post Cardiac Surgery Guidelines

1. Returning Home
   - No tub baths for at least six weeks
   - Walk carefully on level surfaces and if possible, avoid stairs
   - Take your medications exactly as your cardiologist prescribed
   - If you have had leg incisions, wash gently with antibacterial soap
   - Shower with warm water; letting water gently run over the incision
   - Keep a list of medications in your wallet, including dosages and times

2. First Two Weeks
   - Do not sleep on your slide; Sleep on your back using pillows for support
   - If you were prescribed elastic stockings, wear for two weeks after surgery
   - If you’re tired, take short naps as necessary or sit resting for 20 to 30 minutes
   - Continue using your spirometer (blue breathing device) every two to four hours
   - Walk as much as you can manage, gradually increasing your time and distance

3. First Six Weeks
   - Do not lift over 10 pounds for the first six weeks
   - Avoid any activities that might cause you to strain
   - No driving during your first six weeks after surgery
   - Ask your cardiologist for a prescription for Cardiac Rehab
   - Increase your walking distance as your endurance improves
   - Follow instructions to avoid the air bag, in case of an accident

4. Cardiac Rehab Program
   - The program is covered by Medicare and most insurance plans
   - Cardiac Rehab includes 36 one hour sessions, over three months
   - The program is supervised by RN’s including a Registered Dietitian
   - Includes tread mill, stationary bike, elliptical trainer, rowing machine

5. First Twelve Months
   - Schedule visits with your cardiologist on a regular basis
   - Continue your compliance with prescribed medications
   - Maintain a healthy diet; low in salt, fat and cholesterol
   - Keep exercising; both aerobic and strength training
   - Attend a support group to share your experiences

In Summary

Follow Cardiologist’s recommendations on medications and exercise
Go to http://mendedhearts.org for information about Mended Hearts
To join Mended Hearts of Morris County, go to application on Page 7

© 2018 Excerpted from “The Road to Recovery” by Gagnon Cardiovascular Institute
Mended Hearts of Morris County

Membership Application

Gagnon Cardiovascular Institute
Morristown Medical Center
100 Madison Avenue
Morristown, NJ 07960

(Mr., Mrs., Ms.) _______________________________________________________________
Address ____________________________________________________________________
City/State ______________________________________________ Zip Code ____________
Email ______________________________________________________________________
Mobile_____________________________  Home Phone_____________________________
Name of Family Member / Care Giver Residing at same address _______________________
Are You an Open Heart Surgery Survivor ?    Yes__________                         No ___________
Would you be interested in visiting patient’s in-hospital for 2 hours per week? _____________
Please e-mail our visiting Chairman, Joe Nadler at jsnadler55@gmail.com, if you have
questions about our visiting program or becoming a visiting member.

Are you planning to attend our 50th Anniversary Celebration on Sunday, October 28, 2018?
Yes, I plan to attend ______  Number planning to attend _______

Please email details on location, guest speakers and special Mended Hearts guests _______

I you like to support our Scholarship fund for Nursing students and School of CVT students
Please select a Scholarship Fund donation level  ($100.00, $50.00, $25.00, $10.00, $5.00)
My Donation $_________

Membership dues:
Includes a subscription to Heartbeat Magazine and one insignia pin for an Individual Membership and
for a Family Membership, one additional pin for a family member residing in the same household.

PLEASE SELECT ONE:
Individual:      $30.00       ($20 National, $10 Chapter)
Family:         $45.00       ($30 National, $15 Chapter)
Life-Individual $225.00      ($150 National, $75 Chapter)
Life-Family     $315.00      ($210 National, $105 Chapter)

Please mail this membership application with your check to:

Harvey Brooks, Treasurer
Mended Hearts of Morris County
25 Redwood Road
Springfield, NJ 07081
Please join us for our 50th Anniversary Celebration

Sunday October 28, 2018 1:00 pm to 3:00 pm
Morristown Medical Center
Auditorium A

Join us and enjoy a heart healthy lunch and refreshments along with live music

Please RSVP to Daisy Wary, Event Co-Chair at daisywary@optonline.net by October 22 to confirm your attendance