Heart Healthy Tips to Survive the Holidays

It’s that time of year again; an extra busy schedule can throw off your exercise routine. Holiday celebrations can mean calorie-laden drinks aplenty, and the variety of delicious holiday food that seems to be constantly available can make even the most health-conscious eater susceptible to setbacks. The good news is that there are a few things you can do to stay on track, but still enjoy food and drink with friends and family.

1. Plan Ahead
   It’s much easier to pass on those sugary goodies if you are already a little full. Have a light, healthy snack before leaving for your party. It’s hard to say no on an empty stomach.

2. Choose the Veggies First
   During meals, choose vegetables first, and keep your serving of lean meat to one 3-ounce portion (about the size of a deck of cards). Stick to a small spoonful of other side dishes like stuffing or casseroles.

3. Share Dessert
   Split a slice of pie with a friend, have half a cookie, or try one piece of chocolate to get the sweet taste you crave without all the sugar, fat, and calories.

4. Keep the drinks to a minimum
   Many holiday drinks pack in more sugar, fat, and calories than you might think. Opt for low-fat or fat-free milk in eggnog or hot chocolate, and make your own apple cider at home with unsweetened apple juice, cinnamon, cloves, and nutmeg.

5. Take time to relax—remember this is supposed to be an enjoyable holiday!
   The stress of family gatherings, party hosting and rushing from place to place can put a strain on your body. It’s okay to skip a party or activity if you already have something planned or need to get some rest.

5. Don’t ignore symptoms
   If you have symptoms like chest pains, heart palpitations, shortness of breath, dizziness, or fatigue, don’t dismiss it as nothing or tell yourself you’ll have it looked at after the holidays. Call 911 right away if you feel like you are having a heart attack.
Again, this year Norton Audubon Hospital is graciously providing us with our Christmas holiday meal, at no cost to us. I hope you will join us on Monday, December 17, 2018, PROMPTLY at 6:00PM at Norton Audubon. We will be in our regular meeting room. If you have not already signed up, please give me a call at 502-387-4403 or email me bonnieweck@gmail.com before December 10, 2018.

I want to take this opportunity to thank the board and all our members for what they do to promote heart health on behalf of our chapter. We could not do all the things we do without your participation. Every one of you are important to our chapter. We, as a board, have had to make some hard decisions in hopes of obtaining chapter growth. We have lost a lot of members in the past few years and our visitors have dwindled for various reasons.

Therefore, as of January 21, 2019 we will begin having our meetings, still at Audubon Community room the third Monday of each month, but at 3:30PM in the afternoon. We are trying this out to enable more people to attend our meetings and get home earlier. We hope to maintain the high quality of speakers we now have each month.

We are working closely with Norton Audubon staff to increase our visiting program there. So, we need more visitors that are willing to visit between 10AM – Noon, one Wednesday a week, one Wednesday a month, whatever fits your schedule, but on somewhat of a regular timetable. If you have questions or are interested please contact Dave Lewis, our visiting chair or me. We look forward to hearing from you.

From My Family to Yours

Merry Christmas and Happy New Year!

Be Happy, it’s good for your Health!

Remember 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.”

2019 Nursing Scholarship Applications

It’s that time again for you to get the word out about the (2) $1,500.00 Nursing Scholarships we will present in March 2019 at our annual anniversary dinner. The application is attached in the newsletter and if you need more information concerning the scholarships, please contact Bonnie Weck bonnieweck@gmail.com or 502.387.4403. Deadline January 30, 2019

DON’T FORGET TO GET YOUR FLU SHOT

CONGRATULATIONS !!!!!

Bonnie Weck, President and Edwina Flood, Secretary will continue for the 2019-2021 term. It takes all of us to make our Chapter successful, so let’s show our support by being at the meetings and helping when you can.

NEWS FROM OUR BOARD OF DIRECTORS MEETING

Starting Monday, January 20, 2019 ALL our Mended Hearts meetings will be held at 3:30 PM at Norton’s Audubon Hospital. Please mark your calendars for 2019 so not to miss the meetings. Due to our visiting volunteers being so limited at this time, we will be concentrating on Audubon Hospital to help build our volunteers back up. We will have more information at the Monday, January 20, 2019 on how this will be scheduled.

WE NEED YOUR HELP!!!!!!

Let us know what topics you are interested in hearing at our monthly meetings. Please contact Charlie Staff, Vice President 502.649.3028 with your suggestions and how he can contact them to speak at one of our meetings next year.

Reminder: In the case of inclement weather, if the local schools are closed our monthly meeting will be canceled also.
VISITING REPORT
Dave Lewis, Visiting Chairman

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<tr>
<th>VISITING REPORTS</th>
<th>Audubon</th>
<th>Baptist Health</th>
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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.

NATIONAL NEWS . . .

Interested in becoming a Phone Visitor for our Patient Advocacy Network?

If you are currently a MH hospital visitor who is interested in becoming a phone visitor, or you are a member who is interested in finding out about how to become a phone visitor, we have the perfect opportunity for you. The Patient Advocacy Network (PAN) is currently looking for compassionate members looking to help others over the phone. Reach out and support someone from the comfort of your own home! For more information, please contact Bonnie Weck bonnieweck@gmail.com 502.387.4403 or Andrea Baer at Andrea.Baer@mendedhearts.org.

Heartbeat Magazine Takes Home Honorable Mentions

Congratulations to Heartbeat Magazine; it took home three honorable mentions at this year’s prestigious Folio Awards. There were more than 2,500 entries, so we are incredibly excited to be recognized. We received honorable mentions in the following three categories:

- Best Issue
- Best Long-Form Feature Content, "Beat by Beat"
- Best Overall Design

THURSDAY, FEBRUARY 14, 2019 is the date for the next “Healthy Hearts Wear Red Luncheon” and the committee has already started planning the event. We need models for the fashion show, please consider being one. T.J. Maxx will be the sponsor for the clothes. If you are interested contact Bonnie Weck 502.387.4403 or bonnieweck@gmail.com for more information.
KENTUCKIANA CHAPTER #11
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

Christmas Party

Monday, December 17th (6:00) - AUDUBON
L2 – Community Conference room (near cafeteria)
Speaker: featuring sing along carols with Billy Flood
Topic: Christmas Party Dinner – NO COST
RSVP required to bonnieweck@gmail.com or 502.387.4403
No later than Mon, Dec 10th

UPCOMING EVENTS

First Wednesday of each month – “WomenHeart” meetings.
Norton’s Women’s Pavilion, 6:00 PM Marshal Conference Room, 4001 Dutchmans Lane, Louisville, KY 40207

Wednesday, January 16th – “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: April 10th, July 10th, Nov 13th

Friday, February 1th – “Pillow Stuffing Blitz”
Baptist Health Hospital, 9:00 am – 2:00 pm - Education Center (Rooms 2A-B) all Mended Hearts members are encouraged help. Future dates in 2019: Tue, May 21st; Tue, Aug 13th; Fri, Nov 1st

Thursday, February 14th – “Healthy Hearts Wear Red”
luncheon at Paroquet Spring Conference Center in Shepherdsville, KY 40165. $10 per person (see flyer attached)

** NOTICE, NOTICE, NOTICE **

STARTING MONDAY, JANUARY 20, 2019
ALL MENDED HEARTS’ MONTHLY MEETINGS WILL MOVE TO 3:30 PM AT NORTON AUDUBON HOSPITAL L-2 COMMUNITY CONFERENCE ROOM (NEAR CAFETERIA) Spread the word to everyone!

** NOTICE, NOTICE, NOTICE **
Feeling chilly: How the body weathers winter

Suddenly in February, the day turns sunny. It is 50 degrees and it feels marvelous. Turn down the heat! Go for a walk! So why does 50 degrees feel so chilly in October? Physiologists say the body adjusts to increasing cold over time. In October, our bodies just haven’t adjusted to the temperature drop, according to the Wall Street Journal. The human body has two main ways to cope with chills when the temperature drops. The first is to constrict blood vessels. This pushes warm blood to the body's core. That's when your arms and legs could start to feel colder. The second way is to shiver. That's when you turn up the heat 10 degrees. Humans, it turns out, have continuously invented ways to cope with cold by changing their environment -- turning up heat sources, staying near those heat sources, and adding layers of clothing. Interestingly, humans who constantly experience cold temperatures, like native people in the Arctic, just don’t feel as cold as others. Fish industry workers, whose hands are in cold water for hours, have been found to have warmer hands than other people. The physiological explanation is that blood vessels don't constrict so much after long-term exposure. So those people really are warmer. But if you aren't an Eskimo and you do need thick, fuzzy socks all the time, there could be a medical explanation.

The first medical explanation is probably obvious: Aging makes people colder. Circulation decreases, the blood vessel walls lose elasticity and the fat layer thins. Well, sometimes.

Also the body's metabolic responses to cold can be slower.

According to the Journals of Gerontology reported in 2011 that older people on average had a body temperature .3 degrees lower than younger people. That’s normal.

There are some medical causes of coldness.

- Hypertension.
- Diabetes.
- Thyroid conditions.
- High cholesterol.

Pharmaceutical causes:

- Beta blockers that decrease heart rate (and circulation to hands and feet).
- Calcium channel blockers, used to treat hypertension.
Cordially Invites You to Our Annual
CHRIStMAS DINNER

December 17, 2018 ~ ~ 6:00 PM to 8:00 PM
Community room at Norton Audubon Hospital (near cafeteria)

Featuring sing-along Christmas Carols with Billy Flood

Norton Audubon will be providing us the Christmas meal at no charge.

Menu
Pasta Feast
- Chicken Pasta Primo
- Penne Pasta & Meatballs
- Salad & Focaccia Bread
- Assorted Desserts
- Coffee & Water

Please RSVP by December 10, 2018
bonnieweck@gmail.com or 502-387-4403

A Mended Heart 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.
Healthy Hearts Wear Red

Luncheon

Paroquet Springs Conference Centre
395 Paroquet Springs Drive Shepherdsville, KY 40165

February 14, 2019

Booths: 10:00-11:30am — Lunch: 11:30-12:00 noon
Program: 12:00 (noon)-1:30pm

Cost: $10 per person

Join us to raise awareness about heart disease and help fund Mended Hearts Chapter 11, a 501(c)3 organization, as it strives to build healthier lives free of cardiovascular disease. Your generous donation at this event helps provide education on heart disease, fund nursing scholarships, and a portion will go to the 2018 Mended Hearts Chapter 11 Team efforts in support of the American Heart Walk in September. All donors receive a special gift at the event. Please make your payments out to Mended Hearts. For more information on Mended Hearts go to: www.mendedhearts.org

Emcee: CINDI SULLIVAN, Executive Director/President of Trees Louisville
Barb Powers-Allender, Dental Hygienist at Shepherdsville Dental
Aruni Bhatnagar, Ph.D., F.A.H.A., Environmental Cardiology-UofL Physicians Group
Survivor Fashions Courtesy of T.J. Maxx
Norton Healthcare Prevention & Wellness—FREE glucose & cholesterol checks (12 hour fasting to have more accurate results)
Information about oral health/heart disease connection
Information Booths and Items to Purchase

Limited Tickets Available! Get your tickets Today!!

Registration Deadline: February 4, 2019 (Must have a ticket to enter)
Tickets sold at: Bullitt County Health Department and Bullitt County YMCA
For more information, please call 502-955-5355
Name (print) __________________________ Phone (home) _________________________
(work) ______________________________

Address __________________________________________
_________________________________________________
_________________________________________________

E-mail ______________________________

Best times to contact me

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

School of Nursing _______________________________________________________

Graduation Date _______________________ G.P.A. ______________________ (please attach unofficial transcript)

Current employment (attach complete resume)

________________________________________________________________________

List any prior grants or scholarships you have received

List personal goals and tell us why you consider yourself a good candidate for this scholarship
(attach comments to this form)

Please list two professional references (attach letters)

1.

2.
TO: THE CARDIOVASCULAR NURSING SCHOLARSHIP COMMITTEE OF THE MENDED HEARTS, INC., KENTUCKIANA CHAPTER #11

I would like my application to be considered by The Mended Hearts, Inc., and Scholarship Committee for the annual Cardiovascular Nursing Scholarship.

I have received a copy of the “guidelines” for this scholarship, and I agree to the stipulations and procedures outlined within.

________________________________________
Applicant’s Signature

________________________________________
Date submitted

Return to:

Bonnie Weck, President
Kentuckiana Mended Hearts Chapter 11
135A Michelle Drive
Shepherdsville, KY 40165

NOTE: All applications must be post marked not later than JANUARY 30, 2019.
GUIDELINES

ANNUAL STUDENT CARDIOVASCULAR NURSING SCHOLARSHIP

OBJECTIVE:

To encourage nursing students to enter the field of cardiovascular nursing. Two $1,500.00 scholarships are offered this year following the requirements below established by The Mended Hearts Inc., Kentuckiana Chapter #11.

REQUIREMENTS:

1. Applicant must be attending a school of nursing in the Metro Louisville area.

2. Applicant shall have demonstrated an interest in securing a nursing position within a hospital unit: Critical Care, Cardiovascular Unit, or Cardiac Rehabilitation Unit in the Metro Louisville area.

3. Applicant shall have achieved a cumulative G.P.A. of 2.80 or greater on a 4-point scale.

4. No applicant will be awarded to any Mended Heart’s family member.

5. Previous winners are not eligible.

APPLICATION PROCESS:

1. Applicant will complete the upper portion of the scholarship application including a complete resume and letters from two professional references whom you have demonstrated an interest in Critical Care, Cardiovascular, or Cardiac Rehabilitation prior to returning the application to the Kentuckiana Chapter #11 President.

2. An unofficial transcript including all but the current semester should be attached by the student.

3. Applications will be screened by the Nursing Scholarship Committee.

CONTRACT WITH RECIPIENT:

1. The recipient and, if possible, a representative of the school of nursing, personally shall attend The Mended Hearts Inc., Kentuckiana Chapter #11’s 45th anniversary dinner, in March 2019 at 6:00 PM, location TBD at a later date when the presenting of the scholarship will take place.

2. The recipient is encouraged to retain an ongoing relationship with the Kentuckiana Chapter #11 by attending monthly meetings as often as possible. Regular meetings are held on the third Monday of each month and are listed in the newsletter “Heart to Heart,” which will be sent to the recipient for a period of one year to keep her/him informed of Mended Heart’s activities of this chapter.

Our motto is, “It’s great to be alive – and to help others!”
**Member Information** (please print or type)

| Member Information | Date
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<td>Chapter _______ Member-At-Large _______</td>
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<td>Family member (must reside at same address; please name): (Mr/Mrs/Ms) __________________</td>
<td>Family Member Email _______________________</td>
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| 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)

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<tr>
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<td>□ Pacemaker</td>
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<td>□ Transplant</td>
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<td>□ AFib arrhythmia</td>
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<td>□ Stent</td>
<td>□ Other arrhythmia</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.

| Add my email to monthly and local national email updates? | Add my email to monthly national and local email updates? 
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**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.

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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

Or for national member-at-large, send to:

The Mended Hearts, Inc.
National Office
8150 N. Central Expwy, Ste M2248
Dallas, TX 75206

Inquiries: info@mendedhearts.org

MH2050C 2014
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.

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

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!”

If undeliverable return to:
Sandy Larimore, Newsletter Editor
185C Michelle Drive
Shepherdsville, Ky. 40165
Phone: 502.428.6621
Email: mhchapter11newsletter@gmail.com

CHAPTEr NO. 11 OFFICERS FOR 2017-2019

President: Bonnie Weck 502.387.4403
Vice President: Charlie Staff 502.649.3028
Secretary: Edwina Flood 502.491.2980
Treasurer: Elaine Martin 502.245.2687

NATIONAL MENDED HEARTS, INC. OFFICERS
President: Donette Smith
Executive VP: Millie Henn
Vice President: Patrick Farrant
Treasurer: Al Voss
Central Reg. Director: Bruce Norris
Central Ass’t Reg. Director: vacant

CHAPTEr NO. 11 COMMITTEE CHAIRPERSONS:

Visiting Chair: Dave Lewis 502.244.9237
Newsletter: Sandy Larimore 502.428.6621
Telephone: Edwina Flood 502.491.2980
Web/Facebook: Bonnie Weck 502.387.4403
Hospitality: Ralph Kats 502.245.7785
Sunshine: Elaine Martin 502.245.2687
Caregiver: vacant
Membership: Jean Miller 502.935.6470
Public Relations: vacant
Heart Walk: Kayla Good 502.794.1829
AHA Liaison: Bonnie Weck 502.387.4403