**Next Meeting!**

*December 12th* at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

**GAMES AND PRIZES! LISTEN TO HOLIDAY MUSIC!**

**JOIN US!**

Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20th of the month to: mendedhearts@riverview.org or drop it in the Mended Hearts mailbox in Cardiac Rehab at Riverview Health or mail it to Cardiac Rehab Gym, c/o Riverview Health, 395 Westfield Rd., Noblesville, IN 46060.

**MEETING TIMES:**

Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 4 (orange) – 11:30 am.

- **December 5th** – NO MH Board Meeting
- **December 12th** – Mended Hearts Mtg – 11:30 am – HOLIDAY PARTY
  
  **LUNCH PROVIDED**

**2019 Dates**

- **January 9th** – MH Board Meeting
- **January 20th** – NO MENDED HEARTS SUPPORT GROUP MEETING!

- **February 6th** – MH Board Meeting
- **February 20th** – Mended Heart Mtg 11:30 am – Pierre Twer – Bolt for the Heart – AED’s
  
  **LUNCH PROVIDED**

- **March 6th** – MH Board Meeting
- **March 20th** – Mended Heart Mtg 11:30 am –
  
  **LUNCH PROVIDED**

- **April 3rd** – MH Board Meeting
- **April 17th** – Mended Heart Mtg 11:30 am –
  
  **LUNCH PROVIDED**

**NOTE:** Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health in Room 1435 on the 1st floor. All members are welcome to attend.
IMPORTANT INFORMATION ABOUT MEETINGS!!!!!

Please note that if the temperature drops below 20 degrees F, all regularly scheduled monthly meetings and Board Meetings will be cancelled. The health of our members is too important to have them out in the cold weather.

**The Albany Office**

The new Mended Hearts and Mended Little Hearts National Resource Center is open and ready for business. The office is located in a beautiful and cozy location that truly speaks to the heart of our organization. We are excited to be in such a wonderful community.

As a reminder the new address for the Resource Center is:

Mended Hearts National Resource Center
Merry Acres Executive Building
1500 Dawson Road
Albany, GA 31707

All of the correspondence, dues, memberships, and mailings should be directed to the above address.

The main office phone number is still: 1-888-HEART-99

Staff is listed below:

**George Humes: Shipping and Inventory Specialist**
To reach George by email: George.humes@mendedhearts.org

**Amanda Bunn: Customer Service and Database Specialist**
To reach Amanda by email: Mandy.bunn@mendedhearts.org

Lesia Irvin: Customer Service Specialist
To reach Lesia by email: Lesia.Irvin@MendedHearts.org

**Judy Himes: Director of Operations and Field Services**

As we move into 2019 full of thankfulness and blessings, Al Voss, Treasurer, is showing how Mended Hearts and Mended Little Hearts just might find the pot of gold at the end of the rainbow. Thank you for serving others, and allowing us to serve you!

HAPPY UGLY SWEATER DAY
12/20/18
Mended Hearts volunteers make a difference every day!
Each year Mended Hearts volunteers make a difference in many lives. Patients newly diagnosed with heart disease can have many questions that can be best answered by someone who has “been there”. Consider taking a few hours a month to make a difference. If you would like to be a Mended Hearts volunteer, contact any Chapter 350 member listed below.

Our Mission Statement:

Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

The Mended Hearts Prayer

The Mended Hearts, Inc.

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 your gifts well.

HAMILTON COUNTY MENDED HEARTS CHAPTER
#350 OFFICERS AND CHAIRPERSONS

President – Marv Norman
mncnorman@comcast.net
(317) 403-8289
Treasurer – Maureen Price
mprice2000@gmail.com
(317) 420-9319
Visiting Chairman – Marv Norman
mncnorman@comcast.net
(317) 403-8289
Secretary – Stan Gurka
Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Internet Visitor – Stan Gurka
s.gurka@comcast.net
Phone Follow-up Visitor –
Maureen Price
Bertie Gilster
Hospital Liaison – Melinda Nash

Vice President –

Newsletter Editor – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300
Hospitality Committee – Charlene Perkey
Sunshine Committee – Charlene Perkey
charleneperkey@yahoo.com
(317) 896-2932
Hospitality Committee – Becky Upp
bsupp@att.com
(317) 774-0559
Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka
Warren Manchess

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(937) 935-1747
Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300
National President – Donnette Smith
Executive Vice President – Millie Henn
Treasurer – Al Voss
Director of Patient Advocacy – Andrea Baer

Volunteers needed for other committees. See any officer for information.
<table>
<thead>
<tr>
<th>Mended Hearts Chapter #350 Visits</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
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<td>47</td>
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<td>44</td>
<td>33</td>
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<td>60</td>
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<td>0*</td>
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<td>65</td>
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<td>39</td>
<td>74</td>
<td>58</td>
<td>47</td>
<td>549</td>
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</table>

*No visits due to flu restrictions in the hospital.

ALL VOLUNTEER VISITORS, PLEASE WEAR YOUR RED VESTS TO MENDED HEARTS MEETINGS!!!!!!!

For the Caregiver

Communicate how you are feeling
Allow time to grieve the lack of normal
Reflect on the journey – in writing
Educate yourself about the disease

Get involved in your loved one’s care
Involve others who can help
Visit with other MHI/MLH members
Eat right
Rest – get sleep and take breaks

The Attitude is Gratitude.
THE POWER of GIVING BACK!
Remembering the Reason for the Season

"TEACH THE CHILDREN"

Just a week before Christmas I had a visitor. This is how it happened... I just finished the household chores for the night and was preparing to go to bed, when I heard a noise in the front of the house. I opened the door to the front room and to my surprise, Santa himself stepped out from behind the Christmas tree. He placed his finger over his mouth so I would not cry out.

"What are you doing?" I started to ask. The words choked up in my throat, and I saw he had tears in his eyes.

His usual jolly manner was gone. Gone was the eager, boisterous soul we all know. He then answered me with a simple statement. "TEACH THE CHILDREN!"

I was puzzled; what did he mean? He anticipated my question, and with one quick movement brought forth a miniature toy bag from behind the tree.

As I stood bewildered, Santa said, "Teach the children! Teach them the old meaning of Christmas. The meaning that nowadays Christmas has forgotten."

Santa then reached in his bag and pulled out a FIR TREE and placed it before the mantle. "Teach the children that the pure green color of the stately fir tree remains green all year round, depicting the everlasting hope of mankind, all the needles point heavenward, making it a symbol of man's thoughts turning toward heaven."

He again reached into his bag and pulled out a brilliant STAR. "Teach the children that the star was the heavenly sign of promises long ago. God promised a Savior for the world, and the star was the sign of fulfillment of His promise."

He then reached into his bag and pulled out a CANDLE. "Teach the children that the candle symbolizes that Christ is the light of the world, and when we see this great light we are reminded of He who displaces the darkness."

Again he reached into his bag, removed a WREATH, and placed it on the tree. "Teach the children that the wreath symbolizes the real nature of love. Real love never ceases. Love is one continuous round of affection."

He then pulled from his bag an ornament of HIMSELF. "Teach the children that I, Santa Claus, symbolize the generosity and good will we feel during the month of December."

He then brought out a HOLLY LEAF. "Teach the children that the holly plant represents immortality. It represents the crown of thorns worn by our Savior. The red holly represents the blood shed by Him."

Next he pulled from his bag a GIFT and said, "Teach the children that God so loved the world that He gave His only begotten Son. "Thanks be to God for his unspeakable gift. Teach the children that the wise men bowed before the holy babe and presented him with gold, frankincense and myrrh. We should always give gifts in the same spirit of the wise men."

Santa then reached in his bag, pulled out a CANDY CANE, and hung it on the tree. "Teach the children that the candy cane represents the shepherds' crook. The crook on the staff helps to bring back strayed sheep to the flock. The candy cane is the symbol that we are our brother's keeper."

He reached in again and pulled out an ANGEL. "Teach the children that it was the angels that heralded in the glorious news of the Savior's birth. The angels sang 'Glory to God in the highest, on earth peace and good will toward men."

Suddenly I heard a soft twinkling sound, and from his bag, he pulled out a BELL. "Teach the children that as the lost sheep are found by the sound of the bell, it should ring mankind to the fold. The bell symbolizes guidance and return."

Santa looked back and was pleased. He looked back at me and I saw that the twinkle was back in his eyes. He said, "Remember, teach the children the true meaning of Christmas and do not put me in the center, for I am but a humble servant of the One that is, and I bow down to worship Him, our Lord, our God."

MERRY CHRISTMAS AND MAY GOD BLESS YOU!!!
Benefits of Mended Hearts Membership

**Connection.** Being a member offers opportunity for connection with the nation’s largest community-based heart patient organization providing hope and encouragement to heart patients and their families.

**Relationships.** Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

**Giving Back.** Our accredited visiting program enables survivors and caregivers to “give back” to other patients what they’ve learned from their experiences.

**Chapter Activities.** We encourage all members to participate in chapter activities -- which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

**National Magazine.** A subscription to *Heartbeat* quarterly magazine, 28-32 pages highlighting organization news, activities and items of interest to the heart-patient community, is available to all members.

**In the Know.** Membership offers internal organizational communications via the Internet-providing the latest organizational updates and important heart-health information.

**National Convention.** Members have the opportunity to attend annual national convention featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

**Website.** Membership offers access to a password-protected members-only site on the Mended Hearts Website.

**Branded Items.** Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

**Leadership.** As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

**Mended Little Hearts.** Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the “littlest heart patients of all” and their families.

**Local discounts for members.**

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**Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350**

1. **Location! Location! Location!** The location at Riverview Health is convenient for Mended Hearts Visitors, as well as members who exercise in the Cardiac Rehab Gym.

2. **Riverview Health** pays for the paper, printing and postage of Chapter 350 newsletter, and provides lunch for Mended Hearts monthly meetings.

3. **Riverview Health** provides Hamilton County Mended Hearts Chapter #350 with office space and meeting rooms for both Board of Directors meetings and the regularly scheduled Chapter monthly meetings.

4. **The speakers at the Chapter monthly meetings provide the members with up-to-date information on a number of topics and answer a variety of questions.**

5. **Hamilton County Mended Hearts Chapter #350 Visitors get discounts on food in the Riverview Health cafeteria, merchandise at both gift shops in the hospital, Culver’s, lunch at Michaelangelo’s and other businesses.**

6. **All of these benefits cost an individual about 6 cents a day and about 9 cents a day for a family membership.**
**MEMBER ENROLLMENT**

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

Name (Mr/Mrs/Ms)___________________________________________________________

Address (line 1)___________________________________________________________

Address (line 2)___________________________________________________________

City/State/Zip___________________________________________________________

Email address___________________________________________________________

Family member (must reside at same address; please name):

(Mr/Mrs/Ms)_______________________________________________________________ Family Member Email ____________________________

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 _________________________

Name of Caregiver _________________________________

Phone ____________________________

Alt Phone ____________________________

□ Check here if also Heart Patient

□ Procedure- specify: _______________________________________________

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 national email updates?

□ Yes □ No

Optional info: Date of birth ____________________________

Please check below:

Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other

Gender: □ Male; □ Female

**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 both national and 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.

<table>
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<th>Individual</th>
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<td>In United States national member-at-large dues</td>
<td>$20.00</td>
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**Chapter dues (please customize)**

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<td>Chapter dues (if applicable)</td>
<td>$10.00</td>
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**Dues Summary:**

National dues $ _____

Chapter dues $ _____

TOTAL $ _____

I am joining as a non-heart patient: □ Physician □ RN

□ Health Admin □ Other Interested Party □ Other __________

I would like to make a tax-deductible contribution of $ __________

□ Donation to national $ __________

□ Donation to chapter $ __________ To chapter # __________

Chapter Name: __________ City, __________ State __________

Please send payment with enrollment form to MHI chapter Treasurer. For member-at-large, send to:

Hamilton County Mended Hearts Chapter 350

c/o Riverview Health, 395 Westfield Rd

Noblesville, IN 46060

The Mended Hearts, Inc.

National Office, 8150 N. Central Expressway, M2248

Dallas, TX 75206
MEETING TIMES
3rd WEDNESDAY OF EVERY MONTH
11:30am – 2:00pm

December 12, 2018
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)