



HEART – to – HEART



Hamilton County Mended Hearts Chapter #350

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

Volume 9, Issue 12

December 2018

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.



**Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008**

Editor: Linda Mason

**SAVE
THESE
DATES!!!**

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 Data Base 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 on-
going peer-to-peer support.***



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

Central Regional Director – Bruce Norris

bnorris@columbus.rr.com
(937) 935-1747

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.

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.

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

Asst RD Central Region – Linda Mason

lindakm1951@yahoo.com
(317) 407-8300

Executive Director – Norm Linsky

Vice President – Patrick Farrant

MLH Vice President – Angel Olvera

Mended Hearts Chapter #350 Visits	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTALS
2014 Visits	73	39	47	43	44	33	49	42	73	53	25	55	576
2015 Visits	48	31	68	67	58	108	52	115	68	52	66	41	774
2016 Visits	78	54	64	74	76	65	28	65	40	39	60	47	690
2017 Visits	63	42	43	77	55	64	52	97	60	67	72	82	774
2018 Visits	0*	0*	33	77	65	77	50	78	39	74	58		549

*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

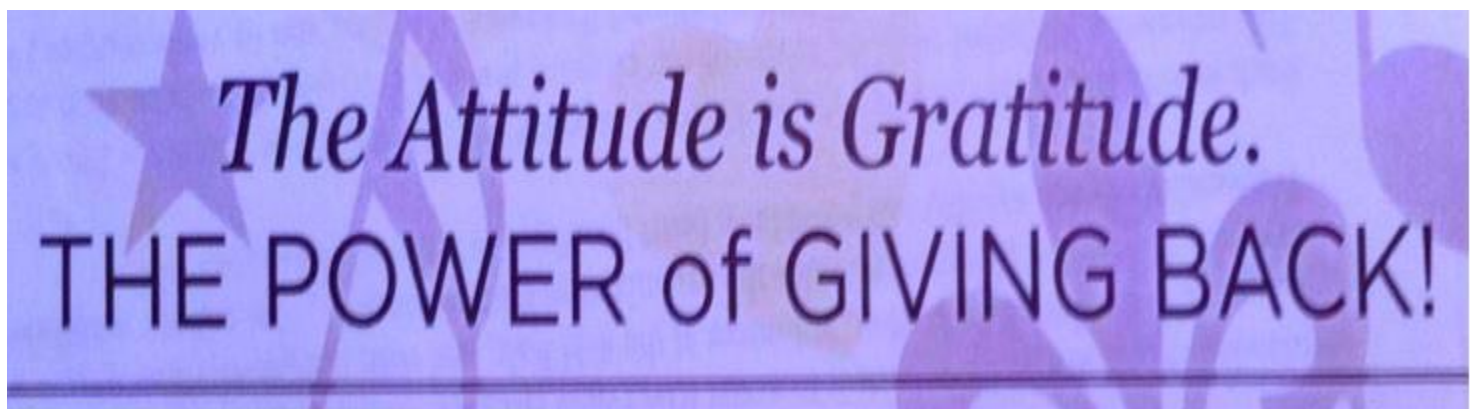
Visit with other MHI/MLH members

Eat right

Rest – get sleep and take breaks



dreamstime.com



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.

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.



Mended Hearts

National Office
Phone: 888-HEART99
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)

Date _____

Name (Mr/Mrs/Ms) _____

Chapter _____ Member-At-Large _____

Address (line 1) _____

Phone (_____) _____

Address (line 2) _____

Alt Phone (_____) _____

City/State/Zip _____

Retired: ☐ Yes ☐ No

Email address _____

Occupation _____

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

Preferred Contact: ☐ Phone ☐ Email ☐ Mail

(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 _____

- | | | |
|---|---|--|
| ☐ Angioplasty | ☐ Heart attack | ☐ Diabetes |
| ☐ Atrial Septal Defect | ☐ Pacemaker | ☐ Valve-Surgery |
| ☐ Aneurysm | ☐ Transplant | ☐ Valve Transcath |
| ☐ CABG (Bypass) | ☐ AFib arrhythmia | ☐ ICD (Defibrillator) |
| ☐ Stent | ☐ Other arrhythmia | ☐ Other _____ |

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

Patient signature _____

Optional info: Date of birth _____ Please check below:

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

Gender: ☐ Male; ☐ Female

Add my email to monthly national email updates?

☐ Yes ☐ No

Family member signature _____

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.

In United States national member-at-large dues

Individual	\$20.00	☐
Family	\$30.00	☐
Life – Individual Dues	\$150.00	☐
Life – Family Dues	\$210.00	☐

Chapter dues (please customize)

Individual	\$ 10.00	☐
Family	\$ 15.00	☐
Life – Individual Dues (if applicable)	\$ 90.00	☐
Life – Family Dues (if applicable)	\$135.00	☐

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

Hamilton County Mended Hearts Chapter #350
395 Westfield Road
Noblesville, IN 46060

**"It's great to be alive —
and to help others!"**

MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

11:30am – 2:00pm

December 12, 2018

Riverview Health – 395 Westfield Road

(Classrooms A & B – Entrance 4)