The President’s Corner
By Joe Novak, Chapter 89 President

We are in the middle of winter and that means it is snow shoveling season. It has been proven that there is a connection between snow shoveling and having a heart attack. So what happens in your body to make this happen? In an article in the Star Tribune by Wina Sturgeon this is what takes place: Cold weather causes blood vessels to contract making them narrower. This restricts blood flow, which in turn lowers the amount of oxygen your heart receives. In order to get the extra oxygen the heart requires it must pump harder to get the blood to flow faster. When the heart works harder your blood pressure goes up as well.

To prevent a heart attack first drink a large glass of water so you don’t become dehydrated. Next, warm up your muscles because shoveling involves a lot of twisting motions. Next, shovel light loads instead of heavy loads to keep your heart from working too hard. As for clothing, don’t wear cotton. If it gets wet it draws heat away from the body. Also take frequent breaks. Shovel for five minutes and go in for five minutes. The other option is to hire someone to blow out your driveway. This is still cheaper than ending up in the ER! Be careful and don’t take chances.

-Joe

Nominating Committee Seeks Candidates for Chapter Offices

Would you or another Mended Hearts member you know like to serve as an Officer and Board Member of Twin Cities Chapter 89 for the coming two-year term? If so, now is the time to step up and volunteer!

If you are interested or would like to submit the name of a candidate for consideration by the nominating committee, please call Gerri Juntilla at 763-424-6464 or via e-mail at gerri123@embarqmail.com.

New Technology Dazzles at Latest Visit to Heart Lab

A dozen Twin Cities Chapter members and caregivers attended this year’s tour of the University of Minnesota Visible Heart Lab on November 5. We were again blown away by the ever-increasing technologies used by the lab to improve the treatments of heart disease.

Visible Heart Lab Assistant Professors Tinen Iles, Ph.D., and Michael Bateman, Ph.D., explain the Transmedics® Organ Care System and how it can be used to extend heart and lung transportation times during transplant procedures.

“It’s hard to say which of the new innovations impressed me more: the heart-lung research, 3-D printing of hearts, or the use of virtual reality,” said first-time visitor Kathy Boyer. “I was both impressed and humbled by what I saw on this tour and would visit the lab again to see what’s new with the latest research.”

Willy Hill holds a 3-D model representing the hearts of conjoined twins successfully separated last year at University Hospitals.

…continued on next page
Heart Lab, continued

Ron Finger, another first-timer, added, “The work being done with the use of the 3-D printer to not only give broader insight into the workings of the heart but also in giving doctors information for treating patients showed why the University is a leader in heart medicine.”

Graduate Student Emma Schinstock answers questions about a “preserved” diseased heart posed by Greg Rosvold, center, and Joe Novak, right.

Briane Hill, left, and Willy Hill inspect one of the first external pacemakers developed by Dr. Earl Bakken of Medtronic.

The Visible Heart apparatus can be used to study hearts deemed not viable for transplant donated to the laboratory. A red 3-D printed heart takes the place of a real heart in this photo.

Graduate Student David Ramirez demonstrated 3-D printing of a coronary stent model, and also discussed how physicians are now using virtual reality to view diseased hearts prior to surgery.

Attendees at the November Heart Lab tour visit the lab’s Heart Library. From left to right are Greg Rosvold, Kathy Boyer, Judy and Ron Finger, Willy and Briane Hill, Eleanor Zweirs, Harlan Danner, and Joe Novak. Not pictured are Richard Hill, Paul Leonard, and Mike McCalley.

Mended Hearts Chapter 89 Officers 2018-19

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If you are interested in becoming a Mended Hearts visitor at any of our Chapter 89 hospitals, please contact Joe Novak at 612-866-1878.
**Member Recipes**

Sonja’s Lemon Cookies
(Enjoyed at our 2018 picnic!)

Ingredients:
- 4-1/2 Cups flour
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- 1 tsp. salt
- 1 Cup butter
- 1 Cup powdered sugar
- 1 Cup sugar
- 2 eggs
- 1 Cup salad oil
- 1 tsp. lemon extract
- 1 tsp. grated lemon peel

Icing:
- 3-1/2 Cups powdered sugar
- 7 tbsp. lemon juice

In a large bowl combine flour, soda, cream of tartar and salt; set aside. In a large mixing bowl cream butter and sugars. Beat in eggs, one at a time until light and fluffy. Add oil, lemon extract and peel. Gradually add dry ingredients until well mixed. Wrap and chill several hours. Preheat oven to 325 deg. and grease cookie sheets. Roll a tsp. of dough in a ball and place on cookie sheet; flatten with glass bottom dipped in sugar. Bake 10-12 minutes. Frost.

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**2019 American Heart Walk Will be May 18 at Target Field**

Once again, “Life is Why We Walk” will be the theme for the annual American Heart Walk scheduled for May 19, 2019. The Heart Walk will take place at Target Field in Minneapolis.

By participating in the Heart Walk, you’ll be joining a million Heart Walk Heroes from across the nation raising funds for lifesaving science. This science can teach us all how to live longer and be Healthy for Good.

Take a few minutes to consider the lives you are going to help change for the better through your donation and participation in the Heart Walk. Help keep hearts everywhere beating by taking steps together to cure heart disease and stroke.

Watch for more information on Twin Cities Chapter of Mended Hearts participation in the Heart Walk coming in future mailings and newsletters!

**Other Upcoming Events**

**July**
Mended Hearts National Convention, date and location to be announced

**August**
Fifth Annual Chapter Picnic

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**2018 Year-End Visiting Stats**

**Mended Hearts Chapter 89**

For the year, Mended Hearts Chapter 89 visited 833 patients 2990 times, with an additional 13 phone visits and 866 family-only visits for a total of 3869 visits by 21 visitors for the 2018 calendar year.

**Visiting Stats for Mended Hearts Chapter 89**

<table>
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<th>Oct. - Dec. 2018</th>
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<tr>
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**Quote of the Day**

“It is every man’s obligation to put back into the world at least the equivalent of what he takes out of it.”

-Albert Einstein

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Note: This newsletter is not intended to give personal medical advice. Please consult with your medical professionals about any health concerns you may have.
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  

Date_________________________  
Chapter __89___ Member-At-Large_________________________  
Phone (_______)_________________________  
Alt Phone (_______)_________________________  
Retired: ☐ Yes ☐ No  
Occupation_________________________  
Preferred Contact: ☐ Phone ☐ Email ☐ Mail  

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_________________________  

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_________________________  

Add my email to monthly national email updates?  
☐ Yes ☐ No  
Family member signature_________________________  

Optional info: Date of birth_________________________  
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other  
Gender: ☐ Male; ☐ Female  

Optional info: Date of birth_________________________  
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 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.  

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 $5.00 ☐  
Family $5.00 ☐  
Life – Individual Dues (if applicable) $_______ ☐  
Life – Family Dues (if applicable) $_______ ☐  

Dues Summary:  
National dues $_______  
Chapter dues $ 5.00  
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 and make checks payable to Mended Hearts, Inc.  

Richard Hill  
834 Woody Lane  
Coon Rapids, MN 55448  

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