Next Meeting!
February 20th at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

Approach the New Year with resolve to find the opportunities hidden in each new day!

- Michael Josephson

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.

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 – NATIONAL HEART MONTH - Pierre Twer – Bolt for the Heart – AED’s
LUNCH PROVIDED

March 6th – MH Board Meeting
March 20th – Mended Heart Mtg 11:30 am – Mitch Russell – Chief Security Officer – Riverview Health – What to do in an Active Shooter Situation
LUNCH PROVIDED

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

April 3rd – MH Board Meeting
April 17th – Mended Heart Mtg 11:30 am – ANNIVERSARY MEETING – Tony Cook – State Representative (tentative)
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.

Marv’s Insights

Thank you to the members of Hamilton County Mended Hearts Chapter 350. You helped make 2018 a very good year.

We celebrated our 10th anniversary with a large party that was well attended.

There has been a significant increase in membership and more people have stepped up to help run the chapter. Thank you so much.

We participated in the Good Samaritan Network Fair and formed a beginning partnership with the Good Samaritan Network which is producing dividends. We formed a partnership with Bolt for the Heart, an organization that raises money to supply AEDs to community organizations. We purchase AEDs thru Bolt for the Heart and donate the AEDs to non-profits in Hamilton County. Bolt for the Heart supports us on their website. We donated an AED to the Good Samaritan Network and another unit to the Atlanta, Indiana Volunteer Fire Department. We have a third unit ready to be given away.

We have a member who is now writing grant requests so we can provide more units.

Donating AEDs allows us the chance to promote CPR/AED training, $49 heart scans and $10 EKGs. (Heart scans found problems in a couple of my friends.) Quite a few people have learned CPR/AED skills.

Linda Mason attended the Mended Hearts National Conference in San Antonio.

We partnered with Christ’s Community Church in sponsoring an Adult Health Fair where we gained liaisons with several organizations. We received free publicity in local newspapers. We are becoming better known and improving community interest.

There has been more sharing between members in helping each other to get through health issues. We have had good participation with fundraisers by members. Meeting attendance has improved. We have had very good speakers.

Our relationship with Riverview Health has expanded. We have a good relationship with the head of the hospital volunteers.

We are planning to make presentations of our missions to various community organizations this coming year.

Please join me in this coming year to fulfill our mission:

INSPIRING HOPE AND IMPROVING THE QUALITY OF LIFE FOR HEART PATIENTS AND THEIR FAMILIES THROUGH ON-GOING PEER-TO-PEER SUPPORT.

Please join with your board as we try to make a difference in 2019.

Marv Norman, President
Hamilton County Mended Hearts Chapter 350

We all get the exact same 365 days. The only difference is what we do with them

- Hillary DePiano
**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.*

**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](mailto:mncnorman@comcast.net)  
(317) 403-8289  
Treasurer – Maureen Price  
[mprice2000@gmail.com](mailto:mprice2000@gmail.com)  
(317) 420-9319  
Visiting Chairman – Marv Norman  
[mncnorman@comcast.net](mailto:mncnorman@comcast.net)  
(317) 403-8289  
Secretary – Stan Gurka  
Program Chairman – Stan Gurka  
[s.gurka@comcast.net](mailto:s.gurka@comcast.net)  
(317) 374-1021  
Internet Visitor – Stan Gurka  
[s.gurka@comcast.net](mailto: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](mailto: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

Vice President –  

Newsletter Editor – Linda Mason  
[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com)  
(317) 407-8300  
Hospitality Committee – Charlene Perkey  
Sunshine Committee – Charlene Perkey  
[charleneperkey@yahoo.com](mailto:charleneperkey@yahoo.com)  
(317) 896-2932  
Hospitality Committee – Becky Upp  
[bsupp@att.com](mailto: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](mailto:lindakm1951@yahoo.com)  
(317) 407-8300  
Executive Director – Norm Linsky  
Vice President – Patrick Farrant  
MLH Vice President – Angel Olvera  

Volunteers needed for other committees. See any officer for information.
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*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!*
5 Hidden Dangers in Your House
By Cassie Shortsleeve | September 28, 2018

Make your home the comfortable safe haven it should be by protecting yourself against these stealthy hazards.

Home is where the heart is, but it’s also where many health dangers dwell.

We’re not talking about the better-known hazards, like mold, dust mites, or carpet chemicals. Those are certainly important, but there are a few even sneakerier ways your home may be putting your health at risk. And since adults over 65 spend more time sleeping, watching TV, and doing household activities, it’s especially important to beware.

Make your home the comfortable safe haven it should be by protecting yourself against these five common risks.

1. A Slippery Shower or Step Stool

“Falls are one of the biggest threats to the independence of adults as they age,” says Kathryn H. Jacobsen, Ph.D., M.P.H., a professor in the department of global and community health at George Mason University.

In fact, one out of five older adults who fall incurs a serious injury such as a broken hip or head trauma, according to the Centers for Disease Control and Prevention.

“Showers and kitchens with step stools—for reaching those higher cabinets and shelves—are major points of concern,” Jacobsen says.

How to stay safe: Install permanent grab bars in and around the shower and tub. Some models have suction cups, which make them easy to install and remove so you can take them with you when you travel. Nonslip stickers are another good way to keep everyone in your home from slipping in the shower.

As for the kitchen, reorganize so that your most used foods and tools are on lower shelves, Jacobsen says.

2. Your Kitchen Sink and Countertops

The National Sanitation Foundation found that areas where food is stored or prepared had more bacteria or fecal contamination than other places in the home. More than 75 percent of dish sponges and rags had salmonella, E. coli, or fecal matter compared to the 9 percent on bathroom faucet handles.

That’s especially bad news for older adults. “Your immune system starts to weaken in your 50s, which puts you at an increased risk for foodborne illnesses,” says Philip Tierno, Ph.D., a professor of microbiology and pathology at New York University.

Other kitchen items that need frequent cleaning include cutting boards and your refrigerator, especially areas in contact with uncooked or unwashed food.

How to stay safe: If you’re washing food over the sink, make sure it never touches the actual sink or the drain, which tend to be hot spots for bacteria, Tierno says.

Also, make sure to change dish towels a few times per week, and swap your sponge every month or so depending on how much you use it, he says. If you’re a regular sponge user, disinfect it at least once a week by soaking in a bleach solution (one part bleach to nine parts water) for five minutes, or microwaving on high for two minutes. The microwave method has been shown to kill 99 percent of bacteria!

And while you’ve heard this one before, it’s worth repeating: Before and after handling food, wash your hands with soap and water for at least 20 seconds. Plus, check out tips for washing produce correctly.

3. Herbal Supplements

You might not think to tell your doctor about that daily multivitamin or your green tea habit, but that’s a mistake.
“Some herbal products mix badly with prescription medications,” Jacobsen says.

In fact, a review published in the British Journal of Clinical Pharmacology found herbal remedies such as sage, St. John’s wort, goji juice, green tea, and ginkgo biloba produced adverse reactions in people taking warfarin or statins.

**How to stay safe:** Tell your doctor about any over-the-counter medications, vitamins, or supplements you’re taking. And cozy up to your pharmacist too.

“Pharmacists can offer good advice about whether it’s safe to try supplements or if they should be avoided because of possible side effects or interactions,” Jacobsen says.

The National Center for Complementary and Integrative Health offers a list of common herb-drug interactions for reference, but it should remain just that—a reference. It shouldn’t replace a conversation with your doctor.

### 4. Your Showerhead

As you get older, because of that slight weakening of the immune system, you’re more susceptible to Legionnaires’ disease, a type of pneumonia caused by the * legionella bacteria, which grows in showerheads, Tierno says.

“Over time, if a showerhead is not cleaned, * legionella and other bacteria can grow and thrive,” he says. “So when you spray yourself, you can get sick.”

**How to stay safe:** Change the showerhead at least once a year to prevent mineral deposits and biofilm. Between changes, clean it by scrubbing any visible debris off the head (Tierno recommends using a steel brush) and soaking it in vinegar, a natural disinfectant, for one hour.

If you’re replacing the head, choose a metal model over plastic. Research shows metal is less likely to harbor bacteria.

### 5. Empty Rooms

“Research shows that lonely and socially isolated people tend to be less healthy and more likely to have a lifestyle that is not as health-promoting,” says Christopher Coe, Ph.D., director of the Harlow Center for Biological Psychology at the University of Wisconsin-Madison.

Studies have linked loneliness and social isolation to increased risk for cognitive decline, depression, and even heart disease.

That’s bad news, given that the AARP Foundation estimates more than 8 million adults age 50 and older are affected by isolation.

**How to stay connected:** Just as you can take steps to improve your fitness, there are things you can do to improve your connections with others. Signing up for a SilverSneakers class accomplishes both—and members say the friendship benefits are just as important as the fitness benefits.

Or volunteer, which provides both a dose of social interaction and gratitude. One Florida State University study found that just two hours of volunteering per week alleviated loneliness in older adults who were widowed. Check out local volunteer organizations or a site like volunteermatch.org to find opportunities.

### 4 Vaccines You Probably Need

By Korin Miller | October 15, 2018

**Immunizations aren’t just for kids. Here are four you may need to protect your health.**

Vaccines aren’t just for kids. They’re important for adults too—especially seniors.

As you get older, your immune system tends to weaken, which increases your risk of developing certain illnesses. Meanwhile, many vaccines aren’t a one-shot deal: You need a booster or repeat vaccine at specified intervals to stay protected.

“Vaccines provide an excellent way to prevent illness and remain healthy,” says Richard Watkins, M.D., an infectious disease physician in Akron, Ohio, and an associate professor at Northeast Ohio Medical University.

But which ones do you really need? Here are four vaccines every older adult should ask their doctor about.

**Vaccine #1: Tdap or Td Booster**
Your 11-year-old grandson might have gotten this shot last week, but don’t be surprised if you need one too. If you’ve never had a Tdap shot, you should get one as soon as possible. If you’ve previously had Tdap, you’ll need a Td booster every 10 years. Got a severe cut or burn but can’t recall the last time you had a Tdap or Td booster? Check in with your doctor right away.

Tdap helps protect against:

- **Tetanus (a.k.a. lockjaw)**, which causes painful muscle tightening and stiffness
- **Diphtheria**, which can cause breathing problems, heart failure, paralysis, and death
- **Pertussis (a.k.a. whooping cough)**, which causes severe coughing spells, difficulty breathing, and vomiting

**Vaccine #2: Shingles**

Almost one out of every three Americans will develop shingles in their lifetime, and the risk increases as you get older. That’s why the Centers for Disease Control and Prevention (CDC) recommends that all healthy adults 50 and older get two doses of the Shingrix shingles vaccine, two to six months apart.

Shingles causes a painful rash that forms on one side of your body and can last up to five weeks. Many people who develop shingles, which is related to the chickenpox virus, also end up with pain that persists long after the rash disappears (post-herpetic neuralgia), as well as vision issues, facial paralysis, and skin blisters.

Learn more in our guide to the new shingles vaccine.

**Vaccine #3: Pneumococcal**

The CDC recommends that all adults age 65 and older get the pneumococcal vaccine, which protects against potentially deadly infections of the bloodstream and lungs, including pneumonia.

Current guidelines suggest getting one dose of two different pneumococcal vaccines—PCV13 (Prevnar 13) followed by PPSV23 (Pneumovax)—a year apart.

If you’re younger than 65 but have certain conditions, such as heart disease, diabetes, or a weakened immune system, your doctor may also recommend a pneumococcal vaccine.

**Vaccine #4: Flu**

This is the one shot you need every year, Dr. Watkins says. Up to 70 percent of seasonal flu-related hospitalizations—and up to 85 percent of flu-related deaths—occur in people 65 years and older, so it’s important to take it seriously.

The flu vaccine isn’t perfect, but it will lower your odds of getting sick and decrease the risk of serious complications if you end up getting the flu anyway.

This vaccine takes at least two weeks to start working, so it’s best to get it before the end of October, according to the National Institute on Aging. If that’s not possible, get it as soon as possible—flu season can last through March, so any protection is helpful.

**Get Ready for Your Appointment**

Seeing your doctor annually is the easiest way to ensure you’re up to date on vaccines. Before you go, check with your health plan about benefits. Or learn more about Medicare coverage for “yearly wellness visits” and other tests, items, or services here.

To help your doctor determine the best vaccines and timing for you, be sure to discuss any:

- **Health conditions or recent health events**, such as trips to the ER or hospitalizations
- **Current medications**, including prescriptions, over-the-counter drugs, vitamins, and supplements
- **Previous adverse (negative) or allergic reactions to vaccines**: Your doctor may be able to recommend an alternative or recommend other steps that can help protect 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 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): (Mr/Mrs/Ms)_________________________ Family Member Email ____________

Preferred Contact: ☐ Phone ☐ Email ☐ Mail

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 ___________________________ Name of Caregiver ___________________________

Date of Surgery/Procedure _______________________ Phone __________________________

Type of Surgery/Procedure ______________________ Alt Phone __________________________

☐ Check here if also Heart Patient

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

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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 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

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Dues Summary:

- National dues $ __________
- Chapter dues $ __________
- TOTAL $ __________

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

☐ 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
MEETING TIMES
3rd WEDNESDAY OF EVERY MONTH
11:30am – 2:00pm

February 20, 2019
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)