Mended Hearts is the largest heart patient support network in the world, with 18,000 members and 300 chapters. Its mission is dedicated to providing support to heart patients before and after their procedures.

Mended Hearts of Morris County is a 501c3 organization which supports patients of the Gagnon Cardiovascular Institute with visits, monthly meetings and nursing scholarship awards.

In 2012, the Chapter was awarded the Mended Hearts National President’s Award for the outstanding chapter nationwide, as measured in number of patients visited, membership growth, hospital recognition and contribution to the community.

Gagnon Ranked as Top Hospital for Heart Surgery

There are 620 U.S. Heart Hospitals ranked by U.S. News & World Reports. Morristown Medical Center was ranked 20th in nation for Cardiology & Heart Surgery, putting Gagnon Cardiovascular Institute in the top 4% of heart hospitals.

Our regular meetings are held the fourth Sunday of the month

Sunday, Jan 27 at 1:30 pm 2019 Scholarship Awards U.S. Army Medical Corp Guest Wilf Conference Room

Sunday, Feb 24 at 1:30 pm Heart Valve Advancements Wilf Conference Room

Sunday, Mar 24 at 1:30 pm Gagnon Cardiovascular Institute Wilf Conference Room

If you’d like to join our visiting team at the Morristown Medical Center Contact Joe Nadler, Visiting Chair jsnadler55@gmail.com

2020 Scholarship Award

Do you know a deserving nursing School student? Please have them email a cover letter and resume to us fvfabry@gmail.com to be considered for our 2020 scholarship award.

To support our Scholarship Fund for Nursing and School of Medical Technology Students

Please mail your Tax Deductible check to our Treasurer:

Dr. Harvey Brooks
Mended Hearts of Morris County
95 Redwood Road
Springfield, NJ 07081
The President’s Report

New Year’s Resolution

Dear Heart Patients and Care Givers,

After the holidays are over, we look forward to fulfilling our New Year’s resolutions, as they relate to our diet, exercise and our commitments to living a healthier life in 2019.

I notice a new group of members at the gym, trying to get in shape and improving their health. If you’re recovering from open heart surgery, it’s a perfect reason to begin a cardiac rehab program at your community hospital.

As a heart patient survivor, this is an excellent time to review lifestyle choices that can improve your recovery from open heart surgery. It’s also perfect time to consider an heart health program which can expedite your recovery and extend your life.

The first step in your recovery from open heart surgery would be to participate in a Cardiac Rehab program. Studies have shown that Heart patients who complete Cardiac Rehab after open heart surgery, recover faster and live longer.

The program consists of three visits a week, one hour per visit, over a period of 12 weeks. The exercise equipment includes tread mills, arc training, stationary bikes and upper body strength machines. Your progress is supervised by RN’s and a Registered Dietitian.

After you complete your three month Phase II Rehab, you should continue your own favorite activity, whether walking, biking, golf or tennis.

Please check page 5 of this newsletter for an article about Cardiac Rehab and Phase III heart health maintenance programs.

In December, we lost a long time member of our executive team. Tom Dibble was our Vice President and fund raising chair. His son spoke of his father’s commitment to Mended Hearts of Morris County and how much he enjoyed making a contribution to heart patients and their families. We will all remember Tom and he will be missed.

About Mended Hearts of Morris County

Our mission is to support to heart patients and their families. This is the 50th year as Mended Hearts of Morris County and every year our chapter continues to grow and improve. In 2018, we have over 90 members and 20 accredited members who visit heart patients in-hospital before and after their heart surgery or procedure.

I am constantly reminded how lucky I am to have been given this second chance, as an open heart survivor to contribute through Mended Hearts. I believe that many of you feel the same way and this is what connects us as a group.

If you would like to learn more about our mission, please drop me an email for more details about how we support recovering heart patients.

Our monthly meetings are held the fourth Sunday of the month, in the Wilf conference room of the Gagnon Cardiovascular Institute. Please check the meeting schedule on first page and join us.

Sincerely,

Vic Fabry

Remember to Think Spring!
Newark Boys Chorus Holiday Concert
By Donald Morris, Musical Director

2018 Annual Holiday Concert
By Victor Fabry, President

On Thursday December 14, the Newark Boys Chorus came to Morristown Medical Center’s Malcolm Forbes Amphitheater. The chorus was led by Donald Morris, Musical Director. This private school prepares 5th, 6th, 7th and 8th grade students for high school and a college education. We had a diverse audience of Mended Hearts of Morris County members, hospital staff, nurse’s doctors, school trustees, volunteers and guests. The Newark Boys Chorus School was started in 1969, as a private school for boys from grades five to eight. Students can receive scholarships to defray tuition.

The boys carry a full load of academic courses including music instruction every day. They also are coached on etiquette and serve as ambassadors for the school wherever they perform. They are trained in music which they perform all around the world. In 2019, The Newark Boys Chorus is scheduled to perform in Argentina and Chile.

A highlight of the lunchtime concert was “Remember Me Wherever You Go”, a South African song that includes the boys serenading audience members in the aisles of the Malcolm Forbes Amphitheater.

The event co-sponsored by Morristown Medical Center and Mended Hearts of Morris County. Robert Biener, Director of Business Development for the Morristown Medical Center, introduced the program. This was the seventh annual holiday concert since the tradition was started in 2011.

In his introduction, Rob said “We are pleased to invite the chorus to present this annual holiday concert for our staff, volunteers and community members. Music is one of the ways we provide a healing environment for our patient’s, staff and volunteers”.

Victor Fabry, President of Mended Hearts of Morris County, spoke about Mended Heart’s mission to support heart patients in their recovery after open heart surgery or heart procedure. “Last year, Mended Hearts accredited visitors made over 2,000 in-hospital visits to heart patients, family members and caregivers”. Mended Hearts invites all heart patients to join us for on the fourth Sunday of the month in the Wilf Conference room. Each month guest speakers discuss topics important to open heart survivors,
On October 28, 2018, Mended Hearts of Morris County celebrated its 50th anniversary with Morristown Medical Center.

This is milestone for this chapter and one which other chapters can look forward to. We had a number of honored guests join us for the event.

Our chapter was given a 50th anniversary certificate. Shown in the photo (left to right) are Norm Linsky, Alan Cimbal, Don Arvay, Vic Fabry, George Pometti, Harvey Brooks and Tom Pavacich. Fifty members and guests attended the celebration including eight members with twenty years of service to Mended Hearts of Morris County.

Norm Linsky, Executive Director of Mended Hearts Inc. from Washington, DC was our keynote speaker. Norm shared his background and experience with the American College of Cardiology (ACC) and Society for Cardiovascular Angiography and Interventions (SCAI). Norm spoke about the recent changes to the Mended Hearts organization which will improve its ability to serve its members and improve our support to heart patients.

George Pometti, Past President of Mended Hearts of Morris County (2008 -2010) is currently the Congress Manager for Bristol Myers-Squibb Pharmaceuticals. In 2008, George talked about his experience as ARD for the New Jersey Chapters and meeting other Mended Hearts leaders attending regional and national conferences.

Dr. William Tansey, Maida Tansey and Diane Fabry are enjoying the event.

Daisy Wary, our chapter's Hospitality Chair, arranged a heart healthy lunch* with Mediterranean salads, vegetarian selections and a delicious sheet cake.

The 50th celebration attendees recognized, Daisy Wary, David Bailin and Marion Cunic with a round of applause for their contribution in planning, setting up, serving and helping with the clean up afterwards.

Ron Heinink, renowned jazz guitarist provided his musical accompaniment during lunch.

*Butter Cream icing was exempt
Why is Cardiac Rehab Important?

Medical studies have shown that patients who complete Cardiac Rehab have better control of their stress, feel more energy, reduce risk of future heart events and improve overall health and well-being and live longer. Our multidisciplinary teams include: a Board Certified Medical Director, Registered Nurses, an Exercise Physiologist, a Registered Clinical Dietitian and other medical professionals.

Cardiac Rehabilitation is a professionally supervised monitored exercise program for those who have had a cardiac event. The Cardiac Rehab Center, provides an individualized approach to your care in a safe environment to make the most effective and appropriate lifestyle changes. In addition to a monitored exercise, we offer nutrition education, diet modification and stress management classes.

Our Cardiac Rehab program has received national certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for superior cardiac rehab services. The center’s staff has extensive cardiac backgrounds; BLS & ACLS certified. I have 36 years of nursing experience in clinical and administrative expertise with 18 years at Morristown Medical Center’s, Outpatient Cardiac Rehab.

Phase II Cardiac Rehab Programs
These are scheduled three times per week for twelve weeks and the cost is covered by most insurance plans. Your cardiologists referral will be required. There are the two nearby Atlantic Health Cardiac Rehab sites:

Morristown Medical Center Outpatient Cardiac Rehabilitation
The Chambers Center for Well Being
435 South Street - Suite 160
Morristown, NJ 07960
Phone: 973-971-7230

Overlook Medical Center Cardiac Rehab at New Providence
571 Central Avenue - Suite 118
New Providence, NJ 07974
Phone: 908-522-2945

Phase III Cardiac Rehab - Maintenance Programs
Health Maintenance programs encourage heart patients to continue exercising to maintain cardiovascular health. There are two nearby free programs, directed by nationally certified trainers which are held two times per week for twelve weeks.

Summit Area YMCA, 67 Maple Street, Summit, NJ, c/o Susan Guber, 908-273-3330
Berkeley Heights YMCA, 550 Springfield Ave, Berkeley Heights, NJ 908-464-8373
Two Special Guest Speaker’s

This summer, Alcina Fonseca, the Nurse Manager at the Gagnon Cardiovascular Institute and Susan Fusco were our co-guest speakers. Alcina is a Nursing Professional experienced in Nursing Management, Interventional Cardiology in the Cath Lab / EP Lab / TEE and Ambulatory Care Unit. Alcina discussed the Cardiac Surgery Program at the Gagnon Cardiovascular Institute of the Morristown Medical Center. Alcina received an MBA from Rutgers University in 2001 and MS in Critical Care Nursing in 1995. Prior to joining the Gagnon Cardiovascular Institute, she was the patient care director of the cardiology unit at New York Presbyterian / Columbia University Medical Center. Alcina discussed the growth in Cardiac Surgery procedures and accomplishments in 2017:

**Growth of Gagnon Heart Procedures**
- 5,575 Cardiac Catheterization were preformed
- 2,800 PCI’s (Balloon Angioplasty and drug-coated stents)
- 1,199 Open Heart Surgeries
- 382 TAVR Procedure’s
- 9,956 Total open heart and surgical procedures

**2017 Accomplishments**
- 3 Star rating from the Society Thoracic Surgeons in 2017
- Gold Seal from The Joint Commission for VAD program
- Consumer Reports rated 2nd Best Hospital in North East
- Top 2% in the country in Cardiac Surgeries preformed

**Gagnon Team Members**
- 52 Registered Nurses
- 7 Cardiac Rehabilitation Nurses
- 3 Clinical Coordinators
- 2 Educators & 1 Clinical Nurse Specialist
- 1 Patient Liaison
- 1 Business Coordinator
- Nursing Assistants & Unit Representatives
- Care Managers, Social Service
- Physicians, Physician Assistants and Nurse Practitioner

**Post-Op Intensive Care**

Susan Fusco, AD, RN discussed Post-Op Intensive Care and progressive mobility program which prepares Gagnon heart patient’s to participate in out-patient cardiac rehabilitation
- Phase I - Cardiac Rehab (In-hospital)
- Phase II - Cardiac Rehab (Out-Patient)
- Phase III - Cardiac Rehab (Cardiac Maintenance Program)
Mended Hearts of Morris County

Membership Application

Gagnon Cardiovascular Institute
Morristown Medical Center
100 Madison Avenue
Morristown, NJ 07960

(Mr., Mrs., Ms.) _______________________________________________________________

Address ____________________________________________________________________

City/State ______________________________________________ Zip Code ____________

Email ______________________________________________________________________

Mobile_____________________________  Home Phone_____________________________

Name of Family Member / Care Giver Residing at same address _______________________

Are You an Open Heart Surgery Survivor ?    Yes__________                         No ___________

Would you be interested in visiting patient’s in-hospital for 2 hours per week? _____________

Please e-mail our visiting Chairman, Joe Nadler at jsnadler55@gmail.com, if you have
questions about our visiting program or becoming a visiting member.

Are you planning to attend our 50th Anniversary Celebration on Sunday, October 28, 2018?

Yes, I plan to attend ______  Number planning to attend ______

Please email details on location, guest speakers and special Mended Hearts guests _______

I you like to support our Scholarship fund for Nursing students and School of CVT students
Please select a Scholarship Fund donation level  ($100.00, $50.00, $25.00, $10.00, $5.00)

My Donation $_________

Membership dues:
Includes a subscription to Heartbeat Magazine and one insignia pin for an Individual Membership and
for a Family Membership, one additional pin for a family member residing in the same household.

PLEASE SELECT ONE:

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Please mail this membership application with your check to:

Dr. Harvey Brooks, Treasurer
Mended Hearts of Morris County
95 Redwood Road
Springfield, NJ 07081
Post Cardiac Surgery Guidelines
By Joe Nadler, MHoMC Visiting Chairman

Guidelines when returning home

1. Returning Home
   - No tub baths for at least six weeks
   - Walk carefully on level surfaces and if possible, avoid stairs
   - Take your medications exactly as your cardiologist prescribed
   - If you have had leg incisions, wash gently with antibacterial soap
   - Shower with warm water; letting water gently run over the incision
   - Keep a list of medications in your wallet, including dosages and times

2. First Two Weeks
   - Do not sleep on your slide; Sleep on your back using pillows for support
   - If you were prescribed elastic stockings, wear for two weeks after surgery
   - If you’re tired, take short naps as necessary or sit resting for 20 to 30 minutes
   - Continue using your spirometer (blue breathing device) every two to four hours
   - Walk as much as you can manage, gradually increasing your time and distance

3. First Six Weeks
   - Do not lift over 10 pounds for the first six weeks
   - Avoid any activities that might cause you to strain
   - No driving during your first six weeks after surgery
   - Ask your cardiologist for a prescription for Cardiac Rehab
   - Increase your walking distance as your endurance improves
   - Follow instructions to avoid the air bag, in case of an accident

4. Cardiac Rehab Program
   - The program is covered by Medicare and most insurance plans
   - Cardiac Rehab includes 36 one hour sessions, over three months
   - The program is supervised by RN’s including a Registered Dietitian
   - Includes treadmill, stationary bike, elliptical trainer, rowing machine

5. First Twelve Months
   - Schedule visits with your cardiologist on a regular basis
   - Continue your compliance with prescribed medications
   - Maintain a healthy diet; low in salt, fat and cholesterol
   - Keep exercising; both aerobic and strength training
   - Attend a support group to share your experiences

In Summary
   Follow your Cardiologist’s recommendations on medications and exercise.
   - Go to http://mendedhearts.org for information about Mended Hearts
   - To join Mended Hearts of Morris County, go to application on Page 7

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