Mended Hearts is a nationwide organization dedicated to inspiring hope in heart disease patients and their families as well as educating them about quality of life issues.

Founded in 1951, the group has fostered this encouragement and education through regular chapter meetings and visits by chapter members to cardiac patients. Members give hope to others by providing living proof that persons with heart disease can lead full, productive lives. Chapter 107 meets the last Thursday of the month. New members and visitors are welcome any time.

We hope to see you soon.

Indiana, Illinois and Kentucky

Volume 40 Issue 2

Chapter founded by Fr. Robert Wannemuehler, Dr. John Ansbro, Dr. Alan Marty, and Rebecca Malotte, RN

February-March 2019

Jana Stewart-Editor
TSThumper1@aol.com

February Meeting:
DATE: February 28, 2019
TIME: 6:00 PM
PLACE: Western Ribeye
ADDRESS: 1401 N Boeke Road, Evansville, IN 47711
OCCASION: Valentine’s Dinner

Since we were unable to find a meeting location for our February gathering, we decided to have a late “Valentine’s Dinner” with our friends. The only thing I ask is that you call me or email me so I have a head count for the manager.

March Meeting:
DATE: March 28, 2019
TIME: 6:00 PM
PLACE: Deaconess Gateway Conference Center
ADDRESS: 4007 Gateway Blvd., Newburgh, IN 47630
SPEAKER: Ron Eaton, who is the Publisher/Editor of the Maturity Journal. The free publication most of us pick up in our neighborhoods.
LOCATION: Gather in the Conference Center Room C

We hope to see you at our upcoming meetings. If you have any questions feel free to call. I can reached at home at 812-963-6019. You can also send me an email. Send it to tsthumper1@aol.com. If you call me and get my answering machine, leave a message. I will call you back.

Remember though, if schools have been cancelled, or the roads are slick or covered with snow, please stay home. It’s not worth taking a chance getting out. These days when I fall, I just don’t bounce as well as I used to. I bet you don’t either. So, when the weather is bad, I stay home, you should too!
From Your Editor:

One of the great things about being an MHI chapter newsletter editor is the fact that I get to read my fellow editor’s newsletters. Especially since I post those same newsletters to Facebook. A recent article from a friend of mine, Linda had in her February edition I thought I would share. Linda Mason is the editor for Chapter #350 in Noblesville, Indiana.

The following was written by Jeff Takacs.

Heart Health Fact #1

With every beat of your heart blood is sent flowing through 60,000 miles of blood vessels, delivering important nutrition and oxygen to all your organs and tissues. If you stretched the blood vessels in your body end-to-end, they’d circle the Earth almost 2.5 times! [Cleveland Clinic]

Heart Health Fact #2

Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. [AHA]

Heart Health Fact #3

Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.

[Centers for Disease Control and Prevention]

Heart Health Fact #4

A woman’s heart typically beats faster than a man’s. On average, a woman’s heart beats 78 times per minute while the average man’s beats 70 times. [Chilnick, Lawrence. 2008. Heart Disease: An Essential Guide for the Newly Diagnosed. Philadelphia, PA: Perseus Books Group.]

Heart Health Fact #5

Evidence of heart disease found in ancient mummies from around the world suggests heart disease has been an issue for thousands of years. Not long ago, researchers reviewed CT scans of 76 Egyptian mummies, and 38 percent were found to have probable or definite calcification in their arteries. [Global Heart Journal]

Heart Health Fact #6

Did you know that an octopus has three hearts but a jellyfish doesn’t have a heart at all? Two of the hearts in an octopus pump blood (it happens to be the color blue) to the gills, while the third circulates it throughout the rest of the body. [NOAA]

Heart Health Fact #7

About 1 in every 6 U.S. healthcare dollars is spent on cardiovascular disease each year. It’s the most costly condition in America. When you factor in lost productivity, the U.S. Centers for Disease Control and Prevention estimates heart disease and stroke costs our country more than $320 billion a year. [CDC and Prevention]

Heart Health Fact #8

Before the invention of the stethoscope in 1816 a doctor would listen to his patient’s heart by placing his ear to the patient’s bare chest. A French doctor, who thought this approach was both awkward and of limited clinical value, used a rolled sheet of paper to create an aural tube that led soon thereafter to the stethoscope’s invention. [US National Library of Medicine]

Heart Health Fact #9

The No. 1 killer of women in America is heart disease. It’s more deadly each year than all forms of cancer combined. Some 43 million American women have heart disease, although females comprise only 24 percent of all heart-related study participants. [American Heart Association]

Heart Health Fact #10

Sadly, 133,000 Americans die of heart attacks each year. [Wall Street Journal]

Heart Health Fact #11

Heart attack sufferers do best when treated within an hour of symptoms starting. Sadly, many wait hours before seeking help. [Wall Street Journal]

Heart Health Fact #12

Healthy heart, healthy mind. Good heart health when you're young may increase your chances of staying mentally sharp as you age. [American Heart Association]

Heart Health Fact #13

Researchers think Beethoven had an irregular heartbeat and that the condition may have inspired his greatest music. What's your favorite Beethoven piece?

Heart Health Fact #14

Your heart looks nothing like a Valentine heart. This powerhouse organ is actually shaped more like an upside-down pear. [Cleveland Clinic]

Heart Health Fact #15

Run as fast as you can but you'll never get your heart to beat as fast as the Etruscan shrew. Its tiny heart hammers away an amazing 835 times a minute! [Journal of Experimental Biology]

Heart Health Fact #16

Happy birthday, EKG! This vital medical instrument was invented 114 years ago and revolutionized the way in which heart problems are detected. [Cleveland Clinic]
Recovery from your Heart Surgery:

After surgery it is not uncommon to have questions about what you are feeling as your body heals. As Mended Hearts, we can assure you that many of your feelings are not unusual. We can share some of our experiences with you, but if you need medical advice, be sure to contact your physician.

Incision. Many of the concerns people voice are the feelings they experience around the incision (or wound). The incision may be sensitive to light touch such as T-shirts or blouses. Women may feel uncomfortable in the area where their bra is in contact with the wound. It may help to wear a thin dressing, lightly, over the wound to reduce friction from clothing.

Itching. Your wound may feel itchy. Itching all over your body may be due to dry skin from the soap you used in the hospital or to the medications you are on. You can try using a lotion for dry skin. Do not apply lotions, ointments or salves to your incision while it is healing. If your itching does not go away, call your doctor.

Sensations. Many people notice new sensations in their chest, arms and legs, depending on where the grafts were, or were removed. These include occasional sharp shooting pains, numbness, tingling or a burning sensation. These are often due to the healing process. They will usually go away with time.

Aches And Pains. Aches and pains may occur in the neck, shoulders, chest and back. This is common and occurs due to the position you were placed in surgery and perhaps the position you are in while you sleep. Try a heating pad placed on the area of discomfort (not too hot!). Use pillows to support your back and neck. If you sleep on your side, you may try hugging a pillow. Your doctor may be able to suggest some medications to help with your discomfort.

Heartbeat. You will probably be more aware of your heartbeat. It may feel as though your heart is pounding, especially at night when you are lying quietly or on your side. It is also normal for your heart to beat faster. This may make you feel nervous or scared – but it is normal. If your heart rate becomes very fast or your heartbeat is irregular, call your doctor. This is very common after open heart surgery and may need to be controlled by medications.

Swelling. If you have veins removed from your legs for bypass surgery, you may notice swelling in the leg(s). If radial arteries were removed from your arms you may experience swelling in your hand(s). Some helpful tips to lessen swelling include: Do not cross your legs, walk every day, do not stand in one place for long periods of time, and try elevating your feet when resting. Using your hands and arms freely will help reduce swelling in your hands.

Hot And Cold. You may perspire more, especially while resting or sleeping. Many people also say they feel hot and cold differently than they used to. This will go away with time.

Other Perceived Physical Changes. There are some feelings that may be more difficult to describe, but concern you. For example some people say they cannot see as well as before surgery – feeling unable to focus. This should not be severe. Usually, your vision will return to normal within six weeks. It is probably not a good idea to make changes in your prescription glasses until after your recovery time. Other types of vision problems should be reported to your doctor.

Concentration. You may have trouble concentrating for long periods of time. Some people are not able to read lengthy books as they feel distracted, or their mind may wander. Others notice their handwriting is different or their fine motor movements are more difficult. These feelings will also improve with time. Don’t set yourself up for frustration by getting back to tasks, which require close attention (such as your job) before you are ready.

Moods. It is common for people to feel happy some times, then sad other times – even teary. These feelings may be due to feeling very tired or not knowing what to expect. They should go away over a few weeks as you get back to your normal routine. It may be helpful to talk to someone about your feelings.

Depression. Heart patients may be more likely to experience depression than the general population. Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Severity of symptoms varies with individuals and varies over time. When in doubt, ask your physician.

Symptoms:
- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, helplessness or even worthlessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.
How To Be A Better Member:

Has the realization set in yet that you’ve had heart surgery? For some of us it takes a bit of wrapping our heads around. And it can even take more time for our family members. If you look at your heart surgery as a sort of rebirth, a second chance, per say, that may help you to look forward to your future. Since there is nothing you can do that can change what happened, rewriting our personal history is out of the question. But, who says we can’t have a hand in writing a new future?

How can we determine who we are and why we are here? How can you improve your legacy doing little things by sharing your story? Okay... Take a deep breath. Stay in the moment. And think about what you can do to help someone, anyone, and you’ve metaphorically built a school, educated a potential leader, fed the multitudes, saved a life. What’s so amazing about this is the fact that it all comes back to you. It’s the beauty of small things having big impacts.

This organization’s motto is to feel great about being alive and helping others. What are you doing to support that objective and how can you increase your participation? A few are holding down the fort, and surely need your assistance.

For example: Your heart-event and recovery story can greatly help those who are beginning to experience their own events and possible outcomes. As a Certified Visitor you can provide a wondrous amount of encouragement to patients and to their families. It only takes a little of your time to provide an enormous amount of HOPE that will have a huge impact on the personal journey of others. Through this you will diminish fears and will in turn will improve your own legacy by helping others.

I read this the other day and want to share. I did change the name and the presentation a bit.

“The New You Inspiration For Your New Life Journey.”

1-Give a little dream room to grow.
2-You make someone’s day special!
3-Let yourself get passionate about something!
4-Feel good about being a person who cares.
5-Reward yourself for all your hard work.
   You deserve it!
6-Make someone feel important. Ask their opinion.
7-Spread some understanding and compassion.

Few rewards can match your satisfaction when your fellow heart patients thank you for a job well done. Why not consider talking to me about becoming a Visitor. I guarantee, you’ll be amazed at the way you’ll feel about yourself and your future.

Visiting Chairman,
Tom Southwell
812-476-5923
t.southwel@gmail.com

Under The Weather Friends: We wanted to wish all of our members who’ve had a recent illness or hospital stay all the best: Jim Kimsey, Dennis Prechtel, and Tom Southwell.

News from Dan Effinger who says he’s going to Barnes Hospital in St. Louis, to have an Ablation on the 26th of February.

News from Tim Hall-I have had numerous heart issues (surgeries & cardio versions) since September of last year. I have an appointment Feb. 26th with a heart surgeon in Indianapolis (Dr. Gerdisch) I was told he is the best heart valve surgeon. I am getting my tricuspid valve replaced, getting maze procedure and moving one of my pacemaker leads.

Please call to let me know how things are going. Without a call or email from you, I have no way of knowing. So please keep me posted! As I’ve mentioned several times over the years, my crystal ball is still at the repair shop.
**“Acts of Kindness,”**  
**February 4, 2019 by Sharon Randall**  
What are some kindnesses that have been done for you? Have you ever listed them? I did that once, years ago, on a late night flight from my home in California, to my hometown in South Carolina. It was the week before Christmas.

My sister had called that morning to tell me our mother’s battle with lung cancer was nearing the end and if I wanted to say goodbye, I needed to get there fast. She ended the call with, “Love you, Sissy. Hurry.”

So I made calls to cancel work and commitments. Packed a bag. Told my husband and kids I’d try to be back for Christmas. Hugged them hard and hurried to catch the last flight out.

After takeoff, lights were dimmed and people started snoring. I felt empty and alone.

What do you do when you get lonely and there’s no one to hold you? How do you fill a hungry heart with gratitude?

As a child, when I felt lost and alone, I learned that it helped somehow to count my blessings. So on the plane that night, I took a notebook out of my purse and started listing all the kindnesses, large and small, that I’d been given in my lifetime.

Five hours later, when we landed, I closed the notebook, put it back in my purse and rushed to the hospital to say goodbye to my mother.

I wish I’d kept that notebook. I have no idea what became of it. But I can tell you this: Listing all those kindnesses helped me that night and in the days ahead to do the things I needed to do and be the daughter I wanted to be.

Kindness is great medicine. It heals and empowers and fills an empty heart. It’s a gift, once and for always. Even if you lose the notebook you listed it in.

Five hours is a long time to list blessings, especially on paper. Usually, I do it in my head for a few minutes, taken as needed, like aspirin for a headache. Sometimes, I don’t even need to try to remember them. They just come to me, like angels, out of nowhere.

Last night, for example. It was a cold and stormy evening, rain pouring, wind howling. My toes felt like icicles. So I wrapped my feet in a heating pad, got in bed and snuggled down.

As my feet began to thaw, I suddenly recalled being 7 years old in Mrs. Harrison’s second grade class. That morning, I’d worn my new shoes to school — beaded leather moccasins my dad bought for two dollars at a gift shop in Cherokee, N.C.

I loved those moccasins. Especially the beads. I couldn’t stop looking at them. But when I stepped off the bus, I sank ankle-deep into a puddle and sloshed all the way into class.

Mrs. Harrison saw my tracks, but didn’t embarrass me about it. While my classmates hung coats and sharpened pencils, she whispered in my ear, “Give me those shoes and warm your feet on the floor.”

The school had radiant heat in the flooring and soon my bare feet were toasty. Mrs. Harrison dabbed the moccasins with a rag and set them on the floor to dry. At noon, when we lined up to go lunch, she handed them back to me dry as a bone.

“Thank you, ma’am,” I said, “sorry to trouble you.”

She laughed, patting my head. “No trouble!” she said. “We all hit a puddle now and then!”

That was it. We never spoke of it again. It was just one of the many kindnesses she poured out on me and my classmates and countless other lucky children over the years.

I don’t know if she remembered it. But I do. It warmed my feet for a few blessed hours. But it has warmed my heart for a lifetime.

What’s on your kindness list?

Someday, maybe, I’ll rewrite my list starting with the Biblical admonition: “To whom much is given, much will be required.”

Acts of kindness aren’t always big things. Often, they are small and seemingly insignificant, like plastic beads on a pair of two dollar moccasins.

But they become beautiful beyond all singing of it if they are remembered with gratitude and passed along with grace from one needy soul to another.

Sharon’s articles used to appear in the Sunday Edition of the Courier & Press. The only place I’ve found them lately is on her Facebook page. Hope you’ve enjoyed her story. I certainly did.
**Donations from our Friends:**

In August 2018, Jana Stewart sent out letters to the area hospitals and friends asking for funding to help support our Huggy Pillows. These are the pillows that our Visitors give out to the patients they see following their heart surgery. Letters were sent again in January and we are so happy to report the news of donations to date.

We are very grateful to:

1. Larry & Madonna Preske
2. Dr. Lee Wagmeister and his wife Kirsten
3. St. Vincent Auxiliary
4. Dr. David Hormuth
5. Tom & Rita Southwell
6. Jana & Rita Southwell
7. Deaconess Hospital
8. D-Patrick
9. West Side Nut Club
10. Jane Magnus
11. June Vangampler
12. Memorials through Steve Williams, Jim Alexander & Joyce Jeude

All donations are greatly appreciated... With these donations we have funding to keep our pillows in good standing for about 1 year. Our main goal when we do a fundraiser is that our funds received will cover the purchase of pillows for 2 years. We’re not there yet.

Even the smallest of donations will help us reach our goal. During the year 2018, our visitors visited 716 patients. The annual cost of pillows & supplies for the chapter is around $2800 to $3000. Each pillow’s total cost is around $4.30 each. Make your check payable to Mended Hearts Chapter #107.

Larry Preske  
3103 E. Mulberry Street  
Evansville, IN  47714  
812-473-2401

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**OFFICERS AND CHAIRMEN**

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**Let’s Celebrate our Member’s big events:**

**February Mendiversaries**
- Bettye Stoltz ’01
- David Price ’10
- Norma Le Grange ’12
- Paul Stacey ’12
- Clyde Folz ’14

**February Birthdays**
- Carolyn Vangampler
- Rita Southwell
- Irving Levine
- Gerry Howard
- Dennis Prechtel

**March Mendiversaries**
- Daniel Paul ’95
- Robert Deere ’04
- Carolyn Vangampler ’08
- Marilyn Monarch ’08
- Jane Magnus ’11
- John Schaeffer ’12
- David Lehrschall ’15

**March Birthdays**
- Jana Stewart
- Albert Nevill
- Lewis Clark
Follow your heart. Give your heart. Break a heart. In all these sentiments, one probably imagines that familiar symbol rounded at the shoulders and pointed at the end.

It wasn't always that way.

In the western world, for nearly 1,500 years, the physical heart was considered to be shaped more like a pinecone. That was thanks to second-century Greek physician Galen, who evidently never looked at a real one. Since Galen believed it, so did everyone else, according to Marilyn Yalom, Clayman Institute scholar.

But in the 1300s, the modern shape of the symbolic heart began to take form, preparing the way for real knowledge of the physical heart.

In the Scrovegni Chapel in Padua, the theological virtue of charity is depicted in work dated to 1305 as a woman holding a pear-shaped heart to God.

By 1340, that heart shape changed. In a French manuscript of that year, the symbolic heart was depicted in the modern form we recognize today.

Perhaps that was a good time for the symbolic heart to detour from the physical one. By the 1500s, Flemish physician Andreas Vesalius and Leonardo da Vinci overcame centuries of taboo against studying the dead human body and were able to describe the actual, physical heart.

Meanwhile, in symbolism, the stylized heart we recognize today became the standard. It has been used ubiquitously in items as diverse as Martin Luther's personal seal in the late 1400s to Milton Glazer's famous 1976 logo: I (Heart) NY.

Modern medications rally heart patients

According to data from 12 separate clinical trials, today's heart-failure patients are much less likely to die from sudden cardiac arrest.

In fact, sudden death from heart failure has declined by almost 50 percent in the last 20 years, according to Dr. John McMurray, the University of Glasgow cardiology professor in Scotland who organized the trials.

Vigorous combinations of powerful heart medications have turned the tide, according to McMurray. Patients can experience substantial recovery from their heart dysfunction, he said.

Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. In most cases, patients have developed reduced ejection fraction, a condition in which the heart’s lower chambers cannot squeeze hard enough to pump oxygen-rich blood through the body.

To prevent ejection fraction, many heart failure patients receive an Implantable Cardioverter Defibrillator (ICD), a device that monitors heart rhythm and delivers an electrical shock to restore normal rhythm when the heartbeat starts to go astray.

According to the New England Journal of Medicine, the study's data also showed that sudden death rates have decreased by 44 percent in patients who have not received an ICD.

Observers say outcomes depend in large part on a patient’s faithfulness in taking prescribed medications.

Happy Heart Month
Tech advances will steer heart care

The future of cardiovascular care will be steered by artificial intelligence and wearable mobile devices, according to articles published in the Journal of the American College of Cardiology.

Every stage of patient care will be enhanced by artificial intelligence, according to Joel Dudley, director of the Next Generation Healthcare Institute at Mount Sinai. AI will steer research, diagnosis and selection of therapy, he said. The next step will bring technologies to a clinical setting.

In areas of patient health improvement and health-care delivery, digital health applies information to produce solutions. These technologies have the potential to streamline research while saving money; however, delays in their implementation are often the result of concerns regarding data quality and patient safety.

Meanwhile, wearable mobile devices will continue to help manage heart problems. It takes a personal commitment to a heart-healthy lifestyle of diet and exercise, medication, and self-monitoring to manage heart health. It is the use of mobile devices and wearables have made 24-hour health monitoring a reality for so many--especially those with atrial fibrillation, a heart rhythm disorder.

The authors targeted AFib, in particular, which is hard to detect and difficult to manage. Office visits and short-term monitoring only provide limited information on the presence of the disease, but mobile health -- called mHealth -- will offer a more complete picture that can help prevent strokes, control symptoms, and reduce hospitalizations.

Threats of the Lonely Heart

Loneliness can pose a significant threat to aging people with heart disease, especially those who live by themselves.

In fact, research shows that elderly men and women living alone -- with no one to talk to -- are far more vulnerable to severe cardiovascular perils.

According to The Annals of Behavioral Medicine, humans are hardwired to rely on secure social surroundings. Without human association, they feel vulnerable and become hypervigilant about their safety. This hypervigilance alters sleep and body functioning, and increases the chance of death.

In July 2018, a study presented at the European Society of Cardiology's annual nursing congress reported on nearly 13,500 Dutch patients living with heart disease, heart failure, or arrhythmia (abnormal rhythm).

Researchers had discovered that regardless of a patient's heart condition, age, education, and degree of smoking, loneliness was a factor in the more harmful results. In fact, patients who said they had no one to talk to in times of need had nearly twice the risk of death. Patients with little or no social support were three times as likely to express symptoms of anxiety, depression, and significantly lower quality of life.

Beat the winter blues with meditation

For many of us, the natural tendency during winter is to seek comfort food and hibernation. Shorter days and less sunlight can also bum us out a little (if it's more than a little, talk to your doctor, as conditions like Seasonal Affective Disorder are a real thing.)

One great way to fend off the winter blues is with meditation. Meditation has been proven to lower blood pressure, aid in concentration, help you get better sleep, and help with general wellbeing.

A November 2018 article in the New York Times even made the case that meditation might help you stay more active in the colder months.

And it's easy to get started. Meditation doesn't need to involve complicated chants or rituals, but can be as simple as setting a timer for five minutes, closing your eyes, and paying attention to your breath.

Find a comfortable spot to sit upright and keep your back straight, with your legs crossed if possible. Rest your hands on your knees, palms up. Close your eyes and breathe in for a count of four; hold it for a count of four; release for a count of four; and hold for a count of four. Repeat.

You can also ditch the counting and just breathe in and out like you normally do, and concentrate on your breathing. Don't worry if it feels like your brain isn't "clear" or blank. This is normal. You'll have all kinds of thoughts pass through, and the trick is to take note of them and let them pass.

That's all there is to it. You can keep things that simple or find meditation groups to learn more techniques. Whatever your preference, try adding it to your routine and see how it benefits you.
NATIONAL HEART VALVE AWARENESS DAY  
FEB. 22, 2019

This February 22, and throughout the year, Mended Hearts is proud to participate in the National Heart Valve Disease Awareness Day campaign. The campaign encourages you to ‘Listen to Your Heart’, know your risk factors, get your heart checked regularly, and join the movement to help spread the word and raise awareness.

Millions of Americans have heart valve disease and every year, an estimated 25,000 people in the U.S. die from heart valve disease. When valve damage reduces blood flow, the heart has to work harder and the body gets less oxygen—leading to a number of symptoms. However, people with valve disease do not always have symptoms, even if their disease is severe. For these people, a heart murmur is the most important clue. Others may have symptoms with less severe disease. The only way to really know is to be diagnosed by a doctor, so see yours right away if you are told you have a murmur or you are experiencing any of these:

- Shortness of breath
- Weakness or dizziness
- Pain, tightness, or discomfort in the chest
- Fainting or feeling faint
- Fatigue
- Rapid or irregular heartbeat
- Lightheadedness
- Decrease in exercise capacity
- Swollen abdomen or ankles and feet

Many of these symptoms will only happen during activity, but as the disease gets worse they may also happen while resting.

The good news is that most heart valve disease cases can be successfully treated with valve repair or replacement in patients of all ages. Unfortunately, awareness of heart valve disease is alarmingly low, with close to half of respondents to a national survey reporting that they have not heard of heart valve disease. To learn more, or to find out how you can participate in raising awareness, go to www.ValveDiseaseDay.org.

In Memory

It’s with a sad heart that I share the news of the passing of Rhonda Heathcott from Newburgh. Rhonda became a life member in 2014, and is someone I never met in person. I have however shared emails with her for going on 13 years. She leaves behind her husband, Ray.

Rhonda had hoped to recover from her last heart related issue to train to be a visitor. She was a regular at the hospital visiting personal friends and acquaintances.

Over the years she was a champion of the American Heart Association working with them during fundraisers such as Go Red for Women.

Slow-Cooker Tangy Tomato Brisket

15 oz. canned, no-salt-added tomato sauce
1/4 cup apple cider vinegar
1 Tbsp. no-calorie sweetener, granulated, 1 1/2 packets
1 tsp. paprika
1 tsp. garlic powder
1/2 tsp. black pepper
1/2 tsp. salt
1/2 tsp. cayenne pepper for spice, optional
1 small white onion (finely diced)
1 lb. sirloin beef roast or steaks, all visible fat discarded

1. In slow cooker, combine tomato sauce, vinegar, no-calorie sweetener, paprika, garlic powder, black pepper, salt, cayenne (if desired), and onion. Stir gently.
2. Add sirloin making sure it is submerged in the barbecue sauce mixture. Cook on low setting for 8 hours. Slice and serve with a drizzle of the sauce.

*Recipe found on https://recipes.heart.org/en/recipes/slow-cooker-tangy-tomato-brisket
Addictive game ages gracefully

2019 marks the 35th anniversary of one of the most iconic and addictive video games: Tetris.

The game, in which players race to fit geometric puzzle pieces together as they fall from the top of the screen, was developed in 1984 by a Russian software engineer named Alexey Pajitnov.

Pajitnov was programming computer games that tested the capabilities of new equipment developed by the USSR, according to tetris.com, and in his spare time he decided to create a computer game, inspired by his favorite puzzle board game, Pentominoes.

Pajitnov called his game Tetris, which is a combination of tetra, the Greek word meaning four -- each of the puzzle pieces is made up of four squares -- and tennis, his favorite sport. The puzzle pieces in the game are called Tetriminos.

It took a few years for the game to assume the popularity it now enjoys. In 1985, it quickly spread throughout the Soviet Union when it was ported to an IBM PC, according to a story in Business Insider, and then was distributed to PCs in North America and Europe.

When the game became available on Nintendo's handheld Game Boy, however, it truly took off, selling more than 35 million copies.

According to the 2014 Business Insider story, Tetris has become one of the top-selling video games of all time, having been translated into more than 50 languages. Tetris is played in more than 185 countries. It’s sold more than 170 million copies.
Please send your Membership Dues and Renewal Dues to our Chapter Treasurer:

Larry Preske
3103 E. Mulberry Street
Evansville, IN 47714
812-473-2401

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- Individual: $25 (without options specified)
- Family: $40 (without options specified)
- Lifetime Individual: $150 (with options specified: no annual Chapter dues)
- Lifetime Family: $210 (with options specified: annual Chapter dues of $10)

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? □ Yes □ No

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- Lifetime Individual: $150 □ Annual Chapter dues of $5
- Lifetime Family: $210 □ Annual Chapter dues of $10
I don’t mail newsletters anymore, but, they come to your email inbox. Please feel free to share the link with your family and friends. Deaconess Hospital still prints our “Special Edition Newsletter” that is given to patients post-op by our Accredited Visitors.

Here’s your personal invitation to join us! Think about becoming a “Member” today!!