MESSAGE FROM OUR PRESIDENT

As we all know, a decrease in membership has been a problem for our chapter for quite a while. What you may not know is that at one time we were the fastest growing chapter in the United States. We were the chapter of the year for the entire country.

I don’t have a magical solution, but I do feel that the lack of visiting is a major problem. It is one way we grow. Visiting heart patients is one way people learn about us. It is why Mended Hearts began- for heart patients to support each other.

I have spoken before one health consortium in the state in January. I have several more speaking engagements during the month of February. These are all health care professionals, who are excited to learn about us. I attended a meeting last week where I passed out our trifolds to several nurses in cardiac rehab from Providence and Newport. It is doubtful people from those parts of the state would travel to Woonsocket for a meeting. But support is the key. We can support them through phone calls. Maybe we could get back the chapters we lost.

I have met with Visiting Nurse of Hope Health. This is the group I talked about at our holiday party. At least half of the people at River Falls said they would like to do phone visitation. I need all of you to make this succeed. I am waiting for them to get final approval from administrators.

Our calls will be to patients who have just left the hospital or possibly a rehab. Most are not driving yet. We don’t give them medical advice. We give them support. We let them share their fears. We give them encouragement. We let them know that life is good even though we are heart patients. We encourage them to follow their doctor’s orders regarding diet, exercise, and medication. These calls can all be done from the comfort of your favorite chair. If this is as successful as we anticipate, I need all of you to make calls. It might be one phone call a day, or a week, or even just one a month. It depends how many people want to help others. Lucien can’t wait for this to begin. He can’t be the only phone visitor.

Lots of time, planning, and effort are being put into the phone program so that it will succeed.

Mended Hearts needs you to reach out. Call a fellow heart patient! Success is dependent on each and every one of YOU!

IT'S GREAT TO BE ALIVE- AND TO HELP OTHERS!

Sue Trinque, President
(508) 883-1291
maskaraid@comcast.com

Vice President - OPEN

Secretary - OPEN

Dot Carr - Treasurer
(401) 658-3279
dcarr152@verizon.net

Visiting Chairperson
OPEN

Carolyn Dery, Newsletter Editor
(401) 769-4100, ext 2345
cdery@primehealthcare.com

Robert Hoffman, MH Northeast Regional Director
Sue Trinque, MH Northeast Asst. Regional Director

Mended Hearts Inc. was founded in 1951 and incorporated in 1955. It is a national non-profit volunteer support group dedicated to providing help, encouragement and support to heart disease patients and their families.

Meetings are held on the second Wednesday of each month in Christiansen Conference Center, located on the Ground Floor of Landmark Medical Center 115 Cass Avenue Woonsocket, RI.

To learn more about our chapter, please call Sue Trinque at (508) 883-1291

Chapter Officers

Sue Trinque, President
(508) 883-1291
maskaraid@comcast.com

Vice President - OPEN

Secretary - OPEN

Dot Carr - Treasurer
(401) 658-3279
dcarr152@verizon.net

Visiting Chairperson
OPEN

Carolyn Dery, Newsletter Editor
(401) 769-4100, ext 2345
cdery@primehealthcare.com

Robert Hoffman, MH Northeast Regional Director
Sue Trinque, MH Northeast Asst. Regional Director

Mended Hearts at Landmark, Chapter #338

“My great to be alive - and to help others!” February, 2019

Heart To Heart
Bring A Guest!

For each guest you bring to our monthly meeting, you will receive a raffle ticket for a $10 gift card. The winning raffle ticket will be drawn at the end of the meeting. We will conduct raffles from now until June. The guest should be in the medical field, a medical student, a caregiver, a heart survivor, or stroke survivor. Let’s wow our guest speakers with our enthusiasm!

Please notify Claudette to let her know if you or any member or friend of our Chapter is in need of some cheer (illness, recovery, death in family). A card will be sent on behalf of the chapter with best wishes from all of us!

Claudette Marquis
clore22@msn.com

Why the heart symbol looks like that ...

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.
Meeting Notice

Our next meeting will be held on:

Wednesday, February 13, 2019 at 5:30 p.m.
at Landmark Medical Center
in Christiansen Conference Center.

Our speaker will be: Dr. Walid Saber, Ocean State Cardiovascular
& Vein Center. LMC - Chief of Cardiology.

Topic: TAVR procedure.

Mended Hearts meetings are held the second Wednesday of every month at 5:30 p.m.
in Landmark Medical Center's Christiansen Conference Center.
Meetings start with a light meal followed by a short speaker.

MH meets monthly for support and education. Some members provide information and help
to others by visiting heart patients in the hospital. Learn how Mended Hearts can play a
key role in recovery from heart disease and in personal victory.

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 burn 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 well being.

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.