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

Pierre Twer, President, Bolt for the Heart

For the past 28 years Pierre Twer has worked in the medical device space and the last 22 years in the open heart surgical area as a heart valve professional. He works for Abbott / St Jude Medical all in a sales / sales management capacity. He started Heart Reach Carmel in 2010 which in 2012 became Bolt for the Heart. He serves as the President of Bolt for the Heart. Their focus is to place AED’s in the hands of first responders and other not for profit organizations. They’ve just completed placing 465 AED’s in each and every Indiana State Trooper Patrol cars in Indiana. Their next focus will be to place an AED in each Indiana County Sheriff vehicle and local law enforcement departments. To date, with our statewide partner base we have donated nearly 2,000 AED’s.

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.

Editor: Linda Mason

MEETING TIMES:
Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 4 (orange) – 11:30 am.

February 6th – MH Board Meeting
February 20th – Mended Heart Mtg 11:30 am – NATIONAL HEART MONTH - Pierre Twer, President – 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 13th – Community Night
April 17th – Mended Heart Mtg 11:30 am – Linda Mason – Report from Albany, GA (new MH Headquarters) LUNCH PROVIDED

May 1st – MH Board Meeting
May 15th – 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 you out in the cold weather.

CONNECTIONS TO OTHER MENDED HEARTS MEMBERS

Mended Hearts has seen lots of great new members pop up in Connections in a Heartbeat recently, so you are invited to make some new connections and meet some new friends. Here's the scoop: Try looking through the member directory. Search by common interest or location to find people to connect with, or look through some recent discussions to see who's chatting about your favorite topics. You can request to connect by clicking the button on someone's profile page.

To log in to the community follow these steps:

Go to connect.mendedhearts.org

Click on "I can't log in" and enter your email address that is associated with your Mended Hearts/Mended Little Hearts membership. You will then get an email to change your password (You can make it anything you want!) and then join us to start talking!

This sight is also where you can join the Mended Hearts Open Forum and ask questions.

Locally, we believe we have members who need to talk one-on-one. Remember that you can contact any officer and they will put you in touch with someone who would be willing to talk to you about your specific heart event. No medical advice will be given.

Also, if you know of someone who is ill, is in the hospital, is having a procedure, etc., please email, text, or call an officer so they can check on the person and/or send a get well card.

KROGER COMMUNITY REWARDS PROGRAM

Dear HAMILTON COUNTY MENDED HEARTS CHAPTER 350,

Congratulations on your enrollment into the Kroger Community Rewards Program.

To Use the Kroger Community Rewards Program:
Simply encourage your participants to visit http://www.kroger.com. Once logged into their Kroger account they can search for HAMILTON COUNTY MENDED HEARTS CHAPTER 350 either by name or JF125 and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a rewards card.

*Customers must have a registered Kroger rewards card account to link to your organization.
*If a member does not yet have a Kroger rewards card, please let them know they are available at the customer service desk at any Kroger

REMEMBER, purchases will not count for your organization until after your participants register their rewards card.
Participants must swipe their registered Kroger rewards card or use the phone number that is related to their registered Kroger rewards card when shopping for each purchase to count.

Thank you!
Kroger Community Rewards Department
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 ongoing 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
(317) 403-8289
Vice President –

Treasurer – Maureen Price
mprize2000@gmail.com
(317) 420-9319
Newsletter Editor – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

Visiting Chairman – Marv Norman
mncnorman@comcast.net
(317) 403-8289
Hospitality Committee – Charlene Perkey
Sunshine Committee – Charlene Perkey
charleneperkey@yahoo.com
(317) 896-2932

Secretary – Stan Gurka
Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Hospitality Committee – Becky Upp
bsupp@att.com
(317) 774-0559

Internet Visitor – Stan Gurka
s.gurka@comcast.net
(317) 374-1021
Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka
Warren Manchess

Phone Follow-up Visitor –
Maureen Price
Bertie Gilster

Hospital Liaison – Melinda Nash
Past Presidents

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(937) 935-1747
Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

National President – Donnette Smith
Executive Vice President – Millie Henn
Treasurer – Al Voss
Director of Patient Advocacy – Andrea Baer

Executive Director – Norm Linsky
Vice President – Patrick Farrant
MLH Vice President – Angel Olvera

Volunteers needed for other committees. See any officer for information.
### Mended Hearts Chapter #350 Visits

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<th></th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
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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

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*The Attitude is Gratitude. THE POWER of GIVING BACK!*
February is Heart Health Month. If you’re planning on making improvements to your heart’s health start now and celebrate those wins during heart health month.

We’re sharing some impressive, fun, helpful and sometimes shocking facts about the heart in an effort to draw attention to the importance of good cardiovascular health. Follow us on Facebook or Twitter, where you can read and share one of these facts on each of February’s 28 days.

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. [American Heart Association]

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.

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. [Centers for Disease Control 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? [A History of the Disorders of Cardiac Rhythms by Berndt Lüderitz]

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]

Heart Health Fact #17
An adult heart pumps more than a gallon of blood per minute - enough to fill 38,000 drinking glasses each day! [Cleveland Clinic]

Heart Health Fact #18
Electric paddles aren’t really used to re-start the heart. Doctors use them when it starts to beat in a dangerously irregular pattern. [Cleveland Clinic]

Heart Health Fact #19
Keep Calm and … Stay Heart Healthy? Studies suggest angry outbursts can boost the chance of heart attack and stroke. [Harvard School of Medicine]
Heart Health Fact #20
Your heart pumps blood to 75 TRILLION cells throughout your body. Almost everywhere … except your corneas. [Molecular Biology of the Cell, Garland Science]

Heart Health Fact #21
A beating heart puts out between 1 and 5 watts of energy - about the same amount of electricity your DVR uses when on standby. [National Heart, Lung, and Blood Institute]

Heart Health Fact #22
Suspect a heart attack? Stay out of the car and call 911. An ambulance is the fastest, safest option for help. [National Heart, Lung, and Blood Institute]

Heart Health Fact #23
Love heals? Research shows married heart surgery patients make better recoveries than single patients. [JAMA Surgery]

Heart Health Fact #24
It seems you really can die of a broken heart. Studies suggest sad news or events may increase the risk of heart attacks. [American Heart Association]

Heart Health Fact #25
The heart has always been a source of mystery. The Greeks thought it housed the spirit, the Chinese thought it was the center of happiness and the Egyptians pegged it as the source of intellect and emotion. [Encyclopedia Britannica]

Heart Health Fact #26
Studies have found yoga is effective in slowing down your heart rate, which can help lower your blood pressure. [American Heart Association]

Heart Health Fact #27
Each year 735,000 Americans have a heart attack. Knowing the warning signs increase your chances of survival. [Centers for Disease Control and Prevention]

Heart Health Fact #28
Your heart pumps 1 million barrels of blood in an average lifetime. That's enough blood to fill more than 1,500 Olympic sized swimming pools! [George Washington University Heart & Vascular Institute]

Heart Health Fact #28+1
Death from heart disease fell 38% from 2003-2013, prompting a leading heart expert to predict it may soon stop being the leading cause of death in America. [Centers for Disease Control and Prevention]

Get a new heart fact every day in February right in your news feed by liking us on Facebook or tracking #28Plus1 on Twitter.

This article is for general educational purposes only and is not intended to be used as or substituted for medical advice. Always seek the advice of your physician or qualified health care provider with any questions about your health or a medical condition. Never disregard or delay seeking medical advice because of something you have read on the internet.

"LIFE IS LIKE A PIANO. WHAT YOU GET OUT OF IT DEPENDS ON HOW YOU PLAY IT."- ALBERT EINSTEIN
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.

---

**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)**

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<th>Name (Mr/Mrs/Ms)</th>
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<tr>
<td>□ Angioplasty</td>
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<tr>
<td>□ Atrial Septal Defect</td>
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<tr>
<td>□ Aneurism</td>
</tr>
<tr>
<td>□ CABG (Bypass)</td>
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<td>□ Stent</td>
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| Name of Heart Patient | Name of Caregiver |
| Date of Surgery/Procedure | Phone |
| Type of Surgery/Procedure | Alt Phone |
| □ Angioplasty | □ Heart attack |
| □ Atrial Septal Defect | □ Pacemaker |
| □ Aneurism | □ Valve-Surgery |
| □ CABG (Bypass) | □ Valve Transcath |
| □ Stent | □ AFib arrhythmia |
| | □ ICD (Defibrillator) |

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<th>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.</th>
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Please send payment with enrollment form to MHI chapter Treasurer. For member-at-large, send to:

Hamilton County Mended Hearts Chapter 350
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)