PRESIDENT’S COLUMN — Laurel Dodgion

I am delighted to be your new president for the next two years. Thank you for putting your faith in me and with your continuing support, we will excel as we have in the past. Betty Drinkard will be a hard act to follow but I am counting on her expertise and all of you, to help our chapter to shine.

Lynchburg has been experiencing some terrible weather in the past few months. With snow, ice, sleet, rain, wind and freezing temperature, we even felt it necessary to cancel our Christmas program this year because of an early snow. The first program of the year on January 24 was informative with Judith Taylor, Physicians Assistant with Stroobants Cardiovascular Center, presenting a program on Atrial fibrillation.

February, as you probably know is American Heart Month with emphasis on women’s heart health. February 10 - 16 is also Heart Failure awareness week. We are looking forward to our February general meeting with Dr. Houman Tavaf-Motamen presenting the latest in Heart Surgery and TAVAR valve repair method. Thanks to Jackie Carver for his planning of interesting programs for this year. We’ll be hoping the weather will be much improved by then so please mark your calendar and plan to bring a friend to the meeting.

“It’s great to be alive and help others”

Laurel Dodgion, President

Jackie Carver — Program Chair

2019 Program Calendar

February 28, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center — Houman Tavaf-Motamen, MD “Heart Surgery and TAVAR Valve Repair”

March 28, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center — Dr. David Frantz, “Wound Care”

April 25, 2019 6:00 p.m. – 9:00 p.m. Eagle Eyrie — Nancy Eggleston 30th Anniversary Dinner

May 23, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center — Stephanie Puckett, Pharmacist “Medicine and the Heart”

June, 2019 — No Meeting

July 27, 2019 Picnic: Noon to 2:30 p.m. Alliance Church - Rt. 211 Summer Social, Covered Dish

August, 2019 — No Meeting

September 26, 2019 12:00 Noon to 2:00 p.m. Pearson Cancer Center Dr. Richard Kuk “Electrical Issues in Heart Treatment”

Please Support our Chapter

Donations in Honor of / in Memory of a loved one; or a donation celebrating a birthday or surgery anniversary or marriage anniversary are gratefully accepted by Chapter #16. These donations help fund our philanthropic endeavors through out the year. Please consider a donation to Mended Hearts Chapter #16. Thank you in advance for your continued support!
Evangeline Fitzgerald Bryant Foster, 96, of Lynchburg, passed away on Monday, December 17, 2018, at her residence. Twice married she was the loving wife of the late William Chesley "Bill" Bryant Jr. for 40 years and James Morgan Foster for 15 years. Born on February 18, 1922, in Augusta County. She was a current member of Mended Hearts Chapter #16.

Financial Apps Help You Invest Leftover Pennies

Behavioral economists have proved one big truth: The best financial decisions are automated. If your bills get deducted on autopay, you are never late with a bill. Your credit score goes up. You never pay late fees. If your healthy 401(k) contribution is automatically deducted from your paycheck for 30 years, you end up a millionaire at retirement. You mainly never miss the money.

So, what if you could invest change? Just a buck here and there. With new financial apps you actually can.

The app Acorns rounds up small purchases. So if you buy a $2.50 coffee, it rounds up the price to $3 and invests the 50 cents in a portfolio of low-cost exchange-traded funds. You can choose the level of risk, from conservative to aggressive. According to Money, one user saved $250 in a few months without noticing the difference. A similar app, Digit, transfers small amounts from your checking into a savings account at times when you can afford it.

Editor’s Page — Dallas Scott

January has been a very busy month. Hiding from the rain and cold weather has kept us indoors most of the time. Then when I thought it was okay to go outdoors, the mud caught up with me in the drive way. We had 18 tons of crush and run gravel delivered and spread but we will need more the next time we have four days in a row that it is dry. When I tried to setup for the February Newsletter, all of my Publisher files for the newsletter would not load. I am doing this from scratch. So if you find an error or typographical error, send me a note and I will try to fix it next month.

February has three days mentioned on the calendar. Ground Hogs Day February 2, Valentine’s Day February 14, and President’s Day February 18. President Lincoln and President Washington no longer have holidays and poorer are our grandchildren for not learning about them on an individual basis. Times change and we must each learn to adapt or fall behind.

I hope each of you are exercising by walking for 30 minutes a day. It is good for you and does not cost a dime to do the walking indoors or outdoors. I hope everyone has a good month to come and I look forward to seeing you at the next General meeting.

Please send all comments to dallas.t.scott.va@gmail.com or call me at (434-610-4314.

Dallas Scott, Editor
Accredited Visitor

You as a cardiac patient or care giver are invited to visit Mended Hearts Chapter #16 at our next meeting on February 28 at 12:00 Noon at the Pearson Cancer Center. You will receive a warm welcome, great snacks and a presentation from a medical professional to increase your knowledge about Cardiac disease. Most of the people present have gone through a cardiac event as a patient or care giver. Please join us.
ESTHER TUCKER — DONATIONS & GIFTS
DONATIONS MADE TO CHAPTER #16

DONATIONS:
Westover Jewelers

Surgery Anniversary:
None

In Memory of:
None

In Honor of:
None

Donations: We appreciate all donations to Chapter #16. Thank you so much!

Please send your memorial gifts to:
Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

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**BE SURE TO CONSULT YOUR DOCTOR***
The Blue Ridge Heartbeat is written for the education and information of our members and others concerned with heart health. It is not intended to be a substitute for the advice of your own physician. Contact your doctor or health professional about any of your symptoms or concerns. Don’t try anything new without consulting your doctor first.

January is now in the books. We have set the mark for the rest of the year. You have still made a difference in 131 patients’ and families’ lives. Keep up the great effort! You make an impression with each visit and improve the likelihood that patients’ and families’ lives will be improved by your visit.

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Meet and Greet Welcoming Registration folks
Hospitality Chair — Ruby Davis  434-845-5245

2019 General Meeting Greeters

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The heart of man is very much like the sea, it has its storms, it has its tides and in its depths it has its pearls too. - Vincent Van Gogh
February Birthdays
Ann Rogers
Mary Margaret Craig

February Surgery Anniversaries
Esther Tucker  1981

2019 MID-ATLANTIC REGIONAL MEETING
WHEN: Saturday, April 27, 2019
WHERE: Inova Fairfax Medical Campus
Physician’s Conference Center
3300 Gallows Road
Annandale, VA 22003
WHAT: An informative learning session for patients, families, and professionals affected by Heart Disease.

If you are interested in going to this event, please contact President Laurel Dodgion at 434-610-68112.

Mended Hearts Blue Ridge Chapter 
#16 Visitor Accreditation / Reaccreditation Training

Blue Ridge Chapter#16 is holding its Accreditation / Re-Accreditation training for 2019 at the Alan B. Pearson Cancer Center Conference room on Saturdays March 23 & 30, 2019 from 9:00 AM to 12:00 Noon.

All Chapter 16 members who are cardio-vascular patients are invited to the training. Visiting is performed by Cardio patients in the hospital, face to face, phone and email.

For all with any interest in visiting come to a training session to better understand the visiting process. It is very rewarding for patient and visitor.

Dan Cousins  (434-352-9778) Leave a message if no answer. Please!

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.

Copied from pagesmag.com

Parents finally insisted their college graduate leave the basement and get a job. So the kid decided to hire himself out as a handyman and started canvassing a wealthy neighborhood. He went to the front door of the first house and asked the owner if he had any jobs for him to do. "You can paint my porch. How much will you charge?" The kid said, "How about $50?" The man agreed. A short time later, the kid came to the door to collect his money. "You're finished already?" he asked. "Yes," the kid answered, "and I had paint left over, so I gave it two coats." Impressed, the man reached in his pocket for the $50. "And by the way," the kid added, "that's not a Porch, it's a Ferrari."

Mended Hearts™ Prayer
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.
Board Meeting Happenings: January 2019

The Blue Ridge Mended Hearts Chapter #16 Board of Directors Meeting was called to order by President Laurel Dodgion. The November 15, 2018 Board of Director meeting minutes were approved by acclamation.

The Treasurer’s Report for January was Approved. The 2019 Budget was approved.

Vice President Dave Blackburn reported that he had scheduled two Health Fair visitations.

February 13 Jamerson Y
April 22 Altavista

The Hearts of Fame Nominees were presented to the Board for approval. They were unanimously approved.

Visiting Chair Dan Cousins announced the Re-accreditation Training will take place Saturday March 23 and Saturday March 30 from 9:00 a.m. to 12:00 Noon at the Pearson Cancer Center Conference Room.

Jackie Carver, Program Chair, announced the date for the Nancy Eggleston 30th Anniversary Dinner has been changed to April 25, 2019 at Eagle Eyrie.

It was announced by President Laurel that Cares & Concerns Chair Judy Toler is recovering from Surgery and is undergoing cancer treatment.

Historian Betty Skoldal announced that the 30th Anniversary Book is under development and all changes must be complete by March 1 for printing and publication.

Jean Blankenship Anniversary Dinner Chair announced that all preparations for the dinner are progressing on schedule.

Immediate Past President Betty Drinkard ask all Board Members to make donations for their Birthday and Surgery Anniversary dates to help supplement to general fund.

January 2019 General Membership Meeting

The General Membership Meeting was called to order by President Laurel Dodgion with 21 Members and 16 Visitor present.

Welcome to Blue Ridge Mended Hearts Chapter # 16 by Carolyn Lee Peerman

You have the privilege of receiving professional education from physicians and other heart specialists along with emotional support, encouragement, and friendship from our members who want to share their heart related experiences with you as a heart patient, family member, or other interested person. You are invited to all programs.

With President Laurel Dodgion opening the January 24, 2019 program at the Alan B. Pearson Cancer Center by leading the Mended Hearts Prayer, the program was begun. Nelson Davis, Kitty Waddell, Dallas Scott, Dave Blackburn, Donald Powell, Margaret Mundy, and Esther Tucker readily shared their uplifting experiences as a heart patient. Each of them was completely open and encouraging.

programs Chair Jackie Carver, introduced the guest speaker, Judith Taylor, Physician Assistant, with Centra Medical Group Stroobant’s Cardiovascular Center. She earned her physician assistant degree at Jefferson College of Health Sciences. Judy discussed atrial fibrillation.

Atrial fibrillation is the most common sustained arrhythmia. It increases risk with age and cost six billion dollars a year with approximately 130,000 deaths. The upper chambers of the heart can beat quickly and irregularly with blood pooling in the left atria resulting in a stroke.

Risk factors include sleep apnea, hyperthyroidism, and valvular heart disease. Symptoms are fatigue and dizziness. Stroke prevention is important. Blood clots can form leading to a stroke.

Prevention measures are the Watchman Device and AtriClip Procedure. Furthermore, there is Rate Control, Rhythm Control, Catheter Ablation, and Permanent Pacemaker.

The discussion by Judith Taylor, PA was followed by a lively question and answer period that was open to all.

Betty Skoldal led in the installation of New Officers.

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**EVERY CHOICE YOU MAKE MAKES YOU**
by Carollyn Lee Peerman

Do your fully realize that your life is what your thoughts make it? Even the Bible says, "For as he thinketh in his heart, so is he." Therefore, choose carefully your thoughts because they dominate your present moments and shape your future. Choose carefully what you read; choose carefully what you listen to day by day. You can move your life forward with the potential power of words.

Do you realize that the choices you make define you? Yes, they do. Therefore, choose life. Choose everything about you that will enhance and benefit your life and the lives of those around you. Avoid impulsive behavior or behavior that is not carefully thought through. Impulsive behavior usually turns out to be a harmful mistake. A positive life is the result of positive choices. Let your choices reflect your hopes, not your fears.

Take charge of your mind as you pursue excellence. You will reach new heights because excellence is a habit. You are what you repeatedly do. Do you find yourself talking to yourself? If so, be careful what you say because you are listening. Words have power. By your words you are constructing the present. Does the present look like the future you are dreaming? Are you making new discoveries? Are you conquering new heights?

Are you thankful for what has come your way? Gratitude is the greatest of virtues. What is happiness? It is the joy you feel striving after your potential.
Recipes for Healthy Living

Moussaka is the perfect comfort food from Athens to Anaheim

Moussaka is a dish that can be found in many parts of Europe and the Middle East. It can be prepared in a variety of ways, depending on the area, but nearly all recipes call for eggplant as the primary ingredient, according to Cooking in Plain Greek.

Introduced to the Western world in about 1500 AD, eggplants were originally kept as ornamental plants because they were thought to be poisonous.

The modern Greek moussaka has elements from many different cultures, especially the bechamel sauce borrowed from French cuisine. The quintessential Greek comfort food, a good moussaka is a hearty meal sure to please with all of the lamb, cheese, and spices inside.

Moussaka can be even better the next day, so make it ahead!

Ingredients

8 garlic cloves, finely grated, divided
1/2 cup plus 2 tablespoons extra-virgin olive oil
2 tablespoons chopped mint, divided
2 tablespoons chopped oregano
3 medium eggplants (about 3 1/2 pounds total), sliced crosswise into 1/2-inch thick rounds
2 1/2 teaspoons salt, plus more
1/2 teaspoon freshly ground black pepper, plus more
2 pounds ground lamb
2 medium onions, chopped
1 3-inch cinnamon stick
2 Fresno chiles, finely chopped
1 tablespoon paprika
1 tablespoon tomato paste
3/4 cup dry white wine
1 28-ounce can whole, peeled tomatoes

Bechamel sauce

6 tablespoons unsalted butter
1/2 cup all-purpose flour
2 1/2 cups whole milk, warmed
3/4 teaspoon salt
4 ounces farmer cheese, crumbled (about 1 cup)
2 ounces Pecorino or Parmesan, finely grated (about 1 3/4 cups), divided
3 large egg yolks, beaten to blend

Instructions

For the eggplant and lamb, preheat oven to 475 degrees.

Whisk together half the garlic, half a cup of olive oil, 1 tablespoon mint, and 1 tablespoon oregano. Brush around both sides of the eggplant rounds, covering well. Season with salt and pepper. Place eggplant slices into a rimmed baking sheet. Roast them until brown, about 35-45 minutes. Reduce your oven to 400 degrees.

Meanwhile, make the meat sauce: Heat the rest of the olive oil in a large, wide pot over high heat. Cook the lamb until brown, breaking it up as you go. Strain the fat but save 3 tablespoons.

Heat 2 tablespoons of the lamb fat in the same pot over medium-high heat. Add onion, cinnamon stick, 1/2 teaspoon pepper, and 2 1/2 teaspoons salt. Cook until onions are translucent. Add chiles and remaining garlic into the mixture, scraping the bottom of the pot. Add tomato paste and paprika and cook everything until it reaches a uniform red color, about a minute. Add the wine and cook until reduced, about 3 minutes. Add tomatoes, gently breaking them up with a wooden spoon. Add lamb, remaining mint, and oregano and cook into a thick meat sauce, about 5-7 minutes. Discard the cinnamon stick.

Bechamel and final assembly

Heat butter in a medium-sized saucepan over medium heat until it foams. Add the flour, whisk constantly for about 1 minute. Whisk in the warm milk and bring to a boil. Cook until it becomes the consistency of pudding, about 5 minutes. Then, add salt.

Remove the mixture from heat and whisk in farmer cheese and half of Pecorino. Let the cheese melt. Add the egg yolks, whisking until golden yellow. Brush a 9x13" baking pan with the last of the lamb fat. Layer half the eggplant along the bottom. Spread half the lamb sauce over the eggplant. Repeat with the last two halves of each mixture. Top everything with the bechamel and smooth over. Sprinkle remaining Pecorino cheese over the top. With assembly completed, bake in the oven for about 30-45 minutes, until it is bubbling vigorously. Let it cool 30 minutes before serving.
Blue Ridge Mended Hearts Chapter #16

Visiting Program Chair: Dan Cousins

Visiting Committee:

Visiting Assignments: Dan Cousins
Patient Packs: Visitors
Follow Up Telephone Calls: Visitors
Training: Dan Cousins
Data Collector: Dan Cousins

Ad Hoc Committees:

Anniversary Dinner Ruby Davis
Bylaws Betty Drinkard
Celebrations & Concerns Judy & Wayne Toler
Finance Fred Mayer
Health Fairs Dave Blackburn
Hearts of Fame Awards Dave Blackburn
Historian Carol Bryant
Hospitality Ruby and Nelson Davis
Membership Dan Cousins
Newsletter Dallas Scott
Nominating Betty Skoldal
Photographer Carollyn Lee Peerman
Program Jackie Carver
Publicity Betty Drinkard
Socials Jean Blankenship
Speakers Bureau Betty Drinkard
Visiting Chair Dan Cousins

Advisory Board Members

Dr. Kenneth Saum, Cardiology Surgeon
Dr. Mark Townsend, Pediatric Cardiologist
Betsy Howard, Volunteer Office Liason
Curt Baker, VP Cardiovascular Dept. LGH
Laurel Dodgion, President
Dave Blackburn, Vice President
Esther Tucker, Secretary
Fred Mayer, Treasurer
Carol Bryant, President’s Advisor & Past President
Jean Blankenship, Socials Co-Chair
Jack Hamilton, Past President
Betty Skoldal, Past President
Betty Drinkard, Bylaws & Immediate Past President

Chapter #16 Leaders

President Laurel Dodgion 434-610-6812
Vice President Dave Blackburn 434-525-0528
Secretary Esther Tucker 434-239-4587
Treasurer Fred Mayer 434-610-1733
Asst. Treasurer Nelson Davis 434-845-5245
Publicity Betty Drinkard 434-525-2852
Health Fairs Dave Blackburn 434-525-0528
Cardiac Staff Advisor Cindi Cole 434-200-6701
Staff Editorial Advisor Michelle Adams 434-200-7062
Immediate Past Pres Betty Drinkard 434-525-2852
Newsletter Editor Dallas Scott 434-610-4314
Volunteer Liason Betsy Howard 434-200-4696
Director of Volunteer Services — LGH & VBH

Medical Advisors:

Ken Saum, M.D. 434-528-2212
Mark Townsend, M.D. 434-200-5252
Curt Baker, CENTRA V.P. 434-200-3215

Chapter #16 Office (voice mail) 434-200-7611

National Mended Hearts

National President: Donette Smith
www.mendedhearts.org

Mid-Atlantic Regional Dir: William (Bill) Carter 803-270-2496
wmcar1939@gmail.com

Mid-Atlantic Asst RD: Bill Voester 704-310-8354
mendedheartsbillv@gmail.com

National Executive Dir: Norm Linsky 214-390-3265
norm.linsky@mendedhearts.org

Happy Valentines Day!
Pictures from the January General Membership Meeting
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The Mended Hearts, Inc.  
National Office  
Phone: 888-HEART99 (432-7899)  
www.mendedhearts.org

**MEMBER ENROLLMENT**

**Member Information** (please print or type)

<table>
<thead>
<tr>
<th>Name (Mr/Mrs/Ms)</th>
<th>Chapter Member-At-Large</th>
<th>Phone ( )</th>
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<tbody>
<tr>
<td>Address (line 1)</td>
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<td>Address (line 2)</td>
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<td>City/State/Zip</td>
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<td>Email address</td>
<td>Preferred Contact:</td>
<td>Phone</td>
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<tr>
<td>Family member (must reside at same address; please name): (Mr/Mrs/Ms)</td>
<td>Family Member Email</td>
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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

Date of Surgery/Procedure

Type of Surgery/Procedure

- □ Angioplasty
- □ Heart attack
- □ Diabetes
- □ Atrial Septal Defect
- □ Pacemaker
- □ Valve Surgery
- □ Aneurysm
- □ Transplant
- □ Valve Transcath
- □ CAGB (Bypass) □ AFib arrhythmia
- □ ICD (Defibrillator)
- □ Stent
- □ Other arrhythmia
- □ Other

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

□ Yes □ No

**Add my email to monthly national email updates?**

□ Yes □ No

**Patient signature**

Optional info: Date of birth

Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other

Gender: □ Male; □ Female

**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 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.

<table>
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<tr>
<th>In United States national member-at-large dues</th>
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<tr>
<td>Individual</td>
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**Dues Summary:**

National dues $  
Chapter dues $  
TOTAL $

Donation to national $  
To chapter #  
Chapter Name: City, State

Please send payment with enrollment form to MH Chapter #16 Treasurer.

Chapter 16 – Esther Tucker  
Lynchburg General Hospital  
1901 Tate Springs Road  
Lynchburg Virginia 24501

MH2050C 2013
February 2019

Blue Ridge Mended Hearts Chapter #16
Lynchburg General Hospital
1901 Tate Springs Road
Lynchburg, VA 24501

Blue Ridge Chapter #16 of Mended Hearts, Inc. expresses our appreciation for the generous support of Centra in providing printing costs for this newsletter.

“It’s Great to be Alive - and to Help Others!”

THE MENDED HEARTS, INC.

MISSION STATEMENT: Dedicated to inspiring hope, encouragement and support to heart disease patients and their families! We achieve this in the following manner:

♦ to visit, with physician approval, and to offer encouragement and support to heart disease patients and their families;
♦ to distribute information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families;
♦ to establish and maintain a program of assistance to physicians, nurses, medical professionals and health care organizations in their work with heart disease patients and their families;
♦ to cooperate with other organizations in education and research activities pertaining to heart disease;
♦ to assist established heart disease rehabilitation programs for members and their families;
♦ to plan and conduct suitable programs of social and educational interest for members, and for heart disease patients and their families.