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

Mitch Russell is a graduate of Hamilton Heights High School and has been in Law Enforcement since 1975. He started his career in 1975 with the Arcadia Police Department. He started working at the Noblesville Police Department in 1976, then worked at the Hamilton County Sheriff’s Department thru 2005. He was the Arcadia Chief of Police from 2006 thru November 2012 when he became the Chief Security Officer at Riverview Health.

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.

SAVE THESE DATES!!

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

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 – Jaggers Noblesville – 11:00 am-7:00 pm
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) – Krieg Devault – Entrance 3
LUNCH PROVIDED

June 5th – MH Board Meeting
June 19th – Mended Heart Mtg 11:30 am
LUNCH PROVIDED

NOTE: Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health at 205 Westfield Rd. 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.

Meet the 2019-2021 Mended Hearts Board of Directors

- President Elect: Ron Manriquez
- Executive Vice-President Elect: Patrick Farrant
- Vice-President Elect: Marvin Keyser
- Treasurer: Al Voss
- Mended Little Hearts Vice President Elect: Liz Blumenfeld

Regional Directors

- Central Region: Bruce Norris
- Mid-Atlantic Region: William Carter
- Mid-West Region: Larry Mantle
- Northeast Region: Bob Hoffman
- Rocky Mountain Region: Tiffany Stuart
- Southern Region Elect: Mike Weber
- Southwest Region: Daniel Moravec
- Western Region Elect: Marlyn Taylor

Mended Little Hearts

- Mended Little Hearts Board Position: Will be appointed

LUCK ABOUNDS IF YOU DO FIND A FOUR-LEAF CLOVER

Like the discovery of a heads-up penny or the act of tossing spilled salt over your left shoulder, finding a four-leaf clover is considered good luck to those of us with a superstitious bent. But while your chances of stumbling upon the penny are 50-50 and you can toss that salt any old time, what are the odds of finding the four-leaf clover?

About 1 in 10,000.

Dr. John Frett, professor of Landscape Horticulture and Director of the University of Delaware Botanic Gardens, was quoted on marthastewart.com as saying the 1 in 10,000 chance is for a typical group of plants. On the other hand, in 2014, a woman in Sydney, Australia, happened upon 21 of the lucky clovers in her front yard. So there's that.

If you want to buy your luck, don’t fall for an imposter 4-leaf clover. Check out clovers.com where they have diagrams to educate the public on genuine versus fake four-leaf clovers.

MARCH IS WOMEN’S HISTORY MONTH

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observance and celebration of the vital role of women in American history.
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

Treasurer – Maureen Price
mprize2000@gmail.com
(317) 420-9319

Visiting Chairman – Marv Norman
mncnorman@comcast.net
(317) 403-8289

Secretary – Stan Gurka
Program Chairman – Stan Gurka
s.gurka@comcast.net
(317) 374-1021

Internet Visitor – Stan Gurka
s.gurka@comcast.net
(317) 374-1021

Phone Follow-up Visitor –
Maureen Price
Bertie Gilster

Hospital Liaison – Melinda Nash

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(937) 935-1747

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

Vice President –

Newsletter Editor – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

Hospitality Committee – Charlene Perkey
Sunshine Committee – Charlene Perkey
charleneperkey@yahoo.com
(317) 896-2392

Hospitality Committee – Becky Upp
bsupp@att.com
(317) 774-0559

Past Presidents
Elwood Reams
Dick Kontos
Stan Gurka
Warren Manchess

Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

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>FEB</th>
<th>MAR</th>
<th>APR</th>
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<th>JUL</th>
<th>AUG</th>
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<td>40</td>
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<td>43</td>
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</table>

*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!*
WHY SLEEP IS GOOD FOR YOUR ARTERIES

Medical News Today. Catharine Paddock PhD Fact checked by Carolyn Robertson

Fresh evidence suggests that sleep regulates a mechanism that can help to protect arteries from hardening. The finding reinforces the notion that good-quality sleep is important for cardiovascular health.

Scientists from Massachusetts General Hospital (MGH) in Boston, MA, together with colleagues from other research centers, studied the development of atherosclerosis in mice. Atherosclerosis is the process through which plaques, or fatty deposits, build up inside arteries, causing them to narrow and stiffen. It is a common reason for disease.

The researchers found that sleep-disturbed mice developed larger plaques in their arteries than mice that slept well. The sleep disturbed mice also had higher amounts of circulating, inflammatory cells and produced lower amounts of hypocretin, which is a brain hormone that controls wakefulness. The researchers also saw a reduction in atherosclerosis and inflammatory cells in these mice after they received hypocretin supplementation.

Subject to confirmation in humans, the findings demonstrate that sleep influences cardiovascular health by regulating hypocretin production in the brain.

The journal Nature has recently published a paper about the study. "We've identified a mechanism," says senior study author Filip K. Swirski, Ph.D., who is an associate professor at MGH and Harvard Medical School, also in Boston, "by which a brain hormone controls production of inflammatory cells in the bone marrow in a way that helps protect the blood vessels from damage."

The Centers for Disease Control and Prevention (CDC) estimate that 35 percent of adults in the United States were regularly sleeping less than 7 hours per 24-hour period in 2014.

Studies have linked lack of sleep to long-term health conditions, such as obesity, type 2 diabetes, depression, and heart disease. However, they have not shed much light on the underlying biological mechanisms. So, Dr. Swirski and his colleagues decided to investigate how sleep might help to protect cardiovascular health by focusing on the development of atherosclerosis.

The plaques that arise in atherosclerosis can take years to form and consist of calcium, fat molecules, cholesterol, and other substances. As they accumulate, they lessen the flow of nutrient and oxygen-rich blood.

Atherosclerosis can lead to various other conditions, including coronary heart disease, which develops when plaques build up in the arteries that supply blood to the heart.

HISTORY OF PI DAY

March 14 marks Pi Day, an annual celebration of the mathematical sign π. Founded in 1988 by physicist Larry Shaw, March 14 was selected because the numerical date (3.14) represents the first three digits of π, and it also happens to be Albert Einstein’s birthday—the perfect pi-incidence.

The first Pi Day celebration took place at the Exploratorium (Shaw’s place of work), a San Francisco-based interactive science museum, and featured a circular parade and the eating of fruit pies. The festivities have gotten larger each year, and now include webcasts and a virtual party in Second Life (an online virtual world). It wasn’t until 2009, however, that it became an official national holiday when the U.S. House of Representatives passed legislation.

Why all the fuss about π? The Ancient Greek mathematician Archimedes is most commonly credited with being the first to accurately calculate the estimated value of π. Since it is an irrational, transcendental number, it continues on to infinity—the π-abilities are endless! The seemingly never-ending number needs to be abbreviated for problem solving, and the first three digits (3.14) or the fraction 22/7, are commonly accepted as accurate estimations.

In mathematics, this infinite number is crucial because of what it represents in relation to a circle—it’s the constant ratio of a circle’s circumference to its diameter. Pi is also essential to engineering, making modern construction possible.

Since the mid-18th century π has also been represented by the Greek letter π. In fact, the word “pi” itself was actually derived from the first letter of the Greek word perimetron, which means circumference.

In 2015, Pi Day fanatics had a special treat. Celebrations took place on 3/14/15 at 9:26:53 a.m., the numerical date and time together representing the first 10 digits of π, 3.141592653. To date, π has been calculated to more than 1 trillion decimal places—and the mathematicians don’t plan on stopping there.

Mathematicians, scientists and teachers hope the holiday will help increase interest in math and science nationwide, through instruction, museum exhibitions, pie-eating (or throwing) contests and much more. It seems this kitschy national holiday can satisfy the left-brained and the sweet-tooth inclined. How will you be celebrating?
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.

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**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)**

<table>
<thead>
<tr>
<th><strong>Name (Mr/Mrs/Ms)</strong></th>
<th><strong>Address (line 1)</strong></th>
<th><strong>Address (line 2)</strong></th>
<th><strong>City/State/Zip</strong></th>
<th><strong>Phone ( )</strong></th>
<th><strong>Alt Phone ( )</strong></th>
<th><strong>Retired: Yes □ No □</strong></th>
<th><strong>Occupation</strong></th>
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**Email address**

**Family member (must reside at same address; please name):**

*(Mr/Mrs/Ms) ________________________________ Family Member Email ________________________________*

**Preferred Contact:** □ Phone □ Email □ Mail

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

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**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

<table>
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<th><strong>Name of Heart Patient</strong></th>
<th><strong>Date of Surgery/Procedure</strong></th>
<th><strong>Type of Surgery/Procedure</strong></th>
<th><strong>Name of Caregiver</strong></th>
<th><strong>Phone</strong></th>
<th><strong>Alt Phone</strong></th>
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</table>

**Check here if also Heart Patient** □ Procedure- specify: ____________________________

**Optional info:** Date of birth __________ Please check below:

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

**Gender:** □ Male; □ Female

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**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.

**In United States national member-at-large dues**

<table>
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<tr>
<th><strong>Individual</strong></th>
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<tbody>
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<td>$ _____</td>
<td>$ _____</td>
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</table>

**Check here if also Heart Patient** □ Yes □ No

**I am joining as a non-heart patient:** □ Physician □ RN □ Health Admin □ Other Interested Party □ Other ____________________________

**I would like to make a tax-deductible contribution of $ ____________**

**Chapter dues (please customize)**

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<th><strong>Individual</strong></th>
<th><strong>Family</strong></th>
<th><strong>Life – Individual Dues</strong></th>
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**Dues Summary:**

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<tbody>
<tr>
<td>$ _____</td>
<td>$ _____</td>
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</tbody>
</table>

**Check here if also Heart Patient** □ Yes □ No

**To chapter # _____ Chapter Name: _______________________ City, _______________________ State ____________**

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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
C/o Riverview Health
395 Westfield Rd
Noblesville, IN 46060
MEETING TIMES
3rd WEDNESDAY OF EVERY MONTH
11:30am – 2:00pm

March 20, 2019
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)