**MONDAY, APRIL 15, 2019 – 3:30 PM**

**NORTON’S AUDUBON HOSPITAL**

1 Audubon Plaza Dr. – Louisville, KY 40217

L2 – community conference room
(near cafeteria)

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**Speaker:** Aruni Bhatnagar, Ph.D., F.A.H.A.

**Topic:** Environmental Pollution and Heart Disease

He is a graduate of Kanpur University, India and received his post-doctoral training at the University of Texas Medical Branch at Galveston. Dr. Bhatnagar is known for his pioneering work on the metabolism of toxic substances in ambient air and tobacco smoke, and how they affect the development of cardiovascular disease and diabetes. He has published over 280 research papers, commentaries and review articles, and 20 book chapters. A leader in cardiovascular health, he has participated in more than 50 peer-review panels of the National Institutes of Health, and has served as a member of the Institute of Medicine’s Committee on Secondhand Smoke Exposure and Acute Coronary Events, as well as the Committee on Long-Term Health Consequences of Exposure to Burn Pits in Iraq and Afghanistan. For the last 7 years, Dr. Bhatnagar has served as Deputy Editor of the American Heart Association journal - *Circulation Research*. His research has been supported by the National Institutes of Health, the Environmental Protection Agency, the Department of Defense, and the American Heart Association. He currently serves as Director of the newly created Envirome Institute, and the Diabetes and Obesity Center at the University of Louisville and Director of the American Heart Association Tobacco Regulation and Addiction Center.

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**WATCH YOUR MONTHLY NEWSLETTER FOR POSSIBLE CHANGES IN MEETING TIMES AND LOCATION**
There is the old saying “April showers bring May flowers”. I sure hope we don’t have a lot of showers, I think we have had enough!!

We had another great meal at the Rudd Heart and Lung Centre to celebrate our chapters 45th year of “helping others” through our peer-to-peer support group. We enjoyed looking at a PowerPoint presentation that had some of the past happenings in our chapter. We were also delighted to present a scholarship to Alexis Oliver who is a nursing student at Spalding College. We wish her the best as she enters her nursing career.

We are DESPERATELY in need of visitors. We are looking for people who would be willing to give a few hours just one day a month to visit patients after their surgery or at the rehab center at Audubon. If you have any interest or now someone that may be interested, please let me know.

We are gearing up for our 6th annual Golf Scramble. It will be held on Wednesday, September 4, 2019. We are looking for sponsors. If you know someone that would sponsor the scramble, give gift cards or donations, or want to play, email me at bonnieweck@gmail.com.

We still don’t have all the details to provide to you about the new membership levels, hopefully we can update you in May. Here was the last post. Beginning April 1, 2019 those wishing to be a member of Mended Hearts and Mended Little Hearts can choose their level of membership. Each membership level has ways to engage with Mended Hearts and Mended Little Hearts and participate in the Hope, Help, and Healing these programs provides to those of all ages impacted by heart disease and congenital heart defects/disease. More information to come when we have all the details.

We have a lot coming up so stay tuned to the newsletter for all your Mended Hearts information!!

MHchapter11@gmail.com

“It’s great to be alive, and to help others.”
“Living Well After Surgery”

Help us spread the word about “Living Well After Surgery.” If you have interesting photos of your activities after surgery, please forward to this e-mail: mhchapter11newsletter@gmail.com

Don’t forget to send in your photos of activities you are involved in to share with others who have had heart surgery and give them hope that there is “Life After Surgery.”

Alexis Oliver and Bonnie Weck

Alexis Oliver and Bonnie Weck

Alexis Oliver and family

Bonnie Weck and Jeannie Miller, Mended Heart of the Year!!!!

Alexis Oliver and Bonnie Weck

Elaine Martin and Bonnie Weck

Charlie Staff and Bonnie Weck
Bonnie Weck and Sandy Larimore

Awards Presentation

Bonnie Weck, Chapter 11 President

A Year In Review Presentation

Anniversary Celebration

Alexis Oliver, Nursing Scholarship Receiptant
VISITING REPORT
Dave Lewis, Visiting Chairman

VISITING REPORTS = 60

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The rewards are not all one-way, because as an Accredited Visitor, you can receive tremendous joy from your visits. Accredited Visitors have the opportunity to see the sparkle return to the eyes of the patient or family member. By making visits, Accredited Visitors know the true meaning behind the goals of “giving back and helping others” and “empowering families affected by congenital heart disease.” If you are interested in becoming an accredited visitor, contact Dave Lewis 502.365.4133.

Thank you to our volunteers for their dedication to our visiting program. Mended Hearts could not do it without your participation.

CONGRATULATIONS!!!! to Alexis Oliver in receiving the 2019 Mended Hearts’ Nursing Scholarship Award for $1,500.00. Alexis attends Spalding College. Way to go Alexis!

NATIONAL NEWS . . .
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Interested in becoming a Phone Visitor for our Patient Advocacy Network?
If you are currently a MH hospital visitor who is interested in becoming a phone visitor, or you are a member who is interested in finding out about how to become a phone visitor, we have the perfect opportunity for you. The Patient Advocacy Network (PAN) is currently looking for compassionate members looking to help others over the phone. Reach out and support someone from the comfort of your own home! For more information, please contact Bonnie Weck bonnieweck@gmail.com 502.387.4403 or Andrea Baer at Andrea.Baer@mendedhearts.org.

Introduction to the 2019-2021 Mended Hearts Board
We would like to thank all those members, groups and chapters who took the time to vote. The new board swearing-in ceremony will take place in early summer; details will be released at a later date.

We are pleased to announce 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
- Central Region Director: Bruce Norris

Thank you to Dr. Furnace for speaking on Geriatric Medicine at our October meeting and to Liz McGuire from the Bullitt County Health Department to find out what Mended Hearts feels is the most important issues in our community.

CONGRATULATIONS to Alexis Oliver in receiving the 2019 Mended Hearts’ Nursing Scholarship Award for $1,500.00. Alexis attends Spalding College. Way to go Alexis!

To report “Heart Worthy” news call 502.428.6621
Email: mhchapter11newsletter@gmail.com
KENTUCKIANA CHAPTER #11
Mended Hearts Inc.
Meeting/Event Reminders

Mended Hearts is an organization that has been offering the gift of hope to heart disease patients, their families and caregivers. Our support groups help people understand there can be a rich, rewarding life after heart disease diagnosis.

********** Meetings are the 3RD MONDAY of each Month **********

CHECK OUT OUR NEW WEBSITE - http://mendedhearts.org (click on find chapters; click on KY; then click Chapter 11)
See us on FACEBOOK at Mended Hearts, Inc. Kentuckiana Chapter No. 11

UPCOMING MEETINGS
For more information, call Bonnie Weck 502.387.4403 or bonneweck@gmail.com

** NOTICE, NOTICE, NOTICE **

ALL MENDED HEARTS’ MONTHLY MEETINGS START AT 3:30 PM AT NORTON AUDUBON HOSPITAL L-2 COMMUNITY CONFERENCE ROOM (NEAR CAFETERIA) Spread the word to everyone!

** NOTICE, NOTICE, NOTICE **

UPCOMING EVENTS

First Wednesday of each month – “WomenHeart” meetings. Norton’s Women’s Pavilion, 6:00 PM Marshal Conference Room, 4001 Dutchmans Lane, Louisville, KY 40207

Wednesday, April 10th – “Board of Director’s Meeting” Roosters, 5338 Bardstown Rd (Bardstown Rd at Hurstbourne Ln) - 12:00 PM ALL MEMBERS ARE INVITED TO ATTEND.
Future dates in 2019: July 10th, Nov 13th

Friday, May 21st – “Go Red for Women Luncheon” 10:00AM-1:00PM, Marriott Hotel Louisville Downtown, 208 W Jefferson St, Louisville, KY (for ticket information: louisvillegored.heart.org or 502.371.6014

Tuesday, May 21st – “Pillow Stuffing Blitz” Baptist Health Hospital, 9:00 am – 2:00 pm - Education Center (Rooms 2A-B) all Mended Hearts members are encouraged help. Future dates in 2019: Tue, Aug 13th; Fri, Nov 1st

Wednesday, September 4th – “Mended Hearts Sixth Annual Golf Scramble” (more information to follow)

Saturday, September 21st – “Kentuckiana Heart Walk” Waterfront Park’s Great Lawn – Starts at 8:00 am (more information to follow)

SUNDAY, APRIL 21ST
A nap a day keeps high blood pressure at bay

Catching some midday shut-eye linked to similar drops in blood pressure seen with other lifestyle changes, some medications.

It seems that napping may do more than just reboot our energy level and improve our mood. New research presented at the American College of Cardiology's 68th Annual Scientific Session found that people who took advantage of a midday snooze were more likely to have a noticeable drop in blood pressure compared with those who didn't nap.

"Midday sleep appears to lower blood pressure levels at the same magnitude as other lifestyle changes. For example, salt and alcohol reduction can bring blood pressure levels down by 3 to 5 mm Hg," said Manolis Kallistratos, MD, cardiologist at the Asklepieion General Hospital in Voula, Greece, and one of the study's co-authors, adding that a low-dose antihypertensive medication usually lowers blood pressure levels by 5 to 7 mm Hg, on average.

Overall, taking a nap during the day was associated with an average 5 mm Hg drop in blood pressure, which researchers said is on par with what would be expected from other known blood pressure-lowering interventions. In addition, for every 60 minutes of midday sleep, 24-hour average systolic blood pressure decreased by 3 mm Hg.

"These findings are important because a drop in blood pressure as small as 2 mm Hg can reduce the risk of cardiovascular events such as heart attack by up to 10 percent," Kallistratos said. "Based on our findings, if someone has the luxury to take a nap during the day, it may also have benefits for high blood pressure. Napping can be easily adopted and typically doesn't cost anything."

This is the first study to prospectively assess midday sleep according to the researchers. The same research's affect on blood pressure levels among people whose blood pressure is reasonably controlled, team previously found midday naps to be associated with reduced blood pressure levels and fewer antihypertensive medications being prescribed among people with very high blood pressure readings.

"The higher the blood pressure levels, the more pronounced any effort to lower it will appear. By including people with relatively well-controlled blood pressure, we can feel more confident that any significant differences in blood pressure readings are likely due to napping," Kallistratos said.

*Article taken from Science Daily

https://www.sciencedaily.com/releases/2019/03/190307081029.htm
NATIONAL WALKING DAY

The first Wednesday in April is National Walking Day. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, you are encouraged to take a 30-minute walk.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.

HOW TO OBSERVE

Take thirty minutes out of your day to go for a walk and use #NationalWalkingDay to post on social media.

HISTORY

As part of American Heart Association’s efforts to promote healthy living, National Walking Day was started in 2007. For more information visit www.heart.org.

There are over 1,200 national days. Don’t miss a single one. Celebrate Every Day with National Day Calendar!

DATES
April 3, 2019
April 1, 2020
April 5, 2021
To Recent Heart Patients

Heart To Heart, the monthly newsletter of The Mended Hearts Kentuckiana Chapter 11 can be sent to you by email. Please be sure your visitor has your email address. We invite you and your family to be our guests for our monthly meetings. Our programs are selected to be of interest to heart patients. Members will be available to answer non-medical questions you may have encountered. And you may decide to become a member and carry out our motto: “It’s great to be alive- and to help others!”

Central Region includes: Michigan, Indiana, Ohio, half of Pennsylvania, West Virginia, and Kentucky

Send your e-mail address to mhchapter11newsletter@gmail.com and request to be added to our e-mail list.

Not a member? Join us today!

E-mail: mhchapter11newsletter@gmail.com for an application

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 of your gifts well.
Herbert Maedl

A Mended Hearts Prayer

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Herbert Maedl

If undeliverable return to:
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Email: mhchapter11newsletter@gmail.com

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