MONDAY, MAY 20, 2019 – 3:30 PM

NORTON’S AUDUBON HOSPITAL
1 Audubon Plaza Dr. – Louisville, KY 40217
L2 – community room (near cafeteria)

Speaker: Mr. Syl Nitzken

Topic: Sharing His Personal Story for Living a Healthier Lifestyle

Mr. Syl Nitzken is an advocate for living a healthy lifestyle. He will be sharing his life story about what he feels is the importance of exercise. In September 2019, he will turn 91 years young and visits the Norton’s Audubon Rehab Center regularly after having 3 heart surgeries and 2 stent procedures. You don’t want to miss meeting Mr. Nitzken and his wife Joan. Bring along a friend to this month’s meeting. Hope to see you there.

Older Americans Month

May is Older Americans Month, with the 2019 theme being Connect, Create, Contribute. And lest you think this celebration is innately un-trendy, it includes a couple of hashtags as well: #ConnectCreateContribute and #OAM19. The Administration for Community Living leads the observance and offers tips on how to celebrate. The intent of the 3 C’s is to Connect with friends, family and services that support participation; Create by engaging in activities that promote learning, health, and personal enrichment; and Contribute time, talent, and life experience to benefit others.
IT’S MAY, KENTUCKY DERBY TIME!!

It’s an exciting time to be from Kentucky. All eyes are on Louisville and Churchill Downs for a two-week celebration of a two-minute horse race! I hope you all have the winning horse.

We are planning to give two more scholarships to nursing students in the metro Louisville area. If you know of someone that might be interested, please give them my email address and I can send them an application. bonnieweck@gmail.com. We will award the scholarship at our September fall celebration that will be on September 23, 2019. I am still looking for a venue, if you have any suggestions, please contact me.

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.

It has been decided by our board of directors not to have our annual Golf Scramble this year. We appreciate all the support we have received from members and sponsors in the past.

You should have received an email regarding the new membership levels. 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.”

April is Volunteer Appreciation Week and Norton’s Audubon had a wonderful luncheon and entertainment for their volunteers at the Crowne Plaza Louisville Airport Expo Center on Tuesday, April 9, 2019. Thank you to ALL our the volunteers, greatly appreciated!!!!

All the photos are from the Bullitt County Health Fair held on March 30, 2019

<table>
<thead>
<tr>
<th>Image Description</th>
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<tbody>
<tr>
<td>Connie Billharz, Manager, Volunteer Services and Bonnie Weck, Chapter 11 President</td>
</tr>
<tr>
<td>Mr. John D. Cooper, Chief Administrative Officer at Norton Audubon Hospital</td>
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<tr>
<td>Photos from the Bullitt County Health Fair held on March 30, 2019</td>
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VISITING REPORT
Dave Lewis, Visiting Chairmen

VISITING REPORTS = 33

<table>
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<th>Kentucky One</th>
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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.

The Heart Walk in Louisville 2019 has set their date. Join us on Saturday, September 21, 2019 at the Waterfront Park’s Greatlawn. (more information to follow) Hope you can participate this year.

Thank you to Dr. Aruni Bhatnagar for speaking at our April meeting. He spoke about the effects of Environmental Pollution and Heart Disease. Hopefully you were there. A very, very interesting presentation and we leaned of new projects coming to the city of Louisville.

6th Annual CHD Symposium
“Growing With CHD: Planting Seeds for a Brighter Future”

Friday-Saturday, July 12&13, 2019
Hosted by Children’s Hospital of Wisconsin
Milwaukee, Wisconsin

TOPICS INCLUDE:
- Growth and development of children with CHD from infancy through adulthood;
- Innovations in CHD treatment and care;
- Using your story to raise awareness;
- CHD According to Me on Growing with CHD (PLUS) CHD Leaders’ Summit;
- Bereavement breakout sessions;
- Networking and fun.

PLAN NOW TO ATTEND!
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 bonnieweck@gmail.com

********** NOTICE, NOTICE, NOTICE ***

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

********** NOTICE, NOTICE, NOTICE ***

MARK YOUR CALENDAR

Monday, May 20th (3:30 PM) - AUDUBON
Speaker:  Mr. Syl Nitzken
Topic:  Sharing his personal story of life after heart surgery

Monday, June 17th (3:30 PM) – AUDUBON
Speaker:  TBD
Topic:  TBD

FIRST WEDNESDAY OF EACH MONTH – “WomenHeart” meetings.
Norton’s Women’s Pavilion, 6:00 PM Marshal Conference Room, 4001 Dutchmans Lane, Louisville, KY 40207

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, July 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:  Nov 13th

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

ASK A FRIEND TO ATTEND OUR MONTHLY MEETINGS WITH YOU. HOPE TO SEE YOU THERE!!!
STUDENT CARDIOVASCULAR NURSING SCHOLARSHIP APPLICATION
(Page 1 of 2)

Name (print) __________________________________ Phone (home) ____________________________

(work) ____________________________

Address ____________________________________________________________

__________________________________________ E-mail ____________________________

Best times to contact me _________________________________________________________

******************************************************************************

School of Nursing ____________________________________________________________

Graduation Date _______________________ G.P.A. _______________________ (please attach unofficial transcript)

Current employment (attach complete resume)

________________________________________________________________________

List any prior grants or scholarships you have received

List personal goals and tell us why you consider yourself a good candidate for this scholarship
(attach comments to this form)

Please list two professional references (attach letters)

1. ___________________________________________________________

2. ___________________________________________________________
TO: THE CARDIOVASCULAR NURSING SCHOLARSHIP COMMITTEE OF THE MENDED HEARTS, INC., KENTUCKIANA CHAPTER #11

I would like my application to be considered by The Mended Hearts, Inc., and Scholarship Committee for the annual Cardiovascular Nursing Scholarship.

I have received a copy of the “guidelines” for this scholarship, and I agree to the stipulations and procedures outlined within.

________________________________________
Applicant’s Signature

________________________________________
Date submitted

Return to:

Bonnie Weck, President
Kentuckiana Mended Hearts Chapter 11
135A Michelle Drive
Shepherdsville, KY  40165

NOTE: All applications must be post marked not later than August 1, 2019.
GUIDELINES

ANNUAL STUDENT CARDIOVASCULAR NURSING SCHOLARSHIP

OBJECTIVE:

To encourage nursing students to enter the field of cardiovascular nursing. Two $1,500.00 scholarships are offered this year following the requirements below established by The Mended Hearts Inc., Kentuckiana Chapter #11.

REQUIREMENTS:

1. Applicant must be attending a school of nursing in the Metro Louisville area.

2. Applicant shall have demonstrated an interest in securing a nursing position within a hospital unit: Critical Care, Cardiovascular Unit, or Cardiac Rehabilitation Unit in the Metro Louisville area.

3. Applicant shall have achieved a cumulative G.P.A. of 2.80 or greater on a 4-point scale.

4. No applicant will be awarded to any Mended Heart’s family member.

5. Previous winners are not eligible.

APPLICATION PROCESS:

1. Applicant will complete the upper portion of the scholarship application including a complete resume and letters from two professional references whom you have demonstrated an interest in Critical Care, Cardiovascular, or Cardiac Rehabilitation prior to returning the application to the Kentuckiana Chapter #11 President.

2. An unofficial transcript including all but the current semester should be attached by the student.

3. Applications will be screened by the Nursing Scholarship Committee.

CONTRACT WITH RECIPIENT:

1. The recipient and, if possible, a representative of the school of nursing, personally shall attend The Mended Hearts Inc., Kentuckiana Chapter #11’s meeting in September 2019 at 3:30 PM, location TBD at a later date. when the presenting of the scholarship will take place.

2. The recipient is encouraged to retain an ongoing relationship with the Kentuckiana Chapter #11 by attending monthly meetings as often as possible. Regular meetings are held on the third Monday of each month and are listed in the newsletter “Heart to Heart,” which will be sent to the recipient for a period of one year to keep her/him informed of Mended Heart’s activities of this chapter.

Our motto is, “It’s great to be alive – and to help others!”
New Membership Levels for MH/MLH
Beginning April 1, 2019

To All Members:

The Mended Hearts, Inc. is excited to introduce a new concept of membership designed to engage more heart patients, caregivers and families so we can expand the hope and support we provide so well.

Mended Hearts, Inc. provides many services for its chapters and members. We rely on donations from individuals and companies to help us with operational costs and other costs than cannot be covered through sponsorships. We have also relied on membership dues to help defray these costs. Therefore, if you have been paying membership dues, we hope you will consider choosing a membership level that includes a donation to help our organization stay strong.

People wishing to join Mended Hearts and Mended Little Hearts and current members are now able to choose a membership level that is right for them. Each membership level involves different benefits and ways to engage with and participate in the hope, help, and healing the organization provides to those of all ages impacted by heart disease and congenital heart defects/disease.

**What do you need to know?**

Current members who pay annual dues at the rate of $20.00 may, when their annual dues expire, renew at the Full Membership level and donate the same $20 they have been donating through annual dues. Again, this is much needed support for our organization. They might also choose to further support Mended Hearts and Mended Little Hearts at a higher level of membership and enjoy even more benefits. Finally, they may choose to move down to the Associate Membership level. See below for the new levels and benefits.

Current Lifetime Members will remain at that status.

**Membership Levels:**

All membership levels are for ONE YEAR and are renewed annually, except for the Heart of Gold Lifetime Sponsorship.

**Associate Membership is free and includes the following benefits:**

- Attend chapter meetings for MH or MLH
- Join online communities
Access Member Portal
Receive the National News e-newsletter

**Individual Membership is $20.00 donation annually.**
- All the benefits of the associate membership, PLUS:
- Membership card
- Car decal (MH or MLH)
- Annual 5% discount of merchandise from our online store MarketPlace
- Annual subscription to *Heartbeat* magazine, a $30 value

**Family Membership is $40.00 donation annually for members of one household with one mailing address.**
- All the benefits of the full individual membership, PLUS:
- A second car decal of their choice
- Membership cards for all members of the family
- Each family member will receive the 5% annual discount offer for purchases from MarketPlace. Only one discount may be used per order, the discount will be applied to each item on one order.

**Bronze membership is $45.00 annually per individual or $75 annually per family.**
- All the benefits of the individual or family memberships, PLUS:
- Membership pin(s)
- Choice of one pack of Mended Hearts/Mended Little Hearts notecards or the drawstring backpack
- 5% off registration fees for any and all National MH and/or MLH conferences and/or Symposia attended for each individual membership and 5% off per attendee for each family membership

**Silver membership is $100.00 annually per individual**
- All the benefits of a Bronze Membership, PLUS:
- Stainless Steel Travel Mug

**Gold Membership is $250.00 annually per individual**
- All the benefits of a Silver Membership, PLUS:
- Red fleece blanket
- 10% off any and all registration fees at National MH and/or MLH conferences and/or Symposia
Heart of Gold Lifetime Sponsorship is a one-time payment of $1,500.00 per entity, an individual, family or a business.

- All the benefits of gold membership for life, PLUS:
- 15% off registration fees at National MH and/or MLH conferences and/or Symposiums
- Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime sponsorship level and in all special Heartbeat issues and on our website’s list of Heart of Gold Lifetime Sponsors

If you have questions about the new membership levels, please contact your assistant regional director, regional director or Jodi Lemacks at Jodi.Lemacks@mendedhearts.org.

Sincerely,

Mended Hearts/Mended Little Hearts
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

We made the for Mended Hearts
Kentuckiana at the November 10, 2017 meeting

CHAPTER NO. 11 COMMITTEE CHAIRPERSONS:

<table>
<thead>
<tr>
<th>Chairperson</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Visiting Chair:</td>
<td>Dave Lewis</td>
<td>502.365.4133</td>
</tr>
<tr>
<td>Newsletter:</td>
<td>Sandy Larimore</td>
<td>502.428.6621</td>
</tr>
<tr>
<td>Telephone:</td>
<td>Edwina Flood</td>
<td>502.491.2980</td>
</tr>
<tr>
<td>Web/Facebook:</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
</tr>
<tr>
<td>Hospitality:</td>
<td>Ralph Kats</td>
<td>502.245.7785</td>
</tr>
<tr>
<td>Sunshine:</td>
<td>Elaine Martin</td>
<td>502.245.2687</td>
</tr>
<tr>
<td>Caregiver:</td>
<td>vacant</td>
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<tr>
<td>Membership:</td>
<td>Jean Miller</td>
<td>502.935.6470</td>
</tr>
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<td>Public Relations:</td>
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<tr>
<td>Heart Walk:</td>
<td>Kayla Good</td>
<td>502.794.1829</td>
</tr>
<tr>
<td>AHA Liaison:</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
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CHAPTER NO. 11 OFFICERS FOR 2017-2019

<table>
<thead>
<tr>
<th>Officer</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>President:</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
</tr>
<tr>
<td>Vice President:</td>
<td>Charlie Staff</td>
<td>502.649.3028</td>
</tr>
<tr>
<td>Secretary:</td>
<td>Edwina Flood</td>
<td>502.491.2980</td>
</tr>
<tr>
<td>Treasurer:</td>
<td>Elaine Martin</td>
<td>502.245.2687</td>
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NATIONAL MENDED HEARTS, INC. OFFICERS

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<thead>
<tr>
<th>Officer</th>
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<tr>
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<td>Ron Manriquez</td>
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<tr>
<td>Executive VP:</td>
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<tr>
<td>Vice President:</td>
<td>Marvin Keyser</td>
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<td>Treasurer:</td>
<td>Al Voss</td>
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<tr>
<td>Central Reg. Director:</td>
<td>Bruce Norris</td>
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</tr>
<tr>
<td>Central Ass't Reg. Director:</td>
<td>vacant</td>
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If undeliverable return to:
Sandy Larimore, Newsletter Editor
185C Michelle Drive
Shepherdsville, Ky. 40165
Phone: 502.428.6621
Email: mhchapter11newsletter@gmail.com

Or Current Resident

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