**Next Meeting!**
June 19th at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

**MEETING TIMES:**

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

- **June 5th** – MH Board Meeting
- **June 19th** – Mended Heart Mtg 11:30 am
- Heart Stories from Members
- **LUNCH PROVIDED**
- **June 22nd** – Community Night – City BBQ Fishers – 10:30 am – 10:00 pm – Coupon needed – see a member or page 2 of this newsletter
- **July 10th** – MH Board Meeting
- **July 17th** – Mended Heart Mtg 11:30 am – ANNUAL PICNIC – Pitch-IN – Voting for best picnic food brought – Prizes for top 2
- **MEAT PROVIDED**
- **August 7th** – MH Board Meeting
- **August 21st** – Mended Heart Mtg 11:30 am – Dr Michael Agostino MD ENT (tentative)
- **LUNCH PROVIDED**
- **September 4th** – MH Board Meeting
- **September 18th** – Mended Heart Mtg 11:30 am –
- **LUNCH PROVIDED**

**SAVE THESE DATES!!!**

**NOTE:** Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health. All members are welcome to attend.

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

Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008
2019 MENDED HEARTS
ANNUAL MEETING

Board Swearing in – Albany
If you would like to attend this year’s Mended Hearts annual meeting on June 27th, but you can’t make the trip to Albany, GA, we encourage you to join us online where we will be making the event available to all through Facebook Live.

Log on to your computers at 11 a.m. ET and go to https://www.facebook.com/mendedhearts/ so that you can view the swearing in of the new Mended Hearts Board of Directors and annual meeting proceedings. We will also be recording the event for people to watch at a later date.

Regional Meetings
Empower, Educate and Inspire in 2019! That is the motto for this year’s Mended Hearts and Mended Little Hearts regional meetings. Our Mid-Atlantic region kicked off the series with a very successful meeting in Falls Church, VA and other regions are in the midst of planning theirs.

The Central Region will be holding their regional meeting this fall in Cincinnati, OH. Please check back to www.MendedHearts.org for more information on this and other regional meetings in the coming weeks.

COMMUNITY NIGHT
JUNE 22, 2019 10:30am-10:00pm
CITY BARBEQUE
9367 AMBLESIDE DRIVE
FISHERS, IN 46038

You can take a photo of this coupon with your phone, cut out this coupon, or see any member for a coupon. SEE YOU THERE!!!
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:
To inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education, and advocacy.

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
mnnorman@comcast.net
(317) 403-8289
Treasurer – Maureen Price
mprize2000@gmail.com
(317) 420-9319
Visiting Chairman – Marv Norman
mnnorman@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
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 –
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) 896-2932
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 –
MLH Vice President – Angel Olvera

Volunteers needed for other committees. See any officer for information.
<table>
<thead>
<tr>
<th>Mended Hearts Chapter #350 Visits</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>TOTALS</th>
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</thead>
<tbody>
<tr>
<td>2014 Visits</td>
<td>73</td>
<td>39</td>
<td>47</td>
<td>43</td>
<td>44</td>
<td>33</td>
<td>49</td>
<td>42</td>
<td>73</td>
<td>53</td>
<td>25</td>
<td>55</td>
<td>576</td>
</tr>
<tr>
<td>2015 Visits</td>
<td>48</td>
<td>31</td>
<td>68</td>
<td>67</td>
<td>58</td>
<td>108</td>
<td>52</td>
<td>115</td>
<td>68</td>
<td>52</td>
<td>66</td>
<td>41</td>
<td>774</td>
</tr>
<tr>
<td>2016 Visits</td>
<td>78</td>
<td>54</td>
<td>64</td>
<td>74</td>
<td>76</td>
<td>65</td>
<td>28</td>
<td>65</td>
<td>40</td>
<td>39</td>
<td>60</td>
<td>47</td>
<td>690</td>
</tr>
<tr>
<td>2017 Visits</td>
<td>63</td>
<td>42</td>
<td>43</td>
<td>77</td>
<td>55</td>
<td>64</td>
<td>52</td>
<td>97</td>
<td>60</td>
<td>67</td>
<td>72</td>
<td>82</td>
<td>774</td>
</tr>
<tr>
<td>2018 Visits</td>
<td>0*</td>
<td>0*</td>
<td>33</td>
<td>77</td>
<td>65</td>
<td>77</td>
<td>50</td>
<td>78</td>
<td>39</td>
<td>74</td>
<td>58</td>
<td>55</td>
<td>604</td>
</tr>
<tr>
<td>2019 Visits</td>
<td>25*</td>
<td>31*</td>
<td>0*</td>
<td>67</td>
<td>71</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>194</td>
</tr>
</tbody>
</table>

*Restricted 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

*The Attitude is Gratitude. THE POWER of GIVING BACK!*
Mississippi Roast

Ingredients
3- pound chuck roast
1- ounce packet of dry ranch seasoning mix
1- ounce packet of dry au jus gravy mix
6 tbsp unsalted butter
1/4 cup water
5-6 pepperoncini

Instructions
1. Add 1/4 cup of water into the insert of your slow cooker then place the chuck roast on top.
2. Sprinkle the dry ranch seasoning mix on top of the chuck roast, then sprinkle the dry au jus mix on top, then place 6 tbsp. of butter on top of the roast, and finally 5-6 pepperoncini around the roast.
3. Cook on low for 8 hours.
4. Shred and serve with gravy.

Notes
You can serve this with a side of mashed potatoes and vegetables, or serve it on top of white/brown rice, or make a sandwich out of it. The gravy can get pretty salty by itself so I'd go light on the salt for the side dishes that you're serving with this roast.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mississippi Roast</td>
<td>Amount Per Serving (1 serving)</td>
</tr>
<tr>
<td>Calories</td>
<td>127</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>90</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2000 calorie diet.

*Nutrition facts are an estimate and not guaranteed to be accurate.

SENIOR SCENE

Airports, hotels taking a new look at senior-friendly designs

Airport torture. Enormous concourses 100-miles long. No benches. Dragging a suitcase. The flight schedule is unreadable. The flight announcements are mumbles. By the time you haul your suitcase out of the luggage carousel, you're finished. Something should be done.

People aged 65 or older are becoming a very large group and will outnumber children in just 16 years. About 40 percent of travelers flying in and out of the Tampa airport are over 55, according to The New York Times.

What can be done to make airports more senior-friendly? Airports are training staff to recognize travelers who are having trouble managing distances. Even if you don't need a wheelchair in daily life, one might look like heaven as you walk a half-mile to a terminal. Other solutions are design dependent.

Architectural firm Corgan has recommended lowering signs and installing more concessions closer to the gate. Fewer shiny floors, which can be dizzying and seem slippery. And more benches.

Some changes are pretty technological. At Detroit and Rochester airports, new systems will allow hearing aids to directly pick up announcements. In Seattle, passengers arriving from Alaskan cruises can have baggage sent from the ship to the departing flight.
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.

<table>
<thead>
<tr>
<th>Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>2. Riverview Health pays for the paper, printing and postage of Chapter 350 newsletter, and provides lunch for Mended Hearts monthly meetings.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>6. All of these benefits cost an individual about 6 cents a day and about 9 cents a day for a family membership.</td>
</tr>
</tbody>
</table>
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL DATE

Name (Mr./Mrs./Ms.) ____________________________ Chapter/Group ________ Member-at-large ______

Address __________________________________________ Phone __________________________

City / ST / Zip ________________________________________ I want to be a MH support volunteer: ☐ Yes ☐ No

Email address _________________________ I am interested in CHD Parent Matching: ☐ Yes ☐ No

(Please check all that apply) I am a ☐ Heart Patient ☐ Caregiver ☐ CHD Parent ☐ Physician ☐ RN ☐ Healthcare Employee ☐ Other

OPTIONAL INFORMATION: Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Hispanic; ☐ Other ____________ Gender: ☐ Male ☐ Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

☐ Associate Member --- FREE
  * Can attend any chapter meeting for MH or MLH
  * Can join online communities
  * Can access Member Portal
  * Receives the National e-newsletter

☐ Individual Member --- $20 annual donation per person
  * All of the benefits of an Associate Member, PLUS
  * Membership Card
  * Car Decal – Select ___ MH or ___ MLH
  * One-time 5% off coupon for purchase from the MH store
  * One year annual subscription to Heartbeat magazine ($30 value)

☐ Bronze Member --- $45 annual donation per person
  * All of the benefits of a Full Individual Member, PLUS
  * Membership Card
  * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposium

☐ Silver Member --- $100 annual donation per person
  * All the benefits of a Bronze Member, PLUS
  * A Stainless Steel Mended Hearts Travel Mug

☐ Gold Member --- $250 annual donation per person
  * All the benefits of a Silver Member, PLUS
  * A Red Fleece Blanket
  * 10% off registration of any National Conference or CHD Symposium

☐ Heart of Gold Lifetime Sponsor --- $1500 donation
  * A one-time donation per individual
  * All the benefits of a Gold member FOR LIFE, PLUS
  * 15% off registration fees at National MH/MLH Conferences / Symposiums
  * Recognition in the next Heartbeat magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website’s list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

☐ Family Membership --- $40 annual donation
  * All of the benefits of an Associate Membership, PLUS
  * One year annual subscription to Heartbeat magazine ($30 value)
  * Membership Cards for all members of the family
  * 2 Car Decals – Select ___ MH or ___ MLH
  * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

☐ Bronze Family Membership --- $75 annual donation
  * All of the benefits of a Family Membership, PLUS
  * One Membership Pin per member
  * Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
  * 5% off registration of any National (not regional) MH/MLH Conference or Symposium

Family Members:

☐ Spouse ___ Child ___ Heart Patient ______

☐ Spouse ___ Child ___ Heart Patient ______

☐ Spouse ___ Child ___ Heart Patient ______

☐ Spouse ___ Child ___ Heart Patient ______

Note: National memberships are tax deductible less $10.00.
Lifelong sponsorships are 100% tax deductible.

PAYMENT INFORMATION:

Membership Level ____________________________ $ __________________________

Additional tax-deductible Donation to ☐ Mended Hearts ☐ Mended Little Hearts $ __________________________

TOTAL ____________________________

Please make your check payable to Mended Hearts, Inc.
1500 Dawson Road
Albany, GA 31707

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here.
Please DO NOT send chapter dues to the Resource Center.

Chapter # _____________ Annual Chapter Dues $ _______ 10/15 ________

Additional Chapter Donation Amount $ __________________________

TOTAL Paid to Chapter $ __________________________
MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

11:30am – 2:00pm

June 19, 2019
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)