MONDAY, JULY 15, 2019 – 3:30 PM
NORTON’S AUDUBON HOSPITAL
1 Audubon Plaza Dr. Louisville, KY 40217
L2 – community room (near cafeteria)

Speaker: Sharon Parton, RN
Topic: Rehabilitation at Norton’s Audubon Hospital

Rehabilitation is a very important part of recovery after open heart surgery and with heart disease in general. Come and bring a friend to our next monthly meeting and find out what you can do to be more fit.

Protect your heart in the heat

Stay hydrated and as cool as possible during these dog days of summer. For every degree your body's temperature rises, your heart beats 10 BPM faster, according to Harvard Health. While a study published in 2014 said most cases of atrial fibrillation tend to occur in the winter, those with irregular heartbeats should take special precautions in the summer as well -- higher temperatures can trigger AFib as your heart works harder.

Some precautions:
· Stay hydrated. Dehydration is one trigger for atrial fibrillation, not to mention stroke.
· Avoid going outside between noon and 3 p.m.
· Get in air conditioning. A fan is of little use if it circulates 95-degree air.
· Reduce caffeine and alcohol, as these can cause dehydration.
· Avoid exercising in the heat.
· Take a cool shower and put an ice pack under your arm or near the groin.
· Wear well-ventilated shoes.
· Take breaks. Schedule in more breaks to prevent overheating.
With our busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it’s true that the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

We celebrated the 45th anniversary of Mended Hearts Chapter 11 this year, but our chapter needs your help now in volunteering YOUR time and expertise by becoming a visitor, being a chapter officer, joining our heart walk team and regularly attending our interesting chapter meetings. We have a lot of patients to visit at hospitals and need more visitors. Can you just take one day a month to make some visits?? If you’re interested, please contact Bonnie Weck 502-387-4403.

Join Mended Hearts today - It’s Free
Support Heart Patients & Families

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 activities you are involved in, share with others who have had heart surgery and give them HOPE that there IS “Life After Surgery”. Send to this e-mail: mhchapter11newsletter@gmail.com

CONGRATULATIONS!!!!!!!!
Bonnie & Jamie Weck’s 50th Wedding Anniversary
May you have many more

Sandy & Steve Larimore’s cruise to the Baltic Sea

Jeannie and Ed Miller at their granddaughter Skylar’s High School graduation from Bullitt East HS

Mary Campbell at the Giant’s Trolls display at Bernheim Forest in Bullitt County, KY

If you have not seen this display you have missed out. It’s awesome to see, go check them out!!!
KENTUCKIANA CHAPTER 11 NEWS
NATIONAL NEWS

Get your Heart To Heart by EMAIL?
Send your email address to: mhchapter11newsletter@gmail.com

PLEASE PASS ALONG THIS NEWSLETTER SO OTHERS MAY KNOW WHAT WE DO

VISITING REPORT
Total May/June 44

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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 Bonnie Weck 502-387-4403.

Volunteers Needed

We applaud their dedication; we couldn’t do it without them!

The American Heart Association has set the date for the Heart Walk in Louisville. Come and join the Mended Hearts team. Just look for our team on the log in page and join us on Saturday, September 21, 2019 at the Waterfront Park’s Greatlawn. Let Bonnie Weck know if you need a t-shirt. (more information to follow) Hope you can participate this year.

Thank you to Dr. Mostafa El-Rafai for speaking at our June monthly meeting on “Know Your Risk Factors.” We have wonderful, dedicated, and informative speakers each month. Come and join our monthly meeting and bring a friend.

NATIONAL NEWS

Upcoming Regional Meetings
Empower, Educate and Inspire in 2019! That is the motto for this year’s Mended Hearts and Mended Little Hearts regional meetings. This fall we have a number of meetings that will take place around the country. The following locations have been confirmed and we will be sending detailed information in the months to come.

- September 7 – Cincinnati, OH
- September 21 – Hollywood, FL – Memorial Hospital
- September 28 – Medford, OR – Asante Rogue Regional Medical Center
- October 5 (tentative) – Atlanta, GA
- October 19 - West Covina, CA
- October 26 – Gastonia, NC – Caromont Heart & Vascular

The following locations will be hosting regional meetings, but dates have not yet been confirmed.

- University of Massachusetts, MA
- Plano/Arlington/Dallas, TX
- Kingwood/Austin, TX

CHAPTER 11 NEWS

We are planning for our September, “Fall Fling”. That is, a dinner, on September 23, 2019, at 6:00PM, location yet to be determined, for our members to celebrate our successes for the year and to make plans for our future in 2020. Be sure to put this date on your calendars. Signup at our meetings, by email bonnieweck@gmail.com or call 502-387-4403. Seating is limited.

To report “Heart Worthy” news call 502.428.6621
Email: mhchapter11newsletter@gmail.com
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

MARK YOUR CALENDAR

** NOTICE, NOTICE, NOTICE **

ALL MENDED HEARTS’ MONTHLY MEETINGS BEGIN AT 3:30 PM
NORTON AUDUBON HOSPITAL L2 COMMUNITY ROOM
(NEAR CAFETERIA)
Spread the word to everyone!

** NOTICE, NOTICE, NOTICE **

Monday, July 15 (3:30 PM) – AUDUBON
Speaker: Sharon Parton
Topic: Rehabilitation

Monday, August 19 (3:30 PM) – AUDUBON
Speaker: Mary Fowler - AHA
Topic: 2019 Kentuckiana Heart Walk

UPCOMING EVENTS

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

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

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

Saturday, September 21st –“Kentuckiana Heart Walk”
Waterfront Park’s Great Lawn – Starts at 8:00 am
Join the Mended Hearts Team

Monday, September 23rd– Chapter 11 “Fall Fling”
Location: TBD 6:00PM dinner and scholarship presentations. (Limited seating)
RSVP bonnieweck@gmail.com or 502-387-4403

INVITE A FRIEND (or two) TO ATTEND A MONTHLY MEETING 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!”
Healthy Hearts Wear Red

Luncheon

Paroquet Springs Conference Centre
395 Paroquet Springs Drive Shepherdsville, KY 40165

February 14, 2019
Booths: 10:00-11:30am — Lunch: 11:30-12:00 noon
Program: 12:00 (noon)-1:30pm
Cost: $10 per person

Join us to raise awareness about heart disease and help fund Mended Hearts Chapter 11, a 501(c)3 organization, as it strives to build healthier lives free of cardiovascular disease. Your generous donation at this event helps provide education on heart disease, fund nursing scholarships, and a portion will go to the 2019 Mended Hearts Chapter 11 Team efforts in support of the American Heart Walk in September. All donors receive a special gift at the event. Please make your payments out to Mended Hearts. For more information on Mended Hearts go to: www.mendedhearts.org

♥ Emcee: CINDI SULLIVAN, Executive Director/President of Trees Louisville
♥ Barb Allender—Dental Hygienist at Shepherdsville Dental
♥ Sanjay Srivastava, Ph.D., Environmental Cardiology-UofL Physicians Group
♥ Survivor Fashions Courtesy of T.J. Maxx
♥ Norton Healthcare Prevention & Wellness—FREE glucose & cholesterol checks
(12 hour fasting to have more accurate results)
♥ Information about oral health/heart disease connection
♥ Information Booths and Items to Purchase

Limited Tickets Available! Get your tickets Today!!

Registration Deadline: February 4, 2019 (Must have a ticket to enter)
Tickets sold at: Bullitt County Health Department and Bullitt County YMCA
For more information, please call 502-955-5355
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!”

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

CHAPTER NO. 11 COMMITTEE CHAIRPERSONS:

<table>
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<tr>
<th>Position</th>
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<tr>
<td>Visiting Chair</td>
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<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>
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<td>Hospitality</td>
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<td>Sunshine</td>
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<td>Caregiver</td>
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<td>Membership</td>
<td>Jean Miller</td>
<td>502.935.6470</td>
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<td>Heart Walk</td>
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<td>502.387.4403</td>
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<td>AHA Liaison</td>
<td>Bonnie Weck</td>
<td>502.387.4403</td>
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CHAPTER NO. 11 OFFICERS FOR 2017-2019

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<th>Position</th>
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<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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<th>Position</th>
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<td>President</td>
<td>Ron Manriquez</td>
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<tr>
<td>Executive VP</td>
<td>Patrick Farrant</td>
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<tr>
<td>Vice President</td>
<td>Marvin Keyser</td>
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<tr>
<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>
<td>Central Ass’t Reg. Director</td>
<td>vacant</td>
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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

“IT’S GREAT TO BE ALIVE AND TO HELP OTHERS!”

Mended Hearts
Kentuckiana™

If undeliverable return to:
Sandy Larimore, Newsletter Editor
185C Michelle Drive
Shepherdsville, Ky. 40165
Phone: 502.428.6621
Email: mhchapter11newsletter@gmail.com