Next Meeting!
July 17th at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

BRING YOUR FAVORITE PICNIC FOOD TO SHARE AND JOIN US FOR OUR ANNUAL (INDOOR) PICNIC!
Meat and drinks provided.

Voting for best food!!!
Top 2 vote getters will win a prize!!!

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 – 11:30 am.

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 A Agostino MD, ENT
LUNCH PROVIDED

September 4th – MH Board Meeting
September 7th – REGIONAL CLUSTER MEETING – CINCINNATI BETHESDA NORTH HOSPITAL
September 18th – Mended Heart Mtg 11:30 am - LUNCH PROVIDED

October 2nd – MH Board Meeting
October 19th – Mended Heart Mtg 11:30 am – Nathan C Graves, DPM – Indiana Podiatry Group
LUNCH PROVIDED

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.
SAVE THE DATE
SEPTEMBER 7, 2019
CINCINNATI BETHESDA NORTH

CENTRAL REGION CLUSTER MEETING

Empower, Educate and Inspire in 2019! That is the motto for this year’s Mended Hearts and Mended Little Hearts regional meetings.

The Central Region will be holding their meeting on September 7th at Cincinnati Bethesda North. Speakers, agenda, and hotel information will be sent out closer to the date.

I would encourage as many of you as possible to attend.

LINDA’S LOWDOWN

As most of you know, I usually do a collection each year for Mended Little Hearts to help them fill the Bravery Bags. The Bravery Bags are filled and given to the families of Little Ones who are in the hospital with heart disease, most of whom have been born with Congenital Heart Defects (CHD).

So look around your house, gather the travel bottles and soap when you travel, or purchase travel size items when you are shopping. Get some deodorant (men’s and women’s), face cleaning cloths, toothbrushes, toothpaste, etc. Other things that can be put in the Bravery Bags are paperback books, puzzle books, coloring books and crayons, smaller toys for children, notepads, pens and/pencils, etc.

I will be collecting these items to take to our Regional Cluster meeting on September 7th.

Linda Mason
Central Region ARD

2019-2021 MH National Board of Directors
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
mncnorman@comcast.net
(317) 403-8289
Treasurer – Maureen Price
mprice2000@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
Phone Follow-up Visitor – Maureen Price
Bertie Gilster
Hospital Liaison – Melinda Nash
Central Regional Director – Bruce Norris
bnnorris@columbus.rr.com
(937) 935-1747
National President – Ron Manriquez
Executive Vice President –
Secretary/Treasurer – Al Voss
Director of Patient Advocacy and Program Management – Andrea Baer
Volunteers needed for other committees. See any officer for information.

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 – Marvin Keyser
MLH Vice President – Liz Blumenfeld
<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>
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<td>2014 Visits</td>
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<td>39</td>
<td>47</td>
<td>43</td>
<td>44</td>
<td>33</td>
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<td>2015 Visits</td>
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<td>67</td>
<td>58</td>
<td>108</td>
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<td>115</td>
<td>68</td>
<td>52</td>
<td>66</td>
<td>41</td>
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<tr>
<td>2016 Visits</td>
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<td>54</td>
<td>64</td>
<td>74</td>
<td>76</td>
<td>65</td>
<td>28</td>
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<td>2017 Visits</td>
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<td>60</td>
<td>67</td>
<td>72</td>
<td>82</td>
<td>774</td>
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<tr>
<td>2018 Visits</td>
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<td>0*</td>
<td>33</td>
<td>77</td>
<td>65</td>
<td>77</td>
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<td>78</td>
<td>39</td>
<td>74</td>
<td>58</td>
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<tr>
<td>2019 Visits</td>
<td>25*</td>
<td>31*</td>
<td>0*</td>
<td>67</td>
<td>71</td>
<td>78</td>
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<td></td>
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<td>272</td>
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</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

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*The Attitude is Gratitude. THE POWER of GIVING BACK!*
A new series highlighting a personal heart story: HEART-TO-HEART TALKS

My father had heart issues: he had a heart attack in his 60’s and died of a massive stroke at 74; I figured it was because he was a little overweight. One older brother had heart issues also but he was a heavy smoker.

I was determined that my heart would not cause me problems so I became a jogger and averaged 20 miles a week for 30+ years.

At age 55 my primary care physician discovered a murmur—I did not believe him but had it checked out. I had Mitral Valve regurgitation. (I suspect that I had Rheumatic Fever when I was young). I kept jogging as my Cardiologist regularly monitored the valve.

At age 70 my heart went into Afib. Open heart surgery was performed to: 1) repair the Mitral Valve; 2) bypass my 50% blocked Right Coronary Artery; 3) fix the Afib with a MAZE procedure and 4) seal off my left atrial appendage (to help prevent clots). I was at Methodist and no idea what to expect—but everything went well.

I started cardiac rehab and am still doing it.

Three years later I went back into Afib. I had a pacemaker installed and tried several drugs ending up using Amiodarone which worked for 2+ years. (I have been “cardioverted” 7+/- times.)

The Afib returned and I chose to have a catheter ablation—done on 1/23/19. All is good so far.

I have no activity restrictions. But I do like naps.

We have exceptional doctors at Hamilton Heart. I do not have a problem trusting my life to them.

It is great to have fellow heart patients in Mended Hearts to talk to when new medical decisions need to be made. The mutual support is great.

We are also fulfilling our motto: IT’S GREAT TO BE ALIVE—AND TO HELP OTHERS.

Marv Norman

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ROASTED ASPARAGUS WITH MUSHROOMS

READY IN: 20mins

- 1 1/4 lbs medium asparagus, tough stem ends trimmed
- 1/2 lb medium white button mushrooms, stemmed and quartered
- 2 tablespoons extra virgin olive oil
- salt, preferably the coarse variety, and freshly ground pepper, to taste
- 2 -3 teaspoons balsamic vinegar or 2 -3 teaspoons sherry wine vinegar

DIRECTIONS

1. Preheat oven to 425 degrees.
2. In a non-stick baking baking sheet with sides, toss the asparagus and mushrooms with the oil and season with salt and pepper.
3. Spread the vegetables in a single layer.
4. Roast for 10 minutes or until the vegetables are tender and browned, turning once or twice.
5. Place vegetables on a serving platter.
6. Sprinkle vegetables with vinegar and toss gently to combine.
7. Season with additional salt and pepper as desired.
8. Serve warm or at room temperature.

Makes 4 servings. Calories: 105.7 per serving.
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 ____________________________ I want to be a MH support volunteer: ☐ Yes ☐ No

City / ST / Zip ___________________________ 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 / Symposia
* 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. Lifetime 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 # _350__  Annual Chapter Dues  $ 0.00/15

Additional Chapter Donation Amount  $ __________________________

TOTAL Paid to Chapter $ __________________________
MEETING TIMES
3rd WEDNESDAY OF EVERY MONTH
11:30am – 2:00pm

July 17, 2019
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)