The President’s Corner
By Joe Novak, Chapter 89 President

How many of you would like to live to 100? In a Sunday supplement of the StarTribune of April 5, 2015 there are 53,364 centenarians in the U.S. AND THEIR NUMBERS ARE GROWING. Dan Buettner, who wrote The Blue Zones Solution, lists four things you should do to achieve this.

First of all, he found that the people who live longest surround themselves with people who support healthy behaviors. They follow a plant-based diet, drink wine in moderation, belong to a faith-based community, have close family ties, and have a social network.

Secondly, they eat smart. Ninety-five percent of their diet is plant-based with fish and a little meat only a few times a month. They eat a lot of fruits and vegetables plus nuts of various kinds.

Third, they have an activity or passion that gives their life meaning. They garden, walk daily, or volunteer. They have a purpose when getting up in the morning. Sense of purpose may contribute to longevity by lowering the stress hormone cortisol, Buettner says.

Fourth, physical activity keeps you young. They all are moving because their lifestyle encourages movement such as walking to get from place to place. Even light activity of half an hour cut the chance of dying by 17% during a six-year study in BRITISH STUDY OF 1,665 MEN IN their 70s,80s and 90s. You can do it too by following these guidelines - if they can do it so can you!

--Joe

Visitors Wanted!

We are now recruiting additional Mended Hearts Visitors for both the VA Hospital and Fairview Southdale Hospital. Being a Visitor can be an extremely rewarding experience and allows you to share with other patients all the positive things you’ve experienced through Mended Hearts.

If you are interested in becoming a visitor at either hospital, please contact Joe Novak at 612-866-1878 or at joseph_novak@comcast.net All training and materials you need to become a visitor are provided!

Chapter 89 Tours Abbott Labs / St. Jude Medical

Several chapter members and their guests toured the Abbott Labs / St. Jude Medical facility in Plymouth on June 11. We viewed various processes to produce catheters, catheter feeders and heart plugs. We also saw how the resins used to process the plastics for the devices are processed. The assembler in the photo above works on packaging catheter feeders, while the photo below shows processing equipment in the manufacturing area. Members and guests in attendance benefitted from a very knowledgeable tour guide who tailored the tour to our interests.
Twin Cities Heart Walk Raises $1,786,273!

The 25th Annual Twin Cities Heart Walk took place May 18 at Target Field. Although no walkers participated from our Mended Hearts Chapter 89, many of us did donate to the Heart Walk, and the Chapter also participated as a Community Member of the Heart Walk.

This year’s walk celebrated 25 years of honoring and saving lives. Donations to the Heart Walk benefit research by the American Heart Association, and many lives are changed for the better through the leadership and donations of participants. Thanks for supporting the Heart Walk through your Mended Hearts membership!

Quote of the Day
“A man without a purpose is like a ship without a rudder.”
- THOMAS CARLYLE

Members Recipes
From the Mystery Chef

Turkey Sliders with Avocados, Mushrooms and Swiss Cheese

Ingredients
Serves 4
Serving Size: 2 sliders
- 8 whole-grain slider buns (lowest sodium available)
- 11/4 lbs. ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced brown (cremini) mushrooms
- 8 slices low-fat Swiss cheese
- Small avocados (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Directions
Preheat oven to 450°F.

Arrange buns with the cut side up in a single layer on a baking sheet. Set aside.

Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.

Heat a large non-stick skillet or griddle pan over medium-high heat.

Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer. Transfer the patties to the bottoms of the buns.

In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently. Spoon the mushrooms onto each patty. Top with the Swiss cheese.

Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.

Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders. Using four short skewers, pierce two sliders with each skewer. Serve immediately.

Visiting Stats for Mended Hearts Chapter 89
April – June 2019

<table>
<thead>
<tr>
<th></th>
<th>Patients</th>
<th>Visits</th>
<th>Family Visits</th>
<th>Visitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methodist</td>
<td>83</td>
<td>342</td>
<td>62</td>
<td>15</td>
</tr>
<tr>
<td>Southdale</td>
<td>52</td>
<td>64</td>
<td>39</td>
<td>3</td>
</tr>
<tr>
<td>VA</td>
<td>70</td>
<td>416</td>
<td>98</td>
<td>3</td>
</tr>
</tbody>
</table>

Mended Hearts Chapter 89 Officers 2018-19
President: Joe Novak, 612-866-1878
Treasurer: Richard Hill, 763-755-3559
Newsletter Editor: Mike McCalley, 763-971-8460

If you are interested in becoming a Mended Hearts visitor at any of our Chapter 89 hospitals, please contact Joe Novak at 612-866-1878.
Mended Hearts Announces New Membership Levels

Members of Mended Hearts and Mended Little Hearts can now 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 provide to those of all ages impacted by heart disease and congenital heart defects/disease.

What you need to know about the new membership levels.
Current lifetime members will be grandfathered. This means that members who have paid their $20 dues can stay at the $20 level or move down to the free level when their membership expires. A member may move up anytime to the higher levels.

In addition, our chapter has been asking for an additional $5 annual dues to cover chapter expenses, including newsletter costs, tours, and chapter gatherings such as picnics.

How to renew
At this time, the Mended Hearts National Office is not mailing membership renewal notices, so we are asking all renewing members to renew through our chapter so we can track our membership levels immediately and then send the information on to the national office. To renew your membership, fill out the attached form, and send it with a check payable to The Mended Hearts, Inc. directly to:

Richard Hill, Chapter 89 Treasurer
834 Woody Lane NW
Coon Rapids, MN 55448-3213

Here is more information on the new Membership Levels and costs:

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

A. Associate membership (free - no cost)
- Can attend any chapter meeting for MH or MLH
- Can join online communities
- Can access Member Portal
- Receives the National News e-newsletter

B. Full membership ($20 annual donation) This is for individuals only.
- All of the above, PLUS
- Membership card
- Car decal (MH or MLH)
- 5% off (one time) of merchandise from the MH and MLH online store
- One-year annual subscription to Heartbeat magazine ($30 value)
- If you already paid dues, you can renew at this level once your current membership expires.

C. Family membership ($40 donation) (for members of one household with one mailing address only)
- Same as the Full membership PLUS receive another car decal of their choice and membership cards for all members of the family. Each family member would receive the 5% (one-time) offer, but they can only use one discount per order.

D. Bronze membership ($45 annual donation per individual or $75 donation per family)
- Same benefits as full membership PLUS
- 5% off registration of any National (not regional) MH or MLH conference and/or Symposia
- Membership pin
- Choice of Drawstring Backpack or Mended Hearts/Mended Little Hearts notecards (one pack of 10)

E. Silver Membership ($100 annual donation per individual)
- All of the Bronze Membership benefits PLUS a Stainless Travel Mug
- Gold Membership ($250 annual donation per individual)
- All of the Silver Membership benefits PLUS
- A red fleece blanket
- 10% off registration at National conferences and CHD Symposia

F. Heart of Gold Lifetime Sponsor ($1500 one-time donation per individual)
- All of the above benefits for life (with 15% off at National conferences) and recognition in Heartbeat magazine and on our website (listing of Heart of Gold Lifetime Sponsors)

Annual Chapter Dues
- Minneapolis-St. Paul Chapter 89: $5.00

If you have questions about the new membership levels please contact Jodi Lemacks at the National Office at Jodi.Lemacks@mendedhearts.org

Note: This newsletter is not intended to give personal medical advice. Please consult with your medical professionals about any health concerns you may have.
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

OPTIONAL INFORMATION: Race: ☐ Caucasian ☐ Black ☐ Asian ☐ Am. Indian ☐ 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 Decals — 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 the benefits of a Full Individual Member, PLUS
* Membership Pin
* Choice of ___ Drawstring Backpack or ___ MH/MLH Notecards (10 pk)
* 5% off registration of any National (not regional) MHMLH 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 / Symposium
* 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 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) MHMLH Conference or Symposium

Family Members:

Spouse ___  Child ___  Heart Patient ___  
Spouse ___  Child ___  Heart Patient ___  
Spouse ___  Child ___  Heart Patient ___  
Spouse ___  Child ___  Heart Patient ___

National memberships are tax deductible less $10.00. Lifetime sponsorships are 100% tax deductible.

Chapter dues and donations are tax deductible; if chapter dues apply, please pay the chapter

PAYMENT INFORMATION:

Membership Level ________________ $ ________________

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

TOTAL $ ________________

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 # 89 Annual Chapter Dues $5.00
Additional Chapter Donation Amount $ ________________
TOTAL Paid to Chapter $ ________________