MONDAY, OCTOBER 21, 2019 – 3:30 PM
NORTON’S AUDUBON HOSPITAL
1 Audubon Plaza Dr. Louisville, KY  40217
L2 – community room (near cafeteria)

Speaker: Tiara Volpe
Topic: Home Instead Senior Care

Compassionate Senior Care Services
Home Instead Senior Care provides trustworthy, kindhearted, senior home care services in your loved one's home. All CAREGivers are thoroughly screened, extensively trained, professional, and reliable. At Home Instead, it's about providing the highest-quality home care services to fit you and your family's needs.

DO YOU KNOW THE DIFFERENCE???

IS IT A COLD OR THE FLU?

COLD
LOSS OF APPETITE
SORE THROAT
SNEEZING
COUGH
VOMITING

FLU
MUSCLE PAIN
HIGH FEVER
HEADACHE
FATIGUE
CHILLS

Fight the Flu
It starts with you

WATCH YOUR MONTHLY NEWSLETTER FOR POSSIBLE CHANGES IN MEETING TIMES AND LOCATION
As I sit here typing this, we are experiencing record-breaking temperatures outside. I don’t know about you, but I have found it hard to breathe. Not healthy for our hearts. Please be careful doing any activities outside, take it slow, and stay hydrated! I hear that FALL is just a few days away! 😊

Most of you know that we will have our elections in November for 2020 -2021. Charles Staff our Vice President has already accepted another two-year term, but, sadly, Elaine Martin is stepping down as our treasurer. It is a very important job and we have appreciated her taking this over after the passing of Roger McWilson. She has done an outstanding job, but now, it’s time for someone else to step up. This is a two-year term. Please consider taking over this position; it is crucial to our chapter.

It is not an elected position, but since Dave Lewis moved, we were left without a visiting chairperson. If you are interested in either of these positions, please call Jean Miller 502-640-0232, Crazygenie1228@aol.com, or me at 502-387-4403, bonnieweck@gmail.com.

On another note, in 2020, I am considering a meeting time-change. Please let me know your ideas and/or concerns.

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

Are you having fun this summer? Send me your photos to share with everyone!!!

Guess who just had a birthday? Richard “Dick” Barnett turn 90 years young on Monday, September 23rd. Dick has been a longtime member.

Congratulations Dick and Happy Birthday

We had a wonderful Fall Dinner at King Fish and Nursing Scholarship Awards Ceremony in September. We would like to

CONGRATULATE Bethany Muzanenhamo and Kaelynn Goatley on receiving $1,500.00 Nursing Scholarships from Mended Hearts Chapter 11. Thank you to these young ladies for their service and dedication to the nursing field.
Thank You for Attending tonight
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 19

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<th>Audubon</th>
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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 Bonnie Weck 502-387-4403.

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

Even baking can be fake on the internet

One YouTube baker set out to prove there are a bunch of fake video recipes online. Ann Reardon of How to Cook That, tested three recipes from one popular YouTube cooking site that has more than 115 million views a month. One recipe video purported to show how to make ice cream into frosting by melting it and adding some flour. But when tested, Reardon only managed to make a liquid mess. Reardon also tested a recipe that claimed to make gummy bears into a spoonable, gelatin-like dessert. But the result was a dessert which could not be eaten with a spoon. The gummy bears, when cooled, remained too hard to scoop out. It was almost as if the video maker had actually used gelatin. And that, Reardon says, is exactly what happened.

NATIONAL NEWS

Upcoming Regional Meetings

In the next few weeks we have some big regional conferences scheduled in Atlanta, GA, Gastonia, NC and Worcester, MA. If you are looking for a great opportunity to expand your knowledge of heart disease and network with other patients and caregivers, there is still time to register! We also have meetings in Evansville, IN and Katy (Houston), TX in 2020. Dates and registration information can be found below:

- October 5 – Atlanta, GA – Wellstar Development Center
- October 26 – Gastonia, NC CaroMont Heart & Vascular
- Nov 1 & 2 – Worcester, MA UMass Medical Center
- January 18 - Katy, TX
- Feb 7 & 8 – Evansville, IN

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, October 21st (3:30 PM) – AUDUBON
Speaker: Tiara Volpe
Topic: Home Instead Senior Care

Monday, November 18th (3:30 PM) – AUDUBON
Speaker: TBD
Topic: TBD

Monday, December 16th (6:00 PM) – TBD
Speaker: Christmas Dinner
Topic: TBD

UPCOMING EVENTS

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

Friday, November 1st – “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 2020: TBD

Wednesday, November 13th – “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 2020: TBD

“Nothing worse than a hot flash when you're retaining water.”

Happy Halloween
MEMBERSHIP FORM

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

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

Address ____________________________________________________________

City / ST / Zip _______________________________________________________

Email address _________________________________________________________

(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 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 of the benefits of a Bronze Member, PLUS
  * A Stainless Steel Mended Hearts Travel Mug

Gold Member --- $250 annual donation per person
* All of 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 of 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 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 ___

Note: National memberships are tax deductible less $10. 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 # ______  Annual Chapter Dues $ ______________

Additional Chapter Donation Amount $ ______________

TOTAL Paid to Chapter $ __________________
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!”

A Mended Hearts Prayer

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

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

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

CHARTER NO. 11 OFFICERS FOR 2017-2019

President: Bonnie Weck 502.387.4403
Vice President: Charlie Staff 502.649.3028
Secretary: Edwina Flood 502.491.2980
Treasurer: Elaine Martin 502.245.2687

NATIONAL MENDED HEARTS, INC. OFFICERS

President: Ron Manriquez
Executive VP: Patrick Farrant
Vice President: Marvin Keyser
Treasurer: Al Voss
Central Reg. Director: Bruce Norris
Central Ass’t Reg. Director: vacant

CHAPTER NO. 11 COMMITTEE CHAIRPERSONS:

Visiting Chair: vacant
Newsletter: Sandy Larimore 502.428.6621
Telephone: Edwina Flood 502.491.2980
Web/Facebook: Bonnie Weck 502.387.4403
Hospitality: vacant
Sunshine: Elaine Martin 502.245.2687
Caregiver: vacant
Membership: Jean Miller 502.935.6470
Public Relations: vacant
Heart Walk: Bonnie Weck 502.387.4403
AHA Liaison: Bonnie Weck 502.387.4403