NO MEETINGS WILL BE HELD IN DECEMBER, JANUARY, FEBRUARY

Next Monthly Meeting will be held
MONDAY, MARCH 16, 2020 – 3:30 PM

NORTON’S AUDUBON HOSPITAL
1 Audubon Plaza Dr. Louisville, KY 40217
L2 – community room (near cafeteria)

This will be our Annual Chapter 11 46th Anniversary Celebration and Nursing Scholarship Award Ceremony Dinner

Time to get happy!

Get up, get out, and get happy. Experts say that even if you have to fake it, you’ll soon be merry -- or at least a little happier. People can have a good reason to be wistful or even blue at Christmas. Family members are not always near, or physical conditions can limit activities. Strange that just when we can't remember where we put the car keys, memories from 30 years ago are accessible in every detail. According to happiness guru Gretchen Rubin, the key is to actively plan and make new memories. Some ideas:
* Ask around early for churches that have carols and holiday activities. If you need a ride, ask at the church office.
* Find out who needs a gift and give it!
* Gather your own 'family' of neighbors and friends for a pitch-in dinner. It doesn't have to be on Dec. 25.

The bottom line: Make a plan and get out of the house. Do ask others about their plans; people often love to share holidays. Be grateful for the holiday you make for yourself. Don't compare this Christmas to happier times in the past and try not to compare this Christmas to the holiday you imagined it would be. Create something for yourself and enjoy it, whether it is a modest decoration and dinner with a friend, or an all-out bash.
In case you missed being with us this year, here is a recap of what was going on this year in Kentuckiana Mended Hearts Chapter 11.

- January we began having our meetings at 3:30PM in hopes of attracting more folks that might not want to drive after dark.
- February our speaker was Becky Flynn, an acupuncturist, she talked about how acupuncture can help your heart. We also participated in the Healthy hearts Wear Red Fashion Show and Luncheon. It was sold out again this year and all had a grand time.
- March was our chapters 45th anniversary. Jewish Hospital graciously provided our dinner where we also gave a scholarship to a nursing student.
- April our speaker was Dr, Bhatnagar, he told us how the environment effects our hearts.
- May, 91-year-old, Sil Nitzken shared his secrets on living a long and healthy life.
- June, Dr. El Refai was with us and he has agreed to be our main speaker for the 2020 Healthy Hearts luncheon.
- July, Sharon Parton from Norton Audubon Rehab reminding us of the importance of Rehab.
- August, Lin Schussler-Williams gave us tips on scams and identity theft.
- September, we had our Fall Fling dinner at Kingfish, at that time we also gave two more scholarships to two nursing students.
- October Tiara Volpe from Home Instead talked to us about senior care.
- November, Mary Fowler with the American Heart Association was there to talk about overall Heart Health.

As you can see, we had a lot of great speakers and accomplishments. It was decided not to have our holiday meeting in December so we may all spend time with our families. Also, due to January and February being bitterly cold months. It was decided to start our new year with our March 16th, 2020 anniversary dinner at Norton Audubon Hospital. More information to follow. Be sure to watch for the newsletter!

***** Many thanks to Norton Audubon Hospital for allowing us to have our meetings in their community room and for always supporting our chapter. *****

From My Heart to Yours! Have a Blessed Christmas and a Safe and Happy New year!!

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

Have you been vacationing or visiting someone or somewhere special, please send me your photos to post in our newsletter!!!

Bonnie Weck and Jean Tomlinson at the Hatfield and McCoy Dinner Show in Gatlinburg, TN

(top) Mary Campbell (bottom) Charlie Staff at the Logan Street Market, Louisville, KY

Sandy Larimore and her classmates from Bullitt Central “The Girls of 74” at the Apple Barn in Gatlinburg, TN
Join Mended Hearts TODAY!

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

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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.

New changes to the newsletter

Starting in January of 2020 the Board has decided to change the newsletter some to help with expenses. We will still send a webnewsletter to everyone but the four pages printed copy will stop being printed and mailed except for Bonnie’s Bit and the events/meeting information. Thank you for your cooperation and input for the monthly newsletters. Praying everyone has a great Christmas and Happy New Year. See you in March 2020.

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:

Feb 7 & 8 – Evansville, IN
Registration coming soon

The Healthy Hearts Wear Red Luncheon will be held on Thursday, February 13, 2020. If you are interested in purchasing a ticket, please contact Bonnie Weck 502.387.4403 or bonnieweck@gmail.com / Sandy Larimore 502.428.1663 or sandy.larimore@gmail.com for more information. Each ticket cost $10

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)

** NOTICE, NOTICE, NOTICE **

Monday, December 16th – AUDUBON
NO MEETING

Monday, January 20th – AUDUBON
NO MEETING

Monday, February 17th – AUDUBON
NO MEETING

Monday, March 16th (TBD) – AUDUBON
46th Chapter 11 Anniversary Celebration and Nursing Scholarship Award Ceremony (more information to follow)

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

“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, January 8th – “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: April 15, July 8, October 14

Thursday, February 13th – “Healthy Hearts Wear Red” luncheon at Paroquet Spring Conference Center in Shepherdsville, KY 40165. $10 per person (more information to follow)
Healthy Hearts Wear Red

Luncheon

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

February 13, 2020

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 2020 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
♥ Tina Kreutzer, O.D.—Optometrist/Owner of Healthy Eyes
♥ Mostafa El Refai, M.D.—Norton Health & Vascular Institute
♥ 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 eye health/heart disease connection
♥ Information Booths and Items to Purchase

Limited Tickets Available! Get your tickets Today!!

Registration Deadline: February 4, 2020 (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

WellCare

Bullitt County Health Department

UL Health
Medical Center South
MEMBERSHIP FORM

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

Name (Mr./Mrs./Ms.) ____________________________________________________________
Address __________________________________________________________________________
City / ST / Zip _______________________________________________________________
Email address _______________________
City / ST / Zip ___________________________________________
Address _________________________________________________________________
Name (Mr./Mrs./Ms.) __________________________________________________________
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 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 ___
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!”

Not a member? Join us today!

E-mail: mhchapter11newsletter@gmail.com for an application

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.

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