Next Meeting!
November 20th at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377.

Joe Reel is the owner of Joe Reel Construction Services and Consulting, Inc., and Joe Reel Inspection Services. He graduated from Purdue University in 1984 with a BS degree in Construction Management. His home inspection business conducts any necessary inspections required to conduct real estate transactions. He specializes in construction forensic inspections, inspections that isolate issues with homes. He is a member of the American Society Home Inspectors, Senior Home Safety Network, Better Business Bureau, American Home Inspection Training Institute, National Assoc. of Realtors, Metropolitan Indpls Board of Realtors, Knights of Columbus, Catholic Professional and Business Club.

Joe Reel

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: lindakm1951@yahoo.com 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.

Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008

Editor: Linda Mason

MEETING TIMES:
Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 4 – 11:30 am.

November 3rd – TURN YOUR CLOCKS BACK – END OF DAYLIGHT SAVINGS TIME
November 13th – MH Board Meeting
November 11th – Veteran’s Day
November 20th – Mended Heart Mtg 11:30 am –
Joe Reel – Making your home safer
LUNCH PROVIDED
November 28th – Thanksgiving Day

December – NO MH Board Meeting
December 11th – Mended Heart Mtg 11:30 am –
HOLIDAY GET TOGETHER AND PARTY
LUNCH PROVIDED

January 8th – MH Board Meeting
January 15th – NO MENDED HEARTS SUPPORT GROUP MEETING

February 5th – MH Board Meeting
February 19th – Mended Heart Mtg 11:30 am –
LUNCH PROVIDED

NOTE: Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health on 5 South. All members are welcome to attend.
IMPORTANT INFORMATION
ABOUT MEETINGS!!!!!

Please note that if the temperature drops below 20 degrees F, all regularly scheduled monthly meetings and Board Meetings will be cancelled. The health of our members is too important to have them out in the cold weather.

THANK YOU!!! As you know I had my second annual collection drive to collect items for Mended Little Hearts Bravery Bags. I met with Ronda Adamo, MLH Lead Coordinator from Indianapolis on October 11th. She e-mailed me the following:

Linda

I want to express my gratitude for the generous donations from your Mended Hearts chapter. Last year, your chapter’s donations supplied toiletries for about half the year! It was a huge help to Mended Little Hearts! While the items in the Bravery Bags may not seem like much to some, to a parent being thrown into this devastating world of CHD, it means a lot. I recall clearly sitting with my grandson when his parents received a Bravery Bag. They were so touched and felt less “alone”. Quite often, we receive feedback that a parent was very grateful to not have to use hospital shampoo, or that they were so happy to have toothpaste to brush their teeth with. However the primary feedback has been that they felt someone cared. Thank you to you and your chapter for touching the lives of CHD families! Your generosity is amazing!

God Bless you all!
Ronda Adamo
Lead Coordinator
Mended Little Hearts of Indianapolis

THE RACE

The 8th Annual Bolt for the Heart will be Thanksgiving Day, November 28, 2019, in Carmel Indiana. The race is located at the beautiful Palladium Center Green (355 City Center Drive, Carmel IN 46032) and will begin at 9:00am (Eastern Time).

To register, go to: https://boltfortheheart.com/carmel-5k-run-walk/

Be sure to click on TEAM MENDED HEARTS!
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.

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**HAMILTON COUNTY MENDED HEARTS CHAPTER #350 OFFICERS AND CHAIRPERSONS**

President – Marv Norman
mncnorman@comcast.net
(317) 403-8289

Treasurer – Maureen Price
mpric2000@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

Central Regional Director – Bruce Norris
bnorris@columbus.rr.com
(937) 935-1747

National President – Ron Manriquez

Executive Vice President – Bob Hoffman

Secretary/Treasurer – Al Voss
Program Director – Jodi Smith

Vice President – Jim Grabowski
megrabber@yahoo.com
(317) 414-5750

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

Hospital Liaison – Melinda Nash
Asst RD Central Region – Linda Mason
lindakm1951@yahoo.com
(317) 407-8300

Executive Director – Andrea Baer
Vice President – Marvin Keyser
MLH Vice President – Liz Blumenfeld

Volunteers needed for other committees. See any officer for information.

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**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.
Mended Hearts Chapter #350 Visits

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<tr>
<th></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>
<th>NOV</th>
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<tr>
<td>2014 Visits</td>
<td>73</td>
<td>39</td>
<td>47</td>
<td>43</td>
<td>44</td>
<td>33</td>
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<td>73</td>
<td>53</td>
<td>25</td>
<td>55</td>
<td>576</td>
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<tr>
<td>2015 Visits</td>
<td>48</td>
<td>31</td>
<td>68</td>
<td>67</td>
<td>58</td>
<td>108</td>
<td>52</td>
<td>115</td>
<td>68</td>
<td>52</td>
<td>66</td>
<td>41</td>
<td>774</td>
</tr>
<tr>
<td>2016 Visits</td>
<td>78</td>
<td>54</td>
<td>64</td>
<td>74</td>
<td>76</td>
<td>65</td>
<td>28</td>
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<td>40</td>
<td>39</td>
<td>60</td>
<td>47</td>
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<tr>
<td>2017 Visits</td>
<td>63</td>
<td>42</td>
<td>43</td>
<td>77</td>
<td>55</td>
<td>64</td>
<td>52</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>
<td>0*</td>
<td>0*</td>
<td>33</td>
<td>77</td>
<td>65</td>
<td>77</td>
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<td>65</td>
<td>108</td>
<td></td>
<td></td>
<td>608</td>
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</tbody>
</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

The Attitude is Gratitude.
THE POWER of GIVING BACK!
CONGRATULATIONS MARV NORMAN, PRESIDENT OF MH CHAPTER 350, ON BEING NAMED 2019 CENTRAL REGION MENDED HEART OF THE YEAR

Regional Director Bruce Norris recently presented Hamilton County Mended Hearts Chapter 350 President Marv Norman with the 2019 Central Region Mended Heart of the Year Award.

Marv’s family were surprise guests at our meeting. Riverview Health dignitaries also attended.

Seth Warren, President and CEO of Riverview Health, Joyce Wood, Chief Nursing Officer, Tricia Hall, Director Cardiac/Pulmonary Rehab, Jean Foster, Cardiac Rehab Nurse

THANK A VETERAN!
**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.**

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**Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350**

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.

2. Riverview Health pays for the paper, printing and postage of Chapter 350 newsletter, and provides lunch for Mended Hearts monthly meetings.

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.

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.

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.

6. All of these benefits cost an individual about 6 cents a day and about 9 cents a day for a family membership.
MEMBERSHIP FORM

☐ NEW MENDED HEARTS  ☐ NEW MENDED LITTLE HEARTS  ☐ RENEWAL  DATE ____________

Name (Mr. /Mrs./Ms.) __________________________________________________________

Address ___________________________________________________________________

City / ST / Zip ______________________________________________________________

Email address ______________________________________________________________

Phone ______________________________________________________________

I want to be a MH support volunteer: ☐ Yes ☐ No

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.

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associate Member --- FREE</td>
<td>Can attend any chapter meeting for MH or MLH, join online communities, access Member Portal, and receive the National e-newsletter.</td>
</tr>
<tr>
<td>Individual Member --- $20 annual donation per person</td>
<td>All of the benefits of an Associate Member, PLUS Membership Card, Car Decal – Select MH or MLH, one-time 5% off for purchase from the MH store, and one year annual subscription to Heartbeat magazine ($30 value).</td>
</tr>
<tr>
<td>Bronze Member --- $45 annual donation per person</td>
<td>All of the benefits of a Full Individual Member, PLUS Membership Card, Choice of MH or MLH Notecards (10 pk), 5% off registration of any National Conference or Symposium.</td>
</tr>
<tr>
<td>Silver Member --- $100 annual donation per person</td>
<td>All of the benefits of a Bronze Member, PLUS Membership Card, A Stainless Steel Mended Hearts Travel Mug, Car Decal – Select MH or MLH, and one-time 5% off for purchase from the MH store.</td>
</tr>
<tr>
<td>Gold Member --- $250 annual donation per person</td>
<td>All of the benefits of a Silver Member, PLUS Membership Card, A Red Fleece Blanket, MH/MLH Conference or Symposium, and 10% off registration of any National Conference or CHD Symposium.</td>
</tr>
<tr>
<td>Heart of Gold Lifetime Sponsor --- $1500 donation</td>
<td>All of the benefits of a Gold member FOR LIFE, PLUS Membership Card, Choice of MH or MLH Notecards (10 pk), 5% off registration of any National Conference, 15% off MH/MLH Conferences / Symposia, and 5% off registration of any National Conference or CHD Symposium.</td>
</tr>
</tbody>
</table>

FAMILY MEMBERSHIP

For members of one household with one mailing address only

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Family Membership --- $40 annual donation</td>
<td>All of the benefits of an Associate Membership, PLUS Membership Card, 2 Car Decals – Select MH or MLH, and each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</td>
</tr>
<tr>
<td>Bronze Family Membership --- $75 annual donation</td>
<td>All of the benefits of a Family Membership, PLUS Membership Pin per member, Choice of MH or MLH Notecards (10 pk), 5% off registration of any National Conference or CHD Symposium.</td>
</tr>
</tbody>
</table>

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.

395 Westfield Rd

Noblesville, IN 46060

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.

Chapter # __350__  Annual Chapter Dues $ __10/15________

Additional Chapter Donation Amount $ ____________

TOTAL Paid to Chapter $ ____________
MEETING TIMES

3rd WEDNESDAY OF EVERY MONTH

11:30am – 2:00pm

November 20, 2019
Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)