From the President’s Desk:

First off, we would like to thank Carol & Dan for taking on and running the monthly meeting in May. Pam & I were in the beautiful Outer Banks of North Carolina having a good old time relaxing and visiting with old friends. Since our computer would not connect to the internet for some reason at the rental where we were staying, we said the heck with it and lived without. And survived! Was tough at times with the withdrawal but we made it. Now we are back, relaxed and refreshed. My first question is: “Who ordered the heat to be turned up so soon????”

Yes, there has been a change in the way MHI is handling membership renewals, chapter donations and chapter dues. I am including a portion of MHI’s reply to an inquiring email initiated at the request of members who attended the May meeting: “You are correct, all chapter and group dues have been eliminated since Jan 2021. When you are signing up new members, please have them use the attached membership form. As you can see, there is a place at the bottom of the form for members to make a donation to the chapter. If you are looking for a way to still bring money into the chapter through memberships, my suggestion would be to do one of the following:

1. Encourage members to sign up at an individual level or above so that your chapter receives 25 percent of the dues back.
2. If members prefer to sign up at the free level, encourage them to make a direct chapter donation (bottom right-hand corner of the form).

We do not mail out membership renewals, as it’s too costly. If you have members who don’t check their emails, or have emails, it would be good to call them and let them know.

If they want to call and renew their membership over the phone, they can call our 888-432-7899 number.”

We hope this clears things up and everyone remembers to “donate at least $5 to our chapter” when they renew their membership. This helps our chapter fund various items we need to function.

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Highlights Inside This Issue

2 From the President’s Desk cont. from pg. 1, Editor’s Notes, Dates to Remember, Laughter, Recommendations for Safe Activity and Exercise in the Heat
3 From the Kitchen, Keeping Healthy cont. from pg. 1, More Dates to Remember
4 ODDS & ENDS, Links, Page 5 Membership Info & More

Visiting Report

(January - May 2022)

Chapter 427 is currently unable to visit heart patients or their families in the hospital due to COVID. Thanks to our friends in Cardiac Rehab, Internet & Phone, we can keep the Mended Hearts program alive and well.

The total number of visits made so far this year are 11.
 Patients Visited – 1  Families Visited – 
 Internet Visits – Phone Visits – 8
 Home Visits – 2
HeartGuides Distributed – 91
Mended Heart Trifolds Distributed – 92
Chapter 427 Trifolds Distributed – 48

The distribution of materials is done by our partners at Sentara and our Accredited Visitors. Our Accredited Visitors include:
Daniel Dollahrude, Craig Hardison, Kevin Farley and Diane Jacobson.

“Take time to laugh, You’ll feel better”

Measuring Ejection Fraction

Ejection fraction (EF) is a measurement, expressed as a percentage, of how much blood the left ventricle pumps out with each contraction. An ejection fraction of 60 means that 60 percent of the total amount of blood in the left ventricle is pushed out with each heartbeat. MORE: Source – American Heart Association & The Heart Failure Society of America

Mended Heart Webinar’s

Mental Health and Cardiovascular Disease

In May MHI offered a 4-part webinar series that focused on 4 different mental health topics in relation to cardiovascular disease and life after a heart event. Here are links to the four webinars you can view on YouTube:
1 - Psychological Connections & Changes After a Heart Event and the Brain’s Response to Stress and Anxiety on May 3rd, 2022 with presenter Brandie Terifaj, a Psychotherapist from Solace Counseling & Consulting. https://youtu.be/2uf1V4KvjC4
2 - After Diagnosis – Building Your Support Network on May 12th, 2022 with presenter Jessica Daly, the Head of Collections & Electronic Resources of the R. A. Williams Library for AdventistHealth University in Orlando, FL. https://youtu.be/b4PuRsO8qiM

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**Recommendations for Safe Activity and Exercise in the Heat**

by Kendall Turner

The summer heat often arrives in Williamsburg as early as May. Please take extra precautions when engaging in activity or exercising in the heat. If you have heart problems, it is advised that you not exercise in the extreme heat.

When outdoor temperatures rise, your heart has to beat faster and work harder to pump blood to the surface of your skin. This promotes sweating, which is the body’s mechanism for cooling itself. If your body can’t cool itself appropriately, then strain is put on the heart. When the outdoor temperature increases over 80 degrees and there is high humidity, the risk to your health also rises even with minimal activity. It is essential to avoid exercising when the temperature and the humidity are both high. Additionally, some medications may reduce the volume of fluid in the body and affect how hard the heart pumps. These medications can reduce a person’s ability to cool off in the heat. If you have been prescribed blood pressure or heart medications, consult your medical provider about safe activity levels in the heat.

***If you have Congestive Heart Failure and have restrictions on fluid intake, please consult your medical provider for recommendations on fluid intake in the heat.***

Keep the following tips in mind when engaging in outdoor activities:

- Wear loose, light clothing.
- Drink 1 cup of water before exercise (unless you have fluid restrictions).
- Drink ½ cup of water for every 10-15 minutes of exercise (unless you have fluid restrictions).
- Weigh yourself before and after exercise.
- Do not wait until you are thirsty to drink water, by this time you may already be dehydrated.
- Avoid outside activities between 10am and 4pm when the heat and sun are at their peak. Consider delaying any exercising indoors in the air conditioning or in a swimming pool.

**Signs of Overheating:**

Fatigue/Weakness/Dizziness/Headache/Thirst/ Nausea & Vomiting.

If you experience any of the above symptoms, stop exercising immediately, and move to a cool environment. If symptoms persist, contact your medical provider.

**Use sun screen!**

Did you know that Mended Hearts is now covering 20 countries around the world!!!
- From the Chapter’s Kitchen –

Chicken with Lemon, Capers and Wine

Serves 4

2 boneless, skinless chicken breasts, halved
2 Tbsp. butter (we use Smart Balance)
3 Tbsp. olive oil
1/4 cup of wheat flour (white flour can be substituted)
salt and pepper to taste (we leave out the salt)
1 large garlic clove, minced
2 Tbsp. chopped capers
2 Tbsp. fresh squeezed lemon juice
2 Tbsp. white wine
1 1/2 Tbsp. minced parsley
1 Lemon

Pound chicken breasts to 1/3 inch between layers of plastic or inside a Ziploc bag. Heat butter and oil in a large skillet until hot over medium to high heat. Lightly coat cutlets in flour. Sauté chicken cutlets over moderately high heat 1 1/2 min on each side or until just cooked through. Season with salt and pepper and remove to a side dish. Stir in the garlic, capers, lemon juice and wine. Cook 15 seconds. Return cutlets to pan, baste with pan sauces and transfer to serving plates. Spoon pan juices over chicken, sprinkle with parsley, some capers, add lemon wedges and serve.

“Bon Appétit”

Do you remember the GoToGuides - Mended Hearts we gave you in the Spring edition of Colonial Cardio-Gram?

Well, this Summer, we give you the …

Discussion Guides - Mended Hearts

The following are just a sample of the many Guides MHI offers on the website. Please sample the following:

COVID and CVD Adults Discussion Guide

Aortic Stenosis

MORE?

-More Dates to Remember-

June - Early Bird Registration for the 2023 International Conference in Albany, GA.

July 1 – July 31
Sentara Williamsburg Regional Medical Center,
CARES Cardiac & Pulmonary Rehab
in partnership with
Mended Hearts Chapter 427
Are collecting personal hygiene products for
FISH of Williamsburg
Look for collection boxes @ Employee Entrance, Employee Elevators & Cafeteria

Spring 2023
Chapter 427 Car Show

Keep an eye on your Chapter emails for details!!
Chapter Meeting Time and Location

The Mended Hearts Williamsburg Virginia - Chapter 427 meets the 3rd Thursday of each month from 3:00 pm to 4:00 pm at the Sentara Williamsburg Regional Medical Center (SWRMC), 100 Sentara Circle, Williamsburg, Va. 23188. Parking is free. Please check your emails for details and updates!!

Internet Visiting Program

Heart patients and Chapter members are as close as the World Wide Web! Our trained volunteers communicate with heart patients through the Internet. We’re here to offer support, answer questions and help locate resources. For online support, email: support@mendedhearts.org

We are always looking for people who are interested in being Mended Hearts visitors.
What a Wonderful Way to Give Back!

We are also looking for Members who would like to serve as Officers or take on other positions on our Chapter’s Board of Directors. Please contact any of our Chapter Officers for details.

- Links -

All links used in this publication have been accessed and proved to be safe & secure.

Learn More About Mended Hearts https://mendedhearts.org/about-us/
Here you will find links to topics about Mended Hearts, webinars, Young Mended Hearts and MORE!

MedlinePlus https://medlineplus.gov/ Trusted health information for you from The National Library of Medicine

Newsletters
If you would like to read other Chapter Newsletters for ideas and resources click HERE

We are not responsible for changes or site URL removal.

Mended Hearts - Giving Hope and Inspiration to Others

Happy Father’s Day
6/19/2022
Interested in becoming a member?

Mended Hearts, Inc. Chapter 427 welcomes you to join our cause. You’ll be able to interact with other members through our local chapter meetings. Make a difference in a patient's recovery and outlook on life by becoming an accredited visitor if you wish, and enjoy other volunteer opportunities, and special events.

How can you join? Remember, Associate Membership is FREE!!!

Just Click HERE to link the Mended Hearts webpage that will explain the opportunities and
How YOU can become a part of them!
(https://mendedhearts.org/get-involved/membership)

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 our gifts well.

By
Herbert G. Maedel

"It's Great to be Alive — and to Help Others!"

This Newsletter is designed to be viewed online from your PC or phone. This saves paper and mailing costs! Your Chapter will provide handouts of meeting announcements that can be distributed as needed.