“The Colonial Cardio-Gram”

Quarterly Newsletter

2022

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- From the President’s Desk -

Sometimes it’s hard to figure out where to begin and what to talk about but I will give it a try. I am so proud of this chapter and want it to be the best it can be. Our members are my main concern and I want to use this newsletter as a tool to keep you and all our friends informed of how we (as a group) are involved in the community as well as what’s going on at The Mended Hearts Inc. as a worldwide organization. With all that being said here’s a taste of what’s been going on in the past couple of months.

In May, the Accredited Visitors had a meeting to finalize the procedures to present to the hospital staff for our visiting program.

In June, with the assistance of Lisa Granger at WMBG radio, we produced a radio spot that was aired on July 11th for the joint SWRMC/CARES/Mended Hearts Chapter 427 “personal hygiene” drive for FISH. Many thanks to Lisa Granger for having us. There’s more on the subject in this newsletter.

July was a busy month not only with the FISH drive but the Accredited Visitors program. The very FIRST Accredited Visitor’s in-patient hospital visit in our Chapter’s history was made on July 22nd! This has been in the works since the chapter was formed almost 5 years ago. We are now doing weekly shifts at the hospital and can visit with patients either before or after their procedure in the Cath lab’s holding area. This is a big milestone for our chapter and something of which we all should be very, very proud. A lot of hard work was done on this project by our Accredited Visitors, Kendall Turner, the hospital staff, and administration… it’s greatly appreciated.

Mended Hearts Inc. is hosting an International Conference in June of 2023. Anyone interested in attending this informative conference should contact me.

I highly encourage everyone to check out all the educational and informative webinars available on the MHI website or their YouTube channel.

Keep up the great work Chapter 427. It has not gone unnoticed or un-appreciated.

Craig Hardison, President Chapter 427

- Visiting Report -

(January - August 2022)

The total number of visits made so far this year are 106.

Patients Visited – 31
Families Visited – 8
Internet Visits – 33
Phone Visits – 30
Home Visits – 4
HeartGuides Distributed – 188
Mended Hearts Trifolds Distributed – 237
Chapter 427 Trifolds Distributed – 148

The distribution of materials is done by our CARES partners at Sentara and our Accredited Visitors.

Our Accredited Visitors include: Daniel Dollarhide, Craig Hardison, Diane Jacobson and Kevin Farley.

Visiting is what we can do best

"Take time to laugh, You’ll feel better"

- Editor’s Notes -

We are looking for “Food for Thought” to be included in your Newsletters. Your thoughtful items should be less than 500 words and can be sent to your Chapter Newsletter Editor. Please remember to visit your Mended Heart website frequently – every HIT to this national website brings new interest as well as revenue to The Mended Hearts, Inc., and there is a lot of good information there. We are appreciating the articles our members/friends are providing/suggesting – keep them coming. This newsletter is meant to be a source of information so our Chapter Members & Friends can keep on top of what our Chapter is doing, what MHI is doing, as well as directing our readers to other resources relating to the heart.

You will notice a new format is being used for this Newsletter! Due to a very unexpected technical problem using the old format we have opted to re-create this document. You will find it has all the wonderful news, highlights and resource links to which you are accustomed.

- Dates to Remember -

Your Chapter meets the 3rd Thursday of the month from 3-4pm. Any changes in time and venue are announced well in advance by email and phone calls. Starting in 2023 no chapter meetings will be held during the months of June, July and August.

➢ Our next Chapter meeting is on September 15th at 3:00 pm in the Yorktown Conference room.
➢ We are having a chapter picnic on Sunday October 30th beginning at 3:00 pm. Your Chapter has reserved the shelter located in Veteran’s Park. All our Chapter Members & Friends and their families are invited. Pot luck, so bring your favorite dish to share. This will replace our monthly meeting for October.
➢ Spring 2023 Chapter 427 Car Show. Keep an eye on your Chapter emails!! Mary Lou Hollingshead will be the coordinator of this event and she will need LOTS of extra hands!
➢ Mended Hearts Inc. is hosting an International Conference in June of 2023. For more information click HERE. Click HERE for a list of hotels, prices and contact information.
- Laughter is Good for the Heart -

Birthday Wish

A couple was celebrating their 60<sup>th</sup> birthdays when a genie appeared and asked if they could each have one wish what would it be?

The wife said she would like to travel all over the world. Puff…. when the smoke cleared, she had travel tickets in her hands!

The husband said he would like to have a wife 30 years younger. Puff…. And when the smoke cleared, he was 90 years old!

Be CAREFUL what you wish for…

- More News & Articles -

This untitled article was printed in the Virginia Gazette’s Last Word on July 13<sup>th</sup> 2022

“I want to thank the staff of Sentara Hospital and especially the CARES personnel for the outstanding care they gave me. They provided me with not only physical care but mental care as well. I recently had a heart issue and they provided me with the best of care and also information about a wonderful group called Mended Hearts. I highly recommend this support group to anyone who has any type of heart problem or is caring for someone who has a heart problem. I know they meet monthly at the hospital and am looking forward to their next meeting. They’re also active in the community. I saw their sign in the hospital that Mended Hearts of Williamsburg, Chapter 427, has teamed up with the hospital and CARES nurses by running a personal hygiene fund drive in support of FISH. To Sentara and Mended Hearts, thank you for being there for me and so many others.”

- Chapter Outreach -

On June 28<sup>th</sup>, your Chapter President, Craig Hardison, and Kendall Turner, our Chapter Hospital Liaison met with Lisa Granger of WMBG to record an interview about The Mended Hearts, Chapter 427, Sentara CARES, and our FISH outreach. The interview aired on Monday, July 11<sup>th</sup> at 2:30 pm on FM93.5 “The Burg” (WMBG). It streamed on their website at www.wmbgradio.com. Afterwards, it was posted on their website at www.wmbgradio.com/makingadifferencemonday. Once on their website, you will need to scroll down to locate The Mended Hearts posting.

ENJOY! (Unknown how long our interview will remain on their archive).

The July Chapter Outreach was a GREAT success! Several pallets and carloads like the ones featured here were delivered from Sentara to FISH headquarters for distribution.

Ginger Miller, Chapter 427 member and FISH volunteer, Kendall Turner, Sentara CARES Supervisor and Craig Hardison, our Chapter President, dropped off 42 bags of Personal Hygiene items to the local FISH organization. Sentara Williamsburg Hospital and the CARES department personnel along with the local Mended Hearts Chapter 427 teamed up for the July month-long project. We thank all those who participated in our Chapter’s Personal Hygiene Products drive to help those needing assistance in our community.
Sentara Williamsburg Regional Medical Center is proud to be awarded the American College of Cardiology’s Performance Achievement Gold Award for 2022! The quality of care provided to the heart attack patients at our facility is prioritized by our healthcare team and is saving lives and improving outcomes for our patients. The award recognizes Sentara’s commitment and success in implementing a higher standard of care for heart attack patients.

**-Keeping Healthy & More-**

*At the Heart of the Matter – Moving Forward After Your Heart Failure Hospitalization* is a program that supports people with chronic heart failure and their loved ones by offering educational information. The program is sponsored by Merck in collaboration with Mended Hearts. Click [HERE](#) to find out more.

**Join a Support Meeting from Your Home**

If you would like to attend a chapter or group meeting, but are unable to do so in person, we invite you to attend any of the monthly meetings that are held on Zoom. For a list of MH chapter meetings and times, please click [HERE](#). For a list of MLH group meetings, please click [HERE](#).

**Opportunities**

The Mended Hearts, Inc. believes that empowered patients and families are powerful voices in developing health care policy and creating rules, regulations, and procedures that work for everyone. To find out more about this program click to follow this link [https://mendedhearts.org/advocate-actionnetwork/](https://mendedhearts.org/advocate-actionnetwork/)

**Medicare and Heart Disease**

What's Covered and What's Not

- Screenings
- Prescription Drugs
- Cardiac Rehabilitation Programs
- Cardiovascular Behavioral Therapies
- Takeaway

Medicare offers coverage for a wide variety of heart disease screenings, rehabilitation, and behavioral training. The amount that Medicare will cover depends on the type of preventative services and treatment covered by your plan, as well as your specific health needs. For more details check out this link - [MendedHearts.org](#) [https://mendedhearts.org/medicare-and-heart-disease-whats-covered-and-whats-not/](https://mendedhearts.org/medicare-and-heart-disease-whats-covered-and-whats-not/)

Heart disease [https://www.healthline.com/health/heart-disease](https://www.healthline.com/health/heart-disease) is a broad term that covers a range of conditions that can affect your heart, such as:

- Coronary artery disease (CAD)
- Heart arrhythmias (rhythm disorders)
- Heart failure
- Heart valve disorders
- Heart wall muscle weakness

According to the Centers for Disease Control and Prevention (CDC), heart disease is a leading cause of death for both women and men in the US. In subsequent newsletters we will look at specific aspects of each of these specialties. For more information check out this link: [https://www.cdc.gov/heartdisease/facts.htm](https://www.cdc.gov/heartdisease/facts.htm)

*Contributed by Mary Lou Hollingshead RN*

**988 Suicide and Crisis Lifeline launches nationwide**

On July 16, 2022 the Lifeline launched nationwide. Modeled after 911, the new three-digit 988 Suicide & Crisis Lifeline is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional. Click [here](#) to find out more about Lifeline.

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- From the Chapter’s Kitchen -
VARIATIONS on Classic Four Bean Salad
Serves 12
(Courtesy of Diane Jacobson)

Basic Recipe
1 can kidney beans, rinsed and drained
1 can garbanzo beans (chick peas), rinsed and drained
1 can cut green beans (no salt added), drained
1 can cut wax beans (no salt added), drained
¼ cup julienned green pepper
¼ cup green onions, sliced OR purple onion, chopped
½ cup cider vinegar
¼ cup canola oil OR olive oil
black pepper OR Mrs. Dash, to taste

Combine beans, green pepper, and onions. Whisk together vinegar and oil, pour over bean mixture, and toss to coat. Sprinkle with black pepper or Mrs. Dash. Cover and refrigerate for several hours, stirring occasionally. Serve with slotted spoon.

Approximately 150 calories per one cup serving.

Bean variations: cannellini beans, navy beans, black beans
Italian variations: Italian green beans, red pepper, olives, artichoke hearts
Veggie variations: broccoli florets, cauliflower florets, shredded carrots, corn niblets

“Bon Appétit”

-Odds & Ends-

Worst Pills, Best Pills is a project of Public Citizen’s Health Research Group. Since their founding in 1971 by renowned patient advocate Dr. Sidney Wolfe, they have helped millions of consumers stay informed about harmful or ineffective medications, dangerous drug interactions and side effects, and pharmaceutical industry influence over the FDA. They do not accept funding from corporations, professional associations or government agencies. Check out their Newsletter - https://www.worstpills.org/newsletters/recent-postings

Find out more about CAREGIVING

Check out this Mended Hearts resource: https://mendedhearts.org/caregiving/

Smile, it’s Infections 😊 -The Mended Hearts, Inc.

- Links -

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

GET CONNECTED TODAY

Go to https://www.myheartvisit.org or download the My Heart Visit app to get connected by: video chat, phone, email or web chat.

The Mended Hearts, Inc. YouTube channel website Enter the world of Webinars, seminars, presentations and more…
More information is available from The Mended Hearts, Inc. from the Educate and Support links:

Educate: [https://mendedhearts.org/learn/](https://mendedhearts.org/learn/)
Support: [https://mendedhearts.org/connect/](https://mendedhearts.org/connect/)

Note: (We are not responsible for changes or site URL removal).

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**Mended Hearts - Giving Hope and Inspiration to Others**

**- 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.

**Interested in becoming a member?**

The Mended Hearts, Inc. Chapter 427 welcomes you to join our cause where 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](https://mendedhearts.org/get-involved/membership) to link to The Mended Hearts webpage that will explain the opportunities and how YOU can become a part of them!

If you need assistance renewing your Membership, please contact your **Chapter Secretary.**

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**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!"

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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.