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Interested in finding out more about the Largest Peer to Peer Heart support in the World? Follow the three links below!
-From the President’s Desk-

Well, here it is again….what am I talking about?? Well, the holiday season of course. And what do we all have to be very careful of during the holidays?? Silly you... EATING!! Or should I say, OVER-EATING!!!! Since most of us reading this newsletter have heart disease or are caring for someone with heart disease, we must watch what and how much we eat, especially during the holiday season. No excuses. We don’t want to lose anyone to a careless mistake, like overeating.

I want to thank Diane Jacobson and Kevin Farley for doing such a good job in getting our visitor program off and running. Diane and Kevin Farley are manning our “Visitor’s” desk twice a week right now. I have gotten many nice comments and wonderful feedback from patients and employees about the program. We can always use more Accredited Visitors. If you’re interested, please contact Diane or me or any board member.

We had a wonderful time at our first Chapter 427 picnic on October 30th. Thank goodness the weather was almost as good as the food. I think everyone who attended will agree with me on that. A special thanks to our friends at Harris Teeter for donating the roasted chicken and to all who brought ‘their special’ dishes.

I want to take a moment to say good-bye to a very special friend. Andrea Baer is leaving the Mended Hearts Inc. for another position in a charitable organization. Andrea has been a great friend to our chapter as well as MHI. She was extremely helpful in getting our chapter off the ground. I have gone to her for assistance many, many times over the years and she has always been there for me (us). She will be greatly missed but she will be a wonderful asset in her new position. We wish the very best for her and her family.

Pam and I want to wish everyone a joyous and prosperous holiday season. Let’s be careful out there, and see you all soon.

Craig Hardison, President Chapter 427

- Visiting Report -

(October - September 2022)

The total number of visits made so far this year are 214.

- Patients Visited – 86
- Families Visited – 25
- Internet Visits – 47
- Phone Visits – 51
- Home Visits – 5
- HeartGuides Distributed – 268
- Mended Hearts Trifolds Distributed – 124
- Chapter 427 Trifolds Distributed – 249

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 600 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.

- 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. In 2023 no chapter meetings will be held during the months of June, July and August.

- Our next Chapter meeting is on December 15th at 3:00 pm in the Yorktown Conference room. Your requests haven’t gone unnoticed… We’ll be having another guest speaker!
- Spring 2023 Chapter 427 Car Show will be May 6th at the Sentara Geddy building parking lot. Keep an eye on your Chapter emails!! Mary Lou Hollingshead is 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.
- Heart Failure Awareness Week

![Heart Failure Awareness Week](February_12-18_2023_hfsa.org/hfweek2023_HFWeek2023)
Laughter is Good for the Heart -

Memorable Quote!

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it..."
--- Al Gore, Vice President 1993-2001

RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship.
   She goes on Tuesdays; I go on Fridays.
2. We also sleep in separate beds. Hers is in California and mine is in Texas.
3. I take my wife everywhere, but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said.
   So, I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets, and no place to sit down!" So, I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor.
   I asked where the car was. She told me, "In the lake."
8. She got a mud pack and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, "Am I too late for the garbage?"
   The driver said, "No, jump in."
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was 'Always'.
12. I haven't spoken to my wife in 18 months. I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, "What's on the TV?"
   I said, "Dust!".

After Cardiac Rehab

- More News & Articles –

June 2023 Conference:
Getting ready for such a large conference requires months and months of planning and coordination between MHI, local hotels and the Convention Center. If you are planning to go to the conference, we ask that you please go ahead and register now. Having an estimate of attendee numbers really helps make planning a lot easier, so consider getting registered as soon as possible. In addition, you’ll be saving yourself money by getting the early bird fee of only $100. You can register for the conference here Conference Registration. If we don’t meet the registration number during the month of December, we will have to cancel the conference.

Maybe your chapter or group plans to send a set amount of people, but you don’t know who they are yet, that’s OK. You can pay for registration spots now and then send us the specific attendee names closer to the date. If this is something you are interested in doing, please contact Vicki at 888-432-7899. If your chapter or group is interested in applying for a local AstraZeneca grant that can be used to send people to the conference, you can find out more information about that here AstraZeneca grant.

National has announced that Andrea Baer will be leaving The Mended Hearts, Inc. and her last day will be November 26, 2022. Andrea will be taking on the role of Executive Director at another nonprofit. The search is currently underway for Andrea’s replacement, but in the meantime, we ask that after November 26, you email any questions you would normally have for Andrea to info@mendedhearts.org.

We are deeply grateful to Andrea for the time, energy, and passion she has given to MHI over the last 13 years. In that time, she formed and led a Mended Little Hearts group, served as the Mended Little Hearts Vice-President, became MHI’s first Director of Advocacy in 2016, and became the organization’s Executive Director in 2019. She will be missed by the staff, volunteers, sponsors, and partner organizations who have had the privilege of working with her. We wish her all the best as she moves on to the next phase of her career.

Microvascular Disease
So, I’m a “Couch Potato”?!... Say Whaaaat?
By Mary Lou Hollingshead, Patient and RN

Let’s see...a couch is something soft, puffy and comfortable while a potato would be solid and round. Yep, that’s me!! How could this be? My symptoms include shortness of breath (SOB) and jaw pain especially while rushing or carrying heavy objects like a 36 pack of water from Walmart. Walking upstairs can also make me SOB. I never have chest pain, only jaw pain. Stress can be a factor as well considering the state of the economy and the world right now. And, boy, can I be tired!

So, how did I find out what was really going on? My cardiologist agreed to a pulmonary consult. 6-minute walk test-passed. Pulmonary function test-passed. Stress ECHO-passed. So, a cardiac catheterization was performed to look at the arteries of the heart with minimal plaque discovered. So, what did I have? Turns out, it’s called Microvascular Disease of the Heart. According to the American Heart Association (AHA), microvascular heart disease is “heart disease that affects the walls and inner lining of tiny coronary arterial blood vessels that branch off from larger coronary arteries.” Common symptoms include chest pain which usually increases with activity or emotional stress. Chest pain here can be synonymous with jaw, neck, left arm, back or even abdominal pain. SOB, tiredness, lack of energy and sometimes nausea, can also occur. Diagnosis is made via cardiac catheterization to look specifically for blockage in one of the three main arteries supplying the heart muscle or via cardiac magnetic resonance imaging or via a PET (positron emission tomography) scan. Risk factors are the same as those for...
coronary artery disease...hypertension, Diabetes Mellitus, high cholesterol, smoking, overweight/obesity older age and family history of CAD (coronary artery disease). Interestingly enough, microvascular heart disease is more prevalent in women than men. Treatment involves the use of statins (Lipitor, Crestor, Zocor), ACE inhibitors (Lotensin, Vasotec, Prinivil, Univasc Forte, Altace) and Angiotensin II receptor blockers (ARB’s) - Cozaar, Atacand, Benicar, Diovan, to help lower the blood pressure and reduce the workload of the heart. Also, nitrates (Imdur), beta blockers (Metoprolol, Propranolol), calcium channel blockers (Calan SR, Diltiazem, Norvasc), are given again, to relax blood vessels and then decrease blood pressure. NTG or Nitroglycerin is given to treat chest pain (remember, mine is always in the jaw). In addition to medications, stop smoking, eat a heart healthy diet, manage weight (according to my physician, did you know that you should weigh the same as when you were 20 yrs. old?), and manage stress (some suggest cognitive behavioral therapy). It’s important to get active, hence my enrollment in the Cardiac Rehab program at my local hospital. I have learned that exercise can include bicycling, running, swimming, tennis and even jumping rope. Exercise doesn’t have to be exertional, however, it can be as simple as walking while counting your steps. 10,000 steps/day equals 5 miles. Of course, one of the very best treatments that you can begin is to be active in a support group such as Mended Hearts. Not only can you gain knowledge of heart disease and related issues, but most importantly of all...gain support, encouragement and friendship with others experiencing the same things as you. So, start counting those steps!! Change your diet, stop smoking, take your medications, control your blood sugar, decrease stress and most of all, enjoy being a member of Mended Hearts! Don’t forget to get your significant other involved along with you! “Couch potato”...nope not me!

- Keeping Healthy & More -

Holiday Nutrition Strategies

True or False? The average American gains 5 pounds between Thanksgiving and Christmas. The answer is false. The average weight gain is 1 – 2 pounds during the holidays. That might not sound like much but research shows that most people who gain weight during the holidays don’t end up losing it and that 1 – 2 pounds adds up over the years!

Some Tips for Avoiding Holiday Over-Indulgence:

1. Don’t arrive on an empty stomach! Although it’s tempting to skip meals so you can splurge, don’t. Have some cereal with milk, fresh fruit, vegetable sticks, a handful of nuts or a small sandwich before you arrive. Skipping meals only leads to overeating.
2. Offer to bring a healthy dish – This tip not only provides you with a good menu option, but your host will greatly appreciate the help.
3. Avoid excess alcohol and snacks. Save your calories for the main meal. Alcohol provides many calories and virtually no nutrients. Also, try not to sit next to tempting snack foods.
4. Select small portions. Moderation is key. Portion control allows you to control your calories yet still enjoy all the different items offered.
5. Eat slowly. Take the time and enjoy the taste of your meal. Don’t waste your calories on the foods you can get anytime. Take small bites and chew slowly. It takes 20 minutes for your brain to get the message from your stomach that you are full.
6. Leave the table when you are done! If you linger at the table, you may be tempted to continue eating even if you are not hungry. Offer to help with dishes, clear the table or take a walk.
7. Don’t forget activity. Although the holidays are often incredibly busy, make time to increase your activity. You’ll not only burn calories but you’ll reduce stress as well!

This year celebrate the season without sabotaging your diet!

Megan Cordova, RDN, CDCES
Sentara Williamsburg Regional Medical Center
Diabetes and Nutrition Outpatient Center
Medicare and Heart Disease part 2
by Mary Lou Hollingshead RN

With last month’s newsletter we began the review of what Medicare does and does not cover. Let’s continue...remember, some of this information may be found on the Mended Hearts website.


The original Medicare was made up of 2 parts...Part A (hospital insurance) and Part B (medical insurance). In 2006 Medicare expanded to include Part D (prescription coverage).

Screenings for cardiovascular disease: Lipid screening: Medicare Part B covers blood tests for cholesterol levels, lipid levels and triglyceride levels once every 5 years. Results of these tests can help your Dr. identify risk factors or conditions that may lead to a stroke or a heart attack. (Note: According to Johns Hopkins Medicine, if you are on statin therapy and are stable, a lipid panel should be performed annually. If new to statin therapy, levels should be checked every 3-6 months and then annually.) If the Dr. accepts your Medicare-approved rate payment in full, you will not have to pay anything. Check this reference: https://www.healthline.com/health/medicare-approved-amount.

Aneurysm screening: https://www.healthline.com/health/aneurysm payment allowed if you have a family history of aortic aneurysm, or if you’re a male between the ages of 65 and 75 and smoke or have a history of smoking.

Prescription Drug coverage for heart disease: Heart disease is often managed or treated with prescription medications. Original Medicare (parts A and B) doesn’t cover prescription maintenance drugs. So, if you have an original Medicare plan and need prescription drug coverage, you can enroll in a Medicare Part D plan https://www.healthline.com/health/medicare/medicare-part-d. Part D plans are available from Medicare-vetted private companies. Another option is to enroll in a-Medicare Advantage (Part C) plan https://www.healthline.com/health/medicare/medicare-part-c. These plans are “all-in-one” replacements for original Medicare. Most Medicare Advantage plans include coronary prescription drug coverage. These plans are also available through private insurance providers.

Cardiac Rehabilitation programs:

Medicare covers cardiac rehabilitation programs for qualifying conditions such as:

- Counseling
- Exercise
- Education

Qualifying conditions or treatments for rehabilitation program coverage (Part B) include:

- Coronary artery bypass surgery
- Coronary angioplasty (to open a blocked artery)
- Coronary stent (to keep an artery open)
- Heart valve repair or replacement
- Heart attack (in the past 12 months)
- Stable chronic heart failure
- Heart or heart-lung transplant
- Current stable angina (chest pain).

Medicare Part B also covers some intensive cardiac rehabilitation programs if you’ve been referred by your Dr. These programs typically include a more intense physical workout, as well as counseling and education. If you get these services in a hospital setting, you’ll be responsible for paying the hospital a copayment of the Medicare-approved amount. If you get these services in a Dr’s office, you’ll be responsible for paying 20% of that amount. This applies after you’ve met your Medicare Part B deductible.

Continued next month with information on cardiovascular behavioral therapy, chronic care management services and finally the takeaway. Stay tuned...
From the Chapter’s Kitchen

- From the Chapter’s Kitchen -

This awesome and easy creamy corn Casserole is sure to be a BIG hit!

Norm’s
Creamy Corn Casserole
Serves 4 – 8

Ingredients:
½ cup no-salt butter, melted
2 eggs, beaten
1 (8.5 ounce) package dry corn bread mix (Jiffy)
1 (15.25 ounce) no-salt can whole kernel corn drained
1 (14.75 ounce) no-salt can cream corn
1 cup low fat sour cream

Directions:
Preheat oven to 350 degrees, and lightly grease a 9x9 inch baking dish.
In a mixing bowl, combine butter, eggs, corn bread mix, whole & cream corn and sour cream.
Spoon mixture into the prepared dish.
Bake for 50-55 minutes in the preheated oven, or until the top is golden brown.

Notes:
a. Add some color – add some chopped green onions to the mix and place some on top before baking.
   You can also add chopped canned chilies or diced pimentos (in a jar) for great color.
b. You can also make the dish ahead and refrigerate before you need to bake – just let it sit at room temperature
   for at least 30-45 before baking.
c. You can also double the recipe to fill a 9x12 baking dish.

Since this is the start of the Holiday Season
Here’s one more recipe to brighten up your table

Roasted Brussel Sprouts
With Pecans
Serves 4

Ingredients:
3 tablespoons olive oil
1/2 to 1 teaspoon pepper
1/2 teaspoon sea salt (leave out if you’re on a salt restricted diet)
1 1/2 lbs. fresh or frozen brussel sprouts, trimmed and quartered
1/3 cup chopped pecans

Directions:
Preheat oven to 450 degrees. In a small saucepan over medium heat, heat your olive oil. Remove from heat and stir in pepper
and salt.
Place brussel sprouts and pecans in a shallow baking pan coated with cooking spray. Drizzle with the olive oil mixture – toss to coat. Roast 10-15 minutes or until
brussel sprouts are tender, stirring occasionally.

Pumpkin Spice Oatmeal Cups
Serves 12

2 cups rolled oats
1 cup canned pumpkin
1 tbsp pumpkin pie spice mix
1 cup 1% milk
1 egg
¼ cup honey
1 tsp baking powder
¼ tsp salt

Preheat oven to 350 degrees. Line muffin tin with paper or silicone cups. In a large bowl, blend oats, pumpkin, spice mix, milk, egg, honey, baking powder and salt.
Mix well. Fill each muffin cup ¾ full. Bake 30 minutes, until the tops are set. Cool and serve.

93 calories, 3g protein, 2g total fat, 17g carb, 8g sugar, 2g fiber, 105mg sodium

Megan Cordova, RDN, CDCES
Sentara Williamsburg Regional Medical Center
Diabetes and Nutrition Outpatient Center
“Bon Appétit”
- Links –
Newsletters - If you would like to read other Chapter Newsletters for ideas and resources click HERE. You’ll also find your “The Colonial Cardio-Gram” there!

HERE is a link to The Mended Hearts, Inc. Tools and Resources website

AmazonSmile “GIVING BACK TO OTHERS”
AmazonSmile is a program that donates 0.5% of your eligible purchases on Amazon to a charity of your choice. All you need to do is start your shopping at smile.amazon.com. The donation will be made at no extra cost to you and you can choose from nearly one million public charitable organizations. So, choose The Mended Hearts, Inc. ❤️. Admittedly 0.5% isn’t much but it’s still giving back to others. Check out this Amazon News Release News Release

American Medical ID
Medical IDs Save Lives! Our partner, American Medical ID, is dedicated to raising awareness on the importance of a personalized medical ID bracelet or necklace for those with congenital heart defects and any chronic medical condition, medication or food allergies, etc. Engraved medical IDs provide vital information in an emergency when the wearer or their caregiver may be unable to speak on their own behalf. Through our partnership, you and your family qualify for a 10% discount. An additional 10% is donated back to The Mended Hearts, Inc. Click here to learn more.

All links used in this publication have been accessed and proved to be safe & secure.
(We are not responsible for changes or site URL removal).

Mended Hearts - Giving Hope and Inspiration to Others

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 to link to The Mended Hearts webpage that will explain the opportunities and

How YOU can become a part of them!
(https://mendedhearts.org/get-involved/membership)

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

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.