“The Colonial Cardio-Gram”
Quarterly Newsletter

2023

What’s In This Edition of Your Quarterly Newsletter?

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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!
Greetings everyone. Now the winter holidays are over, we can all get down to the business of breaking all those nasty “New Year’s Resolutions”… I gave up even making them a long time ago. And to prove my point, what was the subject of our first meeting of the new year? Proper eating and nutrition and the correct way to lose weight. Oh my, the expressions on some of the faces were priceless.

We have some good speakers lined up for the next couple of meetings so plan on attending. We learn from our speakers, our members and also our attendees. We learn from each other’s personal experiences. We try at our meetings to let everyone/everyone have the floor. If someone has a question or a story, they are free to ask or share it. That’s how we all learn. The more we learn about our heart disease issues, the better we can cope with the dramatic change in our lifestyles. If you know someone who has any type of heart disease, please encourage them to come to one of our meetings. Or they can check out our great organization by going to the Mended Hearts website. If fans of the youtube.com they can go there, search for Mended Hearts and scroll down the page for items of interest. The webinars and videos found there can offer so much information.

In a few short months, (May 6th, rain date May 7th), our chapter will be hosting our very first Classic Car Show. Located on the west end of the Getty Building parking lot. The address is 500 Sentara Circle, Williamsburg, VA 23188. We will need volunteers to help this event be successful. Please contact Mary Lou Hollingshead at (703) 304-6609 or email her at wakehousedh44@outlook.com.

Craig Hardison, President Chapter 427

- Visiting Report -
(January - February 2023)

The total number of visits made so far this year are 299.

Patients Visited – 267
Families Visited – 24
Internet Visits – 0
Phone Visits – 5
Home Visits – 3
HeartGuides Distributed – 35
Mended Hearts Trifolds Distributed – 35
Chapter 427 Trifolds Distributed – 35

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 always seeking “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 Hearts 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 and 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 heart issues.

- 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. No chapter meetings are held during the months of June, July and August.

➢ Our next Chapter meeting is March 16th at 3:00 pm in the Graves Conference room. Your requests haven’t gone unnoticed… We’ll be having another guest speaker!

Classic Car Show

➢ On Saturday, May 6th, 2023, rain date May 7th, the Williamsburg Chapter of The Mended Hearts, Inc. will be sponsoring a “Classic Car Show” for the purpose of raising funds for community education about heart disease, causes, treatments and living with heart disease. In addition to public viewing of cars, there will be a silent auction with donations from area businesses as well as a 50/50 raffle. There will be music from the ’60’s, ’70’s, and ’80’s plus food for purchase. The show will be located on the west end of the Getty Building parking lot. The address is 500 Sentara Circle, Williamsburg, Va. 23188. Volunteers will be needed to help manage this event so please contact Mary Lou Hollingshead at (703) 304-6609 or email her at wakehousedh44@outlook.com to see how you can help.
Hospital In-Patient Visiting Program

FIVE-STAR VISIT for OUT-of-TOWN GUEST
FEBRUARY 2023
Submitted by Diane Jacobson
Visiting Chair, Mended Hearts Chapter 427 Williamsburg

An out-of-town visitor from Northern Virginia was here for a conference, and became ill. She had pain in her chest and was concerned something was wrong with her pacemaker. On Thursday evening she arrived at the ER, and was admitted to the hospital. A heart catheterization was scheduled for the next morning. Can you imagine how frightened and anxious she must have felt?

Her son came in from Pennsylvania to be with her. The catheterization went well, and no problems were found. As an accredited visitor for Mended Hearts Chapter 427 Williamsburg, I was able to meet the patient and her son on Friday afternoon. They were relieved, and we had a great visit. The patient said that the entire staff at Sentara Williamsburg was outstanding, and made her feel welcome and safe. She also said everyone was courteous, kind, and professional, and she felt confident with the medical treatment. A sincere and heartfelt testimonial to everyone at SWRMC!

New Link
Mended Hearts Chapter 427  ➙ Click to access the link
Sentara Williamsburg Regional Medical Center (SWRMC) has established a link to our support group. The link briefly describes what The Mended Hearts, Inc. and our chapter is all about and lists all the chapter meeting dates and locations. Kendall Turner, our Chapter’s Hospital Liaison, did all the work putting this together and its implementation. Kendall, thank you for all the many things you do for the Chapter. ☺!

Dr. Lynch’s Slide Presentation
If you would like to have a copy of Dr. Lynch’s slide presentation from the February chapter meeting, please contact Kendall Turner at 757-984-7136 or Daniel Dollarhide at 240-620-2001.

- Laughter is Good for the Heart –
Bad Bird

This fellow got a parrot for his birthday.

It was a full-grown parrot and came with a mean attitude and a manner of talking that was scandalous.

Seemed like every other word or two would curl a man’s hair!

Of course, the fellow tried to change things...he was always saying polite words, playing soft music on the radio...anything he could think of to try and set a good example, but nothing worked!

One day he got so mad, he took that old bird and shook it till its beak rattled...That fired the parrot up and he began cussing the fellow every which way, saying worse things than he had been saying!!!!

The fellow grabbed that bird up and stuck it in the freezer and slammed the door!!!!

He heard it squawking, and kicking and screaming....Then it got real still in there.

The fellow was scared he had lost his parrot, so he opened the freezer door, and the parrot steps out nice as you please and said, "I'm mighty sorry if I have offended you with my language and I ask for your forgiveness. I'll sure try to correct my actions from here on out."

The fellow was about to ask what caused such a big change when the parrot said...

"Oh, about that chicken in there...May I ask what in the world it did?"

Welcome spring!
Exercise in cold weather can improve your mental and physical health. If you have a heart condition, please take extra precautions when engaging in outdoor activity. Cold weather can put stress on your cardiovascular system by causing constriction of blood vessels. When blood vessels tighten, they become narrower, circulation decreases, and heart rate increases. Your heart must work harder to pump more blood. Keep these tips in mind when engaging in outdoor activity in cold weather.

- **Outdoor Activities** - If the temperature outside is less than 40 degrees; it is recommended that you exercise indoors if you have a heart condition. Breathing cold air can constrict blood vessels and the airway, causing the heart and lungs to work harder. It is important to wear a scarf to protect the nose and mouth area. A scarf provides a barrier to the cold and wind and allows the air to be warmed before inhaling it.

- **Dress in layers** - Wear layers of clothing for the weather and the activity that you are doing. Layers allow you to remove clothing as you increase your level of activity. It is good to stay warm, but you do not want to overheat, you may want to wear a base layer. This layer should be light, soft, and moisture wicking. Consider removing a layer if you are sweating.

- **Warm up and cool down** - Extend your time for your warm up and cool down in cold weather. It can be a shock to the body to go from a warm inside environment to a cold outside environment. Extend the time for active warmup to approximately 10 minutes. An active warm up may consist of marching in place or slow walking. An active cool down consists of light walking, then stretching after exercise.

- **Hydration** - It is important to stay hydrated in cold weather. Drink water and replenish fluids before and after physical activity. If you find it difficult to drink water when it is cold outside, drink warm beverages such as decaffeinated hot tea, herbal tea or hot cider.

*****Reminder - Snow shoveling and chopping wood are activities in which individuals with heart disease should never engage. These activities cause too much stress on the heart and lungs and can be very dangerous!

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**Sudden Cardiac Arrest and the AED**
By
Mary Lou Hollingshead, Patient and RN

You’re at a party and suddenly one of your friends collapses in front of you. What would you do? Stand around and wait for someone else to jump into action or do so yourself? Hopefully, the latter. You can see that they are unresponsive. Check for a pulse. No pulse is felt. What’s happening? Without a pulse, your friend is having a Sudden Cardiac Arrest (SCA).

According to the AHA, in 2022 more than 356,000 “out of hospital” cardiac arrests occurred in the U.S. That’s more than breast cancer, lung cancer and HIV/AIDS combined! 90% of these are fatal without immediate action. With Sudden Cardiac Arrest, there is a sudden cessation of heart function usually due to ventricular fibrillation or ventricular tachycardia. With either of these rhythms, the ventricles “quiver” instead of pumping lifesaving blood to the head and the rest of the body. Media will oftentimes confuse an episode of SCA with a “heart attack.” Having a heart attack can be a cause of SCA, however, there are other causes such as cardiomyopathies or genetic disorders. The risk of SCA increases with age, nevertheless, anyone can experience it including adults in their 30-40’s, even marathon runners! Many young athletes die of SCA each year due to cardiac anomalies, rhythm disorders and drug abuse. Blows to the chest directly over the heart by baseballs, bats, helmets or even shoulders or elbows (what recently happened to Damar Hamlin) if landing at the venerable period of the heart rhythm can result in SCA. There has been a documented increase of SCA in the 25–44-year age group. (SCA Foundation). With an out of hospital “witnessed arrest” there is a 10% survival rate due to early CPR and use of an AED (Automated External Defibrillator).

Survival is dependent upon immediate recognition and activation of the EMS system, early CPR, rapid defibrillation and effective ACLS (Advance Cardiac Life Support). So, what is an AED? An AED is a medical device used to restore a normal heart rhythm to someone in cardiac arrest. AED’s can be found in places where large populations are present such as schools, shopping malls, office buildings, etc. According to the AHA, bystander CPR is administered approximately 40% of the time and use of an AED, even less. The reason for hesitation is fear of being sued, fear that they will worsen the situation, or not understanding how an AED works. Do not hesitate!

First, after assessing for lack of signs of life, call 911 (gets more people there to help you), start CPR, ask a bystander to get an AED. Be sure to designate a specific person for this task so that confusion is alleviated, and someone DOE’s indeed go to get the AED! AEDs are usually placed by stairways or by elevators. The PulsePoint Foundation app can identify where registered AEDs are located. But the AED must be registered with them to be effective. There is no minimum age to start CPR or to use an AED. 911 operators are trained to instruct someone on providing either of these if necessary. The Good Samaritan Act “offers legal protection to people who give reasonable assistance to those who are, or whom they believe to be injured, ill, in peril, or otherwise incapacitated .” (Wikipedia)

Takeaway... Have AEDs on the playing fields for our grandkids! DO NOT hesitate to begin CPR and use an AED! Remember you only have 4-6 minutes for the victim to have the chance to survive. You’ll be saving a life! Information on this article was generated from the [American Heart Association](https://www.heart.org) and [The Sudden Cardiac Arrest Foundation](https://www.scafoundation.org).
I am often asked… “what is mended hearts?” “tell me more about mended hearts.” Or “what does mended hearts do?” So, how does one describe this organization that helps thousands of people every year? Well, here is my humble attempt to describe the organization I’ve been a part of for almost 3 decades.

Mended Hearts, now called The Mended Hearts, Inc. (MHI) was started up by 4 heart surgical patients and one doctor in 1951. Won’t bore you with history and names as that can all be found on the Internet. But will give you one name – Dr. Dwight E. Harken, the founder/father of this great organization. Incorporated as a 501 (c) 3 non-profit organization in 1955. Today MHI is international and has expanded to include ALL ages!

So, what is this organization we are interested in, or members of? Would you be surprised to know it is the largest Peer to Peer heart support organization in the world…WOW! Peer to Peer means people like you and me, who have heart problems, talking to others with similar heart problems. Not only that but our Care Givers get to talk with one another too. MHI has chapters all over the world partnering with hospitals and cardiac rehabs. Chapter 427 is one of those. The goal is to offer compassion, hope and encouragement to heart patients, their families, and caregivers. Our monthly group meetings help people understand that there can be a rich, rewarding life after heart disease is diagnosed. Members are there to listen, share their experiences, and discuss matters relating to lifestyle changes, depression, treatment, and recovery - a time and place you go to greet old friends and make new ones - a place where you are always welcome! We also offer health information, workshops, seminars, and presentations — where healthcare executives, professionals and businesses are invited to provide this valuable information and answer questions. We also have outreach programs to the community.

MHI and its Chapters offer a wide variety of opportunities for its members. Our international MHI mission is “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support“ and our motto, “It’s Great to be Alive – and to Help Others!”

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News From “The Mended Hearts, Inc.”

➢ MHI and RecoveryPlus.health Partnership Announced! MHI is pleased to announce a new partnership with RecoveryPlus.health, the first nationally available, personalized remote cardiac rehab platform for patients recovering from a heart condition or surgery, as well as long Covid, type 2 diabetes, and other conditions. Please click here for more information

➢ The Mended Hearts, Inc. has earned the Platinum Seal of Transparency Rating!! This rating puts MHI in the top 0.1% of charities nationally in terms of transparency. The Seal indicates that MHI shares clear and important information with the public about our goals, strategies, capabilities, achievements, and progress indicators that highlight the difference that MHI makes in the world.

➢ MHI has moved to a new office space. Still located in Albany, GA area, but the new mailing address is:
  The Mended Hearts, Inc,
  International Headquarters and Resource Center
  1579 US Highway 19
  Leesburg, GA 31763 USA
  You can continue to reach them through info@mendedhearts.org and 1-888-432-7899.

Here is some advice from MHI – You can’t control your age or family history, but there are risk factors you can control:

➢ Quit smoking. Smoking is one of the most harmful things you can do to your heart.

➢ Control your blood pressure and take prescribed medications.

➢ Manage your weight. Gradual weight loss, followed by a stable healthy weight, can help decrease your risks for cardiovascular complications.

➢ Eat better. Lots of fruits, vegetables and whole grains combined to make weight loss easier and can help lower cholesterol.

➢ Get out and about. Brisk walks are great exercise. A combination of vigorous activity, resistance training and flexibility exercise is better. It helps your heart, controls your weight and makes you look and feel good.

➢ Don’t be jaded. You have heard this advice before. Act on it.

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Lemon Thyme Chicken
Serves 4
(Courtesy of Gladys Myers)

Vegetable oil spray or Pam
½ teaspoon dried garlic powder or minced clove
½ teaspoon of dill weed
½ teaspoon of thyme (dried or fresh crushed)
Pepper to taste
1 lemon sliced or Real Lemon
1 tablespoon dry white wine, if desired
4 boneless and skinless chicken breasts with all visible fat removed

(Very large chicken breasts can be cut in half for better portion control and more servings)

Preheat oven to 400 degrees.
Place non-stick foil in baking dish with enough to wrap over chicken – in case it gets brown before it has finished cooking. This can happen if chicken breasts are thick. Put chicken breasts in baking dish and cover with wine and Real Lemon if not using lemon slices. Spread the garlic, dillweed, thyme and pepper on chicken. Lightly spray chicken with vegetable oil (or Pam if desired) and then place lemon slices on top of chicken (if using lemon slices). Bake for 10 minutes at 400 degrees and then lower temperature to 350 degrees. Bake until done – about 10 to 20 minutes depending on the size of the chicken breasts.

Other Uses: This recipe can be used for fish by modifying the seasoning you would like and time to bake fish is less.

“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

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, mailing costs and gives you access to additional resources and information!