



# HEART – to – HEART



## Hamilton County Mended Hearts Chapter #350

**“It’s great to be alive — and to help others!”**

**Volume 10, Issue 9**

**September 2019**

### Next Meeting!

September 18<sup>th</sup> at 11:30 am at 395 Westfield Rd,  
Noblesville IN. Call (317) 776-7377.



### Rehab & Fitness

#### Cardiopulmonary rehabilitation

In addition, we’re pleased to offer an extensive cardiopulmonary rehabilitation program that’s certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. The Cardiopulmonary Rehabilitation program at Riverview Health includes disease management, exercise and education designed to give you the information, tools and confidence you need to live a healthier life.

Some other types of Rehab offered:

[Orthopedic conditions](#) of the foot, ankle, knee, hip, back, neck, hand, wrist, elbow or shoulder.

Neurological issues, such as stroke, Parkinson’s disease and multiple sclerosis.

[Cancer](#)-related issues, including pain, lymphedema, fatigue and impaired mobility.

[Pediatric](#) disorders, such as autism, down syndrome and cerebral palsy.

**Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20<sup>th</sup> of the month to:**

[lindakm1951@yahoo.com](mailto: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



## SAVE THESE DATES!!!

### MEETING TIMES:

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

**September 4<sup>th</sup> – MH Board Meeting**

**September 18<sup>th</sup> – Mended Heart Mtg 11:30 am**

**– Ryan – Riverview Health Rehab & Fitness**

**LUNCH PROVIDED**

**October 2<sup>nd</sup> – MH Board Meeting**

**October 19<sup>th</sup> – Mended Heart Mtg 11:30 am –**

**Nathan C Graves, DPM – Indiana Podiatry  
Group**

**LUNCH PROVIDED**

**November 6<sup>th</sup> – MH Board Meeting**

**November 20<sup>th</sup> – Mended Heart Mtg 11:30 am –**

**LUNCH PROVIDED**

**December – NO MH Board Meeting**

**December 11<sup>th</sup> – Mended Heart Mtg 11:30 am –**

**HOLIDAY GET TOGETHER AND PARTY**

**LUNCH PROVIDED**

**January 8<sup>th</sup> – MH Board Meeting**

**January 15<sup>th</sup> – NO MENDEd HEARTS  
SUPPORT GROUP MEETING**

NOTE: Board of Directors meetings are on the 1<sup>st</sup> Wednesday of each month at 11:30 am at Riverview Health on 5 South. All members are welcome to attend.

## MENDED HEARTS HIRES NEW EXECUTIVE DIRECTOR



Dear Member,

Mended Hearts announced today that it has hired Andrea Baer, MS, BCPA as the new Executive Director for the organization. She assumed the full-time role on September 1, 2019.

Baer has extensive experience serving the needs of heart patients and their families in all capacities. She has been involved in the organization for over 10 years and has held a variety of positions within the organization. She founded and ran the local chapter of Mended *Little* Hearts of Southwestern, PA from 2009 – 2013 and served on the Executive Committee on the Board of Directors from 2013 – 2016. In 2016 she became the first Director of Patient Advocacy for Mended Hearts and Mended *Little* Hearts. Baer has been an integral part of the organization at all levels and has been a part of the transition team for the past year. Andrea brings established relationships with industry partners and knowledge of the intricate workings of chapters.

“We are pleased that we were able to capture the experience and passion for the mission that Andrea brings to the table and look forward to working with her in the future” says Ron Manriquez, President of Mended Hearts. .



### 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).

### 2019 BOLT FOR THE HEART

### THANKSGIVING DAY RACE

### HAMILTON COUNTY IS ONLY 125

### AED'S AWAY FROM BEING 100% EQUIPPED

To register, go to:

<https://boltfortheheart.com/carmel-5k-run-walk/>

Be sure to click on TEAM MENDED HEARTS!



**World Heart Day** takes place on 29th September every year and is the **World Heart Federation's** and the world's biggest platform for raising awareness about cardiovascular disease, including heart disease and stroke.

## **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 on-  
going peer-to-peer support,  
education, and advocacy.***



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

**President – Marv Norman**

[mncnorman@comcast.net](mailto:mncnorman@comcast.net)  
(317) 403-8289

**Treasurer – Maureen Price**

[mprice2000@gmail.com](mailto:mprice2000@gmail.com)  
(317) 420-9319

**Visiting Chairman – Marv Norman**

[mncnorman@comcast.net](mailto:mncnorman@comcast.net)  
(317) 403-8289

**Secretary – Stan Gurka**

**Program Chairman – Stan Gurka**

[s.gurka@comcast.net](mailto:s.gurka@comcast.net)  
(317) 374-1021

**Internet Visitor – Stan Gurka**

[s.gurka@comcast.net](mailto:s.gurka@comcast.net)

**Phone Follow-up Visitor –**

**Maureen Price  
Bertie Gilster**

**Hospital Liaison – Melinda Nash**

**Central Regional Director – Bruce Norris**

[bnorris@columbus.rr.com](mailto:bnorris@columbus.rr.com)  
(937) 935-1747

**National President – Ron Manriquez**

**Executive Vice President –**

**Secretary/Treasurer – Al Voss**

**Director of Patient Advocacy and Program Management – Andrea Baer**

**Vice President –**

**Newsletter Editor – Linda Mason**

[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com)  
(317) 407-8300

**Hospitality Committee – Charlene Perkey**

**Sunshine Committee – Charlene Perkey**

[charleneperkey@yahoo.com](mailto:charleneperkey@yahoo.com)  
(317) 896-2932

**Hospitality Committee – Becky Upp**

[bsupp@att.com](mailto:bsupp@att.com)  
(317) 774-0559

**Past Presidents**

**Elwood Reams  
Dick Kontos  
Stan Gurka  
Warren Manchess**

**Asst RD Central Region – Linda Mason**

[lindakm1951@yahoo.com](mailto: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.**

## **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	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOTALS
2014 Visits	73	39	47	43	44	33	49	42	73	53	25	55	576
2015 Visits	48	31	68	67	58	108	52	115	68	52	66	41	774
2016 Visits	78	54	64	74	76	65	28	65	40	39	60	47	690
2017 Visits	63	42	43	77	55	64	52	97	60	67	72	82	774
2018 Visits	0*	0*	33	77	65	77	50	78	39	74	58	55	604
2019 Visits	25*	31*	0*	67	71	78	73	90					435

\*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

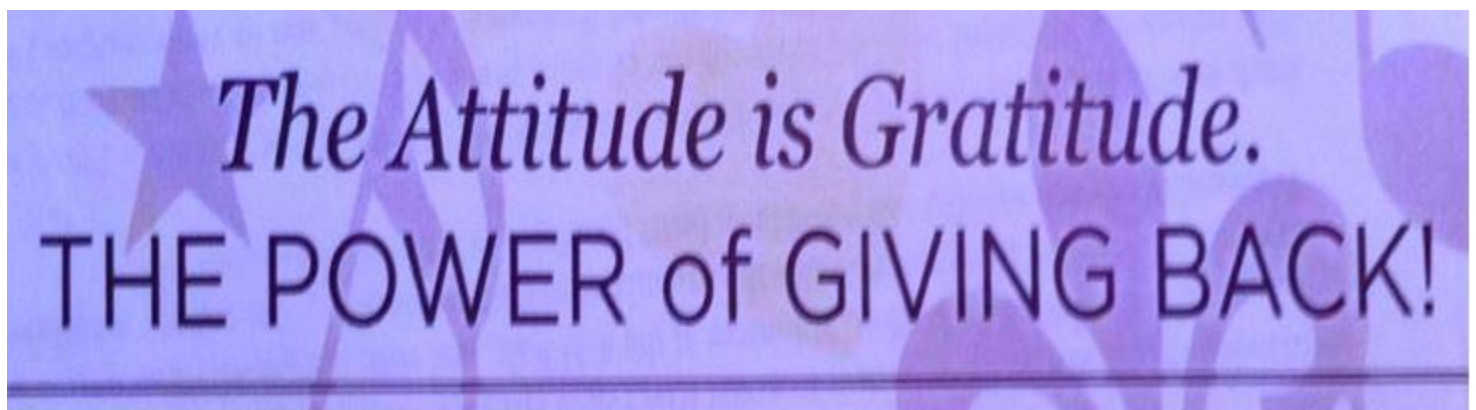
Get involved in your loved one's care

Involve others who can help

Visit with other MHI/MLH members

Eat right

Rest – get sleep and take breaks





# Wilted Lettuce Salad with Warm Bacon Dressing

## INGREDIENTS

- 1 head lettuce, torn (That should get you about 6 to 8 cups)
- 4 slices bacon
- 3 green onions, sliced
- 1/4 cup apple cider vinegar
- 1 tsp sugar (Add more to taste)
- Salt and pepper, to taste

## INSTRUCTIONS

Cook the bacon until extra crispy, then set aside to cool and drain.

Toss the lettuce with the green onions in a large mixing bowl. Crumble the bacon over the salad.

Add the sugar, salt, pepper, and vinegar to the warm bacon grease. Be careful to avoid

splatters. Whisk until the sugar dissolves, turning on the heat as needed to help the process along.

Pour the sizzling dressing over the salad and quickly toss to evenly wilt. Serve warm.

## NOTES

There are as many versions of this salad as there are families in the South. Some popular variations call for a diced boiled egg or two, or a handful of sliced radishes.

Nutrition Facts
Wilted Lettuce Salad with Warm Bacon Dressing
<b>Amount Per Serving</b>
<b>Calories</b> 44Calories from Fat 18
<b>% Daily Value*</b>
<b>Total Fat</b> 2g3%
Saturated Fat 1g5%
Polyunsaturated Fat 0.3g
Monounsaturated Fat 1g
<b>Cholesterol</b> 6mg2%
<b>Sodium</b> 132mg6%
<b>Potassium</b> 136mg4%
<b>Total Carbohydrates</b> 3g1%
Dietary Fiber 1g4%
Sugars 2g
<b>Protein</b> 3g6%
Vitamin A9%
Vitamin C5%
Calcium2%
Iron2%

\* Percent Daily Values are based on a 2000 calorie diet.



*"When you get to be my age, things don't work like they used to."*

# 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.

## 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.



Mended Hearts™



little  
mended hearts

Mended Hearts, Inc. Resource Center  
1500 Dawson Road  
Albany, GA 31707  
Phone: 1-888-HEART99 Email:  
info@mendedhearts.org

## MEMBERSHIP FORM

☐ NEW MENDED HEARTS ☐ NEW MENDED *LITTLE* HEARTS ☐ RENEWAL DATE \_\_\_\_\_

Name (Mr. /Mrs./Ms.) \_\_\_\_\_

Chapter/Group \_\_\_\_\_ Member-at-large \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City / ST / Zip \_\_\_\_\_

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

Email address \_\_\_\_\_

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.

### INDIVIDUAL MEMBERSHIP

#### \_\_\_\_ Associate Member --- FREE

- \* Can attend any chapter meeting for MH or MLH
- \* Can join online communities
- \* Can access Member Portal
- \* Receives the National e-newsletter

#### \_\_\_\_ Individual Member --- \$20 annual donation per person

- \* All of the benefits of an Associate Member, PLUS
- \* Membership Card
- \* Car Decal – Select \_\_\_\_ MH or \_\_\_\_ MLH
- \* One-time 5% off coupon for purchase from the MH store
- \* One year annual subscription to Heartbeat magazine (\$30 value)

#### \_\_\_\_ Bronze Member --- \$45 annual donation per person

- \* All the benefits of a Full Individual Member, PLUS
- \* Membership Pin
- \* Choice of \_\_\_\_ Drawstring Backpack or \_\_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

#### \_\_\_\_ Silver Member --- \$100 annual donation per person

- \* All the benefits of a Bronze Member, PLUS
- \* A Stainless Steel Mended Hearts Travel Mug

#### \_\_\_\_ Gold Member --- \$250 annual donation per person

- \* All the benefits of a Silver Member, PLUS
- \* A Red Fleece Blanket
- \* 10% off registration of any National Conference or CHD Symposium

#### \_\_\_\_ Heart of Gold Lifetime Sponsor --- \$1500 donation

##### A one-time donation per individual

- \* All the benefits of a Gold member FOR LIFE, PLUS
- \* 15% off registration fees at National MH/MLH Conferences / Symposia
- \* Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

### FAMILY MEMBERSHIP

For members of one household with one mailing address only

#### \_\_\_\_ Family Membership --- \$40 annual donation

- \* All of the benefits of an Associate Membership, PLUS
- \* One year annual subscription to Heartbeat magazine (\$30 value)
- \* Membership Cards for all members of the family
- \* 2 Car Decals – Select \_\_\_\_ MH or \_\_\_\_ MLH
- \* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

#### \_\_\_\_ Bronze Family Membership --- \$75 annual donation

- \* All the benefits of a Family Membership, PLUS
- \* One Membership Pin per member
- \* Choice of \_\_\_\_ Drawstring Backpack or \_\_\_\_ MH/MLH Notecards (10 pk)
- \* 5% off registration of any National (not regional) MH/MLH Conference or Symposia

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 \$** \_\_\_\_\_

Hamilton County Mended Hearts Chapter #350  
395 Westfield Road  
Noblesville, IN 46060

**"It's great to be alive —  
and to help others!"**

# **MEETING TIMES**

**3<sup>rd</sup> WEDNESDAY OF EVERY MONTH**

**11:30am – 2:00pm**

**September 18, 2019**

**Riverview Health – 395 Westfield Road**

**(Classrooms A & B – Entrance 4)**