



HEART – to – HEART



Hamilton County Mended Hearts Chapter #350

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

Volume 10, Issue 10

October 2019

Next Meeting!

October 16th at 11:30 am at 395 Westfield Rd,
Noblesville IN. Call (317) 776-7377.



Nathan C.
Graves, DPM
Indiana
Podiatry Group

Dr. Graves is a native Hoosier with strong roots in central Indiana. Originally from Kokomo, he received his bachelors in Biology and Chemistry from St. Joseph's College in Rensselaer, Indiana. He went on to earn his Doctorate of Podiatric Medicine from Des Moines University. Dr. Graves completed his podiatric medicine and surgery residency at the University of Florida Health-Jacksonville with an emphasis on rear foot reconstructive/ankle surgery where he served as Chief Resident. He is currently board certified with the American Board of Foot and Ankle Surgery.

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

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.**

October 2nd – MH Board Meeting

October 14th – Columbus Day

**October 16th – Mended Heart Mtg 11:30 am –
Nathan C Graves, DPM – Indiana Podiatry
Group**

LUNCH PROVIDED

**October 20th – COMMUNITY NIGHT AT
NOBLESVILLE JIM DANDY**

October 31st –HAPPY HALLOWEEN

November 6th – MH Board Meeting

**November 20th – Mended Heart Mtg 11:30 am –
Joe Reel – Making your home safer**

LUNCH PROVIDED

December – NO MH Board Meeting

**December 11th – Mended Heart Mtg 11:30 am –
HOLIDAY GET TOGETHER AND PARTY**

LUNCH PROVIDED

January 8th – MH Board Meeting

**January 15th – NO MENDE HEARTS
SUPPORT GROUP MEETING**

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



2019 BOLT FOR THE HEART THANKSGIVING DAY

HAMILTON COUNTY IS ONLY
125 AED'S
AWAY FROM BEING 100%
EQUIPPED

[Register Now](#)

[Help Mended Hearts Win Too](#)

75 people sign up as Team Mended Hearts

WE GET A FREE AED

[Can't be there--do the race Virtually!](#)



Mended Hearts™
of Hamilton County

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).

To register, go to:

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

Be sure to click on TEAM MENDED HEARTS!



COMMUNITY NIGHT
SUNDAY
OCTOBER 20TH
JIM DANDY
NOBLESVILLE, IN
4:00pm – 9:00pm
No Coupon Required

Come join **Mended Hearts** for Community Night. We are going to Jim Dandy in Noblesville on Sunday October 20th. Hours are 4:00pm until 9:00pm.

No flyers required for this Community Night and Mended Hearts will receive a percentage of all sales for the evening.

So ask your family and friends to join us on October 20th for a good cause!!!



Columbus Day, which commemorates Christopher **Columbus'** arrival in the "New World" on Oct. 12, 1492, is one of 10 federal holidays, observed on the second Monday of October (Oct. 14 this year).

The first observance of **Columbus Day** is said to have occurred in 1792; it became a legal holiday 100 years later, in 1892.

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

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(317) 403-8289

Treasurer – Maureen Price

mprice2000@gmail.com

(317) 420-9319

Visiting Chairman – Marv Norman

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(317) 403-8289

Secretary – Stan Gurka

Program Chairman – Stan Gurka

s.gurka@comcast.net

(317) 374-1021

Internet Visitor – Stan Gurka

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Phone Follow-up Visitor –

Maureen Price

Bertie Gilster

Hospital Liaison – Melinda Nash

Central Regional Director – Bruce Norris

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

(317) 407-8300

Hospitality Committee – Charlene Perkey

Sunshine Committee – Charlene Perkey

charleneperkey@yahoo.com

(317) 896-2932

Hospitality Committee – Becky Upp

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

(317) 407-8300

Executive Director – Andrea Baer

Vice President – Marvin Keyser

MLH Vice President – Liz Blumenfeld

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.

Volunteers needed for other committees. See any officer for information.

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	65				500

*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

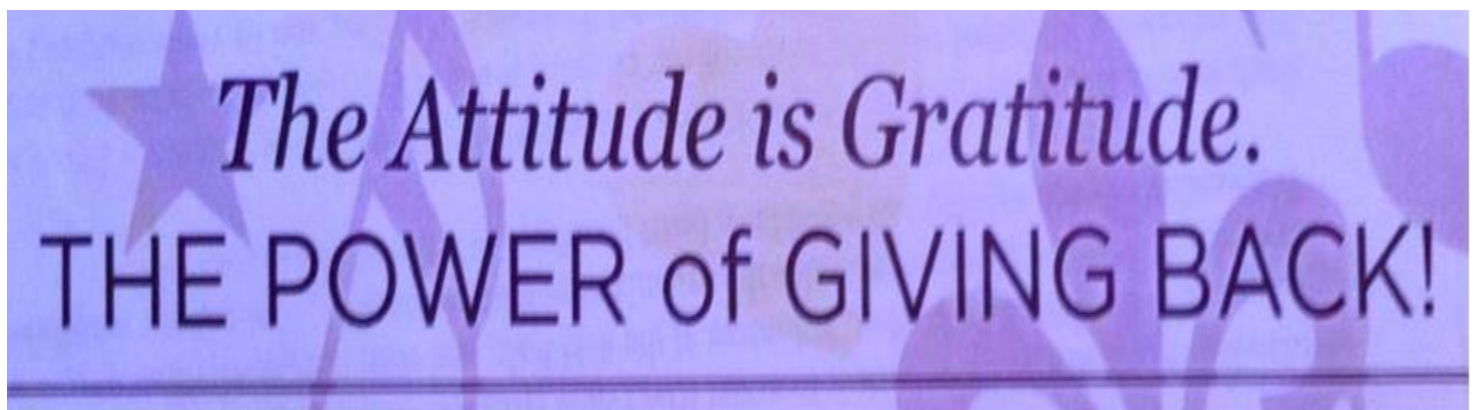
Get involved in your loved one's care

Involve others who can help

Visit with other MHI/MLH members

Eat right

Rest – get sleep and take breaks



Caregiver Story

By Barb Ryberg

In this life we encounter great experiences and hard times. We all have faith and hope. My husband and I also have love.

Dave is 70 years old and we have been married for 48 years. We have lived in our home in Noblesville for nearly 41 years and are very happy in this community. He has been disabled for many years. His heart issues include congestive heart failure, pacemaker, and stents put in last year.

His medical issues have become worse over time. I was planning to retire 3 years ago with a date in mind. He became very ill and needed numerous tests and scans, with cancer suspected. It turns out he has a rare immune disorder and we were lucky it was diagnosed correctly. I left my job of 24 years and coworkers 7 months ahead of plan because I was missing work to take care of him. I needed to be fair to them, and be able to be around my husband more. It was a difficult adjustment at first - it took me out of my normal routine and comfort zone. I found I had more than enough to do to fill my days and still have some time to be me.

He also has diabetes, thyroid issues, COPD, and has serious vision problems. His vision gets worse and he becomes weaker. He almost died twice - the first time before he got his first pacemaker and last year before he was taken to the hospital to need stents for his heart. That night he blacked out completely.

We are in this together but some of the times are better than others. He gets depressed and scared at times and that is to be expected. He has pain a lot of the time and trouble breathing. He mourns the things he can no longer do. At such times he can get very short with me. I try my best to not take it personally but that can be hard. We work through it - sometimes I have reminded him that this is we - not just he - that are affected by all of this.

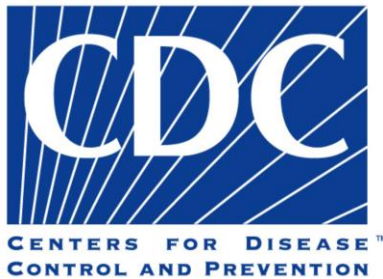
We are fortunate to live in Noblesville, to be close to Riverview, and for all of the great doctors we have. He gets excellent care and everyone is very kind. One of the biggest things that helps him has been coming to Mended Hearts. He did not want to come at first but Marv did not give up on him. Now he never wants to miss a meeting and neither do I.

We are happy overall. He will never get better in a lot of ways so we hope that he does not get worse too quickly. I am his wife, doing the best I can to take care of him.

We are certainly looking forward to our 50th wedding anniversary in 2021. Love got us this far and we hope for a lot longer.



HAPPY HALLOWEEN!



Flu Vaccination

Why should people get vaccinated against the flu?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many [benefits](#) including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

Who should get vaccinated this season?

Everyone 6 months of age and older should get an influenza (flu) vaccine every season with rare

exception. CDC’s Advisory Committee on Immunization Practices has made this recommendation since the 2010-11 influenza season.

Vaccination to prevent flu is particularly important for people who are at high risk of developing serious flu complications. See [People at High Risk of Developing Flu-Related Complications](#) for a full list of age and health factors that confer increased risk.

Who Should Not Be Vaccinated?

Different influenza (flu) vaccines are approved for use in different age groups. In addition, some vaccines are not recommended for certain groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any allergies to flu vaccine or its components.

When should I get vaccinated?

You should get a flu vaccine before flu viruses begins spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Getting vaccinated early (for example, in July or August) is likely to be associated with reduced protection against flu infection later in the flu season, particularly among older adults.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

ADULT HEALTH FAIR

Presented By



CHRIST'S
COMMUNITY CHURCH



Mended Hearts™

Saturday, October 26th from 1:00-5:00pm

Christ's Community Church

131st & Allisonville Road, Fishers

- **FREE** cardiovascular screening, diabetes and cholesterol testing
- **Over 30** information booths promoting healthy lifestyles for Adults Age 40+
- **Experts available** to discuss topics involving the heart, stroke, diabetes, medications, Medicare, exercise, elder law, dementia, senior services, hearing and MUCH more!
- **Flu shots** will be available
- Spanish-speaking assistance

***Drawings for
DOOR PRIZES!***



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

3rd WEDNESDAY OF EVERY MONTH

11:30am – 2:00pm

October 16, 2019

**Riverview Health – 395 Westfield Road
(Classrooms A & B – Entrance 4)**