



HEART – to – HEART



Hamilton County Mended Hearts Chapter #350

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

Volume 10, Issue 8

August 2019



Next Meeting!

August 21st at 11:30 am at 395 Westfield Rd,
Noblesville IN. Call (317) 776-7377.



**Michael A
Agostino, MD,
Otolaryngology**

Dr. Agostino is a native of South Bend, Indiana, and a 1985 alumnus of the University of Notre Dame. He graduated from the Indiana University School of Medicine in 1989. He completed his residency training in the Department of Otolaryngology-Head and Neck Surgery at the Indiana University Medical Center in 1994. He has been certified by the American Board of Otolaryngology since 1995. He is a diplomat of the American Board of Otolaryngology, a member of the ISMA, the American Academy of Otolaryngology-Head and Neck Surgery, and a fellow of the American College of Surgeons. Dr. Agostino also serves as president of the Indiana Academy of Otolaryngology and Head and Neck 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: mendedhearts@riverview.org 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.**

August 7th – MH Board Meeting
**August 21st – Mended Heart Mtg 11:30 am – Dr
Michael A Agostino MD, ENT**
LUNCH PROVIDED

September 4th – MH Board Meeting
**September 7th – REGIONAL CLUSTER
MEETING – CANCELLED**
September 18th – Mended Heart Mtg 11:30 am -
LUNCH PROVIDED

October 2nd – MH Board Meeting
October 19th – Mended Heart Mtg 11:30 am –
**Nathan C Graves, DPM – Indiana Podiatry
Group**
LUNCH PROVIDED

November 6th – MH Board Meeting
November 20th – Mended Heart Mtg 11:30 am –
LUNCH PROVIDED

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.



CANCELLED

**SAVE
SEPTEMBER 7th 2019**

CINCINNATI BETHESDA NORTH

CENTRAL REGION CLUSTER MEETING

Empower, Educate, Inspire in 2019! That is the theme for our Mended Hearts and Mended Little Hearts regional meetings...

The Central Region will be holding their meeting on September 7th at Cincinnati Bethesda North. Speakers, agenda, and hotel information will be sent out closer to the date.

I would encourage as many of you as possible to attend.

REGIONAL CLUSTER MEETING CANCELLATION AND RESCHEDULING

We are looking to reschedule the Regional Cluster Meeting in the spring. It did not work out with the Cincinnati hospital. As soon as there are any details, information will be passed along to you.

LINDA'S LOWDOWN

As most of you know, I usually do a collection each year for Mended Little Hearts to help them fill the Bravery Bags. The Bravery Bags are filled and given to the families of Little Ones who are in the hospital with heart disease, most of whom have been born with Congenital Heart Defects (CHD).

So look around your house, gather the travel bottles and soap when you travel, or purchase travel size items when you are shopping. Get some deodorant (men's and women's), face cleaning cloths, toothbrushes, toothpaste, etc. Other things that can be put in the Bravery Bags are paperback books, puzzle books, coloring books and crayons, smaller toys for children, notepads, pens and/pencils, etc.

*Linda Mason
Central Region ARD*



P.S. Even though the Regional Cluster Meeting has been cancelled for September, I will be meeting with Mended Little Hearts in September or October. Again, Thanks to all who contribute.

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

(317) 403-8289

Treasurer – Maureen Price

mprice2000@gmail.com

(317) 420-9319

Visiting Chairman – Marv Norman

mncnorman@comcast.net

(317) 403-8289

Secretary – Stan Gurka

Program Chairman – Stan Gurka

s.gurka@comcast.net

(317) 374-1021

Internet Visitor – Stan Gurka

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

(937) 935-1747

National President – Ron Manriquez

Executive Vice President –

Secretary/Treasurer – Al Voss

Director of Patient Advocacy and Program Management – Andrea Baer

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.

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 – Norm Linsky

Vice President – Marvin Keyser

MLH Vice President – Liz Blumenfeld

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						345

*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

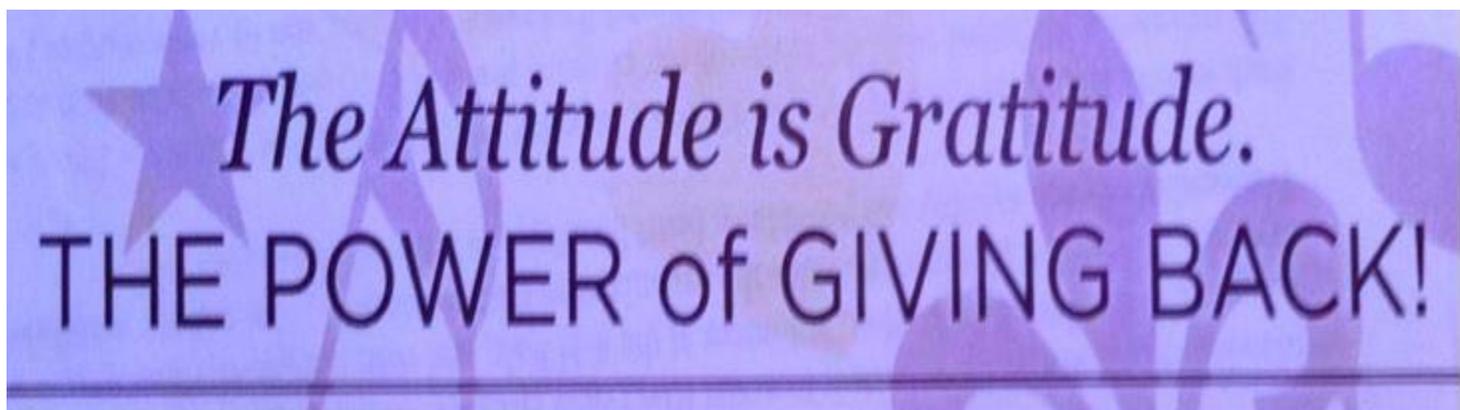
Get involved in your loved one’s care

Involve others who can help

Visit with other MHI/MLH members

Eat right

Rest – get sleep and take breaks





Muffin Pan Potato Gratins

INGREDIENTS

Unsalted butter, room temperature, for muffin cups
2 medium russet potatoes (about 3/4 pound each)
Coarse salt and ground pepper
Grated cheese
6 tablespoons heavy cream

DIRECTIONS

Preheat oven to 400 degrees. Lightly brush 6 standard muffin cups with butter. Thinly slice potatoes. Place 2 slices in each cup and season with salt and pepper. Sprinkle with cheese. Continue adding potatoes, seasoning every few slices and sprinkling with cheese, until cups are filled. Pour 1 tablespoon heavy cream over each. Bake until potatoes are golden brown and tender when pierced with a knife, 30 to 35 minutes. Run a thin knife around each gratin. Place a baking sheet or large plate over pan and invert to release gratins. Flip right side up and serve.

Just once I would like to
read a medication
label that says:
WARNING'
May cause
permanent
weight loss,
remove
wrinkles and
increase energy."



People wonder why I give so many
compliments out to strangers.
I'm not being fake & I'm not looking
for people to like me.
But, if I pass someone & I like
something, I say it.
"Love those shoes!" or
"Great hair!" or
"Wow your eyes are beautiful!"... why?
Because life is hard & this world
can be a shitty place... & people are mean.
You never know how much those few
words can mean to someone,
you never know what hell they may
be going through; & when you
put positively out there in the universe
YOU yourself become a happier person.
It's hard to be nice & miserable yourself.
It'll reflect from the outside in.
I'm telling you random compliment
giving will change your life;
and maybe someone else's too.

-Jordan Sarah Weatherhead Kelly's
Treehouse

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache

Excessive sweating



No sweating



Cool, pale, clammy skin

Body temperature above 103°
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse

Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives



[Weather.gov/socialmedia](https://www.weather.gov/socialmedia)
[Weather.gov/hwat](https://www.weather.gov/hwat)



@SacramentoOES
[SacramentoReady.org](https://www.sacramentoready.org)

August 10th

Roll out those lazy, hazy, crazy days of summer!

Lazy Day is your chance to goof off, and definitely not work. And, it definitely comes at a good time. Hot, muggy weather makes it easy to kick back and be lazy for a day. If summer chores are not done by now, they can just wait one more day. It is best spent on a hammock, along with your favorite summer beverage.

Whoever said "There's no lazy days...just lazy people." Well, we respectfully disagree. Today is proof positive. It is indeed a *Lazy Day*. And, we consider that a good thing.

Always on August 13th

If you are a Leftie, Then *Left Handers Day* is just for you!

Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know? Yup, you guessed it! It ain't easy being a leftie. But those of us who are would have it no other way. Lefties are proud of it.

The world is built for right handers. Examples are everywhere. For example:

- In school, have you ever seen a left handed desk? They don't exist.
- Many left handed items cost more.
- Novelty coffee mugs are made with the picture or text for a right handed pick-up.
- Scissors for right handers. Only a lefty would understand this.
- The computer mouse you are using as you read this is designed for right handers.

Did you Know? Right handed people operate in the left side of the brain. Left handed people use the right side. Therefore, only left handed people are in their right mind.

Left Handers certainly earned the right to have a day dedicated to them. August 13th is that day. Take a minute to appreciate your left handed friends and loved ones. Don't forget to send them a Left Handed Day Ecard to show your respect.

Remember today and every day: "**Lefties have rights!**"

August 21st

National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On **National Senior Citizens Day**, we should:

- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts. There's bound to be plenty offers today.

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, 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 ____

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.
 1500 Dawson Road
 Albany, GA 31707**

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. Please DO NOT send chapter dues to the Resource Center.

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

August 21, 2019

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