

# Capital Cardiogram

Washington DC & Suburban  
Maryland

Winter 2016/2017

Chapter 94's Quarterly  
Newsletter

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## Ready for the Holidays and the New Year?

From all of us to you, have a wonderful Holiday season and New Year! Remember to have all things in moderation, with exercise and eating properly. Stay healthy and make the rest of 2016 and all of 2017 everything you want it to be!



## Your Chapter's Web Site

Our website [mendedhearts94.org](http://mendedhearts94.org) (<http://mendedhearts94.org/>) is there for you to keep in touch with the Local and National Mended Heart news and resources. Use it and share it with your friends and family. If you want something added, let our Web Administrator or one of your Officers know. Here's a quick link to your Chapter's [Resources](#) page.

## Hospital Visiting Report

January – November 2016



*- Visiting is what we do best -*

Chapter 94 is currently visiting in 5 hospitals: MedStar Washington Hospital Center (MWHC), George Washington University Hospital (GW), Washington Adventist Hospital (WAH), Suburban Hospital (SUB) and Shady Grove Adventist Hospital (SGAH).

The total number of visits made so far this year are **6345**. This comprised **2786** individual heart patients visited, **1522** family visits (families of heart patients visited in the surgical waiting rooms), **903** individual Cath Lab patient visits, **1059** Cath Lab family visits, **38** telephone visits, **34** Internet visits and **3** Home visits.



We have added to our list of Accredited Visitors and CareGivers! Our new list includes:

John Barton, Karin Bertozzi, Jeanie Bissey, Randy Cohen, Alex Decker, Carol Dollarhide, Daniel Dollarhide, Linda Douglas, Leah Fricke, Neal Gregory, Walter Hampton, Bryan Jefferson, Norm Linsky, John Martin, Sandy Martin, Julia Morris, Ash Ramamurty, David Robinson, Marla Schwartz, Aditi Shenoy, Jeffrey Steinhorn and Alex Wagenheim.

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## News from National



### National Award Mended Hearts Winners

These two National Awards, Amato and Shuman, are presented each year when winners are available.

Since 1996 the **Mary M. Amato Education Award** has supported medical students nationwide. Our very own Joe Amato helped to establish this fund in loving memory of his wife Mary. Joe was our Chapter President from 1977 to 1980 and the MHI National President from 1985 to 1989. See the award Application link on our [Resources](#) page for details.

#### The 2016 winners of the Mary M. Amato Education Award:

**Josiah Parsons** - son of Tiet Parsons and member of Arlington, Texas, Chapter 152

**Aubrey Lovell** - niece of National President Donnette Smith

- The **Sydney and Helen Shuman Nurse Recognition Award** was established to show appreciation to the nurses who make a positive difference by their skill, care and presence. Syd Shuman, a very active member of Mended Hearts, served as our Chapter President from 1990 to 1992, was an Asst. Mid-Atlantic Regional Director and has served on several national committees. See the award Application link on our [Resources](#) page for details.

#### The 2016 winners of the Sydney and Helen Shuman Nurse Recognition Award:

**Jill Melia**, RN, BSN of Central Virginia Chapter 28

**April White**, RN, BSN of Fairhope, Alabama Chapter 396



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### Our New Class of Visitors and CareGivers

We have re-accredited our Visitors and CareGivers for 2016 – 2017! Below is our Class of 2016:



## Keeping up with the Chapter



### Goodbye Daniel and Carol!

We have had a great year in Chapter 94 thanks to our wonderful members, officers, and president! Our President, Daniel Dollarhide, has led our Chapter with great passion, dedication, and compassion since 2014. He wore many hats as he served in the roles of President, Newsletter Editor, Visiting Chairman, and Accredited Visitor, and did a wonderful job in each role! He has inspired those in our chapter, and has made a positive difference in the lives of so many others. Daniel and his wife Carol, who serves as Treasurer for our Chapter, will be truly missed as they move on from Chapter 94 and begin their next chapter in life in 2017. Their shoes are large ones to fill, and we are so grateful that they were with our Chapter for so many years. During our Holiday Party on December 11<sup>th</sup>, Daniel was presented with plaques to commemorate his invaluable contributions and dedication to Chapter 94. All of us wish you both the very best!



Norm Linsky is the President – Elect for our Chapter following Daniel's term as President. We are excited to see the continued growth of our Chapter under Norm!



### Mended Little Hearts

Mended *Little* Hearts is collecting donations for Bravery Bags.

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Mended Little Hearts provides Bravery Bags to let heart families know that we care and that they are not alone. Bravery Bags are delivered to children and adults undergoing lifesaving heart surgeries and procedures. Some items that can be donated are:

- ♥ Sandwich sized Ziploc bags
- ♥ Small stuffed animals
- ♥ Crayons – 8-12 count preferred
- ♥ Coloring Books/Crosswords/Sudoku
- ♥ Blank journals
- ♥ Pocket sized tissue packs & toiletries
- ♥ Individually packaged snacks, candy
- ♥ Gift cards to Walgreens or CVS Pharmacies

Email Maryann Mayhood at [mlwashdc@gmail.com](mailto:mlwashdc@gmail.com) for more information.

## Program Planning



The Mended Hearts National Capital Area - Chapter 94 meets the 2nd Sunday of each month from 4:00 pm to 6:00 pm at the Washington Adventist Hospital, 7600 Carroll Avenue, Takoma Park, MD 20912. Parking is free. Please check out our [RESOURCES](#) webpage section to see what is happening and for any changes in our meeting place or time! (<http://mendedhearts94.org/>).

*Please remember to check your emails for updates!*



## Laughter is good for your Heart



*Late one night I stopped at one of those 24-hour gas station mini-marts to get myself a fresh-brewed cup of coffee. When I picked up the pot, I could not help noticing that the brew was as black as asphalt and just about as thick. "How old is the coffee you have here?" I asked the woman who was standing behind the store counter.*

*She shrugged. "I don't know. I've only been working here two weeks."*

**When I was a boy I was told that anybody could become President; I'm beginning to believe it.**

~Clarence Darrow~

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## - Chapter Officers -

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## What's Cooking?

### Oven Fried Chicken

Serves 4 – 6 (Courtesy of Gladys Myers)

Vegetable oil spray or Pam  
1/2 cup fat-free plain yogurt  
2 cups of dry bread crumbs  
2 teaspoons Italian herbs  
1/4 cup minced parsley if desired  
1/4 teaspoon pepper  
4 to 6 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 Reynolds foil in baking dish with enough to wrap over chicken later. In a shallow bowl combine all remaining ingredients except chicken and yogurt. Dip each piece of chicken in yogurt and then roll it in the bread crumb mixture. Put chicken breasts in the baking dish. Lightly spray top of chicken with vegetable oil spray. Bake chicken for 10 minutes. Lower oven temperature to 350 degrees and bake for 15 to 20 minutes until done. Length of time will depend on the size of the chicken breast. If chicken is brown before baking is complete, cover with the extra Reynolds wrap.

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*Walking through the hallways at the middle school where I work, I saw a new substitute teacher standing outside his classroom with his forehead against a locker. I heard him mutter, "How did you get yourself into this?"*

*Knowing he was assigned to a difficult class, I tried to offer moral support. "Are you okay?" I asked. "Can I help?"*

*He lifted his head and replied, "I'll be fine as soon as I get this kid out of his locker."*

**Why pay money to have your family tree traced; go into politics and your opponents will do it for you.**

~Author unknown~

Jokes from Reader's Digest



## Tips for Holiday Health



### Don't just sit around, get moving!

Movement is not only beneficial for your muscles, but also for your mind. This is a great time to take advantage of exercise to relieve stress and boost your resiliency. Research has shown several positive changes occur in the immune system during moderate exercise.

When exercising outside in colder temperatures, dress in layers. Before your body warms up, you may feel chilled, but once the blood gets pumping, you can peel off layers as needed. Before starting an exercise routine, consult with your doctor.

**Sources: President's Council on Physical Fitness and Sports LifeWork Strategies, and Adventist HealthCare. Health Tip of the Week is for educational purposes only. For medical advice, consult your physician. Feel free to copy and distribute this health resource.**

The Holiday season is about good times and good food, but that doesn't mean you can't eat healthy! Check out this [EATING GUIDE](#) from the American Heart Association for tips on how to choose healthy options during the holidays.

## Heartening News



- ♥ These have been some new heart devices recently approved by the FDA. One of these devices is the **Absorb GT1 Bioresorbable Vascular Scaffold System**, by Abbott Vascular, Inc. Check it out [here!](#)

**What is it and what does it do?** This stent is placed in a coronary artery during angioplasty to keep the coronary artery open. For about 3 years, the stent helps to keep the artery open and releases drugs to keep the artery from closing, and then dissolves gradually so the patient does not experience any long term effects from the stent material.

Your Newsletter Editor had the opportunity to attend the FDA advisory panel meeting earlier this year when this device was approved for marketing. Based on the patient testimonies and the panel decision, this device can improve the lives of many people, so this is exciting news!

- ♥ MedStar Health has released a new video, "Please See Me" to encourage open communication between doctors and patients. It is a theatrical video that explores how a patient like yourself can connect to their doctor, and how you and your doctor can appreciate each other's lives and obstacles, and approach your treatment with understanding and an open mind. It encourages an open conversation with your doctor to help them understand you, and for you to understand them, since you both have the goal of helping you feel better. Check it out [here!](#) Thanks to Karin Bertozzi and Daniel Dollarhide for contributing this video.
- ♥ The *Heartbeat Magazine* from Mended Hearts National has released its November/December 2016 issue! Check it out [here](#). Some highlights:
  - For years, only high risk patients with valvular heart disease who could not have open-heart surgery were able to get transaortic catheter valve replacement (TAVR). Now, immediate-risk patients can be eligible as well. This is wonderful news for patients who would have had to have open-heart surgery and can now receive the TAVR treatment and be out of the hospital in days.
  - This option can also help very young children who have congenital heart disease, so they avoid having open-heart surgery.

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- ♥ Mended Hearts National has added a MendedHearts GoToGuide for Valve Disease. It is offered as a print copy, pdf, and interactive tool online. The guide explains what valve disease is, symptoms, treatment options and the recent expanded use of TAVR. Find it [here!](#)
- ♥ There is an FDA-cleared smartphone app called “Kardia Mobile” (previously AliveCor Heart Monitor) from AliveCor that can record and analyze an EKG from your phone. The EKG analysis can be shared with your doctor. Before using, consult your doctor.
- ♥ The 64<sup>th</sup> Annual Mended Hearts Conference in 2017 will be held in Nashville, TN. This is a great opportunity to connect with other chapter members while enjoying the Music City culture and architecture!

*All links used in this publication have been accessed and proved to be safe & secure. Please keep in mind that ALL links provided in this Newsletter are available ONLY at the time of publication. We are not responsible for changes or changes in link URL.*

## Interested in becoming a member?

Mended Hearts, Inc. Chapter 94 welcomes you to join our cause. You’ll be able to make a difference in a patient’s recovery and outlook on life, as well as interact with other members through our local chapter meetings, volunteer opportunities and special events.

## How can you join?

Just Click [HERE](#) to link the Mended Hearts webpage that will explain the opportunities

and

How YOU can become a part of them!

(<http://mendedhearts.org/get-involved/membership>)



### *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!”*



The Mended Hearts, Inc.  
National Capital Area - Chapter 94  
Washington Adventist Hospital  
Office of Volunteers  
7600 Carroll Avenue  
Takoma Park, MD 20912

Place  
Stamp  
Here

Place Mailing Label

Here

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**Fold Here**