Capital Cardiogram
Washington DC & Suburban Maryland

Winter 2016/2017
Chapter 94’s Quarterly Newsletter

AT A GLANCE
2 News from National | Keeping up with the Chapter | Visitors
3 Program Planning | Laughter | What’s Cooking | Officers
4 Heartening News | Tips for Holiday Health
5 Membership Info

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.

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!

Happy Holidays

Your Chapter’s Web Site
Our website 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.

Continued on Page 2
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 11th, 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.

Continued from Page 1

Our New Class of Visitors and CareGivers

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

Continued on Page 3
Continued from Page 2

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 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!

What's Cooking?

Oven Fried Chicken
Serves 4 – 6 (Courtesy of Gladys Myers)

Vegetable oil spray or Pam
1 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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Chapter 94 Winter 2016/2017 Newsletter • Page 3
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.

Continued on Page 5

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.
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. Macdel

“It’s Great to be Alive – and to Help Others!”

Chapter 94 Winter 2016/2017 Newsletter • Page 5