

MENDING HEARTS

AUTUMN 2011 ISSUE 1



Inspirational

PRESIDENT'S MESSAGE



Jeff Davidson

In January 2011, seven heart survivors met to talk about bringing the heart support group Mended Hearts (18,000 members, 300 Chapters) to central Ohio. From that first meeting, we've grown to 53 members who are a source of inspiration to each other and to heart patients at the Ross Heart Hospital. Our goal: to comfort heart patients and convey a message "that there can be a great life after a serious heart event"! Over 20 of our members have been trained as "accredited visitors" and completed the volunteer training program at the OSUMC Ross Heart

A Great Beginning

Hospital. To date, we have made well over 200 patient visits. Experiencing firsthand the comfort from talking to a "heart survivor (Phil Bowen visiting me in March '93 when I had my aortic valve replacement), this simple hospital visit can mean so much to a heart patient's mental outlook and recovery. Please help us attract members and give us your ideas to make our monthly meetings more dynamic, educational and inspirational! Growing our membership means we can expand our visiting program and participate in opportunities, like "Hands-Only CPR" training to the community and "AHA Ambassador Program" speaking engagements (sharing of our "heart success stories"). Last but not least, "Giving Back is Heart Healthy!"

Message to Recent Heart Patients

We hope you received some comfort and encouragement from our Mended Hearts Visitors during your hospital stay. As you know, most of our visitors are heart survivors and understand what you are going through. "Giving back" is a large part of our mission. You will receive the next six issues of this newsletter "Mending Hearts." This is our method of keeping in touch with you as your recovery continues. As you become active again, we invite you, your family and friends to attend our meetings as guests. We hope you will like us enough to become a member of our organization.

Welcome New Members

Our Mission: Mended Hearts, aligned with the 39,000 member American College of Cardiology, is a unique support group for heart patients and their families. We are dedicated to comforting and inspiring hope in heart disease patients and their families.

Our Method: We partner with local hospitals and rehabilitation clinics to help those affected by heart disease. We help through our visiting program, monthly meetings, and other outreach.

Our Members: We have 53 members who can share a variety of “heart success stories” including: growing up with congenital heart defects, valve replacements, aneurysm repairs, bypasses, pacemakers, ICD implants, LVAD and heart transplant surgeries. Our doctor’s are incredible and advancements in cardiac care and research make our success stories possible!

Local Sponsors:
OSUMC, Ross Heart Hospital
Center for Wellness and Prevention

Newest Members:

Dr. Michael Sault
Jack Schmidt, Jr.
Carl Smerdel
John Cole
Zack & Patti Little

Past Events: AHA Heart Walk (Aug) ACHA Heart Walk (Oct)

Future Events: “Hands-Only CPR” training; Cardiac Rehab Scholarship Fund Initiative; AHA Ambassador Program



PHIL BOWEN, HOSPITAL COORDINATOR

July: 83 visits 44 patients
August: 84 visits 63 patients
Sept.: 68 visits 50 patients

Hospital Visitors:

Joe Atria
Christine Ballengee Morris
Phil Bowen
Jeff Davidson
Reggie Roundtree
Annette Salser
Rebekah Salser
Courtney Williams

Ross Report

Congratulations to Carl Smerdel and Amanda Rubinstein for completing the Mended Hearts Visitor Accreditation class. This is the first step in becoming a patient visitor at the Ross.

Once they submit to the OSU background check and attend the OSU volunteer orientation being held in early November, they will be able to begin visiting heart patients at the Ross. We welcome them to our visiting team.

Visiting patients can be very rewarding. If you would like to become a Mended Hearts visitor, please contact me.

I hold the visiting training class occasionally, but also I am very willing to arrange a class for just one interested person.

In The News

**Cardiac Rehabilitation:
Even Minor Fitness
Improvements Are
Associated With
Decrease in Mortality,
Especially in the Least Fit**

ScienceDaily (Oct. 23, 2011)
— Cardiac rehabilitation boosts longevity, especially in patients with the lowest fitness levels, Dr. Billie-Jean Martin told the Canadian Cardiovascular Congress 2011, co-hosted by the Heart and Stroke Foundation and the Canadian Cardiovascular Society. "There are benefits to cardiac rehabilitation, regardless of how fit -- or unfit -- you are," says Dr. Martin, a cardiac surgery resident and PhD candidate at the University of Calgary's Libin Cardiovascular Institute. "Patients who take responsibility for their own health and make improvements in fitness can keep themselves alive longer."

For more read the article at:

<http://www.sciencedaily.com/releases/2011/10/111023135646.htm>

Officers:

President, Jeff Davidson
Vice President, Courtney Williams
Secretary, Elizabeth Bowen
Treasurer, Helen Davidson (CPA)
Visitor Chair, Phil Bowen
Newsletter, Christine Ballengee Morris



MEETING NEWS

Meeting Schedule:

Nov.9: Dr. John Larry MD—"Cardiac Rehabilitation"

Dec 14: Dr. Emile Daoud MD, FACC—"Advances in Electrophysiology"

Jan. 11: Dr. Ernest Mazzaferri MD, FACC "Advances in the Cath Lab"

The Story within the Story by Phil Bowen

I enjoy listening to the "Survivor Stories" that we share at our meetings. When a member stands before us and speaks of the times when they have had to face their own mortality, they are allowing us to enter into some of their most personal thoughts and experiences. Whether the speaker has spent their entire life with heart disease or is a caregiver, who has had to nurse their loved one back to health, we all have our war stories against a common enemy. Sharing these experiences builds some very strong bonds of friendship.

But sometimes there are even better stories within the story. These are the stories of someone you haven't seen for 10 years showing up to visit you in the hospital...or the estranged sibling who makes amends with you the morning before your surgery...or even the stranger who offers you strong words of encouragement and then vanishes before you can get their name. These are the shining lights during dark times.

One "shining light" for me occurred while I was in intensive care after my first aortic valve replacement. At that time I was 25 and had a distant relationship with my father. He had divorced my mother 8 years earlier and I had never forgiven him for that. He visited me while I was still in intensive care along with my wife and mother. I couldn't speak because I was still on the respirator and he did not say a word. But when I looked up at him I saw tears in his eyes. It surprised me because it was the only time in my life I had seen him cry. Then I knew how much I still meant to my father, and it gave me strength and peace. Afterward I was able to rebuild a relationship with him. Do you have a story dear to you that you would like to share? If so, I would like to hear it. Better yet, why not submit it to Christine for the newsletter?

Recipe: White Chicken Chili from the Mayo Clinic Staff

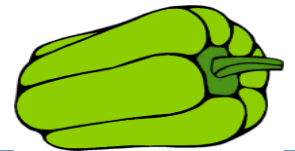
Serves 6

- 1 can (10 ounces) white chunk chicken
- 3 cups cooked white beans
- 1 can (14.5 ounces) low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- ½ medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Cayenne pepper, to taste
- 6 tablespoons shredded reduced-fat Monterey jack cheese
- 2 tablespoons chopped fresh cilantro

In a large soup pot, add chicken, beans, tomatoes and broth, cover and simmer, medium heat. Nonstick frying pan with cooking spray, add onions, peppers and garlic and sauté, 3 to 5 minutes and add to pot. Stir in spices and simmer for 10 minutes. Ladle into bowls and sprinkle with 1 tablespoon cheese and 1 teaspoon cilantro. Serve with baked chips.

Nutritional Analysis (per serving) Serving size: 2 cups

Calories 376	Cholesterol 22mg
Protein 25 g	Sodium 474 mg
Carbohydrate 60 g	Fiber 12g
Total fat 5 g	Potassium 845 mg
Saturated fat 2g	Calcium 232 mg



Membership Application is available online or on the next page

For more information, contact Jeff Davidson at (614) 580-1561 or at jadavidson@columbus.rr.com

Or Phil Bowen at (614) 327-8327 at bowen.phil@yahoo.com

See our website (and our "heart success stories"!!) at www.mendedheartscentralohio.org

A special thank you to Jeff Davidson for his commitment to Mended Hearts and members. His energy is heart driven.

Thank you to Phil Bowen for his commitment to Mended Hearts Visiting Program. He genuinely cares for others.

For newsletter contributions please send to: Christine Ballengee Morris, cmorris5568@gmail.com



The Mended Hearts, Inc.

National Office
Phone: (888) 432-7899
www.mendedhearts.org

MEMBERSHIP APPLICATION

Member Information (please print or type)

Name (Mr./Mrs./Ms.) _____

Address (line 1) _____

Address (line 2) _____

City _____

State _____ ZIP _____

Email address _____

Family member (i.e. spouse – must reside at same address): (Mr./Mrs./Ms.) _____

DOB _____

May we contact you regarding local chapter opportunities? Yes No

CENTRAL OHIO CHAPTER (614-580-1561)

Chapter Member-At-Large _____

Phone (_____) _____

Alt Phone (_____) _____

DOB _____ Retired: Yes No

Vocation _____

Preferred Contact: Phone Email Mail

Medical Information/Demographics (Optional - No application is denied based on medical information, age or race.)

Name of Heart Patient (1) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes No _____
Signature

Name of Heart Patient (2) _____

Date of Surgery/Treatment _____

Type of Surgery/Treatment _____

- | | | |
|-----------------------------------|---|------------------------------------|
| <input type="checkbox"/> PTCA | <input type="checkbox"/> Atrial Septal Defect | VALVE: |
| <input type="checkbox"/> MI | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Aortic |
| <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Transplant | <input type="checkbox"/> Mitral |
| <input type="checkbox"/> Bypass | <input type="checkbox"/> Other | <input type="checkbox"/> Pulmonary |
| (how many _____) | | <input type="checkbox"/> Tricuspid |

Many chapter newsletters include surgery/treatment anniversaries of members. Please indicate here if you are agreeable to having your name published in this way.

Yes No _____
Signature

National Membership Dues: Includes subscription to *HEARTBEAT* and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National Dues are tax deductible less \$10.00; Chapter and Lifetime Dues are 100% tax deductible.

Within United States

Individual	\$17.00	<input type="checkbox"/>
Family	\$24.00	<input type="checkbox"/>
Life	\$150.00	<input type="checkbox"/>
Life	\$210.00	<input type="checkbox"/>

Chapter Dues

Individual	\$ 8.00	\$__	<input type="checkbox"/>
Family	\$ 16.00	\$__	<input type="checkbox"/>
Life – Individual Dues	\$ 75.00	\$__	<input type="checkbox"/>
Life – Family Dues	\$ 125.00	\$__	<input type="checkbox"/>

Dues Summary: National Dues \$ __
Chapter Dues \$ __
TOTAL \$ __

I am Joining as a non-heart patient: Physician RN
 Health Admin Other Health Party Other Interested Party
I am not prepared to join. Enclosed is a contribution of \$ __

(Chapter Treasurer – send both chapter & national dues to National Office.)

Applicant – **Send one check with application to local chapter Treasurer**

Or for Members-At-Large:
The Mended Hearts, Inc.
National Office
8150 N. Central Expressway, M2075
Dallas, TX 75206

Mended Hearts of Central Ohio
7774 Brandonway Drive
Dublin, Ohio 43017