

Healing Hearts

FALL 2017 ISSUE 3



OUR SPONSORS



President's Message: Positive attitude can go a long way in life

Jeff Davidson

“O-H Attitude I-O” How many factors affect our health and recovery? Too many to list in this short space, but at the top of the list is **A Positive Mental Attitude**. Football coaches know it as well as our health coaches. In football, it gets scrawled across the walls in big letters. Not so much in our health environment. But it is no less true. The body responds to what is going on in the mind in more ways than you might be aware.

Battling all that comes with a heart condition can be very demanding. That can lead us to start slipping in the attitude department. Who wouldn't be inclined to feel sorry for him/herself when the battle heats up? So get up for the big game and convince yourself that you will win. And your positive attitude will lead the way!

As our group focuses on inspiring and supporting heart patients, please read Mark Sandy's story on page 4.

Mark inspires me with his incredibly positive attitude in the face of major hurdles. He is just one example of how another's story increases my own positivity.

I invite you to join our 300-member group and if a member already, get more involved! Join us for a monthly educational meeting, share a meal with us, and learn how "life can be good after a major heart event!" Inspiring, supporting, and educating heart patients and caregivers is our overall mission and a wonderful opportunity to ease the concerns of someone who needs a dose of positivity!!

For more information about our group, visit our website at www.healingheartscentralohio.org.

You can reach me at (614) 580-1561 or at jadavidson@columbus.rr.com with questions about our group, suggestions for a meeting topic, or information on how to join us.

Stay heart healthy,
Jeff

WELCOME NEW MEMBERS

Our Mission: To inspire, comfort, support, and assist in educating Central Ohio heart patients, caregivers and people at risk of a heart event..

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

Our Members: We have over 300 members, including medical professionals, heart care administrators, caregivers, and heart patients who can share a variety of “heart success stories” including: growing up with congenital heart defects, valve replacements, aneurysm repairs, stents, bypasses, pacemakers, ICD implants, LVAD and heart transplant surgeries.

Local Sponsors and Partners:

OSU Wexner Medical Center, Ross Heart Hospital, Amity Home Health Care, Collins Law Office LLC, Heartland, Hospice of Central Ohio, Kindred Hospice, MacIntosh Heart Health & Rehab Centers, Medtronic, Novartis, Real Estate Technology Partners, YMCA of Central Ohio, Zoll LifeVest

Newest Members:

Orville Barks, Jeffrey Breitigam, Janine Browning, Sarah Dixon, David Gonzalez, Anna Madden, Kirt McMillen, Ralph and Jennifer Wilt, Denise Wooten

Officers and Chairs:

President, Jeff Davidson
jadavidson@columbus.rr.com

Vice President, Jim Kelly

Secretary, Lynne Kelly

Treasurer, Helen Davidson

Membership, Open

Visiting Chair, John Afek

Newsletter, Christine Ballengee Morris
morris.390@osu.edu

Marketing and Development Chair, Ron Keener

Hospital Coordinator, Annette Salser

Technology Chair, John Cole

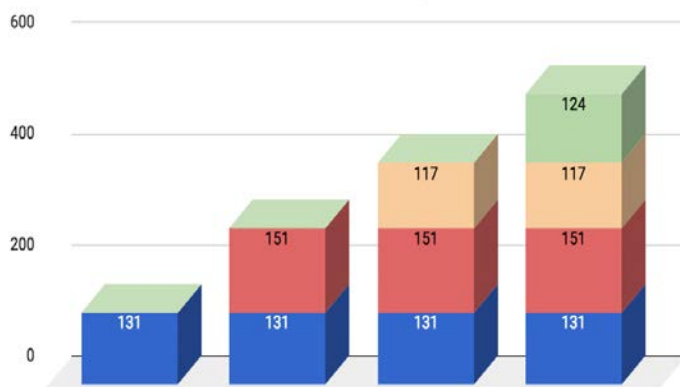
Meeting News

Weds, Oct 18th: James Warner, OSUWMC Program Director, Food and Nutrition speaking on “**Nutrition and a Heart Healthy Diet.**”

Thurs., Nov 9th: Dr. Ellin Gafford speaking on “**Palliative Care and Caregiver Decisions—Heart Failure Patients**”

Thurs., Dec 14th: **Members Only Celebration of Life Dinner** with updates on group’s successes.

Healing Hearts Visits May - August 2017



Autumn 2017: 523 OSU Heart Patient Visits

Patient Visiting Report

We visit at the Ohio State Ross Heart Hospital and University Hospital East.

We need more accredited visitors at each. Requirements to become a Visitor are:

- (1) Be a Healing Hearts member;
- (2) Attend a HH Accreditation class;
- (3) Attend a Hospital volunteer class;
- (4) Pass the OSU Hospital background check.

IN THE NEWS

Atrial Fibrillation

From <http://www.heart.org/>

Atrial fibrillation is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib.

Here's how patients have described their experience:

"My heart flip-flops, skips beats, and feels like it's banging against my chest wall, especially if I'm carrying stuff up my stairs or bending down."

"I was nauseated, light-headed, and weak. I had a really fast heartbeat and felt like I was gasping for air."

"I had no symptoms at all. I discovered my AF at a regular check-up. I'm glad we found it early."

What happens during AFib?

Normally, your heart contracts and relaxes to a regular beat. In atrial fibrillation, the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles.

If a clot breaks off, enters the bloodstream and lodges in an artery leading to the brain, a stroke results. About 15–20 percent of people who have strokes have this heart arrhythmia. This clot risk is why patients with this condition are put on blood thinners.

Even though untreated atrial fibrillation doubles the risk of heart-related deaths and is associated with a 5-fold increased risk for stroke, many patients are unaware that AFib is a serious condition.

[Watch an animation of atrial fibrillation.](#)

According to the 2009 "Out of Sync" survey:

- Only 33% of AF patients think atrial fibrillation is a serious condition
- Less than half of AF patients believe they have an increased risk for stroke or heart-related hospitalizations or death
-

AFib Treatment Saves Lives & Lowers Risks

If you or someone you love has atrial fibrillation, learn more about what AFib is, why treatment can save lives, and what you can do to reach your goals, lower your risks and live a healthy life.

If you think you may have atrial fibrillation, here are your most important steps:

1. Know the **symptoms**
2. Get the right **treatment**
3. **Reduce risks for** stroke and heart failure

We're here to help you live your healthiest life!



Visiting Highlights: Heart Patients

by Jim Kelly

The most memorable visit this quarter was to a very dedicated bowler who was feeling dejected because his heart condition would now have him confined to a wheelchair. I nearly blurted out, "Heck a lot of people bowl from a wheelchair. I've seen it on TV so it must be doable, No?." Such a seemingly little thing, and yet, it hit the mark generating an instantaneous difference in his attitude and quite a bonding between us. So maybe I don't watch too much TV!

Attained a personal milestone this quarter: more than 1000 patients visited in the last year. Not all victories though, probably have been sent packing about half a dozen times in that total. I guess that would be a pretty good batting average: .994 or Ivory Soap 99 and 44/100ths% pure. So feeling pretty good on several different levels. Plus learning how to handle rejection is a pretty big courage booster in and of itself. Remind myself every trip about how awkward it felt to be starting out on my own as a visitor. After a few successes, courage grows quickly. New social ties: met yoga class fellow participants who are also on the cardiac nursing staff and have given a new opportunity for my favorite yogic greeting, "what a good up dog!" The ensuing hilarity is great if you participate.

What's in a visit? Couldn't be simpler. It's just a personal chat between two heart patients, one of whom may be new. Then an invitation to our next meeting and why it might be a great experience. Followed up with getting contact information if the patient wants to get our newsletter or follow-up. Maybe followed up with some comparisons of experiences, medical or other. If you want to give a little back, you need to look into it.

The need for new visitors continues in a big way. The heart beds are full, and could easily support another dozen active visitors, or even more occasional visitors. If you think you might be feeling the call, just let us know, either Jeff Davidson, John Afek or Jim Kelly, jimkelly4@gmail.com 614-859-9365. Another great benefit of visiting, **zero chance of being replaced by a robot in the foreseeable future!**



HEART SPOTLIGHT



Dr. David P. Keseg, M.D., FACEP is a Residency Trained and Board Certified Emergency Physician who has practiced Emergency Medicine for over 37 years. His Emergency Medicine experience includes physician executive positions in Olentangy Emergency Physicians and Premier Health Care Services and he has served as Emergency Department Medical Director at 5 different emergency departments, including Medical Director of the Columbus Division of Fire for over 30 years. He is on the American College of Emergency Physicians EMS Committee and on the Editorial Board of the Journal of Emergency Medical Services. Dr. Keseg is also Associate Professor of Emergency Medicine for The Ohio State University and has been on faculty there for over 30 years. He is also Board Certified in Addiction Medicine.

Our city of Columbus has a rich legacy of groundbreaking innovations in the field of Emergency Medical Services dating all the way back to the late 1960's, when we unveiled the first Heartmobile and started taking advanced cardiac care to the patient. This later transformed into having skilled individuals called paramedics who arrived at the scene able to deliver to the patient the same diagnostic tools and life-saving therapeutic interventions that they could have only previously received in a hospital setting.

Today we see and treat over 500 cardiac arrest patients each year and have one of the highest rates of success in return of spontaneous circulation and ultimate survival in the world. The Columbus Division of Fire is constantly researching new and innovative approaches to the care of the cardiac arrest patient in our community. We also are invested in training individuals in basic CPR and encouraging the placement of Automatic External Defibrillators in both public and private buildings. Through all of these efforts we hope to see even more improvement in our survival rates for cardiac arrest here in Columbus.

Jeff Davidson had this praise for Dr. Keseg and his team of EMTs: Many of our members are alive today due to the EMT's in central Ohio!

Mark Sandy's heart issues started in 2008 with cardiomyopathy from a common virus. After many heart attacks, a stent in his main artery collapsed in 2012 causing a "widow maker" heart attack. He was rushed to the hospital and shocked to restart his heart after 8 minutes with no heartbeat. He was put into an induced coma and transferred to another hospital. Four weeks later, Mark got the chance for an LVAD (a left ventricular assist device). Basically, a mobile life support system run by batteries. Mark also had an ICD and pacemaker implanted. For the next couple of years, he became stronger and more positive about life. He walked in Donate Life 5K's, visited schools to talk about becoming an organ donor, and did local charity work; creating a community ministry and general support for other LVAD patients.

But, in October 2016, Mark was admitted to Ohio State's Ross Heart Hospital for a routine examination—this next chapter of his story was very unexpected. Without warning, Mark's LVAD began to alarm. After some investigation, LVAD tech's thought there was a break in an external wire. But, it turned out to be an internal fracture—meaning that Mark had to go straight to the top of the transplant list. After three months of uncertainty, he felt a new pain so he had his abdomen x-rayed. The x-ray showed a shadow on his kidney. A biopsy determined that it was cancer, so after 3 months waiting at the top of the list, Mark's transplant was put on hold. Because of the transplant delay, his LVAD with the internal fracture needed to be replaced. The LVAD replacement surgery was a great success, but because he had organ issues, his kidneys began to fail, his pancreas stopped working, and one by one, things just began to go wrong. Finally, March 2017 rolled around and Mark was discharged. He was going to have to learn how to walk again and take life a little easier for a while.

On July 15th 2017, nearly 4 1/2 years after his first LVAD, Mark completed his 3rd Dash for Donation 5K. He is now cancer free (kidney tumor removed) and plans to become the newest member of the Healing Hearts volunteer team! Miracles do happen, even if you do speak with a posh English accent!!

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Jackie L. Collins II Esq.
Attorney/Owner

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We constantly strive to maintain a high level of service while keeping costs reasonable through effective management and consultations with related professionals.

We offer free consultations throughout central Ohio both in our office and in your home! Please call, email or visit our website at www.JCollinslaw.com today for more information.

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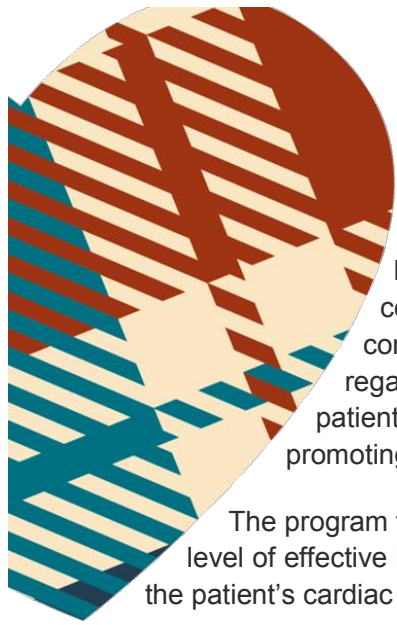
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"Discover Where To Recover When Your Heart Needs Extra Care"

The MacIntosh Heart Health Centers, located in Columbus and Grove City, are post-hospital inpatient rehabilitation centers solely focused on patients with chronic cardiac conditions or those recovering from a cardiac event or surgery. Through our full complement of highly trained medical care staff, our centers offer patients the opportunity to regain their highest level of function prior to returning home. Our cardiac team works with the patient to achieve this goal by maximizing cardiopulmonary function through physical rehab, promoting self-care and compassionately addressing lifestyle modifications.

The program targets the individual needs, interests and potential of the patient to maximize their highest level of effective living. Patient and family education is a key component to successful self-management of the patient's cardiac condition at home.

As part of the MacIntosh Heart Health program, patients attend two heart health educational classes weekly, in addition to one on one education on their personal cardiac history, diagnosis, medication education, explanation of lab values and co-morbidities that affect the heart disease.

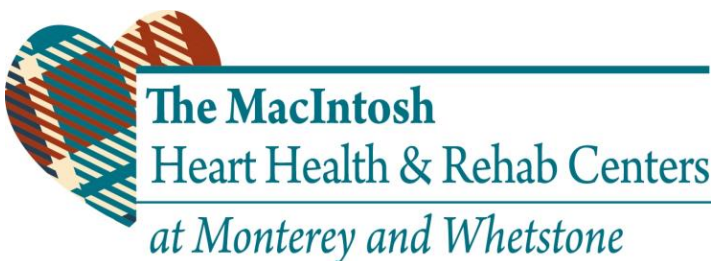
The attending physicians direct and coordinate medical services and each patient's plan of care is overseen by the Director of Nursing, who guides daily clinical operations and ensures care is provided in a positive environment that enhances dignity and wellbeing. Our Heart Health program director is a local Cardiologist who provides ongoing guidance and consultation to our program and our patients.

Our comprehensive therapy services include Physical, Occupational and Speech therapy. A personalized plan of care is designed for each individual patient to focus on specific outcomes supporting energy conservation, independence, mobility and self-care. The therapists make it their personal mission to exceed your expectations. After a short stay each patient discharges home or to the next level of care with a renewed sense of self confidence and an improved level of function.

Only the MacIntosh Heart Health Centers offer all of these benefits:

- All staff specially trained on how to monitor and respond to early signs and symptoms of heart failure
- Private patient rooms dedicated for Cardiac patients
- Individualized plan of care guided by a clinical cardiac transition coach
- Activity tolerance monitoring
- Cardiac-focused physical and occupational therapy
- Disease management classes and support groups
- Comprehensive discharge planning and follow-up care

For more information about our MacIntosh Heart Health Centers visit our website at www.macintoshcompany.com or call the heart health center nearest you.



*Monterey Heart Health
614-875-7700*

*Whetstone Heart Health
614-457-1100*

Heart Healthy Recipes

<http://www.womansday.com/food-recipes/food-drinks/g2176/hearty-healthy-recipes/>

Ravioli with No-Cook Tomato Sauce



TOTAL TIME: 0:15
LEVEL: EASY
YIELD: 4 SERVINGS

This five-ingredient, heart-healthy recipe calls for pre-packaged ravioli to save you time—but doesn't sacrifice on flavor.

INGREDIENTS

- 1 16- to 18-oz. package small cheese ravioli
- 1 small clove garlic
- 2 tbsp. olive oil
- Kosher salt and pepper
- 2 large beefsteak tomatoes (about 1 1/2 lb. total), stems removed
- 1/4 c. fresh basil, roughly chopped, plus more for serving
- Parmesan, for serving

DIRECTIONS

1. Cook the ravioli according to the package directions.
2. Meanwhile, finely grate the garlic into a large bowl, then stir in the oil and 1/4 teaspoon each salt and pepper.
3. Cut 1/4 inch off the top of each tomato and finely grate the cut sides into the bowl until you reach the skin; discard the skin. Mix to combine, then fold in the basil.
4. Spoon the sauce over the ravioli and sprinkle with extra basil and Parmesan if desired.

PER SERVING 326 CAL, 11 G FAT (2.5 G SAT FAT), 28 MG CHOL, 354 MG SOD, 13 G PRO, 46 G CAR, 3 G FIBER

Heart Healthy Recipes

Crispy Peanut Butter Balls

<http://www.eatingwell.com/recipe/>



**12
servings**

Ingredients

- ½ cup natural peanut butter, almond butter or sunflower seed butter
- ¾ cup crispy rice cereal
- 1 teaspoon pure maple syrup
- ½ cup dark chocolate chips, melted (see Tip)

Preparation

1. Line a baking sheet with parchment or wax paper. Combine peanut butter, cereal and maple syrup in a medium bowl. Roll the mixture into 12 balls, using about 2 teaspoons for each. Place on the prepared baking sheet. Freeze the balls until firm, about 15 minutes.
 2. Roll the balls in melted chocolate. Return to the freezer until the chocolate is set, about 15 minutes.
- To make ahead: Refrigerate in an airtight container for up to 3 weeks.
 - Tip: To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.



MEMBER ENROLLMENT FORM

MEMBER INFORMATION

Date:		
Name (Mr/Mrs/Ms):		
Address:		
City:	State:	ZIP Code:
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> I am interested in visiting heart patients in the hospital

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms):		
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> I am interested in visiting heart patients in the hospital

MEDICAL INFO (OPTIONAL, FOR MEMBERSHIP CLASSIFICATION ONLY)

APPLICANT INFO (CHECK ALL THAT APPLY)

- | | | | | |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Heart attack | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Stent | <input type="checkbox"/> AFib arrhythmia | <input type="checkbox"/> Other arrhythmia |
| <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Transplant | <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor | | |

SPOUSE INFO IF JOINT MEMBERSHIP (CHECK ALL THAT APPLY)

- | | | | | |
|--|---|--|--|---|
| <input type="checkbox"/> Angioplasty | <input type="checkbox"/> Heart attack | <input type="checkbox"/> Valve-Surgery | <input type="checkbox"/> Valve Transcath | <input type="checkbox"/> Congenital Heart Disease |
| <input type="checkbox"/> CABG (Bypass) | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Stent | <input type="checkbox"/> AFib arrhythmia | <input type="checkbox"/> Other arrhythmia |
| <input type="checkbox"/> ICD (Defibrillator) | <input type="checkbox"/> Transplant | <input type="checkbox"/> Aneurysm | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Medical Professional | <input type="checkbox"/> Sponsor | | |

ANNUAL MEMBERSHIP DUES

Individual \$25.00 annual dues -or- \$250.00 lifetime dues
 -or-
Couple \$40.00 annual dues -or- \$400.00 lifetime dues

I would like to make an add'l tax-deductible contribution of \$ _____

Total Payment Enclosed \$ _____

Please send payment with enrollment form to:
 Healing Hearts of Central Ohio
 7774 Brandonway Dr
 Dublin, OH 43017

If undeliverable return to:
Jeff Davidson
Healing Hearts of Central Ohio
7774 Brandonway Drive
Dublin, Ohio 43017

ABOUT HEALING HEARTS OF CENTRAL OHIO

We are a central Ohio heart support group dedicated to helping heart disease patients and their families cope with heart events. Our trained and dedicated members visit patients, with doctor and hospital approvals, while they are hospitalized and in most need of comfort, support and inspiration. We provide literature related to Healing Hearts and to heart disease and we inspire each other at our monthly meetings. We also visit by telephone and on the internet and we send a heart patient we visit the next three issues of our chapter newsletter. For more information about us, please contact Jeff Davidson at (614) 580-1561 or at jadavidson@columbus.rr.com ...OR Jim Kelly at (614) 859-9365 or at jimkelly4@gmail.com

Healing Hearts of Central Ohio

Jeff Davidson, President
7774 Brandonway Drive
Dublin, Ohio 43017

*Please visit us at www.healingheartscentralohio.org
We are dedicated to inspiring heart disease patients and their families.*

When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get OUR Healing Hearts message"That there can be a great life after a heart event?"