

Healing Hearts

FALL 2022



President's Message:

Fall 2022 Newsletter (Post-Covid)

**Jeff
Davidson**

In this special edition, we have included a few of our member's personal heart stories and their experiences in living through the Covid pandemic. In addition, our OSU/Ross doctors Dr. Ernest Mazzaferri and Dr. Timothy Obarski provide their insights and personal messages about living through this trying time.

As we return to a "new normal", our monthly educational meetings in the Ross Heart Hospital Auditorium have continued starting with an August 11th meeting featuring Dr. Tom Ryan entitled: "A Decade of Advances in Heart Disease Treatment at Ohio State". We also look for the return of our patient visiting program. For 10 years, we have held monthly meetings and visited over 10,000 heart patients.

Meetings confirmed for Sept to Nov 2022 include: Dr. John Hummel on Sept 8th, Dr. Kathleen Dungan on Oct 13th, and Dr. Mahmoud Houmsse on Nov 10th. OSU has booked the Ross Auditorium for our meetings through December 2023!!

Upcoming presentations will be on: Medications, Heart Failure, Heart Valves, Non-Invasive Procedures, Sleep Apnea, and many more topics diabetes and heart patients should hear.

If you would like to communicate with any of the members providing the incredible heart success stories in this newsletter, please e-mail me.

Also, please call or e-mail me about joining our 300 member support group. Make friends with people on similar heart journeys, take charge of your disease through education, and help us reach people at risk before they have a serious cardiac event.

To our wonderful sponsors, thank you—you make what we do possible!!

For more information, go to
www.healingheartscentralohio.org.

You can reach me at (614) 580-1561 or
jadavidson@columbus.rr.com.

Stay healthy!
Jeff

OUR SPONSORS



Physician's Message to Patients



10/2021: Mandy, Laura, Chris, Ernie, Ryan, (Layla the golden doodle and Fletcher the doodleman pinscher)

Hello Healing Hearts members!

I hope this note finds you and your families well. We have come a long way from December 31, 2019 when COVID-19 was first reported to the World Health Organization (WHO). The world was notified only 30 days later that COVID-19 was a global health emergency, and only 5 weeks later the WHO declared it a global pandemic. But most of us had very little idea of the destruction this virus would cause to all of us and our loved ones over the following months to years. As you know, we are fighting back as a global community and making progress against the virus. Locally, the Ross/OSU Wexner Medical Center has been a leader in the state and nation in regards to patient care outcomes, mass testing, mass vaccination and ground breaking research. At the Ross, we have done the most lung transplants in the country for patients with lung problems due to COVID. Fortunately, our activity has decreased over the last few months, admissions for COVID are down, and spirits are on the rise. The scientific community is hopeful to reach the endemic phase in the next year or two (meaning COVID will persist in a less fearsome mode like the flu or common cold), but only time will tell. So for now, please do your best to keep your family and friends safe and consider the vaccines/boosters if you are on the fence.

On a personal note, my family has been very blessed and healthy despite a few COVID mishaps. I'm not sure the dogs are super happy as they crave the days of long walks and constant cuddling during our isolation. However, there has been some return to normalcy for the entire family and we even attended a family wedding/family reunion last December.

For our friends at Healing Hearts, we are very appreciative of your kindness, your volunteering, your prayers and your countless kind deeds during the pandemic. I know our patients, their families and Team Ross are extremely grateful for the support you provide.

May the Buckeye Spirit live on in all of you and please stay safe. Ernie



Jeff Davidson

Getting older is a royal pain in the ____, but getting older and being in poor health is another matter altogether. In the health department, I've been fortunate, but for some unknown reason I have to remind myself of that periodically.

Enjoying life with my beautiful wife and family is what I live for and keeping active with a mission in retirement is key! Healing Hearts of Central Ohio has been my mission for the past 10 years!! Other nonprofit endeavors have also filled my time.

Running the streets of Cleveland in my 30s and "playing at" various sports, I said "what and why me?" when faced with my first open-heart surgery, an aortic valve replacement. Then a few years later, an ascending aortic aneurysm caused a second open-heart surgery.

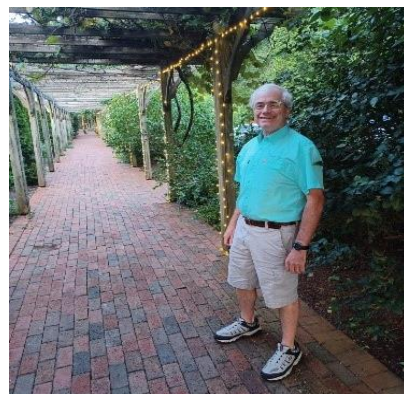
Today, my mechanical aortic valve is 29 years old and I find that valve's longevity unbelievable! However, I can do without the cardiologist who says "I've seen those valves last 30-35 years sometimes." Thanks doc. Oh, I can also do without another bout with bacterial endocarditis.

At any rate, I'm very fortunate—but still complain about relatively minor medical issues. What "keeps it real" for me is losing my baby sister last year. She was overweight (a great cook), but developed high blood pressure, then diabetes, then heart issues, then Parkinson's, and finally Covid.

I miss her and should never complain about any medical issues again.

Live every day like it's your last!

Member Spotlight



Phil Bowen

Heart History:

Bacterial Endocarditis: 1974, 1990 & 1992

Five Open Heart Surgeries for Aortic Valve

Replacement from: 1979 - 2008

Pacemaker implanted: 2017

Cardiac Ablation: 2019 & 2021 (For treatment of Mobitz 2 Heart Block)

Cardioversion: 2020 & 2022

A lot of our plans changed due to Covid-19. A planned trip to Germany was cancelled as well as some of our plans for domestic travel. I kept myself from feeling disappointment over these cancelled trips knowing that the entire world was dealing with the same issues or worse.

Covid went through my son's family in May, which thankfully they have fully recovered. We are still taking some precautions, such as wearing face masks when going into crowded stores or healthcare facilities, but we are now traveling more and doing more things. We are both fully vaccinated. I am grateful that I was able to retire in 2019 and no longer have the stress of work. I am also grateful for being in reasonably good health.

I have been dealing with heart rhythm problems for the last 3-4 years; mostly A-flutter with some A-fib and tachycardia. With the help of some cardiac procedures and some much needed weight loss, the arrhythmia has subsided in the last 6 months to the point where I am no longer taking Metoprolol. The A-flutter is still present but it is now milder.

Beth and I are returning to our activities and becoming active in new ones. We are more involved at the YMCA and took up Pickleball this year. Covid is still a threat, but we are living a more normal life. I am very much looking forward to returning to the Healing Heart meetings.



Marilyn Fidler

The last two years have presented multiple challenges. I was not able to go get a haircut, go to a movie, fabric store, or book store. I could not visit my mother in rehab because of patient or staff illness.

I have a-fib and my heart was out of rhythm for months. This can cause other issues because my heart could not move fluids efficiently. Last summer I ended up having very mild congestive heart failure and was hospitalized. Procedures were put on hold or rescheduled. Some procedures could not be performed until my heart was back in rhythm for a while, or because of fluctuations with my INR. A big concern for patients with a-fib is regulating the blood thinners to avoid blood clots and stroke.

However, the doctors and their staff went out of their way to check on me when I was home. I did a lot of my appointments on iPad to reduce any exposure to Covid. One doctor's staff called to make sure I had a way to get groceries. I feel that OSU medical staff have done an excellent job during the pandemic! They deserve our thanks and respect because they went to work knowing the risks of Covid.

Thankfully my daughter could shop for my groceries. The drug store delivered my meds and I like ordering my groceries on line and having them delivered. Everyday life has certainly changed because of Covid. I would encourage everyone who is high risk to still wear a mask and protect your health.

As bad as things could get, there have been people who go out of their way to help. I have to add that I have read a lot of books and done a lot of crafts to keep me busy and have friends that touched base by texting or calling. I am thankful for my friends and family. Bless you all.

Member Spotlight



Larry Scurlock

Things were different during the pandemic. There were no sporting events, recitals and graduation ceremonies (3) for the grandchildren. We missed significant birthday celebrations (16 and 65 years).

Karen, my wife, loves working from home. For the first time, Karen cut my hair. I asked Karen if she wanted me to cut her hair and she laughed out loud. She eventually trimmed her own hair.

Because of multiple spinal reconstructive surgeries and a 2015 open heart aortic heart valve replacement, I was not sitting around waiting for the pandemic to come to an end. Heart healthy exercise and eating are an indispensable part of my (our) life.

I have attended the New Albany OSU Fitness Center regularly for more than 6 years. I have been swimming eighty laps three times a week for 4 years.

The fitness center closed, which meant no swimming. Luckily, the weather improved so we could go bike riding. We have accumulated 1,000 miles during the pandemic. A typical ride is 20 miles along the bike trails between towns where there are not many people (social distancing!). When it's cold, we walk. Our longest walk was 6-miles along the Johnstown bike trail.

With more time for cooking, we enjoyed a good variety of menus during the pandemic. We follow a plan of low-sodium plant-based meals with limited processed food.

To document our pandemic experience, I posted our cooking and biking adventures with photographs on Facebook. I was reading while limiting television time. I enjoy reading books to better understand the relationship between exercise, diet, lifestyle and disease.



Jim Kelly

Quarantine Confusion

The sickness impacted some a lot harder. He always tried to play it cool and be happy. Usually getting up with the sun, eating when boredom set in, and taking naps when overwhelmed by it all. Life was getting simpler in many ways. After all the hogwash he'd been through, he just wanted to live normally. But after losing in the crash, he was numb. Days ran into nights, songs filled his air, and smiles were his only language. *Routine confused.*

Something was bothering him, getting his attention. He'd get on his bicycle most days but found himself beat up from the crashes and unwilling to work on his attitudes about gravity. He skipped his yoga routine, too bored for all that stretching, but I wondered about other issues. *Athlete confused.*

Friends wanted to "zoom-meet." It was mostly normal but for the fact that a whirring ticking filled his chest and heart. The enduring part of Jim: his pacemaker, which hummed and electrified his body with regularity. He had asked his friends to keep an eye on him just in case he decided to stop pumping altogether. And if that happened, they would be sure to give him a jolt back on track. *Patient confused.*

He loved the smiles and mocking-admonishments he got from hummingbirds as they slurped nectar or found it deficient at the feeder, because it meant he had done his part to make the world a more beautiful place. *So Nature-Lover confused.*

The alarms still start the day, as usual. The routine is adhered to. Meditating on the same things, but it was all so different now. Years of predictability shattered by the contagion. The world... now dark, brown and paralyzing. His new epitaph, nearly lost in the chaos: *Humming Bird Confusion No More...*

Member Spotlight



Rosalie Ungar

I was diagnosed with atrial fibrillation in 1980 when very little was known about a-fib. The standard medication to prevent strokes was the blood thinner warfarin. Being no stranger to health issues or heart problems, I've endured 2 heart attacks, 3 pacemakers, more than 35 years of a-fib, 2 hip replacements, vertigo, carpal tunnel, upper and lower digestive problems and 60 years of thyroid disease.

Ed, my husband, and I are doing well, in spite of the fact that we are both in the Covid high-risk groups; he is 84 with a heart problem. I feel better than I have in years. Maybe it's because I don't have the same energy level I had before and staying home with Ed in our smaller condo is comfortable and easy. After working for almost 60 years, I have no guilt for doing nothing, discovering that I do "nothing" very well. Not setting the alarm clock is *a dream come true.*

I do what makes me feel good and fortunately it seems to work. Being a person of order and harmony, some of my happy daily chores are not popular with other people.

The routine starts with taking my morning meds, getting dressed, making the bed, feeding the cat and eating a healthy breakfast (my obsession). Ed and I read the paper, discuss its contents, then exercise most days. We started out with 5 minutes a day, now up to 25 minutes. Not strenuous but we have added weights. If it hurts, stop doing it. In the afternoon we take a walk outside with our masks on. Our active social life is restricted by the pandemic, but seeing neighbors walking their dogs 6 feet away helps a lot.

The rest of the day is TV, email, and phone calls with friends and family; thankful for Netflix and cable. A funny program before bedtime is important. Happy that the next day will be the same or better.

Physician's Message to Patients



Dr. Obarski with Nursing Staff

For over two years, our lives have been upended by a pandemic straight out of a Hollywood script. Over one million American lives have been lost and billions of dollars in medical expenses have led to countless toll on the emotions and mental stability of family members of the sick and dying, and medical personnel who took care of them. As life turns slowly back to normal, even baseball and hockey have returned, the frustrations and isolation many have faced over the past two years is hopefully lifting.

In a prior essay two years ago, in the throes of the epidemic, I related stories about my father, who by any stretch of one's imagination, could be said to have had a "hard life". Abandoned by his mother and given to an aunt to raise during the great depression, and then at 16, enlisting in the Navy to fight our enemies abroad in World War II, and then having a life of medical problems following the war, I expressed a great deal of doubt that he would have felt sorry for me, or any American, who was asked to wear a mask, wash their hands, and keep a safe distance from other people.

At an age when his son was playing baseball, going to high school and partying with his friends on the weekend, he was "partying" with men trying to kill him and end his life well before it even started because he thought it was the right thing to do. He, and millions of other men and women of his generation would not understand what the fuss about wearing a mask, getting vaccinated and standing six feet apart was all about over the past 2 and half years.

He got married to my mother, had a family, owned a successful family butcher shop in South Chicago and put the past behind him,

Through history, the citizens of our country have been faced with responsibilities and to undertake tasks for the benefit of mankind at the expense of our convenience and comfort. Our time has been fighting an enemy we could not see, but was just as deadly. We seem to have weathered the worst of the storm. But our job is not done. The virus is still out there, as viruses cannot be cured, but only suppressed, and can still be deadly.

When you continue to wear a mask in tight corridors, wash your hands regularly, and still keep your distance, you are protecting yourself and others, and by doing so, you are telling others you have empathy, concern, and love, not specifically for them, but for what they represent, mankind. And when we don't ... well, that tells them something as well.

The nurses and doctors who have cared for the patients on a daily basis, deserve our respect and thanks. Many did not survive the past two years, either literally, succumbing to the virus itself, or figuratively by burning out and moving out of the medical profession. Good women and men, dedicated to helping others, just could not do it any longer. They will be missed.

To my fellow members, stay well, stay covered when need be, and stay positive.. Thank you, and thanks to the nurses and my friends and family who helped me make it through the past 2+ years.

Heart Healthy Recipes



Sheet Pan Fajitas

Ingredients

1 yellow pepper
1 orange pepper
1 red pepper
1 medium yellow onion
2 c. cooked chickpeas (or drained and rinsed canned)
3 T. olive oil

1 T. chili powder
1/2 tsp garlic powder
1/4 tsp cumin
1 tsp sea salt
8 corn tortillas
Fresh cilantro (to garnish)
Hot sauce (to garnish)

Instructions

1. Preheat the oven to 450 degrees and line a baking sheet with parchment paper.
2. Slice the peppers and onions in thin strips into a large bowl. Drizzle the olive oil and sprinkle the seasonings. Mix gently with two forks. Spread the mixture in an even layer on the baking sheet.
3. Roast for 10 minutes and flip the veggies. Continue roasting another 10 minutes.
4. Serve the fajita veggies with warmed corn tortillas and garnish with fresh cilantro and hot sauce if desired.

Serves 4

Note: Other combinations of veggies work well. Sweet potatoes, red potatoes, brussel sprouts (increase oven time to 20-25 minutes for these), red/green cabbage, carrots, etc. Slice thinly.

Heart Healthy Recipes



Tacos with Creamy Avocado-Lime Dressing

Serves 4

Taco Filling

1 T. olive oil
4 cloves of garlic, pressed or minced
1-1/2 tsp chili powder
1 tsp cumin
1 T. tomato paste
1/2 c. quinoa, rinsed
1 c. water
1 15-oz can black beans, rinsed & drained
1/4 tsp salt
Freshly ground pepper

Creamy Avocado Lime Dressing

1/4 c. lime juice (from about 2 limes)
1 T. olive oil
1 T. water
1/2 medium avocado, pitted
1/4 c. lightly packed cilantro
1 small jalapeno, seeded, deribbed, chopped
1 clove of garlic
1/4 tsp sea salt

To prepare taco filling:

Warm the olive oil over medium heat until shimmering. Add the garlic, chili powder and cumin. Cook until fragrant, stirring constantly about 30 seconds. Add the tomato paste and sauté for another minute, stirring constantly. Add the rinsed quinoa and water, and stir to combine. Bring the mixture to a gentle boil, then cover the pot and reduce the heat as necessary to maintain a gentle simmer. Cook until the liquid is absorbed, 15 to 20 minutes. Remove the pot from the heat and let rest, still covered, for 5 minutes. Uncover and fluff the quinoa with a fork. Gently stir in the black beans and salt. Season to taste with pepper. Cover and set aside for a couple of minutes to warm the beans.

To prepare the dressing:

In a small food processor or blender, combine the lime juice, olive oil and water. Using a spoon, scoop in the half avocado and add the cilantro, jalapeno, garlic and salt. Process until the dressing is smooth. Dressing should be zippy, but if too tart or difficult to blend, dilute it with 1 – 2 tablespoons of water and blend again.

Assembly:

Warm taco shells (hard or soft) in the oven before filling or serve as a taco salad over greens. Drizzle dressing over the filling. Serve with dollop of plain Greek yogurt.



MEMBER ENROLLMENT FORM

MEMBER INFORMATION

Date:

Name (Mr/Mrs/Ms):

Address:

City:

State:

ZIP Code:

Email:

Phone:

Birthdate:

Occupation:

☐ I am interested in visiting heart patients in the hospital

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms):

Email:

Phone:

Birthdate:

Occupation:

☐ 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 |
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| <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 addtl tax-deductible contribution of \$ _____

Total Payment Enclosed \$ _____

Please send payment with enrollment form to:

Healing Hearts of Central Ohio
10499 Elderberry Drive
Plain City, Ohio 43064

If undeliverable return to:

Jeff Davidson

Healing Hearts of Central Ohio

10499 Elderberry Drive

Plain City, Ohio 43064

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

10499 Elderberry Drive

Plain City, Ohio 43064

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".