

Healing Hearts

SUMMER 2020



President's Message:

Summer Newsletter – COVID 19 Edition

**Jeff
Davidson**

In this Summer 2020 Newsletter, a special COVID-19 edition, we have included a few of our member's personal heart stories and their experiences in living through this pandemic. In addition, Dr. Ernest Mazzaferri and Dr. Timothy Obarski provide messages of support to our group during this tumultuous time as well as a look at their personal lives.

As we return to a post coronavirus "new normal", I hope that we can continue our monthly educational meetings in the Ross Heart Hospital Auditorium with appropriate precautions. I also look for the return of our heart patient visiting program. For 10 years, we have held monthly meetings and we've visited over 10,000 heart patients.

Meetings scheduled and/or postponed included: "Innovative Research at Ohio State" (Dr. Mohler), "Cardiovascular Imaging—the Foundation of the Profession" (Dr. Obarski), "Diabetes and the Heart" (Dr. Dungan) and "Living With AFIB" (Dr. Hummel).

If you would like to communicate with any of the members providing stories for this newsletter, please e-mail a note to me. And, as usual, please continue to support our group.

If you are not a member, please call or e-mail me about joining our 300 member 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. Seize the opportunity to ease the concerns of patients at the Ross by becoming a patient visitor.

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



Dr. Ernest Mazzaferri and family

Hello Healing Hearts members!

I hope this note finds all of you well and physical distancing as best you can.

My family (wife, two college kids, a 10th grader, and two dogs) have been hunkering down in our house and playing euchre, doing extended family “zooms” and telling stories of days gone by.

Despite the fact that our college kids were sad to move back home and our high school son had his lacrosse season cancelled, we have found a silver lining of COVID19 that we have grown closer together and found solace in our love and dedication for each other. Also, our dogs are certainly happier with all of the attention and daily walks they have received!

As the Medical Director of the Ross Heart Hospital and as a Cardiologist, I have seen first-hand how devastating the COVID19 pandemic has been for our patients, our families, our community, and our health care colleagues. I’m quite certain this pandemic has touched all of you and your loved ones personally as it has left an indelible mark on the world and life as we know it.

I have also witnessed the undeniable spirit of humanity in the efforts, compassion and care provided by the entire health care community. The stories of heroism, dedication and self-sacrifice are found daily not only at Ohio State, but also in every health care system across our beautiful country and the world.

COVID19 may have dampened our spirits and taken away many of life’s simple pleasures, but rest assured that we are on our way out of the abyss, the human spirit will endure, and we will be more prepared for the future as a result of this tragedy.

A huge thank you goes out to all of you who have supported health care workers and families with your donations, prayers and kind deeds over these last couple of months – yet another sign that the world will be a better place post COVID19.

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

Ernie



Mark Sandy

My name is Mark Sandy and I'm a recipient of a donor heart. In short, I've gone through 2 LVAD open-heart surgeries, cancer, and a heart transplant within the past seven years. I'm going on my 2nd year with my donor heart!

After many heart attacks, in 2012 a stent in my main artery collapsed. From hospital to hospital, I was rushed, and paddled to try to restart my heart after 8 minutes with no beats. I was put into an induced coma and transferred to yet another hospital. Four weeks after my first admission and many a night that my family was told I wouldn't live, I got an LVAD implant (left ventricular assist device). From there, I eventually got my life-saving heart transplant.

During this COVID19 pandemic, it's been a challenging time for me, but I can't live in fear, because I've fought too hard to live.

I'm concerned because I haven't been able to see my heart transplant team or my cardiologist. My team, however has been very diligent about doing video chats with me to keep me away from the hospital. Heart catheterizations have been put on hold for now. The OSU Wexner Medical Center is actually sending a nurse to my home to do my blood draws.

I've been trying to not go out in public, however sometimes I need to go because of medication pick-ups and to get the things my family needs. I use precautions by wearing a mask and using hand sanitizer of course. I try to order everything online.

I'm still getting exercise by going outside with my son and walking our dogs. I'm enjoying this time by spending it with my family. That's why I chose to have a heart transplant. I want to be here for my family and watch my son grow up. So, I choose to not live in fear, instead just live my extraordinary life.

Heart Patients Navigating COVID-19



Phil Bowen

My Heart History - Bacterial Endocarditis in 1974, 1990 and 1992. Five Open Heart Surgeries for Aortic Valve Replacement from 1979 through 2008. Pacemaker implanted in 2017. Cardiac Ablation in 2019 for treatment of Mobitz 2 Heart Block.

Like everyone else, a lot of our plans have changed due to Covid-19. Our planned trip to Germany (a retirement gift from my wife, Elizabeth) was cancelled as well as some plans for domestic travel. I don't feel disappointment over these cancelled trips knowing that the entire world is dealing with the same issues or worse.

We are wearing face masks when going out and practicing social distancing, but we are not in total lockdown mode. We still see our daughter's family and help out with her three sons. Most purchases have been made on-line for delivery or curbside pick-up. We stay out of the stores and avoid going places where there may be large groups of people. I am grateful that I retired last year and no longer need to go to work. I am also grateful for being in reasonably good health this year.

Our activities include daily walks and projects around the house. So far, I have painted every upstairs room and updated some lighting to LED. My honey-do list is shrinking although new items keep getting added. We helped our four year old grandson plant his tomato patch. He doesn't understand why it takes so long for tomatoes to show up.

Our way of staying positive through this pandemic is to focus on what we have and not the current limitations. Elizabeth and I celebrated our 46th anniversary on Memorial Day. It was the first time we did not go out for dinner to celebrate. Instead we picked up a carry-out order from our favorite restaurant. Somehow this anniversary seemed very special.



Marilyn Fidler

The COVID-19 quarantine has at times been a challenge. I need a haircut. I was looking forward to seeing Maverick at the movie theater. I miss going to the fabric store and book store. On the other hand, I have been finishing a quilt, crocheting and knitting. I'm ahead of the game on hand-made Christmas items and exploring making face masks.

I have a-fib and my heart is out of rhythm. I talk to doctors on my iPad and send reports through a heart monitor so the doctors can evaluate my condition. I do INR, check my blood pressure, temperature, and weigh myself at home. It will be a while until I can get into the hospital for a cardioversion, because of the virus. Having a cardioversion has been delayed till June or July, along with a conversation about surgery to do an ablation. I had three cardioversions last year and a change in anti-arrhythmia medication.

I was doing well with the medication change. So stress from our new norm could be a factor. However, Ross Heart Hospital personnel, doctors and nurses, have touched base with me to see how I am. Most days are not too bad, but a few rough ones I'm short of breath and tired.

I feel blessed that I have friends who text me every day, a daughter who grocery shops for me, and a medical team that is trying to stay connected. This too shall pass. I am hoping that this time next year we can all recall positive things about this time, along with all the problems, inconvenience and disruption to our daily lives. Did I mention the air is cleaner? There are things to be learned from this time.

I wish you all good health and safety during this difficult time.

Heart Patients Navigating COVID-19



Larry Scurlock

Things are different now. There are 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 am 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.

Until the pandemic, I was attending the New Albany OSU Fitness Center regularly for more than 4 years. I have been swimming eighty laps three times a week for two years.

The fitness center closed, which means no swimming. Luckily, the weather improved so we could go bike riding. We have accumulated 362 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 are enjoying 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 post our cooking and biking adventures with photographs on Facebook. I am reading while limiting television time. I enjoy reading books to better understand the relationship between exercise, diet, lifestyle and disease.



Jim Kelly

Here's a story about a fella who mostly just likes gettin' along. While that quarantine was slappin' us all down, he'd get up when he'd wake up, eat something when bored, and nap whenever..... Days run into nights, songs fill his air, and smiles are almost his only language.

Oh, he'd do a couple of things, takin' care of the health stuff and other important things if he's nagged and reminded enough. Now and again, he might maybe get on the computer to trade some stocks, but after the whippin' he took in the stock crash, not too readily, nor smiling much. Routine confused.

He was needing and getting attention with a pretty big kidney stone that had him howlin' like an alley cat. Some days, he would get on his bike for a ride, but it's been beatin' him up pretty bad in its own crashes, teaching him some lessons about gravity. Other days he'd miss doing his yoga, being too bored for all that stretchin'. Athlete confused.

Friends want to zoom-meet, where there's lots of comparing notes of "how's the shopping and quarantining"....which turns his smiling, gleaming eyes into glazed orbs. The only normal things are that the pacemaker keeps on ticking and the hummingbirds keep on slurping. At least his friends make sure he's stocked up on hummer food. Folks might soon be calling him Yogi-Hummer Jim. All because of the lock-down. So bird feeder confused.

Before the virus, life was different. The alarm started the day sending him off to a serious yogi for meditation on life. Jobs were tended like patient visits, column writing, and record- keeping. Meals and meetings were structured and expected, like in an office. **But you already knew all that and more except that ... hummin' Jim Kelly feeds his yogabirds!** Oh, that quarantine confusion gets so annoying...

Heart Patients Navigating COVID-19



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 (3-4 days a week). 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

As I sit in my house, unable to go anywhere, and not even having baseball for the first time in my memory, I try to rid myself of frustration and self-pity by thinking, as I frequently do, of my father.

He was born in 1929, a bad year given the Great Depression and a decade of strife that would soon begin. His parents sent my dad to live with his aunt and uncle because his parents couldn't afford to care for both him and his twin brother. His home life lacked the love and support his twin enjoyed, not to mention any economic security. I wonder if he knew that 90 years later his son would be asked to wear a facemask, wash his hands, and keep his distance. Would he have felt sorry for me? Probably not.

As he struggled to get thru the 1930s, he became one of the millions of young men and women whose lives were upended by World War II. At 16, he lied about his age and into the Navy he went, with the full understanding that putting himself in harm's way was probably dumb, not very good for his family, but with the belief it was good for the world, for mankind, and especially for the USA.

He did not leave the war unscarred. I wonder if while sitting in the bowels of a ship unaware of what all the noise on top was about, he would have felt sorry for his son who was being asked wear a mask, wash his hands, and keep his distance? Again, probably not.

Through history, the citizens of our country have been asked to accept responsibilities and to undertake tasks for the benefit of mankind at the expense of our convenience and comfort. Today, we are facing an enemy we cannot see, or hear, or in a lot of ways,

understand. Many of you may feel we are facing it alone. When I remember what my father, and millions like him did and have done since, I realize that now it is our time, and our responsibility to care for, and maybe save, our fellow man. When you wear a mask, wash your hands, and keep your distance, you are protecting 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.

We hear and read about the frontline heroes in this battle; the nurses and doctors who care for the patients on a daily basis and deserve our respect and thanks. I was deemed too old to be on the frontline. I guess I should have lied about my age like my father did. But this fight, like other great fights of the past, will be won by the millions, like you, who do their part by simply doing what is needed to be done.

In the 1940s, it was Rosie riveting together an airplane. In the 2020s it's you, me, and Rosie's granddaughter wearing a mask, washing our hands, and standing six feet apart. Now, as then, the strength of us all, and not just the few, are needed to move us out of harm's way.

To my fellow members, stay well, stay covered, and stay positive. Like all the other past people of this nation who have endured inconveniences and strife, if we remember that we are not alone, if we all do what we are asked to do and what is right to do, then we as individuals and as a nation will make it thru and be better for it. Thank you, and thanks to the nurses (pictured) who make my life so much easier.

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 |
| <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 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".