Our mission: “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support”

PRESIDENT’S MESSAGE
by John Hagadorn

“May is busting out all over . . .” wait a minute, it’s “June is busting out all over” or whenever you get around to reading this newsletter. Things are going well for Chapter 28. I was just thinking not long ago that we are so lucky here in the Richmond area. We are close to four huge medical organizations: HCA, Bon Secours, VCU Medical Center, and McGuire’s VA Medical Center, who provide us with a steady stream of some of the top heart professionals in the country and top professionals in heart-related expertise. Last July at the National Conference in San Antonio, Bill Carter, our Mid-Atlantic Regional Director even stated that Richmond was positioned well in being able to serve a large metropolitan region with such nationally known medical organizations. We are truly blessed.

We are blessed also with a thriving Accredited Visitors’ Program in six major hospitals. Mended Hearts brings healing in a way nurses and physicians cannot. I know the value of and highly appreciate the Accredited Visitors who weekly talk to heart patients, sharing stories of their personal journeys with heart disease while encouraging and instilling hope in the patients they talk to. I like to think of our visitors as “visiting angels” because they freely give their time, dedication, and heart to bring blessings to others. This is what we do. I am so proud of each member of Chapter 28 whether you are an accredited visitor or a member who wants to learn and to be reminded of how to live a heart-healthy life.

I hope each of you gets through one of the worst pollen-filled springs in years. Let’s hope the summer season is a bit kindlier and gentler. Let the approaching summer season be filled with joy and great memories.

MEETING PLACES AND SCHEDULES

May 7th our meeting will be at Chippenham Hospital in the Krause Auditorium at 7 PM (2nd Floor)
June 4th our meeting will be at Henrico Doctors Hospital Front entrance in the Williamsburg Conference Room (in Lobby on left)
Chapter 28 meets the first Tuesday of each month at 7:00PM, alternating between Chippenham Hospital (Krause Auditorium, 2nd floor, (odd months), and Henrico Doctor’s Hospital at Forest Avenue & Skipwith Road in Williamsburg Conference Room at front entrance to the hospital (even months). We look forward to seeing everyone at our meetings!

Come out and enjoy our excellent speakers.

Mended Hearts Chapter 28 welcomes all heart patients, their families, and any individuals interested in our program.

Please contact Joe Shocket for further information.

Email: featherstep1@msn.com  Phone: 804-873-7889

SPEAKERS FOR OUR NEXT TWO MEETINGS

May 7th - Dennis Popp - Heart Transplant Survivor
June 4th - Lisa Mayer - Heart Failure Navigator, Chippenham Hospital

SPECIAL MAY DAYS

• National Blood Pressure Month
• Older Americans Month
• **Weekly Celebrations:**
  • Nurse's Week - first full week of the month
  • National Police Week - third week of the month
  • Emergency Medical Services Week - fourth week of the month

May 2019 Holidays

01 May Day
04 Kentucky Derby Day - first Saturday in May
05 Ramadan - begins at sundown, date varies
06 National Nurses Day
07 National Teacher's Day
12 Mother's Day - second Sunday in May
15 Police Officer's Memorial Day
18 Armed Forces Day - third Saturday of month
27 Memorial Day - last Monday of month

June 2019 Holidays and Special Days

• National Fresh Fruit and Vegetable Month
05 World Environment Day
06 D-Day, WWII
08 Best Friends Day
09 Nursing Assistants Day
14 Flag Day
16 Father's Day - third Sunday
17 Eat Your Vegetables Day
19 Juneteenth
21 Finally Summer Day / Summer Solstice
HOSPITALITY
by Ethel Nelmes

If you are scheduled to bring refreshments and you cannot make the meeting, please call Ethel Nelmes [804] 399-2582 to make other arrangements. We appreciate all you do for Mended Hearts.

May 7th refreshments will be provided by Jon Ninnemann
June 4th refreshments will be provided by Ethel Nelmes
July 2nd (no meeting due to 4th of July Holiday Week)

RECENT DONATIONS RECEIVED

IMO of Patsy Logan $100.00
Kroger Comm. Support program $32.61
Henrico Doctors' Hospital $1000.00

SUNSHINE COMMITTEE
by Carolyn Payne

Caring for each other is what we are about. Please call Sunshine Chairman Carolyn Payne (804-739-1745) if you know anyone who is sick or has experienced a loss, so that we may let them know the thoughts of their Mended Hearts friends are with them. Hopefully, everyone will stay well and healthy.

- No one reported any illnesses for this period.

CONSULT YOUR DOCTOR

“Hearty Times” is written for the education and information of our members and others concerned with heart health. It is NOT intended as a substitute for the advice of your own physician. Contact your doctor or health professional about your symptoms and concerns.
MENDED HEARTS PRAYER
by Herbert G. Maedl

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 your gifts well.

PLEASE SIGN UP FOR
DONATIONS FROM KROGER’S
by Joe Shocket

PLEASE NOTE NEW CHANGE:  The Kroger Co. Family of Stores has recently upgraded the Community Rewards system. As a result, Mended Hearts Chapter 28 now has a new account number (PE983). New members can enroll in the Kroger Community Support program by searching for either PE983 or by our name “Mended Hearts.”

The Kroger Family of stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger. They are also committed to carefully protecting our customers’ personal information.

In order to meet their expectation of privacy, they have adopted a simple policy to never share a customer’s personal information. Our privacy policy applies to Community Rewards participation as well.

As your neighborhood food retailer, they deeply value their ability to support local organizations like ours. Please sign up on the Kroger web site and see how these donations can really benefit Chapter 28. Chapter 28 members and all other individuals, please consider linking your Kroger Plus Shoppers Card (membership number) to the Kroger Community Rewards program. Please visit the Kroger website and follow their prompts. If you need assistance, please contact Treasurer Joe Shocket. It helps Chapter 28 raise funds to support our programs of heart education and visiting heart patients and their families in area hospitals.

Joe Shocket 804-748-3681. Thank You.
CHAPTER OFFICERS 2018

John Hagadorn  President  379-7683
George Kirchmier  1st Vice President  739-1062
Ethel Nelmes  2nd Vice President  399-2582
Tommy Broughton  Secretary  598-4893
Joe Shocket  Treasurer  748-3681
Joe Shocket  Visiting Chair  748-3681
Joe Shocket  AHA Liaison  748-3681
Estelle Grossman  Scholarship Chair  741-0285
Joe Shocket  Publicity  748-3681
Sharon Feldman  Publicity  585-261-7196
Joe Shocket  Statistician  748-3681
Carolyn Payne  Sunshine Chair  739-1745
Ethel Nelmes  Newsletter Editor  399-2582
Tommy Broughton  Hospitality Chair  598-4893
Joe Shocket  Ways and Means  748-3681
        Jodi Lemacks  Mended Little Hearts  419-7028
jodi.lemacks@mendedhearts.org
Michelle McLees  AHA Consultant  965-6506
The Mended Hearts, Inc.  888-432-7899
All “804” area code unless otherwise stated

VISITING STATS FOR HOSPITALS
by Joe Shocket

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<th>Year 2019</th>
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<td>21</td>
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Congratulations to Tommy Broughton who ran/walked the Monument Ave 10K on April 13th on a warm, mid 60s, and very humid day. He finished 32nd in the men’s 75-79 age group with a time of 1:37.31. He said he was hoping to do a little better but with the day being what it was, he’ll take it.

MAY HEART SURGERY ANNIVERSARIES

Tommy Broughton  05/13  Stent
Pat Brown-Glover  05/23/07  MVR
John Myers  05/20/14  AA and AVR
Chris Snidow  05/2/05  Bypass X4
Ralph Ward  05/21/08  Bypass X3

JUNE HEART SURGERY ANNIVERSARIES

Bernard Lublin  06/1/93  MVR
Danny O'Rourke  06/14/13  Defibrillator
David Schneider  06/24/16  Bypass X3
Robert Sofee  06/8/92  Bypass X3
Husna Nasruddin, wrote a sincere letter of thanks to us for the $1,000 Pharmacy Scholarship (Estelle Grossman, our Scholarship Chairman) that was awarded to Husna at our April Meeting from Chapter 28.

Husna writes, it is a great honor and with gratitude that I accept your scholarship this year. This gift will allow me to devote more of my time to the service of my community. It will grant me the opportunity to spend time at free clinics in Richmond building my skills so that I can be a better Pharmacist. Thank you for seeing the potential in me. I hope to multiply your gift by continuing to provide compassionate care to all I am blessed to encounter.

Husna Nasruddin

SPEAKERS FOR OUR APRIL MENDED HEARTS MEETING

Regina Dallosta and Nick Fischetti both with multiple Clinical Nutrition Degrees spoke to us at our April meeting on the importance of healthy eating for our hearts and good health. They said it was okay to have a meatless meal or you can bake, broil, grill or
steam your meats for healthier choices. Using fresh lemon to season fish and chicken and vinegar for beef is much healthier than using salt for seasoning. Also using canola, corn or olive oils is the way to go. Avoid processed foods such as bacon and cold cuts. Eating more soluble fiber (25-30 grams a day) is easy with foods that consist of whole grains, dried beans, fruits, Brussel sprouts, cauliflower, nuts and wheat bran, apples, oats, and strawberries. Remember when dishing up a healthy meal, one half of the plate should be vegetables and fruit, one fourth should consist of your fish, chicken (portions no larger than the palm of your hand) one-fourth starches along with dairy, yogurts, cheeses. Unsaturated foods can be fish, nuts, almonds and walnuts and avocados. Remember that sodium should be limited to 1500 mg or less a day (no more than 500 per meal). Carefully check labels on all canned ingredients (especially soups) for sodium and calories. Drain and rinse your canned vegetables before eating to remove as much sodium as possible. Check with your doctor before using a salt substitute, low sodium products like No Salt or NuSalt. Nonstarchy vegetables are broccoli, cabbage, carrots, cucumbers, eggplant, green beans, kale, red peppers, and tomatoes. Eat whole fruit instead of juices as they contain more sugar. For good health limit foods high in saturated and trans fats, such as butter, whole milk, baked goods, such as candy and desserts and sweetened beverages. When dining out (as many of us older folks do), make sure you avoid foods with the words creamy, fried, hollandaise, or breaded. Limit foods with chopped egg crumbled bacon, or cheese added. Don’t supersize your order is the smart choice too. Choose a salad or fresh fruit over fries or chips. Happy Eating!

Websites for more nutritional info
The American Heart Association  www.heart.org
The Food Plate  www.choosemyplate.gov
NIH –  https://www.nhibi.nih.gov/health-topics

MENDED HEARTS MID ATLANTIC REGIONAL MEETING
By Joe Shocket

The Mended Hearts and Mended Little Hearts Mid-Atlantic Regional meeting opened at Inova Fairfax Medical Campus in the Physicians conference center Saturday morning, April 27, 2019.

After checking in and enjoying a delicious breakfast we adjourned to a beautiful auditorium where we opened with the Mended Hearts prayer and a recognition of all veterans in attendance. Larue from the Goldsboro, NC chapter led us in a beautiful rendition of the National Anthem.
We were welcomed by Heather Russell, Vice President and Administrator, Inova Heart and Vascular Institute. Elizabeth Blumenfeld, Vice-President Elect, Mended Little Hearts, spoke on the heart issues of her son, Zachery, they encountered 16 years ago when he was born. Norm Linsky, Executive Director, Mended Hearts, informed us there would be no national conference this year, but 12 regional conferences instead. This one was the first of twelve.

Our first speaker was Dr. Lucas Collazo, Director, Pediatric and Congenital Cardiac Surgery, Co-Director, Pediatric Heart Program Inova Children’s Hospital, Medical Staff President, Inova Fairfax Medical Campus. Dr. Collazo spoke on what’s new in pediatric surgery and the use of virtual digital augmented reality and mixed reality for surgical planning. This is where a virtual representation of the defective heart can be viewed with the surgical steps added and subtracted as they plan for the operation. One slide in the presentation showed members of the medical team wearing those Oculus goggles. The Oculus Rift is a virtual reality system that completely immerses you inside virtual worlds.

Following Dr. Collazo, Dr. Eric L Sarin, Co-Director, Structural Heart and Valve Program, Co-Director, Cardiovascular Research, Inova Heart and Vascular Institute, spoke on Valvular Heart Disease in 2019 and what’s beyond in the future. He talked about the TAVR (transcatheter aortic valve replacement) procedure as we watched the procedure onscreen, also, the MitraClip for leaky mitral valves.

Following Dr. Sarin, Dr. Ramesh Singh, Cardiothoracic Surgeon, Surgical Director, Mechanical Circulatory Support, Inova Heart and Vascular Institute, spoke on advanced heart failure therapies, covering LVADS (left ventricle assist device) which help a weakened heart pump blood throughout the body and hybrid coronary revascularization. This is where bypass and percutaneous coronary intervention surgeries are combined into one surgery.

Our next speaker was Michael Mintz, Psy.D, Associate Director, Child Development Program at Children’s National Medical Center, Clinical Asst. Professor, Dept. of Psychiatry & Behavioral Sciences at the George Washington University School of Medicine & Health Sciences. Dr. Mintz spoke on the evaluation and treatment of neurodevelopmental challenges in kids and the Cardiac Neurodevelopment Outcome
program (CANDO) for kids who have a tough time learning. We learned that congenital heart disease can affect the way the brain develops, even in utero. Following Dr. Mintz, Elizabeth Blumenfeld, VP-Elect Mended Little Hearts “CNOC”, Cardiac Neurodevelopment Outcomes Collaborative, Steering Committee Member; Co-Chair, Community Outreach Committee spoke on helping CHD kids thrive.

Following lunch, Barbara Jacobs, NP, Vice President, Nursing and Chief Nursing Officer Anne Arundel Medical Center spoke on the “Power of the Positive and Your Health”. She showed a video of a fellow stepping on a train watching a funny video on his automated device. He starts laughing, and eventually, everyone else on the train starts smiling and laughing. (similar to seeing someone yawn and you start yarning).

Following Barbara, Laura Mead, RN “Patient Navigation”, Patient Navigator, Inova Heart and Vascular Institute spoke on working with patients and patient families to familiarize them with the entire process of heart surgery from beginning to end. I found this talk to be one of the most interesting.

Closing the conference were Al Voss, Treasurer, Mended Hearts and Judy Himes, Director of Operations & Field Services, Mended Hearts Resource Center. Al talked about the reasoning for moving the headquarters from Dallas to Albany, GA (cheaper!) and the financial state of the organization. We also discussed fundraising and fixing the national website. Going forward, all members will receive dues notices via email; other arrangements will be made for those members who don’t have email.

This was an excellent conference with a lot of good information. I encourage all members to consider attending future conferences. They are easy to get to (past conferences have been in Raleigh and this one in Fairfax, VA), so only two to three hours away.
Healthy Heart - Heart/Happy Community Event
by Joe Shocket

Chippenham Hospital hosted the Healthy Heart/Happy Heart/Community Event Wednesday evening, April 24th. Cardiologists Dr. Andrew Keller, Dr. Mitesh Amin, Dr Guru Mohanty and Dr. Brian Lentz spoke on a variety of cardiovascular topics as outlined below.

Dr. Amin spoke on five common heart tests: the EKG which measures electrical activity of the heart, the echocardiogram which is an ultrasound of the heart, the stress test, both walking on the treadmill and the chemical stress test, and the Holter event monitor which records the heart’s electrical activity over a longer period of time. The patient would wear the monitor home rather than staying in a medical facility.

Dr. Lentz spoke on cardiac risk factors and how to reduce those risk factors. He discussed healthy lifestyles, the team-based concept where the patient and his medical team discuss the best path forward when the patient has heart disease, ASCVD risk estimation (Atherosclerotic cardiovascular disease), diet, exercise, adults with Type 2 Diabetes Mellitus, quitting smoking, the use of aspirin, statin therapy, and non-pharmacological interventions.

Dr. Keller spoke on heart failure. One statistic that hit home was the fact that 50 percent of people diagnosed with heart disease die within 5 years. Diastolic heart failure is when the heart becomes stiff and thick, and fluid backs up in the body. Systolic heart failure is when the ventricle becomes weak and can’t pump blood sufficiently enough to meet the needs of the body. Some symptoms of these conditions are shortness of breath and swelling in the extremities from fluid backing up in the body.

Dr. Mohanty spoke on atrial fibrillation (A fib), when the heart’s electrical system gets messed up, causing the heart to beat too slowly (bradycardia) or too fast (tachycardia). This condition affects 3 million Americans with 750,000 hospitalized annually. Some of the symptoms of Afib are palpitations in the chest, shortness of breath, chest tightness, light-headedness, and fainting. Having Afib increases one’s chances of having a stroke from blood clots and can lead to congestive heart failure. Some of the treatments for Afib are cardioversion where the tissue causing the Afib is shocked, ablation where the abnormal electrical signals in the heart are burned or frozen, and the MAZE procedure where, through open heart surgery, the tissue causing the Afib is eradicated.

It was a very informative session with good information for all demographics because we all have hearts that need to be taken care of.
We include a copy of our membership application in the newsletter for your convenience. Detach and send it now or put it on your refrigerator to attend to when you are feeling stronger. Visitors are always welcome at our meetings. We meet the first Tuesday of each month at 7:00 PM. Our meeting place for January is Chippenham Hospital, otherwise in even numbered months we meet at Henrico Doctors Hospital Forest, and odd numbered months at Chippenham Hospital on Janke Road. Please check the website for information on location and programs.

Name_______________________________________________ Birthday ___/_____
Address_______________________________ Apt. #____ Home Phone (__________)
City__________________________ State _____ Zip _______ Work Phone (__________)
Type of Surgery/Treatment____________________ Date of Surgery/Treatment __/___/
Occupation________________________________________________________ E-mail________________________
Name of Spouse____________________ Birthday ___/___ Anniversary ___/___/
Visitor Training_____ Preferred Hospital(s) ________________________________

We need volunteers to make a difference in heart patients’ lives.
I am interested in:
_____ Visiting patients _______ Committee work _______ Telephoning
_____ Special events _______ Driving members to meetings _______ I will need a ride to meetings

Membership is open to people who have had heart surgery or heart disease, their families, and friends. Membership is for one year from the date of enrollment and includes chapter newsletters, and the quarterly magazine Heartbeat. (To be a member of a chapter you must be a member of the national organization.)

Please select one of the following:
__________ Individual Dues $27.00__________
__________ Family Dues $44.00__________

(A family consists of two or more members in the same family sharing the same address.) National lifetime memberships are available. Please contact the treasurer.

_____ please send me the newsletter for one year, even though I do not choose to join currently.
I enclose a $5.00 donation to help defray the cost.

_____ I enclose a donation to support the work of The Mended Hearts, Inc.
Please make your check payable to MENDED HEARTS CHAPTER #28.
Mail it with this application to our treasurer:
Joe Shocket 2812 Wilton Court, Chester, VA 23831
The Mended Hearts Virginia Chapter 28  
John Hagadorn  
11937 Briar Patch Drive  
Midlothian, VA 23113

The Mended Hearts, Inc.  
Central Virginia Chapter #28  
THE MENDED HEARTS, INC.

The objectives of the Mended Hearts are to offer help, support and encouragement to heart disease patients and their families. Members achieve these objectives by:

- Visiting, with physician approval, and offering encouragement and support to heart disease patients and their families.

- Distributing information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.

- Establishing a program of assistance to surgeons, physicians and hospitals in their work with heart patients.

- Cooperating with other organizations which engage in educational and research activities pertaining to heart illnesses.

- Assisting established rehabilitation programs for Mended Hearts and their families.

- Planning and conducting a suitable program of social and educational events.