

LVADANDYOU.COM



February 2020 Newsletter

My LVAD Journey

My journey started just about 20 years ago when I was first diagnosed with congestive heart failure (CHF).

I have struggled and tried to do as my doctors have ordered me to.... But last spring things really got much worse for me and I was told if I didn't do something such as surgery that I wouldn't make it til next spring. That's when I first heard the term Lvad.

I immediately said let's do it !! I have 6 grandkids and I want to see them grow up. The youngest is going to be 5 in April so in other words I would like to stick around awhile. I had my surgery on August 27, 2019 at Integris Baptist in Oklahoma City.

After my surgery when I was feeling better my daughter got me in this group.... Lvad and you. I have to say that being in this group has helped me so much. As we all know we experience different things and when we can share with others when we see that we're not alone in our journey. I'm thankful that we have each other and I can truly understand what others are going through. As you may know I was the lucky winner of the December drawing!! Have to say that REALLY made my day!! I'm so excited to be getting a Vad shirt and a Stash bandz!

I had purchased a Vad tag previously so I told Carrie to give the tag to someone who doesn't have one yet.

My LVAD Journey cont.

I've had several people notice my tag and comment on it. I like it because it's there in case of that emergency we hope we never have. And it's like our own design unlike all the other medical alert jewelry on the market.

If you haven't got a tag yet I'd urge you to get one. It is an easy way to always have your information handy in the event that it's needed.

Thank you to everyone in our group for sharing a part of your lives with me and being my friends. I wish you all a Very Happy and Healthy 2020 !!

Becky Rierson



Prayer Tuesday

Psalm 40:2-3

“He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. He hath put a new song in my mouth, even praise unto our God; many shall see it, and fear, and shall trust in the Lord.”

Rickey's Roundtable

For the month of February I am happy to announce that one of our vendors Graystone CCW has just about finished with the modifications for the VAD Shirt. Elizabeth sent me the most recent prototype and with just a few adjustments this shirt will be ready for production, which I am so very happy about.

This month also will kick off the scheduling of conventions and events that I will be attending as an Ambassador for the Abbott Company. I am not sure how many conventions I will be able to attend, and will keep everyone posted as to the ones I select and dates for those.

I am also happy to announce that I worked diligently with UNC Heart And Vascular Department to assist in creating the Advisory Board. This Board is still in the infancy stage, but will hopefully come to fruition by July of this year.

Rickey's Roundtable Cont.

Again as this board comes together I will notify everyone and should any of you decide that you would like to participate on this board, I will give you the contact information to be involved.

Hoping everyone has a wonderful Valentine's Day and take a moment to breathe knowing that from one moment to the next things change and we always need to be ready for them to do so! See all of you next month.
R.E.

Weight Loss Warriors:

Hello Warriors! My apologies for being MIA for a few weeks. I unfortunately was the recipient of this bronchial funk. I am so excited to see all of our new family members on both groups. I am looking forward to hearing your personal victories on warriors victory friday. Also, how are you all doing on your weightloss journey? I have lost 4.6 lbs in January. Hugs to all of our warriors, brothers, and sisters. Chime in, we want to hear from you.
Patti Goers



Facebook Give-Away Winners Are:

November 2019 - Wendy Connick
Lake Helen, FL

December 2019 - Becky Rierson
Rose Hill, KS

January 2020 - C.J. Fisher
Bemidji, MN

**Be sure to register each month to
be entered into the drawing*

Carrie's Corner

New things are happening each month and I'm pleased to announce our new group LVAD And You: Weight Loss Warriors. This group is open to all that want to start a journey to a healthier new you. Whether you have an LVAD, are a caregiver, or supporter and are looking to make a change in your life please come along and get engaged in a new you for 2020. We want to promote healthy lifestyle changes to allow us to be here for tomorrow and the next day. I struggle with my weight and the overall health of my well being. Banding together in support and encouragement to make the necessary changes is all we are looking for. Stop in and say "HI" in the group. Let us know your story and what you are doing to change and how that change is making a positive impact in your life.

In addition, I want to welcome all the new members to LVAD and you. If you want to share your story please let me know. Send me a message or email me. I look forward to meeting each and every one of you.

In case you didn't know, February is Heart Disease Awareness Month. Have a Happy Valentine's Day!!!
C.F.



From The Chef's Kitchen:

Hearty 3 Bean Chill

Ingredients:

- 1 Can Navy Beans [White Kidney Beans [drain]
- 1 Can Kidney Beans [drain]
- 2 Cans Black Beans [do not drain]
- 2 Lbs Ground Beef [brown & drained]
- 1 Yellow Onion [diced]
- 2 Cups Beef Stock or broth
- 1 8 Ounce Package Sliced Mushrooms
- 2 Cans Diced Chili & Tomatoes
- 1 Teaspoon Cumin
- 1 Teaspoon Chili Powder
- Jalapenos [if desired]
- Hot Sauce [if desired]

Directions: Combine all of the above ingredients in a Slow

Cooker and set it to Low Heat. Cook for 6-7 hours. Turn the Slow Cooker to warm and serve when ready!

Chili Bar:

- Sour Cream
- Shredded Cheese
- Sliced Jalapenos
- Crumbled Bacon

Member Comments Q&A

If you have a comment to make or have a specific question please send us an email from our Contact Us page on our website.