



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

The newsletter format is designed for viewing on your phone.

Next Support Group Meeting: February 18, 2026 at 11:30AM

Meeting starts at 11:30AM, please arrive ten minutes early.



Riverview Health

Riverview Health Hospital

Professional Building Entrance 4 (Click to open map)

Classrooms A & B

(Lower Level) Use Stairs or Elevator

**Please RSVP the number of guests by February 10 to
lindakm1951@yahoo.com or by text to 317-407-8300.**

Lunch is provided.

**Support Meetings are canceled if the outdoor temperature is
20 Degrees F or lower.**

[Professional Building Entrance 4 \(Click to open map\)](https://www.google.com/maps/place/Riverview+Health+Hospital/@39.74111,-85.5075,14z)



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

December Meeting Highlights:





Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026





Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026





Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026





Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Opportunities to Save Lives in 2026

Donate to Fund Free Heart Scans

(Riverview Health Computed Tomography (CT) Heart Scan - \$49)

1 Heart Scan ~ \$50

2 Heart Scans ~ \$100

5 Heart Scans ~ \$250

10 Heart Scans ~ \$500

20 Heart Scans ~ \$1000

2026 New Tax Law

Up to \$1000 per taxpayer deduction for qualified charities, no itemizing required.

How many lives do you want to help save this year?

“Thank you for helping save lives.”
to those who donated to fund free heart scans in
2025.



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Click on link below.

[Donate to Mended Hearts Chapter #350 via the Riverview Foundation](#)

Donations are made directly to 501c3 charity in Cash, Check, or Credit Card to qualify for tax deduction.

Donations can also be made by:

Donor Advised Fund (DAF)

Qualified Charitable Distributions (QCD) (must be at least 70.5 years old) directly from Traditional IRA's.



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Jim Grabowski has four walkers and one leather wheel chair available for members or anyone who needs the equipment. Items are free of charge.

Donations:

**Unneeded Medications
(Unopened/Unused/Not Expired)**

Unneeded Walkers/Wheel Chairs/Canes

Contact: Jim Grabowski



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Volunteers Needed:

Volunteering with other members can provide purpose and a sense of accomplishment, enriching experiences, and provide enjoyment and happiness.

Interested members are welcome to attend board meetings or contact a board member.

Fund Raising:

Click on links below.

[**200 Fundraising Ideas**](#)

[GoFundMe](#)

Donate your unspent coins/change

[**Donate to Mended Hearts Chapter #350 via the Riverview Foundation**](#)



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Membership:

Click on link below.

50 Ideas to Increase Membership

Photographer: Stan Gurka

Support Meeting Setup/Cleanup:

We need volunteers to help setup the room for our support meetings.

Arrive 30 minutes before the meeting starts.



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

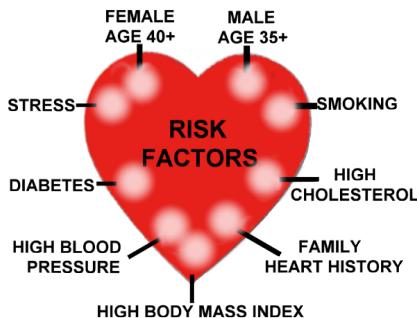
www.MendedHearts350.org

January 2026

Mended Hearts Chapter 350 Heart Scan Program

Coordinated to date the Gifting of 818 no cost Heart Scans

CAUTION: POSSIBLE HEART ATTACK!!!



More Factors = Greater Risk

A Heart Attack occurs when the blood flow that brings oxygen to the heart muscle is blocked causing the muscle to be damaged or to die.

GET A HEART SCAN!!!

A HEART SCAN IS PAINLESS, TAKES 15 MINUTES AND COSTS \$49 AT MANY HOSPITALS
HIGH RISK PATIENTS - 65% FAILED AND HAD HEART PROBLEMS.
LOW RISK PATIENTS - 15% FAILED AND HAD HEART PROBLEMS.

FIND BLOCKAGES AND SAVE YOUR LIFE



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Mended Hearts Chapter 350 Heart Scan Program

The Heart Scan program provides a free (no cost) CT test which can detect potential plaque buildup in the heart. A cardiac CT (computed tomography) scan is a painless imaging test that uses x-rays to take detailed pictures of your heart and its blood vessels.

To date over 818 free Heart scans from Mended Hearts Chapter 350 have been provided to individuals. The resulting tests have provided doctors access not only to potential cardiac complications but also other potential health situations.

The program is proactive resulting in lives being saved.



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

2026 Chapter #350 Meeting Dates:

January 7	Board Meeting	
February 4	Board Meeting	
February 18	Support Meeting	
March 4	Board Meeting	
March 18	Support Meeting	
April 1	Board Meeting	
April 15	Support Meeting	
May 6	Board Meeting	Anniversary
May 20	Support Meeting	
June 3	Board Meeting	
June 17	Support Meeting	
July 1	Board Meeting	
July 15	Support Meeting	Annual Picnic
August 5	Board Meeting	
August 19	Support Meeting	
September 2	Board Meeting	
September 16	Support Meeting	
October 7	Board Meeting	
October 21	Support Meeting	
November 4	Board Meeting	
November 18	Support Meeting	
December 16	Support Meeting	Holiday Gathering



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Seeking Nominees for 2026 Board Members

The desire is to replace the existing board members with new board members.

President:

Vice President:

Treasurer:

Secretary:

Interested members are welcome to attend board meetings.



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

VISITING HEART PATIENTS

Trained Volunteers:

- 1. Provide emotional support**
- 2. Share information**
- 3. Connect patients and families with support groups**
- 4. Help visit Riverview heart patients Monday thru Friday**
- 5. Visitor Volunteers average 500+ visits per year**

It's Great to be Alive...and to Help Others

Visitor Requirements:

1. Be a heart patient or a family member of a heart patient
2. Be a member of Mended Hearts National and Local Chapters
3. [Pass Mended Hearts Accredited Visitor Training](#)
4. Attend Riverview Volunteer Training Session
5. Agree to obey all HIPAA requirements
6. Train by visiting patients with Accredited Visitors
7. Add patient information to the visitors log



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Present Accredited Visitors

Maureen Price

Larry Lake

Jim Grabowski

Marv Norman

PLEASE: COME HELP US



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Kroger Rewards

If you have a Kroger Rewards card that you would like linked to our Chapter, set up an account at <http://www.kroger.com>.

Bring your Kroger card to the next meeting along with your Logon ID and Password. I will help you set up the connection.

OR

Visit <http://www.kroger.com>. Sign in to your account. Once logged into your Kroger account, search for HAMILTONCOUNTYMENDEDHEARTS CHAPTER350 either by name or JFI25 and then click Enroll.

New users will need to create an account which requires some basic information, a valid email address and a rewards card.

***Customers must have a registered Kroger rewards card account to link to your organization.**

***If a member does not yet have a Kroger rewards card, they are available at the customer service desk at any Kroger.**



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

REMEMBER:

**Purchases will not count for our Chapter until
after you register your rewards card.
Participants must swipe their registered
Kroger rewards card or use the phone number
that is related to their registered Kroger
rewards card when shopping for each
purchase to count.**



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Benefits of Mended Hearts Membership

Connection. Being a member offers opportunity for connection with the nation's largest community-based heart patient support organization providing hope and encouragement to heart patients and their families.

Relationships. Membership provides many opportunities to personally connect with fellow heart patients, family members and caregivers in your community and nationwide. When you open your heart to a Mended Hearts membership, you have an opportunity to create life-long friendships at home and across the country with people from all walks of life.

Giving Back. Our accredited visiting program enables survivors and caregivers to “give back” to other patients what they've learned from their experiences.

Chapter Activities. We encourage all members to participate in chapter activities – which can include ongoing informational meetings, support group sessions, social activities, community health events, and a hospital-based visiting program, to name a few.

National Magazine. A digital subscription to the quarterly *Heartbeat Magazine*, 28-32 pages highlighting organization news, activities and items of interest to the heart-patient community, is available to all members and subscribers.

National Heart Newsletter. A digital newsletter, subscribe here: [Heart Newsletter](#)

Educational Information. GoToGuides here: [GoToGuides](#)

In the Know. Membership offers internal organizational communications via the Internet – providing the latest organizational updates and important heart-health information.

Web site. Membership offers access to a password-protected members-only site on the Mended Hearts Web site.

Branded Items. Members receive access to a wide variety of Mended Hearts-branded wearables and other items to show off your Mended Hearts pride!

Leadership. As a volunteer organization run by and for volunteer heart patients and their caregivers, Mended Hearts offers many leadership opportunities to impact change for the betterment of the heart patient community at the local, regional and national levels.

Mended Little Hearts. Connection with Mended Little Hearts, the Mended Hearts program in communities nationwide that provides support to the “littlest heart patients of all” and their families.



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

**Please renew your membership by logging
into the Mended Hearts Portal at**

Mended Hearts Portal Login

New members can join now online at

Mended Hearts Chapter #350 Membership

or fill out form at

Mended Hearts Chapter #350 Membership Form



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

TELL YOUR FRIENDS ABOUT IT

Medical Information Packet Program

Over 19,000 Medical Packets Donated

**Help support the Heart Scan Program
and Medical Information Packets Program by
donating to Mended Hearts Chapter #350 via
the Riverview Foundation.**

Click on link below.

**Donate to Mended Hearts Chapter #350 via the
Riverview Foundation**



Mended Hearts®
of Noblesville, IN

"It's great to be alive... and to help others"

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

7:30

61%

LINK:

donate.riverview.org/products/
DONATE/donate-today

- 1) Choose frequency
- 2) Choose amount
- 3) Dedicate-choose no
- 4) Choose "Mended Hearts" as special campaign
- 5) Choose payment method



**THANK YOU FOR
YOUR SUPPORT**





Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Important Dates:

***Interested members are welcome to attend
board meetings.***

January 7: Board of Directors Meeting

January None: Support Group Meeting

February 4: Board of Directors Meeting

February 18: Support Group Meeting

[Professional Building Entrance 4 \(Click to open map\)](#)

Classrooms A & B



Mended Hearts®
of Noblesville, IN

“It's great to be alive... and to help others”

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

January 2026

Please forward any ideas for the newsletter or information you would like presented at the next meeting by the 20th of the month to the newsletter editor:

mendedheartshc350@gmail.com

Editor: Conan McDonald

Mended Hearts of Noblesville #350 Board Members

President: Marv Norman

mncnorman@comcast.net

Vice President: Jim Grabowski

megrabber@hotmail.com

Treasurer: Maureen Price

mprice2000@gmail.com

Secretary: Barb Ryberg

barb0515@aol.com