



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

June 2026

The newsletter format is designed for viewing on your phone.

Next Support Group Meeting: June 17, 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 June 10 to

Linda Mason

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.**



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

June 2026

YOU ARE INVITED

18TH ANNIVERSARY

**HAMILTON COUNTY MENDED HEARTS
CHAPTER 350**

WEDNESDAY JUNE 17, 2026

11:30 am

RIVERVIEW HEALTH

395 WESTFIELD ROAD

(Entrance 4 – Classrooms A & B - Lower Level)

SPECIAL SPEAKER:

KATHY BITAR, BSN, RN

PATIENT EDUCATION LIAISON

ALNYLAM PHARMACEUTICALS

Lunch provided

**RSVP to lindakm1951@yahoo.com or text 317-407-8300 with
number of guests attending by 6/10/26**



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

HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

June 2026

June Speaker:



**Kathy Bitar (BSN, RN, BBA)
ATTR Amyloidosis (ATTR) Educational
Program from Alnylam**



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

June 2026

PLEASE READ!!!

I am getting fewer and fewer RSVP's for attendance to our support group meetings. As you may have noticed at our last meeting, we were getting low on food. I need to turn in a head count by the week before the meeting. This will be especially critical for the June Anniversary meeting, as we will be hosting visitors from Riverview Administration and others.

**Please RSVP by the Wednesday before the monthly meetings to
lindakm1951@yahoo.com**

**or text to (317) 407-8300.
Thank you.**



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

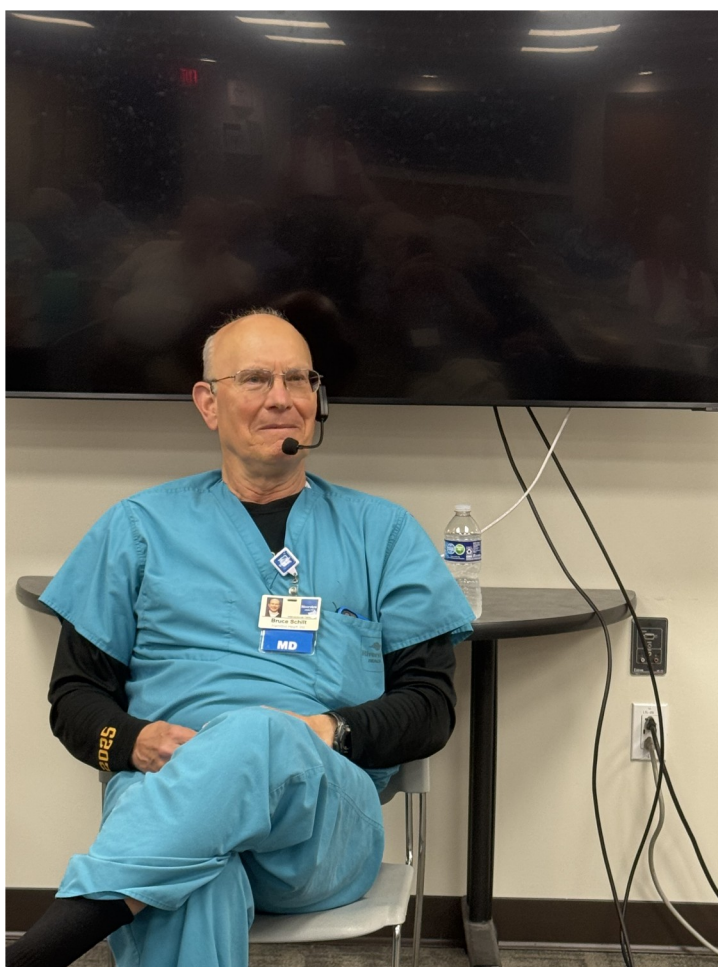
HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

June 2026

May Meeting Highlights



Dr. Schilt



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

June 2026

June is Summer Solstice Month

Mended Hearts: Stroke

The Scan That Reveals Heart Disease Years Before Symptoms

**Living a Heart Healthy Lifestyle
Watch**

**Live to 100: Secrets of the Blue Zones
on Netflix.**



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

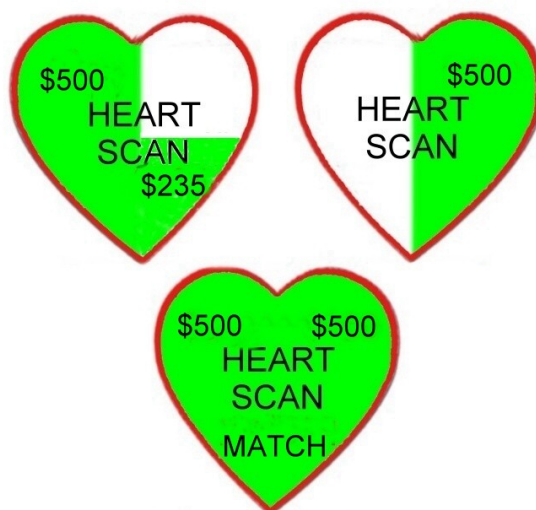
www.MendedHearts350.org

June 2026

Opportunities to Save Lives in 2026

88 Free Heart Scans have been provided this year.

HEART SCAN FUNDRAISER



April 15, 2026

**Donate to get up to a \$1500 Matching Donation.
Donate to Fund Free Heart Scans**



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

June 2026

(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.

<https://www.irs.gov/taxtopics/tc506>

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

***“Thank you for helping save lives.”
to those who are donating to get the matching
donation which can fund 60 free heart scans.***



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

June 2026

Donate to Mended Hearts Chapter #350

or/alternatively:

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 a
tax deduction.**



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

June 2026

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 to 501c3 charity, must be taken before Required Minimum Distribution (RMD) which reduces RMD and taxes.

[IRS QCD Information](#)

Donate your unspent coins/change!!



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

June 2026

**Send ideas for support meeting speakers/topics
to:**

Attention: Jim Grabowski

MendedHeartsHC350@gmail.com

**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

June 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.

MendedHeartsHC350@gmail.com

Fund Raising:

Click on links below.

[200 Fundraising Ideas](#)

[GoFundMe](#)

Donate your unspent coins/change



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

June 2026

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

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

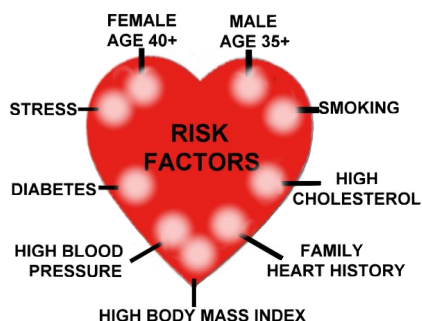
www.MendedHearts350.org

June 2026

Mended Hearts Chapter 350 Heart Scan Program

Coordinated to date the Gifting of 978 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

June 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 **978** 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, which results 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

June 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	
May 20	Support Meeting	
June 3	Board Meeting	
June 17	Support Meeting	Anniversary
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

June 2026

Seeking Nominees for 2026 Board Members

Giving others the opportunity to serve.

Please consider serving as a board member.

President:

Vice President:

Treasurer:

Secretary:

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

***Please contact board members:
MendedHeartsHC350@gmail.com***



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

June 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 600+ 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

June 2026

600+ Heart Patient Visits at Riverview Health per year.

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

June 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

June 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

June 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

June 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

June 2026

TELL YOUR FRIENDS ABOUT IT

Medical Information Packet Program

Over 22,500 Medical Packets Donated

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

**Donate by cash or check to any board member
or alternatively to the Riverview Foundation.**

**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

June 2026

7:30

61%

LINK:

[donate.riverview.org/products/
DONATE/donate-today](https://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

June 2026

Important Dates:

Interested members are welcome to attend board meetings.

June 3: Board of Directors Meeting

June 17: Support Group Meeting

**[Professional Building Entrance 4 \(Click to open map\)](#)
Classrooms A & B**

July 1: Board of Directors Meeting

July 15: 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

June 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:

mendedhearts350nl@gmail.com

Editor: Conan McDonald

Mended Hearts Assistant Regional Director:

Linda Mason

lindakm1951@yahoo.com

317-407-8300

Mended Hearts of Noblesville #350 Board Members:

President: Marv Norman

Vice President: Jim Grabowski

Treasurer: Maureen Price

Secretary: Barb Ryberg

Contact via E-mail: MendedHeartsHC350@gmail.com