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HEART – to – HEART

Mended Hearts Chapter #350 Hamilton County Indiana, 46060

www.MendedHearts350.org

October 2026

The newsletter format is designed for viewing on your phone.

Next Support Group Meeting: October 21, 2026 at 11:30AM

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

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 October 14 to

Linda Mason
lindakm1951@yahoo.com or by text to 317-407-8300.

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

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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.

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

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

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Topic: MEDICARE 2027

Speaker: Bruce Miller



SHIP (State Health Insurance Assistance Programs) will help guide you to all the FREE services that SHIP offers you to help you find the RIGHT 2027 Medicare program for you and your loved ones.

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Personal Heart Story

A Journey of Resilience



Jim Grabowski

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For years, my heart played a game of silence. While most people associate heart trouble with chest pain or shortness of breath, my only warning sign was exhaustion. Even when I felt drained, early treadmill tests suggested everything was fine. However, the reality was hidden beneath the surface.

In 2007, a heart catheterization revealed an 85% blockage, which was cleared with my first stent. Four years later in 2011, that familiar exhaustion returned, leading to a second stent for a 75% blockage. I started a regimen of medications and blood thinners, believing the situation was managed.

The real wake-up call came in December 2025, fourteen years after my last stent, during a manual treadmill test I stopped after 10 minutes. Just 25 minutes later, a heart catheterization revealed a shocking reality: blockages of 100%, 99%, and 76%. The most amazing and terrifying part was that I felt no physical heart symptoms at all. My body had adapted to the lack of flow, thus masking the danger.

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The timeline moved fast after that, within 71 hours I was undergoing a triple coronary artery bypass graft surgery. The surgery was just the beginning of a new chapter, I dedicated myself to cardiac rehabilitation and committed to exercising at least twice a week. Through hard work and discipline, I have lost 30 pounds and continue to manage my health with blood thinners and other medications. I've learned that listening to my body even when the symptoms are as subtle as exhaustion is the most important part of my survival.

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September Meeting Highlights:

Fire Department /EMS Services



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October 2026

Cardiology for Patients
A Heart To Heart Discussion

Ascension St. Vincent Foundation

Friday October 30, 2026

8:00am to 12:00 pm

You are invited to a FREE event highlighting symptoms related to heart conditions and what patients should look for to manage their heart health.

Space is limited and RSVP is required.

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Check out these Hyperlinks:

The Mended Hearts, Inc. is working with Prolaio, the study sponsor, to help patients learn about the OCORO Heart Study, a national, at-home study that is now enrolling participants.

https://bit.ly/join-ocoro-heart-study

2026 New Guidelines: High Triglycerides

Stroke Connection to Cardiovascular

Healthspan Podcast: Heart Scans & Blood Markers

The Scan That Reveals Heart Disease Years Before Symptoms

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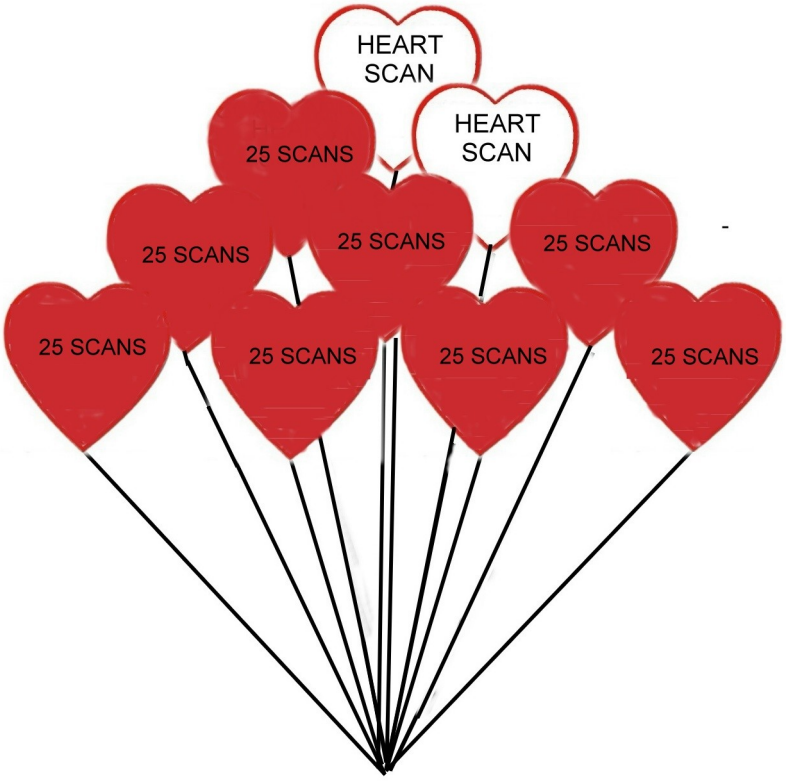
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2026

THE YEAR OF THE HEART SCAN

SEPT. STATUS:

80% TO GOAL !!!

OF 250

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October 2026

Opportunities to Save Lives in 2026

For the year at end of August, 212 Heart Scans have been given out of 250 projected for 2026.

HEART SCAN

FUNDRAISER

PLEASE HELP US MATCH



OCT. 13, 2026

Donate to get up to a $1500 Matching Donation.

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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.

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.

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Donate to Mended Hearts Chapter #350

or/alternatively:

Click on link below.

Donate to Mended Hearts Chapter #350 via the Riverview Foundation

Choose Mended Hearts for the Specific Campaign.

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Donations are made directly to 501c3 charity in Cash, Check, or Credit Card to qualify for a 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 to 501c3 charity, must be taken before Required Minimum Distribution (RMD) which reduces RMD and taxes.

IRS QCD Information

Donate your unspent coins/change!!

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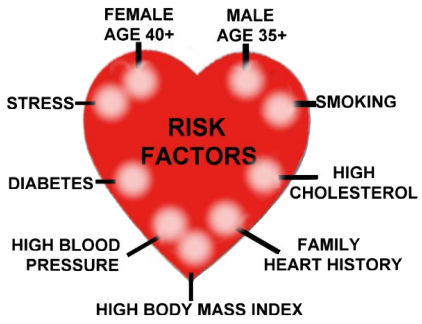
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October 2026

Mended Hearts Chapter 350 Heart Scan Program

Coordinated to date the Gifting of 1091+ 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

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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 1091+ 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.

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TELL YOUR FRIENDS ABOUT IT

Medical Information Packet Program

Over 25,000 Medical Packets Donated

Medical Information Packet

See bottom of web page.

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

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Choose Mended Hearts for the Specific Campaign.

Send ideas for support meeting speakers/topics to:

Attention: Jim Grabowski

MendedHeartsHC350@gmail.com

Jim Grabowski has one walker and a cane available for members or anyone who needs and cannot afford the equipment. Items are free of charge.

Donations:

Unneeded Medications (Unopened/Unused/Not Expired)

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Unneeded Walkers/Wheel Chairs/Canes

Contact: Jim Grabowski:

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

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GoFundMe

Donate your unspent coins/change.

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.

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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 9	Support Meeting	Holiday Gathering

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October 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

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October 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

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600+ Heart Patient Visits at Riverview Health per year.

Present Accredited Visitors

Maureen Price

Larry Lake

Jim Grabowski

Marv Norman

PLEASE: COME HELP US

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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.**

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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.

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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.

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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

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October 2026

Important Dates:

Interested members are welcome to attend board meetings.

October 7: Board of Directors Meeting

October 21: Support Group Meeting

Professional Building Entrance 4 (Click to open map)

Classrooms A & B

November 4: Board of Directors Meeting

November 18: Support Group Meeting

Professional Building Entrance 4 (Click to open map)

Classrooms A & B

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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