



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

September 2026

The newsletter format is designed for viewing on your phone.

Next Support Group Meeting: September 16, 2026 at 11:30AM

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

**Noblesville City Hall
16 S. Tenth Street, Noblesville, IN 46060**

**Conference Rooms A213 and A214
(Elevator is available)**

Parking is on the East Side

Please RSVP the number of guests by September 9 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: Fire Department /EMS Services

Speakers: Trevor Hash & Dennis Parker





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Personal Heart Story:

Linda Mason





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In January 1998, when I was 47 years old, I was very tired. I was getting more tired every week. I decided to go to the doctor for a physical. I hadn't had a physical for 9 years. A baseline EKG was done. The EKG had shown that I had cardiomyopathy and bundle branch blockage and I needed to be seen by a cardiologist. For those of you who don't know, cardiomyopathy is a disease of the heart that is caused by having a virus at some time in your life and it damages your heart muscle. Your heart gets weak and has trouble squeezing and beating on its own. Bundle branch blockage is an electrical short between the chambers of the heart which causes your heart to not beat in sync. I met with a Hamilton Heart Cardiologist who scheduled a nuclear heart stress test and a heart scan. Next was a heart catheterization was performed, showing no blockages. The Cardiologist prescribed drugs to manage my heart conditions. My life was back to normal.

Five years later on February 11, 2003 during my workout my heart rate went up to 144 BPM, this



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happened again, so it was back to the Cardiologist. I needed to have surgery to have a bi-ventricular pacemaker/defibrillator put in (uses 3 leads instead of 2), and the technology was less than 5 years old. An electro-cardiophysiolgologist (EP) would be needed to do the surgery. To top it off, the office was in the process of hiring an EP but he wouldn't be there for a couple of weeks. Finally, on Wednesday May 21, 2003, I had my surgery. I was the 1st patient to have this type of surgery at Riverview Hospital. The pacemeaker was set to pace at 100% and I immediately felt better. I went to Hamilton Heart every week for the next 6 weeks. Before the surgery, my EF (ejection fraction) was 18 and after 6 weeks it was up to 27. I started Cardiac Rehab in May 2005. In mid June a news story grabbed my attention. Several people had died because of a malfunction in a bi-ventricular pacemaker/defibrillator. I had to wait until September 7, 2005, until my device was replaced.

I had been getting regular check-ups on my bi-ventricular pacemaker/defibrillator. I saw the EP December 15, 2008. My battery needed to be changed.



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It had lasted 3 years and 3 months. I had my surgery on December 17, 2008. I was only in the hospital for a total of 4 hours.

Mended Hearts had started a chapter at Riverview Hospital in May 2008, but the Visiting Program was not up and running. So I had no support except from my friends. I joined Mended Hearts in May 2009 and started visiting patients soon after. I feel it is vital to have support when you are going thru a “heart event”. It is very gratifying to be able to support someone who has heart disease and they learn that there is life after a “heart event”. I soon became the Mended Hearts Chapter #350 Newsletter editor, which I enjoyed for 12 years. In 2012 I became the Mended Hearts Central Region Assistant Regional Director (ARD) for Indiana. Over time I had 5 chapters under my umbrella – Munster, Noblesville, Community North, St Francis (Beech Grove), and Evansville.

In August 2022, I had my 5th bi-ventricular pacemaker/defibrillator implanted.



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August Meeting Highlights:



Mended Hearts Chapter #350
Mended Hearts Awards



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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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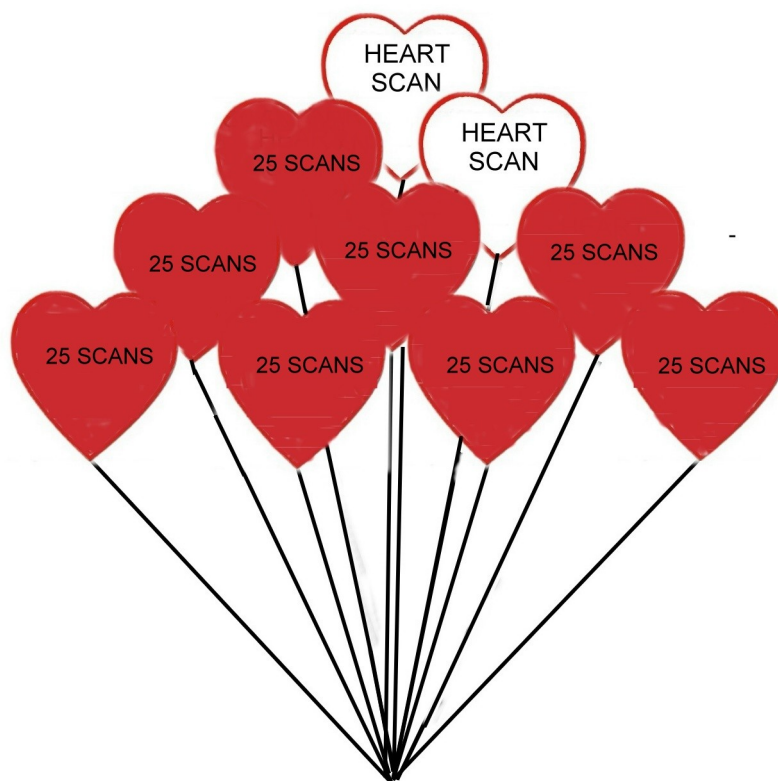
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2026

THE YEAR OF THE HEART SCAN

SEPT. STATUS:

80% TO GOAL !!!

OF 250



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Opportunities to Save Lives in 2026

**For the year at end of August, 200 Heart Scans
have been given out of 250 projected for 2026.**

HEART SCAN

FUNDRAISER

PLEASE HELP US MATCH



July 2, 2026

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



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(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!!

Mended Hearts Chapter 350 Heart Scan Program



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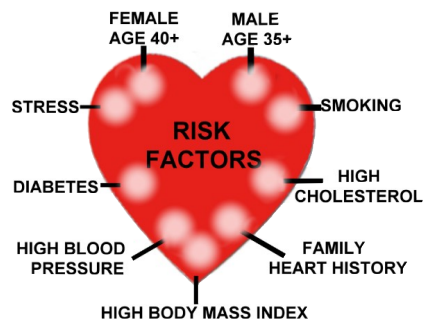
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Coordinated to date the Gifting of 1060+ no cost Heart Scans

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 Chapter 350 Heart Scan Program



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September 2026

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 **1060+** 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.

TELL YOUR FRIENDS ABOUT IT



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September 2026

Medical Information Packet Program

Over 24,000 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](#)**

***Choose Mended Hearts for the Specific
Campaign.***



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Medical Information

Sponsored by



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(More info on back.)

Heart Concerns?

Sharing

Speakers

Caregivers

Welcome

Lunch

Mended Hearts Support Group

Third Wednesday of the month @ 11:30

Check mendedhearts350.org monthly for location



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**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)**

Unneeded Walkers/Wheel Chairs/Canes

Contact: Jim Grabowski:



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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.



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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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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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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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September 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.



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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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September 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](#)



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Important Dates:

Interested members are welcome to attend board meetings.

September 2: Board of Directors Meeting

September 16: Support Group Meeting

**Noblesville City Hall
16 S. Tenth Street, Noblesville, IN 46060**

Conference Rooms A213 and A214

October 7: Board of Directors Meeting

October 21: 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