



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

April 2025

Next Support Group Meeting: April 23, 2025 at 11:30AM

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



Riverview
Health

**Riverview Health Hospital
395 Westfield Road, Noblesville, IN 46060
Entrance 4, Classrooms A&B (Lower Level)**

Use Stairs or Elevator

[Riverview Hospital Map](#) or see next page.

Lunch is provided.

**Please stay after the meeting for a Medical Information
Packets Workshop.**

Enjoy being productive and socializing with members.



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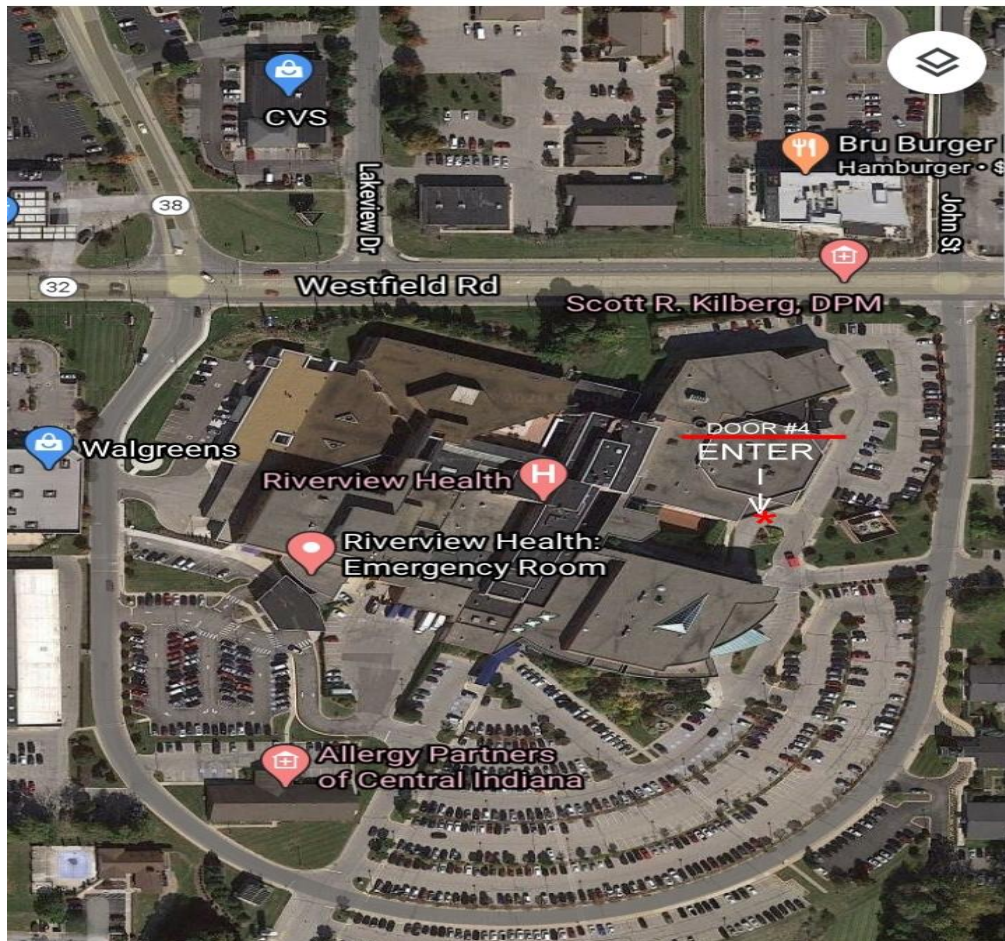
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Topic: Indiana State Health Insurance Assistance Program (SHIP)

**Speaker:
Bruce Muller
Volunteer Counselor**

SHIP provides free, impartial information to help consumers make decisions regarding health insurance options related to Medicare. We strive to help them be wise consumers and to get the most value for their Medicare health insurance dollars.



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**April 1 is All Fools' Day
otherwise known as “April Fools' Day.”**

**April 12 is the start of Passover, which begins
at sundown.**

April 18 is Good Friday.

April 20 is Easter Sunday.

April 22 is Earth Day.

April 28 is National Arbor Day.

[Spring Recipes](#)



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Healthy living will improve your Healthspan which will improve your Lifespan.

Blue Zones are where the highest number of Centenarians live.

To learn more about Blue zones and healthier happier living watch “Live to 100” on Netflix.

[Blue Zones](#)

The secrets to longevity in Blue Zones, regions with exceptionally long-lived populations, revolve around a plant-based diet, moderate alcohol consumption, strong social connections, a sense of purpose, and natural movement, as well as a focus on family and community.



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Here's a deeper dive into the key elements:

Diet:

- **Plant-Based Focus:**

Blue Zone residents primarily eat a diet rich in whole plant foods, with beans, whole grains, vegetables, and fruits forming the foundation.

- **Limited Meat Consumption:**

While not strictly vegetarian, meat is consumed sparingly, often only a few times a month.



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- **Moderation is Key:**

Alcohol is enjoyed in moderation, often with meals, and the "80% rule" encourages people to stop eating when they are 80% full.

- **Examples of Foods:**

Common foods include beans (fava, black, soy, lentils), whole grains, vegetables, fruits, nuts, seeds, and herbs like rosemary.

Lifestyle:

- **Natural Movement:**

People in Blue Zones incorporate physical activity into their daily lives through activities like walking, gardening, and tending to chores, rather than structured exercise.



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- **Sense of Purpose:**

Having a strong sense of purpose, or "ikigai," is a common thread among Blue Zone residents.

- **Stress Management:**

Blue Zone communities have rituals to manage stress, such as taking naps or engaging in quiet activities.

- **Strong Social Connections:**

- **Cultivating strong social networks and maintaining close relationships with family and friends is crucial.**



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- **Family First:**
Blue Zone communities prioritize family and often keep aging family members close by.
-
- **Community Involvement:**
Belonging to a faith-based community or other organizations fosters a sense of belonging and social support.
- **"Right Tribe":**
Having a strong social circle to depend upon and invest in is crucial to longevity.
-
- **Napping:**
- **Many Blue Zone residents incorporate regular naps into their daily routine.**



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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 HAMILTONCOUNTYMENDEDEDHEARTS 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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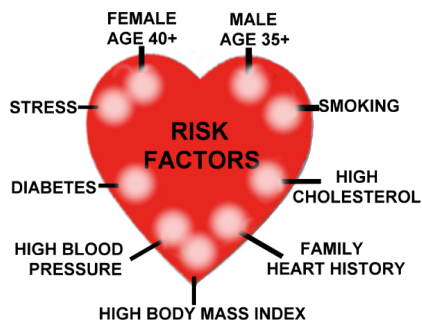
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April 2025

Mended Hearts Chapter 350 Heart Scan Program

Coordinated to date the Gifting of 648 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 over five hundred (648) 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.

Jim Grabowski



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TELL YOUR FRIENDS ABOUT IT

Medical Information Packet Program

Over 13,000 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.**

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



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March 2025 Group Meeting

Team completed 644 Medical Emergency Sleeves.



Another 150 just need magnets and inserts.

GREAT JOB TEAM!!!

(Marv and Carol not in photo.)



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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**



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Important Dates:

April 2: Board of Directors Meeting

April 23: Support Group Meeting

May 7: Board of Directors Meeting

May 21: Support Group Meeting

April 23: Support Group Meeting – Updated Meeting Date



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Please forward any ideas for the newsletter or information you would like to discuss 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.co