



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](http://www.MendedHearts350.org)

August 2025

The newsletter format is designed for viewing on your phone.

**Next Support Group Meeting: August 20, 2025 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 August 9 to  
[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com) or by text to 317-407-8300.**

**Lunch is provided.**

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



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August 2025

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

**Classrooms A & B**

**August meeting is the Annual Picnic.**

**Sloppy Joe's and Drinks will be provided.**

**Please bring a salad, side, chips, and/or dessert.**



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August 2025

## **Mended Hearts Awards**

### *July Meeting Highlights:*



*Barbara Miller*

**SCAMS:**  
[Scamspotter](#)



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### **Credit Freeze**

Click on hyperlinks below to start the credit freeze process.

[TransUnion](#)

[Equifax](#)

[Experian](#)

### **Payday Loan Freeze**

Click on hyperlinks below to start the credit freeze process.

[Teletrac](#)

[Factor Trust](#)

[Microbilt](#)

[Clarity Services](#)



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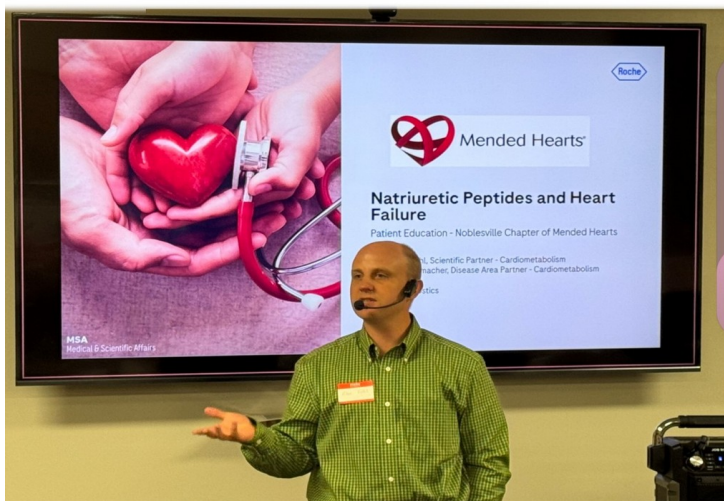
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**August 2025**



Dagmar Schumacher



Alexander Fohl

### **Congestive Heart Failure**

For more information:

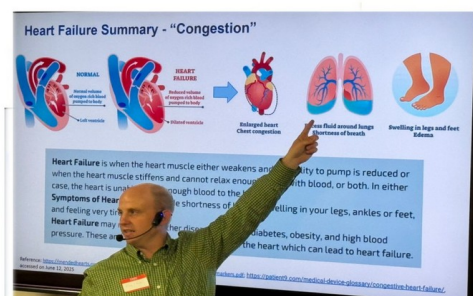


or

<https://qrco.de/bdU33S>



Dagmar and Alex from Roche



***June Meeting Highlights:***



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**Mended Hearts 2024 Awards:**

**Regional Awards:**

**Hospital: Riverview Health Hospital**

**Visitor: Larry Lake**

**Volunteer: Marv Norman**

**Chapter: Chapter 350**

**Heart Hero: Megan Wiles**

**Divisional Awards:**

**Chapter: Chapter 350**

**Heart Hero: Megan Wiles**



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

**Many Thanks to:**

**Fran Howe  
Sarah Clark  
Jim Howe  
Tom Clark  
Maureen Price  
Jim Grabowski  
Conan McDonald  
Barb Ryberg**

**500 Medical Information Sleeves Completed at the  
July Meeting.**



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## **Donations:**

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

**Unneeded Walkers/Wheel Chairs/Canes**

**Contact: Jim Grabowski**

## **Volunteers Needed:**

**Fund Raising:**

**Membership:**

**Photographer : Stan Gurka**

**Support Meeting Setup/Cleanup:**

**Contact: Board Members**





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August 2025

## **Seeking Nominees for 2026 Board Members**

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

**President:**

**Vice President:**

**Treasurer:**

**Secretary:**



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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 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**



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August 2025

## **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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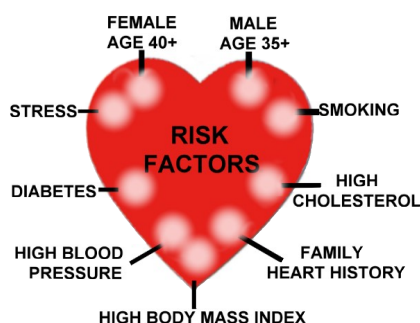
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August 2025

### **Mended Hearts Chapter 350 Heart Scan Program**

***Coordinated to date the Gifting of 800 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 800 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 16,000 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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August 2025

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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August 2025

### **Important Dates:**

**August 6: Board of Directors Meeting**

**August 20 : Support Group Meeting**

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

***Classrooms A & B***

**September 3 Board of Directors Meeting**

**September 17: Support Group Meeting**

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

***Classrooms A & B***



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August 2025

**Please forward any ideas for the newsletter or information you would like to discuss at the next meeting by the 20<sup>th</sup> of the month to the newsletter editor:**

**[mendedheartshc350@gmail.com](mailto:mendedheartshc350@gmail.com)**

**Editor: Conan McDonald**

### **Mended Hearts of Noblesville #350 Board Members**

**President: Marv Norman**

**[mncnorman@comcast.net](mailto:mncnorman@comcast.net)**

**Vice President: Jim Grabowski**

**[megrabber@hotmail.com](mailto:megrabber@hotmail.com)**

**Treasurer: Maureen Price**

**[mprice2000@gmail.com](mailto:mprice2000@gmail.com)**

**Secretary: Barb Ryberg**

**[barb0515@aol.com](mailto:barb0515@aol.com)**