

HEART – to – HEART



Hamilton County Mended Hearts Chapter #350

“It’s great to be alive — and to help others!”

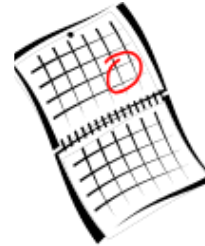
Volume 14, Issue 12

December 2023

Next Meeting!

December 13, 2023 at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377

Riverview
HEALTH



**SAVE
THESE
DATES!!!**



**HAPPY HOLIDAYS!
UGLY SWEATER CONTEST!
GAMES! GAMES! GAMES!!**

MEETING TIMES:

Meeting held at 395 Westfield Rd, Noblesville, IN, Classrooms A & B, Entrance 4 – 11:30 am.

December - NO MH Board Meeting

December 7th - Pearl Harbor Day

December 7th - Start of Hanukkah

December 13th - **HOLIDAY GET TOGETHER AND UGLY SWEATER CONTEST**

December 15th - End of Hanukkah

December 21st - Winter Solstice

December 24th - Christmas Eve

December 25th - Christmas Day

December 26th - Start of Kwanzaa

December 31st - New Year’s Eve

2024

January 1st – New Year’s Day

January 1st – End of Kwanzaa

January 3rd – NO MH SUPPORT GROUP MEETING – Stay in and Stay Warm

Board of Directors meetings are on the 1st Wednesday of each month at 11:30 am at Riverview Health on 4 South. All members are welcome to attend.

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 newsletter editor: lindakm1951@yahoo.com.



Mended Hearts, Inc.
Founded 1951
Incorporated 1955
Chartered May 12, 2008

Editor: Linda Mason

www.mendedhearts350.org



Hanukkah is a Jewish holiday which celebrates the victory of the Maccabees over the larger Syrian army. It also celebrates a miracle that happened during this time, where just a day's supply of oil allowed the menorah (Hanukkiah or Hanukkah Menorah) in the rededicated Temple in Jerusalem to remain lit for eight days. Celebrated this year from 7 December to 15 December.



Kwanzaa is an African-Americans celebration of life from 26 December to 1 January. Dr. Maulana Karenga introduced the festival in 1966 to the United States as a ritual to welcome the first harvests to the home. ... Karenga created this festival for Afro-Americans as a response to the commercialism of Christmas.



What is Christmas in simple words?
It is a holiday to celebrate the birth of **Jesus Christ**, who, according to the Christian religion, is the son of God. The name is a joining of "Christ" and "mass" which means the holy mass (supper, celebration or festival) of Christ. Celebrated 25 December.



Boxing Day was traditionally a **day off for servants**, and the day when they received a special Christmas box from their masters. The servants would also go home on Boxing Day to give Christmas boxes to their families.

IMPORTANT INFORMATION ABOUT MEETINGS!!!!

Please note that if the temperature drops below 20 degrees F, all regularly scheduled monthly meetings and Board Meetings will be cancelled. The health of our members is too important to have you out in the cold weather.

LINDA'S LAMENTS

This is my last newsletter publication. I have enjoyed my time as the newsletter editor (over 14 years), but it is time for me to retire. If someone would be willing to publish our chapter's newsletter in the future, I will work with you.

I came across this thought-provoking article to wrap up the end of the year.

HAVE A MERRY CHRISTMAS AND HAPPY
NEW YEAR!

Linda Mason

Have you ever thought about this?

In 100 years like in 2123 we will all be buried with our relatives and friends.

Strangers will live in our homes we fought so hard to build, and they will own everything we have today. All our possessions will be unknown and unborn, including the car we spent a fortune on, and will probably be scrap, preferably in the hands of an unknown collector.

Our descendants will hardly or hardly know who we were, nor will they remember us. How many of us know our grandfather's father?

After we die, we will be remembered for a few more years, then we are just a portrait on someone's bookshelf, and a few years later our history, photos

and deeds disappear in history's oblivion. We won't even be memories.

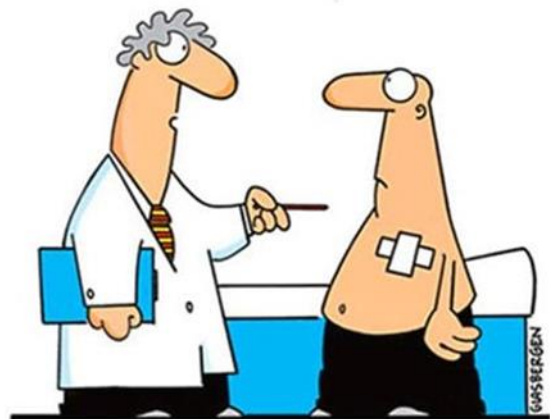
If we paused one day to analyze these questions, perhaps we would understand how ignorant and weak the dream to achieve it all was.

If we could only think about this, surely our approaches, our thoughts would change, we would be different people.

Always having more, no time for what's really valuable in this life. I'd change all this to live and enjoy the walks I've never taken, these hugs I didn't give, these kisses for our children and our loved ones, these jokes we didn't have time for. Those would certainly be the most beautiful moments to remember, after all they would fill our lives with joy.

And some of us waste it day after day with greed, selfishness and intolerance.

Every minute of life is priceless and will never be repeated, so take time to enjoy, be grateful for, and celebrate your existence.



**"It's a pacemaker for your heart.
Plus, you can download apps for your liver,
kidneys, lungs, and pancreas!"**

ATTENTION PLEASE

At our December 13th Christmas Party, we will be showing everyone how we make the Emergency Medical Packet. We will have an assembly line to show what is involved in making these packets.

If anyone has a guillotine paper cutter, please bring it in.

We have reserved Classrooms A & B for a couple of extra hours, if you would like to help assemble the packets. The material costs to make these packets are low – but we want to make a lot of them since they can be LIFE SAVERS.

MEDICAL INFORMATION PACKET DISTRIBUTION

All Riverview Health patients are receiving one when released from the hospital.

400 donated so far.

The Riverview Health Volunteers have all been offered packets.

200 donated.

The Noblesville Fire Dept. EMTs have been given packets to distribute in the community.

200 donated so far.

Hamilton Heart Cardiology is giving packets to heart patients.

100 donated so far.

Riverview Health Board of Directors are receiving packets.

About 25 packets.

Riverview Health Cardio/Pulmonary patients are receiving packets.

About 75 packets so far

Mended Hearts members have received packets.

100 packets

Miscellaneous packets given

150+ packets

IT'S GREAT TO BE ALIVE...AND TO HELP OTHERS

We have had some donations to our Heart Scan Program and to the Emergency Medical Program. The donations are appreciated and are helping to save lives. If you haven't donated yet, please doing so.

REPORTS ARE TRICKLING IN ABOUT MORE LIVES BEING SAVED BY OUR HEART SCAN PROGRAM. PEOPLE WHO DID NOT THINK THEY HAD "HEART PROBLEMS" ARE FINDING THEY HAVE ISSUES AND ARE VERY THANKFUL FOR OUR PROGRAM.

Thank You.

IT'S GREAT TO BE ALIVE...AND TO HELP OTHERS

Marv Norman
President
Mended Hearts Chapter 350



Benefits of Mended Hearts Membership

Connection. Being a member offers opportunity for connection with the nation's largest community-based heart patient 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.

In the Know. Membership offers internal organizational communications via the Internet--providing the latest organizational updates and important heart-health information.

National Conference. Members have the opportunity to attend annual national conference featuring nationally recognized speakers on the latest topics of highest interest to the heart-patient community; professional development skills building sessions; networking and social activities.

Website. Membership offers access to a password-protected members-only site on the Mended Hearts Website.

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.

Local discounts for members.

Additional Benefits Received by Members of Hamilton County Mended Hearts Chapter #350

1. Location! Location! Location! The location at Riverview Health is convenient for Mended Hearts Visitors, as well as members who exercise in the Cardiac Rehab Gym.
2. Riverview Health provides the paper and cost of printing for Chapter #350 newsletter, and provides lunch for Mended Hearts monthly meetings.
3. Riverview Health provides Hamilton County Mended Hearts Chapter #350 with office space and meeting rooms for both Board of Directors meetings and the regularly scheduled Chapter monthly meetings.
4. The speakers at the Chapter monthly meetings provide the members with up-to-date information on a number of topics and answer a variety of questions.
5. Hamilton County Mended Hearts Chapter #350 Visitors get discounts on food in the Riverview Health cafeteria, merchandise at both gift shops in the hospital, Culver's, lunch at Michaelangelo's and other businesses.



The Mended Hearts, Inc.

The Mended Hearts, Inc.
International Headquarters and Resource Center
1579 US Highway 19
Leesburg, GA 31763
Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

DATE _____

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS NEW YOUNG MENDED HEARTS RENEWAL

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ National Member _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: _____ Gender: _____

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

Associate Member --- FREE

- * Can attend any chapter/group meeting for MH, MLH or YMH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ___ MH ___ MLH ___ YMH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia

Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

**Heart of Gold Lifetime Sponsor --- \$1500 donation
A one-time donation per individual**

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH/YMH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of Heart of Gold Lifetime Sponsors

FAMILY MEMBERSHIP

For members of one household with one mailing address only

Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ___ MH ___ MLH ___ YMH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ___MLH Drawstring Backpack or ___MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia

Family Members:

Spouse ___ Child ___ Heart Patient _____

Spouse ___ Child ___ Heart Patient _____

Spouse ___ Child ___ Heart Patient _____

Spouse ___ Child ___ Heart Patient _____

ALL Donations are tax deductible

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level _____ \$ _____

Chapter/Group Name: 350

Additional tax-deductible Donation to:

- Mended Hearts Mended *Little* Hearts
- Young Mended Hearts

Amount: \$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter, Mended *Little* Hearts or Young Mended Hearts Group, you must be a member of The Mended Hearts, Inc.**