

HEART – to – HEART



Mended Hearts®
of Noblesville, IN

Hamilton County Mended Hearts Chapter #350

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

Volume 13, Issue 11

November 2022



Next Meeting!

November 16, 2022 at 11:30 am at 395 Westfield Rd, Noblesville IN. Call (317) 776-7377

PEER-TO-PEER SUPPORT BREAKOUT SESSIONS

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.



www.mendedhearts350.org

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

SAVE THESE DATES!!!

MEETING TIMES:

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

National Caregivers Appreciation Month

November 2nd – MH Board Meeting

November 6th – Daylight Savings Time Ends

November 8th – General Election Day

November 11th – Veteran’s Day

November 13th – Caregiver Appreciation Day

November 16th – Mended Hearts Mtg 11:30 am

November 17th - Community Night at Jim

Dandy Noblesville – 4:00pm-8:00pm

November 24th – Thanksgiving

November 25th – Black Friday

December 7th – NO Board Meeting

December 7th – Pearl Harbor Day

December 14th – Mended Hearts Mtg

11:30 am 2nd Wednesday of the month

December 18th – Hanukkah Begins

December 25th – Christmas Day

December 26th – Kwanzaa Begins

December 28th – Boxing Day

December 31st – New Year’s Eve

January 1st – New Year’s Day

January 4th – MH Board Meeting

January – NO SUPPORT GROUP MEETING

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.



COMMUNITY NIGHT
 THURSDAY
 NOVEMBER 17TH
 JIM DANDY
 NOBLESVILLE, IN
 4:00pm – 8:00pm

No Coupon Required

Volunteers Needed



The Mended Hearts, Inc.

**INTERNATIONAL EDUCATION
 AND EMPOWERMENT
 CONFERENCE
 JUNE 23-28, 2023
 ALBANY, GEORGIA**



Registration Fee is \$100 from June 2022 thru December 31st (\$150 starting January 1st). Includes 5 lunches and 5 dinners

Recommended hotels approximately \$100-\$125 per night

Conference will be held at the Albany James H Gray Sr Civic Center. Shuttles provided from hotels to Civic Center.

Thanksgiving Morning Reminder



You are invited to participate in the Bolt for the heart 5K walk/run held on thanksgiving morning in Carmel. Monies raised are used to provide AEDs (Automatic Electronic Defibrillators) to First Responders in Indiana. (Mended Hearts Chapter 350 is a sponsor of this event and is listed on their list of sponsors.) We have participated in this event for the last 5 years.



2023 Chapter 350 Meetings

11:30 am, 3rd Wednesday of the Month,
unless otherwise noted

Riverview Health, Classrooms A&B,
Entrance 4, unless otherwise noted

January – NO CHAPTER MEETING

February 15th

March 15th

April 19th

May 17th -Krieg DeVault-Entrance 3

June 21st

July 19th

August 16th

September 20th

October 18th

November 15th

December 13th-2nd Wednesday of Month

November is National Family Caregivers Month

Ten Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

21 Famous Quotes to Honor U.S. Veterans on Veteran's Day

BY MARLA TABAKA@MARLATABAKA

On this day, take a moment to offer thanks to the extraordinary men and women who have protected the nation throughout history.



In November of 1919, President Woodrow Wilson proclaimed November Eleventh as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

Let's all take a moment on this Veteran's Day to honor those ordinary people who have done something extraordinary so that we may all enjoy the freedom we treasure today.

Here is a collection of inspirational Veterans Day quotes to support you in your time of reflection.

1. "Valor is stability, not of legs and arms, but of courage and the soul." -- Michel de Montaigne
2. "Regard your soldiers as your children, and they will follow you into the deepest valleys. Look on them as your own beloved sons, and they will stand by you even unto death!"--Sun Tzu

3. "Without heroes, we are all plain people, and don't know how far we can go."--

Bernard Malamud

4. "To us in America, the reflections of Armistice Day will be filled with lots of pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations." -- Woodrow Wilson

5. "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose." -- Dwight D. Eisenhower

6. "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." -- John F. Kennedy

7. "War may sometimes be a necessary evil. But no matter how necessary, it is always an evil, never a good. We will not learn how to live together in peace by killing each other's children." -- Jimmy Carter

8. "On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free." -- Dan Lipinski

9. "My heroes are those who risk their lives every day to protect our world and make it a better place--police, firefighters, and members of our armed forces." -- Sidney Sheldon

10. "We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and

gallantry with which all of them ennobled their nation as they became champions of a noble cause." -- Ronald Reagan

11. "The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here." -- Abraham Lincoln

12. "Better than honor and glory, and History's iron pen, Was the thought of duty done and the love of his fellow-men." -- Richard Watson Gilder

13. "We will not tire, We will not falter, We will not fail." -- George W. Bush

14. "Our veterans accepted the responsibility to defend America and uphold our values when duty called."--Bill Shuster

15. "How important it is for us to recognize and celebrate our heroes and she-roes!" -- Maya Angelou

16. "The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." -- Jeff Miller

17. "In war, there are no unwounded soldiers." -- José Narosky

18. "The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the Veterans of earlier wars were treated and appreciated by their nation." -- President George Washington

19. "Well, look at what people are doing for returned veterans now. The wounded warriors. They're working hard to make the wounded veterans feel that they are loved and welcomed home, unlike Vietnam. It was not a very kind, gentle world then. I think we are kinder and gentler." -- Barbara Bush

20. "The hero is the man dedicated to the creation and / or defense of reality-

conforming, life-promoting values." --
Andrew Bernstein

21. "It's about how we treat our veterans every single day of the year. It's about making sure they have the care they need and the benefits that they've earned when they come home. It's about serving all of you as well as you've served the United States of America." -- Barack Obama

Orange Glazed Carrots and Parsnips



Servings: 10

Ingredients

- 2 pound carrots, cut into 2-inch chunks
- 1 pound parsnips, peeled and cut into 2-inch chunks
- 2 tablespoon finely shredded orange peel (set aside)
- 1 cup orange juice
- ½ cup orange marmalade
- ½ cup vegetable broth
- ¼ cup dry white wine
- 1 tablespoon quick-cooking tapioca, crushed
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup snipped fresh parsley
- 3 tablespoon butter

Directions

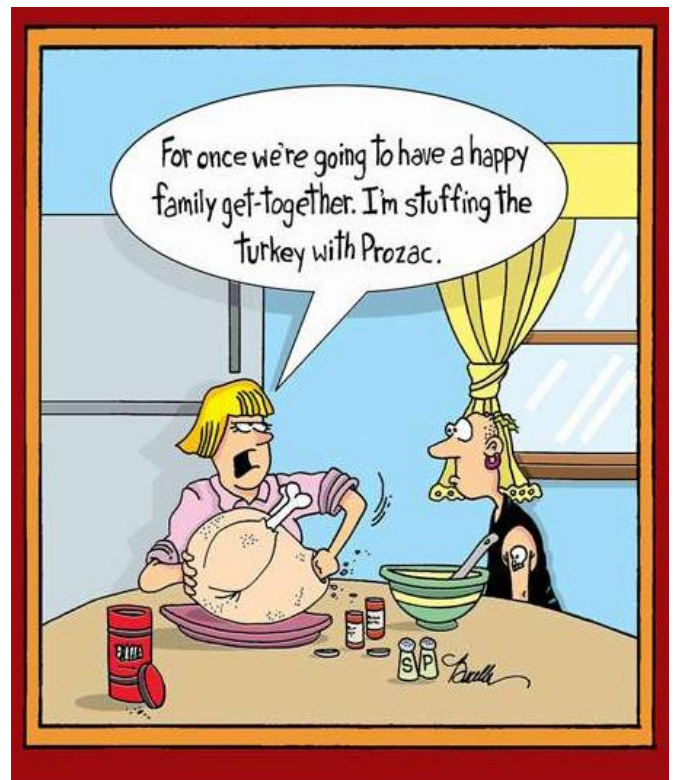
1. In a 3-1/2- or 4-quart slow cooker combine carrots and parsnips. In a small bowl combine orange juice, marmalade, broth, wine, tapioca, salt, and pepper. Pour over carrot mixture, toss to coat.
2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours or until vegetables are tender. During the last 30 minutes of cooking time, stir in orange peel, parsley and butter.

Nutrition Facts

Calories 159

% Daily Value *

Total Fat 4g; Saturated Fat 2g; Cholesterol 9mg;
Sodium 265mg; Total Carbohydrate 31g;
Total Sugars 18g; Protein 2g; Vitamin C 28.3mg;
Calcium 60.6mg; Iron 0.7mg; Potassium 50mg;
Folate Total 56.4mcg; Vitamin B-6 .02mg



Mended Hearts volunteers make a difference every day!

Each year Mended Hearts volunteers make a difference in many lives. Patients newly diagnosed with heart disease can have many questions that can be best answered by someone who has “been there”. Consider taking a few hours a month to make a difference. If you would like to be a Mended Hearts volunteer, contact any Chapter 350 member listed below.

***Our Mission Statement:
To inspire hope and improve the quality of life for heart patients and their families through on-going peer-to-peer support, education, and advocacy.***



HAMILTON COUNTY MENDED HEARTS CHAPTER #350 OFFICERS AND CHAIRPERSONS

President – Marv Norman

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Treasurer – Maureen Price

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Visiting Chairman – Marv Norman

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Secretary – Barb Ryberg

Program Chairman – Stan Gurka

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Phone Follow-up Visitor –

Maureen Price
Bertie Gilster

Central Regional Director

National President – Ron Manriquez

Executive Vice President – Denise Duch Widzowsji

Secretary/Treasurer – Al Voss

Director of Programs – Jodi Smith

The Mended Hearts Prayer

The Mended Hearts, Inc.

We ask for your blessings, Lord.

We ask for strength.

That we may pass it on to others.

We ask for faith,

That we may give hope to others.

We ask for health,

That we may encourage others.

We ask, Lord, for wisdom,

That we may use all your gifts well.

Vice President – Jim Grabowski

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Newsletter Editor – Linda Mason

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Hospitality/Sunshine Committee – Charlene Perkey

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(317) 896-2932

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Past Presidents

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Dick Kontos

Stan Gurka

Warren Manchess

Hospital Liaison – Melinda Nash

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Executive Director – Andrea Baer

Vice President – Marvin Keyser

MLH Vice President – Angel Olivera

Field Services & Comm Mgr – Mandy Sandkuhler

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.
 International Headquarters and Resource Center 1500
 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____
 Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____
 Address _____ Phone _____
 City / ST / Zip _____ I want to be a MH 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: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

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

FAMILY MEMBERSHIP

- Associate Member --- FREE**
 Can attend any chapter meeting for MH or MLH
 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 or _____ MLH
 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 Conference or Symposium
- 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 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 or _____ MLH
 * 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 Conference or Symposium

Family Members: _____

Spouse__Child__Heart Patient Spouse__Child__Heart Patient Spouse _____

Child__Heart Patient _____

ALL Donations are tax deductible

PAYMENT INFORMATION:

Membership Level _____ \$ _____
 Additional tax-deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

TOTAL TO NATIONAL \$ _____

ADDITIONAL CHAPTER/GROUP DONATION:

Chapter/Group Name: _____
 Amount: \$ _____

TOTAL TO CHAPTER \$ _____

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