



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)

May 2026

The newsletter format is designed for viewing on your phone.

**Next Support Group Meeting: May 20, 2026 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 May 13 to**

**Linda Mason**

**[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com) or by text to 317-407-8300.**

**Lunch is provided.**

**Support Meetings are canceled if the outdoor temperature is  
20 Degrees F or lower.**



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May 2026

**May Speaker:**

**Dr. Schilt  
Cardiologist  
Hamilton Hearts**

**Question and Answer Session**

**Please submit questions before the meeting to**

**[MendedHeartsHC350@gmail.com](mailto:MendedHeartsHC350@gmail.com)**



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## **PLEASE READ!!!**

**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. This will be especially critical for the June Anniversary meeting, as we will be hosting visitors from Riverview Administration and others.**

**Please RSVP by the Wednesday before the monthly meetings to  
[lindakm1951@yahoo.com](mailto:lindakm1951@yahoo.com)**

**or text to (317) 407-8300.  
Thank you.**



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## May is American Stroke Month

### American Stroke Association



**B.E. F.A.S.T. is how  
we come together to  
end stroke®**

Learn the stroke warnings signs

# B.E. F.A.S.T.

Balance Loss	Eye (Vision) Changes	Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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**Every 40 seconds, someone in the U.S. has a stroke.**

It could happen on your street, at your workplace, or in a store where you shop — anywhere. Knowing how to recognize the warning signs and acting quickly can save a life and help prevent long-term disability.

Calling 911 is the fastest way to get stroke care. EMS can begin treatment immediately and alert the hospital stroke team before you arrive. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

**HCA Healthcare®  
FOUNDATION**

The HCA Healthcare Foundation is a national supporter of Together to End Stroke.

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**The faster stroke is treated, the more likely the patient is to recover.**

In fact, stroke patients who are treated with a clot-busting drug IV t-PA Alteplase or tenecteplase (TNK) within 4.5 hours of their first symptoms were more likely to recover with little or no disability.

In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability.

The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

[stroke.org](http://stroke.org)

## Mended Hearts: Stroke



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**The Scan That Reveals Heart Disease Years Before  
Symptoms**

**Living a Heart Healthy Lifestyle  
Watch  
Live to 100: Secrets of the Blue Zones  
on Netflix.**



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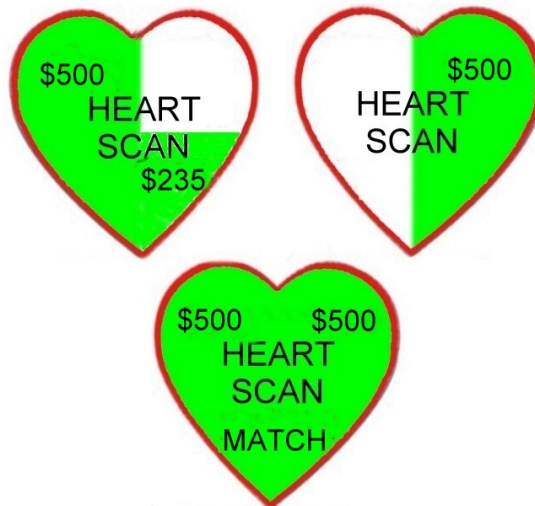
[www.MendedHearts350.org](http://www.MendedHearts350.org)

May 2026

## **Opportunities to Save Lives in 2026**

**72 Free Heart Scans have been provided this year.**

### **HEART SCAN FUNDRAISER**



April 15, 2026

**Donate to get up to a \$1500 Matching Donation.**



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## **Donate to Fund Free Heart Scans**

(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](#)**

**Donations are made directly to 501c3 charity  
in Cash, Check, or Credit Card to qualify for a  
tax deduction.**



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**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!!**



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**Send ideas for support meeting speakers/topics  
to:**

**Attention: Jim Grabowski**

**[MendedHeartsHC350@gmail.com](mailto:MendedHeartsHC350@gmail.com)**

**Jim Grabowski has four walkers and one leather  
wheel chair available for members or anyone who  
needs 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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May 2026

## **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](mailto:MendedHeartsHC350@gmail.com)**

## **Fund Raising:**

*Click on links below.*

**[200 Fundraising Ideas](#)**

**[GoFundMe](#)**

**Donate your unspent coins/change**



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[\*Donate to Mended Hearts Chapter #350 via the Riverview Foundation\*](#)

[\*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.**



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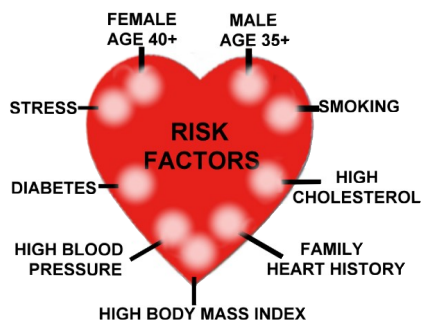
May 2026

# Arrive 30 minutes before the meeting starts.

## Mended Hearts Chapter 350 Heart Scan Program

Coordinated to date the Gifting of **952** 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.



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**FIND BLOCKAGES AND SAVE YOUR LIFE**

### ***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 **952** 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.



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May 2026

### **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 16	Support Meeting	Holiday Gathering



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May 2026

## 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](mailto: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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### **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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**TELL YOUR FRIENDS ABOUT IT**

**Medical Information Packet Program**

**Over 22,000 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**



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May 2026

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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May 2026

## Important Dates:

***Interested members are welcome to attend board meetings.***

**May 6: Board of Directors Meeting**

**May 20: Support Group Meeting**

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

**Classrooms A & B**

**June 3: Board of Directors Meeting**

**June 17: Support Group Meeting**

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

**Classrooms A & B**



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May 2026

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

**[mendedhearts350nl@gmail.com](mailto:mendedhearts350nl@gmail.com)**

**Editor: Conan McDonald**

**Mended Hearts Assistant Regional Director:**

**Linda Mason**

**[lindakm1951@yahoo.com](mailto: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](mailto:MendedHeartsHC350@gmail.com)**