

# HEART – to – HEART



## Hamilton County Mended Hearts Chapter #350

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

Volume 15 , Issue 1

January 2024

### Next Meeting!

February 21, 2024 at 11:30 am at 395 Westfield Rd. Noblesville In. Call (317) 776 7377

# Brrrr!!!!

## NO MEETING IN JANUARY

GET READY FOR FEBRUARY

# IT'S HEART MONTH

TOPIC

DIABETES

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



[www.mendedhearts350.org](http://www.mendedhearts350.org)

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

Editor: Marv Norman  
(Temporary)

Riverview  
HEALTH



## SAVE THESE DATES!!!

### MEETING TIMES:

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

January 1: New Years Day

January 10: Board of Directors mtg

January 15: Martin Luther King, Jr. Day

February 7: Board of Directors mtg.

February 14: Valentines Day

February 21: Support Group Meeting

### HELP NEEDED

### FEB. FUNDRAISER

### KNIGHTS OF COLUMBUS

71ST & KEYSTONE

INDIANAPOLIS

SUN. FEB.11 8:30 - 12:30

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



# THANK YOU, LINDA

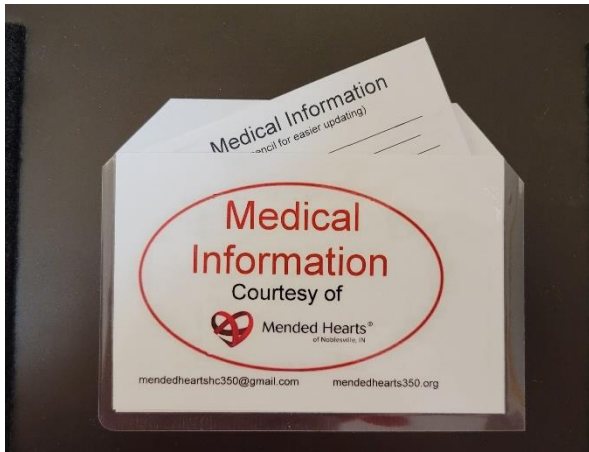


Thank you for your many years of creating the Chapter 350 Newsletter. Several of the years the newsletter was the winner of the Central Region Newsletter of the Year award. We hope that you will continue to contribute articles as we try to continue the newsletter.



# MEDICAL INFORMATION PACKET STATUS

ABOUT 1700 DISTRIBUTED TO DATE:



260 MADE AFTER DECEMBER CHRISTMAS PARTY. HELPERS INCLUDED MARTHA BECHER , SANDY NIEHAUS, CONAN MCDONALD, CAROL NORMAN, JIM GRABOWSKI, MAUREEN PRICE AND MARV NORMAN.

**JOIN US NEXT TIME.**

## HEART SCANS

CHAPTER 350 HAS BEEN INVOLVED IN THE GIFTING OF MORE THAN 500 HEART SCANS AND FINDING MANY HEART ISSUES.

## GROUP PHOTO 15<sup>TH</sup> ANNIVERSARY



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



# Phyllis Dillerisms

*Housework can't kill you, but why take a chance?*

*Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing.*

*The reason women don't play football is because 11 of them would never wear the same outfit in public.*

*Best way to get rid of kitchen odors: Eat out.*

*A bachelor is a guy who never made the same mistake once.*

*I want my children to have all the things I couldn't afford. Then I want to move in with them.*

*Most children threaten at times to run away from home. This is the only thing that keeps some parents going.*

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*Any time three New Yorkers Get into a cab without an argument, a bank has just been robbed.*

*We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.*

*What I don't like about office Christmas parties is looking for a job the next day.*

*The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.*

*His finest hour lasted a minute and a half.*

*Old age is when the liver spots show through your gloves.*

*My photographs don't do me justice -they look just like me.*

*Tranquilizers work only if you follow the advice on the bottle - keep away from children.*

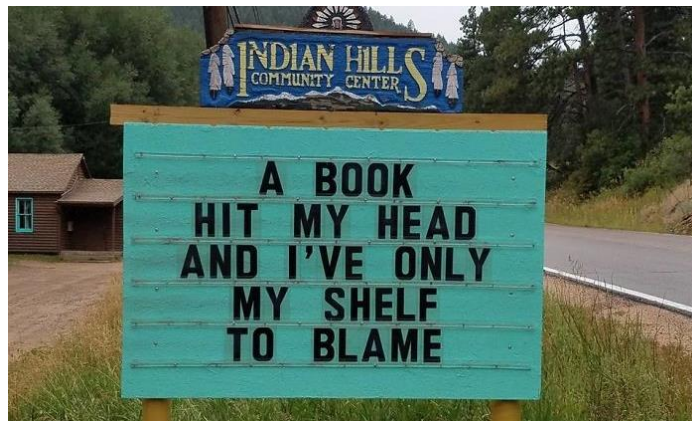
*I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'*

*The reason the golf pro tells you to keep your head down is so you can't see him laughing.*

*You know you're old if they have discontinued your blood type.*

*Burt Reynolds once asked me out. I was in his room.*

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# WHY VOLUNTEER

## Volunteering May Improve a Senior's Health

For most of us, retirement is our reward for a lifetime of hard work. It offers time to relax, travel, and enjoy the activities that bring fulfillment. However, if the retiree has no clear direction on how to spend their new free time, a lack of purpose may set in, which can affect both physical and mental health. For those looking for a way to spend their newfound time, volunteerism could be the answer.

### Rediscovering Purpose and Improving Health by Volunteering

Johns Hopkins Medicine research has shown that leaving the working world behind can boost the risk for heart disease and other medical conditions by 40% in some retirees. Experts believe a lack of purpose and **social connection** in retirement could be a trigger for physical and mental health issues.

For many retirees, volunteering can bring a sense of purpose into their lives and even improve their health. According to the U.S. Bureau of Labor Statistics, more than one in five older people are volunteers.

Based on a Corporation for National and Community Service study, older adults who volunteered at least 100 hours per year were two-thirds less likely to have poor health than non-volunteers. Furthermore, the American Journal of Preventive Medicine notes "strong associations between volunteering and favorable health and well-being outcomes," and the National Institutes on Aging reports that volunteering may lower the risk of dementia.

Overall, there are many benefits to volunteering, like these rewards:

- Contributes to good mental health
- Creates opportunities to socialize and relieves loneliness
- Gives a sense of purpose
- Builds friendships with like-minded individuals
- Allows reconnection with spouses and other family members
- Promotes physical activity
- Allows interaction with younger generations
- Reintroduces old hobbies
- Reduces boredom by learning new skills

### Find the Right Volunteering Fit

December 5 was International Volunteer Day, celebrating the people and organizations who volunteer their time and energy to improve the lives of others. If you are looking for a way to use the time you have available, consider finding the right volunteer opportunity. Not only will it help others, but it will also help you!

RIVERVIEW HEALTH VOLUNTEERS:

CAPTURE MANY OF THE BENEFITS DESCRIBED

ARE VERY MUCH NECESSARY TO THE RUNNING OF THE HOSPITAL

ARE VERY MUCH APPRECIATED BY HOSPITAL STAFF AND VISITORS

## 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.

### 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 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 Accredited Visitors get discounts on food in the Riverview Health Cafeteria, merchandise at both gift shops in the hospital, 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	FAMILY MEMBERSHIP
<p><b>Associate Member — FREE</b></p> <ul style="list-style-type: none"> <li>* Can attend any chapter/group meeting for MH, MLH or YMH</li> <li>* Can join online communities</li> <li>* Can access Member Portal</li> <li>* Receives the National e-newsletter</li> </ul>	<p>For members of one household with one mailing address only</p> <p><b>Family Membership — \$40 annual donation</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Membership, PLUS</li> <li>* One year annual subscription to Heartbeat magazine (\$30 value)</li> <li>* Membership Cards for all members of the family</li> <li>* 2 Car Decals – Select ___ MH ___ MLH ___ YMH</li> <li>* Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.</li> </ul>
<p><b>Individual Member — \$20 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All of the benefits of an Associate Member, PLUS</li> <li>* Membership Card</li> <li>* Car Decal – Select ___ MH ___ MLH ___ YMH</li> <li>* One-time 5% off coupon for purchase from the MH store</li> <li>* One year annual subscription to Heartbeat magazine (\$30 value)</li> </ul>	<p><b>Bronze Family Membership — \$75 annual donation</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Family Membership, PLUS</li> <li>* One Membership Pin per member</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</li> </ul>
<p><b>Bronze Member — \$45 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Full Individual Member, PLUS</li> <li>* Membership Pin</li> <li>* Choice of ___ MLH Drawstring Backpack or ___ MH/MLH Notecards (10 pk)</li> <li>* 5% off registration of any National (not regional) MH/MLH/YMH Conference or Symposia</li> </ul>	<p>Family Members:</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p> <p>Spouse ___ Child ___ Heart Patient _____</p>
<p><b>Silver Member — \$100 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Bronze Member, PLUS</li> <li>* A Stainless Steel Mended Hearts Travel Mug</li> </ul>	
<p><b>Gold Member — \$250 annual donation per person</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Silver Member, PLUS</li> <li>* A Red Fleece Blanket</li> <li>* 10% off registration of any National Conference or CHD Symposium</li> </ul>	
<p><b>Heart of Gold Lifetime Sponsor — \$1500 donation</b> <b>A one-time donation per individual</b></p> <ul style="list-style-type: none"> <li>* All the benefits of a Gold member FOR LIFE, PLUS</li> <li>* 15% off registration fees at National MH/MLH/YMH Conferences / Symposia</li> <li>* Recognition in the next <i>Heartbeat</i> 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</li> </ul>	

ALL DONATIONS ARE TAX DEDUCTIBLE

PAYMENT INFORMATION:

ADDITIONAL CHAPTER/GROUP DONATION:

Membership Level \_\_\_\_\_ \$ \_\_\_\_\_

Chapter/Group Name: 350

Additional tax-deductible Donation to:

Amount: \$ \_\_\_\_\_

Mended Hearts  Mended *Little* Hearts

Young Mended Hearts

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.**