THOUGHTS FROM THE PRESIDENT
By Joe Shocket

This is my final president’s message for the year 2014 and I hope it has been a good one for you as it has been for my household. Some things we’re looking at as a chapter for 2015 is to increase our visiting numbers, both in the number of visits and the number of visitors. Our numbers were down this year due to the chapter losing some good members in recent years who were great visitors, as well as some current visiting members who have slowed down for various reasons.

National Mended Hearts election of new officers will take place with ballots due in by March 6th. I listened in on the webinar on December 11th to learn what the candidates have to offer and heard the usual things about visions for the future, experience, positions held on a chapter level, as well as on the regional and national level.

I thought the best comment came from Patrick Farrant (candidate for VP) with his beginning remarks. He spoke after Donnette Smith (running for President) who had a barking dog in the background during her remarks. Patrick started, “Unlike Donnette, my dogs are quiet and well trained; as a matter of fact, one of them just left the room due to boredom.” So there you have it, for any of you dog lovers in Mended Hearts, keep that in mind when you cast your vote for National Officers in the upcoming election.

Now, so much for serious discussion, let’s talk about some fun things coming up in 2015. As you know, Chapter 28 hosts an ice cream social for Mended Little Hearts each year. We learned last year that May works much better for the Mended Little Hearts vs. August, so starting in 2014; we had a very successful May ice cream social at the Chesterfield County Airport, where we enjoyed a presentation on the Med Flight One helicopters by Sgt Shawn Rivard. I think the adults enjoyed this event as much as the Mended Little Hearts did.

For 2015, Chapter 28 is working on the Mended Little Hearts ice cream social sometime in May. We’ll keep you posted.

Later in the year, Chapter 28 will celebrate our 40th anniversary, recognizing our service in support of heart patients and their families. We held an executive committee meeting recently to begin planning for that event – stay tuned.

Help our chapter grow by attending meetings and think about becoming an accredited visitor if you have not already done so. As always a “Big Thank You” to our Visitors...they do a great job. Best Wishes to all for a happy holiday season and a prosperous New Year.

It’s great to be alive – and to help others
MEETING SCHEDULE
by Tommy Broughton

Meetings are the first Tuesday of the month at 7 PM. We look forward to seeing everyone at our meetings!

JANUARY MEETING will be held at Chippenham Hospital Bosher Conference Room on the first floor, behind and to the left of the Information desk (our regular location)

HOSPITALITY
by Ken Dawson

Refreshments will be provided at the January meeting by Ken Dawson who will bring a cake for the celebration of the installation of officers.

If you are scheduled to bring refreshments and cannot make the meeting, please call either Joe or Ethel to make other arrangements.

Ken Dawson is looking for a replacement for Hospitality Chairman. If you would like to step up to this position, please call Joe Shocket (804-748-3681 or Ken Dawson at 804-740-3568)

SUNSHINE COMMITTEE
by Carolyn Payne

Caring for each other is what we are about. Please call Sunshine Chairman Carolyn Payne (804-739-1745) if you know anyone who is sick or has experienced a loss, so that we may let them know the thoughts of their Mended Hearts friends are with them

- We wish a quick return to good health for the following: Cathy Jo Spence, Greg Lowe, Hank Atkinson, and Rick Tredway.

- We are very sad to report that one of our beloved Accredited Visitors, Mr. William (Bill) Baldwin has passed away. Former Visiting Chairman Jack Wilda trained Bill as Accredited Visitor in 1996. Tommy Broughton an Accredited Visitor at Chippenham Hospital reported this about Mr. Baldwin. “The nurses would ask me about him from time to time and were sorry to get the news yesterday when I told them although he hadn't been able to be there for over a year. He and Dr. Zocco were also very close. Before Dr. Zocco retired he ask about him as well. I know he called Bill from time to time. Bill was also very proud to have served in WWII and talked about that and how he and one other volunteer were the only ones left at the hospital. For about the last year he was at the hospital - he didn't visit many patients but spent his time with the families in the surgical waiting area regardless of what type of surgery they were having done. He would state these are “all my people”. A nice man and quite a talker”. He volunteered a total of 8,893 hours.
Hank Atkinson says, “Bill was unique. Chippenham was “his hospital” and best I could tell the doctors and nurses loved him”. Our sympathies go out to his family from Chapter 28.

It’s great to be alive – and to help others
HEARTY TIMES

JANUARY – FEBRUARY 2015

MENDED HEARTS PRAYER

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.

By Herbert G. Maedl

DONATIONS
by Treasurer Jerry Grossman

Donations in support of Chapter 28 in the month of December

Joe & Mae Shocket - IMO Russell Wilson
Cindy D Montavon - IMO Russell Wilson
Gerald & Estelle Grossman - IMO Russell Wilson
Gerald & Estelle Grossman - IMO Marian Myers (mother of Chapter 28 member John Myers)
Mark Goodstein
Jean Dunn
The Gold Wing Road Riders Association-Virginia Chapter D

CONSULT YOUR DOCTOR

“Hearty Times” is written for the education and information of our members and others concerned with heart health. It is NOT intended as a substitute for the advice of your own physician. Contact your doctor or health professional about your symptoms and concerns.

MENDED LITTLE HEARTS REQUESTS

We have a special need for the following items for the Care bags that we pack and take to the hospitals for our little patients and their families. At this time we need: men's deodorant, women’s deodorant, playing cards, chapstick and coloring books for children. Please bring them to a Chapter 28 meeting.

Jerry Grossman has been collecting used ink cartridges from Williamson's Pharmacy and other contributors for over seven years for a Mended Little Hearts' fund raising project. Any size OEM cartridge would be useful. If you have a business that would like to donate cartridges or personally have some cartridges, please let Jerry know or bring them to our Mended Heart's meeting.

It’s great to be alive – and to help others
Donette Smith will be the Acting National Mended Heart President starting immediately as President Gus Littlefield has stepped down due to health problems.

**Trip To Italy**
By Carolyn Payne

Carolyn and Tom Payne left October 2nd for a ten day painting/photography trip to The Tuscany-Liguria region of northern Italy with Carolyn's Thursday art group. Using La Spezia as their base they went by bus, train, and ferry to Cinque Terra (five very colorful towns built on the cliffs), Portofino (playground of the rich), Lucca and San Gimignano (old walled cities), and Pisa. The trip ended in Florence where they toured the Capelle Medicee, Duomo, Galleria dell'Accademia (saw Michelangelo's David, and the Uffizi (the first art museum). It was a fun, fun, trip! Following are some pictures of them on this wonderful trip.

PICS of Tom and Carolyn on their trip to Tuscany and the Northern Regions of Italy

It’s great to be alive – and to help others
HEARTY TIMES
JANUARY – FEBRUARY 2015

WHAT’S HAPPENING?

To learn more information about the next meeting or if you have any questions, please call Joe Shocket at 804-873-7889 (cell phone)

CONTACT MENDED HEARTS

Mailing Address:
PO Box 70234
Richmond, VA 23255-0234
Phone: 804-873-7889 (please note new number)

CHAPTER WEBSITE

www.mendedheartsrichmondva.org/
National Site is www.mendedhearts.org

❤️“HEARTY” ANNIVERSARIES”❤️
If you have any additions or corrections, please call the Chapter at (804) 873-7889

MENDED HEARTS SUPPORT

❤️ We’ll keep in touch for several months through the newsletter. If you want to talk to someone, please call 804-873-7889 or the person who visited you. Some of our new members want to become hospital visitors to help other heart patients. Remember that someone who is going to have heart surgery needs you to relieve his or her anxieties and show there is good life after heart surgery. You are living proof of that! We look forward to seeing you and your family at one of our meetings. You have something special to offer Chapter 28 and the patients we visit every day. You have “been there and done that”, which means a great deal to a patient.

It’s great to be alive – and to help others
It's great to be alive – and to help others
With this being the last Hearty Times from Chapter 28 in 2014, allow my family and I to wish you and yours a very Merry Christmas, Happy Hanukah and Happy New Year. I know it is politically correct to say Happy Holidays to cover all the special days and if you prefer this, then...HAPPY HOLIDAYS! Everyone here in Central Virginia wishes you a very Happy and Healthy Holiday season and New Year!

With so much bad news on the horizon, i.e., Ebola, Cosby scandal, UVA problems, and ISIS, Ferguson, all which sometimes can be overwhelming, we have to concentrate on all the good things. The good news in 2014 for our family was our daughter, son-in-law and 2 grand’s and grand doggie had a safe and successful move from Virginia to Kansas, and our grandchildren are accepting their new schools really well. They filmed an episode of HGTV House Hunters in October which was a lot of fun. AND my 5th anniversary for my heart surgery was December 3, 2014 so I’m especially thankful and grateful to everyone (doctors, nurses at St Mary’s, family and especially my Mended Hearts family who gave me support and made these 5 years possible. Because of their support I am now an accredited visitor and active in the Central Virginia Mended Hearts Chapter 28 as newsletter editor. Plus I’m volunteering at St Mary’s Hospital in Richmond where I had the Bypass Surgery. All is good for us and we are so thankful. My spouse and I also celebrated our 50th anniversary in January 2014. It was a great year!

The last month of the year allows us to look back and evaluate what we want to change, or maintain, for the upcoming year. Some of us make predictions and some of us make new resolutions, right? And some of us decide nothing and just take life as it comes and just keep rolling along! Whatever your style, if you are like me...you are grateful! I generally make a few resolutions or set some goals, but as I get older the goal list gets shorter :)

We are very thankful for you and all our Members, Officers and Accredited Visitors who make this organization as great as it is. Come to our January meeting and meet all the officers as they are installed on January 6th. We’ll have cake and coffee too! Let’s start off the New Year with a record number of members at our meeting.

It’s great to be alive – and to help others
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RECOGNIZING A STROKE

The '3' steps S, T and R
Read and
Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(I.e. It is sunny out today.)

R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke -------- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.
If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

It’s great to be alive – and to help others
We include a copy of our membership application in the newsletter for your convenience. Detach and send it now or put it on your refrigerator to attend to when you are feeling stronger. Visitors are always welcome at our meetings. We meet the first Tuesday of each month at 7:00 PM. In even-numbered months we meet at Henrico Doctors’ Hospital and in odd-numbered months at Chippenham Hospital. Please check the website or telephone message for information on location and programs.

Name_______________________________________ Birthday ____/____

Address____________________________________ Apt. #___ Home Phone (  ) __________

City_____________________________ State _____ Zip _______ Work Phone (  ) __________

Type of Surgery/Treatment________________________ Date of Surgery/Treatment ___/___/___

Occupation____________________________________ E-mail address____________________

Name of Spouse_______________________________ Birthday ___/___ Anniversary ___/___/___

Visitor Training_____ Preferred Hospital(s) _____________________________

We need volunteers to make a difference in heart patients’ lives.

**I am interested in:**

____Visiting patients  ____Committee work  ____Telephoning

____Special events  ____Driving members to meetings  ____I will need a ride to meetings

Membership is open to people who have had heart surgery or heart disease, their families, and friends. Membership is for one year from the date of enrollment and includes chapter newsletters, insignia pin, and the quarterly magazine *Heartbeat*. **(To be a member of a chapter you must be a member of the national organization.)**

Please select one of the following:

__________Individual Dues $20.00 + $7.00 = $27.00__________

__________Family Dues $30.00 + $14.00 = $44.00__________

(A family consists of two or more members in the same family sharing the same address.)

National lifetime memberships are available. Please contact the treasurer.

___ Please send me the newsletter for one year, even though I do not choose to join at this time. I enclose a $5.00 donation to help defray the cost.

___ I enclose a donation to support the work of The Mended Hearts, Inc.

Please make your check payable to MENDED HEARTS CHAPTER #28.

Mail it with this application to our treasurer:

**Gerald Grossman, 10001 Ramsbury Way, Richmond, VA 23238**
It’s great to be alive – and to help others

THE MENDED HEARTS, INC.

The objectives of the Mended Hearts are to offer help, support and encouragement to heart disease patients and their families. Members achieve the objectives by:

- Visiting, with physician approval, and offering encouragement and support to heart disease patients and their families.

- Distributing information of specific educational value to members of the Mended Hearts, Inc. and to heart disease patients and their families.

- Establishing a program of assistance to surgeons, physicians and hospitals in their work with heart patients.

- Cooperating with other organizations which engage in educational and research activities pertaining to heart illnesses.

- Assisting established rehabilitation programs for Mended Heart and their families.

- Planning and conducting a suitable program of social and educational events.

Central Virginia Mended Hearts
Joe Shocket, President
2812 Wilton Court
Chester, VA 23831