Hello, this is the first time I am writing as the President of Mended Hearts, Chapter 28. It is indeed quite an honor. I joined Mended Hearts to become an accredited visitor and go into the hospital to visit with the patients and their families so they could see that there is good life following heart surgeries. I have found that so many people think that they are limited in what they are able to do. To the ones of us who have had these surgeries and other heart procedures we know this is simply not the case. I also wanted to go back to the hospital where I had my five way bypass surgery to assist the doctors and nurses by showing the patients and their families what they have to look forward to after they have recovered and gone through cardiac rehab. I have also learned that diet and exercise are so very important to having a healthy heart. Yes, recovery is slow for the first few weeks, but after that you realize it was all worth it and your life gets back to normal. In most cases you are far better off than you were before. Becoming an accredited visitor is one of the best and most rewarding things I have ever done. If you are not a visitor I would encourage you to consider it because you are living proof of our motto, "It's great to be alive, and to help others". Please give it some thought.

Ginny and I spent two weeks in Florida and came back home to a foot of snow. While in Florida we celebrated two very special anniversaries. January 18th was the 9th anniversary of my heart surgery and January 20th was our 48th wedding anniversary. Indeed, two wonderful things to celebrate. We were in Panama City Beach, which is near the top of Florida, just below Alabama. It was a little cooler than we had wished for, but none the less we had a great time. We got a very pleasant surprise when we arrived home. One of our sons and two of our grandchildren had come over and cleared the driveway and shoveled the walk. They must have been glad to have us back.

Just a couple of days ago I received some very sad news. Sally Wright, a very long time member of our chapter had passed away in January during the snow. It was during the time when newspapers weren't being delivered on time and apparently not many people knew it. Sally and her husband Jim were early members in this chapter and for many years played a very active role. Jim served as president from 1978 - 1980 and Sally served as president from 1982 - 1983. Jim was also in the very first group of accredited visitors in our chapter. Please keep Jim in your thoughts and prayers and may Sally rest in peace.

We have some wonderful speakers lined up for our meetings this year so please come out and join us. This last week we had some members at the meeting that I hadn't seen for a while. It was great to see them again and we hope to see more members at the next meeting and throughout the year. I would love to see more participation at all of our activities. Come on out and join in the fun.
MEETING AND EVENT SCHEDULE

Chapter 28 meets the first Tuesday of each month at 7:00 pm, alternating between Chippenham Hospital (Krause Auditorium, 2nd floor), St. Mary’s Hospital (Room 156), and Henrico Doctor’s Hospital (Forest Conference Room) at Forest & Skipwith. We look forward to seeing everyone at our meetings! Come out and enjoy our excellent speakers. We feature a speaker at each meeting. Please see schedule below.

- March 1 – Chippenham Hospital - John Matea, Director of Mended Little Hearts
- April 5 – Henrico Doctor’s Hospital – Dr. Patrick
- May 3 – Chippenham Hospital - Dr. Andrew Keller, Director Heart Failure Unit, Chippenham Hospital
- June 7 – St. Mary’s Hospital - Dr. Gundars Katlaps, Chief, Cardiothoracic Surgery McGuire Veterans Medical Center
- July 5 – Chippenham Hospital - TBD
- August 2 – Henrico Doctor’s Hospital - Dr. Kenneth Ellenbogen, Director of the Pauley Heart Center, VCU Health
- September 6 – Chippenham Hospital - TBD
- October 4 – St. Mary’s Hospital - Jordana Kohn will speak on Heart Disease in Women
- November 1 – Chippenham Hospital - TBD
- December 6 – Holiday celebration

Mended Hearts Chapter 28 welcomes all heart patients, their families, and any individuals interested in our program. Please contact Joe Shocket for further information.

- Email: featherstep1@msn.com
- Phone: 804-873-7889

HOSPITALITY
By George Kirchmier

If you are scheduled to bring refreshments and cannot make the meeting, please call either Tommy Broughton or George Kirchmier to make other arrangements.

March refreshments will be provided by Tommy and Ginny
April refreshments will be provided by Ken and Virginia Dawson
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. Hopefully everyone will stay well and healthy.

All of us at Chapter 28 are saddened by the death of Mrs. Sally Wright. She passed away January 19, 2016. She was a dedicated member and past President of Mended Hearts, Chapter 28, Richmond, VA she will be missed by all our members. Obit follows:

Mrs. Sara Lavina Dengler "Sally," 76, of Henrico, went to be with the Lord on Tuesday, January 19, 2016. She worked for Bell of Pennsylvania, was a devoted and loving wife and mother, and was a church secretary with Mechanicsville United Methodist Church. She was a past president of Mended Hearts, Chapter 28 in Richmond and a member of Mechanicsville Baptist Church. She is survived by her loving husband of 58 years, James S. Wright "Jim"; children, James Wright Jr. (Janis), Kate Smitherman (Kaustuv Das) and Kenneth Wright (Sherry); six grandchildren and four great-grandchildren. In lieu of flowers, donations may be made to Mended Hearts of Richmond, P.O. Box 70234, Richmond, Va. 23255.

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

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. We would like to thank all who have donated. Members bring your donations to a Chapter 28 meeting.
USED PRINTER CARTRIDGES ARE NEEDED
Mended Little Hearts

Jerry Grossman has been collecting used ink cartridges from Williamson's Pharmacy and other contributors for more than 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.

CONTACT MENDED HEARTS
Mailing Address:
PO Box 70234
Richmond, VA 23255-0234
Phone: 804-598-4893
CHAPTER WEBSITE
www.mendedheartsrichmondva.org/
National Site is www.mendedhearts.org

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.

DONATIONS
By Joe Shocket

February 2016
Dues
Kroger Supermarkets
Chapter Donation
Chapter Donation
IMO of Sally Wright:
Keeth & Barbara Miller
Joe Shocket

Keri Roberts
GJ Kirchmier
Tommy and Ginny Broughton
Frances J. Wright
Victoria Purdy
VCU Heart Healthy Expo
By Tommy Broughton

Tommy Broughton and Joe Shocket from Mended Hearts Chapter 28 Central Virginia participated in the 2016 VCU Heart Healthy expo at VCU Medical Center (still MCV to some of us old-timers) on Friday, February 5, 2016. The medical staff at VCU Health kicked off February Heart month by offering blood pressure screening, Body Mass Index (BMI) calculations, and Glucose testing to all attendees. There was also hands on CPR training and give aways consisting of red VCU Pauley Heart Center bags, red tee-shirts, and other goodies. One of the sponsors of the event announced that they had 300 people attend the expo in 2015, that number was surpassed by 11:00 am at this year’s event. I can believe it as we ran through all of our handout materials midway through the event. It was a great opportunity to meet many of the health professionals who provide health services to the community, and most importantly to disseminate the Mended Hearts message, “It’s Great to be Alive…and to Help Others!”

VISITING STATS
By Joe Shocket

<table>
<thead>
<tr>
<th>Year 2016</th>
<th>Patients Visited</th>
<th>Patient/Family Visits</th>
<th>Family Visits only</th>
<th>Total (col C &amp; D)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan</td>
<td>102</td>
<td>131</td>
<td>29</td>
<td>160</td>
</tr>
<tr>
<td>Feb</td>
<td>10</td>
<td>11</td>
<td>5</td>
<td>16</td>
</tr>
<tr>
<td>Mar</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>112</td>
<td>142</td>
<td>34</td>
<td>176</td>
</tr>
</tbody>
</table>
Drs. Kenneth Ellenbogen and Vigneshwar Kasirajan spoke on new treatments for Atrial Fibrillation (AFIB) at the VCU Health seminar at the Ginter Botanical Garden on Feb 4, 2016. As usual it was very interesting and very informative.

Atrial Fibrillation is the most common arrhythmia in the U.S. and is very expensive to treat. When the electrical activity of the heart becomes “random and chaotic,” it is described as Atrial Fibrillation. It is the most common problem seen at VCU Health System. Research data indicates that ten percent of all Americans over the age of 70 suffer from Afib. Afib occurs in the upper chambers of the heart, usually in the left atrium.

What are the causes of Afib? The most common are age, heart disease, lung disorders, smoking, and excessive alcohol consumption. Afib is dangerous because it can lead to increased risk of stroke. Some individuals don’t even realize they have Afib, due to inactivity, until they have a stroke. Other individuals have such mild cases, they are left in Afib, because it is considered so benign. There are three types of Afib. (1) Paroxysmal (PAF) episodes that stop within 7 days without treatment, (2) Persistent episodes lasting longer than 7 days, or less when treated, and (3) Permanent or longstanding persistent which is continuous and has occurred for more than one year.

There are a number of surgical therapies to treat chronic Afib. Catheter ablation selectively eliminates the heart cells causing the arrhythmia by using radiofrequency electrical energy. This process cauterizes (burns) the tissue and prevents bleeding. This is similar to the maze procedure, another surgical treatment for atrial fibrillation, also called a surgical ablation. The surgeon can use small incisions, radio waves, freezing, or microwave or ultrasound energy to create scar tissue. Another method of treating Afib is through the Topera RhythmView 3D Electrophysiologic Mapping System. Viewing this procedure on the computer, it appears as a grid on top of the heart’s electrical activity and helps pinpoint where the electrical anomalies are occurring for ablation to take place. Afib can also be treated by injecting 100 percent ethanol into the heart to destroy the tissue that is causing the Afib.

The Watchman and Lariat procedures are among the newest procedures to prevent Afib related stroke. The Watchman device is a small, fabric-covered device permanently placed in the opening of the left atrial appendage to prevent harmful-sized blood clots from exiting and entering the bloodstream. The Lariat procedure uses two catheters and is performed under general anesthesia. One of the catheters is inserted under the patient’s rib cage, the other is sent to the heart’s left atrial appendage. Once the catheters are in place, the device places and then tightens a loop stitch around the base of the left atrial appendage, sealing it off from the rest of the heart, blocking stroke-causing blood clots from traveling to the brain.

Other treatments include the atrioverter, a device implanted under the skin, via a tiny incision, to monitor the atria and restore normal sinus rhythm via a low energy shock. Also, the atriclip, which targets the heart’s left atria appendage to reduce stroke risk.

Following the presentation there was a Q&A session for the audience, which was very close to capacity for the auditorium. No surprise as I’ve noticed the health seminars dealing with the heart have proven to be the most popular.
HEARTY TIMES
MARCH - APRIL 2016

SEMINARS 2016
Happy, healthy and strong 2016!
VCU Health Seminars 2016
We hope you can join us!

Location:
Lewis Ginter Botanical Garden
1800 Lakeside Avenue
Henrico, VA 23228
ALL seminars are scheduled 5:30-6:30 p.m.
All of the seminars are free and open to the public, however registration is recommended. Register online at vcuhealth.org/seminars or call (804) 828-2357 for more information. All dates and times are subject to change or cancellation.

March
Tuesday, March 1
Cervical Disc Surgery: Fusion or Replacement?
Your cervical vertebrae is made up of seven bones or discs stacked on top of each other in your neck area. When one of these discs is damaged it can lead to aggravating neck pain. Join Dr. Brian Cameron, from our Harold F. Young Neurosurgical Center, to learn more about traditional surgery in the form of fusion and newer technology involving disc replacement.

Tuesday, March 15
Why Can't We Cure Traumatic Brain Injury?
Over the past few decades, government-funded and pharmaceutical company researchers have spent millions of dollars on dozens of research studies in traumatic brain injury (TBI). But no "cure" has been identified. Why not? How can we do better in the future? Join Dr. Alex Valadka, from our Harold F. Young Neurosurgical Center, to learn more about the past, present, and future of TBI research.

Thursday, March 24
When Arthritis Affects the Foot and Ankle
Arthritis is a common cause of pain and disability involving the joints in the hips, as well as the joints in the foot and ankle. This joint discomfort can make even the simplest tasks excruciating. Fortunately, we do have treatment options that can help alleviate the pain and improve function. Join Dr. Tejas Patel, from our Department of Orthopedic Surgery, as he discusses both surgical and non-surgical options that provide symptomatic relief.

HAVE A HEALTHY MONTH AND WE WILL SEE YOU AT THE GARDENS!

“HEARTY” SURGERY ANNIVERSARIES” ❤
If you have any additions or corrections, please call Tommy Broughton at (804) 598-4893

MARCH HEART ANNIVERSARIES
Horace Allen - 17 years
Thomas Crowder - 8 years
Mary Maxwell - 7 years
Audrey Van Fossen - 17 years

NO APRIL HEART ANNIVERSARIES
CHAPTER 28 OFFICERS

President: Tommy Broughton 598-4893
1st VP: Leonard Amendola (North) 740-8521
John Hagedorn (South) 379-7683
2nd VP: George Kirchmier 739-1062
Secretary: Keith Ellis 740-2570
Treasurer: Joe Shocket 748-3681
Visiting Chair: Joe Shocket 748-3681
AHA Liaison: Joe Shocket 748-3681
AHA Consultant: Michelle McLees 965-6589
Scholarship Chair: Jerry and Estelle Grossman 741-0285
Publicity: Joe Shocket 873-7889
Statistician: Joe Shocket 748-3681
Sunshine Chair: Carolyn Payne 739-1745
Newsletter Editor: Ethel Nelmes 748-3742
Hospitality Chairman – George Kirchmier 739-1062
Ways and Means: Joe Shocket 748-3681
Jodi Lemacks - Mended Little Hearts 419-7028
Jodi.lemacks@mendedhearts.org
The Mended Hearts, Inc. (888) 432-7899

Mrs. Sharon Feldman, our newest member and also newest visitor sporting her new red vest. Looking good!!

One of the three nurses from the St Mary’s Cardiac floor speaking to us at our February (Heart Month) Meeting.
Help Needed In Spreading the Word: Mended Hearts Contest to Grow Awareness of Advanced Heart Failure Treatment Options

Dear Chapter Officers,

Mended Hearts is partnering with St. Jude Medical to grow awareness of advanced heart failure treatment options through a video contest called "Thanks to an LVAD." The video contest asks participants to submit a short video (30 seconds or less) featuring an LVAD recipient and at least one friend of loved one sharing what they believe is the best thing about the recipient having received an LVAD.

Can you help us promote this contest in your chapter? For every video submission made for the contest, St. Jude will donate $100 to Mended Hearts. The contest runs from February 18 - April 12, 2016.

To help you share the news about this contest, we have developed a brief newsletter article which can be accessed by clicking HERE. Also, available is a great infographic that provides information about the contest, heart failure and LVAD. The infographic can be accessed by clicking HERE.

We appreciate your support in promoting this exciting contest. If you have any questions, please feel free to contact me at jessica.deering@mendedhearts.org. Thank you for your support!

Sincerely,

Jessica Deering
Director of Corporate Development and Programs
Tommy Broughton introducing our new Mended Hearts 1st VP’s
Leonard Amendola and John Haggedorn

Tommy expressing appreciation to Joe Shocket for his superb job as Mended Hearts Chapter 28 President

Members listening to our speakers from St Mary’s at the February Meeting.
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. **This year our meeting places will change to accommodate our speakers. We meet the first Tuesday of each month at 7:00 PM. Our meeting place for January is Chippenham Hospital, February, June and October will be at St. Mary’s Hospital. Otherwise in even numbered months we meet at Henrico Drs and odd numbered months at Chippenham.** 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, 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 $27.00

___________Family Dues $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:

Joe Shocket 2812 Wilton Court, Chester, VA 23831
Central Virginia Chap 28 Mended Hearts
Tommy Broughton, President
2452 Jude’s Ferry Road
Powhatan, VA 23139

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.