THOUGHTS FROM THE PRESIDENT
By Joe Shocket

If you were part of my household the weekend of Oct 10-12, you had a full weekend. Friday night was my 45th high school reunion, Thomas Jefferson High School, if you’re curious (where did all these old people come from?)

Saturday morning was the Heart Walk through West Creek Office Park, walking through occasional “liquid sunshine.” Mended Hearts was well represented by Jerry and Estelle Grossman, Tommy and Ginny Broughton, myself and Mae, Brooks McCormick and hospitality chairman extraordinaire, Ken Dawson.

Ken came well prepared with chocolate chip cookies for the humans as well as doggie treats for our four-legged friends, of which there were many. Jerry’s “fat jars” once again attracted considerable attention as people checked out their favorite foods to see how much fat content each food contained. I think there were a lot of disappointed French fry lovers when they saw the fat content of a regular serving size.

I’m pleased to say that Jerry once again met his fund raising goal for the American Heart Association Heart Walk. I hope more of you will be able to join us for next year’s Heart Walk in 2015 – think Sunshine!

Getting back to my full weekend, Mae and I enjoyed a dinner dance Saturday evening with our dance friends, some of whom we haven’t seen since last spring. Becky enjoyed two weeks in Italy and Jim spent two weeks in Japan. That reminds me, a number of Chapter 28 members have been traveling recently also: the Atkinson’s to Russia, the Grossman’s to Israel, and the Payne’s to Italy and Portugal. If you’ve had an interesting travel experience recently, I hope you’ll write up a little travelogue about your trip to appear in the next newsletter.

On Sunday we attended the Richmond Folk Music festival at Brown’s Island. The highlight for us I think was the Mariachi Los Camperos de Nati Cano Mexican Mariachi band from Los Angeles. These guys were a lot of fun and received a standing ovation from the audience for their great performance. If they return for next year’s folk music festival, they are definitely worth checking out.

Please consider attending our meeting in November when elections take place on our slate of officers for the chapter in 2015. The meeting will be at Chippenham Hospital on Jahnke Road in the Boshier Conference room, November 4, beginning at 7:00 pm. Also, Chapter 28 will celebrate Christmas this year at the Grapevine Restaurant at 11055 Three Chopt Road (Three Chopt and Cox Roads). Our Christmas celebration will take the place of our regular December meeting. Please contact myself or Carolyn Payne to let us know if you are attending.

As always, I give a BIG THANK YOU to all our Visitors for the great job you do in offering hope, encouragement, and support to heart patients and their families. Keep up the good work, and to all Mended Hearts members, their families, and friends, I wish you a great final three months of 2014 as we enter the holiday season.

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!

NOV 4th 7 PM Chippenham Hospital
Beverly Bean, Hospitality Chairman
Hospital Hospitality House
Officers for the Chapter for next year will be voted on at the November meeting.

December 2 will be our Christmas Dinner at the Grapevine Restaurant.
Check out the notice of this event in this newsletter. Hope to see all of you there.

HOSPITALITY
by Ken Dawson

Refreshments will be provided at the meetings
November – Carolyn Payne
December – Christmas Dinner at the Grapevine Restaurant

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

Ken Dawson is still 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 lost a dear member, Mr. Thomas Harkins, who passed away October 13, 2014. He surely will be missed as he was a permanent fixture at our meetings and events. Our deepest sympathies go out to his wife Viola and the family. He will be deeply missed by all the Chapter 28 members.

It’s great to be alive – and to help others
A 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 October
Mrs. Ruth Rosenberg in memory of her husband, Paul Rosenberg, a very active member of Mended Hearts

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
MH Internet Visiting - Reaccreditation online in November

I am including this announcement from the national office. You still have to report your accreditation date to me. After this program goes into effect, I will then delete all names that do not have a current accreditation date, for the last 2 years. If you are reaccredited through your chapter, please let me know your reaccreditation date. If you decide to go through the online reaccreditation, please let me know the date of your online reaccreditation", and I will record it in my records. Those of you, who have a current 2013 or 2014 date, do not worry about this unless you just want to do see how the online program works. A lot of you have already updated your training date and I really appreciate that.

This is especially good for those who are MAL members and I am happy to see this implemented. It will make it easier for me to keep up with and also for you to get this done in a timely manner.

Heartfully, Gerry Harrelson, Chairperson, Mended Hearts Internet Visiting
mvdallagh@wowway.com 843-556-0368

MARYBETH DWYER - SPEAKER FOR OCTOBER MEETING
By Ethel Nelmes

Marybeth Dwyer is a Critical Care Nurse at St Mary’s Hospital. Marybeth spoke on Atrial Fibrillation. She presented a power point presentation followed by a few minutes of questions and answers from the members. She spoke on what can cause the heart to race and beat faster than normal. Atrial Fibrillation can cause heart failure and needs to be diagnosed as early as possible. Signs and symptoms are dizziness, feeling weak, and palpitations, and can cause a stroke to happen. This can cause the heart to increase in size, and blood can pool. She said if you are experiencing Atrial Fibrillation you are 5 times more likely to have a stroke. Strokes can be prevented with the ability to slow heart rate and get the heart back in normal rhythm. Early intervention is very important. **Ventricular tachycardia** (V-Tac) can happen with heart failure, resulting in the patient having no pulse and passing out. There are medications that can bring the heart rate down, make chemical changes, and put the heart back into normal rhythm. Sometimes shocking the heart to bring it back into rhythm is needed and is called Electro Cardio Version. Other problems with Atrial Fibrillation can make you feel fatigued, weak, fall easily and/or make the heart beat irregularly.

It’s great to be alive – and to help others
It's great to be alive – and to help others

Donette Smith, 4th from left will be the Acting President starting immediately as President Gus Littlefield has stepped down due to health problems.

Heart Walk
by Jerry Grossman

The Richmond Heart Walk October 11, 2014
The Richmond Heart Walk took place on Saturday, October 11, 2014 at West Creek Parkway. Over 8,000 people attended the event including many Mended Hearts Members. From our Chapter, Tommy Broughton, Brooks McCormick and Jerry Grossman led off the walk carrying our flags.

We thank Ginny and Tommy Broughton, Ken Dawson, Gerald and Estelle Grossman, Brooks McCormick, and Joe and Mae Shocket for helping man our Mended Hearts table. Mended Little Hearts also had a table there.
A big thank you goes to Brooks McCormick, Ginny and Tommy Broughton, Ethel Nelmes, Joe Shocket, Mended Hearts Chapter 28, Ken Dawson, Jerry and Estelle Grossman, and Tom Hawkins for their generous donations to the Mended Hearts team “Heart Walk Web Page”. Mended Hearts is proud that we collectively gave $1,000 again this year to a cause near and dear to our hearts.

From the American Heart Association

After undergoing a second heart surgery to replace his aortic valve, Jerry Grossman witnessed first-hand the life-saving medical advances made over the years since his first surgery forty years ago. He is a dedicated member of our Mended Hearts Chapter 28 of Richmond, an organization that provides support for those dealing with heart disease. “I feel great to be alive and to help others.” “This is the mantra that I live by”, says Grossman. He especially enjoys visiting with heart patients at local hospitals. Having been part of the Richmond Heart Walks since 1999, Jerry is dedicated to raising funds to support the research and community education programs supported by the American Heart Association! Congratulations to our top 5 community teams: 1. Team Satterfield 2. Bushong Team 3. Little Elam Baptist Church 4. Mended Hearts 5. Team Cunningham

Jerry Grossman and Brooks McCormick  
At the Richmond Heart Walk

Estelle Grossman and her sister in law  
Bobbie Lublin at the Heart Walk

It’s great to be alive – and to help others
As you know, Mended Hearts and Mended Little Hearts are powerful, recognized brands that have touched millions of patients and which provide support to hundreds of thousands of patients and families every year. After a lengthy process by the Board of Directors, these new logos were selected to embrace our long history of service and represent a bright future for this compassionate, caring organization.

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance. These new logos will clearly set us apart from other organizations in cardiovascular health, which is crucial to our ability to raise awareness and create alliances that help us grow.

The national staff will execute a communication plan to announce these logos to our membership, partners, and sponsors over the coming weeks. We will begin to rebrand all of our materials, including Heart Pack, membership brochures, websites, social media, and merchandise, along with the many documents and templates that are used locally.

In addition, we will be creating individual logos with the names of every Mended Hearts chapter and Mended Little Hearts group, which will be a very useful asset. Many of us have shirts, vests, and other branded materials with the logo we have used the past 62 years. You can still proudly use, wear and display those items; however, we encourage you to purchase new items when they become available. We expect to begin offering fresh merchandise with the new logos shortly. As you know, rebranding Mended Hearts and Mended Little Hearts is a nationwide effort. The more we use the new logos in our chapter, group, and visiting efforts, the quicker the general public will recognize it. This will help us generate the higher awareness we should have, given our impact on patient outcomes and families across the nation.

Best regards,

Michele Packard-Milam, CAE
Executive Director

It's that time of year again - all Visitors need to be reaccredited on an annual basis for Visiting heart patients and/or their families in the hospitals where we visit. This year the schedule is as follows:

**REACCCREDITATION by Keith Ellis (Visiting Chairman)**

**Chippenham on Jahnke Road**
Nov 1 - Sat - 10:00 am - 12:00 Noon
Bosher conference room (our regular meeting space)
Henrico Doctors Hospital
Forest & Skipwith Roads

Nov 8 - Sat - 10:00 am - 12:00 Noon
Williamsburg conference room - conference room in the front of the hospital behind the information desk on the left-hand side (this is where we formerly met for our regular meetings before they moved us back to the Forest conference room)

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

VISITING STATISTICS
by Joe Shocket

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- The Chapter decided to celebrate our **Christmas Dinner** this year at The Grapevine Restaurant. It will be on the (2nd of Dec) first Tuesday in December. The Grapevine Restaurant is located at 11055 Three Chopt Rd. (Phone # is 804-440-9100). Please mark your calendar. **Let Carolyn Payne (739-1745) know right away if you plan to attend. She has to give the restaurant a count.**

CHAPTER OFFICERS

President: Joe Shocket 748-3681
1st VP: Tommy Broughton 598-4893
2nd VP: Thomas Payne 739-1745
Secretary: Carolyn Payne 748-1745
Treasurer: Jerry Grossman 741-0285
Visiting Chair: Keith Ellis 740-2570
AHA Liaison: Jerry Grossman 741-0285
AHA Consultant: Amanda Powers 965-6589
Hospitality Chair Ken Dawson 740-3568
Scholarship Chair: Vacant
Publicity: Joe Shocket 873-7889
Statistician: Joe Shocket 748-3861
Sunshine Chair: Carolyn Payne 739-1745
Newsletter Editor: Ethel Nelmes 748-3742
Ways and Means: Jerry Grossman 741-0285
Jodi Lemacks - Mended **Little Hearts**
The Mended Hearts, Inc. (888) 432-7899
(Area Code 804 unless otherwise indicated)
HEARTY TIMES
NOVEMBER - DECEMBER 2014

CONGRATULATIONS!

Congratulations are in order for our Chapter 28 President Joe Shocket who was recently honored for his exceptional leadership, service and support of 2014 VCU Alumni Volunteer Services Award. Congratulations Joe. You make us very proud!

Flu Shots and Heart Disease

This article appeared in my daily Mayo Clinic Health newsletter. It states that people with heart disease are more susceptible to influenza than people with other chronic conditions. People with heart disease are at increased risk for pneumonia, respiratory failure, heart attack, etc. Having the flu can also cause dehydration and worsen pre-existing conditions such as heart failure, diabetes or asthma.

Get your flu vaccine injected by needle into the arm. The flu vaccine that is given by nasal spray (FluMist) isn’t recommended for people with heart disease because it’s made with live virus that can trigger flu symptoms in people with heart disease.

Talk to your doctor before getting a flu shot if you’re allergic to eggs, you’ve had a serious allergic reaction to the flu vaccine in the past, you have a history of Guillain-Barre syndrome that developed after receiving a flu shot, or you’re sick with a fever at the time you plan to get a flu shot.

*This article appeared in the New York Times Sunday magazine in September 2014.

The Woman’s Heart Attack

By MARTHA WEINMAN LEAR

SEPT. 26, 2014

IN medical circles, they call it the Hollywood Heart Attack. You’ve seen it: grimace of agony, clutching of chest, sudden collapse, the whole purple-prose panoply. For my husband, Harold Lear, a doctor who became a patient just that suddenly, it was the first stop in a five-year medical odyssey, one cardiac crisis after another, ending with the ultimate stop in 1978.

Through all the years that followed, it remained my assumption that the Hollywood Heart Attack was it: the paradigm, the norm, and the way heart attacks are supposed to happen.

I was relieved of this assumption two years ago, when I had one of my own.

Mine went like this: altogether well one moment, vaguely unwell the next; fluttery sensation at the sternum, rising into the throat; mild chest pressure; then chills, sudden nausea, vomiting, some diarrhea. No high drama, just a mixed bag of something’s that added up to nothing you could name. Maybe flu, maybe bad food, maybe too much wine, but the chest pressure caused me to say to my second husband, “Could this be a heart attack?” “Of course not,” he said. “It’s a stomach bug.”

It’s great to be alive – and to help others
Still, that pressure, slight but there, nagged at me. I called my doctor and reported my symptoms. The mention of diarrhea, almost never a presenting symptom in heart attacks, skewed the picture. He said, “It doesn’t sound like your heart. I can’t say a thousand percent that it’s not, but it doesn’t seem necessary to go racing to the emergency room with the way you feel now. Just see it through and come in for an EKG in the morning.”

The pressure eased. I slept, and woke the next morning feeling well. I went for the test mainly because I had said that I would, fully expect to be told that I was healthy. First the EKG and then the echocardiogram told a different story: a substantial heart attack, “less than massive,” my doctor said, “but more than mild.” We were both stunned.

Suddenly I found myself living in a sequel: same hospital where Hal had worked and died, same coronary unit, same cardiologist, same everything; different husband wheeling me in my wheelchair through the corridors where I had wheeled Hal in his. Ghosts in every corner.

With a stent implanted in an occluded artery, I recovered fast and was cleared to leave in four days, but a bad hospital-acquired infection kept me there four weeks — times enough for a revelatory education about women and hearts.

Surprise No. 1: The biggest killer of American women is not breast cancer, as many people believe. It is heart disease. Should I have been surprised? Of course not. The American Heart Association keeps telling us about our hearts and we keep not listening, possibly because we are so fearful of cancer that we have no fear to spare, as we lie on our beds dutifully palpating ourselves for the lumps that we pray not to find.

Our hearts kill more of us than all kinds of cancer combined.

Surprise No. 2: I learn that Hal’s attack and mine are textbook illustrations of how vivid the gender differences can be. I learn that men more typically have “crushing” pain; women, nausea. That women are likelier to have early warning signs, such as unaccustomed fatigue or insomnia (unaccustomed: That’s the key word here). That we are likelier — this spooked me and kept me, for months, glued to calendars — to die within a year of a heart attack. That our symptoms can be so varied and nuanced that we feel no fear, seek no help, and possibly die — which may be why, although more men have heart attacks, a greater percentage of women die of them.

All these gender distinctions strike me as marvelously curious. I begin, as I did during Hal’s many emergency admissions, interviewing doctors and nurses and keeping a journal.

A nurse practitioner offers a graphic tutorial. Big, broad, a Valkyrie, she plants herself at the foot of my bed, puts one hand beneath her nose, as though in salute, and the other at her pelvis, and says, “In women, from here to here, anything could be a symptom.” Thus encompassing jaw, neck, throat, back, shoulders, chest, arms, diaphragm, abdomen

“That’s terrifying,” I say.

“It’s just information,” she says. “It’s good to be informed, not terrified.”

The question looms: Why should such differences be?

Answer: Nobody knows for sure.

There are theories. Many. It may be because a woman’s arteries are narrower than a man’s, or because her micro vascular system functions less efficiently, or because her heart beats faster, or because it takes longer to relax between beats, or...

But if it is not well understood, we do have one good — bad — reason it is not well understood. The reason is gender bias.
Until shockingly recently — in fact, until this millennium — there was minimal research on women’s heart attacks because of widespread belief in the medical community that women did not have heart attacks. (When the American Heart Association introduced its Prudent Diet in the 1950s, it issued a pamphlet titled “The Way to a Man’s Heart.”)

What we already know is that nearly a half-million women are stricken annually by heart disease. That it is crucial to get help fast. That symptoms may include neck pain, shoulder pain, back pain, belly pain, et al. But what we are still not told is how to know when back pain, that endemic American complaint, is a possible warning sign, and when a cigar is just a cigar?

Here my own doctor supplies a missing nugget of common sense: “Don’t be reporting every little ache. Use discretion. But if it is a symptom unlike any you have experienced before, make the call. Get a reality check.”

Recipe: Pumpkin soup

Canned pumpkin puree is available all year. When pumpkins are in season, however, you can make your own puree by roasting a small pie pumpkin and processing the flesh in a blender or food processor

**Ingredients**

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

**Directions**

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don’t let onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don’t boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

**Nutritional analysis per serving**

**Serving size: About 1 cup**

- Total carbohydrate 14 g
- Dietary fiber 4 g
- Sodium 57 mg
- Saturated fat Trace
- Total fat 1 g
- Trans fat 0 g
- Cholesterol 1 g
- Calories 77
- Protein 3 g
- Monounsaturated fat 1 g
- Sugars 0 g

**It’s great to be alive – and to help others**
It’s great to be alive – and to help others
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.

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