Our mission: “Inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support

PRESIDENT’S MESSAGE
By Tommy Broughton

Hello to you all,

It is really hard to believe that we are halfway through the year. As the old saying goes, "time flies when you are having fun". I must be having a ball because time is truly flying by.

Our May meeting was a good one and our speaker was Dr. Kimberly Sanford, Director of Transfusion Medication at VCU. Dr. Sanford spoke on transfusion basics. Her presentation was very informative and brought out many points I had never thought about. I never realized just how big a part the military had actually played in the early stages of blood transfusions. This was, and is, because of the number of casualties in combat and the immediate need for blood. Also, we think of blood being donated and then used in transfusions but I had never given much thought to all the tests that the blood goes through and it is then sold to the hospitals. I do not remember what she said her budget for blood is per year but it was a very large amount. I donated blood a few times years back but started having trouble doing it so I had to quit. I thank the ones of you who do donate, this includes my wife, Ginny. You truly are donating “The Gift of Life”.

I was out of town for our June meeting but I understand our speaker, Michelle Gossip, BSN, RN at VCU, gave a very interesting talk on ARCTIC. This is a support group for patients who have experienced and recovered from cardiac arrest, having died and brought back to life through resuscitation and hypothermia. I am sorry I missed this presentation as this is truly a miracle to me. A doctor once told me the ones of us who have been through open heart surgery have been through a near death experience since our heart and lungs are stopped and we are on a breathing machine. It is thought this is what causes a change in our emotions following heart surgery. It makes sense to me.

Please join me in wishing our newsletter editor, Pat Brown-Glover, well as she leaves us and moves to Charlotte, N.C. This will be her last newsletter and we thank her for the wonderful job she has done since taking over the first of this year. We will miss her smiling face at our meetings and will welcome her to join us anytime she is back in the Richmond area.

I feel that laughter is good for the heart and soul so I will share this with you. Last week I met a waitress, probably in her late 30s, in a small restaurant in Vermont. I noticed the top of her scar and asked if she had open heart surgery. She replied yes and told me she had valve surgery twice with a replacement...
cow valve each time. She then told me she hadn't eaten beef in over 15 years since that would be cannibalism. We had a good laugh and then she said she has considered having a piercing done at the top of her scar and having a zipper pull placed there. We laughed some more. I think this young lady has a great outlook on life and the heart condition she lives with. I wish her many more happy years.

I hope you all have a great summer,
Tommy

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), and Henrico Doctor’s Hospital at Forest & Skipwith. We look forward to seeing everyone at our meetings! Come out and enjoy our excellent speakers.

We try to feature a speaker at each meeting. Please see schedule below.

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

Upcoming Meetings

July 2017-No Meeting
August 2017 -TBA
September 2017-TBA
October 2017- Kim Nelson (DNP, RN-BC, ACNS-BC, CHFN, CCCC, RDCS, VCU Pauley Heart Center)

Dr. Kimberly Sanford, Director of Transfusion Medication at VCU
HEARTY TIME
JULY-AUGUST 2017
Ms. Michelle Gossip, BSN, RN at VCU

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.

If you have not signed up for the refreshment list, please do so soon. George will have the sign up list available at the next meeting for year 2017.

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. Hopefully everyone will stay well and healthy.

Let’s Keep the Atkinson Family in our hearts and prayers.
Mended Hearts and Chapter 28 has lost a very valuable member. He was born Henry Ray Atkinson but we all knew him as "Hank". Hank was a Veteran of the U.S. Army and had worked as an engineer for the Department of Defense. Hank was a visitor for Mended Hearts at St. Mary’s Hospital located here in Richmond. He served as president for our chapter on three different occasions, 2006-2007, 2010 and 2013. He served as the Master of Ceremony at the Mended Hearts National Conference one year, although I'm not sure of the year. That same year Chapter 28 received the President’s Cup as Chapter of the Year. He wrote two CD's, one on CABG and the other on Valve Replacement, and had them copyrighted. We passed these out to patients that we visited with, in the hospitals. The past couple of years he has been in declining health, fighting leukemia, and not able to be very active. He passed away at home on the evening of June 20, 2017, at the age of 83. Mended Hearts and especially Chapter 28 will miss "Hank" and all the good he has provided for us. I'm sure he is now looking down on us from above as he is sporting around in his shiny red Corvette convertible with his gentle smile. "Hank", we Thank You for all you have done for us. Our thoughts and prayers will be with your wife, Carol and the family.

Tommy Broughton
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.

DONATIONS FROM KROGER’S

The Kroger Family of stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program of Kroger. They are also committed to carefully protecting our customers’ personal information. In order to meet their expectation of privacy, they have adopted a simple policy to never share a customer’s personal information. Our privacy policy applies to Community Rewards participation as well. As your neighborhood food retailer, they deeply value their ability to support local organizations like ours.

Please sign up on the Kroger web site and see how these donations can really benefit Chapter 28. Chapter 28 members and all other individuals, please consider linking your Kroger Plus Shoppers Card (membership number) to the Kroger Community Rewards program. It helps Chapter 28 raise funds to support our programs of heart education and visiting heart patients and their families in area hospitals. Please visit the Kroger website and follow their prompts. If you need assistance please contact Treasurer Joe Shocket 804-748-3681. Thank You.
Medical Care Drones Could Aid in Heart Emergencies

This article appeared in the Richmond Times Dispatch on June 14, 2017 and should be of interest to anyone with heart disease. We have all heard about the increasing use of drones by companies such as Amazon to transport goods to customers, by the military to achieve missions, and as a hobby by many individuals. Here’s one more. Drones carrying automated external defibrillators (AEDs) to help bystander’s aid individuals stricken by cardiac arrests.

In a test, researchers sent out drones to the scene of cardiac arrests, and found that they arrived within five minutes of launch, almost 17 minutes faster on average than ambulances. This is a big deal when you consider that mere minutes could be the difference between life or death.

“Drone-delivered devices weren’t used on patients in the preliminary study, but the results are ‘pretty remarkable’ and proof that the idea is worth exploring,” said Dr. Clyde Yancy, a former American Heart Association president.”

The study was conducted in October 2016 and published in the Journal of the American Medical Association June 2017.

Over 350,000 Americans suffered cardiac arrests in a non-medical setting in 2016. Cardiac arrests are often confused with heart attacks but they are different medical ailments. Heart attacks occur when a blockage stops blood flow to the heart. Cardiac arrest occurs when the heart’s electrical system malfunctions, interfering with the
The heart's rhythmic pumping action. This also prevents blood from reaching vital organs. Death can occur within minutes without treatment such as CPR or an AED.

The researchers used a small heart defibrillator weighing less than 2 pounds. It featured an electronic voice that provided instructions in using the device. It was attached to a small drone equipped with four small propeller-like rotors, a global positioning device and a camera.

The drone was launched from a fire station within 6 miles from homes where people had suffered previous cardiac arrests. The drone soared over residential rooftops and then landed gently in a backyard where a man dashed out of a house to grab it and carry it back inside. There were no crashes or mishaps during the journey.

More tests will be conducted to send drone-delivered defibrillators for bystanders to use in real-life cardiac arrests. I would be curious to see a defibrillator that a non-medical bystander could apply to a heart victim. No word on whether or not the defibrillators would arrive with a miniature cardiac medical team onboard.

Submitted by Joe Shockett

“HEARTY” SURGERY ANNIVERSARIES”

If you have any additions or corrections, please call Tommy Broughton at (804) 598-4893

JULY HEART ANNIVERSARIES
Keith Ellis – 1998 and 2006
Beatrice R Howard – 2008
William Mason – 2012
Brooks McCormick – 2004
Audrey B. Miller – 2007
Patsy Pettus - 2013

AUGUST HEART ANNIVERSARIES
Edward Guy Craze, Jr - 1998
Neal Dewitt – 1988
Barbara Pedrotty – 2009
Joe Shocket – 2009
Richard Tredway – 2008
Robert Wiedemer - 1990
MENDED HEARTS PRAYER
By Herbert G. Maedl

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.

CHAPTER OFFICERS 2017

President Tommy Broughton 598-4893
John Hagadorn 1st Vice President 379-7683
George Kirchmier 2nd Vice President 739-1062
Keith Ellis Secretary 740-2570
Joe Shocket Treasurer 748-3681
Joe Shocket Visiting Chair 748-3681
Joe Shocket AHA Liaison 748-3681
Michelle McLees AHA Consultant 965-6589
Jerry and Estelle Grossman Scholarships 741-0285
Joe Shocket and 748-3681
Sharon Feldman Publicity 585-261-7196
Joe Shocket Statistician 748-3681
Carolyn Payne Sunshine Chair 739-1745
Pat Brown-Glover Newsletter Editor 894-2400
George Kirchmier Hospitality Chair 739-1062
Joe Shocket Ways and Means 748-3681
Jodi Lemacks Mended Little Hearts 419-7028
The Mended Hearts, Inc. 888-432-7899
jodilemacks@mendedhearts.org
All “804” area code unless otherwise stated

Notes:
**VISITING STATS**  
By Joe Shocket

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## HEARTY TIME

### JULY-AUGUST 2017

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HEARTY TIME
JULY-AUGUST 2017

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Some Information to Share:

Visit this webpage……...
http://www2.heart.org/goto/jerrygrossman
or send your donation to:
Jerry Grossman 10001 Ramsbury Way
Richmond, Virginia 23238

Rashnlikant Amin shared information on the Yellow Dot Program in Chesterfield and the File Of Life Program in Henrico. Both programs provide resources to assist individuals and their families with providing complete and accurate
information to emergency personnel. The Yellow Dot Program is designed for car use with a yellow dot decal and the File of Life Program is designed for use at your home with a red and white door sticker. Call 768-7878 or 768-7505 for the Yellow Dot Program or 501-5933 for the File of Life Program.

John Hagadorn would like to remind everyone to think about ways to expand awareness about Mended Hearts to increase participation and membership.

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. Our meeting place for January is Chippenham Hospital, otherwise in even numbered months we meet at Henrico Doctors Hospital Forest, and odd numbered months at Chippenham Hospital on Jahnke Road. Please check the website 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
The Mended Hearts, Inc.  
Central Virginia Chapter #28

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.