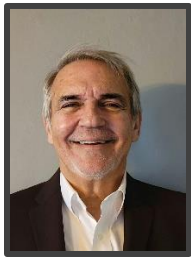


Healing Hearts

Autumn
2024



President's Message John Afek



Hello Members – and welcome to our quarterly newsletter!

I like to consider the timeliness of my end of the year message special, in that it coincides with the spirit of gratitude that finds us during the approaching holiday season, (who else is seeing seasonal ads and hearing holiday music so soon?!)

In addition, there are opportunities, and purposeful intentions to effect for the forthcoming new year.

I also like to take some time to reflect upon our recent achievements and any future endeavors we hope to achieve as steadfast advocates of heart health through education and shared experiences. Our ability to provide a monthly educational platform by presenting some of the country's finest medical professionals and heart specialists is something I have never and will never take for granted. They offer their time, expertise, thorough presentations, and answer every question!

HHOCO and Ross Administration Affiliation

Our many thanks to Michael Martin, (this month's speaker) and entire new Ross Heart Admin team for the time and work they've committed to our joint mission, to continue to provide education to heart patients with renowned speakers for all heart needs.

They've provided us with a new speaker program, resumed monthly meetings, and the new visiting program starts toward year's end.

Board meetings – these accomplishments don't happen by themselves. Our dedicated and generous board members are the backbone of our organization and are vital for important decision making and guidance for our vision.

November Speaker Meeting
I do hope you join us for this month's speaker, Michael Martin, the Assistant Executive Director of the Ross and Heart and Vascular Center (see flier in newsletter).

Outreach and Other Partnership Ventures

We continue to explore opportunities to share educational formats with health minded organizations, such as the YMCA and information exchanges with groups such as the AHA.

Visiting

Great news on the visiting front. Please see the

attached Steps to Become a Healing Heart Patient Visitor. Visiting should begin mid to late December.

Member Feedback

I look forward to hearing from any one of you who want to provide feedback to HHOCO. Our community thrives on shared information and that includes member experiences and tips. Our Facebook page which is currently being revamped should be back up and running in 2025.

A special thanks to Kim Nolan (also this month's Spotlight Professional) and Volunteer Services who worked tirelessly to coordinate and set guidelines for patient visiting by our members. Those of you who've shown an interest will be hearing from me to further discuss our involvement and the visiting policies.

Please feel free to reach out jafek@REMK-CPA.com if you haven't already signed up or have recently decided to learn more about our visiting program.

We will not be meeting in December, but look forward to seeing everyone Thursday, January 9, 2025!

Happy Holidays!

John Afek,
President / Treasurer
Healing Hearts of Central Ohio
jafek@remk-cpa.com

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OUR SPONSORS



Heart Spotlight



Meet Kim Nolan: The Unsung Hero of Healing Hearts

Kim Nolan is a behind-the-scenes leader who has played a vital role in the success of Healing Hearts, an organization dedicated to supporting heart patients and their families. We're honored to recognize her contributions and share her story.

Kim's journey with Healing Hearts began in 2010 when she was approached by Jeff Davidson to help establish the Mended Hearts chapter in Columbus. As the liaison, Kim worked tirelessly to connect the group with the right resources, including marketing and foundation experts. Her expertise in managing volunteers has been instrumental in the organization's growth.

With almost 20 years of experience working at the Medical Center, managing the Volunteer Program, Kim has a proven track record of cultivating volunteers and driving positive change. She has been instrumental in developing the Healing Heart visitation program, creating volunteer forms, and coordinating education workshops. Her dedication to ensuring the smooth operation of the organization is unparalleled. When the chapter transitioned from Mended Hearts to Healing Hearts, Kim's role became even more crucial.

Outside of her work with Healing Hearts, Kim enjoys audio books, board games, travel, and spending time with her loved ones. Her family is her greatest joy, and she cherishes every moment she shares with her husband and their daughter's family, which includes her three grandsons. We extend our deepest gratitude to Kim for her selfless dedication to Healing Hearts. Her contributions have made a significant impact, and we're thankful for her unwavering commitment to our mission.

Eating with Heart Health In Mind

For some years now, I have been researching recipes and sites that have heart healthy recipes. This newsletter focuses on Food Networks' contribution. On their site they have an interview with Joanna Toulakis, MD and her thoughts about eating heart healthy.

With all the fad diets and outlandish wellness trends out there, it can be hard to know what healthy eating looks like. The good news? Eating in a way that honors your health — and your heart health in particular — is much more straightforward than you might think. "Diet is one of the most important factors contributing to heart health," says [Joanna Toulakis](#), MD, a cardiologist at [NewYork-Presbyterian Medical Group Queens](#). "Foods that are especially heart-healthy are those that are high in healthy unsaturated fats, including omega-3 fatty acids, and low in saturated fat," she says, as well as [plant-based](#) foods like fruits, vegetables, legumes, whole grains, nuts and seeds, which are high in fiber. What is it about these foods that can benefit your heart? They can reduce LDL (low-density lipoprotein) cholesterol, and in doing so they lower your risk of heart disease, stroke and peripheral artery disease. They also have plenty of health benefits beyond your cardiovascular system, Dr. Toulakis says, like fighting inflammation, promoting brain health and supporting good digestion. And while it's important to eat satisfying foods that you enjoy, Dr. Toulakis says that sodium, sugar and saturated fat are all things to mindfully limit in a heart-healthy diet. Of course, food isn't everything when it comes to health. Behaviors like abstaining from smoking and drugs, engaging in regular physical activity and limiting or eliminating alcohol can reduce your risk of heart disease as well. And there are factors like genetics and your environment that play a role but are largely out of your control. Still, adding more heart-healthy foods to your diet can have a real impact, and the recipes below help you do that in a way that's simple, delicious and satisfying.

<https://www.foodnetwork.com/healthy/photos/favorite-heart-healthy-recipes>

Former Ohio State women's volleyball player Sarah Sue Morbitzer writes children's book, shares story of her life with a congenital heart defect

A former Ohio State women's volleyball player is opening her heart to others with a new children's book. Sarah Sue Morbitzer — who graduated from Ohio State in the summer with a degree in exercise science — is set to publish her children's book, titled "Sarah Scarbuck's Heart Zipper: A Story of a Heart Surgery Scar," this upcoming week.

Future Presentations

RSVP early to join us and Michael Martin, PT, MPT, LSSGB, for an update by the Associate Executive Director of the Ross Heart Hospital and Heart and Vascular Center.



Michael currently serves as Associate Executive Director and senior administrator of Ohio State's Richard M. Ross Heart Hospital and Heart & Vascular Center, a multi-disciplinary and cross-continuum program inclusive of a dedicated, 150-bed heart and vascular hospital, a comprehensive thoracic transplant program, ambulatory and regional clinical network, a world-class research institute and a robust academic enterprise. A Physical Therapist by training, Mike has served in a number of leadership positions at The Ohio State University Wexner Medical Center, including in clinical and administrative positions with Ohio State Sports Medicine and as a leader in clinical operations across the enterprise. Mike has also served in a variety of leadership positions through his professional association, most recently serving as Chair of the American Physical Therapy Association's (APTA) Health Systems Council and as a content expert for APTA Academy of Leadership & Innovation's LAMP School of Management.

Over the course of his clinical and leadership career, Mike has presented at the local, state and national levels on a wide range of topics, including clinical specialization, quality improvement, operational excellence and leadership development. Mike obtained both his Bachelor of Science degree in Biological Sciences and his Master of Physical Therapy degree from Ohio University. Mike also holds an Emeritus designation as a board certified Clinical Specialist in Orthopedic Physical Therapy.

THURSDAY, NOVEMBER 14, 2024

6:00 pm - 8:00 pm in the Ross Heart Hospital Auditorium

OSU Wexner Medical Center, 452 West 10th Avenue, Columbus, OH 43210
(Light meal provided and a parking pass for the attached Safe Auto garage)

RSVP to John Cole at johnco512@yahoo.com

Speaker Roster November, January, February 2024/2025

November

Update on the Ohio State University Heart & Vascular Center

Michael Martin, PT, MPT

Associate Executive Director, Richard M. Ross Heart Hospital

January

Cardiovascular Medicine Update and Panel

Ohio State University Pharmacy Residents

February

New Heart Access Clinic

Beth Short, DNP, ARNP, AACC

Cardiovascular Medicine
Heart & Vascular Center at Upper Arlington

Exercises You can Do at Your Desk or In Front of Your TV

Jody Knisley, DNP, RN, CCRN, APRN-CNP

Steps to Become a Healing Heart Patient Visitor

1. The volunteer for visiting will meet with the Visitor Chair about visiting in a hospital environment.
 - If the volunteer meets the qualifying conditions, we will invite the applicant to complete the OSUWMC volunteer application
 - arrange for them to take the online volunteer training
 - coordinate the background check (this is through the Medical Center and at the hospitals expense)
 - coordinate the immunizations (this is through the Medical Center and at the hospitals expense)
 - Vericella
 - Measles/Mumps/Rubella
 - Tetanus, Diphtheria, Pertussis (Tdap)
 - Tuberculin skin test or QFT
 - Flu vaccine (Oct. 1- March 31st)
 - After they clear the background check and complete their immunization verification, an OSU volunteer will arrange for them to
 - purchase a volunteer uniform polo
 - go over volunteer logistics such as the time clock, lockers etc. She will also notify the Visiting chairman when they are ready to start volunteering.
2. Schedule first couple of visiting sessions with...
3. Get on our visiting schedule.
4. Annually Healing Heart visitors will be asked to complete a review training managed by the Volunteer Services department (typically a computer module. Also, volunteers are required to receive the flu shot. Typically made available through the Occupational Health program at the Medical Center at no cost.

Heart Healthy Recipes

Chewy Oatmeal-Raisin Cookies

Yield: 1 dozen cookies



Ingredients

Deselect All

1 1/4 cups rolled oats
3/4 cup all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon salt
1 stick unsalted butter, softened
3/4 cup sugar
2 tablespoons molasses
1 large egg
1 teaspoon vanilla extract
1 cup raisins
Get Ingredients

Directions

1. Combine the oats, flour, cinnamon, baking powder and salt in a large bowl. Beat the butter, sugar and molasses in a large bowl with a mixer on medium-high speed until fluffy, about 5 minutes. Beat in the egg and vanilla until smooth, about 2 more minutes. Reduce the mixer speed to low, add the flour mixture and beat until combined. Stir in the raisins by hand. For the best flavor and texture, cover the dough and chill at least 4 hours, or overnight.
2. Position racks in the upper and lower thirds of the oven; preheat to 350 degrees F. Line 2 baking sheets with parchment paper. Form the dough into 12 balls, about 2 tablespoonfuls each, and arrange 3 inches apart on the prepared baking sheets. Flatten with the back of a fork. Bake until the cookies are golden, 15 to 17 minutes. Let cool 5 minutes on the baking sheets, then transfer to racks to cool completely.

Courtesy of Food Network
Magazine

Heart Healthy Recipes



Roasted Pork With Lentils

Ingredients

Deselect All

3/4 cup dried green lentils

3/4 pound cubed peeled butternut squash (1/2 medium squash)

2 bay leaves

2 tablespoons Dijon mustard

6 sprigs thyme, leaves only

1 large pork tenderloin (about 1 1/4 pounds)

2 tablespoons breadcrumbs (preferably panko)

2 slices bacon, chopped

4 shallots, thinly sliced

1 stalk celery, diced

1/2 cup dry red wine

1/2 cup finely chopped fresh parsley

Directions

1. Preheat the oven to 450 degrees F. Combine lentils, squash, bay leaves and 2 1/2 cups water in a saucepan. Bring to a boil, then reduce the heat to medium low, cover and cook until tender, about 25 minutes.
2. Meanwhile, mix the mustard and thyme in a small bowl; brush all over the pork. Place the pork on a baking sheet and sprinkle with the breadcrumbs. Transfer to the oven and roast until a thermometer inserted into the thickest part registers 145 degrees F, 20 to 25 minutes.
3. Meanwhile, combine the bacon, shallots and celery in a medium skillet and cook over medium heat, stirring, until the bacon is crisp, and the shallots are golden, about 8 minutes. Add the wine and cook until it evaporates, about 5 minutes. Stir in the parsley. Remove the pork from the oven, cover loosely with foil and let rest 5 minutes. Divide the lentil mixture among plates. Slice the pork and serve with the lentils. Spoon the bacon mixture on top.



MEMBER ENROLLMENT FORM

MEMBER INFORMATION

Date:		
Name (Mr/Mrs/Ms):		
Address:		
City:	State:	ZIP Code:
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> I am interested in visiting heart patients in the hospital

SPOUSE INFORMATION IF JOINT MEMBERSHIP

Name (Mr/Mrs/Ms):		
Email:		Phone:
Birthdate:	Occupation:	<input type="checkbox"/> I am interested in visiting heart patients in the hospital

MEDICAL INFO (OPTIONAL, FOR MEMBERSHIP CLASSIFICATION ONLY)

APPLICANT INFO (CHECK ALL THAT APPLY)

<input type="checkbox"/> Angioplasty	<input type="checkbox"/> Heart attack	<input type="checkbox"/> Valve-Surgery	<input type="checkbox"/> Valve Transcath	<input type="checkbox"/> Congenital Heart Disease
<input type="checkbox"/> CABG (Bypass)	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Stent	<input type="checkbox"/> AFib arrhythmia	<input type="checkbox"/> Other arrhythmia
<input type="checkbox"/> ICD (Defibrillator)	<input type="checkbox"/> Transplant	<input type="checkbox"/> Aneurysm	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Other _____
<input type="checkbox"/> Caregiver	<input type="checkbox"/> Medical Professional	<input type="checkbox"/> Sponsor		

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<input type="checkbox"/> Caregiver	<input type="checkbox"/> Medical Professional	<input type="checkbox"/> Sponsor		

ANNUAL MEMBERSHIP DUES

Individual ☐ \$25.00 annual dues -or- ☐ \$250.00 lifetime dues
-or-
Couple ☐ \$40.00 annual dues -or- ☐ \$400.00 lifetime dues

I would like to make an addtl tax-deductible contribution of \$ _____

Total Payment Enclosed \$ _____

Please send payment with enrollment form to:

Healing Hearts of Central Ohio
350 S 4th Street
Coshocton, OH 43812

If undeliverable return to:

John Afek

Healing Hearts of Central Ohio

350 S. 4th Street

Coshocton, OH. 43812

ABOUT HEALING HEARTS OF CENTRAL OHIO

We are a central Ohio heart support group dedicated to helping heart disease patients and their families cope with heart events. Our trained and dedicated members visit patients, with doctor and hospital approvals, while they are hospitalized and in most need of comfort, support and inspiration. We provide literature related to Healing Hearts and to heart disease and we inspire each other at our monthly meetings. We also visit by telephone and on the internet and we send a heart patient we visit the next three issues of our chapter newsletter. For more information about us, please contact John Afek at Jafek@remk.cpa.com or at [j...](#)OR John Cole at Johnco512@yahoo.com

Healing Hearts of Central Ohio

John Afek

350 S. 4th Street

Coshocton, OH 43812

Please visit us at www.healingheartscentralohio.org

We are dedicated to inspiring heart disease patients and their families.

When you finish reading this newsletter, please do not throw it away. Pass it along to a friend, a relative, a neighbor, or drop it off in someone's waiting room. This way more people will get OUR Healing Hearts message "That there can be a great life after a heart event".