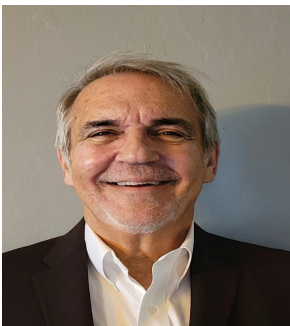


Healing Hearts

Spring 2024



President's Message John Afek

flyer included in this newsletter for more details. And we'll need some audience participation for learning to use lifesaving medical devices for these hands only CPR techniques.

Dear Members, Friends, Family, Caregivers...

Welcome Back!

It's been a while since we've hosted a meeting, (November 2023) and we are very grateful that we are able to restart this month, Thursday, May 9.

You may have heard about administrative changes and restructuring that have taken place at the Ross Heart Hospital. I'm very grateful for the enthusiasm and support offered by the new OSU team. They've used this time to schedule new meetings, set up visitor guidelines and provide us with amazing speakers for upcoming months.

Our May panel provides lifesaving demonstrations for ***everyone by the Zoll Company!!*** Be sure to invite anyone that would like to increase their awareness of CPR, AED and WCD. See the speaker

Please consider registering as a visitor volunteer – we need just a few more individuals to meet the minimum number needed to restart the program. See 4 requirements listed and type of training provided in the Accredited Ross Visitors checklist included and contact Larry Scurlock at lawrencescurllok@gmail.com, 614-271-3820.

In closing, I'd like to stress the importance of identifying symptoms of heart attack, stroke, and cardiac arrest via this link shared by the AHA – [AHA - Recognizing Heart Attack and Stroke Symptoms](#) Finally, I hope you'll take a minute to read the tribute to our recently passed board member and head of visiting, Jim Kelly. We're forever grateful for Jim's service and his wife, Lynne, as she continues to be an important part of our organization.

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

OUR SPONSORS



Heart Spotlight



A couple of months ago, one of board members, Jim Kelly passed away. His wife Lynne, also a board member, both, gave a lot of their time to Healing Hearts in multiple capacities. He was recognized by OSU's Ross Heart Hospital with their Heart to Heart Award in 2019. I asked Lynne to share a story or two and this is what she shared.

It was Jim's first diagnosis and hospitalization for a heart problem, and he had gotten a pacemaker. I think he was somewhere between shocked and depressed when Jeff Davidson, president of the heart group for many years, knocked on Jim's door. Jeff came in and he was a bundle of energy, walking around talking about the heart group and their monthly educational presentations on heart-related topics. When he left, Jim wondered what was up with that guy and where did he get his energy? Jeff returned a day or two later, somewhat less energetic but more insistent that Jim should attend a heart group meeting. A week or two later, Jim was headed to the heart group meeting, getting out and about instead of sitting and worrying about his new health problems. This very well might explain why Jim was so dedicated to the visiting program: it helped him.

In writing this story, I found in one of our old newsletters an article that he penned called, "The Visiting Dream". For the purpose of this article, the characters' names were slightly changed for legal reasons.

“Geppetlo was the elder woodcarver of the village of Rosspita. He was friendly and sociable but not very energetic because his heart was damaged and weak. He could carve a few simple pickleball racquets for the gaming villagers but not anything more intricate.

Then one day some great surgeons came to Rosspita and repaired Geppetlo’s heart giving him new strength. Geppetlo was inspired by his new healing heart to try carving new things and so he carved a puppet that would express his joy. He wanted to share his feelings with the other villagers who needed healing, so he took his puppet to visit them, and they were enthralled. Everyone wanted to know its name, but Geppetlo, still thinking mostly about his pickleball racquets, suggested maybe “Pickle nose?”; “No!” the villagers would not have that. “He should have a warm and friendly name!” they all agreed. “How about Pinocchido?”. And so Geppetlo and Pinocchido began their patient visits... until there were so many patients, they couldn’t visit them all. “Now what am I to do?” wondered Geppetlo. He was perplexed. He was only one man with one puppet and a growing list of patients all of whom he could not visit. So dejected was he that the visiting stopped, the carving stopped, and he just moped around the house. Then his Fairy God Spouse, became exasperated too and finally said “You big Pickle! You just need to carve more puppets, and train other healing heart patients to join in the visiting. Problem Solved!”

And that is how it came to be that today we have a growing corps of Healing Hearts Visitors, and we invite you to join us by contacting Geppetlo or me.

This is Your Invitation: If you are a heart patient and interested, we have a great visiting opportunity for you.”

Visiting was important to Jim from the beginning. He will be missed.

CALL FOR ACCREDITED ROSS VISITORS

We visit at the Ohio State Ross Heart Hospital. This program provides person to person visits where we share our stories as being a heart patient and/or a caregiver. We need accredited visitors. Requirements to become a visitor are:

1. Be a Healing Heart member
2. Complete HH accredited visitor training.
3. Complete OSU Hospital visitor training.
4. Pass the OSU Hospital background check.

If you are interested contact: Larry Scurlock at: lawrencescurlock@gmail.com or 614-271-3820

Future Presentations



Heart Education Meetings

Speakers: May, June, July 2024

Our meetings are held every month in the Ohio State Ross Heart Hospital Auditorium (6-8pm) where we learn about heart disease and other related diseases (light meal/parking pass provided).

RSVP to John Cole at Johnco512@yahoo.com

Thurs., May 09, 2024

ZOLL Cardiac Management Solutions share...

How You Can Prevent Sudden Cardiac Death with AED's (Automated External Defibrillator) CPR (Hands Only), & WCD (Wearable Cardioverter Defibrillator)



Bill Morris
Territory Manager
Cardiac Management



Brian Blanchard
Field Training Specialist
Cardiac Management



Andrew Smullen
Account Manager
Respicardia



Brian Rigsby
Channel Partner Manager
Public Safety

Thurs., June 13, 2024

Amy E. Rettig, DNP,
MALM, MSN, BSN, RN,
ACNS-BC, PMHNP-BC
Mental Health
Advanced Practice
Registered Nurse
The Ohio State
University Wexner
Medical Center
presents...



*Heartfelt Connections: Exploring the
Relationship Between Cardiac Health and
Wellbeing*

Thurs., July 11, 2024

Mahmoud Houmsse, MD
Professor of Medicine
Medical Director of
Antiarrhythmic Clinic
The Ohio State University
Wexner Medical Center
presents...



Atrial Fibrillation Update for the Patient

For more information, please visit our website at: www.healingheartscentralohio.org and see our 300-member heart support group's educational meetings, our heart success stories, our outreach, and the wonderful sponsors and partners who make our inspiring and comforting heart patient meetings possible!

Heart Healthy Recipes



Grilled Asparagus

Servings:

4

Ingredients

- 1 pound fresh asparagus spears, trimmed
- 1 tablespoon olive oil
- salt and pepper to taste

Directions

1. Preheat an outdoor grill for high heat and lightly oil the grate.
2. Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.
3. Cook asparagus on the preheated grill, turning often until lightly charred and fork-tender about 3 to 5 minutes.

Cook's Note

I like to pair these grilled asparagus spears with marinated grilled chicken or grilled salmon.

<https://www.allrecipes.com/>

Heart Healthy Recipes



Parchment Baked Salmon

Servings: 2

Ingredients

- 1 (8 ounce) salmon fillet
- salt and ground black pepper to taste
- ¼ cup chopped basil leaves
- olive oil cooking spray
- 1 lemon, thinly sliced

Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Move an oven rack to the lowest position.
2. Place salmon fillet, skin-side down, in the middle of a large piece of parchment paper; season with salt and black pepper. Cut two 3-inch slits into fillet with a sharp knife. Stuff chopped basil leaves into the slits. Spray fillet with cooking spray and arrange lemon slices on top.
3. Fold the edges of parchment paper over fillet several times to seal it into an airtight packet. Place sealed packet onto a baking sheet.
4. Bake in the preheated oven on the bottom rack until salmon flakes easily and flesh is pink and opaque with an interior of slightly darker pink color, about 25 minutes. An instant-read thermometer inserted into the thickest part of fillet should read at least 145 degrees F (65 degrees C). To serve, cut open the parchment paper and remove lemon slices before plating.



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

*** Dues are suspended until further notice ***

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 438112

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".