



# Change of Heart News

Change of Heart Support Group/University/Health Alliance Newsletter

July 2009

## 2009 ANNUAL CHANGE OF HEART PICNIC



### -- A ROYAL "HEART" FLUSH --

**Sunday, July 19, 2009 12 noon – 5pm**  
FOP (Fraternal Order of Police) Lodge  
on Joe Nuxhall Way  
at Joyce Park in Fairfield, Ohio

YOU ASKED FOR IT!! -- You wanted more to do than just eating great food and talking with friends! So, the Picnic Committee has been working very hard to give you just that! In addition to the great food, the visiting with friends, the activities for kids, we have added some games of chance. We will give you play money to use for the games. At the end of the day, use your play money “winnings” to buy things (great things) at a live auction. So now it’s up to you—come, have fun, eat great food, visit with friends, and go home with great things! If it works well this year, next year’s picnic will be even bigger!!

#### SCHEDULE OF EVENTS --

- 12 noon –Registration opens
- 12:30 -- Deadline for desserts to be judged
  - Fun and Games begin
  - Silent Auction begins
- 1:00 – Food lines open
- 2:15 – Transplant Picture (Gambling will be suspended for 15 minutes while picture is being taken and resume immediately after the picture is taken.)
- 2:30 – Corn Hole, golf chipping, hillbilly golf
- 4:00 –Royal Hearts Flush live auction begins
  - Silent Auction ends
- 4:45 – Split-the-Pot Winner announced (Must be present to win)

\*\*\*SEE PAGE 4 FOR A MAP AND DIRECTIONS TO THE FOP LODGE

## TRANSPLANT ANNIVERSARIES

### JUNE

Jeff Lueders – 20<sup>th</sup>  
John Barber – 14<sup>th</sup>  
Janet Brugger – 13<sup>th</sup>  
Curtis Denton – 12<sup>th</sup>  
Robert Cunningham – 10<sup>th</sup>  
Paul Smith – 4<sup>th</sup>  
William Lewis – 4<sup>th</sup>  
Duane McShane – 4<sup>th</sup>  
Jack Hunt – 3<sup>rd</sup>  
Carmen Turner -2<sup>nd</sup>

### JULY

Robert Crace – 23<sup>rd</sup>  
Herman Luckner – 23<sup>rd</sup>  
Ralph Monson – 19<sup>th</sup>  
Imogene Souder – 17<sup>th</sup>  
Gerri Meisel – 15<sup>th</sup>  
Paul Nesselhuf – 14<sup>th</sup>

Pat Kanet – 14<sup>th</sup>  
Don Cole – 9<sup>th</sup>  
Lloyd Spears – 6<sup>th</sup>  
Lynne Sowrey – 6<sup>th</sup>  
Gerald Estes – 4<sup>rd</sup>  
Scott Umbarger – 3<sup>rd</sup>  
Mike Gillman – 3<sup>rd</sup>

### AUGUST

Deborah Garr – 19<sup>th</sup>  
Frank Oliver – 14<sup>th</sup>  
Robert Carpenter – 13<sup>th</sup>  
Bill Schwerkhard – 11<sup>th</sup>  
Sarah Webster – 9<sup>th</sup>  
Marshalette Freed – 9<sup>th</sup>  
Robert Comer – 5<sup>th</sup>  
Manette Daws – 4<sup>th</sup>

## --IN REMEMBRANCE--

Paul Court  
Sept. 20, 1995 – June 6, 2009



## FROM THE CLINIC

There have been some exciting changes in the Heart Failure/Transplant Clinic. We are cross training all the nurses and nurse practitioners for both heart failure and transplant. This way all the clinicians will know you and you will know all of us as well. This will greatly help with the continuity of care. This change will provide better care for you and have us ready for when we resume heart transplantation.

(from Nancy McGuire, Heart Failure/Transplant Clinic)

## DID YOU KNOW?

--that many women set their handbags on public toilet floors, then go directly to their dining tables and set them on the table or on the countertop at home? (Think of your handbag as you would a pair of shoes. Often your handbag has been the same place your shoes have been!)

--that candles will last a lot longer if placed in the freezer for at least three hours prior to burning?

--that celery will keep for weeks if wrapped in foil when putting in the refrigerator?

--that you can remove a stain from the bottom of a glass vase or cruet by filling the container with water and dropping in two Alka Seltzer tablets?

--that you could “buy” a brand new flat-screen TV at the COH picnic with play money?

## --DONATIONS--

### ANNIVERSARY MEMORIAL --

--Wynona Wasserboehr in honor of Charles Eaton

### DONATIONS --

--Carol Dunn  
--Tom Handorf

Change of Heart wishes to thank all donors. Donations can be sent to Treasurer, Rosemary Burke at 2602 Canterbury Ave., Cincinnati, OH 45237

**HELP!!** – Bring a dessert to share at the COH Picnic – even if you don’t want to enter the Dessert Judging Contest.

## FOR YOUR CALENDAR --

--September 3 – NEXT monthly meeting (also Election of Officers)

## NEWS AND VIEWS BY ESTHER

Yet another interesting and informative meeting! ASIA WERNER and her Grandmother DAWN were our special guests for this meeting. Most of us had met Asia at some of our picnics. She was just a little thing and now she is a lovely young lady nine years old. Dawn did most of the narrating about the life of this special little lady.

Asia was born 9 weeks early and weighed only 3½ pounds. When only 13 days old, she had her first heart surgery on two congenital heart defects. The surgery was very hard on her. She contracted MRSA bacteria and needed a pacemaker. After a week, she went home on IV antibiotics. Seven months later she was readmitted for failure to thrive. When things started to look up, at 9 months, she was diagnosed as being in heart failure and ten days later they were told that without a transplant she would die. Till this time, she was an eleven pound, happy, outgoing little girl, but was starting to deteriorate. December 12<sup>th</sup>, she was put on a ventilator and doctors advised Dawn to prepare for her eminent death. Asia hung on until she got a heart. Two years ago the Werner family went to Iowa to meet the donor family.

What a miracle this young lady is! Dawn shared pictures with us. It is unbelievable that such a tiny, sick child not only lived through all this, but has thrived and grown and now shares her story in order to promote organ donation and hope to other families who are facing transplant surgery. Now in third grade, she takes piano, plays soccer, rides her bike and scooter with her friends, goes to birthday parties, sleepovers and is really an ordinary child. Heavens, she has gone parasailing twice, swam with stingrays and has had three encounters with dolphins! That's more than I have ever done!

Dawn and another TX mother organized a picnic just for pediatric kids. The picnic was held at Lake Isabella this year on June 28<sup>th</sup>.

**NOW TO OUR PICNIC!!** The officers have worked VERY hard to do something this year that we have never done before in hopes of getting you people to come celebrate with us. Our theme is "Royal Hearts Flush". I am so excited about this! We will be having a Monte Carlo day for the adults and many activities for kids of all ages. When you register, you will be given \$10 in funny money to gamble with. Children will NOT be given any of this money to gamble with.

We will still have our split the pot and the silent auction. We will also have Large Poker plus Big Six. Later in the day, we will have a live auction so you can spend your winnings. We have some great things to bid on – a flat screen TV (brand new), a Longaberger gift basket, a wine gift basket, wine cooler, two blue tooth devices, plus more. If you want more money to bid with, we will be selling ten dollar bundles for one dollar cash.

We must all really praise CHARLIE WEIDNER for all that he has done to get us going. Not only has Charlie given up his time to attend planning meetings, but has recruited his friends to run the tables (they know what they are doing and we do not) and getting all the equipment that we have to have. When you see Charlie, say thanks.

We will have the same great food. Not only will the food be catered, but DARRELL HARPER will be doing his fantastic corn roast. Please bring a dessert to share. If you would like your dessert to be judged in the Dessert Contest, you will need to have it at the FOP Lodge **before** 12:30.

There will be our silent auction, too. We would appreciate any and all items that you would like to donate or that you have collected from area merchants. If you have items that need to be picked up, call one of the officers. JENNIFER PILOTT from Fabulous Faces will be there doing some face painting – she also does body painting and children murals. JEFF GUANCE will be entertaining us with his wide variety of music. There will be pop corn, cotton candy, corn hole games, and lots of other entertainment.

We have put a LOT of work, time and effort into this and we want you all to come and enjoy the day. All the food, drinks, and activities are free. The building is air-conditioned for heat and rain protection. There are picnic tables outside under big trees for those of you who like to be outside--no excuses, there. So why not come? Last year was not a sterling year for turnout. If we order food for a lot of people and no one comes, we still have to pay for ALL the food. If this year is not a success, it may well be the last year for the picnic!

I realize that everyone is used to going to the Harpers, and they are still working hard to make the event a success – so come on out and have fun! See you all July 19 at the FOP Lodge in Fairfield, OH.

Esther

## FITNESS TIPS FOR HEALTHY SUMMER

### 1. Drink plenty of water and stay hydrated.

Water cleanses the body and allows your body to function more efficiently.

2. **Get Outdoors.** Our country is beautiful. Exploring the great outdoors can be a helpful distraction to the chore of exercising.

3. **Establish your support network.** When trying to get into shape, it is important to have family and friends who actively support you. Many times, the people in your life can sabotage your success.

4. **Follow a Training Program and Keep Records for Accountability.** If you are really serious about your goals, it helps to establish and commit to a training plan. A program will keep you focused and allow you to set short term goals. Tracking your progress will also allow you to assess what's working and what's not.

5. **Eat small meals frequently.** Eat more frequently, but in smaller portions. The more often you eat, the higher your metabolic rate. A higher metabolism burns more calories a day. Eat 5-6 smaller meals a day to ensure adequate nutrients to build muscle and burn fat.

6. **Get Creative.** Too busy for fitness? Change your social and eating habits to promote healthy lifestyle changes. Instead of eating a heavy lunch, pack a lunch and go for a walk. Sip on a protein drink or snack on fruit while enjoying a nice brisk walk to break up your stressful day.

7. **Be Patient.** If you took the winter off, don't expect to reach your fitness goals in a week or two. It's more important that you enjoy the summer while appreciating the efforts you're making. Getting fit takes time and with commitment, you will reach your goals.

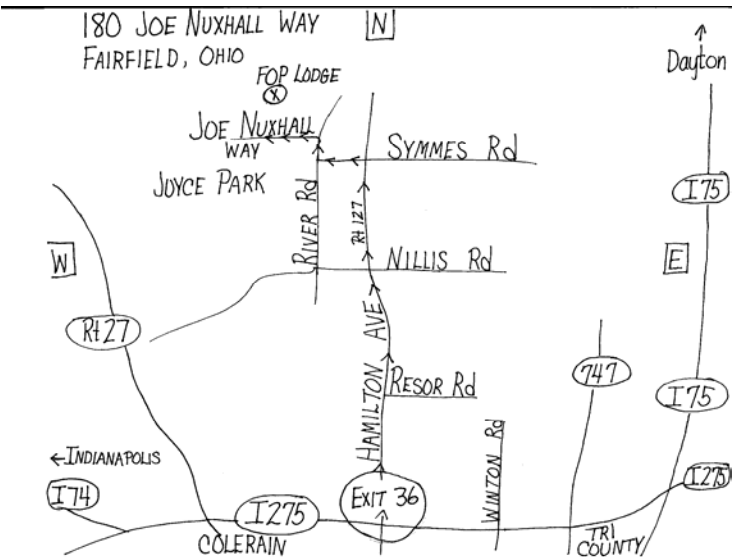
8. **Breathe during exercise.** When exercising, there is a proper way to breathe that allows adequate amounts of oxygen into the system. Find a rhythm that goes with your exercise.

9. **Love Yourself.** Accept the fact that we are all built differently and that love comes from within. Always love yourself for who you are inside. As long as you are eating right, exercising, and doing your very best, you will be healthy and happy.

10. **Remember to have FUN.** Keep in mind that summer is supposed to create some of the best memories of the year. So, relax, enjoy your activity and let's get healthy one tip at a time!

(From Stephanie Kelly, Exercise Physiologist, University Hospital Transplant Clinic.)

## DIRECTIONS TO THE COH PICNIC



To get to the FOP Lodge, you will need to be on I-275 north of Cincinnati between I-75 (Tri-County) and Route 27 (Colerain).

--Take **EXIT 36** (north) towards Hamilton. It will be marked Hamilton/Fairfield – Also Rt 127.

--Drive 6 miles to Symmes Rd. Turn left (west) on Symmes Rd. You will see signs to Joyce Park.

--Take Symmes Rd to River Rd. (It's about 2 blocks.) Turn right on River Rd. Then take a quick left onto Joe Nuxhall Way. That's also the entrance to Joyce Park.

--The FOP Lodge is a quarter mile on the right. It is back a long driveway. There's lots of parking.

Look for red and white balloons tied to our Change of Heart Signs – also the signs to Joyce Park will help you locate Joe Nuxhall Way.

### BRING TO THE PICNIC -

- your family
- a dessert to share (All other food and drinks are provided)
- lawn chairs if you want to sit outside
- any items you have collected for the silent auction or raffle