



MENDED HEARTS
OF CENTRAL OHIO

2016 Year in Review

MEMBERSHIP

Our membership grew from 7 members in 2010 to...

296 MEMBERS

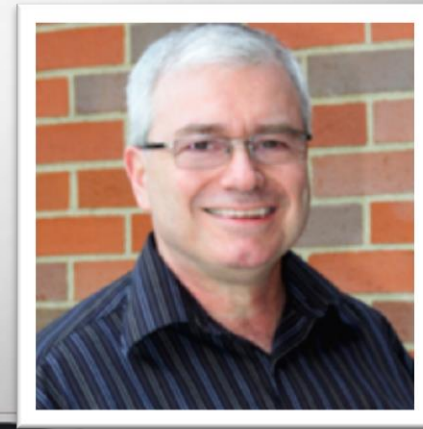
As of November 2016



VISITING PROGRAM

In 2016, Mended Hearts visited over 1,200 patients.

In total since 2010, Mended Hearts has visited over 7,000 patients.



BOARD OF DIRECTORS



BOARD OF DIRECTORS

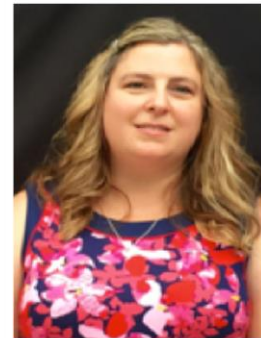


Jeff
Davidson
President

Paco
Morera
Vice
President



Helen
Davidson
Treasurer



Melissa
Justice
Secretary

BOARD OF DIRECTORS



Christine
Ballengee
Morris



John
Cole



Annette
Salser



Jim
Kelly

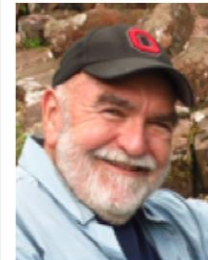
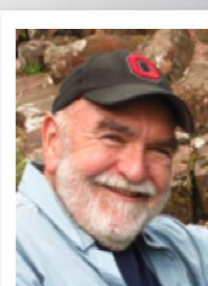
Ron
Keener



Phil
Bowen



Randy
Smith



FUNDRAISERS OF 2016

Cardiac Rehabilitation Access Fund

Over \$117,000 raised to date



Outpatient
Cardiac
Rehabilitation

FUNDRAISERS OF 2016



*Raised over \$54,000 in 5 years
for AHA and ACHA*

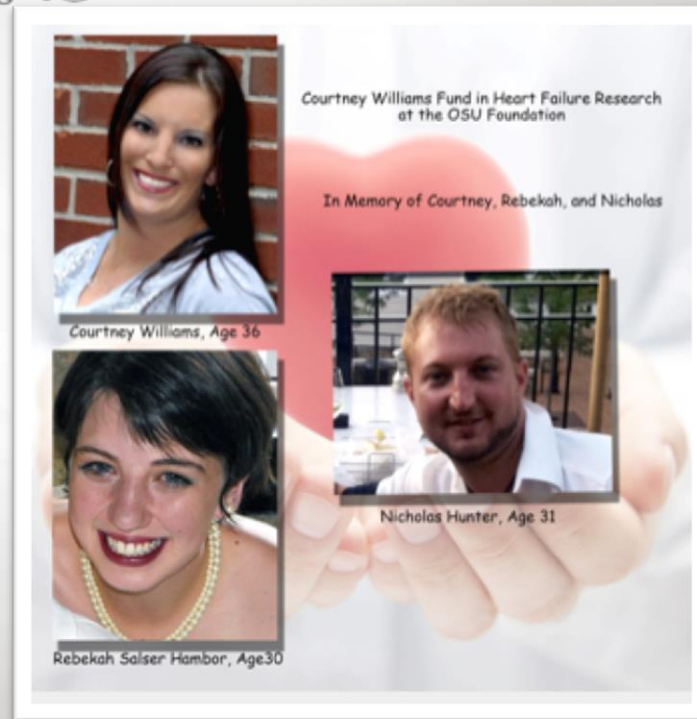


**American
Heart
Association
Heart Walk**

FUNDRAISERS OF 2016

Courtney Williams Fund in Heart Failure Research

Raised over \$209,000



FUNDRAISERS OF 2016

Courtney Williams
Fund in Heart
Failure Research

**YORK
EVENT**

Raised over \$48,300



Had a great time!

FUNDRAISERS OF 2016

**Courtney
Williams
Fund in Heart
Failure
Research**



AWARDS OF 2016



Carl Smerdel
won the 2016
**AHA Lifestyle
Change Award**

AWARDS OF 2016

John Cole won the 2016
NCH Volunteer of the Year



AWARDS OF 2016

**Ohio Transplant Team Members Won Gold,
Silver and Bronze Medals at the 2016
Cleveland Transplant Games**

Marcus Bozeman



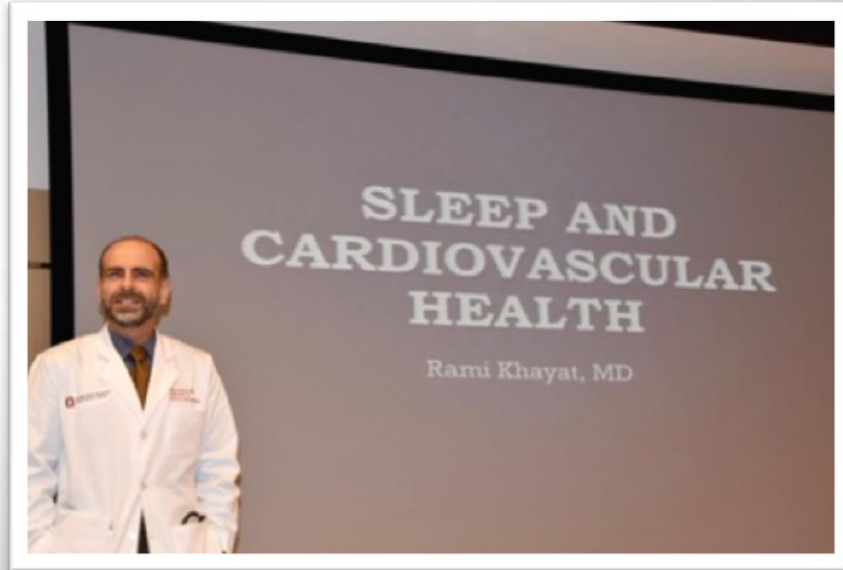
John Afek

MONTHLY MEETINGS

January 2016

Dr. Rami Khayat

“Sleep and
Cardiovascular
Health”



MONTHLY MEETINGS



February 2016

*Laura Newman,
MSW*

*“Caregivers – How
We Help Our
Loved Ones”*

MONTHLY MEETINGS

March 2016

Dr. Kavita Sharma and
Amy Sturm, MS, LGC

“Familial
Hypercholesterolemia
and Updates on
Cholesterol Treatments”



MONTHLY MEETINGS

April 2016



Dr. Min, Dr. Pickworth,
Dr. Herman, Dr. Blais
and Dr. Pruchnicki

“An Evening With Your
Pharmacist”

MONTHLY MEETINGS

May 2016

OSU Ross CICU

Nurses

“The First 24 Hours
After Open-Heart
Surgery: A Nurses
Perspective”



MONTHLY MEETINGS



June 2016

Dr. Garrie Haas, Linda Gressner and a panel of experts

“Post Acute Transitional Care”

MONTHLY MEETINGS

July 2016

Dr. Raul Weiss

“Living With Afib”



MONTHLY MEETINGS



August 2016

Chef Jim Yue

*“Hold the Salt,
Learning to Use
Spices”*

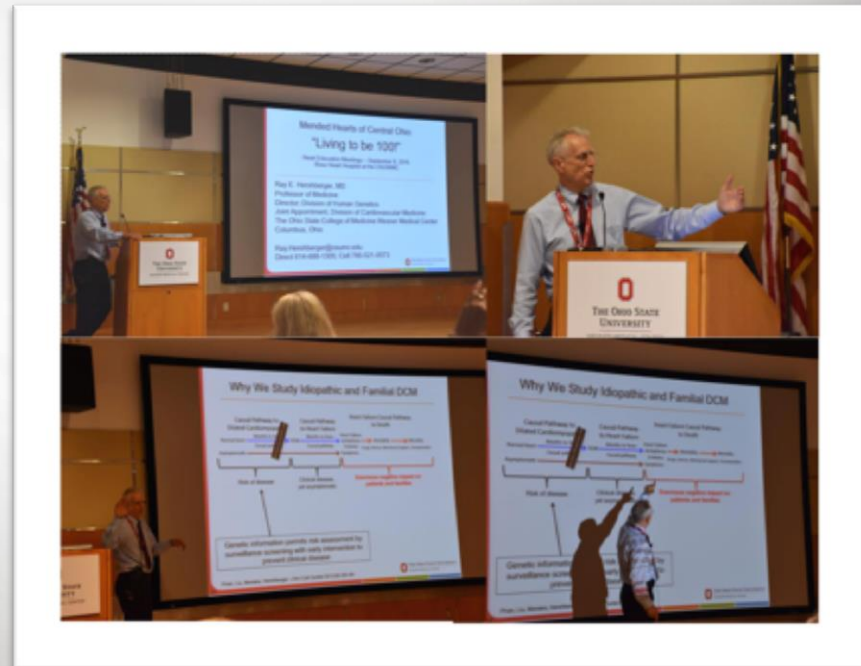
MONTHLY MEETINGS

September 2016

Dr. Ray

Hershberger

*“Living to Age
100”*



MONTHLY MEETINGS



October 2016

Dr. Sitaramesh

Emani

*“Managing Heart
Failure”*

CardioSmart and Novartis

MONTHLY MEETINGS

November 2016

Cheryl Carmin, Ph.D

“Heart and Mind:
Depression, Anxiety
and Heart Disease”



UPCOMING MEETINGS

Thurs., January 12, 2017: Quinn Capers, IV, MD, FACC, Associate Professor of Cardiovascular Medicine and Director of Transradial Coronary Interventions will speak on: **"Heart Attacks: Current Treatment & How to Survive and Thrive Afterwards"**



Thurs., February 9, 2017: John Hummel, MD, FACC, FHRS, Director of Clinical Electrophysiology Research, and his patient, **Author Rosalie Ungar**, will speak on: **"Telling A-Fib—Find out why more women than men neglect treatment of A-fib."**



UPCOMING MEETINGS

Thurs., March 9, 2017: Dr. Kathleen Dungan, MD, MPH, Associate Professor of Medicine in Endocrinology, Diabetes & Metabolism at OSUWMC and Caroline, Rankin, Executive Director of Health Innovations of the YMCA of Central Ohio will speak on: **"Diabetes and Heart Disease"**



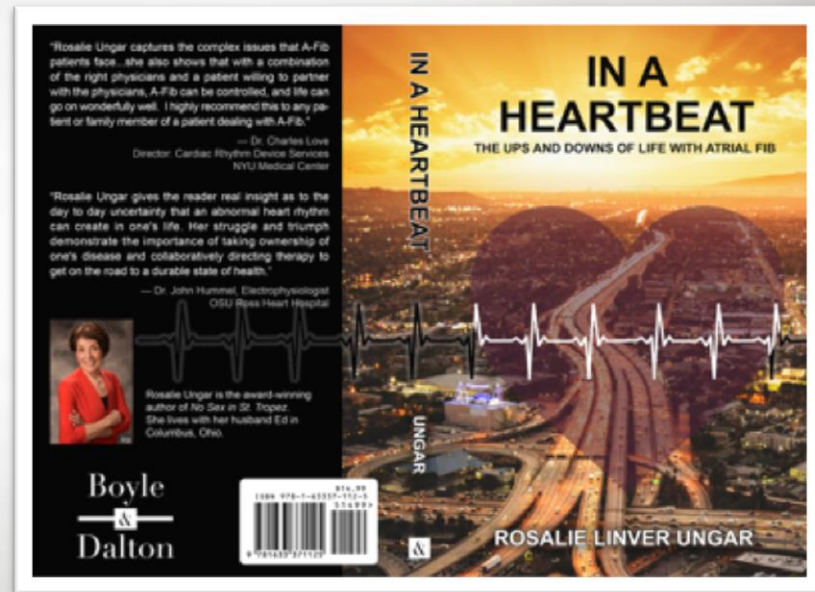
Thurs., April 13, 2017:
Meeting TBD



UPCOMING MEETINGS

Rosalie Ungar
author of:

“In A Heartbeat”



THANK YOU OSU

Thank You OSU Ross Heart Hospital
for Hosting Us Every Month!



Kim Nolan



Natalie Brown

THANK YOU MEDICAL STAFF

Thanks to all those who give their careers to
help advance heart healing!



THANK YOU SPONSORS



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



LIVING LIFE IN 2016



Reggie and Maria

Roundtree

Played African drums

LIVING LIFE IN 2016

John Afek

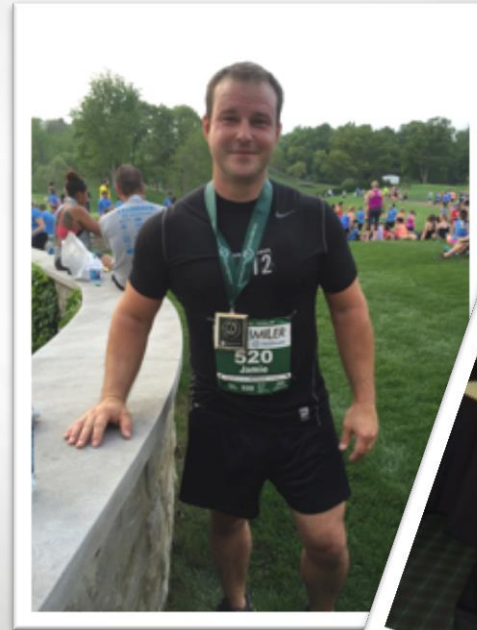
Celebrated 5 years post transplant, went to Sarasota, FL and won a medal for swimming in the Transplant Games



LIVING LIFE IN 2016

Jamie Lanier

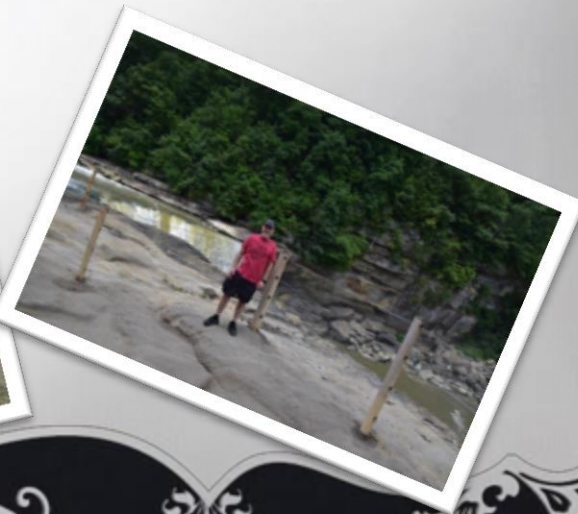
Ran a marathon



LIVING LIFE IN 2016

John Cole

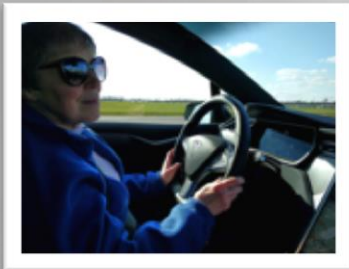
Worked with youth at a summer camp



LIVING LIFE IN 2016

Jim and Lynne Kelly

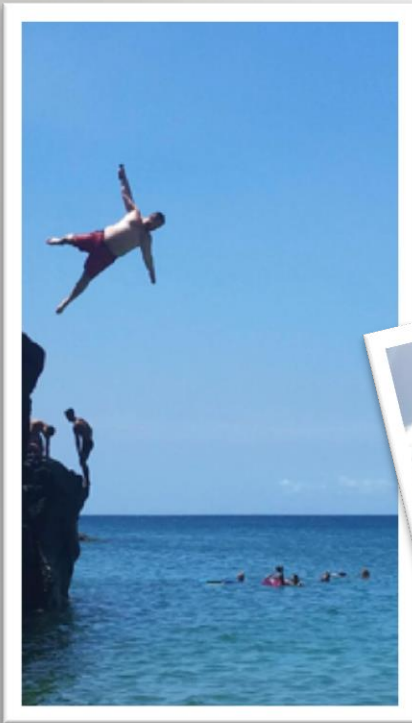
Went to Blue Jackets game, test drove
a Tesla and went to Pro Football Hall
of Fame



LIVING LIFE IN 2016

Ron and Andrea Keener

Went to Hawaii



LIVING LIFE IN 2016

Randy and Barb Smith

Spent 2 weeks in Italy,

Starting in Rome and ending in Sicily



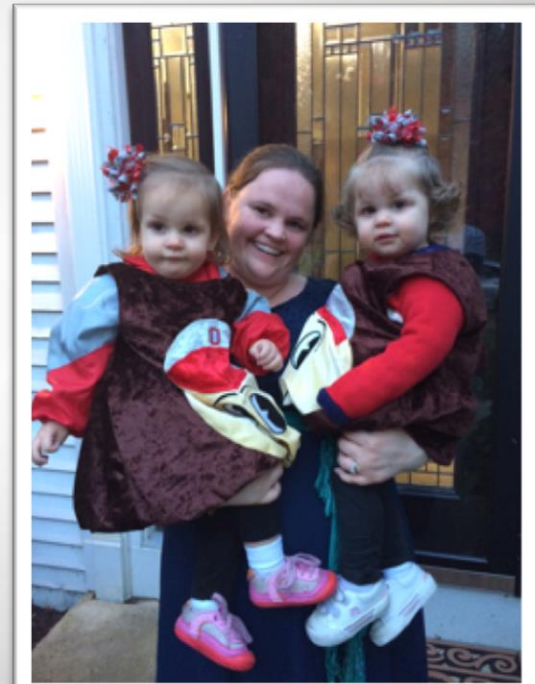
LIVING LIFE IN 2016

Amanda

Rubinstein

Celebrated life with

her twin girls

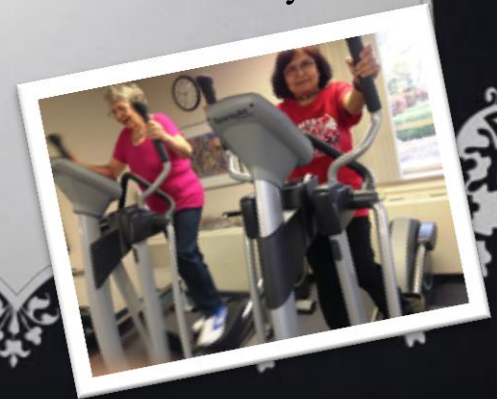


LIVING LIFE IN 2016

Akhlaq and Tahira

Farooqui

Staying fit with regular
exercise and physical activity



LIVING LIFE IN 2016

Greg Ruf

Zip lining in Gauley River, WV

Fishing in Rideau Lake,

Canada



LIVING LIFE IN 2016

Marcus Bozeman

Celebrated 1 year post transplant
and won GOLD in basketball at
the 2016 Transplant Games



LIVING LIFE IN 2016

Paco Morera and Jo Ann

Greensboro, NC



LIVING LIFE IN 2016



**Ray and
Melissa Justice**

Fostered a new baby

LIVING LIFE IN 2016

Jeff and Helen

Davidson

Travelled to Aruba



LIVING LIFE IN 2016

Diane Riesen

Wrote a poem to honor
those we lost too soon to
heart disease

Hearts of Gold

How rarely do we find someone who stands out from the rest? ~
A very special person who shows what God wants 'best'.
There are a few around us, though they're hard to find, I'm told;
These people give their best to life ~ and have a 'Heart of Gold'.
If you were blessed to know one... keep them safely in your soul ~
They'll bring more love and miracles than you will ever know.

Diane Ranker Riesen

LIVING LIFE IN 2016

**Heart
Walk**



LIVING LIFE IN 2016

Heart Walk



LIVING LIFE IN 2016

**Ohio State
Four Miler**



LIVING LIFE IN 2016



Transplant Games

LIVING LIFE IN 2016



Transplant Games

LIVING LIFE IN 2016

York Event



LIVING LIFE IN 2016



**York
Event**

LIVING LIFE IN 2016

**York
Event**



LIVING LIFE IN 2016



**York
Event**

LIVING LIFE IN 2016



York Event



LIVING LIFE IN 2016

York Event

