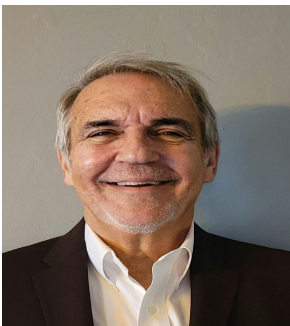


Healing Hearts

Winter 2023



President's Message John Afek

My OSU Ross Heart Hospital team advised that my heart was failing and eventually I'd need a heart transplant to survive. Upon hearing this news, my personal life – single father to two teens, and business life – CPA for 30 plus years in tax, consulting, and financial advising, was turned upside down. I struggled to work and continue to raise my children for 4 plus years, with CHF worsening over time until finally going into complete heart failure, December 2011. On December 2, 2011, a suitable donor was found – I underwent a successful heart transplant and am alive to share that I continue to be blessed with a supportive family, great doctors, a generous organ donor, and a NEW HEART!

I am beyond humble to have been considered and approved by the Healing Hearts board members and look forward to working with them. We are truly blessed to bring the message of heart health through renowned speakers, the OSU doctors and medical professionals, and our outside sponsors who enable us to provide for our meetings, food and drinks, and these amazing speakers. In closing, won't you please join me in offering our utmost appreciation to Jeff (President) and Helen (Treasurer) Davidson. After more than 10 years, they've stepped down to focus on family and enjoy a well-deserved retirement. I've seen firsthand how the endless dedication they, as founding board members of HHCO, have exhibited. In providing education and visiting thousands of Ross Heart Hospital patients, HHCO has had a profound and far-reaching impact on many lives in the heart patient community, including its caregivers, friends, and family. I'd also like to thank the board members for their generous time in assuming some of the responsibilities Jeff and Helen have undertaken all these years, which allows me to serve. I hope to continue the success of HHCO and welcome your valuable feedback to help us serve our members.

John Afek, President / Treasurer
Healing Hearts of Central Ohio
jafek@remk-cpa.com
C 614-404-6463
F 614-336-1957

Season's greetings to all of our Healing Hearts members! After serving as a Healing Hearts board member (patient visitor/participant) for approximately 8 years, I was recently asked to consider, and shortly thereafter, elected President/Treasurer for Healing Hearts of Central Ohio, effective November 15, 2022. Although I was honored to be included in the selection process, I had to ask myself, "was I up to the challenge?" Jeff and Helen Davidson sure set a high bar in their positions as President and Treasurer! The answer was, how could I say no after all the tremendous work Healing Hearts has done for the heart community, myself included. For those of you who don't know my personal health journey...

I grew up in a small steel town, Steubenville OH and although my family history showed significant signs of heart disease, I enjoyed a healthy lifestyle up to the age of 48 (2005). Then life changed abruptly. After just one episode of severe chest pains, my doctors discovered a 95% blockage in my arteries; and I required two stents. I suffered three heart attacks and a mini stroke over the next four years. During a massive heart attack in 2007, I'd lost 2/3 of my heart muscle and went into CHF (congestive heart failure).

OUR SPONSORS



Future Presentations



Heart Education Meetings

Speakers: January to April 2023

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

RSVP to John Cole at Johnco512@yahoo.com

Thurs., Jan 12, 2023: Dr. Nora Colburn an Infectious Disease Physician and Epidemiologist will speak about Covid and Infectious Diseases



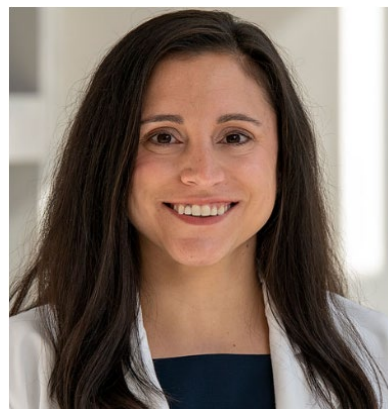
Thurs., Feb 9, 2023: Clinical Pharmacists from the Ross and OSU College of Pharmacy will speak about cardiology medications (and more) in a program entitled: "An Evening with The Pharmacist"



Thurs., March 9, 2023: Dr. Meena Khan will speak on Sleep Apnea and how sleep disorders affect heart patients.



Thurs., April 13, 2023: Dr. Kristen L. Koenig, researcher, and hematologist specialist will speak on latest research regarding heart disease and hematology.



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 patients possible!



Dr. Nora Colburn
Our speaker Jan. 12, 2023

Dr. Nora Colburn is an Assistant Professor of Clinical Medicine in the Division of Infectious Diseases at the Ohio State University College of Medicine, where she also serves as the Medical Director of Clinical Epidemiology in the Ross Heart Hospital. Dr. Colburn received her medical degree and Master of Public Health degree from Case Western Reserve University School of Medicine. She completed her residency in Internal Medicine and fellowship in Infectious Diseases and HIV medicine at Case Western Reserve University School of Medicine.

Prior to joining the faculty at the Ohio State University, Dr. Colburn was a physician partner and Executive Committee member of ID Consultants, Inc in Cleveland, Ohio. She also served as the Medical Director of Infection Prevention at Hillcrest Hospital and the Medical Director of the Lake County General Health District.

In addition to clinical practice, administration and teaching, Dr. Colburn's ongoing areas of research include healthcare acquired infections, outbreak investigations and emerging infectious pathogens.

Heart Spotlight



Reggie Roundtree
Member/Heart Patient

On October 18th, 2008, I arrived from Ghana West Africa. Little did I know that 1 year later, I would experience a massive heart attack--called a Widow maker. I survived and had an elevate placed in me January of 2009. I had a long road of recovery ahead of me. I received my heart August of 2020.

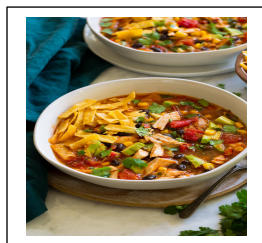
All my training as an ambassador for Mended Hearts and visiting 1000 rooms or more, prepared me to take on all the responsibilities and understanding of this new adventure. I had to grow into it, some say to become my new normal. It never occurred to me that my training as a psychiatric technician and student nurse would come in handy to help me cope. After years of talking about it, I had tools in my toolbox and finally had the opportunity to apply them. But I wasn't alone.

I had the support of my wife Maria, plus family and friends. All their support really helped me. It helped me to have a goal; something to look forward to; something that I had to hold on to and that was African drumming. Now, I work out twice a week at Bacano heart health and I am an active member in the church, which provides me a strong sense of spiritual encouragement. I'm thankful to be here.

Heart Healthy Recipes

Slow Cooker Mexican Chicken Soup

This entrée soup has all the makings of traditional Mexican cuisine, highlighting the flavors of cilantro, lime, tomatoes, and chili powder. Enjoy with corn tortillas. Serves 6



Ingredients

- 1 1/2 pounds boneless, skinless chicken breast halves
- 1 pound baby carrots
- 1 medium onion, chopped
- 1 medium potato, peeled and chopped into 1/2-inch cubes
- 1 medium bell pepper (any color), chopped
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 8-ounce can no-salt-added tomato sauce
- Juice from 1 medium lime
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 4 medium garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth
-

Directions

Place ingredients into crock pot. Cook, covered, on low for 6 to 8 hours, or until the vegetables are tender and the chicken is no longer pink in the center. Just before serving, transfer the chicken to a cutting board. Using two forks, shred the chicken. Transfer the chicken to the slow cooker, stirring to combine.

Heart Healthy Recipes

Indian-Spiced Pumpkin-Apple Soup

Garam masala, a blend of several dry-roasted ground spices often used in Indian cooking, adds warmth to this creamy soup — a perfect light lunch or side dish on a cold day. Serves 4—serving size 1 cup

Recipe from Cooking Light



Ingredients

- 1 teaspoon canola or corn oil
- 2 peeled apples, such as Fuji or Gala, chopped into 1-inch pieces
- 1 medium onion, chopped into 1-inch pieces
- 1/4 cup water, up to 1/4 cup water and 1/2 cup water, divided use
- 2 cups canned solid-pack pumpkin (not pie filling)
- 1 1/2 cups fat-free, low-sodium vegetable broth
- 1 tablespoon garam masala
- 1/4 teaspoon cinnamon

OR

- 1/4 teaspoon curry powder
- 1/2 cup fat-free milk
- 1/4 cup fat-free sour cream (optional)
- 1 tablespoon plus 1 teaspoon unsalted shelled pumpkin seeds, dry-roasted

Directions

1. In a medium saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the apples and onion for 5 minutes, or until soft, stirring frequently.
2. Pour in 1/4 cup water. Cook, covered, for 7 minutes, or until the apples and onion are very soft, uncovering only once or twice to add 2 tablespoons of water as needed to prevent sticking (adding no more than 1/4 cup water total).
3. Gently stir in the pumpkin, broth, garam masala, cinnamon and remaining 1/2 cup water. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 10 minutes.
4. In a food processor or blender (vent the blender lid), process the soup in batches for 10 to 15 seconds, or until slightly chunky. Carefully return to the pan.
5. Slowly pour in the milk, stirring until blended. Cook over medium heat for 30 seconds, or until heated through.
6. Garnish each serving with the sour cream and pumpkin seeds.



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".