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MENDED HEARTS CHAPTER SPOTLIGHT

Boise Leads With More Phone Visits Than Any Other Chapter

FOR A RELATIVELY NEW CHAPTER with little more than 40 members, Chapter 380 supports the Mended Hearts mission with the muscle of a group twice its size. This year, Mended Hearts showed its appreciation with a President's Cup Award.

During the first nine months of 2017, Chapter 380 members made more than 1,500 hospital visits and more than 1,000

phone calls. The group also led nationally in 2016 visits and phone calls. "All our members are very dedicated," says chapter President Craig Miller. "We have great support from our hospitals, and we support them the same way."

Jointly sponsored by Saint Alphonsus and St. Luke's health systems,

both of which have hospitals in Boise, Chapter 380 formed in 2012. Since then, it has gradually built a dedicated board of directors and membership.

Nearly every member gives back. They visit and make phone calls, attend community events and talk about the benefits of cardiac rehab for St. Luke's new Complete Health Improvement Program (CHIP).

Members benefit from interesting monthly speakers from inside and outside St. Luke's. Recent talks include "Self Esteem for Adults" with speaker/coach Sandra McDaniel and a discussion on pacemakers and defibrillators with Marcos Daccarett M.D., an electrophysiologist and cardiologist with St. Luke's Heart Rhythm Center.

Anecdotally, both St. Luke's and Saint Alphonsus have seen a decrease in return visits from heart patients since partnering with Mended Hearts. "Nothing makes us prouder than when the hospital sends us a note that says 'Because of your efforts we've had more patients want to go to cardiac rehab or have gotten something from your visits,'" says Miller.

Both hospital systems have plans to expand and want to bring Mended Hearts with them. The chapter is also working on starting a satellite chapter in nearby Twin Falls, where St. Luke's has a presence.

To maintain a satellite chapter, Chapter 380 will need to recruit a few more committed members. Given Boise's track record, support should come easy. "In any venue, we're always looking for new members and finding ways to keep people involved," says Miller. "Fortunately, most of them want to get involved, help others and get the message out." — HRJ



Ray Trapp (bottom left) and his wife, Wini (bottom right), accepted the President's Cup Award on behalf of Chapter 380, Boise, Idaho, from Norm Linsky (bottom center) and Donnette Smith (at lectern).