From the President

This year as flown by – I can’t believe that I am already writing the May newsletter article. Most of our spring projects are winding up – with just a few more events to close out the year. Although a few groups will have some events this summer, it will be a slower pace for the members of Kindervelt. I have been inspired by the hard work of every member in making this a successful year.

I hope that everyone is planning to come to Annual Meeting to celebrate all of our accomplishments this past year. Eleni Zaferes and her committee have been hard at work organizing an evening that promises to be a great way to close out the year. Join us on May 18th at the Cincinnati Woman’s Club at 6:00 for a cocktail hour then dinner and some great speakers. We will be installing our new 2016-17 Board of Trustees and Nominating Committee at the meeting. Of course, the most exciting part of the evening will be the presentation of our fourth and final check to the Heart Institute – Kindervelt Neurodevelopmental and Educational Clinic.

This is my last year as your City President and I want to thank every one of you for your help, support, and encouragement over the past two years. It has been an absolute pleasure to represent such a committed group of volunteers. We have all worked together to make our commitment to Cincinnati Children’s a success. Tracy Smith will be the City President for the next two years. Tracy will be a fabulous leader and I know that you will continue your support to her and make the next two years as enjoyable for her as these years have been for me. You are truly a wonderful group of caring and dedicated individuals.

I am looking forward to seeing many of you on May 18th as we celebrate what we have accomplished.

Much love to all,

Linda Lunceford
Kindervelt City President
The Heart Institute: A Family Affair for the Evensons

I joined Kindervelt #8 Wyoming in September 2012 after my youngest child went off to college. I always felt blessed with two children that my experience with Cincinnati Children's was limited to my daughter’s tube surgery to relieve chronic infant ear infections and a broken ankle she suffered in high school. That same fall, Anita Evenson joined KV#8. She had always enjoyed philanthropic work and was interested in giving back to Cincinnati Children’s. Unlike me, Anita had A LOT of experience with CCHMC, especially with The Heart Institute. Her story reminds us all of how fortunate we are to have this world-class medical facility right here in Cincinnati.

Anita and Bryan Evenson’s first experience with CCHMC came right after the birth of their first child, Margaret, in December 2008. Margaret came to the NICU (neonatal intensive care unit) at Cincinnati Children’s after developing an infection soon after birth due to kidney reflux. Additionally, Margaret had mild cardiac defects. Fortunately, Margaret’s conditions would not require surgery or extensive treatment. She was able to go home when she was 9 days old but would continue to be monitored by CCHMC. This was just the beginning of the Evenson family’s journey with The Heart Institute.

Less than 2 years later, when Anita was pregnant with her second baby, high level ultrasounds showed that her second daughter Cynthia would be born with congenital heart defects. Anita would undergo weekly ultrasounds from 30 weeks until giving birth to Cynthia in February 2011. An ECHO (heart ultrasound) conducted soon after Cynthia’s birth showed no need for her to go to Cincinnati Children’s right away. However, another ECHO about 2 months later showed that Cynthia’s heart had defects that would require open heart surgery to repair. Plans were made to monitor her closely and target corrective surgery for late summer of 2012.

But in October 2011, Cynthia was admitted to CCHMC with pneumonia. She was there for 8 days, but never really recovered completely at home. By mid-November she would be back in CCHMC, this time for 18 days. She left with additional cardiac diagnoses and failure to thrive. Because of her heart defects, Cynthia’s body was working so hard to just breathe and keep her heart beating that she could not gain weight and develop at a normal rate. Additional hospitalizations would follow in January and February. Cynthia’s surgery could not wait until summer. On February 16 2012, just 9 days after her 1st birthday, Cynthia had open heart surgery. The surgeon re-routed Cynthia’s left superior vena cava (primary vein from the upper body), closed an atrial septal defect (hole in the heart), and reduced the size of her pulmonary arteries (arteries taking blood to the lungs). Almost 2 weeks after surgery, Cynthia finally went home.

continued on page 4
Cynthia’s surgery was a complete success. Before her surgery, she weighed about 14 pounds, not even close to being on the growth chart for a one-year-old. Just 4 months later, Cynthia was close to 20 pounds (25th percentile). She had been weaned from the feeding tube that she had required since she was 10 months old, and she was now thriving. She continued to catch up developmentally. Six months after her surgery, except for the scar on her chest, no one would have known she had open heart surgery. Anita and Bryan threw a party to celebrate, expecting that their future with The Heart Institute would be periodic monitoring appointments and testing for their daughters.

Two years later Cynthia appeared to be a healthy 3 ½ year old, and an ECHO confirmed that her heart function was very high. But it also showed signs of hypertrophic cardiomyopathy (HCM), a thickening of the heart muscle/wall. That same summer, the Evensons had been seeing a cardio-geneticist at CCHMC. Tests ultimately showed that Margaret and Cynthia both have Noonan syndrome, a genetic disorder that affects about 1 in 1,000 to 2,500 people. A common symptom of Noonan is pulmonary stenosis (a narrowing of the heart valve or artery taking blood to the lungs) which Margaret and Cynthia both have. Another symptom is HCM which Cynthia has but Margaret does not. Genetic testing showed that Anita also has Noonan and HCM. Anita would now become the third member of the Evenson family to be cared for by doctors at The Heart Institute through the adult congenital heart defect program.

Today Cynthia is a thriving 5-year-old who will start kindergarten in the Fall. She will require medication for the rest of her life to manage her HCM. Those medications have and will continue to be adjusted as she grows, and she will need frequent testing to monitor her heart’s condition. Margaret is now a healthy 7-year-old and still goes for annual testing at The Heart Institute. Fortunately, Anita’s HCM will likely never have a significant impact on her life, and she does not have to modify her lifestyle or take medications.

Ironically, when Anita decided to join Kindervelt, she was not aware of our four-year commitment to The Heart Institute's Neurodevelopmental and Educational Clinic. She was so impressed by the quality of care her daughters had received at The Heart Institute. Doctors, nurses, and all of the staff were caring, responsive, patient, and compassionate. In only her second year in KV#8, Anita took on one of the biggest jobs for our biggest fundraiser, Volunteer Coordinator of the Kindervelt North Pole Express. Her girls have ridden the train at KNPE and baked cookies for Kindervelt bake sales. We are thankful to have Anita as a KV#8 member. We wish she and her girls continued good health and hope that Kindervelt will be a family affair for the Evensons for years to come!
Come to our Annual Meeting to celebrate another successful year of fundraising with the presentation of our final check to **The Heart Institute** AND hear the big announcement of what division we will be supporting for the next four years!
Kindervelt Bleeds for their Cause

Kindervelt #76 needs your help and your blood, plasma & platelets to win this year’s Hoxworth “Bleed for a Cause” Blood drive contest. The 2016 campaign will be held **July 18 thru August 13**. The purpose of the campaign is for nonprofit organizations to recruit as many blood donors as they can during a 4-week period. This can be done by hosting blood drives or directing donors to existing blood drives or to one of our eight neighborhood donor centers. **And make sure tell Hoxworth you are giving for "Kindervelt/ Cincinnati Children’s Hospital" and write it on your donor form so we get the points for your donation!!!**

The point system is as follows:  
- Whole Blood donation = 1 point  
- Red Cell donation = 1 point  
- Plasma Donation = 1 point  
- Platelet donation = 3 points  
- New donor = 2 point bonus

The organization with the most points wins $10,000! A weekly prize of $2,500 will be awarded to the groups with the most points in that specific week. **We need all Kindervelt members to participate if we want to win this year!**

Contact Jackie Meyer at jdmeyer415@gmail.com with questions and keep your eyes peeled for more information to come in early July!!

Kindervelt Krafts

Thank you to all the Kraft Reps that came to the first Kraft meeting. Get your groups together and Kraft, Kraft, Kraft. Have some fun putting together some beautiful pieces for others to enjoy. Have fun while raising funds!

Dates of Kraft shows:

- October 4th Mini Kraft Show (Children's Hospital)
- November 5th Big Kraft Show at St. Mary’s (Hyde Park Square)
- November 11th (Bakery only) Gala
- November 16th Mini Kraft Show (Children's Hospital)
In August 2011, I was anxious, nervous, thrilled, worried and relieved all at the same time while walking into Cincinnati Children’s Heart Institute. Since the fall of 2008, I felt a strong need to know what my three children’s hearts looked like. I was diagnosed with cardiomyopathy at 30 years old. I had been dealing with heart issues – SVT, AV nodal reentry tachycardia, heart valve leaks and palpitations, since 25 years old. My father and grandfather both had early onset heart disease … genetics was definitely not on our side. I had to know if I should be worried about their hearts. I called Cincinnati Children’s Heart Institute in the spring of 2011 and talked to a scheduler. I explained to her my concern for my two daughters and son. She was so kind, and she said, “I can help you.” I remember lots of tears. I called my husband, my best friend, my parents and my sister. I was so happy that I was finally going to have some peace of mind. I told myself, “You’ve done the right thing here, being proactive.” Hopefully, their hearts would be perfect with no problems. If, however, something was wrong, we would know it now. We would have caught it before anything bad could happen. I have learned a lot about cardiomyopathy since my diagnoses. I know the only real way to see it is to have an echocardiogram. We scheduled the appointments for all three children on the same day. They each had EKGs and then met with our team of doctors. The kids thought seeing their own hearts on a monitor was really cool! They were told in great detail what the technicians were looking at. The kids received quite a lesson that day on the most important muscle in their body.
<table>
<thead>
<tr>
<th>Project Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>Mike’s Car Wash Gift Cards</td>
<td>Mike’s Car Wash Gift Cards. $8. 50% of price goes to Kindervelt. Info: Donna at 513.675.8382 or <a href="mailto:d.boggis88@yahoo.com">d.boggis88@yahoo.com</a>.</td>
</tr>
<tr>
<td>I * heart * Kindervelt car magnets</td>
<td>5”x7” oval car magnets. $5. Info: Becky at 513.321.5605 or <a href="mailto:dbarnacl0@cinci.rr.com">dbarnacl0@cinci.rr.com</a></td>
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<td>Kindervelt logo pins</td>
<td>$5. Info: Shirley at <a href="mailto:semorand@yahoo.com">semorand@yahoo.com</a></td>
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<tr>
<td>Kindervelt note cards</td>
<td>Info: Cathy at <a href="mailto:chasteen.cathy@gmail.com">chasteen.cathy@gmail.com</a> or 513.932.3128</td>
</tr>
<tr>
<td>American Girl doll clothing</td>
<td>Info: Cece at 513.591.2907 or <a href="mailto:cckohiman@aol.com">cckohiman@aol.com</a></td>
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<tr>
<td>Mastering Your Connections</td>
<td>Book about using online social networking for business purposes. $20. 50% goes to KV. Info: Sue at 513.793.0161 or <a href="mailto:skcrosby1@gmail.com">skcrosby1@gmail.com</a></td>
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<tr>
<td>Spice Mixes</td>
<td>Spice and herb mix for making bread dipping oil and seasoning vegetables. $5. Info: Sue at 513.793.0161 or <a href="mailto:skcrosby1@gmail.com">skcrosby1@gmail.com</a></td>
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<tr>
<td>ShopWithScrip.com</td>
<td>Go to ShopWithScrip.com, register, and buy gift cards to use at hundreds of retailers and restaurants. 3%-16% goes to KV. Info: Suzanne at <a href="mailto:pavilakis@sbcglobal.net">pavilakis@sbcglobal.net</a> or 513.827.6534.</td>
</tr>
<tr>
<td>Servers for Parties</td>
<td>Enjoy your guests - we take care of the mess! Setup-Serve-Clear. $10-$20 per person per hour. Info: Sally at <a href="mailto:svhickery@aol.com">svhickery@aol.com</a> or 513.777.4851.</td>
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<tr>
<td>Thank You Plaques</td>
<td>5x7” wood-and-gold plaque reads, “In Appreciation For Your Generous Support of our Fundraising Efforts for Cincinnati Children’s Hospital Medical Center.” $15 plus tax.</td>
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<tr>
<td>Wine Cork Trivets</td>
<td>Info: Sally at <a href="mailto:svhickery@aol.com">svhickery@aol.com</a> or 513.777.4852</td>
</tr>
<tr>
<td>Bread Mixes</td>
<td>$5, Choice of Tuscan, Cinnamon Raisin, Dill, French Herb, and White. Info: Gretchen at <a href="mailto:jahmit@aol.com">jahmit@aol.com</a> or 513.530.0776.</td>
</tr>
<tr>
<td>Bean Soup mix</td>
<td>Available at retail locations around town and at Presidents’ Council. $6. Info: Nancy at 513.476.9340 or <a href="mailto:E_N_Gerstner@fuse.net">E_N_Gerstner@fuse.net</a>.</td>
</tr>
<tr>
<td>KV Logo Wear</td>
<td>Info: Bebe at 513.677.2870 or <a href="mailto:braupe@yahoo.com">braupe@yahoo.com</a></td>
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<tr>
<td>Benken’s Gift Cards</td>
<td>Purchase or sell $25 gift cards, and $5 of the purchase price goes to KV. Info: Joanne at <a href="mailto:KVliaison4@kindervelt.org">KVliaison4@kindervelt.org</a> or 513.321.9010.</td>
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<tr>
<td>Pop-tab Recycling</td>
<td>Drop off pop-tabs to Presidents’ Council meetings or to Stacy Durr-Stainton’s home.</td>
</tr>
<tr>
<td>Pay it Forward at Hoxworth</td>
<td>Every Hoxworth blood donation, whether at a center or a bloodmobile, can be credited to KV. When the intake clerk asks you “Which group?” say Kindervelt, and write Kindervelt on your form. Or sign up as a Premier Donor and in the donor store, select KV as your organization. Info: Susie at <a href="mailto:susankelleydd@yahoo.com">susankelleydd@yahoo.com</a>.</td>
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<td>Baby Gifts, Golf Towels, Computer Bags</td>
<td>Custom-embroidered baby burp cloths ($6), bibs ($10), burp cloth &amp; bib sets ($15), blankets, bear cuddle blankets, golf towels ($10), and computer bags. Info: Mary Beth at 513.231.2646 or <a href="mailto:meyoung@fuse.net">meyoung@fuse.net</a>.</td>
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<tr>
<td>Rainbow/AAA Car Wash</td>
<td>$10 coupons, good for a $14 value. Info: Mary Beth at <a href="mailto:meyoung@fuse.net">meyoung@fuse.net</a> or 513.231.2646.</td>
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<tr>
<td>Koin for Kids</td>
<td>Coin collection boxes at various retail locations areawide. To get a Koin for Kids box, contact Mimi at <a href="mailto:kvcsecretary@kindervelt.org">kvcsecretary@kindervelt.org</a> or 513.675.4089.</td>
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<tr>
<td>Kroger Community Rewards</td>
<td>Register or sign in at kroger.com and choose “Kindervelt” from the list of registered groups.</td>
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Joyous News

KV #78 - Congratulations to Ree and Jim Pebler on the birth of their 5th grandchild! Wyatt Andrew was born on April 13, 2016 at 1:58 a.m. to their daughter Kelly and son-in-law Dewey Zidron. Wyatt was 20" long and weighed just over 7 pounds. Along with his parents and grandparents, Wyatt was welcomed home by brother Owen and sister Sawyer.

Gratitudes

KV #16 - Thank you to everyone for another successful Bunco Night and especially to Terri for always coordinating the event through Lakeridge Hall; without her we would not have the great facility to continue “having fun while raising funds” and playing Bunco for Cincinnati Children’s.

We also want to thank all who joined us at Clovernook Country Club for the Celebrity Bartender Night which proved to be another fun evening. Great food, great drinks, great conversation and money for the hospital! Thanks Sandy K. and Linda D. for coordinating the evening.

KV #77 - A HUGE thank you to the ladies of Kindervelt #77 for all of the time, dedication and work put into the annual fashion show luncheon this year and making it a huge success!

Special thanks to our guest speaker for our fashion show event, Andy Larkin, for sharing his family’s story with The Heart Institute.

Memorials and Donations

This is just a friendly reminder that the new cycle for Kroger Community Rewards begins May 1st and you need to re-enroll now. Sign up or renew with Kroger Community Rewards® today! Simply register your Kroger rewards card online at www.kroger.com/communityrewards, search for Kindervelt and enroll... then, all you have to do is shop at Kroger, swipe your Plus Card and Kindervelt will automatically start earning a rebate. It is that easy! Many groups are participating, just pick anyone if your group doesn't participate in Kroger Community Rewards. It's all going for the same great cause!

Tidbits

KV #56 is proud to say that another successful Bunco party was held on April 16 at the Wilder City Hall. A great night was had by all who attended and our profits were close to $1,800.00. Thanks to all who made food, baked desserts, help set up, clean up and worked the event. Always a fun night!

KV #77 - Happy Birthday to Brenda Bearden May 9, and Carolyn Williams May 17.

Logan J. Brinson passed away April 21, 2016. Logan was a Champion Speaker and attended many Kindervelt events. He will be missed by many.

Memorial donations may be directed to Dramakinetics or Brewhaus Dog Bones
It was easy to talk to them, not like other doctors. They wanted to hear how I was diagnosed, when my heart issues started. They talked quietly with the kids while I gave them my history. They listened to each of their hearts and had the kids telling stories about their summer. The doctors said upon first glance the echocardiograms looked OK, but they were going to be taking a closer look after hearing how I was diagnosed. They also wanted to DNA test my blood. I was relieved the kids looked OK, but I was also a little shocked, to be completely honest. I wanted to hear they were each perfect, but I know too much about the genetics. It is very hard to escape. So, when I received an email the following day from the heart failure specialist I wasn't shocked.

The girls, 9-years-old and 4-years-old, were fine. Their hearts looked very strong. The doctors wanted to see them in one year. Our 8-year-old son wasn't quite the same. It wasn't terrible; we caught it very early. My son, Tony, has left ventricular non-compaction cardiomyopathy. He doesn't need any medication at this time; he has no restrictions. He can continue living just like he has been. They want to see him back in 6 months. We briefly discussed me becoming a patient at the adult clinic through the Heart Institute. We felt this would be a valuable tool for my kids, the Heart Institute, me and especially our son. The things the Heart Institute could learn from seeing a mother and son with cardiomyopathy were especially interesting to the staff. It was an easy decision to make; I made an appointment for Tony and myself in February 2012. This would be the first time they looked at my echocardiogram. Meeting again with the same team of doctors, Tony's eco was unchanged, which is exactly what we want. My eco had surprisingly gotten better for the first time in 3 years. The doctors were very happy. I was ecstatic.

We discussed our future. We all agreed it would be best if we were both seen at the Heart Institute. They would be able to take care of my pacemaker. I should have had a heart failure specialist since being diagnosed with cardiomyopathy, but I had not until now. The doctors sat in our room and listened to my questions about Tony playing sports and what to expect and look for. They wanted to know what I had been doing to stay healthy and how I thought I was able to rebound my EF% (the measurement of the heart's efficiency to pump blood). I told the doctors eating right, drinking a ton of water, taking my medication and running. They told me to keep doing everything I was doing. The team of doctors saw us as a family full of life living with heart disease. We are all living with it, even though only two out of the five of us have the disease. I feel very safe and so comfortable in their hands. They know us not as just patients at the hospital, but as the Calla family – Gracie, Tony, Callie Jo, Mom Terri and Dad Corey. I ask myself how we got so lucky, to be looked after and taken care of by Cincinnati Children's Heart Institute. I know the answer … hope. Hope for a long, bright future. Where we can see and even be a part of the advancements in technology, knowledge and awareness of heart disease. We are fighting this disease as a family with the Cincinnati Children's Hospital Medical Center Heart Institute right beside us.
Upcoming Events…..

Kindervelt Day
at
H.J. Benken Floral, Home & Garden Center

Benken’s hosts Kindervelt on May 1st from 9 - 6
6000 Plainfield Road, Cincinnati, OH 45213
Bring your family, friends, neighbors, and acquaintances, to shop and Benken’s will donate 20% of the day’s Kindervelt sales back to Kindervelt.

All you have to do is mention Kindervelt while checking out.

Perfect time to get your plants for your garden & Mothers Day!

Can’t make it on May 1st? We have a solution. Purchase a Benken Gift Card for $25 (or more!) and Kindervelt will receive $5 for each $25 card purchased. Each KV group is able to sell these gift cards. Use them for occasions you need flowers all throughout the year! Proms, gifts, get well, pampering yourself!

In the Good ‘Ole Summertime Bunco Party

Thursday, July 14
6:00 P.M.
City of Wilder Community Center

$20 for an evening of fun, food, and prizes.

Contact Debbie Linneman for reservations
dzlinne@gmail.com

Kindervelt #55’s

Saturday, September 24, 2016
7 P.M.
Triple Crown Country Club

15 local competitors offering up endless chili for everyone, in addition to numerous desserts.

Music provided from 8-11 P.M. by
The Quack - an incredible five man rock ‘n roll cover band, so wear your dancing boots!

Advance Tickets $40
Questions? - Kris McPherson 269-254-2225
jonkrismac@gmail.com

WINE & DINE RAFFLE
Kindervelt #49 brings you

LAUGHTER -
It does the Heart Good

A night of fun & laughs benefitting
Cincinnati Children's Heart Institute

Tuesday, June 7
8 P.M. - Doors open at 7pm

Open seating - 1st come, 1st sit basis
$15 per person
Full cash bar & appetizers available for purchase

Raffles, Door Prizes, Split the Pot

Make your reservations at gobananascomedy.com / limited seating / pay-at-door if seating is still available
Purchase a $25 H.J. Benken Gift Card and 20% goes back to Kindervelt!

Offer open to the public

For information contact Susan Stegman at stegsusan@gmail.com

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Liaison I is selling Mike’s Car Wash coupons.

They are $8.00 each

OR

BUY 4 GET 1 FREE!

Get yours NOW by contacting Donna Boggs at d.boggs88@yahoo.com.

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Bread Mixes

One Mix - Three Ways to Bake Bread

Bake homemade bread with our bread mix and some common kitchen items.

This versatile bread mix makes it easy to bake bread by three different methods:

1. Bread machine
2. Traditional
3. Quick bread (the most popular way to use our mix)

No bread making skills are required for the Quick Bread method. All you need are a can of beer, baking powder, and butter. In an hour, you will have hot bread fresh from the oven.

We offer five bread mixes: Tuscan, French Herb, Dill, Cinnamon Raisin and White. All mixes are $5 each.

For more information, please contact Gretchen at gretbeltman@gmail.com
Kindervelt #68’s
Candyland Cabaret

Event Chairs
Bonnie Hueneman  Pat Wahl  Diana Peters

Elder & Seton Show Choirs

Ventriloquist Denny Baker

Heart patient Danielle Fritsch

Jan Rohling  Mary Beth Young  Linda Lunceford

The Bartenders Dr. Kimball, Dr. Heydarian, Dr. Morales

Kindervelt #77’s
Fashion Show

Kindervelt #16’s
Celebrity Bartending

Key Game Winners

Kindervelt #68’s
Candyland Cabaret

Event Chairs
Bonnie Hueneman  Pat Wahl  Diana Peters

Elder & Seton Show Choirs

Ventriloquist Denny Baker

Heart patient Danielle Fritsch

Jan Rohling  Mary Beth Young  Linda Lunceford

The Bartenders Dr. Kimball, Dr. Heydarian, Dr. Morales
Treat yourself to a Trip of a Lifetime

Your Photo Safari Package INCLUDES

Six (6) night stay for two (2) at Zulu Nyala Heritage Safari Lodge, Tented Camp or Safari Game Lodge - depending on availability. You may also split your stay between the properties.

Two Game viewing drives per day (morning & afternoon drives)

The following meals:
Day 1 - Lunch & Dinner
Day 2,3,4,5,6 Breakfast, Lunch & Dinner
Day 7 - Breakfast

Check in time is 2:00pm. Check out time is 10:00 am.
Will attempt to accommodate requests for early arrivals or late checkouts.

Your Photo Safari Package EXCLUDES

Airfare
Airport Transfers
Drinks
Accommodations & Airport transfers at Zulu Nyala Country Manor

Laundry
Telephone
Any extra activities

Valid until November 2017. Purchase price is $3100

For more detailed information please go to our webpage by clicking HERE.

To see a video from Jack Hanna, click HERE.