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For Northwest Indiana

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May 15, 2026

# To My Beloved Wife

## Karen Jacobs

KJV  
Proverbs 31:10  
Who can find a  
virtuous woman?  
for her price is  
far above rubies.

**On our 54th Wedding Anniversary**

**May 27, 1972**

KJV  
Proverbs 18:22  
Whoso findeth  
a wife findeth a  
good thing, and  
obtaineth favour  
of the Lord.



# You are the Love of my Life

## From Jake



# SERVICE DIRECTORY

## Body Shops

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219.931.0721

## Bus Services

**North Township Trustee**  
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www.northtownshiptrustee.com

## Business Organization

**Lakeshore Chamber of Commerce**  
7120 Indianapolis Boulevard  
Hammond, IN 46324  
219.931.1000

**Whiting/Robertsdale  
Chamber of Commerce**  
119th St  
Whiting, IN  
219.659.0292

## Computer Service

**Jam Computer Service**  
Software & PC Services  
219.931.6700

## Democratic Organizations

**Franklin D. Roosevelt Club**  
Last Thursday of every month  
at the Mohawks  
4040 Calumet Ave, Hammond, IN

**Hammond Democratic Committee**  
Chairman Scott Rakos  
3534 170th Place  
Hammond, IN 46323  
219.545.1942

**Hessville Central Democratic Club**  
3031 Mahoney Drive  
Hammond, IN  
219.545.1942

## Electrician

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219.844.5884

## Funeral - Services

**Smith, Bizzell & Warner**  
4209 Hatcher Blvd.  
Gary, IN 46408  
219.887.1852  
smithbizzellwarnerfuneralhome.com

## Government

**Hammond City Clerks Office**  
5925 Calumet Ave.  
Hammond, IN, 219.853.6346  
www.amlegal.com/hammond\_in

**Hammond Park Foundation**  
3031 Mahoney Dr.  
Hammond, IN 463223  
219.853.6378

**Hammond Department of  
Planning & Development**  
5925 Calumet Avenue  
Hammond, IN 219.853.6371

**Hammond Mayor's Office**  
5925 Calumet Avenue  
Hammond, IN 46320  
219.853.6301

**Hammond Port Authority**  
701 Casino Center D.  
Hammond, IN 46320  
219.659.7678

## Insurance - Services

**Ron J. Prestamer Agency, Inc.**  
7207 Indianapolis Blvd.  
Hammond, IN 46324  
219.844.0103  
ronjprestamer@gmail.com  
www.prestamerinsurance.com

## Towing

**Alamo Auto Service**  
Towing & Auto Repair  
6923 Hohman Ave.  
Hammond, IN  
219.932.8909

**McCoy & Sons Towing**  
1405 Summer St  
Hammond, IN  
219.659.0687

**State Auto Body**  
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Hammond, IN  
219.931.0721



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May 27  
Wednesday 6:00 PM  
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# Disaster loans for Indiana businesses

The U.S. Small Business Administration (SBA) announced the availability of low-interest federal disaster loans for Indiana businesses, private nonprofits, and residents affected by severe storms and tornadoes occurring on March 10-11. The SBA issued a disaster declaration in response to a request received from Gov. Mike Braun on April 7.

The declaration covers the Indiana counties of Benton, Jasper, Lake, LaPorte, Newton, Porter, Pulaski, Starke, and White, as well as the Illinois counties of Iroquois and Kankakee, which are eligible for both Physical Damage Loans and Economic Injury Disaster Loans (EIDLs) from the SBA.

Businesses and private nonprofits are eligible to apply

for business physical disaster loans and may borrow up to \$2 million to repair or replace disaster-damaged or destroyed real estate, machinery and equipment, inventory, and other business assets.

Homeowners and renters are eligible to apply for home and personal property loans and may borrow up to \$100,000 to replace or repair personal property, such as clothing, furniture, cars, and appliances. Homeowners may apply for up to \$500,000 to replace or repair their primary residence.

For more information, review the documents attached, visit the website <https://lending.sba.gov/> or contact James Accurso, Public Affairs Specialist, (571) 564-0246.

Source: City of Hammond



# Mayor's Night Out 2026

|                |              |                                                                              |
|----------------|--------------|------------------------------------------------------------------------------|
| May 13th       | 3rd District | Hammond Sportsplex<br>6630 Indianapolis Blvd.                                |
| August 19th    | 4th District | St. John Bosco School Cafeteria<br>1231 171st Pl.                            |
| September 16th | 5th District | Purdue University Northwest<br>Fitness & Recreation Center<br>2300 173rd St. |
| October 28th   | 6th District | Hess Elementary<br>School Cafeteria<br>3640 Orchard Dr.                      |

Subject to change. All programs are on Wednesday from 6:30pm-8:30pm.

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- Software installation
- Memory upgrades on PC starting at \$49.95

**Call us (219) 931-6700**

# Church Directory

## **Bethel Congregational C.O.G.I.C.**

815 Michigan St., Hammond, IN

Deacon Lester Stokes

(219) 931-1301

Sunday School 9:00 a.m.

Sunday 10:30 a.m.

Friday 7:30 p.m.

## **First Christian Church Highland**

9540 Fifth St.

Highland, IN 46322

Reverend Rebecca S.M. Sundquist

(219) 924-5400

wEmail: fcchighland9540@gmail.com

## **Greater Works Outreach Prayer and Deliverance Ministry**

4822 Kennedy Ave. East Chicago, IN 46312

Apostle Jose Ruiz (219) 852-0677

Sunday 11:30 a.m.

www.greaterwksmin.com

## **Hammond Christian Reformed Church**

1910 167th St, Hammond, IN

Pastor Josh Christoffels

(219) 844-3331

Sunday School 9:50 a.m.

Sunday Worship 11:00 a.m.

Coffee Break Tuesday 9:00 a.m.

Ladies Bible Study Tuesday 6:00 p.m.

www.hammondcrch.org

## **Hope United Methodist Church**

7320 Nortcote Ave, Hammond, IN

(219) 844-3030

Sunday Worship 10:15 a.m.

www.inhopeumc.org

## **Mt. Zion Baptist Church**

1047 Kenwood St., Hammond, IN

(219) 931-4337

Sunday 11:00 a.m.

Wednesday Bible Study 6:30 p.m.

Wednesday Prayer 6:00 p.m.

## **New Hope Missionary Baptist Church**

1117 Merrill St., Hammond, IN

Reverend Herman A. Polk, Sr.

(219) 932-5955

Sunday 10:30 a.m.

Sunday School 9:00 a.m.

Wednesday 8:30 a.m, 1:30 & 7:00 p.m.

## **New Zion Temple Church**

926 Morris Street, Hammond, IN

Bishop Brandon A. Jacobs

(219) 931-ZION (9466)

Sunday School 9:30 a.m.

Sunday Morning Worship 11:30 a.m.

Wednesday Prayer 6:30 p.m.

Wed Bible Study 7:00 p.m.

www.newziontemple.org

## **Northgate Church**

2820 165th St Hammond, IN

Senior Pastors Joey & Sunshine Miranda

Sunday Worship 10 am Bi & 6 pm Eng.

Tuesday Worship 6 pm Spanish

Bible Study: Mon Tues. & Wed

Email: wearengc@gmail.com

## **Saint Joseph Roman Catholic Church**

5310 Hohman Avenue

Hammond, IN 46320

Rev. Jeffrey Burton, Pastor

(219) 932-0702

Sunday: 9:00 am Mass in Church

Monday, Wednesday &

Friday: 9:00 am Mass in Chapel

saintjosephhammond@comcast.net

## **Testimony C.O.G.I.C. of Hammond**

1022 Cleveland St, Hammond, IN

Elder Patrick Williams

(219) 937-4676

Sunday School 10:30 a.m.

Sunday Worship 11:30 a.m.

Friday 7:30 p.m.

## **The Word Made Flesh Ministries**

700 Sibley St. Hammond, IN 46320

Pastor Apostle James E. Ford

Contact: Michelle Ford 708-415-3027

Email: Wordmadeforhim@gmail.com

## **Trinity Lutheran Church**

7227 Hohman Ave, Hammond, IN

(219) 932-4660

Sunday Worship 9:00 a.m.

Sunday School 10:30 a.m.

On FACEBOOK

Trinity Evangelical Lutheran Church

www.trinityhammond.com

*“We come to  
church not  
to hide our  
problems  
but to heal  
them.”*

*~ Dieter F. Uchtdorf*

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are either  
Natural Talkers  
or Natural  
Listeners*

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# Church Directory Listing

**\$8.00 per/issue**  
(minimum 4 issues)

**(219) 931-6700 newsdesk@crpubnwi.com**

*\*information submitted subject to editing for clarity and space allotted*



# Hammond Announces Exciting Arrival of Zaxbys



and business friendly environment,” said Mayor Thomas M. McDermott, Jr. “Zaxbys is a Southern favorite with a loyal following across the country, and we are excited to introduce this iconic restaurant to residents in

The City of Hammond is thrilled to announce that Zaxbys, the saucy chicken chain known for its famous Chicken Fingerz wings, and signature sauces, is officially coming to Hammond at 5903 Calumet Ave. Founded in Georgia in 1990, Zaxbys has grown into a major Southeastern favorite with more than 1,000 locations across 22 states and soon, Hammond residents and visitors will get to experience Zaxbys Southern hospitality with a modern twist right here in city of Hammond.

“Hammond continues to attract strong national brands, and welcoming Zaxbys to our community is a testament to our city’s growth, momentum,

Hammond and our surrounding communities. I’m looking forward to being one of the first in line when they open.”

“We are thrilled to welcome Zaxbys to Hammond and proud of the collaboration taking place to make this project a success,” said Juan J. Moreno, Director of Economic Development. “Our team is working closely with the developers to ensure a smooth process from start to finish getting the shovel in the ground, moving swiftly through construction, and ultimately celebrating together at the ribbon cutting ceremony. I can’t wait to place the first order.”

*Source: City of Hammond*

# Hessville Little League Opening Day is HERE



The day is just starting to begin over the field, the grass is freshly cut, and the sound of bats cracking and kids laughing is right around the corner. There’s a feeling in the air you can’t quite describe — excitement, pride, and the start of something special.

Today, memories will be made. First hits, big smiles, cheering families, and a community coming together for the love of the game.

And we’d love for you to be part of it.

Bring your family, bring your friends, and come enjoy a day full of baseball, softball, and hometown spirit. Whether you’re in the stands, at the concession stand, or cheering from the fence — there’s a place for everyone here.

Let’s kick off the season the right way... together.

*Source: Hessville Little League*

## The Sub Hub

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5800 Hohman Ave.  
Hammond, IN



**(219) 659-0687**

1405 Summer St  
Hammond, Indiana

**9 am to 5 pm**  
**Local Tows**

## HAMMOND CITY ORDINANCES ONLINE

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the laws are in Hammond?*

“Use the web” says

**Robert J. Golec**  
Hammond City Clerk

at

[www.amlegal.com/hammond\\_in/](http://www.amlegal.com/hammond_in/)

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## Mayor Thomas M. McDermott, Jr.

|                                                              |          |
|--------------------------------------------------------------|----------|
| Animal Control.....                                          | 853-6507 |
| Building Dept./Contractor Licenses/Building Permits .....    | 853-6316 |
| City Clerk/Animal Licenses.....                              | 853-6346 |
| City Council Office .....                                    | 853-6404 |
| Civic Center .....                                           | 853-6378 |
| Code Enforcement (Weeds/Litter/Vacant Property).....         | 853-6447 |
| College Bound Program .....                                  | 853-6503 |
| Community Development/Neighborhood Services.....             | 853-6371 |
| Constituent Services.....                                    | 853-6302 |
| Controller's Office/Business Licenses .....                  | 853-6324 |
| Human Relations Commission/Housing Disabilities Issues ..... | 853-6502 |
| Economic Development.....                                    | 853-6508 |
| Engineering .....                                            | 853-6336 |
| Environmental Management.....                                | 853-6306 |
| Gang Hotline.....                                            | 852-2950 |
| Garbage Pick-up.....                                         | 853-6433 |
| Graffiti Removal.....                                        | 853-6431 |
| Homebound Program .....                                      | 853-7326 |
| Housing Authority .....                                      | 989-3265 |
| Jean Shepherd Center .....                                   | 554-0155 |
| Law Dept./City Attorney.....                                 | 853-6381 |
| Legal Aid Clinic.....                                        | 853-6611 |
| Lost Marsh Golf Course.....                                  | 932-4653 |
| Marina/Port Authority .....                                  | 659-7678 |
| Mayor's Office .....                                         | 853-6301 |
| Narcotics Hotline .....                                      | 853-6487 |
| Park Department .....                                        | 853-6378 |
| Personnel/City Employment .....                              | 853-6501 |
| Sanitary District/Sewer .....                                | 853-6413 |
| Sportsplex.....                                              | 853-7660 |
| Streets/Snow Removal/Leaf Pick-up/Large Discarded Items..... | 853-6431 |
| Water Department .....                                       | 853-6421 |
| Wolf Lake/The Pavilion.....                                  | 937-7942 |
| Zoning.....                                                  | 853-6397 |

### NON CITY NUMBERS FREQUENTLY REQUESTED

|                                                 |                |
|-------------------------------------------------|----------------|
| Hammond Academy of Science and Technology ..... | 852-0500       |
| Gas Leak .....                                  | 1-800-634-3524 |
| Hammond Public Library .....                    | 931-5100       |
| Health Department/Birth Certificates .....      | 755-3655       |
| NIPSCO Customer Service .....                   | 1-800-464-7726 |
| Poison Information.....                         | 1-800-382-9097 |
| Property Taxes/Exemptions.....                  | 755-3760       |
| Recycling.....                                  | 1-800-828-2253 |
| United Neighborhoods, Inc. ....                 | 853-7778       |

**To easily report a non-emergency city issue, download the Hammond 311 app today!**

**EMERGENCY POLICE OR FIRE 911**

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LIVE & ARCHIVED VIDEOS **GOHAMMOND.TV**  
COUNCIL MEETINGS • MAYOR'S NIGHT OUT

## Joseph Betustak, Jr. Memorial Foundation Benefit Joe's Bike Run

Food • Drinks • Live Music • Raffles • 50/50 • Family Friendly Event

**Proceeds to benefit: Rylee Robb**



In September, 13-year-old **Rylee Robb** was diagnosed with Hodgkin lymphoma after what began as a swollen lymph node in her neck. A PET scan later revealed the cancer had spread throughout her chest and around her lungs.

Rylee is a Level 9 competitive gymnast who has been passionate about the sport since she could walk. She is strong, determined, and deeply rooted in her faith. She loves Jesus, her family, her friends, and gymnastics.

Rylee is facing this battle with incredible courage and strength!!!

The Robb family is undergoing tremendous hardship and could truly use our collective support.



Live Music  
12:00pm-7:00pm by:  
• Titus Rodes Band  
• Demagin  
• Misfit Toyz  
• Hail Mary (acoustic)



**Saturday, May 16<sup>th</sup>, 2026**

**Calumet Memorial American Legion Post 330**  
950 Legion Drive, Calumet City, IL 60409

(708) 862-8685



Raffle Tickets \$5.00 each

**11:00am – 7:00pm**

To make a donation, write checks out to:  
**Joe Betustak, Jr. Memorial Fund, Inc.**  
care of American Community Bank  
4521 Hohman Ave, Hammond, IN 46327

**Single Rider: \$20**  
**Double Riders: \$30**  
Sign-in starts at 9:00am  
Bikes launch at 11:00am  
Bikes return by 3:00pm

Please contact Scott Betustak for more information: (219) 808-4734

Join our Facebook Group: **Joe Betustak Jr. Memorial Foundation, Inc.**

*She believed she could, so she did.*



**Joseph Betustak, Jr.**  
Memorial Foundation, Inc.



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# Downtown Hammond Historic Property to Transform into Housing & Vibrant Retail Hub



The long-vacant, century-old Hotel LaSalle is set to begin a new chapter with a transformative redevelopment project aimed at bringing

attainable, high-quality housing and amenity-driven retail to Hammond's downtown.

Region-based Moynihan Capital will convert the historic structure into 28 residential units, offering a mix of one- and two-bedroom apartments and at least 2 commercial tenants on the ground floor, one being a lively restaurant space. The 4M project will preserve the character of the original building while also introducing contemporary amenities designed to meet the needs of today's residents.

"This development supports the long-term vision of our downtown revitalization with density and new amenities," said

Mayor Thomas M. McDermott, Jr. "Keeping the momentum going in our downtown is key to its ongoing vitality."

"The former LaSalle building in downtown Hammond is a very unique building and I am pleased the City waited for right developers," said Anne Taylor, Executive Director of Planning and Development. "The Moynihan family has been circling this building for years and the time was finally right to make the connection. This is a real win for our downtown."

Dennis Moynihan, Partner, loves working in Hammond. "It's such a great place to do business for so many reasons," he said. "We're looking forward

to being part of revitalizing the downtown and providing new, quality rental housing and retail options with the renovation of former Hotel LaSalle."

The Moynihan Capital team anticipates completing the project in less than 18 months from start to finish, enabling the property to quickly transition from vacancy to a productive community asset. The Moynihan family, traces its roots back to the Robertsdale neighborhood of Hammond in the 1930's. This longstanding regional connection reflects a deep commitment to reinvesting in the local community and supporting its continued growth.

*Source: City of Hammond*

## NEW DESIGN STRAIGHT OUT OF AMERICA 250 YEARS



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# Tommie DORSEY

**PRECINCT COMMITTEEMAN**  
Democratic Precinct H3-11



# THANK YOU

**Let's work toward supporting and unifying our  
3rd district precinct for a better future.**



**THIS DAY IN HISTORY May 15, 1976**

## **Young woman and her married lover arrested for killing her family**

Patricia Columbo and Frank DeLuca are arrested for the brutal slaying of Columbo's parents and brother in Elk Grove, Illinois. Twenty-year-old Columbo had left her family home two years earlier to live with DeLuca, a 36-year-old married man. The pair later killed Frank, Mary and Michael Columbo in order to receive the family inheritance, unaware that the Columbos had written Patricia out of their will years earlier.

As a 16-year-old, Columbo worked in a suburban coffee shop where she met pharmacist Frank DeLuca, who managed the pharmacy next door. He soon hired her to work in his store and the two began an unusual sexual relationship; Columbo showed classmates pictures of her having sex with DeLuca's dog.

In April 1974, DeLuca brought Columbo to stay in his own home, despite the fact that he still lived with his wife and five kids. Her parents were relieved when she later told them she was going to move into her own apartment, and even provided her with money. However, they soon learned that DeLuca had left his wife and moved in with their daughter, prompting Columbo's father to beat DeLuca severely.

On May 4, 1976, Patricia Columbo, then 19, and Frank

DeLuca, 39, decided to carry out the plan themselves. They crept into the Columbo family home and shot Columbo's parents. They then bludgeoned Mike with a bowling trophy and stabbed him nearly 100 times with scissors. Police questioned Patricia but had no reason to suspect her until the following week.

Inspired by the promise of reward money, a friend led police to the men who had discussed killing the Columbo family with Patricia. After the couple was arrested, DeLuca's employees revealed that they had seen him washing and burning bloodstained clothes on the day after the murders. Apparently, he had kept them silent by threatening their families. While in jail, DeLuca attempted to have these witnesses killed by a cellmate, but another inmate thwarted the plan by telling the police.

The jury convicted Patricia Columbo and Frank DeLuca, and they were each sentenced to 200 to 300 years in prison. But Columbo managed to keep herself in the spotlight: In 1979, it was reported that she had assisted in organizing sex orgies involving guards and wardens at her prison in Dwight, Illinois. High-ranking officials at the prison, including the warden, were forced to resign in the wake of the scandal.

*Source: History.com Staff*

## **PNW's Nursing and Business graduate programs recognized nationally by U.S. News and World Report**

Several of Purdue University Northwest's (PNW) graduate programs in nursing and business were included in U.S. News and World Report's 2026 Best Graduate Schools rankings, released April 7.

Among top graduate nursing schools, both PNW's Master of Science in Nursing (MSN) and Doctor of Nursing Practice (DNP) were nationally recognized.

PNW's MSN, which ranked 69th nationally, offers advanced nursing practices and clinical training to gain additional skills and qualifications for health care roles. PNW's MSN program offers tracks including Nurse Educator, Nurse Executive, Family Nurse Practitioner and Adult-Gerontology Clinical Nurse Specialist.

PNW's DNP program prepares experienced nursing professionals for administrative and educational roles by focusing on applied research and translation science.

PNW's College of Nursing is recognized as a Center of Excellence in Nursing Education by the National League for Nursing. The accolade signifies demonstration of sustained excellence in faculty development, nursing education research, and student learning and professional development. For more information about PNW's graduate nursing programs, visit [pnw.edu/nursing](http://pnw.edu/nursing).

PNW's Master of Business Administration (MBA) was also recognized among top graduate business schools. PNW's MBA program prepares candidates for leadership roles with advanced managerial, financial and analytical skills. For more information, visit [pnw.edu/mba](http://pnw.edu/mba).

To learn more about graduate programs at PNW, visit [pnw.edu/graduate-studies](http://pnw.edu/graduate-studies).

*Source: Purdue University Northwest*





# US 250th Anniversary (continue)

## 2026 Dates, Events and Celebrations

The United States Semiquincentennial, also called the Bisesquicentennial, the Sestercentennial, America250 or the Quarter Millennium, will be the 250th anniversary of the United States Declaration of Independence. Festivities will mark various events leading up to the Declaration's anniversary on the 250th Independence Day: July 4, 2026.

- Major Organizers: The United States Semiquincentennial Commission (a nonpartisan commission created by Congress in 2016), America250 initiative, and the White House Task Force, chaired by President Donald Trump since 2025.
- Leading Cities: Boston, Philadelphia, New York, and Charleston will serve as primary hosts for federal events, with additional activities nationwide.
- Semiquincentennial Tentpole Programs: These include "America's Invitation" (a nationwide storytelling project), "America's Field Trip" (student contests), "America Gives" (service initiatives), "Our American Story" (oral and visual history project), "America Waves" (community flag-waving events), "America Innovates" (traveling tech expo) and "America's Performance" (concert series).

### Top 10 Must-See Events

1. Salute to America 250—Washington, D.C. (July 4)  
Military parade, fireworks, and cultural showcases on the National Mall.

2. Mount Rushmore Fireworks—South Dakota (July 3)

A spectacular Independence Day celebration at an iconic landmark.

3. Battle of Princeton Reenactment—New Jersey (January 4)

Step back into Revolutionary history with this dramatic reenactment.

4. Stories in the Sky Drone Shows—Colorado (from September 2025 through December 2026)

High-tech storytelling through choreographed drone light displays.

5. Henry Ford Museum Celebration—Michigan (March 21-Jan 18, 2027)

A yearlong tribute to American innovation and ingenuity.

6. UFC Championship Event—White House Lawn (June 14)

7. National Archives Exhibition: "Free and Independent"—Washington, D.C. (through 2027)

Explore the documents that shaped America's founding. The National Archives is also home to the original Declaration of Independence, on display year-round. This exhibition will be an opportunity to celebrate the adoption of the Declaration, illuminating the ways Americans have marked July 4, the major anniversaries of the signing (i.e., 50th, 100th, 150th, 200th), and how the ideals and spirit of the document have appeared

in culture, art, and society throughout the years.

8. National Gallery of Art Semiquincentennial Exhibitions—Washington, D.C. (throughout 2026)

Exhibitions exploring 250 years of American creativity from across the nation.

9. Spirit of Vincennes Rendezvous—Vincennes, Indiana (May 23 and 24)

"Midwest's premier revolutionary war reenactment."

10. Copland & Twain Concert—Milwaukee Symphony Center (May 8-10)

A musical celebration blending American classics and literary heritage.

### Key 2026 Dates, Locations, Events, Celebrations

- May 15: Virginia's Independence 250th (Williamsburg, Virginia)
- May-July: Sail250 Tall Ships (Gulf Coast to Boston)
- June 14: National Flag Day (Americans nationwide encouraged to fly the U.S. flag to honor its adoption in 1777)
- July 4: National Independence Day with parades, fireworks, and the burial of a national time capsule in the Independence Mall in Philadelphia
- July 5: America's Potluck—community picnics nationwide

# AMERICA



- Nov 11: Veterans Day Commemoration (Washington, D.C.)

- Dec 25: Washington's Crossing Reenactment (Pennsylvania and New Jersey)

### What Happens Next

The core activities will ramp up as July 2026 approaches, with spring and summer seeing a surge of commemorations, exhibitions, and legacy projects.

Federal agencies such as the National Park Service are investing in historic site restorations and accessibility improvements, including the reopening of the First Bank of the United States in Philadelphia and the unveiling of an immersive museum beneath the Lincoln Memorial.

Communities nationwide are being encouraged to participate through local parades, historical reenactments, and community service.

States and cities continue to announce and refine programming, with dedicated websites—for example, [america250.org](http://america250.org)—providing the latest calendars, resources, and ideas for community involvement.

Source: Wikipedia



# Fear of another heart attack may be a distinct stress factor



American  
Heart  
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Stress after a heart attack is understandable – and new research into what drives such stress suggests that fear of another heart attack might play a significant role.

Understanding how that fear works, and how it is distinct from mental health conditions such as anxiety and depression, is important because it could lead to better care for survivors, said Dr. Sarah Zvonar, a cardiac critical care registered nurse and postdoctoral student at the Indiana University School of Nursing in Indianapolis.

She recently presented the findings at the American Heart Association's Scientific Sessions conference in Chicago. The results are considered preliminary until the full findings are published in a peer-reviewed journal.

Fear of recurrence has been studied more extensively in people with cancer, Zvonar said, but less so in the cardiology realm. She was inspired to look into the topic after watching her father and the fathers of four lifelong friends deal with heart attacks and the worries that followed. The men often asked, "Is this going to happen again?"

To examine such feelings, Zvonar and her colleagues enrolled 171 people who had survived at least one heart attack between November 2021 and December 2022 and gave them a series of surveys to measure stress, anxiety, depression, fear of recurrence and how they perceived their condition.

On average, it had been about six months since the participants' heart attack.

The researchers repeated the surveys about six weeks later.

Zvonar's analysis first looked at factors that might predict either fear of recurrence or perceived stress. She found that some factors differed. People who were younger or white tended to be more likely than those who were older or Black to develop fear of recurrence. Fear of recurrence was predicted by the score of how people perceived their condition, which Zvonar said measured things such as their concerns about how long their problems would last or what aspects of it were in their control. Perceived stress, meanwhile, was predicted by alcohol use and fear of recurrence itself.

When the researchers adjusted the results to take anxiety and depression into account, fear of recurrence remained an independent factor that contributed to stress.

"The people who had more fear of recurrence had an increased level of stress," Zvonar said, and stress can be a "huge predictor" for people to have future heart problems, including potentially another heart attack.

Understanding how fear of recurrence and its related stress are separate from depression or anxiety could affect patient care, she said. Anxiety and depression are long-term mental states that can be treated with medications. But if the problem is fear- and stress-related, those medications might not address the root issue.

Fear of recurrence can be sporadic, Zvonar said.

It might appear suddenly, perhaps when someone feels pain during a routine task and wonders, "Is this a heart attack again?" Or it might manifest as a dread of going to the doctor because they are afraid of getting bad news.

Dr. Kim L. Feingold, a cardiac psychologist and the founder and director of Cardiac Behavioral Medicine at Northwestern Medicine Bluhm Heart Hospital in Chicago, said the study's finding that fear about the future would affect someone's stress levels made sense.

"Fear and heightened anxiety trigger our nervous system's stress response to help protect us from a possible threat," which can be a good thing when those emotions are temporary, said Feingold, who was not involved in the new research. But "an abundance of fear or chronic fear can have a negative impact on mood and health." Many people lose confidence in their bodies after a heart attack, Feingold said, and become unsure how to distinguish benign symptoms from problematic ones. "It's as if our filter that we had always used to interpret the meaning of physical symptoms is no longer valid after a heart attack or a cardiac event."

She likened the emotions to being in a car crash, then having to drive again. "For most, getting behind the wheel again is anxiety-provoking at first but then becomes more comfortable with time."

Working with a health care team can help early on, Feingold said. "While it's not

healthy to run to the doctor or ER with every symptom, it is appropriate in the few months after a heart attack to benefit from assistance in interpreting symptoms." For most people, she said, the feedback will speed up the learning curve.

Zvonar acknowledged limits to the study. Most of the participants (69%) were women, and the average age was 39. However, the average age in the United States for a first heart attack is 66 for men and 72 for women. And the roughly six-week period between the two rounds of surveys was relatively brief. Fear of recurrence levels did not fall between the two timeframes, she said.

Future research, Zvonar said, would investigate ways to help survivors cope. "Now that we know that there is this fear of recurrence, what can we do to effectively intervene on the patient, or even the family's behalf?" She said the medical profession as a whole should address such questions about how to help survivors and families cope with not just physical issues but their mental and emotional concerns.

"I think that we need to be better at answering these questions for them and walking them through what this means for them, and how to make sure they don't just live past this and live a longer life, but have a higher quality of living," Zvonar said.

Source: *American Heart Association News*



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For Lake County of Indiana.



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Eyes..... Brown

Hair ..... Black

Marks/Scars/Tattoos

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Alias:

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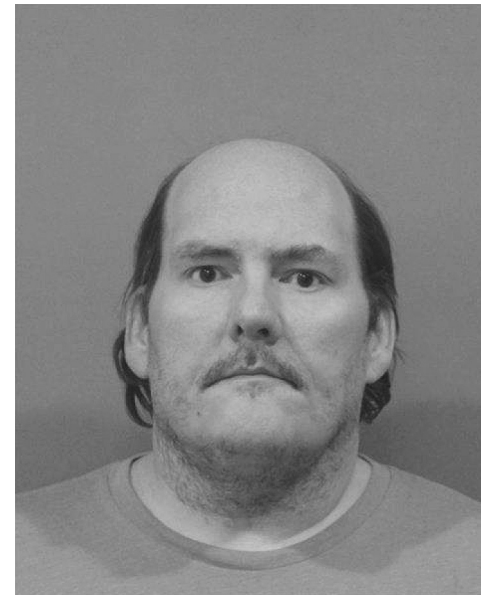
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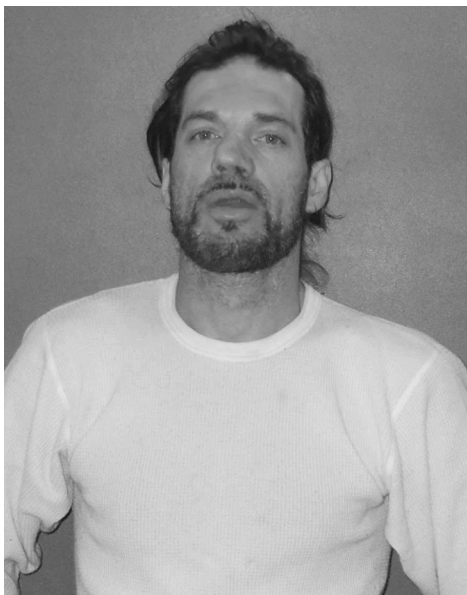
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Alias:

Sex ..... MALE

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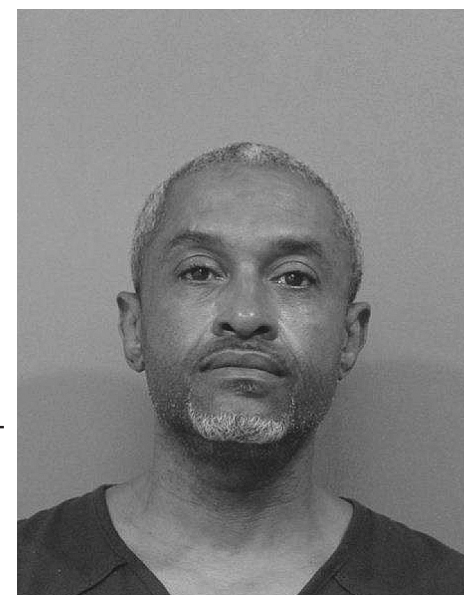
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