



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 9, Issue 7

P. O. Box 18912, Huntsville, AL 35804-8912

July 2019

Dr. Fredonia B. Williams, Editor

From the president... **Interested in becoming a member?**

We welcome you to join Mended Hearts. You will be able to interact with other members through our monthly meetings, volunteer opportunities and special events. It's easy to join. The new membership application is attached to this newsletter. Complete and mail to the address on the form. Caregivers are also encouraged to join.

We offer a free associate membership in the national organization which includes the following:

- Attend any chapter meeting for MH or MLH
- Join online communities
- Access member portal
- Receive the national e-newsletter

We invite you to join us and be a part of the great work that we do. We offer the following:

- Shared heart issues and experiences
- ◆ Proof of a successful, full life after surgery or intervention
- ◆ Pre and post surgical visits by accredited patient visitors
- ◆ Patient education materials such as the *HeartGuide*
- ◆ Support group meetings on the 3rd Thursday of each month
- ◆ We do not offer any type of medical advice, just an opportunity for shared experiences.

Upcoming Events

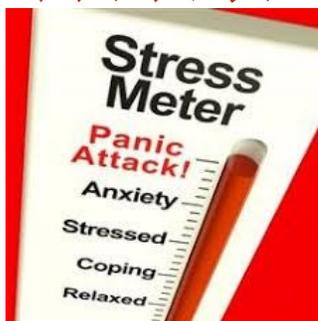
July 18th meeting, Room 119A Dowdle Center (corner of Gallatin and Governors)

Speaker topic: "The relationship between sleep apnea and heart disease", Karen Walls,
Director of Crestwood Sleep Center, Crestwood Medical Center

August 15th meeting– Chris Green "Journey to my heart transplant"

September 18th 25th Anniversary of Chapter 260. Join us at 6:00 at Kayce's Restaurant, 10017 Memorial Pkwy SW. Cost of meal is \$10.00 per person. Call 256.837.7354 if you're coming so we can make reservations for the private room.

Dr. Fredonia B. Williams, Chapter 260 Interim President



Coping with Heart Disease

Anxiety

Anxiety is a normal reaction to a scary, or unknown situation. You may feel tense, nervous, or irritable. These feelings usually come from not knowing what to expect during your recovery, or how you will adjust at home or what your life will be like. It is a good idea to talk about your feelings with the people around you. Keep in mind that your family may be afraid. Talking together can be helpful. The information you learn in the hospital will help you feel more confident about taking care of yourself at home. This will help reduce your anxiety.

Denial

Denial is when you think this cannot happen to me. Denial is a common reaction because having heart disease can be overwhelming. Denial temporarily helps to protect you from a stressful situation. Often, treatment for heart disease is not a cure for your disease, but it may help control your heart problem. Some changes in your life-style must be made to prevent problems in the future. If you cannot accept your heart disease over time, you should seek counseling.

Depression

Feeling sad, lonely, or angry are common feelings with heart disease. These are signs of depression. Depression may result out of boredom or inaction. Weakness can result from inactivity and this may lead you to feel that you are not recovering fast enough. As a result you become more inactive, and therefore weaker.

Depression continued:

Many people become depressed after they go home. A good way to deal with the depression is to remain active. You may worry that you cannot return to your normal activities. Your strength and activity will return as you recover. Take one day at a time and set small progressive goals for yourself. Focus on what you can do, not what you cannot do.

Role of Family Members or Friends

Family members may also become anxious and depressed if they do not understand your heart disease or what to expect during recovery. This is why your family needs to become involved in your recovery. Let them know what is going on, and what to expect in the future. Your family and friends can help support you if they understand. Talk to your family about changes in responsibilities such as money, chores, childcare and roles. It is better to talk about problems and solutions than to worry about problems, and not share them with your family.

Overprotection

Your family members or friends may become overprotective. They may be afraid of what has happened to you and want to protect you from further harm. These feelings are normal, up to a point. If you begin to feel angry, frustrated, or worthless because of their reaction, tell your family or friends. Family members need to know when they are being overprotective and learn how to be supportive instead. It will be easier to be supportive if they understand your recovery .

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www.cardiosmart.org

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Mended Hearts Donation Open up and say AHHH



Thanks to the generous donors who answered our appeal for financial donations to help offset the shipping charges incurred with the **HeartGuides** provided to heart patients by Accredited Visitors who visit patients. Mended Hearts, Inc pays for the **HeartGuides** but local chapters are now paying the shipping cost. Until recently, **HeartGuides** were shipped to chapters at no cost.

Donations to Mended Hearts are tax deductible. Donations may be mailed to Mended Hearts 260, P O Box 18912, Huntsville, AL 35804-8912.

Our treasurer will send you a thank you letter. Again, thanks to those who have responded.

Please continue to support our efforts to visit and offer encouragement and support to heart patients and their families.



Why your dentist is looking for more than a healthy smile

Your physician and dentist may be able to find clues about your overall health by looking into your mouth. Many people may not realize that good oral health may be important to their overall health; but emerging research suggests an association between severe gum disease and serious health conditions, such as heart disease and diabetes.

The CardioSmart Oral Health Condition Center will give you tools and steps to help you maintain a healthier mouth, a healthier heart and a healthier lifestyle. Be sure to tell your dentist if you have a heart condition and what, if any, medications you are taking for it.

Simple steps to improve your dental health

- Use a toothpaste with an antibacterial ingredient to help prevent gingivitis— a recommendation endorsed by the American Dental Association
- Brush for 2 minutes twice a day
- Floss daily
- Visit your dentist every 6 months.

CardioSmart

Heart disease can take the form of any number of conditions that affect the heart and cardiovascular system.

The CardioSmart web site (www.cardiosmart.org) provides an easy way to find information about the most common heart disease conditions, including heart attack, congestive heart failure, and hypertension (high blood pressure), among others.

Remember, the more you know about your condition and treatment options, the better off you will be. As always, talk to your doctor if you have any questions about the information presented in the newsletter, or if you would like additional information.



Eddie Landers had knee surgery June 28

Recognition

Celebrate!

We recognize member birthdays and surgery dates referred to as Mendiversaries. Congratulations to everyone who is celebrating a heart procedure anniversary this month.

If we have your month listed incorrectly or you would prefer not to be listed, please notify the chapter president. If we are missing your celebration, let me know at 256.837.7354.

July Birthdays

Marty Burke
Charlotte Bailes
Harriett Littlepage

July Mendiversaries

Donna Baldwin
Karen Cloe
Peggy Childress
Lorenzo Jones
Beth Magie
Toccaro Simpson
Fredonia Williams



"Mended Hearts volunteers have been quietly reaching out, listening and sharing their experiences with strangers."

OUR MISSION is dedicated to inspiring hope and improving the quality of life for heart patients and their families through ongoing peer-to-peer support.

OUR PURPOSE is to offer help, support and encouragement to heart patients and their families.



Chuckle for the day:

Employee: Excuse me, sir, may I talk to you?

Boss: Sure, come on in. What can I do for you?

Employee: Well, sir, as you know, I have been an employee of this prestigious firm for over ten years.

Boss: Yes.

Employee: I won't beat around the bush. Sir, I would like a raise. I currently have four companies after me and so I decided to talk to you first.

Boss: A raise? I would love to give you a raise, but this is just not the right time.

Employee: I understand your position, and I know that the current economic downturn has had a negative impact on sales, but you must also take into consideration my hard work, proactiveness, and loyalty to this company for over a decade.

Boss: Taking into account these factors, and considering I don't want to start a brain drain, I'm willing to offer you a ten percent raise and an extra five days of vacation time. How does that sound?

Employee: Great! It's a deal! Thank you, sir!

Boss: Before you go, just out of curiosity, what companies were after you?

Employee: Oh, the Electric Company, the Gas Company, the Water Company, and the Mortgage Company!



Mended Hearts, Inc. Resource Center
 1500 Dawson Road
 Albany, GA 31707
 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr. /Mrs./Ms.) _____ Chapter/Group _____ Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFO: Race: Caucasian Black Asian Am. Indian Hispanic Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship.

Please choose your membership level and complete any appropriate payment information below.

INDIVIDUAL MEMBERSHIP

____ Associate Member --- FREE

- * Can attend any chapter meeting for MH or MLH
- * Can join online communities
- * Can access Member Portal
- * Receives the National e-newsletter

____ Individual Member --- \$20 annual donation per person

- * All of the benefits of an Associate Member, PLUS
- * Membership Card
- * Car Decal – Select ____ MH or ____ MLH
- * One-time 5% off coupon for purchase from the MH store
- * One year annual subscription to Heartbeat magazine (\$30 value)

____ Bronze Member --- \$45 annual donation per person

- * All the benefits of a Full Individual Member, PLUS
- * Membership Pin
- * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

____ Silver Member --- \$100 annual donation per person

- * All the benefits of a Bronze Member, PLUS
- * A Stainless Steel Mended Hearts Travel Mug

____ Gold Member --- \$250 annual donation per person

- * All the benefits of a Silver Member, PLUS
- * A Red Fleece Blanket
- * 10% off registration of any National Conference or CHD Symposium

**____ Heart of Gold Lifetime Sponsor --- \$1500 donation
 A one-time donation per individual**

- * All the benefits of a Gold member FOR LIFE, PLUS
- * 15% off registration fees at National MH/MLH Conferences / Symposia
- * Recognition in the next *Heartbeat* magazine after enrolling in the Heart of Gold Lifetime Sponsorship, in all special Heartbeat issues, and on our website's list of

FAMILY MEMBERSHIP

For members of one household with one mailing address only

____ Family Membership --- \$40 annual donation

- * All of the benefits of an Associate Membership, PLUS
- * One year annual subscription to Heartbeat magazine (\$30 value)
- * Membership Cards for all members of the family
- * 2 Car Decals – Select ____ MH or ____ MLH
- * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order.

____ Bronze Family Membership --- \$75 annual donation

- * All the benefits of a Family Membership, PLUS
- * One Membership Pin per member
- * Choice of ____ Drawstring Backpack or ____ MH/MLH Notecards (10 pk)
- * 5% off registration of any National (not regional) MH/MLH Conference or Symposia

Family Members:

Spouse ____ Child ____ Heart Patient ____

Note: National memberships are tax deductible less \$10.

PAYMENT INFORMATION:

Membership Level _____ \$ _____

Additional tax- deductible Donation to
 Mended Hearts Mended *Little* Hearts \$ _____

TOTAL \$ _____

Please make your check payable to **Mended Hearts, Inc.
 1500 Dawson Road
 Albany, GA 31707**

If chapter dues / donations apply, they are tax deductible. Please pay the chapter directly as shown here. Please DO NOT send chapter dues to the Resource Center.

Chapter # 260 Annual Chapter Dues \$8.00

Additional Chapter Donation Amount \$ _____

TOTAL Paid to Chapter \$ _____

**Check payable to: MH 260
 Mail to: P O Box 18912, Huntsville, AL 35804-8912**

Your last issue??

If you are a member, the national office will send you a renewal notice three months in advance of your due date. You will receive the newsletter for a few extra months while you consider renewing.

If we visited you in the hospital, we will send you the newsletter for three months while you recover.

Whether or not you are a member, you and your family are invited to attend our meetings, where you can meet others who share your experience. Programs are selected to be of interest to heart patients.

Members receive this newsletter each month. There is an application form with this newsletter.



We meet at the Dowdle Center on the corner of Gallatin and Governors.



The Mended Hearts, Inc The Beat Goes On Huntsville Chapter 260



Volunteer Services

101 Sivley Road • Huntsville, AL 35801