



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 9, Issue 10

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

October 2019

Dr. Fredonia B. Williams, Editor

From the president...



Chapter 260 members enjoyed an evening of delicious food and reminiscing with Charter President Donnette Smith about organizing the chapter 25 years ago. Donnette even shared one of the first heart pillows and the original banner when the chapter was chartered.

Four of the past presidents were present to celebrate the event. They included Donnette Smith, chartering president, Logan Cox, Marion Terry and Fredonia Williams. Each President shared the “arm twisting” before they assumed their office, yet each enjoyed the opportunity to lead this chapter. The chapter membership has increased and most importantly, the number of members certified as Accredited Visitors has increased. It really is great to be alive and to help others.



Dr. Fredonia B. Williams, Chapter 260 Interim President

Upcoming Events

- ♦ **October 17th meeting, Room 148 Dowdle Center (corner of Gallatin and Governors)**

Speaker: Dr. Tony Graham, Dept of Anesthesiology, Huntsville Hospital

- ♦ **November 21st meeting, Room 119A Dowdle Center (corner of Gallatin and Governors)**

Speaker: Dr. Emily McIntosh, DMD “*Dental Hygiene and Impact on Heart Health*”

- ♦ **December 5th “Celebration of the Heart” Christmas Potluck**



Time to Start Thinking About Your Flu Shot

Fall is here and it's time to start thinking about getting your flu shot. It's recommended that everyone get a flu shot, but children, the elderly and those who have had a heart event or are at risk of heart event are particularly vulnerable. Here are some facts to remember:

Will getting the shot cause me to get the flu? No, vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Some people get the shot and still get the flu. Even if you get the flu, the vaccine can protect you against serious complications from the flu.

Why are heart patients especially vulnerable to the flu shot? The flu can increase the risk of another heart attack or stroke and pneumonia can lead to severe complications for children and adults.

NOTE: Accredited Visitors have a schedule from Huntsville Hospital. Please get your flu shot during the allocated time or from your physician or pharmacist.



October Means It's Pumpkin Time

Local stores are already displaying pumpkins. Oh yes, Halloween and Thanksgiving holidays are definitely pumpkin time. Here are some interesting facts about pumpkins. I'm sure you all know that the pumpkin is a member of the gourd family that also includes cucumbers, honeydew melons, cantaloupe, and zucchini.

The pumpkin is native to Central America and Mexico but now is grown on six continents. Now for good news - pumpkins are low in calories, fat, and sodium, and high in fiber. They are a good source of vitamin A, vitamin B, potassium, protein and iron.



Mended Hearts and Mended *Little* Hearts are coming together for a one-of-a kind mega event. We are launching our **World of Support Fundraiser** to help us all provide a world of support to cardiovascular patients across the life span. This year, we are asking you to support our national organization so we may continue providing a World of Support to those who need us. Every \$10, \$20, \$50, etc. can help us tremendously. We need **EACH** of you to participate.

DID YOU KNOW...

Each year, Mended Hearts and Mended *Little* Hearts provide peer-to-peer support to **350,000** heart patients, parents, caregivers and family members.

Mended Hearts opened its doors in 1951. That means we've been a source of comfort to patients and families for more than **68 years!**

Our national organization provides many services for its **265 chapters** - that includes insurance, database system, annual audit, EINs and more.

All of our educational materials are **FREE** to chapters and groups. That includes our HeartGuides and brochures.

Chapter 260 has a team page and we need your support to reach the goal of \$2500. Log on to our team page and make your donation before the end of October.

Here's how you can participate! **Join our team.**



Check out Chapter 260 Huntsville AL's team fundraising page for The Mended Hearts, Inc - <https://www.classy.org/team/252136>

Contact your friends and family to donate so that we reach our team goal of \$2500.

Thanks for all that you do for Mended Hearts.

Recognition

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.

Celebrate!

October Birthdays

*Howard Carr
Robert Jones
Eddie Landers
Barbara Morris
Carol Theriot
Shelley Wyckoff*

October Mendiversaries

*Conard Atchley
Howard Carr
Edwin Rudolph
Jim Wright*



Get Well Wishes

We extend our get-well wishes to our members/readers who have been ill and we were unaware of it. They are also sent out to all the patients that we visit in the hospital. We will keep you in our thoughts.

Donnette Smith—knee surgery
Shelley Wyckoff

With Heartfelt *Sympathy*

Dewitt Westrophe whose wife was funeralized recently.



The Smiths were shown into the dentist's office, where Mr. Smith made it clear he was in a big hurry.

"No fancy stuff, Doctor," he ordered, "No gas or needles or any of that stuff. Just pull the tooth and get it over with. I wish more of my patients were as stoic as you," said the dentist admiringly. "Now, which tooth is it?"

Mr. Smith turned to his wife. "Show him, honey."



Donations to Mended Hearts are tax deductible. Donations may be mailed to Mended Hearts 260, P O Box 18912, Huntsville, AL 35804-8912. Please continue to support our efforts to visit and provide HeartGuides to patients and their families.



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 ___

Spouse ___ Child ___ Heart Patient ___

Spouse ___ Child ___ Heart Patient ___

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 \$10.00

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