



Mended HeartsTM
of Huntsville



The Beat Goes On

Volume 10, Issue 7
P. O. Box 18912, Huntsville, AL 35804-8912

July 2020
Dr. Fredonia B. Williams, Editor

From the president...



We're still here to help.

Currently by direction of the Mended Hearts Board of Directors, in person visiting and chapter meetings are on hold. We made our first calls to our members during June. If you did not receive a call, it is possible that we have an incorrect number for you. We plan to continue calling, email/mail contacts, and virtual meetings (zoom) to help fill the gap.

Huntsville Mended Hearts 260 is planning a drop in zoom session on **July 30th from 11:00 am to 11:40 am**. The topic for the July 30th meeting is "HELLO, I am here and want to see your happy face."

This first virtual meeting is in preparation of our August meeting in which we will have a speaker, Dr. Allman Rollins, Vanderbilt University Medical Center. More information on zoom calls are on page 2 of this newsletter.

The last few months have been challenging to everyone. Yet those with heart conditions can be the most at risk. Remember Mended Hearts is here for you as we deal with the long-term solution to this virus. All of us have been under a new set of social rules during this year. A lot of "cannot's", like social events, meetings, religious services, and shopping to name a few.

I hope you are keeping in contact with your health care professionals, taking your medications, and keeping ongoing communication with friends and family. Remember reducing your risk of cardiovascular issues starts with you. When it comes to your health, you are in control, but you have your Mended Heart's family here to support you. It is a journey not a sprint.

The Mended Hearts web site (mendedhearts.org) has tools, articles, chat rooms, etc. all available to support your vision of a healthy life. Chapter 260 may not be able to gather in meetings, but we want to remain connected and informed through people that are dedicated to help you through this journey.



If you must go out, please stay safe, wear your mask in public, and keep social distancing.



News from the National Mended Hearts Resource Center

The last few months have been a time of transformation for the Mended Hearts Visiting Program. The team of staff and volunteers have worked diligently to rethink how we connect, support and educate heart patients and families during COVID -19 and beyond with our new virtual visiting program, *Visit Me*.

Visit Me encompasses a number of new and innovative solutions designed to support and educate the heart community.

Visit Me includes:

- ♦ A new micro website called '*My Heart Visit*' (more info coming soon)
- ♦ iPads for our hospitals, clinics and rehabilitation centers (Huntsville Hospital and the Cardiac Rehab Center are scheduled to receive an iPad. The iPad will be loaded with the *Heart Guide* that patients receive when visited by an accredited visitor and several of the other cardiac educational materials.
- ♦ Training for virtual visiting
- ♦ Educational resources

Thank you to the following sponsors who have so generously donated to the *Visit Me* program.

AstraZeneca, Bayer, Bristol-Meyers Squibb, Edwards, Esperion, Merck, Novartis, Pfizer



Huntsville Mended Hearts 260 is planning a drop in zoom session on **July 30th from 11:00 am to 11:40 am**. The topic for the July 30th meeting is "HELLO, I am here and want to see your happy face."

We will be using Zoom for our virtual meetings. You do not have to download Zoom to get on the meeting. You can get on using your browser by clicking on that option. However, downloading Zoom, or adding the Zoom app to your tablet or mobile device will make things easier for you.

You will receive an email from me before July 30th that will have all of the details for you to participate. Please join the meeting on time. You do not have to use video if you don't want to, but it would be nice to see you if you can.

For our August, we will have a speaker for our meeting, Dr. Allman Rollins. The date and time will be announced later.



Thanks to President Reagan, we celebrate National Ice Cream Day every third Sunday in **July**, meaning **July 19** this year. Reagan wanted to commemorate a treat enjoyed by over 90 percent of the US population.

In 1984, he decreed a day for ice cream and his proclamation actually glorified the dairy industry in America.

So, get your favorite ice cream and enjoy the day!!

The Beat Goes On—Huntsville AL Mended Hearts Chapter 260



Our Accredited Visitors miss the hospital visits with patients and families both pre and post op surgery. We have given support and encouragement to many caregivers with whom we have shared answers to their many questions. Hopefully, this article from cardiosmart.org will offer some information for caregivers.

Helping a Loved One After Coronary Artery Bypass Graft Surgery

People in recovery from coronary artery bypass graft (CABG) surgery may need assistance from family members and friends in a variety of ways. You may help your loved one for several weeks during recovery with a number of tasks, including shopping, cleaning, and driving. Also, he or she may rely on you for emotional support.

If you have a family member or other loved one who has just returned home from the hospital after CABG surgery, you may want to know what you can do to help. Your loved one may not be able to do normal activities and may also need a great deal of encouragement and emotional support.

Day-to-day activities -Your loved one who has just had open-heart surgery may have considerable physical limitations. So he or she may rely on others for help with relatively simple but important tasks. You and your friends and family may choose to assume a large role in managing his or her day-to-day life. You can help by:

- ♦ Shopping for and preparing food. Many people recovering from surgery cannot leave their homes on their own to shop for food. The kinds of foods needed will be low-fat, low-salt, and low-cholesterol.
- ♦ Cleaning. Simple cleaning tasks can be too physically demanding during recovery. But a clean house is crucial to both mood and health (to avoid infections). So you can consider helping to clean house regularly or hiring a maid service.
- ♦ Driving. Your loved one will not be able to drive for 4 to 6 weeks after CABG surgery. It is important that his or her chest bone heals properly, and sudden arm movements or an accident while driving could cause serious injury. But your loved one will need to go to frequent doctor appointments during recovery. You may need to drive him or her to these follow-up appointments as well as to any other destination.
- ♦ Medicines. Your loved one will probably need to take several medicines after CABG surgery. You could help him or her by organizing the medicines. You can get a special pillbox (with one or more compartments for each day of the week) or mark a calendar as a memory aid.

Providing emotional support—Being a full-time caregiver may be an unfamiliar role for you. Maybe you never imagined yourself spending most of your time taking care of a loved one. There are several things you can do to help provide the emotional support needed. Offer encouragement. Adopting the lifestyle changes that doctors recommend for heart disease can be difficult. If your loved one is having trouble or becoming frustrated, encourage him or her to start slowly and build up to the overall goal gradually. You may also offer to change your own lifestyle to encourage healthy behaviors. Offer help, but encourage your loved one to remain active. He or she should try to stay as active as possible. As recovery progresses, moderate exercise and doing simple tasks around the house can be safe. This can help your loved one feel better both physically and mentally. If you are concerned about what activities are safe, speak with the doctor who has been the most involved in your loved one's care.

The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

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



July Birthdays

Harriett Littlepage

July Mendiversaries

Donna Baldwin
Karen Cloe
Lorenzo Jones
Beth Magie
Toccara Simpson
Fredonia Williams

Mended Hearts Prayer

We ask for your blessings, Lord.
We ask for strength that we may pass it on to others.
We ask for faith that we may give hope to others.
We ask for health that we may encourage others.
We ask, Lord, for wisdom that we may use all your gifts well.
Amen



Beth Magie
Bonnie Morris
Tom Smith
Shelley Wyckoff

Flag Day
July 14



The Doctor told me I should start an exercise program. Not wanting to harm this old body, I've devised the following:

Beat around the bush, jump to conclusions, climb the walls, wade through the morning paper, drag my heels, push my luck, make mountains out of mole hills, hit the nail on the head, bend over backwards, jump on the band wagon, run around in circles, toot my own horn, pull out all the stops, add fuel to the fire, open a can of worms, put my foot in my mouth, start the ball rolling, go over the edge, pick up the pieces, hug someone and encourage them.

What a Workout! Rest At Last!



Is It Time to Renew Your Mended Hearts Membership or join us??? (both national and Chapter 260)

Membership in Mended Hearts and Mended Little Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own. We are now offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended Little Hearts and receiving access to resources and information.

When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended Little Hearts provide. Finally, you join the nation's largest cardiovascular disease peer-to-peer support network and help us support even more people. Mended Hearts and Mended Little Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this. To join Mended Hearts or Mended Little Hearts or renew your membership is easy and can be done online or through the mail.

To renew over the phone, please call 888-432-7899 Monday through Friday, 8 a.m. to 4 p.m. ET. To renew through the mail, print off and fill out the membership form found in this newsletter. It can be mailed to the address for the Mended Hearts Resource Center found on the form.

We have a variety of levels of membership for both individuals and families. Please review the attached membership for the membership levels. We appreciate the response from last month's request for joining and/or renewing your membership, so we are including the information in the rest of the 2020 newsletter issues. We really would like to see an increase in both our local chapter as well as the national chapter. An increase in membership is an increase in the number of individuals made aware of the benefits of being involved with Mended Hearts.

Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.

- Mended Hearts is the largest peer-to-peer heart patient support network in the world
- Mended Hearts has been offering hope and support for 69 years, providing more than 230,000 visits each year
- Mended Hearts provides education, support and hope to all types of heart patients and their families
- Mended Hearts and Mended Little Hearts has 265 chapters in North America, serving 460+ hospitals

It's great to be alive and to help others.

****Please note, our chapter has a local dues of \$10 per member. Please pay those directly to the chapter and mail to: MH 260, P O Box 18912, Huntsville, AL 35804-8912***



Mended Hearts™



little
mended hearts

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 Heart of Gold Lifetime Sponsors

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.
Lifetime sponsorships are 100% tax deductible.

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

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

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