



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 10, Issue 1
P. O. Box 18912, Huntsville, AL 35804-8912

January 2020
Dr. Fredonia B. Williams, Editor

From the president...

TV personality and ABC newswoman, Barbara Walters always began her program with “Welcome to 20/20”. Believe it, this is 2020 and best wishes to all of you for a happy, healthy and productive year. We closed the year on a strong note with an enjoyable dinner on December 5th in our annual “*Celebration of the Heart*” activity complete with Christmas decorations and delicious heart healthy food.

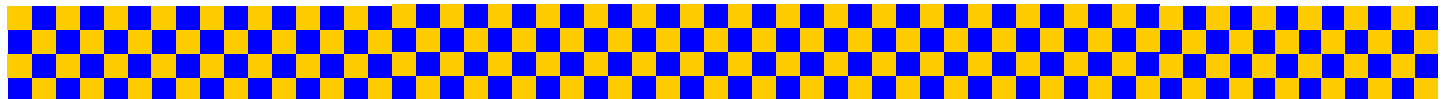


This is a brand new year, **2020**. How exciting it is to consider all the possibilities and opportunities before Chapter 260 as we begin the 26th year providing support and encouragement for heart patients and their

families.

We hope that our accredited visitors helped you along your heart journey. Your new year’s resolution might include attending one of our monthly chapter meetings. We meet each 3rd Thursday at 6:30, Room 119A Dowdle Center on the corner of Gallatin and Governor’s Drive.

NOTE: The chapter does not meet in January but resumes its regular schedule with the February 20th meeting.



New Members Are Joining

We’re excited to add over 10 new members in our national database last month. We would love to have you join our local chapter with a \$10 dues mailed to: Mended Hearts 260, P O Box 18912, Huntsville, AL 35804-8912. A membership form is included with this newsletter.

Dr. Fredonia B. Williams, Chapter 260 Interim President

Healthy Heart The New Year is also a perfect time to reflect on the past 12 months and assess what habits you want to take with you, and what you want to leave behind.



Healthy You Yes, resolutions can both feel and *be* hard to keep, but they don't have to be. “Usually when people fail to accomplish their mission for a healthier life they don't set achievable goals and have a lack of commitment,” says an American Heart Association volunteer. “And ‘commitment’ is the key word here.”

It takes 21 days to make a habit and only one day to break it, so keep your focus. To ensure success, follow these rules:

Create realistic goals and strategies.

Set a goal you know you can keep. If you are trying to eat more vegetables, don't start by gorging yourself. Pace yourself.

Keep it simple.

If you aren't used to eating something, try gradually adding it to your diet. Not a fan of greens? Try mixing a small amount of frozen spinach to smoothies. Not sure you'll like quinoa? Add a scoop to salads to help get used to the taste and texture.

Be patient.

Accept the fact that we followed the same lifestyle for a very long time. Changing it isn't always easy. And remember, it's OK to slip up sometimes – just remember to get back on track.

Ready to get started? Here are five easy, heart healthy resolutions for every lifestyle.

1. Drink more water

2. Go green

Make 2020 the year of the kale chip – not the tortilla chip. By keeping your cabinets stocked with heart healthy fruits and vegetables you are in better shape to stick to your resolution.

3. Eat seasonally

Good for your budget and waistline, eating seasonally means you are getting food at its peak performance and flavor level.

4. Cut out processed food

Just do it. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food, according to the American Heart Association. Take control and cut out salt where you can.

5. Eat more fiber

Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.



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

According to Dr. McIntosh, the administration of antibiotics prior to dental procedures have existed historically for two groups of patients:

- ◆ Those with heart conditions that may predispose them to infective endocarditis
- ◆ Those who have a prosthetic joint(s) and may be at risk for developing hematogenous infections at the site of the prosthetic.

So who takes antibiotics before their dental procedures and why? Anyone with the following should be mindful of this dental procedure.

- ◆ Prosthetic heart valves or valves repaired with prosthetic material
- ◆ Have cyanotic congenital heart disease or a repaired congenital heart defect with residual shunts or valvular regurgitation
- ◆ Heart transplant
- ◆ History of endocarditis
- ◆ Anyone whose cardiologist feels they are at risk.

Taking antibiotics reduces the risk for infective endocarditis. According to Dr. McIntosh, a definite link exists between periodontal and cardiovascular disease. She shared the symptoms and risk factors for developing periodontal disease. Bleeding gums are essentially open wounds that allow bacteria to enter the blood stream. The bottom line is to talk with your cardiologist and dentist to treat and prevent periodontal disease. Treatment includes specialized cleanings below the gum, laser gum treatments and more frequent cleanings to stabilize tissue.

As Dr. McIntosh added, all heart patients must talk with their cardiologist prior to any dental work. The decision rests with the cardiologist and the patient.

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.

December-January Birthdays

James Carter-D
Emebet Mamo-D
William Oliver-D
Jan Petersen-D
Sherrill Altice-J
John Neely-J
John Phillips-J
Lincoln Williams-J
Fredonia Williams-J
Jim Wright-J

December-January Mendiversaries

Eddie Landers-D
Harriett Littlepage-D
Arthur Nunes-D
Pete Petersen-D
Robert Allen-J
James Foreman-J
Delilah Harris-J
Carl Walker-J



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.

Please call me at 256.837.7354 for notification.

Chuckle for the day...



The little old lady seated herself right behind the bus driver. Every ten minutes or so she'd pipe up, "Have we reached Oriskany Falls yet, sonny?" "No, lady, not yet. I'll let you know," he replied, time after time.

The hours passed, the old woman kept asking for Oriskany Falls, and finally the little town came into view. Sighing with relief, the driver slammed on the brakes, pulled over and called out, "This is where you get out, m'am."

"Is this Oriskany Falls?" "Yes!" he answered. "Get out"

"Oh, I'm going all the way to Albany, sonny," she explained sweetly. "It's just that my daughter told me that when we got this far, I should take my blood pressure pill."



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