



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 9, Issue 8

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

August 2019

Dr. Fredonia B. Williams, Editor

From the president...



Karen Walls, Crestwood Sleep Center

Obstructive Sleep Apnea (OSA) is a common sleep disorder. If you have OSA, according to our July speaker, Karen Walls, it means that your airway collapses part or all of the way while you are sleeping. The airway can collapse repeatedly during the night. The air going to your lungs is decreased, and your brain wakes your body, so you can start breathing again. The decreased oxygen and frequent nighttime awakenings negatively affect your health.

The risks of untreated OSA include heart attacks, stroke, depression and a greater likelihood of diabetes. Our speaker discussed the benefits of OSA which included PAP therapy such as using a CPAP, APA or BPAP. This therapy gives people with Obstructive Sleep Apnea more energy and reduces daytime sleepiness.

Upcoming Events

August 15th meeting, Room 119A Dowdle Center (corner of Gallatin and Governors)

Speaker: Chris Green, who is our Chapter 260 Mended Hearts member and a recent heart transplant recipient. Join us and follow Chris' *Heart Transplant Journey*.

September 19th 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 870-816-0462 if you're coming so we can make reservations for the private room.



Remember to drive safely. Our schools are back in session.

Dr. Fredonia B. Williams, Chapter 260 Interim President



Understanding Medication Adherence



The use of medications has led to dramatic advances in the treatment and prevention of many cardiovascular diseases. It's thanks to many of these medications—

combined with heart-healthy lifestyle changes—that many people are living longer and feeling better.

But **medications only work if you take them as directed**. If you skip doses, elect not to take a prescribed medicine or take too much, it can be dangerous.

In fact, medication non-adherence—not taking medication as prescribed—is a leading reason for hospitalizations, more frequent doctor visits and medical costs. It can also interrupt timely care.

Think about it this way: managing your medications is just as important to protect your heart health as getting enough exercise and eating a heart-healthy diet.

Often, patients with heart disease may need multiple medications. That's because each is used to manage different symptoms or reduce the risk of additional health problems or death. You may also be taking medications for other health conditions, like diabetes or high cholesterol.

Getting the most from your medications

In many cases, treatment for heart disease includes a balance of healthy lifestyle changes (diet, exercise and sufficient sleep, medications and, for some patients, devices and/or other surgical procedures.



Here are some things you can do, especially if you take multiple medications, to help take your medications the right way.

Get organized

- Use a weekly pill box; some also allow you to sort your pills daily by the time of day.
- Keep a personal medication chart/schedule and mark each medication as you take it.
- Talk with your doctor about home delivery pharmacies that pre-pour medications and put them in blister packaging for you .

Work your medications into your daily routine

- One of the best ways to remember to take your medications is to take them at set times during your normal routine; for example, after breakfast or before brushing your teeth at night.

Set reminders

- Place reminder notes where you can see them.
- Add it to your calendar or set a backup alarm on your smartphone or clock.
- Keep a written record of all your medications in a safe place.

Use follow-up appointments as a chance to review your medications

- Medication regimens often need to be or can be adjusted, so be ready to talk about how you are feeling and any issues with your medication.
- Ask about ways to lower costs if it's a concern.

Plan ahead for travel

- Let your doctor know if you need an extra supply of medications
- Remember, it's OK to take medication because heart disease is serious..

Mended Hearts Local Dues



We welcome all those who have heart disease, or know someone who does or is at risk to attend our meetings.

Membership is not required to attend monthly support group meetings. You are always invited to join us on the 3rd Thursday of each month at 6:30 in the Dowdle Center located on the corner of Gallatin and Governors Drive.



Upon the recommendation of the Chapter 260 Executive Board, chapter members present at the July 18, 2019 approved a local dues increase for our local chapter. The dues increases from \$8.00 to \$10.00 and is effective immediately.

Mended Hearts Support



- *Compassion* *Hope* *Encouragement*

Mended Hearts is a patient-support organization that has offered compassion, hope and encouragement to heart patients, their families and caregivers for over 60 years.

Whether in the hospital, on the phone or internet, **Mended Hearts** volunteers are here to help you enjoy life-even after a heart event. We understand your needs and concerns because we've experienced them ourselves. It's important to know you're not alone. We're here to listen. We're here to help.

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.

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



If you are interested in training to be an Accredited Visitor, please contact us. Visitor training may be completed in an online training or in a face-to-face training. All Accredited Visitors must complete an application with the volunteer office and complete 3 on-site visits with an experienced visitor.

Eddie Landers, Accredited Visitor

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!

August Birthdays

Betty Johnson
Donald Elyea
Eric Lundquist

August Mendiversaries

Sherrill Altice
Randy Boyette
James Carter
Chris Green
Kath McFarland
Maureen Nix
Melissa Roebuck
Carol Theriot
Gaye Woodstock



Get Well Wishes

We extend our get-well wishes to any of 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.

Tom Smith
Shelley Wyckoff



Chuckles for the day:

⇒ Two very elderly ladies were enjoying the sunshine on a park bench in Miami. They had been meeting at that park every sunny day for over 12 years, chatting and enjoying each other's friendship. One day the younger of the two turned to the other and said, "Please don't be angry with me, dear, but I am embarrassed after all these years. What is your name? I am trying to remember, but I just can't." The older friend stared at her, looking very distressed, said nothing for two full minutes, and finally said, "How soon do you have to know?"

⇒ A senior man, not in the best physical condition, asked the trainer in the gym, "I want to impress that beautiful girl in the weight room.

Which machine should I use?"

The trainer replied, "Use the ATM machine outside the gym!"



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