



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 9, Issue 9

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

September 2019

Dr. Fredonia B. Williams, Editor

From the president...

Upcoming Event

Huntsville Mended Hearts 25th Anniversary Dinner



Thursday, September 19, 2019

6:00 pm

Kayce's Restaurant

10017 Memorial Pkwy SW

Cost of meal is \$10.00 per person

Who's Invited?

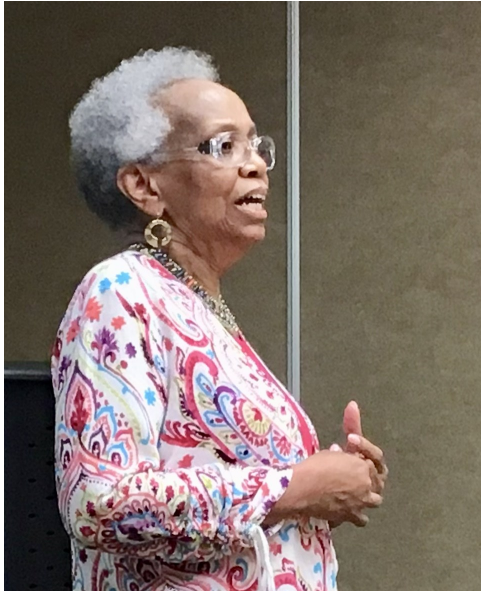
You! And everyone else who has been part of our 25 year heart story—and those who want to be part of the next 25 years!

***RSVP: Call Lindell Smith (870-816-0462)
or respond to this email by Friday, September 13th***

Come out and enjoy an evening of friendship, food and fun. Meet some of the past officers of Mended Hearts. Be the lucky person and get a free membership in Mended Hearts.

Dr. Fredonia B. Williams, Chapter 260 Interim President

My Journey with Heart Disease—Chris Green, Heart transplant Recipient



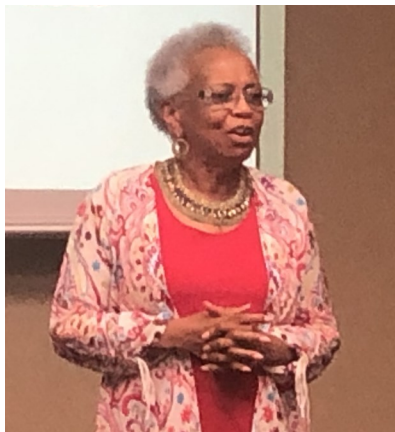
Chris Green, Heart Transplant Recipient

In front of a crowded room, Chris Green took members on an emotional and inspiring journey of her heart journey which began with stents, pulmonary embolism, and other heart events. As the 2016 year ended, her heart became weaker and she was referred to Vanderbilt for a heart transplant. Chris explained that her heart was too fragile for a heart transplant so she was equipped with the LVAD. The LVAD, a left ventricular assist device, is a mechanical pump that is implanted inside a person's chest to help a weakened heart pump blood. Unlike a total artificial heart, the **LVAD** doesn't replace the heart. It just helps it do its job. **LVADs** are often called a "bridge to transplant."

According to Chris, family was the most important factor in her journey. She was excited to recognize 8-10 family members and friends who were in the audience. After wearing the LVAD for one and a half years, she received the call informing her that Vanderbilt had a heart available but when she got there, the heart was that of a 14 year old and her team did not think it was strong enough for her. The second call came August 2018. This was a smooth transition with the

new heart and Chris was back in her room in one day. The most important rules Chris had to follow were (1) take meds, (2) have caregivers and (3) MOVE, MOVE, MOVE

Chris was named the **Huntsville Hospital Rehab Patient for 2019**. Among family and friends celebrating this important award with her included her doctor from Vanderbilt. Chris shared that on her August 6 trip back to Vanderbilt, she was released from frequent visits. During the Q&A, Chris answered questions from a member who is a fellow heart transplant recipient and also a member who currently has the LVAD and is on the transplant list at UAB. When asked what was the first meal she requested, Chris answered, "I wanted a steak".



Chris Green



Huntsville Hospital Award



Chris Green with her Vanderbilt Doctor

Huntsville 260 Mended Hearts Celebrates 25 years of providing encouragement



"Chloe, the pillow and Mended Hearts Chapter 260"

Twenty-five years ago, when Donnette Smith had her second open heart surgery, the support group that she had depended on during her 1988 surgery was no longer active. Thus began a year long process of working to re-establish the Huntsville Mended Hearts Chapter, now known as Chapter 260. Donnette shared that the process involved visiting and calling other chapters, frequent calls to the American Heart Association who was the sponsor of Mended Hearts at that time, locating former Huntsville Hospital heart patients, all while she continued to work full time as a technical writer. On September 4, 1994, the work paid off and Huntsville Chapter 260 received its charter. She was the first president and has served as every officer in the chapter while also being involved on the national level.

So, one might ask, what's the relationship between the current pillow program and Donnette. According to Donnette, the idea came from a small, multi-colored pillow given to her by a friend, Chloe Tucker, prior to her heart surgery. She named this pillow **Chloe** in honor of her friend and it became part of her recovery process which gave her the idea to do pillows for other heart patients. Having no money or time, she convinced her mother to get scraps of material that could be used for pillows, and to enlist anyone with spare time to sew and stuff. At that time, the pillows were heart-shaped, but might be a plaid, check or whatever fabric was available. We especially loved the after-valentine's day clearance when fabric with hearts on it was available. Eventually, she was able to "sell" the idea to the volunteer office and thanks to "Chloe," all heart patients now receive a beautiful (and useful) red heart pillow. Many people have been involved in the "pillow project" over the years and for their dedication we are grateful.



Mended Hearts Volunteers

Recently, Huntsville Hospital and the Sew Healers celebrated the 100,000th pillow project. Pillows are made for Mended Hearts volunteers to distribute to patients who undergo open heart surgery as they visit them and their families. Accredited Visitors also provide Mended Hearts educational called the **HeartGuide**. Chapter 260 thanks all of the volunteers who cut, sew and stuff pillows each day.

If you are interested in volunteering for the group, Sew Healers, or Mended Hearts, contact Pam Kelly in the Volunteer Office.

Mended Hearts:
Compassion, Hope, Encouragement

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!

September Birthdays

Robert Allen
Randy Boyette
Rebecca Grimes
Beth Magie
P Dean Olive
Edwin Rudolph
Jill Schroeder
Marion Terry
Ruth Wright

September Mendiversaries

Robert Jones
Emma Emebet
Robert McCall
Donald McElyea
Williams McMillan
Barbara Morris



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.

Eddie Landers



Chuckles for the day: Snow in Her Hair

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast on her brunette head.

She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while, and then said,

"So, Momma, how come ALL of grandma's hairs are white?"



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