



Mended Hearts™
of Huntsville



The Beat Goes On

Volume 10, Issue 2

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

February 2020

Dr. Fredonia B. Williams, Editor

*F*rom the president...



Our 11 Accredited Visitors continue to do a great job visiting patients and families in pre-admit, in waiting area and in the hospital rooms. **Eleven hundred seventy six** patient visits were made in 2019.

New visitor training, along with reaccreditation of current visitors will occur in February and March. For new hospital visitors, once trained, you will shadow one or more of our visitor trainers at least 3 times (more if you wish) before you go out on your own. I can tell you from experience that visiting patients and families is always rewarding. Busy season is here; we need more visitors. If you had a TAVR procedure, we desperately need you to join our team.

If you would like to help fellow patients facing the future with heart disease, visiting opportunities are available. Mended Hearts accredited visitors encourage patients and families which enhances their hospital experience and improve their outcome. If you are interested in becoming an Accredited Visitor, feel free to contact me @ 256-837-7354. Visiting heart patients and their families is the heart of what we do each day at Huntsville Hospital. Consider paying it forward and become an Accredited Visitor. You can really make a difference in a patient who needs to know that someone has gone through a heart event and is giving back.



Upcoming Events

Thursday, February 20th @ 6:30 is our first meeting of 2020.

Program: Hospital monitoring of patients

Speaker: Wendy Cantrell, Manager of Telemetry, HSV Hospital

Thursday, March 19th @ 6:30

Program: 9-1-1 "What's your emergency"

Speaker: Don Webster, HEMSI Ambulance Services

Dr. Fredonia B. Williams, Chapter 260 Interim President



Who will you **Go Red** for in February?

February is Heart Month. Heart disease is women's No. 1 killer. The American Heart Association's Go Red For Women movement empowers women by raising awareness and helping them make healthy lifestyle changes. Heart disease is still the No. 1 killer of women age 20 and over, killing approximately one woman every minute. More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer. In fact, while 1 in 30 American women die of breast cancer, about 1 in 3 die of cardiovascular disease. Yet, only 1 in 5 women believe that heart disease is her greatest health threat.

February 9-15, 2020 is Heart Failure Awareness Week!

Your heart is a pump. It moves blood and oxygen-rich nutrients through your body. If you have heart failure, your heart isn't pumping as well as it should. As a result, fluid can build up in the body—most often in the legs and lungs.

Your heart also isn't able to push enough blood to meet your body's needs for blood and oxygen. It's no wonder then that if you have heart failure, you may tire more easily and feel short of breath.

What causes heart failure?

The most common causes of heart failure include high blood pressure, heart attack and coronary artery disease. But other conditions and factors can lead to heart failure as well.

Many people who have heart failure will have:

- Shortness of breath (even when doing simple tasks like dressing or walking a flight of stairs)
- Swelling in the ankles, feet, legs, abdomen, or veins in the neck
- Extreme tiredness (fatigue)
- Feelings of weakness
- Rapid or irregular heartbeat
- Fast weight gain, or rapid fluctuations in weight
- Pressure or heaviness in the chest when lying flat

5 Tips for Living With Heart Failure

Heart failure is a lifelong (chronic) medical condition that can cause symptoms such as shortness of breath, extreme fatigue, coughing and swelling in the legs. A few simple lifestyle habits can really go a long way in helping to manage this condition. These basic tips — combined with medications and medical procedures recommended by your health care professional — can help you stay well and out of the hospital.

1. Know your symptoms.
2. Call your health care professional when you start to feel worse or your weight goes up.
3. Take your medications without missing doses.
4. Limit your salt and fluid intake.
5. Log your weight every day.



Can we get **20** women to wear red and attend our February 20th regular meeting?
Go Red For Women encourages women and their families to take action and live a healthier life.

Let's get started. Let's unite. Together we are stronger and unstoppable.

It's time to show your heart some love.

Conquer cholesterol Lower blood pressure boost exercise

Plan healthy meals

NOTE: Women wearing red will receive the AHA Go Red Pin



Here's some terrific news from AHA.: What's good for your heart is great for your taste buds. With a few changes, you can keep the heart in family favorites and add the health. Here's how:

Dairy Products

Cook with low fat, fat free, nonfat dry, or evaporated fat free milk. Bake or cook with 3 egg whites and 1 egg yolk, instead of 2 whole eggs. Or use 2 egg whites or 1/4 cup of egg substitute, instead of 1 whole egg.

Spices and Flavorings

Use a variety of herbs and spices in place of salt, and choose low-sodium bouillon and broths.

Oils and Butter

Use cooking oil spray to lower fat and calories. Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.

Meats and Poultry

Choose lean cuts of meat and remove any visible fat. Remove skin from chicken and other poultry before cooking.

Soups and Stews

Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating, lift the hardened fat off the surface.

Breads

Make muffins, quick breads, and biscuits by using no more than 1-2 Tbsp of fat for each cup of flour. For muffins or quick breads, use 3 ripe, well-mashed bananas, instead of 1/2 cup butter or oil. Or, substitute a cup of applesauce for a cup of butter, margarine, oil, or shortening

Desserts

Make a pie crust with only 1/2 cup margarine for every 2 cups flour. Use soft margarines (liquid or tub types).

Make cakes and soft-drop cookies by using no more than 2 Tbsp of fat for each cup of flour.

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!

February Birthdays

Karen Cloe
Angela Griffin
Bob McCall
Maureen Nix
Barbara Turner

February Mendiversaries

Steve Burcham
Logan Cox
Helen Drake
Rebecca Grimes
Bill Oliver
Jill Schroeder



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...



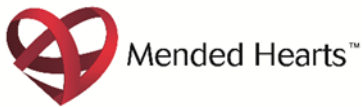
The Smiths were shown into the dentist's office, where Mr. Smith made it clear he was in a big hurry.

"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 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

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