



Mended Hearts™
of Huntsville



The Beat Goes On

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April 2020
Dr. Fredonia B. Williams, Editor

Mended Hearts in Times Square during February, Heart Month



On February 6th Mended Hearts was asked to ring the NASDAQ bell in honor of American Heart Month. Executive Director Andrea Baer was given the opportunity to talk about Mended Hearts and a 30-second MH video played outside the building on the NASDAQ marquee in Times Square for one hour.

Mended Hearts was donated another marquee in Times Square to be used to advertise our organization during February and March. Many thanks to the anonymous donor who made this amazing opportunity possible.

Mended Hearts partnered with the American College of Cardiology to present an educational webinar led by Dr. Martha Gulati, a Professor of Medicine and the Chief of Cardiology at the University of Arizona.

Dr. Gilati provided some tips and steps you can take to avoid getting sick and to feel more in control amid the pandemic: Maintain social distance, keep up heart-healthy habits, take your medications as directed, know when to call for help, keep calm and stay connected.

Additional suggestions:

Choose heart-healthy foods – and snacks – Eat well-balanced meals – Try some new heart healthy recipes • Stay hydrated by drinking plenty of water • Get enough sleep – aim for 7-8 hours a night • Exercise daily Keep your heart and immune system strong by staying physically fit while at home: • Sign up for online workouts, there's an app for that • Get outside for regular walks and fresh air but practice social distancing • Start a family step challenge and aim for 10,000 steps a day! • Move about in your home – going up stairs, even cleaning counts • Spring has sprung, so start tending to your garden if you have one • Turn on some music and dance.

For the entire webinar, go to YouTube and search for Mended Hearts.

Dr. Fredonia B. Williams, Chapter 260 Interim President



Emergency Disaster Severe Weather Preparedness

Spring is here and those of us in the area know that means "severe weather, tornado warnings, heavy winds and flash floods. While the circumstances may differ in other parts of the country, there's one tip that every person needs to take from all these situations: how to pack a **"go bag."** A **"go bag"** is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation. Pack a separate go

bag for yourself and every member of your household, and keep them stored in the same location. Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do.

Recommendations:

Basic electronics

- ◆ Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not.
- ◆ A long-lasting LED flashlight
- ◆ A small hand-cranked or battery-operated AM/FM radio (with extra batteries).

Personal needs

- ◆ While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each.
- ◆ Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

Clothing

- ◆ Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

Your meds

- ◆ Pack about three days' worth of each of your prescriptions, which should last until you can get to a pharmacy that's open. If you need larger items, such as an oxygen tank, make sure you have a portable version.

Paperwork

- ◆ Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

Food and drink

- ◆ Bottled water is essential. Granola or energy bars are great because they are small and filling.

Cash

- ◆ In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.



6 movies worth reading!

Everyone has seen the **Wizard of Oz**. Can there be anything more lovely than Oz and all its characters? Yes, the book by L. Frank Baum. You'll find out about The Nome King, Pyrzqxgll, and the magic flower pot.

So many other movies you have surely seen make delightful reading. These are a few books to read for a quick delight.

The Secret Garden by Frances Hodgson Burnett.

Peter Pan by J.M. Barrie.

Little Women by Louisa May Alcott.

Alice's Adventures in Wonderland by Lewis Carroll.

Little House in the Big Woods by Laura Ingalls Wilder (the TV show was wonderful, but this is a masterpiece).

Mary Poppins by P.L. Travers.

Anne of Green Gables L. M. Montgomery



No place to dig a garden? Grow edibles on a patio, deck, porch or balcony

Container gardening has grown rapidly in recent years, with new vegetable varieties available. Containers make it easier for you to control the soil, light, water and fertilizer. Bigger containers are better. The greatest challenge of container vegetable growing is watering, since soil dries out faster in pots than in the ground. A larger volume of soil won't dry out as fast, but be sure that any container has holes so excess water can drain away.

Self-watering containers have a reservoir beneath the soil topped with a grid through which the roots can reach down to the water. With these containers you won't have to water as often, but you still have to fill the reservoir daily. Spread mulch over the soil in pots just as you would in a garden.

Herbs are easy to grow, especially if you begin with transplants. They add a fresh-grown taste to almost any meal, but remember that all herbs need full sun. Some, such as rosemary, prefer dryer soil and fewer nutrients. Put your containers on a wheeled platform if you need to move them around for sun.

Baby greens, such as lettuce and spinach, are simple to grow. Sow seeds right in the pot. They take a week to sprout, but then will quickly reach a harvest size of three to four inches. Everybody loves tomatoes, but they take some work. For pots, find dwarf varieties that only grow to a certain size and bear all their fruit in a few weeks.

Buy transplants rather than trying to start them from seed. You need a large container, at least the size of a five-gallon bucket. Provide a cage for all but the most dwarf determinate tomato varieties. Or install sturdy stakes when you plant and tie new shoots to the stakes.

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!

April Birthdays

*Chris Green
Arthur Nunes
Toccara Simpson*

April Mendiversaries

*Eric Lundquist
John Neely
Michael Schubert
Sylvia Townsley*



Mended Hearts has suspended its hospital patient visiting and monthly support group meetings until further notice. We ask that each of you keep informed but take a break from the news cycle. Hopefully this newsletter offered a break with different articles from our usual heart and health related information. If you are wanting support, feel free to call me at 256.837.7354 and someone will return your call.

Take a few minutes and do "wellness checks" on family and friend.

Please keep Tom and Donnette Smith in prayer as Tom continues to recuperate from surgery.



Natural laws

Repairs: After your hands get coated with grease, your nose will itch.

Phone: When you pocket dial, you never get a busy signal.

Traffic: As soon as you change lanes, the other lane

will go faster.

Shopping: When you find a product you really like, they stop making it.

Results: When you try to prove a car doesn't work, it will.

Silence: A closed mouth gathers no feet.

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!"



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