

Our motto is

**It is great to be alive
And to help others"**

Many of our members have personally faced the unknown and the fears that come with the announcement "You have heart failure".

Maybe you were told something about your heart health or even the heart health of your loved one that left you puzzled and confused. In any case we are here to give you support.

Our peer-to-peer support group has members with experience from many different heart events. Everything from early intervention with medicines, by-pass surgery, valve repairs to major operations. Many are willing to share their journey.

As an example, we have two members with heart transplants and one with a LVAD (Left Ventricular Assist Device) also commonly called a heart pump. All three of them are very thankful of the new technologies in place and they will be glad to tell you how **"it is great to be alive"** and they are willing to share their experiences with you.

Mended Hearts Chapter 12 members are very willing to **"help others"** overcome the stress of dealing with life's obstacles by sharing their experience.

Please come and join us at our meetings to learn how we cope with heart disease. Listen to invited guest speakers including doctors, specialist and other health related professionals.

2020 – 2021 Chapter 12 Officers

President	Lloyd Jeffries 311bfc@gmail.com
Vice President	Rick Whitney dwhitney@hot.rr.com
Secretary	Millie Henn milliehenn4@gmail.com
Treasurer	Letty Rucker lruckl@aol.com
Visiting Chairman	Lloyd Jeffries 311bfc@gmail.com

Accredited Visitors

Tammy Craddock
Millie Henn
Susan Hollas
Lloyd Jeffries
David Nix
Paul Weis
Valarie Weis
Rick Whitney

Suggested Websites

<https://mendedhearts.org/>
<https://connect.mendedhearts.org/home>
<https://www.heart.org/en/>
<https://www.heartmate.com/patient>
<https://unos.org/>



Mended Hearts

Central Texas – Chapter 12

Temple, Texas

*A Support Group
for Heart Patients
and their families/caregivers.*

In partnership with

**Baylor Scott & White
Medical Center**

40th Anniversary March, 2020



National

- ♥ National non-profit organization
- ♥ Over 300 chapters serving in over 460 hospitals and care facilities
- ♥ Largest peer-to-peer heart support network in the world
- ♥ Volunteers have been offering the gift of hope to heart disease patients, their families and caregivers for more than 65 years
- ♥ Accredited volunteers annually average more than 215,000 visits to heart patients and their families
- ♥ The mission of Mended Hearts is to “inspire hope in heart disease patients and their families”

Accredited Visitors

Local chapters use the National Mended Hearts “accreditation” program for training visitors to visit with patients and their families.

Accredited members provide moral support to Heart Patients and their families by reaching out to them. Mostly those that are in the hospital but also by phone and email.

Monthly Meetings



Everyone is welcome to attend our monthly meeting – Heart Patients, families, caregivers and those merely interested in learning more about heart disease.

- 4th Thursday of these months
 - Jan, Feb, Mar, Apr, May
 - Aug, Sep, Oct
- 5:45 to 6:30 PM “Get acquainted” time
- 6:30 to 7:15 PM Featured speaker
- 7:15 to 7:30 PM Q & A time
- 7:30 to 8:00 PM Short info session concerning the local chapter
- Refreshments provided by members

Our National Sister organization is:



Are you a parent or caregiver of a child with a congenital heart defect? Then download our **Mended Little Heart Guide**, a valuable resource that will answer many of your questions.

<https://mendedhearts.org/heart-guides>

We do not have a local support group as of this date but much information can be found at the National website.

<https://mendedhearts.org/>

BaylorScott & White
Center for Diagnostic Medicines
S. 31st and Ave R
Temple, TX
Room: 1715 (1st floor)



Come and join us for peer-to-peer conversations

Learn more about heart disease from those that have “Been there - Done that”