



Mended Hearts™
of Huntsville



The Beat Goes On

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

June 2020
Dr. Fredonia B. Williams, Editor

From the president...

From MHI on COVID-19



The Mended Hearts, Inc. Board of Directors would like to thank the membership for their ongoing support during the COVID-19 pandemic. Our primary goal is, and has been, to protect our members, patients, medical professionals, and families and to comply with controlling guidelines.

Since March 18, 2020, our in-person visiting, programs and events have been cancelled. We understand how difficult this has been for so many, and we appreciate our entire community coming together and dedicating their time to learning new ways to connect in furtherance of our mission.

MHI organization has pivoted quickly and has been working to meet the emotional and educational needs of patients and families across the nation with our virtual visiting chapter and national programs. Virtual visiting is growing, and we are deploying 300 iPads into hospitals over the next few weeks to enhance our support program. Huntsville Chapter 260 has signed to be involved in this program.

We will provide additional details as we begin training for this virtual visiting program. We hope that you will join us in our virtual meeting (TBD) as we transition during this time. Many of you probably are already familiar with Zoom from either other organizations you're involved with as well as several online church services.

The Mended Hearts, Inc. Board of Directors has now released guidelines to begin reopening in-person chapter and group programs ONLY where they are in compliance with national, state, local and hospital guidelines. We will keep you informed on the local guidelines as we begin discussion with Huntsville Hospital, our members and accredited visitors. Rest assured that we will follow all state, local and hospital policy statements and guidelines for any in-person events and in-person hospital visiting.

Dr. Fredonia B. Williams, Chapter 260 Interim President

How to navigate, disinfect your day



This article contains information derived from a National Institutes of Health 2020 study on virus aerosol and surface persistence.

Each person will want to routinely disinfect spaces for at least two months (and maybe more if there is another outbreak of coronavirus in the fall).

Surface exposure

- *Wear gloves on public transportation or if you are lingering in high-traffic, public areas.
- *Keep tissues handy, to help yourself and others stop the spread through sneezing and coughing.
- *Carry tissues with you to open doors, push buttons, and turn handles in public areas. In a pinch, use your sleeve or even your elbow.
- *Disinfecting wipes help disinfect your table, but be sure they are wet and not dried out.
- *Follow the guidance of the CDC on masks, especially if you are in a high-risk group.
- *Consider changing into clean clothes when you get home from shopping or an outing, especially if you have been to any public places. Wash clothes in at least 86 degree water with soap. Load washers lightly to increase the disinfecting effect. Bleach and non-chlorine bleach help, if acceptable for the fabrics. High-heat dryers are also good.

Hard surfaces

- *In quantities large enough to be transmittable, the Covid-19 virus can exist on stainless steel and plastic surfaces for 72 hours.
- *Copper is known to prevent the spread of respiratory viruses and this was shown in a 2015 study by the University of South Hampton.
- *Current studies show Covid-19 can exist on copper for only 4 hours.
- *On cardboard, the virus lingers for about 24 hours, suggesting that delivered packages should be safe.



Too much stress may be harmful to the heart.

In this time of the coronavirus pandemic, taking time to unwind is as important as ever. Look for tools you need to erase stress and find relaxation. From breathing techniques to yoga to finding an enjoyable hobby, there are many different ways you can give your mind a break.

Start looking now for ways to reduce the stress level.



In Memory

Mended Hearts 260 members extend its deepest sympathy to the family of our TAVR Phone Accredited Visitor, Hilda Gaye Woodstock who was funeralized May 16, 2020. Gaye had such a sweet disposition that all of her members referred to her as “that sweet Lady”. She and her husband Doug were both trained as phone visitors to talk with patients having a TAVR procedure. She often introduced Doug at our monthly meetings as the “best caregiver in the world”. She will be missed.



Father's Day reigns on social media—a tribute to all fathers, father figures, mentors and others who played a role in our lives.

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media. We'll see fathers in military uniform, snapshots of dad in a favorite moment, or maybe dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father.

If you will post a favorite picture, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally fun? Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways or his favorite sayings. Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

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.

June Birthdays

Conard Atchley
Helen Drake
Earla Lockhart
William McMillan
Pete Petersen
Melissa Roebuck

June Mendiversaries

P Dean Olive
Donnette Smith
Angela Griffin



Sally was puzzled recently by the odd messages she kept getting on her voice mail. Day after day, all she'd hear, from friends, family, and customers alike, would be their message and then they'd ALL say, "**BEEP.**"

We were talking about something else at the moment but I had her check her voice mail message anyway to see if there was a clue. She discovered the solution to the BEEP riddle when she dialed her own phone number.

Her message said, "I'm not available right now, so please leave a **beep** after the message."

Mended Hearts Prayer

We ask for your blessings, Lord.
We ask for strength that we may pass it on to others.
We ask for faith that we may give hope to others.
We ask for health that we may encourage others.
We ask, Lord, for wisdom that we may use all your gifts well.
Amen

Attitude ♣



Gratitude

LOOK FOR THE GOOD WHEN THINGS GO BAD

Everything can't go right all the time, but even when things go wrong, there's always a bright

side. It might be challenging at first, but the more you practice gratitude in every circumstance, the more quickly and easily you'll find the silver lining.





Is It Time to Renew Your Mended Hearts Membership???

(both national and Chapter 260)

Dear Member,

We welcome you again to join us and renew your Mended Hearts membership. You will be able to interact with other members through our monthly meetings, volunteer opportunities and special events. It's easy to join. The new membership is attached to this newsletter. Caregivers are also encouraged to join. We invite you to join us and be a part of the great work that we do.

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.

What we offer:

- Shared heart issues and experiences
- ◆ Proof of a successful, full life after surgery or intervention
- ◆ Pre and post surgical visits by accredited patient visitors
- ◆ Patient education materials such as the *HeartGuide*
- ◆ Support group meetings on the 3rd Thursday of each month
- ◆ We do not offer any type of medical advice, just an opportunity for shared experiences.

As a national nonprofit organization, Mended Hearts has offered hope and encouragement to heart patients, their families and caregivers for almost 70 years. There is no other heart-related support group with the history of support that Mended Hearts and Mended *Little Hearts* offers. Each and every member plays a vital role in Mended Hearts' and Mended *Little Hearts*' success – membership makes a difference!

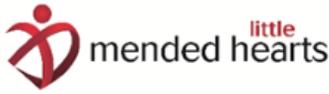
We hope you take this time to renew your membership and take advantage of all that Mended Hearts and Mended *Little Hearts* has to offer. Our expanding library of educational materials, the patient-to-patient visiting program, volunteer leadership development and ongoing support to chapters all benefit from your support.

Renewing your membership is easy and can be done online or through the mail.

To renew over the phone, please call 888-432-7899 Monday through Friday, 8 a.m. to 4 p.m. ET. To renew through the mail, print off and fill out the membership form found in this newsletter. It can be mailed to the address for the Mended Hearts Resource Center found on the form.

We have a variety of levels of membership for both individuals and families. Please review the attached membership for the membership levels.

***Please note, our chapter has a local dues of \$10 per member. Please pay those directly to the chapter and mail to: MH 260, P O Box 18912, Huntsville, AL 35804-8912**



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 ____

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**

For Credit Card payments, call 1-888-432-7899 (1-888-HEART99)

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**