



Mended Hearts[™]
of Huntsville



The Beat Goes On

Volume 11, Issue 7
P. O. Box 18912, Huntsville, AL 35804-8912

July 2021
Dr. Fredonia B. Williams, Editor

From the President...



Mended Hearts motto: "It's great to be alive and help others". This is something that I think about each day as I think about our organization. Since the pandemic began over 15 months ago, we have not been able to visit the hospital to see the current heart patients. However, some of our accredited visitors have been making calls to our members to check on them and encourage them. If you have not received a call from someone in our group, we may not have a correct phone number for you. If you have not heard from us and would like for someone to call you, please send your phone number to me, Lindell Smith at lfsbsmith@gmail.com.

I have been talking to the staff of the Huntsville about allowing us to get back into the hospital to visit the heart patients. They are very encouraging about this, but at the same time they want to ensure the safety of the patients. As soon as we get final permission, we will be having our accredited visitors going back into the hospital to visit. We have been notified, however, that the hospital will allow 4 Accredited Visitors to be approved for visiting. Accredited Visitors will be receiving guidelines and procedures from the volunteer office.

We will not have a meeting in July, but we hope to get back to in person meetings in August. We will be talking with those in charge of the Dowdle Center to see if we can have a meeting room to have in person meetings. If it is still not available, we can continue to meet via Zoom until this is possible.



Our picnic took place this year on June 19th at the Farley Church of Christ Family Life Center on South Memorial Parkway. Those of us in attendance had a wonderful time. We each brought a picnic lunch and had watermelon and homemade cookies.

Congratulations to Sylvia Townsley on being selected as National Accredited Visitor of the year.

Lindell Smith, President

The Beat Goes On—Huntsville AL Mended Hearts Chapter 260



The Mended Hearts, Inc. National 2020 Award Winners

MH NATIONAL ACCREDITED VISITOR OF THE YEAR—Sylvia Townsley



Recently, The Mended Hearts, Inc. held its annual award ceremony and honored all of those who won awards at the regional, divisional and national levels. Congratulations to our chapter 260 for awards in the following regional categories.

Congratulations to Mended Hearts 260 Accredited Visitor Sylvia Townsley, who was awarded the distinct honor of being named **National Accredited Visitor of the Year by Mended Hearts Inc** during its 2021 annual leadership training conference. Sylvia has been an accredited visitor since 2004, having worked with several visiting chairs and chapter presidents.

Recently, I had an opportunity to sit with Sylvia and talk about how this role has impacted her life. She talked enthusiastically as she shared answers to the following questions.

What do you consider “a good patient visit”?

Sylvia: *I love listening and providing only encouragement to patients, no solutions. I always remind patients to ask their doctors if they don't understand something. Listen to your doctor and do what they tell you to do. Often, I will tell patients to hang in there if they seem discouraged. How do you eat an elephant? One bite at a time.*

What do you say to families when their love one is in surgery?

Sylvia: *Actually, I love talking with families while the patient is in surgery. I tell the family to be the encourager. Families have some of the same questions as the patient and I always tell them to talk with their doctor.*

What have you enjoyed about the visiting program other than visiting patients and families?

Sylvia: *Getting to know the nurses on the floor has been a joy. When a nurse comes in the room, I tell the patient “they are your angel wings”. Encouraging the nurses is very important to me.*

What gives you joy?

Sylvia: *Making blankets for the babies in the NICU (Neonatal ICU), PICU (Pediatric ICU) and Kids To Love gives my heart joy. Last year, I made over 1500 blankets. It's relaxing just to sit and sew blankets for these groups. Everybody needs a purpose in life. My purpose is to provide these most needed items.*

Thanks Sylvia for sharing with me. We are so proud of you. (Fredonia B Williams, Visiting Chair/Newsletter Editor)



Huntsville Hospital is in the process of allowing a limited number of Accredited Visitors (AV) meet with surgery patients and their families as we return to an abbreviated visiting process. If you are interested in the training for an Accredited Visitor in our program, requirements are listed below:

- ◆ Becoming a volunteer for Huntsville Hospital
- ◆ Membership in Mended Hearts national and chapter 260
- ◆ Complete the 3-hour online training to become a certified visitor
- ◆ Complete 3 patient visits with a member of the chapter 260 AV team.
- ◆ For additional questions, feel free to contact the Visiting Chair, Fredonia B

Williams at 256.837.7354

The Beat Goes On—Huntsville AL Mended Hearts Chapter 260

The Mended Hearts, Inc. National 2020 Award Winners

Recently, The Mended Hearts, Inc. held its annual award ceremony and honored all of those who won awards at the regional, divisional and national levels. Congratulations to our chapter 260 for awards in the following regional categories.

MH REGIONAL CHAPTER EXCELLENCE AWARD Chapter 260

Chapter 260 has an active visiting program with 11 Accredited Visitors who visit patients daily (except Saturday and Sunday) in the areas of hospital cardiac floors, Cath lab and preadmissions room as well as off site at Huntsville Hospital's cardiac rehab site. Chapter 260 promotes MHI campaigns to its member through the chapter's newsletters. Members formed a team for the first "Creating a World of Support" fundraiser and raised more than \$1000. They also participated in the second fundraising campaign which refunded half of the proceeds to the chapter. Chapter 260 has 11 monthly meetings during the year. Because the weather is always hazardous in January, chapter does not meet. Of the 11 meetings, 9 were health-related educational meetings on various heart topics, diabetes, eyes, dental issues, stress management, cardiac rehab, and medicine.

MH REGIONAL HOSPITAL OF THE YEAR AWARD—Huntsville Hospital

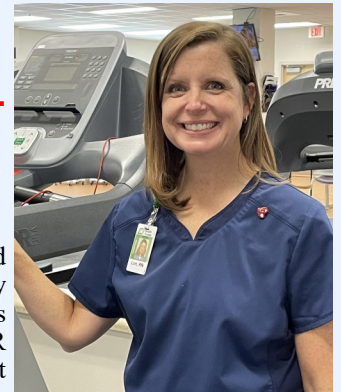
Huntsville Hospital provides for patient and family visiting programs and support in the cath lab, cardiac rehab and other clinics through the hospital visiting programs as well as by providing private meeting spaces for MH visitors with patients and/or families as may be needed. Additionally, provision is made for the distribution of MH materials and educational literature and the #260 newsletter, *The Beat Goes On*.

Huntsville Hospital is extremely supportive of Mended Hearts chapter 260. MH volunteers use their hospital ID badge for parking and meals when they are visiting heart patients. Members attending monthly support group meetings are given a \$5 token to exit the parking lot. Discount lunch in the hospital cafeteria is available for volunteers who work their shift 4 or more hours.

Huntsville Hospital supported financially two regional MH meetings with all meetings held on site. Speakers are provided for local meetings, regional meetings and for 3 PSAs that were recorded earlier and are now viewed on YouTube.

Copying, printing, and mailing chapter monthly newsletters are funded by the hospital. Meeting rooms at Corporate University's Dowdle Center are booked for monthly support group meetings. The material for the red heart pillows given to surgery patients is funded by the hospital volunteer budget.

MH REGIONAL HEART HERO OF THE YEAR AWARD- Lori Walters, Cardiac Rehab Director



Lori Walters promotes Mended Hearts programs because many of the cardiac rehab patients who did not have either a TAVR or open heart surgery were not visited in the hospital after their heart event. Patients who receive a transplant from surrounding hospitals return home and need cardiac rehab for many months. Lori provides orientation of Mended Hearts and in several cases will call the Mended Hearts Accredited Visiting Chair to send someone to cardiac rehab. This frequent request led to a partnership with Mended Hearts to attend monthly sessions to provide support and encouragement to these patients. Patients are invited to attend the Thursday evening support group. Lori has spoken to the chapter members on the benefits of cardiac rehab. The Cardiac Rehab Center has recognized several Mended Hearts members throughout the year.

Lori understands that both support and encouragement are particularly important to her patients and their families. During cardiac week, Mended Hearts Accredited Visitors meet with cardiac rehab patients and provided membership information. In one week, 70 patients joined Mended Hearts. Cardiac Rehab closed during the pandemic, causing Lori to seek alternative ways to connect with Mended Hearts visitors. For this reason, when she was asked to consider Mended Hearts iPad program, she eagerly signed up for the program. Through this program, she was able to connect patients with a virtual visit from a Mended Hearts Accredited Visitor. Lori Walters continues to promote MH programs by distributing "Visit Me" cards to all of the patients. She is a member of Mended Hearts and encouraged her staff to join.

When asked how important is cardiac rehab to her patients' successful return to their daily routine, Lori replied that the benefits are multiple, including their being able to gain the knowledge they need to take charge of their health and manage their cardiac condition thru risk factor management including exercise. In addition, the camaraderie the patients develop from exercising in an environment that allows them to open up and discuss with their peers what they are going thru helps with peace of mind and the healing process.

How do you practice "self care" and unwind from your job?

Lori: *Actually my patients motivate me to practice what I preach, one of my greatest stress relievers is to go to exercise in the morning prior to coming to work. I enjoy a gym setting for the exact reasons I feel cardiac rehab is beneficial, the accountability and group environment. I also love spending time with my husband and poodle pup, Hazel and weekends in Mentone AL.*



Not all diets best for heart-healthy weight loss

Even though weight loss comes down to a simple formula -- eat fewer calories than you burn -- dieters should exercise caution when choosing how to eat. Not all diets are created equal when it comes to protecting or improving heart health.

According to the Harvard Heart Letter, all older adults should pay attention to their heart health, and for people who want to lose weight, low-carb diets may not be the best choice. Dieters who stick to a ketogenic or Atkins-style diet tend to eat lots of red meat and high-fat, high-salt processed meats, like bacon -- not exactly heart-healthy choices. But low-carbohydrate diets aren't completely off-limits -- for dieters who prefer to avoid carbohydrates, doctors recommend choosing unprocessed or minimally processed foods and high-quality fats, such as those found in nuts.

But in general, experts caution, dieters should think twice about any diet that restricts a specific category of food, such as carbohydrates or fats, because they are less sustainable for people who want to lose weight and keep it off. Instead of restrictive diets that eliminate entire food groups, experts urge dieters to eat a variety of heart-healthy foods. According to the American Heart Association (AHA), a variety of whole fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils (such as olive oil) are all good choices for heart health. In addition, the AHA recommends that dieters limit saturated fats (such as butter), trans fats, sodium, red meat, sweets and sugary drinks.

Stay in the shade if you take these drugs. Some drugs magnify the harmful effects of the sun.

According to Harvard Health Letter, you should check with your doctor to make sure the medications you are taking are sun safe. You'll want to get more shade and less sun if you are taking the following drugs:

1 Antibiotics. Ciprofloxacin (Cipro, ProQuin), doxycycline (Oracea, Vibramycin), sulfamethoxazole (Bactrim, Gantanol, Septra) or tetracycline (Achromycin).

2 Cancer drugs that increase sun sensitivity: They include 5-fluorouracil (Carac, Efudex, Fluoroplex), dacarbazine (DTIC-Dome) and vemurafenib (Zelboraf).

3 Decongestants and older antihistamines. Pseudoephedrine (Sudafed), phenylephrine (Sudafed PE) and diphenhydramine (Benadryl). Try fexofenadine (Allegra) or loratadine (Claritin).

4. Diabetes medications. Chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase, Micronase).

5. Diuretics. Furosemide (Lasix) and hydrochlorothiazide (Microzide)

6. Cardiovascular medications. Amiodarone (Cordarone), for serious heart rhythm disturbances, and the blood pressure drugs diltiazem (Cardizem, Dilacor, Tiazac) and nifedipine (Procardia).

7 Pain relievers. Ibuprofen (Motrin), naproxen (Aleve, Naprosyn), celecoxib (Celebrex) and piroxicam (Feldene) increase the chances of a serious sunburn. Acetaminophen (Tylenol) doesn't.

8 Psychiatric drugs. Chlorpromazine (Thorazine), desipramine (Norpramin), imipramine (Tofranil) and other anti-anxiety and antidepressant drugs can inhibit the body's ability to sweat.

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!

July Birthday

Charlotte Bailes

Marty Burke

Harriett Littlepage

Charlene Neely

July Mendiversary

Donnie Baldwin

Karen Cloe

Lorenzo Jones

Beth Magie

Toccaro Simpson

Fredonia Williams

"Time is more valuable
than money. You can
get more money,



but you cannot get
more time."

Jim Risher

Mended Hearts Mission Statement: "To inspire hope and improve the quality of life of heart patients and their families through on-going peer-to-peer support, education, and advocacy."

Vision Statement: "To be the premier nationwide resource and peer-to-peer support network for all heart patients and families affected by Heart Disease across the life span."

About Mended Hearts: "Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs."



Barbara Morris
Dennis Altice-knee surgery
Lawrence Griffin
Harriett Littlepage
Laura Chalk

With Deepest Sympathy

Chapter 260 expresses its deepest sympathy to the family of Reginald Smith who was funeralized on Sunday, July 18th at Oakwood Seventh Day Adventist Church. Reginald was on the heart transplant list and attended our meetings wearing

his LVAD. He always explained that he was carrying around his 2 babies referring to the 2 battery packs he wore. He received his heart transplant on July 2 but passed on July 2 from complications. His smile and positive attitude will be missed by us. I was notified by his wife of his death. Please keep family in prayer.



**Renew Your Mended Hearts Membership or join us
National dues individual \$20; family \$40
No local dues as chapter receives 25% of national
dues paid**

Membership in Mended Hearts and Mended Little Hearts now is about how you can help improve the lives of heart patients and their families, beginning with your own. We are now offering a free membership level. This was created so that money will not be a barrier to engaging with Mended Hearts and Mended Little Hearts and receiving access to resources and information.

When you join at this level, you become part of something bigger, and you help us give voice to the many issues heart patients face throughout their lifespan. You also learn about the many educational opportunities Mended Hearts and Mended Little Hearts provide. Finally, you join the nation's largest cardiovascular disease peer-to-peer support network and help us support even more people. Mended Hearts and Mended Little Hearts provide educational programs, peer-to-peer support programs, heart disease awareness campaigns, and we advocate for heart patients big and small every opportunity we can. We need your support to do this. To join Mended Hearts or Mended Little Hearts or renew 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. We appreciate the response from last month's request for joining and/or renewing your membership, so we are including the information in the rest of the 2020 newsletter issues. We really would like to see an increase in both our local chapter as well as the national chapter. An increase in membership is an increase in the number of individuals made aware of the benefits of being involved with Mended Hearts.

Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs.

- Mended Hearts is the largest peer-to-peer heart patient support network in the world
- Mended Hearts has been offering hope and support for 69 years, providing more than 230,000 visits each year
- Mended Hearts provides education, support and hope to all types of heart patients and their families
- Mended Hearts and Mended Little Hearts has 265 chapters in North America, serving 460+ hospitals

It's great to be alive and to help others.

****Please note, as of January 1, 2021, no local dues for chapters. For more information, call me at 256.837.7354.***



Mended Hearts™



little
mended hearts

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

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

Effective January 1, 2021, the Resource Center will process all new memberships (all levels) and all membership renewals.

All chapters will be reimbursed 25% of all paid national dues or renewals of dues.