From the president...

Thanks to Lee Shaw, Business Development Manager for Huntsville Hospital’s Hospice Family Care facility for an excellent orientation to the Inpatient Hospice Family Facility located 10000 Serenity Lane Huntsville, AL 35803 on the campus of Redstone Village. Residents within a 3-county area may have access to the facility. According to Ms Shaw, the diagnosis most commonly used for hospice referrals include Cancer, COPD, Congestive Heart Failure, Advanced Liver Disease, Dementia (Alzheimer’s or other type), Advanced Neurological Disease like Parkinson’s and ALS. Medicare Hospice benefits four levels of use:

1. Routine home care
2. Continuous home care
3. General inpatient hospice care (GIP)
4. Respite care

If anyone is interested in visiting the inpatient facility, please contact Lee Shaw at the facility.

Upcoming Events

August meeting speaker—Gaye Woodstock
September meeting —Chapter’s 24th anniversary social

Cardiac Rehab Speakers at 10:45, Heart Center

- August 16, 2018 —Eddie Landers
- September 20, 2018 —Lindell Smith
- October 18, 2018 —Marion and Josephine Terry
- November 15, 2018 —Harriett Littlepage
- December—TBD

Dr. Fredonia B. Williams, Chapter 260 President
Thursday, August 16, 2018 regular monthly meeting.  
Speaker: Gaye Woodstock, TAVR recipient at Huntsville Hospital

Edwards Lifesciences hosted its annual 2018 Patient Day in Irvine, California and our own 260 member Gaye Woodstock and her husband attended this event. Gaye will share what it was like to meet the people who made her valve. Dozens of patients and care partners learned more about the people behind their heart valve technologies and the support services and networks dedicated to the heart community. It’s not just the people who work at Edwards; it’s the people who make the valves. Does it take a few people to make the valves? Does it take five? You know, it takes over 1,000 stitches, and it takes a lot of people.

**The power of the patient voice** - At Edwards Lifesciences, they listen when patients talk. Why? It’s proven that patients do better when they have support from other patients like themselves. These shared experiences can provide comfort and knowledge that have a positive impact. That’s why they bring patients together for its annual Patient Day. It’s why the foundation supports patient advocacy programs. It’s why they connect patients to policy-makers to researchers to communities. It’s how they learn new ways to improve our products and adapt our programs.

Through initiatives led by Edwards and other non-profit partners, patients are empowered to use their experience to help themselves and others build a community of patients who care about making a difference. The voice of the patient is valuable. You’ve been there. You know what it feels like.

Patient Day is about bringing together people who have benefitted from Edwards Lifesciences technologies, to connect with their teams, with one another, and with patient organizations. An intimate group of patients are engaged who share their experience and expertise. Their insights can help Edwards and other partners have an impact on the lives of future patients.  

**At Patient Day attendees...**
- Learn about heart valve and critical care innovations
- Meet Edwards leaders and employees dedicated to serving people
- Participate in discussions to help improve the patient-caregiver experience
- Tour the manufacturing facility and meet employees who designed or handcrafted their device
Resuming Work After Heart Attack Linked to Better Outcomes

Study finds that heart attack survivors who don’t return to work tend to face poorer health, financial hardship, signs of depression.

Heart attack survivors who don’t resume their normal work schedule face worse outcomes than those that do, based on a recent study published in the American Heart Association journal *Circulation* that highlights the impact of employment on health status and depression after heart attack.

Questions for You to Consider

**How can I help prevent a second heart attack?**
Patients with a history of heart attack have significantly increased risk of a second heart event. Participating in a cardiac rehabilitation program can help patients regain strength after a heart attack and teach individuals how to prevent a second heart attack, like by quitting smoking, reducing blood pressure, staying active, eating healthy, and adhering to therapies advised by the doctor.

**How can I reduce my risk for heart disease?**
You can reduce your risk for heart disease by maintaining a healthy weight, eating a heart-healthy diet and staying physically active. Any additional risk factors, such as high blood pressure, cholesterol and diabetes, should be properly addressed and controlled through lifestyle changes and working with your healthcare provider. (Cardiosmart.org)

Learn how you can make a difference in the life of a heart patient and their family. Get involved and play a role in supporting other heart patients and caregivers.

Join Mended Hearts’ proven trained accredited patient visitor program with a goal of inspiring hope and improving the quality-of-life for heart patients and their families through ongoing peer-to-peer support. Become a visitor, helping patients and families before or after their heart procedure, by phone, email or in-person hospital visits. For more information, contact Fredonia Williams 256-837-7354.
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.

August Birthdays
Peggy Childress
Betty Johnson
Donald McElyea

August Mendiversaries
James Carter
Kathy McFarland
Maureen Nix
Gaye Woodstock
Carol Theriot

Call me at 256-837-7354 to report any illness.
Tom Smith continues his recuperating at home

Thursday, August 16th at 6:30 PM Dowdle Center on the corner of Gallatin and Governors.

Chuckles of the Month

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."
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.

The Mended Hearts, Inc
The Beat Goes On
Huntsville Chapter 260

Volunteer Services
101 Sivley Road  •  Huntsville, AL 35801
The Mended Hearts, Inc.
National Office
Phone: 888-HEART99 (432-7899)
www.mendedhearts.org

MEMBER ENROLLMENT

Member Information (please print or type)
Name (Mr/Mrs/Ms) ___________________________ Chapter ________ Member-At-Large
Address (line 1) ___________________________ Phone (_______)
Address (line 2) ___________________________ Alt Phone (_______)
City/State/Zip ___________________________
Email address ___________________________

Family member (must reside at same address; please name):
(Mr/Mrs/Ms) ___________________________ Family Member Email ___________________________ Preferred Contact: Phone ☐ Email ☐ Mail ☐

May Mended Hearts staff or volunteers contact you regarding local chapter opportunities? ☐ Yes ☐ No

Date __________

Medical Info/Demographics (Optional for Mended Hearts reporting purposes in aggregate only)
Name of Heart Patient ___________________________
Date of Surgery/Procedure ___________________________
Type of Surgery/Procedure ___________________________

☐ Angioplasty ☐ Heart attack ☐ Diabetes
☐ Atrial Septal Defect ☐ Pacemaker ☐ Valve-Surgery
☐ Aneurysm ☐ Transplant ☐ Valve Transcath
☐ CABG (Bypass) ☐ AFib arrhythmia ☐ ICD (Defibrillator)
☐ Stent ☐ Other arrhythmia ☐ Other ___________________________

Many chapter newsletters include surgery/procedure anniversaries of members. Please indicate here if you are agreeable to having your name published in this way. ☐ Yes ☐ No

Add my email to monthly national email updates? ☐ Yes ☐ No
Add my email to monthly national email updates? ☐ Yes ☐ No

Date of birth ___________________________
Optional Info: Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

Optional Info: Date of birth ___________________________
Please check below:
Race: ☐ Caucasian; ☐ Black; ☐ Asian; ☐ Am. Indian; ☐ Other
Gender: ☐ Male; ☐ Female

National Membership Dues: Includes subscription to Heartbeat magazine and one insignia pin for an individual or two pins for a family membership (must reside in same household). Select type of membership and include chapter dues (unless you wish to become a member-at-large). National dues are tax deductible less $10.00; Chapter and Lifetime dues are 100% tax deductible.

In United States national member-at-large dues
Individual $20.00 ☐
Family $30.00 ☐
Life – Individual Dues $150.00 ☐
Life – Family Dues $210.00 ☐

Chapter dues (please customize)
Individual $8.00 ☐
Family $8.00 ☐
Life – Individual Dues (if applicable) $☐
Life – Family Dues (if applicable) $☐

Dues Summary: National dues $________
Chapter dues $8.00
I am joining as a non-heart patient: ☐ Physician ☐ RN
□ Health Admin ☐ Other Interested Party ☐ Other_______________
TOTAL $________
I would like to make a tax-deductible contribution of $________

☐ Donation to national $ __________ To chapter #________
☐ Donation to chapter $ __________ Chapter Name: __________________________
City, __________________________ State ____________

Please send payment with enrollment form to MHI chapter Treasurer.

The Mended Hearts, Inc.
Huntsville Chapter 260
Attn: Treasurer
P.O. Box 18912
Huntsville, AL 35804

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