From the president...

Chapter members in attendance for last month’s meeting had the unique experience of listening to Caregiver Doug Woodstock share why his wife, Gaye a recent TAVR recipient is called “Miracle Girl”. See their stories on page 2.

Congratulations to Chapter 260 member Shelley Wyckoff on the publication of her new book “What Lies Beneath the Sunflowers”. I recently asked her why the strange title. Her response is interesting and I’m sure she will share the reason with you.

Upcoming Events

September meeting — Chapter’s 24th anniversary social “Chat ‘n Chew”
October meeting — Dr. Tabereaux “Watchman”
November meeting — Heart Failure: Moods in HF and Caregiver Challenges
Rachel D. Wells, Robert Wood Johnson Future of Nursing Scholar in the University of Alabama at Birmingham PhD in Nursing Program.
December meeting — “Celebration of the Heart” dinner

Cardiac Rehab Speakers at 10:45, Heart Center
- September 20, 2018 — Lindell Smith
- October 18, 2018 — Marion and Josephine Terry
- November 15, 2018 — Harriett Littlepage
- December — We need a volunteer to share with cardiac rehab the benefits of attending a Mended Hearts chapter support meeting.

Dr. Fredonia B. Williams, Chapter 260 President
Don and Gaye Woodstock share “Patient Day 2018” at Edwards Lifesciences in CA.

Doug and Gaye Woodstock were the only attendees from the south invited to share in Patient Day 2018, an event sponsored by Edwards Lifesciences to bring together people who have benefitted from Edwards Lifesciences technologies, to connect with their teams, with one another, and with patient organizations. Doug and Gaye shared her experiences from car wreck to pneumonia to diagnosis of kidney cancer to nerve damage to heart valve issues requiring open heart surgery only to learn that risk factors with open heart surgery for her were high, so the TAVR was done. What an inspirational story shared by both of them. Donnette Smith met Gaye in cardiac rehab and facilitated the invitation to Patient Day.

At Patient Day, attendees and their families...

- Learned about heart valve and critical care innovations
- Met Edwards leaders and employees dedicated to serving people like you. Doug and Gaye also were greeted by Stan Rowe, Executive Vice President and Huntsville, AL native.
- Participated in discussions to help improve the patient-caregiver experience
- Toured the manufacturing facility and met the three employees who designed Gaye’s valve

For Doug and Gaye, the greatest experience was meeting all of the dedicated leaders and people from across the country who shared their heart journey. The small group sessions allowed each to talk about their experiences which is why attending a Mended Hearts support group is so important.

Doug referred to Gaye as a fighter, overcomer, and a miracle person. Both shared photos of her team leader and the 3 young employees who stitched her valve. Gaye reminded us that she feels very special in that she has her identification card with the serial number of her valve. Patient Day was filled with hugs, smiles and tears and their presentation to the group was very inspirational.
Mended Hearts - Who Are We?

We are the largest cardiovascular peer-to-peer support network in the world. For more than 60 years, Mended Hearts has been offering the gift of hope and encouragement to heart patients, their families and caregivers.

The Huntsville Chapter is a local chapter established in 1994 and is dedicated to supporting cardiac patients and their families through a partnership with Huntsville Hospital. Our members are heart procedure survivors and their caregivers, making us uniquely qualified to bring messages of understanding and hope to people with heart disease and their families.

- We have members who have experienced one or more cardiac events.
- We are young, old and all ages in between.
- We listen, we confide, we share our life experiences. We would like to help you deal with your heart disease.
- We do not offer any type of medical opinion or advice, just shared experiences.

Our chapter meets the **third Thursday of each month** at the Dowdle Center on the corner of Governors Drive and Gallatin Street. Speakers include physicians, surgeons, nurses, chapter members, and many others who cover a wide range of subjects. Each month, we have time to share among each other about our experiences. Members are free to share, ask questions or just listen.

Mark your calendar to visit with us on our 24th anniversary for a "Chat ‘n Chew". We need your input for 2019 meeting topics, ways to turn patient visits to patient members, recruiting more Accredited Visitors and any topic of interest to our attendees. 2019 is also election year for Mended Hearts officers.

Looking forward to seeing all of you on Thursday, September 20 @ 6:30 in 119A Dowdle Center, corner of Gallatin and Governors.

Congratulations to Carl Walker and Laura Mickler, our newest Accredited Visitors. They have completed their training and volunteer requirements. We continue to seek Mended Hearts patients and caregivers who want to give back and offer encouragement to families.
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.

**September Birthdays**
- Robert Allen
- Randy Boyette
- Rebecca Grimes
- Beth Magie
- P. Dean Olive
- Edwin Rudolph
- Jill Schroeder
- Marion Terry
- Ruth Wright

**September Mendiversaries**
- Robert Jones
- Bob McCall
- Donald McElyea
- William McMillan
- Barbara Morris

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**Call me at 256-837-7354 to report any illness.**

**Tom Smith continues his recuperating at home**

**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

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**Chuckle of the month**
A young man was sitting next to me in one of the two chairs provided for men outside the ladies fitting room in our local department store. After 30 minutes and 6 changes of outfits, the fellow's wife came out of the changing room one more time. He looked at her and immediately said, "That looks great on you! Get that one." "Honey," she replied, "this is what I was wearing when we came in."

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**Chat ‘n Chew**

*See you Thursday, September 20th*
*Room 119A Dowdle Center*
*Corner of Gallatin and Governors*

Parking is also available across the street at the Governors Medical Tower. We will provide a token for either area.
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.
**Member Enrollment**

**Member Information** (please print or type)

Name (Mr/Mrs/Ms) ____________________________ Date __________

Address (line 1) ____________________________ Chapter ________ Member-At-Large ________

Address (line 2) ____________________________ Phone ( ________)

City/State/Zip ____________________________ Alt Phone ( ________)

Email address ____________________________ Retired: □ Yes □ No

Family member (must reside at same address; please name): ________________ Family Member Email ________________

(Mr/Mrs/Ms).__________________________ Preferred Contact: □ Phone □ Email □ Mail

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

**Medical Info/Demographics** (Optional for Mended Hearts reporting purposes in aggregate only)

Name of Heart Patient ________________ Name of Caregiver ________________

Date of Surgery/Procedure ________________ 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

Patient signature ________________

Optional Info: Date of birth ________________ Please check below:

Race: □ Caucasian; □ Black; □ Asian; □ Am. Indian; □ Other
Gender: □ Male; □ Female

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

Family member signature ________________

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**

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**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 $ ________________

□ Donation to chapter $ ________________ 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 19912
Huntsville, AL 35804

MH2050C 2013