From the president...

Our September “Chat and Chew” was very well attended and great suggestions for continuing to improve our programs and how to involve more members. As suggested, notification of officer local officer elections are now posted. Those positions are: President, Vice president, Secretary, Treasurer, Visiting chair. If you are interested, notify me for more information (256.837.7354).

Upcoming Events

October 18th meeting — Dr. Tabereaux and his team will discuss a procedure called “Watchman”, aimed to reduce the risk of stroke in patients with non-valvular afib.

November 15th meeting — November is National Family Caregivers Month. Our speaker is Rachel D. Wells, Nursing Scholar in the University of Alabama at Birmingham PhD Nursing Program.

The topic is “Heart Failure: Moods in HF and Caregiver Challenges”

December 6th — ”Celebration of the Heart” Annual Christmas Dinner

January — no chapter meeting

February 21st — officer elections and cardiologist speaker

Cardiac Rehab Speakers at 10:45, Heart Center

- October 18, 2018 — Marion and Josephine Terry
- November 15, 2018 — Dr. Harriett Littlepage
- December — Randy Boyette

Daylight Savings Time 2018 ends on Sunday, November 4th at 2 a.m. Before you go to bed on Saturday night, November 3rd, remember to set your clocks back one hour!

Dr. Fredonia B. Williams, Chapter 260 President
Our October 18th speaker is Dr. Paul Tabereaux

Huntsville Hospital’s EP Lab marked an important milestone during the month of April 2018. The Heart Center team implanted its 100th WATCHMAN left atrial appendage closure device.

The hospital began offering the device in October 2017 to reduce the risk of stroke in patients with non-valvular atrial fibrillation. The cardiologist guides the WATCHMAN through a femoral vein to the heart and positions it to permanently seal off the left atrial appendage – a small sac in the upper part of the heart where blood can pool and form dangerous clots.

Most patients who receive the device can eventually stop taking blood thinners, which reduces their long-term bleeding risk.

The program is overseen by Heart Center physicians J. Scott Allison, MD, Mihir Kanitkar, MD, and Paul Tabereaux, MD. Jennifer Trampas, CRNP, is the program coordinator.

Join us for our regular support group meeting Thursday, Oct. 18 to learn more about this procedure. Our meeting begins at 6:30 in Room 119A, Dowdle Center on the corner of Governors and Gallatin.

October Means It’s Pumpkin Time

Local stores are already displaying pumpkins. Oh yes, Halloween and Thanksgiving holidays are definitely pumpkin time. Here are some interesting facts about pumpkins. I’m sure you all know that the pumpkin is a member of the gourd family that also includes cucumbers, honeydew melons, cantaloupe, and zucchini.

The pumpkin is native to Central America and Mexico but now is grown on six continents. Now for good news - pumpkins are low in calories, fat, and sodium, and high in fiber. They are a good source of vitamin A, vitamin B, potassium, protein and iron.
Heart Disease: Walking for a Healthy Heart

The calendar indicates it’s fall although the temperature shows something else. The weather will gradually get cooler and the time to resume those days of walking outside and observing the beautiful fall foliage will be here shortly. Walking is a form of aerobic exercise and is one of the easiest ways to increase your physical activity and improve your health.

Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Your heart is a muscle with fibers that allow it to contract and pump blood. When used during aerobic exercise, the heart becomes more efficient and pumps more blood with each heartbeat.

Exercise, such as walking, also increases your muscles’ ability to take oxygen from the blood. A more efficient heart can pump more blood with each heartbeat and deliver more oxygen and nutrients to other organs. Exercise also increases your lungs’ ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels.

⇒ To stay motivated, walk with friends, coworkers, or pets. Set goals you can reach. Use a pedometer to count your steps. Wear it all day and try to take at least 2,000 more steps a day than you normally do, and gradually increase your steps over time.

⇒ Try to do at least 2½ hours of moderate exercise a week. One way to do this is to be active 30 minutes a day, at least 5 days a week. Try to make a walk an essential part of your day. It’s fine to walk for 10 minutes or more at a time throughout your day and week.

⇒ Being active in small blocks of time throughout your day can be just as good as walking for a longer amount of time a few times a week. Accumulating activity throughout the day helps burn calories and maintain your weight.

Charlotte Bailes

Reginald Smith
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.

October Birthdays
Howard Carr
Robert Jones
Eddie Landers
Barbara Morris
Carol Theriot
Shelley Wyckoff

October Mendiversaries
Conard Atchley
Howard Carr
Edwin Rudolph
Jim Wright

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

Recuperating at home: Tom Smith, Marion Terry and Harriett Littlepage

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

Interested in becoming a member?
We welcome you to join Mended Hearts. You will be able to interact with other members through our monthly meetings, volunteer opportunities and special events. It’s easy to join. Simply print and fill out the application form found in this newsletter and send it to the address on the form. Caregivers are also encouraged to join us.

Note to recent heart patients
We hope our Accredited Visitors were able to give you some reassurance and encouragement during your hospital stay. We’re not physicians but we know what you are experiencing because we’ve been there ourselves.

If you need someone to talk to as you recover, don’t hesitate to call us. The phone number is on the panel card in your HeartGuide given to you by one of our Accredited Visitors.
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
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 ___________________________ Retired: ☐ Yes ☐ No
Email address ___________________________ Occupation ___________________________
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

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

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 ☐

Dues Summary:
National dues $ ______
Chapter dues $8.00 ☐
TOTAL $ ______

I am joining as a non-heart patient: ☐ Physician ☐ RN
☐ Health Admin ☐ Other Interested Party ☐ Other ________

☐ I would like to make a tax-deductible contribution of $_________

☐ Donation to national $ ___________
☐ Donation to chapter $ ___________

Please send payment with enrollment form to MHI chapter Treasurer.
The Mended Hearts, Inc.
Huntsville Chapter 260
Attn: Treasurer
P.O. Box 18512
Huntsville, AL 35804

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