From the president...

My best wishes go out to all of you for a happy, healthy and productive 2019. This is a brand new year, 2019. Can you believe it? How exciting it is to consider all the possibilities and opportunities before Chapter 260 as it begins the 25th year providing support and encouragement for heart patients and their families. Every year our chapter continues to grow and improve. In 2018, we had 80 members and 10 accredited members who visit heart patients in-hospital before and after their heart surgery or procedure. We continue to look for ways to increase both our membership and accredited visitors.

As Mended Hearts members, we are grateful for the miracle of heart surgery, since it has given us a new awareness of the joy of living by giving hope and encouragement to others who are faced with or have had heart surgery. We are aware of the kind of help that is necessary to sustain heart patients in time of questions, before and after surgery. To those who are interested in helping other heart patients, you are invited to join Mended Hearts. Membership consists of people who have heart disease, their spouses, relatives, medical professionals, and all those who have an interest in knowing how to keep a healthy heart. You do not have to be a member of our chapter to attend meetings. We welcome everybody interested in providing help, encouragement and support to heart event patients, their families and friends. Even if you had a healthy heart, join us to learn how to keep it that way.

NOTE: The chapter does not meet in January but resumes its regular schedule with the February 21st meeting.

Dr. Fredonia B. Williams, Chapter 260 President
Accredited Visitor Training

We are excited to welcome the following members for Accredited Visitor Training on January 17th:

Marty Burke, Charlotte Bailes, Melissa Roebuck, Karen Cloe, Gaye and Don Woodstock. If you are interested in joining the training, the date is January 17th from 9:00-11:00 in conference room 131, Dowdle Center (same building as our monthly meetings). Materials will be provided at sign-in. Call or email me if you have questions. Reaccreditation for current visitors will follow at noon.

Fredonia Williams, National Visiting Chair 256.837.7354

National Wear Red Day is February 1st

Please help spread heart health awareness and fight heart disease and stroke by wearing your red during the month to show your friends and followers that matters of the heart are not just for Valentine’s Day. This is serious business. Heart disease affects our mothers, sisters, daughters, and aunts.

Let’s have a conversation about your heart

February is the month where we give heart shaped Valentine’s to the people we love and if you’re like me, you find yourself shamelessly eating conversation heart candies.

Put down the candies and let’s have a candid discussion with Dr. Warren Strickland about heart health. We each have the power to prevent, treat, and even end heart disease by educating ourselves and making some simple life style changes.

Join us for our February 21st meeting @ 6:30, Dowdle Center to hear from Dr. Strickland. One of the questions we get at this time of the year is “a heart attack or a broken heart”? Is it a myth or fact?
Set 4 Heart-Healthy Resolutions

Make taking care of your heart a priority in the New Year! High blood pressure, high cholesterol and smoking are all major risk factors for heart disease, but small lifestyle changes add up to big results.

♦ Get Support
The more support you have, the easier it will be to stick to the plan. Our monthly support meeting is one of the key elements to get you on track, or in some cases put you on the track again, as you continue your recovery from surgery. Here you can talk to and ask questions from some who have been down that path. After my surgery I had some questions that only someone who traveled the same slippery slope could answer. I realized that I was not the only one out there with the same problems. No matter if you are months or years out from your heart event there are answers to be had. So, at the beginning of the new year make it a point to attend and contribute to our support meetings. After getting the support, get active, mind your meds and most of all, eat healthy.

♦ Get Active
Just 2 ½ hours of moderate exercise per week can reduce your risk of heart disease, diabetes and high blood pressure. The key to making fitness a lifelong habit that improves your health is to find an activity you like. If you enjoy it, you’re more likely to keep it up!

♦ Mind Your Meds
Don’t take a vacation from your medication over the holidays! Adjusting or skipping doses without being advised to do so by a physician can impact the effectiveness of the drug—or could even cause serious harm to your body.

♦ Eat Healthy
Not only does eating healthy protect you from disease, it can also help control some diseases you may already have. Plan with a focus on eating fruits, vegetables, healthy fats and low-fat or nonfat dairy foods.
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.

January Birthdays

John Neely
John Phillips
Lincoln Williams
Fredonia Williams
Jim Wright

January Mendiversaries

Robert Allen
James Foreman
Delilah Harris
Carl Walker

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

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.

No January meeting but we will see you on Thursday, February 21st at 6:30.
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 Form

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

<table>
<thead>
<tr>
<th>Name (Mr/Mrs/Ms)</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address (line 1)</td>
<td>Chapter</td>
</tr>
<tr>
<td>Address (line 2)</td>
<td>Member-At-Large</td>
</tr>
<tr>
<td>City/State/Zip</td>
<td>Phone (    )</td>
</tr>
<tr>
<td>Email address</td>
<td>Alt Phone ( )</td>
</tr>
<tr>
<td></td>
<td>Retired: Yes No</td>
</tr>
<tr>
<td></td>
<td>Occupation</td>
</tr>
</tbody>
</table>

Family member (must reside at same address; please name):  
(Mr/Mrs/Ms) | Family Member Email |

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
- [ ] Arrtial 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.

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

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.**

<table>
<thead>
<tr>
<th>In United States national member-at-large dues</th>
<th>Chapter dues (please customize)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual $20.00 ☐</td>
<td>Individual $8.00 ☐</td>
</tr>
<tr>
<td>Family $30.00 ☐</td>
<td>Family $8.00 ☐</td>
</tr>
<tr>
<td>Life – Individual Dues $150.00 ☐</td>
<td>Life – Individual Dues ☐</td>
</tr>
<tr>
<td>Life – Family Dues $210.00 ☐</td>
<td>Life – Family Dues ☐</td>
</tr>
</tbody>
</table>

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 19512
Huntsville, AL 35804

MH2050C 2013